



Age Group: Under 15	Session Learning Outcomes		
Session No: 4	Tactical		
Year: 2008	Support & Delay		
No. of Players:	Technical	Physical	Character
Squad:	Bilateral Skills	Conditioning	Consistent Execution

Session Aims

1. *Develop Support as an Attacking Principle of Play*
2. *Develop Delay as a Defending Principle of Play*

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	GAA 15 plus 5 in 5 Set 2	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	10m	Bilateral Skills	Practice bilateral skills with focus on Solo & Bounce in combination with Kicking, Handpass and Tackling
Small Sided Game	20m	Attackers & Defenders Game	SSG to practice Support & Delay where defenders look to keep ball without panicking and attackers work as a unit focus using good support runs to take scores
Full Sided Game	15m	Last Dance Game	Practice Support & Delaying at game tempo to build aware awareness of closing out a game incorporating principles of play of Support & Delay
Conditioning	5m	60m Run Conditioning	Develop player's speed endurance and conditioning with repeated 30m sprint followed by 30m jog

Coaches Reflective Questions

1. Did the players demonstrate an understanding of Support and/or Delay? Give examples.
2. What would we do more of, less of, or differently moving forward, reflecting on the session?

Players Reflective Questions

1. What is your understanding of Support as an Attacking principle of play?
2. What is your understanding of Delay as a Defending principle of play?



ACTIVITY NAME & AIM

GAA 15 and 5 in 5 Set 2 Warm Up – This activity is used to develop movement and running skills, increase leg and trunk strength and optimise landing, cutting and deceleration mechanics to prepare for playing gaelic games and help reduce injuries to the groin, hamstring, knee and ankle.



EQUIPMENT

20m Grid
4 x Space Markers
15 Minutes

ORGANISATION

Part A – Running (All 20 m distance)

- Slow run forwards 20m and return x 2
- Hip out – 20m x 2
- Hip in – 20m x 2
- Heel flicks – 20m x 2
- Toe touches – 20m x 2
- 50% forward, slow back – 20m x 2
- 80% forward, slow back – 20m x 2

Part B - Jumps

- Double-leg vertical jump – 2 x 8 reps

Part C – Sport-specific

- 20m at 80% max speed run slow jog return x 2
- 20m bounding, slow jog return x 2
- 20m plant and cut, slow jog return x 2

5 in 5 Set 2

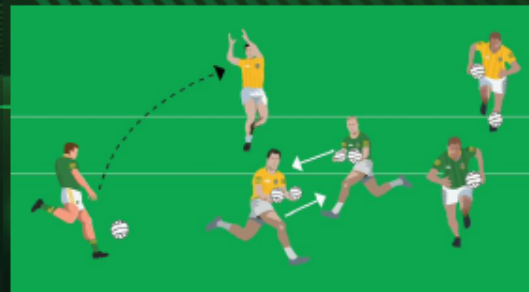
- Players set in groups of 3. Perform each activity.
- BW Prisoner Squat for 10 reps. Increase by +2 reps each week to 15.
- Single Leg Squat for 5 reps each leg. Increase by +1 rep each week to 10.
- Alternating Forward Lunge for 5 reps. Increase by +1 rep each week to 10.
- Plank Circuit (Front & each Side) for 10 seconds. Increase by +5 sec each side per week
- Windmill Push-Up for 5 reps. Increase by +1 rep each side, each week to 10

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for correct technique execution. Refer to GAA Learning.ie/GAA15

ACTIVITY NAME & AIM

Bilateral – Running with the Ball. This activity helps develop bilateral technique in Solo and Bounce in combination with Kicking and Handpassing. Emphasis is placed on both using left & right side throughout the activity



EQUIPMENT

Working in pairs
2 x Footballs per pair
1 x Tennis Ball per pair
2 x Wristbands

ORGANISATION

1. Player 1 with two balls takes 4 Steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, Kick pass right to partner, hand pass left to partner. 1 minute on with 30 second recovery – hand passing in pairs with 2 balls left and right hand. Repeat x 2.
2. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drop ball, 4 steps bounce left, 4 steps solo right drop ball 2, partner picks up 2 balls, one with left foot, one with right foot and continues cycle. 2 minutes on with 60 second recovery as per point 3.
3. Recovery 60 seconds - Player 1 starts with 2 balls in hand. Throws 1 up high overhead, hand passes other ball to partner, receives ball back from partner and catches ball 1 overhead. Swap roles after 30 seconds.
4. Player holds one ball above head in left hand. 4 steps Solo on right side, 4 steps bounce on right, kick pass to partner who has a ball. Player 2 continues sequence for 1 minute. Repeat holding ball in right hand and solo on left side for 1 minutes followed by 60 second recovery as below.
5. Recovery 60 Seconds - Kicking in pairs. Player 1 takes 4 steps, kicks ball 1 with right foot instep to player 2, take's 4 steps kicks ball 2 with left foot instep. Player 2 continues the cycle.
6. Player 1 with two balls takes 4 Steps dummy bounce right, 4 steps dummy solo left, 4 steps dummy bounce left, 4 steps dummy solo right, Kick pass right to partner, hand pass left to partner. 1 minute on with 30 second recovery - each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time. Repeat by 2

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Solo – dropping ball from hand on kicking side, eye on the ball; toes pointed towards body; straighten leg. Watch out for soloing ball too high, dropping form opposite hand
- Bounce – eyes on the ball, push ball towards ground, secure ball into body. Watch out for bouncing with two hands or bouncing ball too hard or too softly. Take the 4 steps!!!



ACTIVITY NAME & AIM

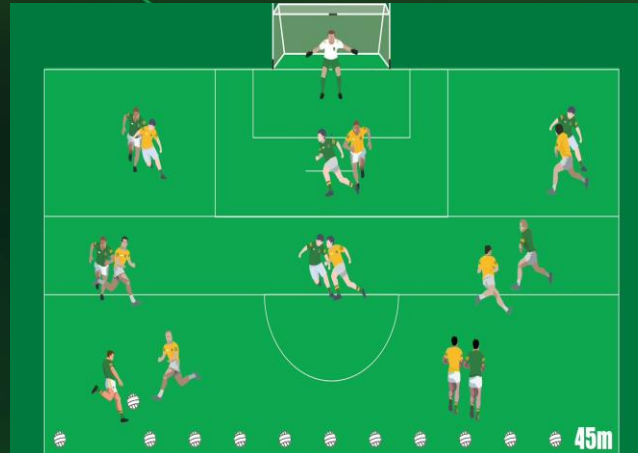
Attackers & Defenders Game – The aim of this Small Sided Game is to develop both **Support in Attack and Delay in Defence**. In Defence, look for defenders to track runs and delay attackers' shots and keep ball on turnovers. In Attack, look for attackers to make intelligent support runs (ABB) and provide good options for taking scores.

EQUIPMENT

- Half Pitch Grid with Goals
- 8 x Yellow Players (Defenders)
- 8 x Green Players (Attackers)
- Goalkeeper in
- 12 x Footballs

ORGANISATION (STEPR) - ATTACK

- **Support** - The ability of a team to provide passing outlets for the player in possession. Support in front, alongside and behind the player in possession is key to ball retention.
- Played on Half pitch. 8 x Attackers (G) v 8 Defenders (Y). GK in. 12 football spaced out along 45m line.
- On signal, attackers (G) have 2 minutes to score as many goals or points as possible.
- They start by taking a ball from the 45m line and build an attack. On a score or wide, they restart by taking another ball
- Player in possession needs different support options (Ahead, Behind, Beside).
- If Attackers lose possession, they must press Defenders quickly to regain the ball.
- **Variation - Play no touches. Swap Attackers and Defenders. Add Time**



ORGANISATION (STEPR) - DEFENCE

- **Delay** - Refers to defenders reducing the time, space and attacking options available to opponents who are looking to penetrate the defence and get into scoring positions.
- 7 Defenders (Y) inside half pitch, each tagging an attacker (G).
- Once an Attacker collects the ball, tagging Defender immediately puts pressure on the ball.
- Defenders also look to delay their attacker from making support runs and reduce options for player in possession.
- If Defending team win possession, they have a choice. They can either, just clear the ball to the halfway line (**this allows attackers restart**) or keep the ball to run down the 2-minute clock.
- **Variation - Play no touches. Don't allow GK play with Defenders.**

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Support positions – Ahead, Beside, Behind
- Effective support is dependent on angles, distance and timing.
- Quick transition to bypass pressing defender
- Where is support for the player in possession most effective?
- Why are angles, distance and timing of passes important?

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Communication. Defend as a group.
- Nearest defender presses player in possession
- Delay forward progress, don't dive in, stand up attacker
- If Defenders turn over ball, do they clear it or retain it? Why?
- How many defenders should press player in possession?



ACTIVITY NAME & AIM

Last Dance Game – The aim of this Full Sided Game is to build awareness of closing out a game by creating a scoring chance or, winning a scoreable free while defenders try to turn over the ball, and incorporating the principles of play, Support in Attack and Delay in Defence.

EQUIPMENT

- 1 x Football
- 24/30 Players
- 2 x set of Bibs
- 12 v 12 up to 15 v 15
- 15 minutes



ORGANISATION

- Set up on Full Pitch with 15 v 15 or 12 v 12. Game is played in one half. All in game with normal rules.
- One team trying to work a score or score-able free within two mins. The other team tries to delay them and push them out without conceding space inside or giving a scoreable free away. Ball starts attacking player on their 45m line. Rotate roles after two mins or after a score or a wide or if they win the ball back.
- Defenders need to be focused on preventing the ball being move forward quickly. Nearest defender needs to press the player in possession of the ball and reduce his time and space to pass. Also delay allow the defence to reshape.
- Attackers need to use support runs to create passing options for player in possession. Focus on angle, distance and timing of the runs.

VARIATION (STEPR)

- Adjust the size of the pitch and/or position of goals based on numbers of players available.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Attacking team players should be look to provide passing outlets for the player in possession. Support in front, alongside and behind the player in possession is key to ball retention
- Defending team players should be look to reduce the time, space and attacking options available to opponents who are looking to penetrate the defence and get into scoring positions early.
- What type of support is most effective? angle, distance and timing of runs)
- Who decides which defender presses the player in possession?

ACTIVITY NAME & AIM

60m Run Conditioning – This activity is used to develop the player's speed endurance and conditioning with repeated 30m sprint followed by 30m jog

EQUIPMENT

- 60m Grid
- 8 x Space Markers



ORGANISATION

- Set up 60m Grid.
- Players complete 30 metre sprint followed by 30 metre jog in 30 sec, repeat on 30 seconds.
- Perform 7 repetitions (total distance 210m).
- Intensity level at 100% for sprint and then slow for Jog (¼ pace).
- Perform World's Greatest Stretch. 3 Reps.

VARIATION (STEPR)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check foot alignment
- Check for opposite arm, opposite leg movement