



Age Group: Under 15	Session Learning Outcomes		
Session No: 5	Technical		
Year: 2008	Bilateral Catching & First Touch		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Vision (Scanning)</i>	<i>Conditioning</i>	<i>Coachability</i>

Session Aims

1. Develop Catching & First Touch on both left & right side
2. Refresh on Solo, Bounce, Handpassing and Kicking on both left & right side

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	GAA 15 plus 5 in 5 Set 1	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	14m	Bilateral Catching & 1st Touch	Practice Catching & 1st Touch in combination with handpassing, solo, bounce & kicking
Skill (Blocked)	8m	High Fielding Work	Players should focus on the correct high catch technique and working in sync at speed with partners
Skill (Blocked)	8m	High Catch & Pass	Players should focus on the correct high catch technique and accurate passing under pressure and in sync with teammates
Small Sided Game	15m	Wall Pass Game	Focus on Catching and good First Touch and improve the player's mentality to maintain and not give away possession
Conditioning	5m	65m Run Conditioning	Develop player's run conditioning over 65m distance

Coaches Reflective Questions

1. How aware are the players of potential stumbling blocks? How does this impact their progress?
2. What cues could we best use to help the players with understanding First Touch?

Players Reflective Questions

1. How do you best deliver an advantage ball to help improve your first touch?
2. In the SSG, how does on-field communication help with ensuring player's retain possession within the game?



ACTIVITY NAME & AIM

GAA 15 and 5 in 5 Set 1 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 1

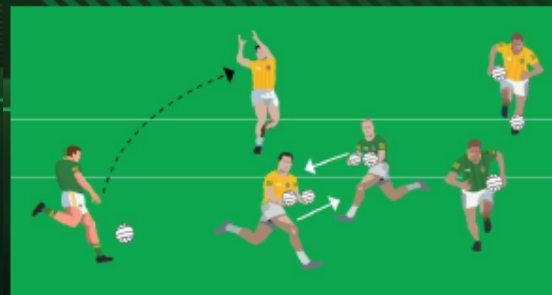
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified Push-Up for 10 reps. Increase by +2 each week to 30
- Partner BW Inverted Row for 5 reps. Increase by +1 each week to 15.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for correct technique execution. Refer to [GAA Learning.ie / GAA15](http://GAA Learning.ie/GAA15)

ACTIVITY NAME & AIM

Bilateral – Catching & First Touch. This activity helps develop bilateral technique in Catching and First Touch in combination with Kicking, Handpassing, Solo and Bounce. 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. 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 / 1 minute off x 2
2. Recovery 60 seconds - handpassing in pairs with 2 balls left and right hand.
3. In pairs with 1 football and standing 5 m apart player 1 throws ball high at player 2 and follows throw. Player 2 attempts to knock/flick ball right or left into player 1 running path. 1 minute on 1 minute recovery and swap roles of players.
4. Recovery 60 seconds - handpassing in pairs. 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
5. Pair reaction drill – 2 players face each other about 3 feet apart. Player 1 is the feeder and has ball in hand to either bounce low left, right, middle, throw up high for a catch or flick or roll along ground left or right to player 2. Player 2 reacts to the throw and hand passes back to player 1 - rotate roles after 30 seconds. 4 minutes.
6. Recovery 60 seconds - each pair have a tennis ball and a football. 1 player works for 30 seconds then swap over. Player bounces football and throws up tennis ball at the same time
7. 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 for 1 minute on x 2

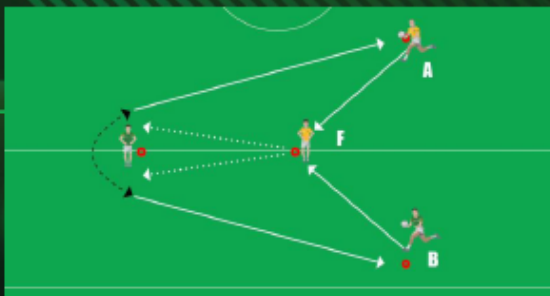
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Concentration/Focus; Head up and eyed on the ball
- Move forward, plant the jumping foot and extend upwards, swinging the opposite leg.
- Extend arms; Hands in W-Shape; Ball secured to chest



ACTIVITY NAME & AIM

High Fielding Work - The aim of this activity is to improve the high catch, focusing on performing the technique at pace and offloading with accuracy to teammates.



EQUIPMENT

- 2 x Footballs
- 4 Players
- 4 x Space Markers
- 10m Triangle Grid
- 8 x minutes

ORGANISATION

- 4 teams of 3 / 4 / 5 players
- Feeder (Yellow) throws ball into the air to his right for Green player to move to his left and performs a high catch. Green player then hand passes ball to catcher A
- Feeder takes 2nd ball from catcher B and throws ball into the air to his left, while Green player moves back around cone to his right, performs high catch and hand passes ball to catcher B
- Feeder takes 1st ball from catcher A and sequence repeats
- Green player works for 45 secs performing high catches on both sides
- Rotate roles within group of 4. Each player working on high catch for 2 reps
- Add number of grids as necessary to accommodate player numbers

VARIATION (STEPR)

- Alternate hand passes to both catchers

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look for correct technique - Timing, Plant Foot (feet), Drive Knee up, Extend Arms (Hands), Eyes on Ball, Spread Fingers, Land Running (Push off after Catching the Ball).
- Player to work at high intensity. Check technique as player fatigues

ACTIVITY NAME & AIM

High Catch & Pass - The aim of this activity is to improve high catch while focusing on first touch, kick passing, good support play and winning breaking ball in the case of a knock down when competing for high catch.



EQUIPMENT

- 2 x Footballs
- 20m x 30m grid
- 3 / 4 / 5 Players per team
- 4 x Space Markers
- 4 x Poles

ORGANISATION

- 4 teams of 3 / 4 / 5 players
- Adjust grid based on number of players
- Coach (White) kicks ball between groups in square.
- Players must attempt to high catch the ball. 2 points for high catch
- Team who wins possession must work ball back to feeder
- Switch with groups on outside of square after each play.

VARIATION (STEPR)

- Feeder moves around outside of square.
- After two passes team attempt to score a goal (blue poles).

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- How does player make room to catch the ball? Use Hips to disrupt partner
- Look for Timing, Plant Foot (Feet), Drive Knee, Extend Arms (Hands), Eyes on ball, Spread Fingers, Land Running, Push Off after catch the ball, Support Play



ACTIVITY NAME & AIM

Wall Pass Game - The aim of this Small Sided Game is to focus on a Good First Touch and improve confidence and quality of players' handling. Look for support runs for player in possession and range of passing, also tagging runners and tackling for defending team

EQUIPMENT

- 1 x Football
- 2 Teams – 5/6 players per team
- 4 Neutral players
- 2 sets of Bibs
- 8 x Space Markers
- 50m x 40m Grid



ORGANISATION

- 2 Teams in 50m x 40m grid. 6 v 6 with 4 neutral players.
- Adapt grid for larger numbers.
- Possession game using handpass and or foot pass. Score after 6 consecutive passes.
- No touches and team in possession can pass to any neutral player who must pass back to same team.
- Neutral players not allowed to leave their station.
- Team in possession lose possession if they fumble the ball or drop a pass.

VARIATION (STEPR)

- Allow one touch. Adjust size of grid.
- Change Neutral players to two players per team.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Where should support be provided to player in possession? - ABB*
- *What range of passing is required in this game?*
- *How do you narrow down options for passing for the player in possession?*

ACTIVITY NAME & AIM

65m Run Conditioning – This activity is used to develop the player's speed endurance and conditioning.

EQUIPMENT

- 65m Grid
- 8 x Space Markers



ORGANISATION

- Set up 65m Grid.
- Players complete 65 metre run in 15 sec, repeat on 30 seconds
- Perform 8 repetitions
- Intensity level at 75% (¾ 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