



<b>Age Group: Under 15</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 3</b>	<b>Technical</b>		
<b>Year: 2008</b>	<b>Bilateral Handpassing</b>		
<b>No. of Players:</b>	<b>Tactical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad:</b>	<i>Vision (Scanning)</i>	<i>Conditioning</i>	<i>Coachability</i>

### Session Aims

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

<b>Activity Type</b>	<b>Time</b>	<b>Activity Name</b>	<b>Key Outcomes</b>
Warm Up (Physical)	15m	GAA 15 plus 5 in 5 Set 1	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	14m	Bilateral Handpassing	Practice Handpassing on both left & right side in combination with solo, bounce & kicking
Skill (Blocked)	8m	Piggy in The middle	Players should focus on the correct handpassing technique and working in sync at speed with partners
Skill (Blocked)	8m	Pressure Cooker	Players should focus on the correct handpassing technique and accurate passing under pressure in sync with teammates
Small Sided Game	15m	Possession Is Vital Game	Focus on Handpassing 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 did we address inconsistencies when we sensed them?
2. Did the activities challenge the players? Which ones and why?

### Players Reflective Questions

1. What is key to developing handpassing technique on the non-dominant side?
2. In the SSG, how many contacts did you have, and how many on the non-dominant side?



## ACTIVITY NAME & AIM

**GAA15 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

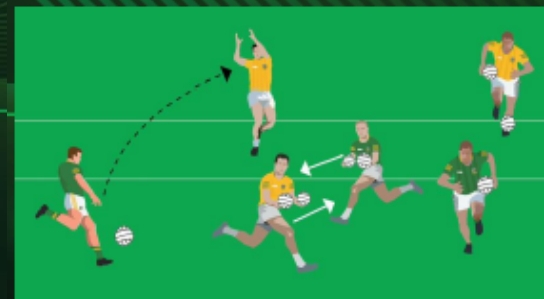
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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 – Handpass.** This activity helps develop bilateral technique in Handpassing in combination with Kicking, Solo and Bounce. Emphasis is placed on both using left & right hand and working with intensity throughout the activity



## EQUIPMENT

- Working in 2's or 3's
- 2 x footballs per group
- 15 minutes

## ORGANISATION

1. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, handpass right to partner, hand pass left to partner. Player 2 continues the sequence. 1 minute on x 2 with 30 second recovery - no step kick passing in pairs. Alternate left and right foot.
2. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drop 1st ball; 4 steps bounce left, 4 steps solo right drop 2nd ball. Partner picks up 2 balls 1 with left foot one with right foot and continues cycle. 1 minute on x 2 with 60 second recovery.
3. Recovery 60 seconds - Handpassing in pairs where 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. Rotate roles after 30 seconds.
4. 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 to player 2. Player 2 continues cycle. 1 minute on x 2
5. Recovery 60 seconds. each pair have 2 footballs. Player 1 bounces 2 footballs at the same time one with right hand and one with left hand then swaps over to player 2 after 30 seconds
6. 2 v 1 Keep Ball - 2 Attackers keep ball from 1 Defender for 30 seconds. No play of ball as in bounce or solo just allowed to handpass left or right. No loopy or handpasses on ground. Make sure attackers pass and move no fouling their handpass. Rotate player in middle if defender intercepts the ball. 1 minute on by 3.
7. Recovery for 60 seconds. Set up small triangle of 3 players. Pass 2 balls around triangle using outside left hand going one way and on coach's whistle change direction use the outside right hand passing ball around.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Underarm striking action with open hand; follow thru in the direction of pass*
- *Watch for throwing the ball; using wrong part of the hand*





## ACTIVITY NAME & AIM

**Piggy In The Middle** - The aim of this blocked practice is to develop hand passing on both left and right sides. Players should focus on correct technique and working in sync at speed with partners



## EQUIPMENT

- 1 x Footballs
- 6 Players
- 2 Sets of Bibs
- 10m x 10m Grid
- 8 Minutes

## ORGANISATION

- Set up 10m x 10m grid with 4 attackers on outside, and two defenders in middle
- Attackers (Purple) can only move along the line shown.
- Defenders (gold) stay inside the grid.
- Attackers try & keep possession (hand pass only).
- If pass is intercepted, the attacker swaps with defender and become 'piggy in the middle'.
- Complete 3 x 2 minutes reps with 1 minute off between reps. Change players in centre for each rep.

## VARIATION (STEPR)

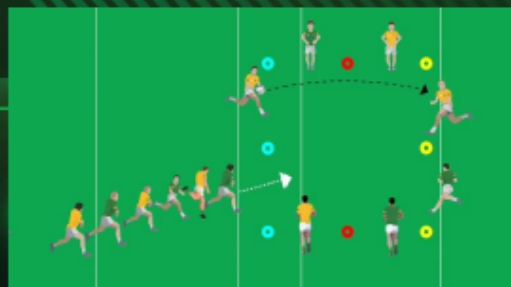
- Ensure passes with both left and right hand
- Change to Fist Pass

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Underarm striking action with open hand; follow thru in direction of pass*
- *Watch for throwing the ball; using wrong part of the hand*
- *Look for movement from Attackers. Avoid "hospital pass"*

## ACTIVITY NAME & AIM

**Pressure Cooker** - The aim of this blocked practice is to develop hand passing on both left and right sides. Players should focus on correct technique and accurate passing under pressure in sync with teammates.



## EQUIPMENT

- 1 x Footballs
- 12 / 14 Players
- 2 Sets of Bibs
- 9 x Space Markers
- 30m x 30m Grid
- 8 Minutes

## ORGANISATION

- Set up 30m x 30m grid with 6 or 7 attackers on outside. and 6 or 7 defenders initially position outside grid
- Yellow team (Attackers) start by passing the ball among themselves by either hand or fist across the grid. Players should not move from their segment on outside of grid. R
- Once the first pass is made, a Defender (Red team) enters the grid to try and intercept the ball, another Red player enters after each pass until they win the ball.
- Teams swap roles once they win the ball.
- Complete 2 x 3-minute rep with 1 minute off between rep for review and feedback.
- Adjust Grid size based on number of players available.

## VARIATION (STEPR)

- Ensure passes with both left and right hand (or fist)
- Introduce a Foot Pass
- Breakout into a 30 second possession game if ball is intercepted

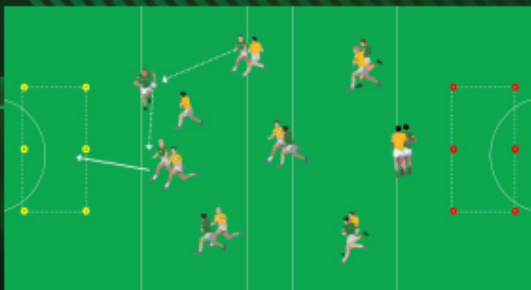
## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Underarm striking action with open hand; follow thru in direction of pass*
- *Look for scanning to find open players, and good communication between teammates*
- *Look for accurate passing from Attackers to open player. Avoid "hospital pass" as pressure builds*



## ACTIVITY NAME & AIM

**Possession Is Vital Game** - The aim of this Small Sided Game is to focus on Handpassing and good First Touch and improves the player's mentality to maintain and not give away possession.



## EQUIPMENT

- 1 x Football
- 2 Teams – 7/8 players per team
- 2 sets of Bibs
- 8 x Space Markers
- 50m x 90m Grid
- 15 minutes

## ORGANISATION

- Use Half pitch (13m to 65m line) and play across it. In the middle of each side line, build a 10m x 10m grid. No goalkeepers.
- Play 7 v 7 or 8 v 8. To get a score, team must work the ball into the grid using the handpass, with a player running into the grid to gain possession.
- If team take possession standing still in the grid, score does not count.
- If team A get a score, they do not surrender possession and immediately work the ball to the other end to try to score.
- Play game in 3 sets of 5 mins. Review play after each. Look for improvement in maintaining possession and speed of transition to get a score.
- Adjust pitch size depending on the number of players per team, if necessary.

## VARIATION (STEPR)

- Use non dominant hand only in one game segment
- Allow only one play of the ball (hop or solo).
- Change possession on bad first touch (fumble or errant pass)

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Question the Players on the mental impact of retaining possession after each score, both from the team in possession and the team not in possession?
- Check on when to use the non-dominant hand for a pass

## 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