



Age Group: Under 15	Session Learning Outcomes		
Session No: 1	Technical		
Year: 2008	Bilateral Kicking		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Vision (Scanning)</i>	<i>Conditioning</i>	<i>Hard Working</i>

Session Aims

1. Develop kicking on both left & right foot
2. Refresh on Solo, Bounce and Handpassing 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 Kicking	Practice kicking on both left & right foot in combination with solo, bounce & handpass
Skill (Blocked)	8m	Kicking Mechanics	Practice targeted kicking with a partner on both left & right foot
Skill (Blocked)	8m	Off The Shoulder Runs	Practice to improve kick passing while focusing on first touch, good support play and timing of the support run.
Small Sided Game	15m	Switch The Play	Practice to develop kick passing on both left and right sides. Players should be aware of space and diagonal lines of running and accurate foot passing.
Conditioning	5m	65m Run Conditioning	Develop player's run conditioning over 65m distance

Coaches Reflective Questions

1. Did the session flow as anticipated? How would you improve the flow?
2. How did the players respond to questions during review periods

Players Reflective Questions

1. What is key to develop kicking technique on non-dominant foot?
2. How do you deliver an advantage ball?

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

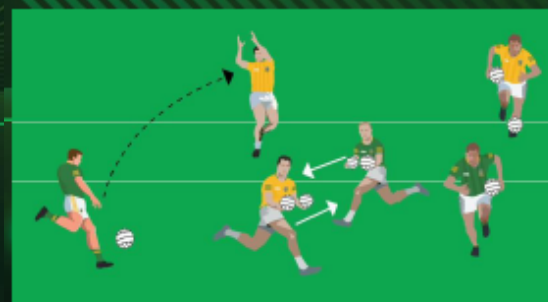
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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 Kicking. This activity helps develop bilateral technique in kick passing in combination with Handpassing, Crouch Lift, Solo and Bounce.



EQUIPMENT

- Working in pairs
- 2 x footballs per pair
- 2 x Tennis Ball per pair
- 13 minutes

ORGANISATION

1. Player 1 with 2 balls takes 4 steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, handpass right, hand pass left to partner. Player 2 continues sequence. 1 minute on with 30 seconds recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3
2. Player 1 with 2 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 sequence. 3 minutes on.
3. Recovery for 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 the cycle. 1 minute on with 30 second recovery. Repeat by 3.
5. Recovery for 30 seconds. Each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time for 30 seconds.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Head down, eyes on the ball; drop ball from hand on kicking side; Kick with instep; toes pointed down, follow thru to target
- Watch out for ball drop height, dropping with opposite hand, lifting the head!!!



ACTIVITY NAME & AIM

Kicking Mechanics - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players should focus on direct kick to partner over short distances.

EQUIPMENT

- 1 x Football per pair
- 6 Cones
- 25m x 25m Grid



ORGANISATION

- Divide players into groups of 10 players with 1 football per pair
- **No Step Kicking**
- Players work in pairs approx. 20m apart as per cones B & C
- Perform kick to partner without taking a step.
- 10 kicks on each foot
- **Golf Clubs**
 - Players positioned at cones A and C. Player take 4 steps and perform following kicks
 - 1 Iron - Ball is kicked direct at waist height into partner
 - 5 Iron - Ball is kicked direct at head height into partner
 - 9 Iron - Ball is chipped (lobbed) into partner kicks on each foot.
 - 5 kicks on each foot.
 - Switch players at Cones A & C and repeat.
- Set up sufficient grids to accommodate all players

VARIATION (STEPR)

- Coach calls type of kick when players reach Cone B

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check Posture, Range of Motion in Kicking Leg, Firm kicking foot, Support Leg & Support Arm
- Look for direct kick to partner, and clean catch (Body, Reach & High)

ACTIVITY NAME & AIM

Off The Shoulder Runs - The aim of this activity is to improve kick passing while focusing on first touch, good support play and timing of the support run.

EQUIPMENT

- 2/3 x Footballs
- 12 / 14 x Players
- 4 x Yellow Space Markers
- 4 x Red Space Markers
- 60m x 30m Grid



ORGANISATION

- Players at Red space markers are static. 3-4 Players at Yellow space makers
- **Phase 1** - One player kick passes to static player and receives ball back and then hand passes to a player from 2nd station, moving to receive pass, and continue as displayed above. Each player joins next group.
- **Phase 2** - Two players leave station 1, player 1 kick passes to static player and player 2 receives ball back and then hand passes to a player from 2nd station, moving to receive pass, and continue as displayed above. Each two players joins next group.
- Rotate static players

VARIATION (STEPR)

- Kick using non dominant foot
- For both phases start with ball at Station 1. Then add 2nd ball at Station 2, and then add a 3rd ball at Station 3.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look for accurate kick passing, support runs, quick hands and good timing
- How does timing impact off the shoulder running?
- What is the key to good execution in phase 2?
- What does an accurate kick pass allow in this activity?



ACTIVITY NAME & AIM

Switch The Play Game - The aim of this Small Sided Game is to develop kick passing on both left and right sides. Players should be aware of space and diagonal lines of running and accurate foot passing.



EQUIPMENT

- 1 x Football
- 14 or 16 players per grid
- 20 x Space Markers
- 80m x 60m Grid
- 2 x Bib Sets
- 2 x Goals
- 15 minutes

ORGANISATION

- Set up even teams (7 v 7 or 8 v 8).
- Set up grid with 3 long lanes marked out with space markers
- Kick passing only. Players cannot pass to a teammate in the same lane.
- If player passes to a teammate in the same lane, free awarded to opposition
- Encourage diagonal runs and accurate passing
- Adjust size of grid for age and number of players available. Set up extra grids as necessary to cater for numbers in training squad

VARIATION (STEPR)

- Allow play of the ball (Solo or Bounce).
- Play with non-dominant foot only
- Must pass to a player in each lane before shooting

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Play 3 x 4 min games and review with players
- How best to support player in possession?
- Encourage last pass to end up in front of goals

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