



<b>Age Group: Under 15</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 6</b>	<b>Technical</b>		
<b>Year: 2008</b>	<b>Bilateral Kicking</b>		
<b>No. of Players:</b>	<b>Tactical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad:</b>	<i>Shadowing</i>	<i>Repeat Speed</i>	<i>Positive Attitude</i>

### Session Aims

1. Develop Kicking on both left & right side
2. Refresh on Solo, Bounce and Handpassing 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 Kicking	Practice Kicking on both left & right side in combination with kicking, solo, bounce & handpass
Skill (Blocked)	8m	Catapult Passing	Practice Kicking on both left & right foot while focusing on first touch, good support play (give & goes) and timing of the support run.
Skill (Blocked)	8m	Pressure the Pass	Practice kicking while focusing on first touch, kicking under pressure and hard running to pressure the kick pass.
Small Sided Game	15m	Netball Kicking Game	Practice Kicking on both left & right sides at game tempo. Players focus on communication, scanning and players moving into space for kick pass.
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

### Coaches Reflective Questions

1. How well did we use PEAQ in the session (Praise, Exploration, Affirmation Questioning)?
2. What would we do more of, less of, or differently moving forward in respect of Bilateral skills

### Players Reflective Questions

1. What are the best ways to make yourself open to receive a kick pass in the attacking area?
2. What do players need to consider when deciding whether to pass or shoot?



## ACTIVITY NAME & AIM

**GAA15 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 [GAALearning.ie/GAA15](http://GAALearning.ie/GAA15)

## ACTIVITY NAME & AIM

**Bilateral Kicking.** This activity helps develop bilateral technique in kick passing in combination with Handpassing, Solo and Bounce. Players focus on kick passing in pairs and in groups of 4, interspersed with handpassing and Solo & Bounce.



## EQUIPMENT

- Working in pairs
- 2 x footballs per pair
- 2 x Tennis Ball per pair
- 14 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, hand pass left to partner. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.
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. 2 x minute on followed by 60 second recovery as per point 3.
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 secs.
4. Kicking in a group of 4. Ball starts with player 1 who kicks to player 2 who kicks to player 3 who kicks to player 4 and back to player 1. 20m distance between all kicks. 60 seconds all on left, 60 seconds, all on right side.
5. Kicking in pairs. Player 1 with two balls takes 4 steps, kicks ball 1 with right foot instep to player 2, takes 4 steps kicks ball 2 with left foot instep to player 2. Player 2 continues the sequence. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.

## 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

**Catapult Passing** - The aim of this activity is to improve kick passing while focusing on first touch, good support play (give & goes) and timing of the support run.

## EQUIPMENT

- 1 x Football
- 5 x Players
- 5 x Space Markers
- W Shape Grid with 20 - 30m lines
- 8 minutes



## ORGANISATION

- Groups of 5. Set-up as per diagram.
- Player 1 kick passes to player 2 and follows his pass. Player 2 hand passes back to player 1 and moves to cone 1. Player 2 in turn hand passes to Player 3 and takes position at cone 2.
- Player 3 in turn kick passes using left foot to player at cone 4 and returns to his original position at cone 3.
- Player 4 now kick passes to player 5 and follows his pass. Player 5 hand passes back to player 4 and moves to cone 4. Player 4 in turn hand passes to Player 3 and takes position at cone 5.
- Player 3 in turn kick passes using right foot to player at cone 1 and returns to his original position at cone 3.
- Activity continues in this sequence. Continue for 90 secs and then change player at cone 3.
- Set up number of grids to accommodate all players

## VARIATION (STEPR)

- Kick using non dominant foot.
- Use two footballs?

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

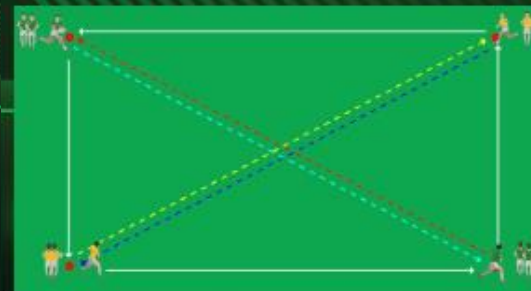
- Focus on connection passing, working on give and goes, kick passing of both feet and timing of runs

## ACTIVITY NAME & AIM

**Pressure The Pass** - The aim of this blocked practice is to improve kick passing while focusing on first touch, kicking under pressure and hard running to pressure the kick pass.

## EQUIPMENT

- 2 x Footballs
- 12 x Players
- 4 x Space Markers
- 40m x 40m Grid



## ORGANISATION

- Ball starts with Green player (Station 1) who kick pass in clockwise direction to Yellow player at Station 2.
- Yellow player then kick passes to Green player – at Station 3, who kicks passes to Yellow player at Station 4, who then kicks to next Green Player at Station 1.
- Each Player must sprint across grid (as shown by dotted arrows) after his kick pass to put pressure on or block the kick pass at that station.
- Restart sequence where a block is executed, or a pass goes astray.

## VARIATION (STEPR)

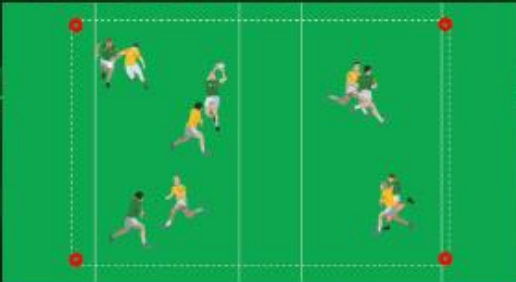
- Kick using non dominant foot.
- Kick pass in anti-clockwise direction.
- Add 2nd ball at Station 3.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look for accurate kick passing and good first touch
- What does an accurate kick pass allow in this activity?
- Look for good intensity in run and pressure on kick

## ACTIVITY NAME & AIM

**Netball Game – Kicking.** This Small Sided Game is used to develop bilateral kicking, and also requires players to communicate, with player in possession scanning for player in space, and players moving into space to provide options to the passer for kick pass.



## EQUIPMENT

- 1 x Football
- 8 Cones for 30m grid
- 2 x Teams
- 2 x Bib Sets
- 15 minutes

## ORGANISATION

- Play 5 v 5 in 30m grid.
- Player in possession is not allowed to move
- Other players must move in grid to provide options to player on the ball
- Use different kicks to pass the ball short & long.
  - 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

## VARIATION (STEPR)

- Alternate kick on dominant and non-dominant leg.
- 5 v 4 in favour of the team in possession. Keep possession for set period (3 mins)

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Good communication, Support, Movement*
- *Where do you provide support to player in possession? – Triangular Passing patterns*

## ACTIVITY NAME & AIM

**20m Repeat Speed** – This activity is used to develop the player's speed and acceleration.



## EQUIPMENT

- 20m Grid
- 8 x Space Markers

## ORGANISATION

- Set up 20m Grid.
- Players complete 20 metre sprint, repeat on 20 seconds
- Perform 8 repetitions
- Intensity level at 100%
  
- 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*