



<b>Age Group: Under 15</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 7</b>	<b>Technical</b>		
<b>Period: Q1</b>	<b>Bilateral Pick-Up</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>Confidence</i>

### Session Aims

1. Develop Pick Up on both left & right foot
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 Pick-Up	Practice Pick-Up in combination with Handpassing Solo, Bounce & Kicking
Skill (Blocked)	8m	Kick - Pick-Up - Move	Players should focus on the correct technique for both chip & crouch lift, while working in sync at speed with partners
Skill (Blocked)	8m	Grid Swap Game	Players should focus on using either chip or crouch lift to gain possession and then quick transition to the other end zone.
Small Sided Game	15m	Netball Pick-Up Game	Practice crouch & chip lift at game tempo. Focus on moving into space and providing options for player to deliver pass to team mate to gain possession using either pick-up
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 Pick Up 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

**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

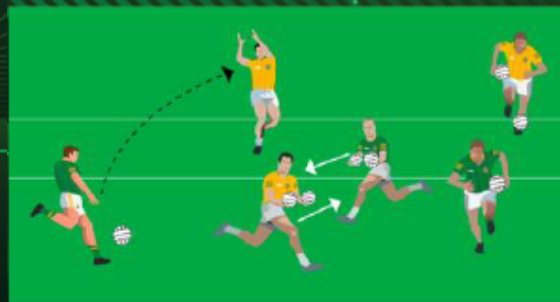
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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 – Pick-Up.** This activity helps develop bilateral technique in Pick-Up (Crouch & Chip Lift) in combination with Kicking, Handpassing, Solo & 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
- 13 minutes

## ORGANISATION

1. Player 1 with a ball takes 4 steps, solo left, 4 steps turns and rolls ball back to player 2, who crouch lifts on right. Player 2 repeats. Alternate for 1 minute on.
2. Player 1 with a ball takes 4 steps, solo right, 4 steps turns and rolls ball back to player 2, who crouch lifts on left. Player 2 repeats. Alternate for 1 minute on.
3. Recovery 60 seconds – hand passing in pairs with 2 balls left and right hand.
4. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drops ball 1, then takes 4 steps bounce left, 4 steps solo right, drops ball 2. Player 1 shadows picks up 2 balls 1 with left foot one with right foot and continues cycle. 2 minutes on
5. Recovery 60 seconds – handpassing in pairs-player 1 starts with 2 balls in hand throws 1 up high over his head, hand passes other ball to partner, receives ball back from partner and catches ball 1 from overhead. Swap roles after 30 seconds
6. Player 1 & 2 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. 2 minutes on.
7. Recovery 60 seconds - each pair have a tennis ball and a football. Player bounces football and throws up tennis ball at the same time. 1 player works for 30 seconds then swap over.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- **Crouch Lift** - Supporting foot beside the ball. Hands in front of ball. Fingers spread. Bring lifting foot forward scooping ball in the hands. Draw ball into body.
- **Chip Lift** – Approach ball at pace. Wedge toes on lifting foot under the ball to chip upwards. Extend hands downwards to receive ball and draw it into the chest
- Look for correct skill execution on both feet.

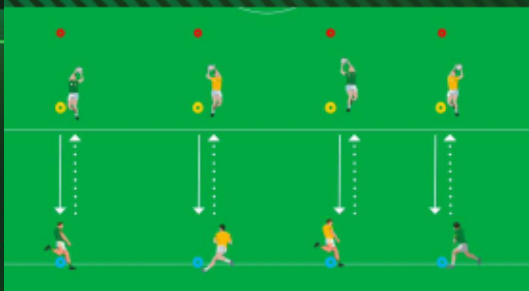


## ACTIVITY NAME & AIM

**Kick Pick-Up Move** - The aim of the block practice is to focus on Pick-Ups (Crouch & Chip Lift) on both left and right foot following an accurate kick pass. Activity also involves Solo on left & right while moving between ends.

## EQUIPMENT

- 2 x Footballs per pair
- 16 x Poles per group of 8
- 8 players
- 8 minutes



## ORGANISATION

- 2 poles 25m distance apart. Divide players into pairs and each player takes up position at a pole. Player 1 at Pole A has 2 footballs in hand.
- Player 1 at Pole A kicks first football with left foot and second football with right foot to player 2 at Pole B and runs in direction of kick pass to Pole B.
- Player 2 at Pole B rolls both balls forward and then proceeds to crouch lift 1st ball, and then chip lift 2nd ball, and then carries the balls alternating soloing and bounce towards the pole A that player 1 has kicked balls from.
- Player 2 will now kick 2 footballs to Player 1 who continues the sequence – crouch lift, chip lift and solo & bounce.
- Run activity for 2 minutes with 1 minute recovery between each set. 3 Sets in total.
- Set up grids to accommodate all the players

## VARIATION (STEPR)

- Increase distance between poles

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

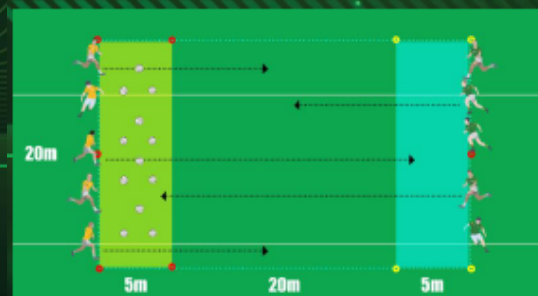
- Look for correct technique on both crouch and chip lift. For the crouch lift, ensure players are placing hands in front of the ball and not touching the ball on the ground. For the chip lift, ensure players are driving the toes on lifting foot under the ball to chip upwards into the body.
- Encourage the skills (Pick Up & Solo, Bounce) to be executed at pace.
- Encourage kick pass(es) direct to partner, chest height to facilitate catching both footballs.

## ACTIVITY NAME & AIM

**The Grid Swap Game** – The aim of this Blocked activity is about developing the Crouch Lift and Chip Lift. Emphasis is on using either lift to gain possession and then a quick transition to the other end zone.

## EQUIPMENT

- 10 x Footballs
- 12 x Cones
- 10 Players (5 v 5)
- 2 x set of Bibs
- 10 minutes



## ORGANISATION

- Set up 40m x 20m grid with 5m zones at each end. Two teams A and B start in end zones facing each other 30m apart.
- Place ten footballs in one grid
- On the whistle, team A run forward, crouch lift a ball each, and return it to their own grid, then continue back to the grid, chip lift a ball each and return it to their own grid,
- Then team B repeat the drill, moving all the footballs back to their grid
- The team which completes the activity in the quickest time wins

## VARIATION (STEPR)

- Repeat the activity this time with opposing team providing opposition and looking to prevent Team in possession return footballs to their grid.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look for correct technique on both Crouch & Chip lift. For the Crouch Lift, ensure players are placing hands in front of the ball and not touching the ball on the ground. For the Chip Lift, ensure players are driving the toes on lifting foot under the ball to chip upwards into the body.
- How do you change the transition when under time pressure or under opponent pressure?
- Opposing player to time contact on player running with ball to avoid free and prevent player returning ball to his grid.



## ACTIVITY NAME & AIM

**Netball Game – Pick-Up.** This Small Sided Game is used to develop bilateral Pick Up, and requires players to communicate, with the player in possession scanning for players in space, and players moving into space to execute crouch lift and/or chip lift.

## EQUIPMENT

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



## ORGANISATION

- Play 5 v 5 possession game in 30m grid. Adjust size of grid as necessary.
- Player in possession is not allowed to move and is only shadowed by direct opponent.
- Other players must move in the grid to provide options to player on the ball.
- Use different kicks to pass the ball short & long. Objective is to deliver an advantage ball into space to allow team-mate collect it using chip lift or crouch lift.
- Change possession after 6 passes or on interception.
- Play 3 x 4-minute mini games with 1 minute for review
  - Pick-up with dominant foot.
  - Pick-up with non-dominant foot.
  - Add progression or variation

## VARIATION (STEPR)

- Allow opponent to attempt to block kick from player in possession.
- Add neutral player (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*
- *Look for good first touch on pick-up to secure possession.*
- *Where do you provide support to player in possession? - Triangular Passing patterns*

## 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