



Age Group: U-15	Session Learning Outcomes		
Session No: 4	Technical		
Year: 2008	Bilateral Solo & Bounce		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Creating Space</i>	<i>Repeat Speed</i>	<i>Competitive</i>

Session Aims

1. Develop Solo & Bounce on both left & right side
2. Refresh on Kicking, Tackling 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 Solo & Bounce	Practice Solo & Bounce on both left & right side in combination with kicking & handpass
Skill (Blocked)	8m	Sharp Solo & Kick Pass	Practice Solo & Bounce on the ball on both left and right side and execute accurate kick pass to teammates
Skill (Blocked)	8m	2 Ball Solo Keep Ball	Practice tackling on the ball on both the left & right sides. Players should look to look to solo/bounce with 2 balls while avoiding shadowing player
Small Sided Game	15m	Gates Game	Practice Solo & Bounce on both left & right sides at game tempo where players should look for opportunities to run with the ball or switch play
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

Coaches Reflective Questions

1. How much did we talk versus how much did we listen?
2. How much were the players engaged in the session?

Players Reflective Questions

1. What is key to developing dummy solo & bounce techniques on non-dominant foot?
2. What do players need to consider when deciding on whether to switch play or run the ball?



ACTIVITY NAME & AIM

GAA 15 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)

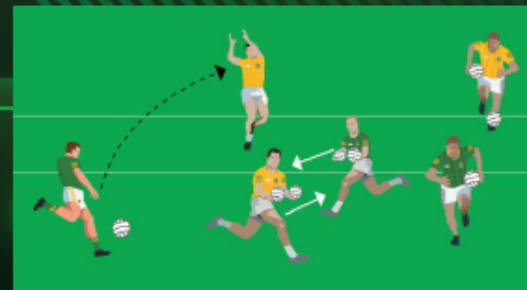
- Check for correct technique execution. Refer to GAA Learning.ie/GAA15

ACTIVITY NAME & AIM

Bilateral – Running with the Ball. This activity helps develop bilateral technique in Solo and Bounce in combination with Kicking and Handpassing. 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. Player 1 with two balls takes 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 with 30 second recovery – hand passing in pairs with 2 balls left and right hand. Repeat x 2.
2. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drop ball, 4 steps bounce left, 4 steps solo right drop ball 2, partner picks up 2 balls, one with left foot, one with right foot and continues cycle. 2 minutes on with 60 second recovery as per point 3.
3. Recovery 60 seconds - 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.
4. Player holds one ball above head in left hand. 4 steps Solo on right side, 4 steps bounce on right, kick pass to partner who has a ball. Player 2 continues sequence for 1 minute. Repeat holding ball in right hand and solo on left side for 1 minutes followed by 60 second recovery as below.
5. Recovery 60 Seconds - 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.
6. Player 1 with two balls takes 4 Steps dummy bounce right, 4 steps dummy solo left, 4 steps dummy bounce left, 4 steps dummy solo right, Kick pass right to partner, hand pass left to partner. 1 minute on with 30 second recovery - each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time. Repeat by 2

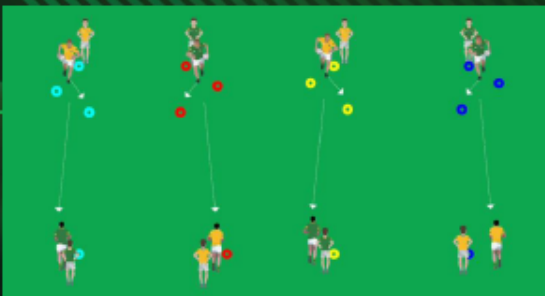
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Solo – dropping ball from hand on kicking side, eye on the ball; toes pointed towards body; straighten leg. Watch out for soloing ball too high, dropping form opposite hand
- Bounce – eyes on the ball, push ball towards ground, secure ball into body. Watch out for bouncing with two hands or bouncing ball too hard or too softly. Take the 4 steps!!!



ACTIVITY NAME & AIM

Sharp Solo & Kick Pass - The aim of this blocked practice is to develop Soloing (and Bounce) on both left and right sides. Players should be look to solo on both feet and execute an accurate kick pass to teammates



EQUIPMENT

- 2 x Footballs
- 3/4 players per grid
- 4 x Space Markers
- 25m x 5m Grid
- 2 x Bibs
- 8 minutes

ORGANISATION

- Set up 25m x 5m grid with 3/4 players and 1 or 2 footballs in each grid. Set up a numbers of grids to accommodate all players
- Player 1 starts with football in hand, takes 4 steps solo right around 1st cone, takes 4 steps solo left around 2nd cone, takes 4 steps and kick passes to Player 2 at end of grid
- Player 2 will solo and bounce football back to end of grid and hand passes to Player 3.
- Player 3 in turn, takes 4 steps solo right around 1st cone, takes 4 steps solo left around 2nd cone, takes 4 steps and kick passes to original Player 1 at end of grid
- Repeat sequence and run this activity for 3 minutes. Review & feedback with players for 1 minutes.

VARIATION (STEPR)

- Players work with 2 footballs
- Change size of grid

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each play. What went well, what to improve?
- Look for correct technique on Solo & Bounce. Check for 4 steps between plays of the ball

ACTIVITY NAME & AIM

2 Ball Solo – Keep Ball - The aim of this blocked practice is to develop Soloing (and Bounce) on both left and right sides. Players should be look to solo and bounce and keep both footballs away from shadowing player..



EQUIPMENT

- 2 x Footballs
- 2 players per grid
- 8 x Space Markers
- 15m x 15m Grid
- 2 x Bibs

ORGANISATION

- Set up 15m x 15 m square with 2 players and 2 footballs in each square. Player 1 starts with 2 footballs in hands and will attempt to keep footballs from player 2 who will be attempting to dispossess player 1.
- 1st activity - Player 1 will take 4 steps each time and solo ball with either right or left foot but using alternate foot each time and taking 4 steps between each solo.
- 2nd activity - Player 1 with two balls takes 4 Steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, and continues using alternate foot or hand each time and taking 4 steps between each solo & bounce.
- If player 2 dispossess a ball from player 1 they get 1 point for each ball dispossessed. On a dispossession of a ball allow player to pick up ball to continue activity with 2 footballs in hands.
- Activity will run for 1 minute with 30 seconds recovery. Rotate roles of players each time. Run this activity for 4 x 1 minute.

VARIATION (STEPR)

- Change size of grid

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each play. What went well, what to improve?
- Look for correct technique on Solo & Bounce. Check for 4 steps between plays of the ball
- How to protect the ball from tackler?



ACTIVITY NAME & AIM

Gates Game - The aim of this Small Sided Game is to develop Solo and Bounce on both left and right sides. Players should be aware of space and opportunities to switch play. Look to use scanning to identify opportunities to run with the ball.

EQUIPMENT

- 1 x Football
- 10 or 12 players per grid
- 8 x Space Markers
- 40m x 30m Grid
- 2 x Bib Sets
- 10 x Poles (for Gates)



ORGANISATION

- Set up 40m x 30m grid and add 5 sets of gates (1m)
- Create 5 v 5 or 6 v 6 teams.
- Normal rules (kick passing, hand passing, solo & bounce etc) apply. Teams not allowed to guard the gates
- Score by carrying the ball (Solo or Bounce) thru the gates.
- Award extra point for successful execution of dummy solo or dummy bounce techniques,
- 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)

- Hand passing only or kick passing only
- Play with non-dominant foot only.
- Remove one set of gates

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look to see use of solo and bounce on both sides.
- What does the use of gates promote in the play? - Switching the play.
- How does switching play help in attack? - Breaking down mass defence.

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 10 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