



Age Group: Under 17	Session Learning Outcomes		
Session No: 3	Tactical		
Period: Q3	Counter-Attack - Midfield		
No. of Players:	Technical	Physical	Character
Squad:	Bilateral Skills	Sprint Speed	Confidence

Session Aims

1. Develop Counter-Attack From Midfield as a Game Based principle
2. Refresh on Bilateral Skills (Kicking, Handpass, Solo & Bounce)

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)	10m	Bilateral Skills	Practice bilateral skills with a focus on Solo, Bounce with Handpassing & Kicking
Small Sided Game	10m	Patience Play	SSG to develop counter-attack from Midfield with emphasis is on quick transition from midfield to attack using width and depth to create scoring opportunity.
Small Sided Game	10m	Attack Thru Midfield	SSG to improve counter-attack from Midfield. Emphasis is on quick transition thru midfield to attack using width, with deliveries into scoring zone.
Full Sided Game	10m	Two-Way Midfield	FSG to improve counter-attack with midfielders either penetrating or getting ahead of the ball to receive a pass. Forwards create space for runs.
Conditioning	5m	50m Sprint Speed	Develop a player's sprint speed over 50m distance.

Coaches Reflective Questions

1. Can you recall any specific mistakes or challenges you faced today? How can you learn from them?
2. How can the coach challenge players to train like 'the confident player'?

Players Reflective Questions

1. What attacking principle of play is most effective when counter attacking from midfield?
2. How best to defend a counter-attack from midfield, whether to press high or sit deep. Why?

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

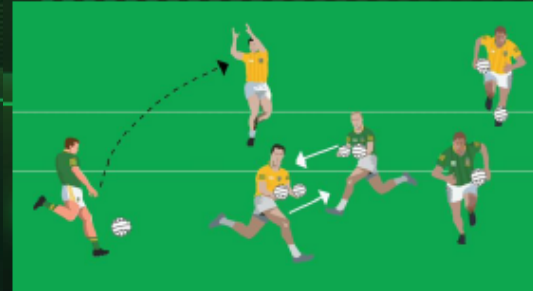
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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 – 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

The Patience Play Game – The aim of this Small Sided Game is to practice Counter-Attack from Midfield. Emphasis is on quick transition from midfield to attack using width and depth to create scoring opportunity.



EQUIPMENT

- 2 x Footballs
- 4 x Poles
- 2 x set of Bibs
- 10 x Defenders
- 9 x Attackers
- 10 minutes

ORGANISATION

- Set up on half pitch, with 5m channel along the endline and both sidelines inside the 45m line. Position 4 poles on 65m line (5m apart). Position 2 cones 5m apart midway between 45m and 65m lines near both sidelines. Mark out scoring zone around goals.
- Position attacker (Green) & defender (Yellow) at each pole. Position attacker (G) & defender (Y) on each cone between 45m & 65m lines. 1 attacker (G) in each 5m channels along sidelines. 3 defenders (Y) inside scoring zone and GK in.
- 1st play. Defender (Y) on left cone plays ball to coach who feeds attacker (G) who starts attack by feeding attacker in wide channel. At same time, the 4 attackers break from midfield to support attack by pulling defenders into wide and deep channels. Attackers work opening for shot at goals. Spare defender looks to closedown point of attack.
- 2nd play. Defender (Y) on right cone plays ball to coach who passes to attacker (G) to start attack by feeding one of the attackers breaking from midfield who makes dummy run to get open. Other attackers continue to support attack by pulling defenders in wide and deep channels. Attackers work opening for shot at goals. Spare defender looks to closedown point of attack.

VARIATION (STEPR)

- Use Game Principles (3 Sec rule, Give & Go, Break The Tackle, Switch Play etc) to add intensity and promote quicker thinking.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on breaking fast from midfield and transition to scoring opportunity.
- Encourage attackers to use width and depth to create space in attack.
- Defending as a group, tracking attacking runners & closing-down space.
- How best to use spare defender in the defensive set-up?
- Where is best to create space to create scoring opportunities?

ACTIVITY NAME & AIM

Attack thru Midfield Game – The aim of this Small Sided Game is to practice Counter-Attack from Midfield. Emphasis is on quick transition thru midfield to attack using width, with deliveries into scoring zone. Defending as a group, pressing or sitting, breaking fast if ball is turned over.



EQUIPMENT

- 3 x Footballs
- 13 x Players
- 2 x set of Bibs
- 7 Attackers v 5 Defenders
- 20 x Cones
- 4 x Poles
- 10 minutes

ORGANISATION

- Set up on half pitch from 65m line to end line. Mark out two 15m channels along each sideline. Mark out 10m grid from 45m line and out to both wide channels.
- 7 Attackers (Green) v 5 Defenders (Yellow). Position 2 attackers in wide channels and 1 attacker in 10m grid inside 45m line. 3 v 2 inside 65m line and 1 v 3 in scoring zone. Set up two small goals using poles on 65m line. GK in.
- Start with 3 v 2 inside 65m line with Green team in possession. Look to create opening to pass to Green player in 10m grid. who in turn can then switch play to either attacker out in wide channels. Wide player then looks for opportunity to pass into scoring zone to create score while other attackers push forward from midfield and outside to support attack.
- Defending team (Yellow) look to press wide player in possession, pick up runners into the scoring zone, while others also recover to support defence
- If defenders win possession they counter-attack centrally and look to score in either of the small goals

VARIATION (STEPR)

- Allow wide players to move inside and half backs (from 3 v 2) to overlap in the wide channels.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on a quick transition to player in space to create options to attack wide on either flank.
- Encourage runners to support inside forward.
- Defending as a group, decision on who should press and who pick up runners from deep.
- How do we create more options outside to exploit the space and create overlaps?
- Where is best to create space to in attacking third?





ACTIVITY NAME & AIM

Two Way Midfield Game – The aim of this Full Sided Game is to practice Counter-Attack from Midfield. Emphasis is on creating Width and Depth options, to allow midfield players penetrate or to get ahead of the ball to receive pass.



EQUIPMENT

- 1 x Football
- Full Pitch
- 20 Players (10 v 10)
- 2 x set of Bibs
- 10 minutes

ORGANISATION

- Set up on Full Pitch. Mark out two lines 55m from each end line. Play 13 v 13 with 2 midfielders who play with both teams. Midfielders start in zone between the 55m lines. Attackers & Defenders stay in zones between 55m lines and end lines.
- Game is played with full complement of defenders & attackers, but only 2 midfielders who play with both teams and attack both ends.
- Defence works the ball out and passes to one of two midfielders. Midfielder can kick forward immediately or take a solo. The other midfielder makes blindside run to look for a pass and kick a score.
- Wing half forwards look to gravitate towards cones at 55m which provides width and, also create space for midfielders to run into. If half forwards get the ball, they can either play diagonal pass or carry ball to link up with midfield runner to create scoring opportunity.

VARIATION (STEPR)

- Add time limit on score attempt
- Add 3 second rule for player in possession.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Encourage midfielders to make blind side run from deep. Encourage forwards to take up wide positions to create space for these runs.
- Defending as a group, decision on whether to press high or sit deep.
- What is the advantage of getting the ball out wide?
- How does midfielders decide to carry forward or execute quick pass to inside line?

ACTIVITY NAME & AIM

50m Repeat Speed – This activity is used to develop the player's speed and acceleration.



EQUIPMENT

- 50m Grid
- 8 x Space Markers

ORGANISATION

- Set up 50m Grid.
- Players complete 50 metre sprint in 10 secs, repeat on 20 seconds
- Perform 15 repetitions (Total distance 750m)
- 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