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| Age Group: Under 17 | Session Learning Outcomes | | |
| Session No: 4 | Tactical | | |
| Period: Q3 | Developing Support Play | | |
| No. of Players: | Technical | Physical | Character |
| Squad: | Bilateral Skills | Run Conditioning | Mental Strength |

Session Aims

1. Developing Support Play as a Games Based principle
2. Refresh on Bilateral Skills (Tackling, Kicking, Handpass, Solo & Bounce)

| Activity Type | Time | Activity Name | Key Outcomes |
|--------------------|------|--------------------------|---|
| Warm Up (Physical) | 15m | GAA 15 plus 5 in 5 Set 2 | Preparation for playing Gaelic Games & injury prevention |
| Skill (Random) | 15m | Bilateral Skills | Practice bilateral skills with focus on Handpass with Kicking and Solo & Bounce |
| Small Sided Game | 10m | Play The Higher Number | SSG to develop support play where the emphasis is on players communicating, player in possession scanning for next player, and on next play moving into space to receive kick pass. |
| Small Sided Game | 10m | Floater's Game | SSG to develop Support Play where the emphasis is on effective use of both Floating players, pass & move and in particular, 3rd man runs off the Floating player. |
| Full Sided Game | 10m | Use of Overlaps | FSG to develop support play, where the emphasis is on the use of overlap, creative passing going forward, support runners from wide, and in defence, tracking runners. |
| Conditioning | 5m | 60m Run Conditioning | Develop speed endurance & conditioning with repeated 30m sprint and 30m jog |

Coaches Reflective Questions

1. Did the coaches observe progress in the players understanding of switch play during the session? How was this manifested?
2. How well do you think the team communicated and worked together during the training session?

Players Reflective Questions

1. When switching play recognize the correct moment of the game?
2. When would you use switching play in a horizontal lane and when with vertical lane in a game?

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)

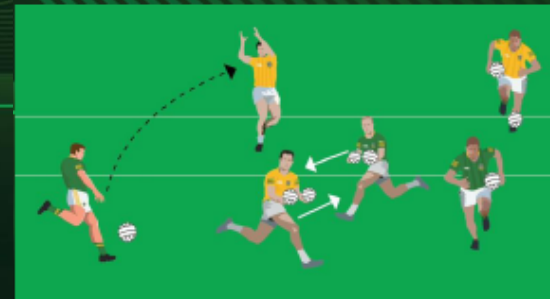
- Check for correct technique execution. Refer to GAA Learning ie / GAA15

ACTIVITY NAME & AIM

Bilateral – Handpass. This activity helps develop bilateral technique in Handpassing in combination with Kicking, Solo and Bounce. Emphasis is placed on both using left & right hand and working with intensity throughout the activity

EQUIPMENT

Working in 2's or 3's
2 x footballs per group
15 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 to partner, hand pass left to partner. Player 2 continues the sequence. 1 minute on x 2 with 30 second recovery - no step kick passing in pairs. Alternate left and right foot.
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. 1 minute on x 2 with 60 second recovery.
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 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 cycle. 1 minute on x 2
5. Recovery 60 seconds. each pair have 2 footballs. Player 1 bounces 2 footballs at the same time one with right hand and one with left hand then swaps over to player 2 after 30 seconds
6. 2 v 1 Keep Ball - 2 Attackers keep ball from 1 Defender for 30 seconds. No play of ball as in bounce or solo just allowed to handpass left or right. No loopy or handpasses on ground. Make sure attackers pass and move no fouling their handpass. Rotate player in middle if defender intercepts the ball. 1 minute on by 3.
7. Recovery for 60 seconds. Set up small triangle of 3 players. Pass 2 balls around triangle using outside left hand going one way and on coach's whistle change direction use the outside right hand passing ball around.

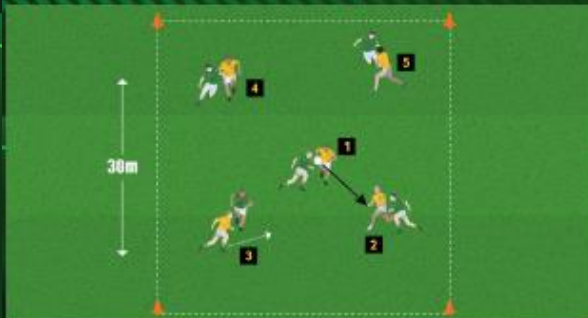
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in the direction of pass
- Watch for throwing the ball; using wrong part of the hand



ACTIVITY NAME & AIM

Numbers Game – The aim of this Small Sided Game is about developing Support Play. Emphasis is on players communicating, player in possession scanning for next player, and on next play moving into space to receive kick pass.



EQUIPMENT

- 1 x Footballs
- 30m Grid
- 2 x set of Bibs
- 5 v 5 (10 players)
- 8 x cones
- 10 minutes

ORGANISATION

- Set up 30m x 30m grid . Two even numbered team (5 v 5)
- Play 5 v 5 in 30m grid.
- Before game, each player is given a number between 1 and 5.
- The other team does not know which player is what number.
- Game starts with one team in possession, player with ball can only pass to player with next higher number (1 >> 2, 4 >> 5, 5 >> 1 etc.)
- Allow one play of the ball.
- When possession is turned over, opposition player then looks to pass to next higher number in his team.
- Set up sufficient grids to accommodate all the players.

VARIATION (STEP)

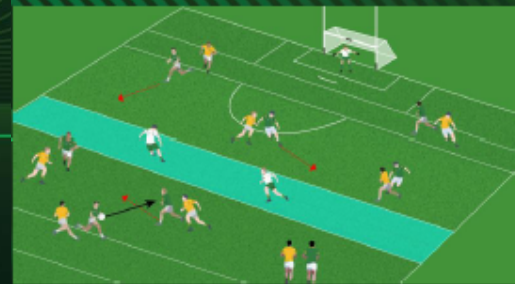
- Alternate between kick passes and hand passes
- Add or remove players depending on how activity is progressing

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Encourage good Communication, Support play and Movement both on and off the ball.
- Look for Triangular Passing patterns.
- Defenders track opponents and look for interceptions.
- How do you make space to complete pass to a teammate?
- What does team do, on gaining possession after interception?

ACTIVITY NAME & AIM

Floater Game – The aim of this Small Sided Game is about developing Support Play. Emphasis is on effective use of both Floating players, pass & move and in particular, 3rd man runs off the Floating player.



EQUIPMENT

- 1 x Footballs
- 3/4 Pitch
- 2 x set of Bibs
- 8 v 8 (16 players)
- 2 x Neutral players
- 10 minutes

ORGANISATION

- Set up on 3/4 pitch (opposite 65m line), with 10m channel on the 45m line. Play even teams 8 v 8 or 10 v 10 with 2 floating players inside 10m channel.
- Team in possession can pass to either floater and must take the ball off the floater within 3 seconds.
- Challenge players to use the Floaters as much as possible. Ball can be passed over either of the floating player if necessary.
- Floaters cannot be tackled.
- Play 3 x 3-minute games and review. Count the number of contacts by the Floaters in each mini game.

VARIATION (STEP)

- Add players on one or more team (10 v 10)
- Add score attempt (points only)

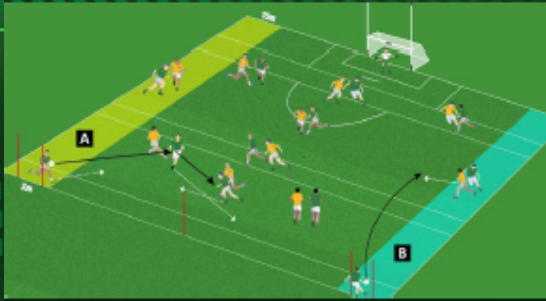
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on scanning to see ensure either floater gains possession.
- Encourage 3rd man runs to take return pass from the floaters.
- Encourage both near and far runs off the floaters to open up the play.
- What is the advantage of feeding the ball thru the floaters?
- When is the best opportunity to turn over possession?



ACTIVITY NAME & AIM

Use of Overlap Game – The aim of this Full Sided Game is about developing Support Play. Emphasis is on the use of overlap, creative passing going forward, support runners from wide, and in defence, tracking runners, and then quick transition to counter-attack.



EQUIPMENT

- 6 x Footballs
- ¼ Full Pitch
- 22 / 30 Players
- 2 x set of Bibs
- 6 x Poles
- 10 minutes

ORGANISATION

- Set up on ¼ pitch (opposite 45m line) with two 15m channels (A & B) along each sideline. 3 gates (3m wide) are positioned on the opposite 45m line, one at each channel and one on centre of 45m line.
- Play even numbered teams from 11 v 11 up to 14 v 14. An attacker (with football) is positioned at start of each channel. 1 x attacker & defender is positioned midway in each channel. Remaining players are distributed as displayed. Dotted line for player movement and solid line for ball movement. GK in.
- Game starts with either Green attacker in A or B. He can choose to run the ball into channel or pass to teammate in channel. If he runs the ball, then teammate vacates channel and joins the attack.
- Players in other channel also participate in game but must decide to stay wide or join in attack.
- If Defenders win the ball back, they have 10 seconds to transition the ball thru one of the gates on 45m line to score.

VARIATION (STEPR)

- Adjust size of pitch based on number of players available.
- Game restarts if defenders succeed in getting attackers to pass laterally or backwards 4 times in a row.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Encourage quick passing and movement. Encourage players to take on 1 v 1s.
- Encourage use of overlap to support the fast break and break defensive line.
- Defending as a group, decision on whether to press high or sit deep.
- What is the advantage of getting the ball out wide?
- How to decide to run the ball in or pass to teammate in either channel?

ACTIVITY NAME & AIM

60m Run Conditioning – This activity is used to develop the player's speed endurance and conditioning with repeated 30m sprint followed by 30m jog



EQUIPMENT

- 60m Grid
- 8 x Space Markers

ORGANISATION

- Set up 60m Grid.
- Players complete 30 metre sprint followed by 30 metre jog in 30 sec, repeat on 30 seconds
- Perform 9 repetitions (total distance 540m)
- Intensity level at 100% for Sprint and then slow for Jog (¼ 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