



<b>Age Group: Under 17</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 5</b>	<b>Tactical</b>		
<b>Period: Q3</b>	<b>Improving Scoring</b>		
<b>No. of Players:</b>	<b>Technical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad:</b>	<b>Bilateral Skills</b>	<b>Sprint Speed</b>	<b>Pressure</b>

### Session Aims

1. Develop Improving Scoring as a Game Based principle
2. Refresh on Bilateral Skills (Kicking, Handpass, Solo & Bounce)

<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)	10m	Bilateral Skills	Practice bilateral skills with a focus on Kicking with Solo, Bounce & Handpassing
Small Sided Game	10m	Shooting Awareness Game	SOG to improve scoring with players being aware of the shooting distance and focus on getting the appropriate length and height into their shots while being distracted.
Full Sided Game	10m	Long Ball Short Ball Game	FSG to improve scoring with the emphasis is on taking long-range scores and close in scores at different ends of the pitch.
Full Sided Game	10m	Taking Long Range Scores	FSG to improve scoring where the emphasis is on winning the ball at midfield, moving it quickly to inside the 45m line and taking a long-range score.
Conditioning	5m	50m Sprint Speed	Develop a player's sprint speed over 50m distance.

### Coaches Reflective Questions

1. Were the activities well-paced and appropriately challenging for the players? What adjustments could be made to improve the flow?
2. Did the players understanding of the scoring zone, or when to take a shot improve during the session? How was this manifested?

### Players Reflective Questions

1. Can you recall the key concepts or strategies covered in the session? What is key takeaway in your own words?
2. How can you build on your strengths to become an even more potent scoring option or scoring threat?



## ACTIVITY NAME & AIM

**GAA15 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. Referto [GAA Learning.ie /GAA15](http://GAA Learning.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!!!



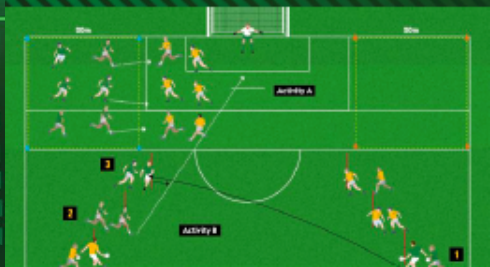


## ACTIVITY NAME & AIM

**Shooting Awareness Game** – The aim of this Small Sided Game is to improve Scoring. Emphasis is on players being aware of the shooting distance and focus on getting the appropriate length and height into their shots while being distracted.

## EQUIPMENT

- 6 x Footballs
- 24 x Players
- 2 x Set of Bibs
- 6 x Cones
- 10 minutes



## ORGANISATION

- Set up on half pitch. Two activities in progress as same time. Divide players into even groups in each activity A & B.
- In activity A, play across pitch from end line to 45m line with two 20m zones at each sideline. Play a 6 v 6 breakout game. Green team must break from their zone and work the ball into the opposite zone without being dispossessed by the Yellow team. Teams cannot be tackled until the ball leaves their zone when attacking.
- In activity B, players work on shooting from distance while the breakout game is proceeding ahead of them. Set up two shooting stations to allow two shots in tandem. In each station, cone 1 is on halfway line near sideline, cone 2 is 50m from goal, and cone 3 is 15m away from cone 2 at an angle. Allocate 2 players at each cone as shown. Ball is played from cone 1 to cone 2, while player at cone 3 times his run to collect from player 2 and shoots for a point. Players follow their pass.
- Both stations play in tandem. Rotate roles between the two activities

## VARIATION (STEPR)

- Add GK and get players from Activity B to pass thru game to shoot for goals.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on length & height of shots over 6 v 6 breakout game. Avoid distraction.
- Emphasise accurate passing and timing of the "Off the Shoulder" runs in Activity B
- In 6 v 6 game, attackers look to use passing triangles and width & depth, Defenders work as a unit, decision on whether to press or sit deep.
- What is needed to ensure a successful kick for a score?

## ACTIVITY NAME & AIM

**Long Ball Short Ball Game** – The aim of this Full Sided Game is improving Scoring. Emphasis is on taking long-range scores and close in scores at different ends of the pitch. Need for good kicking technique on both sides.

## EQUIPMENT

- 1 x Football
- Full Pitch
- 22 / 24 Players
- 2 x Set of Bibs
- 10 minutes



## ORGANISATION

- Set up on full pitch. Play even numbered teams 11 v 11 or 12 v 12. GKs in. Long range scores are only allowed at one end of the pitch, while close in scores only allowed at the other end.
- At the end where short range scores are allowed, a 35m semi-circle zone is set up using cones and all 6 forwards and 6 backs are positioned inside the zone. All scores at this end of the pitch should come inside the zone.
- At the end where long range scores are allowed, a line of cones is placed along the 40m line and all scores at this end should come from along this line. At this end, there no full forwards or full backs, only the 3 half forwards & half backs.
- Midfielders in centre of pitch, Game starts from a kick-out.
- Normal rules apply. Change roles after 4 mins.

## VARIATION (STEPR)

- Rotate players between positions, in particular half forwards, half backs and midfield.
- Add 3 second rule for player in possession.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Emphasise different kickout strategy at each of the pitch.
- Encourage M/Fs penetrating and passing to inside forwards to create scores at one end.
- Encourage H/Fs to create width and overlap runs to create scores at the other end.
- How does the half forward role change from one end of pitch to the other?
- How does the half back role change from one end of pitch to the other?





## ACTIVITY NAME & AIM

**Taking Long Range Scores Game** – The aim of this Full Sided Game is improving Scoring. Emphasis is on winning ball at midfield, moving it quickly to inside the 45m line and taking a long-range score. Need for good kicking technique of both sides



## EQUIPMENT

- 1 x Football
- Full Pitch
- 12 / 18 Players
- 2 x Set of Bibs
- 10 minutes

## ORGANISATION

- Set up on full pitch . Play even numbered teams from 6 v 6 up to 9 v 9. Two lines using cones at 35m from each goals. All players positioned between 35m lines. GKs in.
- Game starts with kick out to midfield. Contest for the ball at midfield either a clean catch or break ball. Once the player with the ball reaches the 35m line, they take a long-range shot at goalposts.
- Game starts with either GK. Next shot on goals must be at the other end. This means that even if a team dispossess the other team, they still attack in same direction. This ensures that the play is end to end and alternate kickouts from each GK.
- Normal rules apply.

## VARIATION (STEPR)

- Adjust size of pitch based on number of players available.
- Add 3 second rule for player in possession.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Encourage moving the ball away quickly from congested area to open-up space for the score
- Focus on anticipation & quickness to compete for breaking ball.
- Encourage players to use decoy runs to create openings for the scoring attempt.
- How do you decide whether to catch or break-ball in midfield area?
- What attributes are important for the player taking the long range score?

## 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