



<b>Age Group: Under 17</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 1</b>	<b>Tactical</b>		
<b>Year: 2006</b>	<b>Speed of Thought &amp; Movement</b>		
<b>No. of Players:</b>	<b>Technical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad: Central</b>	<i>Bilateral Skills</i>	<i>Sprint Speed</i>	<i>Hard Working</i>

### Session Aims

1. Develop Speed of Thought & Movement 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 & handpass
Small Sided Game	10m	Pole Dance Game	SSG to develop movement on & off the ball and passing quality and accuracy
Full Sided Game	10m	Give & Go / Play The Way You're Facing Game	FSG to improve off the shoulder runs and maintaining possession within a game environment
Full Sided Game	10m	Break The Tackle / Give It Before Hit	FSG to improve protecting the ball thru the tackle and/or avoiding dispossessing tackles in a game environment
Conditioning	5m	50m Repeat Speed	Develop player's sprint speed over 50m distance

### Coaches Reflective Questions

1. What came up during the session that we didn't expect? How do we address this?
2. How did combining one Rule principles within a game work?

### Players Reflective Questions

1. Reflect on how "buzz words" can help the player perform on the pitch
2. Understand why to as opposed to how to move the ball quickly



## 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

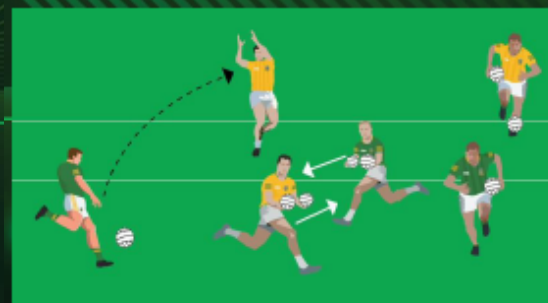
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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 Kicking.** This activity helps develop bilateral technique in kick passing in combination with Handpassing, Crouch Lift, Solo and Bounce.



## EQUIPMENT

- Working in pairs
- 2 x footballs per pair
- 2 x Tennis Ball per pair
- 13 minutes

## ORGANISATION

1. Player 1 with 2 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. Player 2 continues sequence. 1 minute on with 30 seconds recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3
2. Player 1 with 2 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 sequence. 3 minutes on.
3. Recovery for 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 the cycle. 1 minute on with 30 second recovery. Repeat by 3.
5. Recovery for 30 seconds. Each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time for 30 seconds.

## 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

**Pole Dance Game** – The aim of this Small Sided Game is to practice Speed of Thought and Movement principles. Emphasis is on the movement of attackers to receive the ball and on the movement of defenders for kick outs.

### EQUIPMENT

- 2 x Footballs
- 6 x Poles
- 2 x set of Bibs
- 8 v 8 with GK in
- 10 minutes



### ORGANISATION

- Set up 3/4 Pitch with 8 v 8 and GK in. 6 poles are positioned around pitch as shown.
- Ball starts with Yellow midfielder. On signal 6 attacking players (Y) must sprint around the nearest randomly placed pole. Ball is played from the midfielder from just outside the halfway line and they and their partner join the attack tracked by the defenders to become an 8 v 8.
- Attackers keep ball once they score. Game is restarted from halfway with ball alternating between midfielders.
- If defenders (G) win the ball, they get a point and the restart. The restart is from the GK and on the signal the 6 defenders must sprint around a pole making themselves available for the kick out. Ball is worked out to either midfielder (G) in opponent's half.
- All players are marked for either restart.
- Black arrows denote runs by defenders. White arrows denote runs by attackers.

### VARIATION (STEPR)

- Make defenders work ball out to an area. Play a sweeper.
- Position poles differently. Add/reduce poles.

### TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Movement by Attackers & Defenders – Angled Run, Away from Marker, Opens up the pitch, Intelligent & calculated.
- Players should follow passing mantra of look / see / decide / act and focus on their first touch to be able to move the ball faster.
- What types of signals could be used for defender's runs on the kick outs?
- What type of run by both Attackers & Defenders to get the ball?

## ACTIVITY NAME & AIM

**Give & Go and Play the Way You're Facing Game** – The aim of this Small Sided Game is to practice Speed of Thought and Movement principles. Emphasis is on the players having good technique, making angled support runs, and developing the ability to know why and how to move the ball faster.

### EQUIPMENT

- 1 x Football
- 24/30 Players
- 2 x set of Bibs
- 12 v 12 up to 15 v 15
- 10 minutes



### ORGANISATION

- Set up on Full Pitch with 2 teams based on the numbers available, for example 12 v 12 with GKs in place or 10 v 10 with goals on 13m lines and GKs in.
- Give & Go Principle – Players must move after making a pass. If the movement is not fluid and simultaneous, award a free against them. Looks to avoid players stopping & admiring their work!!
- Play The Way You're Facing Principle - If a player receives a ball with his back to goal they cannot turn. This requires support players to make angled runs towards the player in possession to take a pass, rather than the player looking to turn.
- Combine both principles in a game. Play 2 x 2-minute games under normal rules. Take 60 second rest period between games where players are asked to feedback on how it went.
- Play a 3rd game, adding variation of 3 second rule, where once a player receives the ball, they have only 3 seconds on the ball.

### VARIATION (STEPR)

- Adjust the size of the pitch and position of the Goals based on numbers of players available.
- Add 3 second rule in the game, where here once a player receives the ball, they have only 3 seconds on the ball.

### TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Give & Go principle encourages players to give support to teammates. Allows for "off the shoulder" penetration.
- Play The Way You're Facing principle gets players to concentrate on keeping possession, delivering accurate pass and build momentum.
- How does the 3 second rule impact the game (Speed of Thought)?
- How does not turning with the ball improve team's ability to move the ball faster?





## ACTIVITY NAME & AIM

**Break the Tackle & Give it Before You're Hit Game** – The aim of this Full Sided Game is to practice Speed of Thought and Movement principles. Emphasis is on the players having good technique, using the passing mantra look / see / decide / act.

## EQUIPMENT

- 1 x Football
- 24/30 Players
- 2 x set of Bibs
- 12 v 12 up to 15 v 15
- 10 minutes



## ORGANISATION

- Set up on Full Pitch with 2 teams based on the numbers available, for example 12 v 12 with GKs in place or 10 v 10 with goals on 13m lines and GKs in.
- **Break The Tackle Principle** – When a player gets the ball, they must break a tackle before they pass the ball. Player should keep running with the ball until an opposing player engages them.
- **Give It Before You're Hit Principle** - Players tend to give a bad pass or loose the ball because they try to pass as they are tackled (hit). Players should look for space so that they can give an accurate pass. Try to avoid the contact when it is possible
- Combine both principles in a game. Try to encourage breaking a tackle to create space and then pass before next hit. Play 2 x 2-minute games under normal rules. Take 60 second rest period between games where players are asked to feedback on how it went.
- Play a 3rd game, adding variation of 3 second rule, but only using the Give It Before You're Hit principle

## VARIATION (STEPR)

- Adjust the size of the pitch and position of the Goals based on numbers of players available.
- Add 3 second rule in the game, where once a player receives the ball, they have only 3 seconds on the ball.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Break the Tackle principle allows players to Protect the Ball thru the tackle, to enable pass to team-mate
- Give It Before You're Hit principle gets players to concentrate on ball retention and avoid dispossessing tackles
- How does the 3 second rule impact the game (Speed of Thought?)
- What is required for a player to retain possession thru the tackle?

## 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