



Age Group: Under 17	Session Learning Outcomes		
Session No: 2	Tactical		
Year: 2006	Switching Play		
No. of Players:	Technical	Physical	Character
Squad:	Bilateral Skills	Conditioning	Coachability

Session Aims

1. Develop Switching Play 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 2	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	15m	Bilateral Skills	Practice bilateral skills with focus on Tackling with Kicking, Handpass and Solo & Bounce
Small Sided Game	10m	Across The River	SOG to develop switching play using a semi-opposed 8v 4 possession game
Small Sided Game	10m	Switch Play Rondo	SOG to develop switching play by transitioning from a Rondo to create a scoring opportunity
Full Sided Game	10m	Channels Game	FSG to develop switching play with the focus on switching the ball between channels and ending with a scoring opportunity
Conditioning	5m	60m Run Conditioning	Develop speed endurance and 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 to switching play, how to 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?

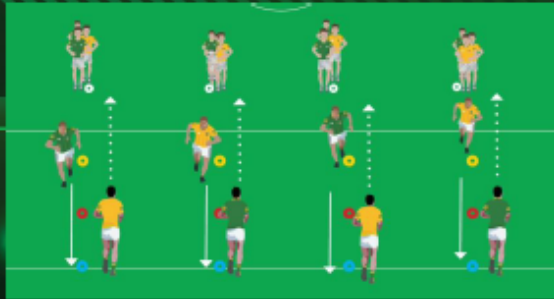


ACTIVITY NAME & AIM

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](http://GAA Learning.ie/GAA15)

ACTIVITY NAME & AIM

Bilateral – Tackling. This activity helps develop bilateral technique in Tackling in combination with Kicking, Handpassing, Solo & Bounce. 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
13 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, Kick pass right to partner, hand pass left to partner. 2 minutes on.
2. Recovery 60 seconds – hand passing in pairs with 2 balls left and right hand.
3. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drops ball 1, then takes 4 steps bounce left, 4 steps solo right, drops ball 2. Partner picks up 2 balls 1 with left foot one with right foot and continues cycle. 2 minutes on
4. Recovery 60 seconds – handpassing in pairs-player 1 starts with 2 balls in hand throws 1 up high over his head, hand passes other ball to partner, receives ball back from partner and catches ball 1 from overhead. Swap roles after 30 seconds
5. Player 1 & 2 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. 2 minutes on.
6. Recovery 60 seconds - each pair have a tennis ball and a football. Player bounces football and throws up tennis ball at the same time. 1 player works for 30 seconds then swap over.
7. Player 1 starts with 2 balls in hand soloing or bouncing every 4 steps while partner tries to knock one of the balls away with a tackle on ball. If he knocks one away let player 1 pick up ball and activity continues. Player with footballs must change direction every 4 steps. 4 minutes on with role swap every 60 seconds.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- How to perform a tackle on the ball?
- Look for focus on the task, communication between players.
- Look for correct skill execution on both sides.



ACTIVITY NAME & AIM

Across The River Game - The aim of the Small Sided Game is to practice **Switching Play** in semi opposed 8 v 4 possession game where team maintain possession and then switch ball to opposite side. Focus on good support, movement and accurate passing, and defenders working hard to press ball and close down space.



EQUIPMENT

- 2 x Footballs
- 8 players per team
- 3 Teams
- 3 sets of Bibs
- 14 x Space Markers
- 80m x 50m pitch
- 10 minutes

ORGANISATION

- Set up 80m x 50m pitch with 10m middle zone. 3 teams of 8, with one team in each zone.
- Ball starts with Yellow team. 4 White players leave middle zone and try to turn ball over in an 8 v 4 possession game.
- After 5 passes by Yellow team, ball is delivered over the middle zone to the Green Team.
- The 4 White players waiting in the middle zone now leave and try to turn ball over in an 8 v 4 possession game with Greens. Other Whites leave Yellow zone return to the middle zone.
- If Whites are successful, they deliver the ball across the middle zone to Yellow team, and Greens become defenders with 4 players entering the Yellow zone, and 4 Greens entering middle zone.
- If ball is intercepted in middle zone, kicking team become defenders.
- Rotate roles so that each team has an opportunity to defend.
- Each game to be played for 3 minutes on with 30 seconds off for recovery and review with coach.

VARIATION (STEPR)

- Add gates on each side of middle zone, ball must be switched thru one of gates to other side.
- Add target man high on each end zone. Ball must be passed to him with 3rd man run off him to deliver ball to other side.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Players should focus on effective passing, weight of the pass, timing of the runs by receiver player(s), movement in wide areas and good communication between passing & receiving players to create switching opportunity.*
- *What decisions are made on and off the ball by. The team in possession?*
- *What options are open to the defending team when not in possession?*

ACTIVITY NAME & AIM

Switching Play Rondo Game – The aim of this Small Sided Game is to practice **Switching Play**. Attackers focus on winning turnover, quick switch of play to opposite side and using movement/angles to keep possession and create scoring opportunities. Defenders focus on tracking opponents, closing down space and looking to intercept the ball in scoring zone.



EQUIPMENT

- Half Pitch
- 10m x 25m Grids w/- 12 cones
- 2 x Teams
- 5 x Players per team
- 2 x Bib Sets
- 2 x Football
- GK in
- 10 minutes

ORGANISATION

- Played on Half Pitch. Two 10m x 25m grids across halfway line on each side of the pitch. 3 Yellow v 1 Green inside the grid and 4 Green players placed around the grid as displayed. 1 Yellow player is positioned in centre midfield, with another Yellow player in opposite grid.
- Green team try to keep possession of the ball. Outside players can pass to inside player and to each other on outside and to inside player.
- Yellow team win possession during 5 v 3 Rondo and quickly look to switch play to Yellow player in opposite grid via midfield link player. Yellow player attacks via wide channel, while other players join to play 5 v 5. Yellow player looks to find teammate in scoring zone and attempt a score.
- Rotate role of teams after scoring attempt (score or wide). Start new Rondo with 5 Yellow v 3 Greens in opposite grid.

VARIATION (STEPR)

- Add time limit on scoring attempt.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Attacking players should focus on effective passing, weight of the pass, timing of the runs by receiver player(s), movement in wide areas and good communication between passing & receiving players to create switching opportunity.*
- *Defending players needs to be focused on tracking and pressing opponents, to ensure the attacking team has limited amount of time on the ball and is forced to make poor decisions.*
- *What decisions are made on and off the ball from attacking viewpoint?*
- *What options are open to the defenders to protect the scoring zone?*



ACTIVITY NAME & AIM

Channels Game – The aim of this Full Sided Game is to develop Switching Play. Attackers focus on using movement/angles to create space and switch ball between channels. Defenders focus on pressing, tackling technique and working hard to create turnover.



EQUIPMENT

Full Pitch with Goals
 2 Teams (12 v 12)
 2 sets of Bibs
 GKs In
 2 x Footballs
 40 x Cones
 10 minutes

ORGANISATION

- Full Pitch with 5 long lanes marked out with space markers.
- Set up even teams (12 v 12 or 15 v 15). GKs in.
- Kick passing only. Players can only pass once to a teammate in the same lane, before switching to another channel.
- If player passes to a teammate more than once in the same lane, free awarded to opposition.
- Encourage diagonal runs and accurate passing, and where possible to have scoring opportunity in the middle channel

VARIATION (STEPR)

- Allow no play in any channel
- Adjust size of pitch for age and number of players available.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Attacking players should focus on effective passing, weight of the pass, timing of the runs by receiver player(s), movement in wide areas and good communication between passing & receiving players to create switching opportunity.*
- *Defending players needs to be focused on pressing the scoring area, to ensure the attacking team has limited amount of time on the ball and is forced to make poor decisions.*
- *What decisions are made on and off the ball from attacking viewpoint?*
- *What options are open to the defenders in the pressing defensive set-up?*

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*