



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

Session Aims

1. *Develop Penetration as an Attacking Principle of Play*
2. *Develop Compactness as a Defending Principle of Play*

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 kicking on both left & right foot in combination with solo, bounce & handpass
Small Sided Game	20m	50/50 Game	Small sided game to develop the principles of play, penetration in Attack and compactness in defence.
Full Sided Game	15m	ADCB Defence Game	Full sided type game to build awareness of defensive shapes and how to work through and incorporating the principles of Penetration in attack and Compactness in defence.
Conditioning	5m	50m Repeat Speed	Develop player's sprint speed over 50m distance

Coaches Reflective Questions

1. Did the players demonstrate an understanding of penetration and/or compactness? Give examples.
2. Did the session flow as anticipated? How would you improve the flow?

Players Reflective Questions

1. What is your understanding of Penetration as an Attacking principle of play?
2. What is your understanding of Compactness as a Defending principle of play?

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

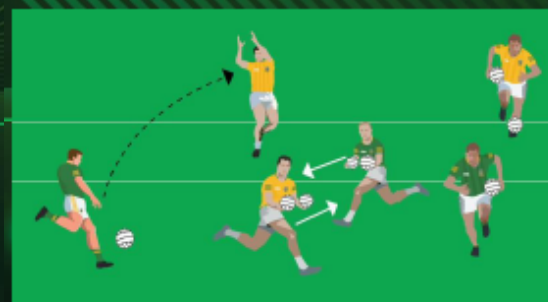
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified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

50/50 - The aim of this Small Sided Game is to develop both **Compactness & Penetration**. Defenders focus on not conceding a goal and deciding to fill space or pick up the runner (attacker). Attackers focus on entering the attacking zone with accuracy and timing to maximise opportunity to score a goal. Repetition without Repetition (RWR)

EQUIPMENT

- Half Pitch
- 12 x Defending Players (Yellow)
- 12 x Attacking Players (Green)
- Goalkeeper in
- 6 x Footballs

ORGANISATION (STEPR) - ATTACK

- **Penetration** - The intelligent use of possession to enter scoring areas with accuracy, timing and deception.
- Attackers are set up inside the 65m line
- Game starts with coach feeds the ball to an unmarked attacker inside the 65m.
- The player can run the ball or kick to a teammate. They now have 60 seconds to score a goal, if they don't score in the allocated time, they then have 60 seconds to score a point.
- Game lasts 2 minutes or when the defenders clear the ball over the 65m.
- The forwards get 6 plays.
- *Variation - As players become proficient with activity reduce time to score to 45 seconds*
- *Variation - If players are going into contact set constraint as automatic turnover.*



ORGANISATION (STEPR) - DEFENCE

- **Compactness** - Placement of players between the ball and the goal reducing options to penetrate the defensive structure. Arrangement of players to reduce space for opposition to operate.
- Defenders are set up on/inside the 45m line.
- Three defenders man mark the three inside attackers, Remainder of defenders keep compact around the "D"
- The aim is for the defenders not to get pulled out of position by the ball movement of the forwards.
- If defenders turn over the ball, they must transition out of defence through the hands over the 65m line.
- *Variation - Add extra defender as +1*
- *Variation - Restrict defenders from going out into wide left and wide right channels.*

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Good supporting angles. Patience and creativity
- Finding space and gaps between defenders.
- Player movement to find gaps, quick ball circulation.
- How do attackers decide how to penetrate – pass or running with the ball?
- How do you create space for shot at goal?
- What type of runs do the forwards make?

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Communication. Defend patiently as a group
- Move as a unit, push up when putting pressure on ball, drop back when no pressure on ball
- Do you press player on the ball? Who presses?
- How do you ensure your defensive structure stays compact?
- What role do the outside defenders target?



ACTIVITY NAME & AIM

ABCD Defence in Game – The aim of this Full Sided Game is to build awareness of Penetration in Attack and Compactness in Defence. Attackers look to penetrate defensive zone using deception & timing, while Defenders look to set up in compact shape to limit scoring opportunities.



EQUIPMENT

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

ORGANISATION

- Set up on Full Pitch for 15 v 15 or Goals positioned on opposite 14m lines for 12 v 12. All in game with normal rules.
- Coach guides teams to set up in compact shape as shown in diagram in defence. For example, numbers 8, 9, 10 & 12 in the ABCD positions. Other attackers & defenders can then take up positions as required across Keep Ball, Setup and Scoring zones
- Defenders need to focus on staying between the attacker and the goal, communicating and moving in tandem according to where the ball is, and minimising channels through which the attack can penetrate scoring zone.
- Attackers need to find space between defenders and move the ball quickly to penetrate the scoring zone.

VARIATION (STEPR)

- Coach to decide what positions on pitch occupy ABCD shape.
- Adjust the size of the pitch based on numbers of players available.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Attacking team encouraged to penetrate defensive zone through the intelligent use of possession and enter scoring areas with accuracy, timing and deception.*
- *Defending team look to arrange players to reduce space for opposition to operate. Placement of players between the ball and the goal reducing options to penetrate the defensive structure.*
- *What type of plays worked best in creating a successful scoring opportunity?*
- *What role(s) do the players taking up the ABCD positions perform in the defensive set-up?*

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*