



Age Group: Under 17	Session Learning Outcomes		
Session No: 5	Tactical		
Year: 2006	Creating Space and Control & Restraint		
No. of Players:	Technical	Physical	Character
Squad:	Bilateral Skills	Sprint Speed	Growth Mindset

Session Aims

1. *Develop Creating Space as an Attacking Principle of Play*
2. *Develop Control & Restraint 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 bilateral skills with focus on Catching & First Touch in combination with Kicking, Handpassing and Solo & Bounce
Small Sided Game	20m	Space Filling Game	Small sided game to develop Creating Space (ATT) and Control & Restraint (DEF) where Defenders look to delay attackers shot and to turn them away; and Attackers look to create space, late support runs and good movement.
Full Sided Game	15m	Attack Width & Depth Game	Full sided type game to build awareness of counter-attacks with Width & Depth and incorporating the principles of Creating Space and Control & Restraint.
Conditioning	5m	50m Repeat Speed	Develop player's sprint speed over 50m distance

Coaches Reflective Questions

1. Did the players demonstrate an understanding of Creating Space and/or Control & Restraint? Give examples.
2. How did the coaches demonstrate Affirmation (explaining why they provide praise) during session?

Players Reflective Questions

1. What is your understanding of Creating Space as an Attacking principle of play?
2. What is your understanding of Control & Restraint as a Defending principle of play?



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

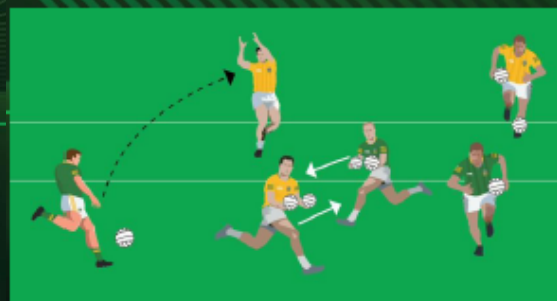
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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. Refer to [GAA Learning.ie / GAA15](http://GAA Learning.ie/GAA15)

ACTIVITY NAME & AIM

Bilateral – Catching & First Touch. This activity helps develop bilateral technique in Catching and First Touch in combination with Kicking, Handpassing, Solo and 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

ORGANISATION

1. 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. 1 minute on / 1 minute off x 2
2. Recovery 60 seconds - handpassing in pairs with 2 balls left and right hand.
3. In pairs with 1 football and standing 5 m apart player 1 throws ball high at player 2 and follows throw. Player 2 attempts to knock/flick ball right or left into player 1 running path. 1 minute on 1 minute recovery and swap roles of players.
4. Recovery 60 seconds - handpassing in pairs. 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. Swap roles after 30 seconds
5. Pair reaction drill - 2 players face each other about 3 feet apart. Player 1 is the feeder and has ball in hand to either bounce low left, right, middle, throw up high for a catch or flick or roll along ground left or right to player 2. Player 2 reacts to the throw and hand passes back to player 1 - rotate roles after 30 seconds. 4 minutes.
6. Recovery 60 seconds - each pair have a tennis ball and a football. 1 player works for 30 seconds then swap over. Player bounces football and throws up tennis ball at the same time
7. 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 for 1 minute on x 2

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Concentration/Focus; Head up and eyed on the ball
- Move forward, plant the jumping foot and extend upwards, swinging the opposite leg.
- Extend arms; Hands in W-Shape; Ball secured to chest



ACTIVITY NAME & AIM

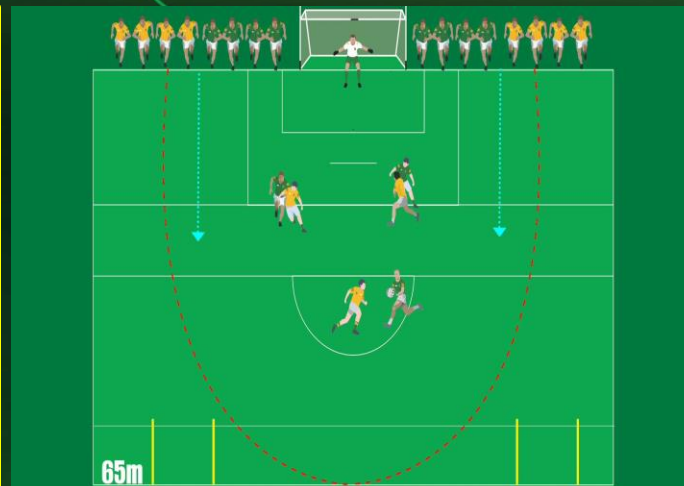
Space Filling Game – The aim of this Small Sided Game is to develop both **Creating Space in Attack and Control & Restraint in Defence**. In Defence, look for defenders to exercise patience, delay attackers shot and track runs, try and turn the Attacker away. In Attack, look for attackers to create space, late support runs and good movement.

EQUIPMENT

- Half Pitch.
- 11 x Defending Players (Green)
- 11 x Attacking Players (Yellow)
- Goalkeeper in
- 8 x Footballs

ORGANISATION (STEPR) - ATTACK

- **Creating Space** - The ability of a team to spread out from side to side (Width) and end to end (Depth) to more effectively pass or run with the ball.
- Played on Half Pitch. 11 Attackers play 11 Defenders inside scoring zone with GK in place. Start with 3 v 3 inside scoring zone.
- Two attackers (Y) start from end line and each carry a football around perimeter of zone
- On reaching top of zone, they decide to attack using one ball and join the 3 attackers to create scoring opportunity.
- When ball goes dead (either on score, wide or turnover), next pair of attackers use same attacking pattern & join 5 attackers in the zone
- Repeat sequence until attackers at the end line have joined the scoring zone.
- **Variation - Put time limit on attack**



ORGANISATION (STEPR) - DEFENCE

- **Control & Restraint** - Defending the scoring zone showing composure, awareness and sound judgement. Identifying risk and knowing individual & team responsibilities.
- 3 Defenders (G) inside scoring zone, marking inside Attackers
- One Defender (G) on each side of the zone tracks the run of their attacker as they carry a football around perimeter of scoring zone.
- As the attackers enter the scoring zone, the defenders can contact the ball and try to stop the attack in conjunction with the other defenders.
- If Defenders win the ball, they must work it out thru the gates on the 65m line.
- Repeat the same sequence with each set of defenders / attackers coming form end line and entering the scoring zone.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look to stretch opponents laterally across pitch to create space for attacks
- Look to create space in behind defence (depth) to create score or a mark.
- Look for the option to switch the play
- How best to decide who attacks (penetrates) with the ball?
- How do inside forwards create space for shot at goal?

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Need to be patient and assess the risk involved in challenging for the ball
- Re-adjust defensive shape to changing scenarios.
- Look to close down attacker with ball and push away from goal.
- Does the joining defenders track their attacker or take up a cover position?
- Look for quick transition to attack on turnover

ACTIVITY NAME & AIM

Attack with Width & Depth Game – The aim of this Full Sided Game is to build awareness of how best to defend in crowded space, and on a turnover using space (width and depth) for assisting the counter-attack, incorporating elements of the principles of play, Creating Space in Attack, and Control & Restraint in Defence.

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 with 2 teams based on the numbers available, for example 13 v 13 with GKs in place. Mark out 3 positions, 2 on halfway line and one on opposite 45m line as outlets for width and depth on a counter-attack.
- Game starts with majority of players in same half. Ball starts with Green attackers on halfway line who create scoring opportunity by using width and depth to spread defence. Yellow defenders need to exercise control and restraint and re-adjust their shape to changing scenarios in defending scoring zone. Be Switched On - No cheap frees !!!
- Yellows look for turnover, and at least 3 players on the break must get into the 3 positions of width and depth for assisting the counter-attack, and then attempt to score in the other goals.
- If no turnover is coming create one to allow the movement happen.
- Play game for 7 minutes and then change roles - Greens on counter-attack.

VARIATION (STEPR)

- Adjust the size of the pitch and position of the Goals based on numbers of players available.
- Use one of the inside forwards to fill the one of the counter-attack positions

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Attacking team players should be encouraged to spread out from side to side and end to end. This should allow them to more effectively pass or run with the ball.*
- *Defending team should be encouraged to defend the scoring zone showing composure, awareness and sound judgement of the situation. Identifying risk and knowing individual and team responsibilities are key.*
- *Where should the attack look to create space for a successful scoring opportunity?*
- *What is the key responsibility for the individual and the team in 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*