



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

Session Aims

1. *Develop Creativity as an Attacking Principle of Play*
2. *Develop Press as a Defending Principle of Play*

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)	10m	Bilateral Skills	Practice bilateral skills with focus on Tackling in combination with Kicking, Handpass and Solo & Bounce
Small Sided Game	20m	Pressure the Ball In Game	Practice Creativity & Press where Attackers focus on movement & creating angles, while Defenders focus on pressing, deciding when and where to push up
Full Sided Game	15m	Figure it Out Game	Practice Creativity and Press at game tempo Game to practice creative technical & movement skills in Attack and communication & pressing in Defence.
Conditioning	5m	60m Run Conditioning	Develop player's speed endurance and conditioning with repeated 30m sprint followed by 30m jog

Coaches Reflective Questions

1. Did the players demonstrate an understanding of Creativity and/or Press? Give examples.
2. How did the Bilateral Skills transfer into the Small Sided & Full Sided games?

Players Reflective Questions

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



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

Pressure the Ball In Game – The aim of this Small Sided Game is to develop both **Creativity** & **Press**. Attackers focus on using creative Technical and Movement skills to penetrate the attacking zone and beat the press by defending team. Defenders focus on pressing the attacking team, to limited their time in possession and force poor decisions .

EQUIPMENT

- 2/3 Pitch (End Line to opposite 45m Line)
- 12 x Defending Players (Red)
- 12 x Attacking Players (Yellow)
- Goalkeepers in
- 4 x Footballs

ORGANISATION (STEPR) - ATTACK

- Creativity - Individual & combined activity of players to perform skills that eliminate opponents at appropriate moments in a game.
- 2/3 pitch, with 2nd Goal on opposite 45m line. GKs in each goal. Teams set up as shown in diagram with high press area marked on 65m line.
- Line some attackers up inside the scoring zone with the rest of players swinging the ball over and back on the 65m line.
- On whistle the attacking team will attack using creativity to try and get a score. If attacking team are turned over, opponents attack goal on the opposite 45m line.
- If either team kicks a wide, coach can re-start a counter with other team.
- **Variation - Change position of press line**



ORGANISATION (STEPR) - DEFENCE

- Press - Pressing the ball and players to prevent the ball being played forward, to reduce the options of the player in possession and to delay the opposition in attack. We also press to win ball back early to enable a counterattack to take place.
- Line some defenders up inside the scoring zone with the rest of defending players forming a press line just inside the 65m line.
- On whistle the defending team must race towards opponent in press area controlling their feet and using their hands to block their passing channels. Look to close gaps in defence to approx. 10m – 15m.
- Run number of plays and review. Change roles

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Players encouraged to use technical skills like dummy solos, side steps dummy bounces and evasion skills.*
- *Movement skills like loop runs, angled runs and back door cuts should be encouraged to break down the team that are pressing.*
- *How does attackers decide how to penetrate – pass or running with the ball?*

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Defence need to be focused on pressing the designated area, to ensure the attacking team has limited amount of time on the ball and is forced to make poor decisions.*
- *Communication on the press line, Move as a unit, push up to pressure on ball. Drop back when no pressure on ball*
- *Where do we decide to press the ball?*



ACTIVITY NAME & AIM

Figure it Out Game – The aim of this Full Sided Game is to practice Creativity in Attack and Press in Defence. Attackers focus on using creative Technical and Movement skills to penetrate the attacking zone and beat the press by defending team. Defenders focus on pressing the attacking team to prevent a score and on turnover, attack the opposite goals.

EQUIPMENT

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



ORGANISATION

- Full pitch, GKs in each goal. All players in one half, except two from each team in other half.
- Game always starts on the half-way line after each score/shot. Attacking team must breakdown the defending team with the focus on creativity.
- If the attacking team score, they get the next ball from the coach on the half-way line and attack the same goal. If they are turned over the defending team break and attack the opposite goal on the counter (teams must adapt) If they score, they get next ball.
- If either team kicks a wide, coach can re-start a counter with the other team.
- Defenders need to be focused on pressing the designated area and as the ball moves ensure defensive shape is fluid and key areas are manned. Look to close gaps in defence to approximately 10 – 15 mts.

VARIATION (STEPR)

- Coach to decide what position on pitch the defending team is to press from and mark this line (area) on the pitch as per diagram.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Attacking team players should be encouraged to use technical skills like dummy solos, side steps dummy bounces and evasion skills in this activity. Movement skills like loop runs, angled runs and back door cuts should always be encouraged to break down the defending team that are pressing.*
- *The defence needs to be focused on pressing the designated area, to ensure the attacking team has limited amount of time on the ball and is forced to make poor decisions.*
- *What type of play worked best in creating a successful scoring opportunity?*
- *What type of roles are used in the pressing defensive set-up (Press, Mark, Cover)?*

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 270m)
- 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