



<b>Age Group: Under 17</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 3</b>	<b>Tactical</b>		
<b>Year: 2006</b>	<b>Movement and Cover &amp; Balance</b>		
<b>No. of Players:</b>	<b>Technical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad:</b>	<i>Bilateral Skills</i>	<i>Sprint Speed</i>	<i>Coachability</i>

### Session Aims

1. *Develop Movement as an Attacking Principle of Play*
2. *Develop Cover & Balance as a Defending Principle of Play*

<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 focus on Handpass in combination with Kicking, and Solo & Bounce
Small Sided Game	20m	Who's Starting The Attack	Small sided game to develop the principles of play, movement (ATT) and Cover & Balance (DEF) looking for different angles of attack & dummy runs from attackers and tracking runs of defenders & defenders man watch instead of ball watch.
Full Sided Game	15m	Zonal Defence Game	Full sided type game to build awareness of defensive shapes and how to work thru and incorporating the principles of Movement (ATT) and Cover & Balance (DEF)
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 players seem engaged in the session? How could you tell?

### Players Reflective Questions

1. What is your understanding of Movement as an Attacking principle of play?
2. What is your understanding of Cover & Balance 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

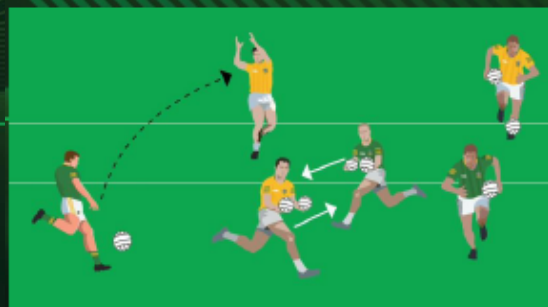
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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 – Handpass.** This activity helps develop bilateral technique in Handpassing in combination with Kicking, Solo and Bounce. Emphasis is placed on both using left & right hand and working with intensity throughout the activity



## EQUIPMENT

- Working in 2's or 3's
- 2 x footballs per group
- 15 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, handpass right to partner, hand pass left to partner. Player 2 continues the sequence. 1 minute on x 2 with 30 second recovery - no step kick passing in pairs. Alternate left and right foot.
2. Player 1 with two 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 cycle. 1 minute on x 2 with 60 second recovery.
3. Recovery 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 cycle. 1 minute on x 2
5. Recovery 60 seconds. each pair have 2 footballs. Player 1 bounces 2 footballs at the same time one with right hand and one with left hand then swaps over to player 2 after 30 seconds
6. 2 v 1 Keep Ball - 2 Attackers keep ball from 1 Defender for 30 seconds. No play of ball as in bounce or solo just allowed to handpass left or right. No loopy or handpasses on ground. Make sure attackers pass and move no fouling their handpass. Rotate player in middle if defender intercepts the ball. 1 minute on by 3.
7. Recovery for 60 seconds. Set up small triangle of 3 players. Pass 2 balls around triangle using outside left hand going one way and on coach's whistle change direction use the outside right hand passing ball around.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in the direction of pass
- Watch for throwing the ball; using wrong part of the hand



## ACTIVITY NAME & AIM

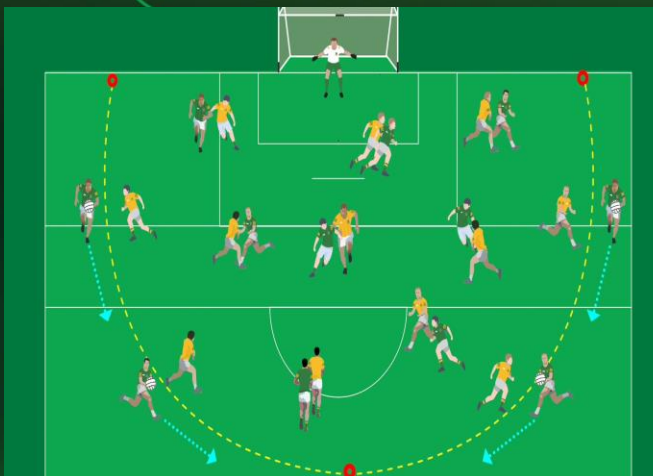
**Who Starting the Attack Game** – The aim of this Small Sided Game is to develop both **Movement in Attack and Cover & Balance in Defence**. In attack, looking for movement of attackers, different angles of attack & dummy runs from attackers. In Defence look for tracking runs of defenders & Defenders man watch instead of ball watch.

## EQUIPMENT

- Half Pitch
- 12 x Defending Players (Yellow)
- 12 x Attacking Players (Green)
- Goalkeeper in
- 1 x Football

## ORGANISATION (STEPR) - ATTACK

- **Movement** - Intelligent and calculated movement of players to create opportunities to receive ball, make space for others to receive & to draw opponents out of position.
- Played inside 45m on Half Pitch. 12 v 12 with 8 v 8 inside semi-circle and four 1 v 1 around the edges with balls as displayed. GK in place.
- On 1st signal the 4 outside players (G) solo their ball clockwise and anti-clockwise to cones. They then turn and go again until they hear the coach's second signal.
- On 2nd the signal, 3 of the players drop their balls and the other 1 starts an attack by entering the zone. It now becomes an all-in game with the team trying to get a score.
- Team can decide in advance which player is going to start the attack
- Rotate inside and outside players.



## ORGANISATION (STEPR) - DEFENCE

- **Cover & Balance** - Organising players to prevent opposition from passing or making runs to receive a pass behind the defence. Dictating the play of opposition to position team to ultimately defend the scoring zone.
- 12 Defenders (Y) with 8 marking inside Attackers and other 4 Defenders (Y) shadowing outside Attackers with a ball.
- On 2nd signal, defender shadowing attacker with ball looks to dispossess, while other inside defenders tag their makers and protect scoring zone.
- Defenders shadowing outside attacker w/o footballs decide whether to track runners or close down attacker with ball.
- Defenders get a score if they stop the attack.
- **Variation - Use two balls. Put time limit on attack.**

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Good movement & supporting angles.
- Finding space and gaps between defenders.
- Look for the option to shoot early if not closed down by the extra defenders.
- How do you penetrate with the ball – pass or running with the ball?
- How do you create space for shot at goal?

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Communication. Defend patiently as a group.
- Defensive shape to cover both sides of scoring zone.
- Look to close down attacker with ball to prevent early shot.
- What role do the cover defenders take?
- How do you manage threat of the outside attackers without the ball?





## ACTIVITY NAME & AIM

**Zonal Defence In Game** – The aim of this Full Sided Game is to build awareness of positional play and shapes, and an appreciation of movement to keep possession and score, also to help develop principles of play, Movement in Attack and Cover & Balance 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 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 pressing shape as shown in diagram in defence.. Defensive zone is between 20m & 65m lines and provides balance and cover in defence. Some attackers & defenders are also positioned inside the 20m zone.
- Defenders need to be focused on maintaining the defensive shape as the ball moves and to ensure shape is balanced to protect against attacks in wide channels and runs in behind. Look to close gaps in defence to approximately 10m – 15m.
- Attackers need to use movement & passing skills to create space and beat the defensive cover for a scoring opportunity

## VARIATION (STEPR)

- Coach to decide what position the defending team builds zonal defensive shape on the pitch as per diagram.
- Adjust the size of the pitch and/or size of the arc based on numbers of players available.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Attacking team players should be encouraged to use intelligent and calculated movements to create opportunities to receive ball, make space for others to receive the ball and to draw opponents out of position.*
- *Defending team players should be positioned to prevent the opposition from passing or making runs to receive the pass behind the defence. Dictating the play to ultimately defend the scoring zone.*
- *What type of plays worked best in creating a successful scoring opportunity?*
- *What type of roles are used in the pressing 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*