



<b>Age Group: Under 17</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 4</b>	<b>Tactical</b>		
<b>Year: 2006</b>	<b>Support &amp; Delay</b>		
<b>No. of Players:</b>	<b>Technical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad:</b>	<b>Bilateral Skills</b>	<b>Conditioning</b>	<b>Consistent Execution</b>

### Session Aims

1. *Develop Support as an Attacking Principle of Play*
2. *Develop Delay 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 2	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	10m	Bilateral Skills	Practice bilateral skills with focus on Solo & Bounce in combination with Kicking, Handpass and Tackling
Small Sided Game	20m	Defending Under Pressure	SOG to practice Support & Delay where defenders are under pressure to work the ball out and attackers focus on exploiting their numerical advantage & finishing skills.
Full Sided Game	15m	Delay The Attack Game	Full sided type game to practice Support and Delay at game tempo by defending the centre channel to force the Attackers wide and allow team recover into defensive positions.
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 Support and/or Delay? Give examples.
2. What would we do more of, less of, or differently moving forward, reflecting on the session?

### Players Reflective Questions

1. What is your understanding of Support as an Attacking principle of play?
2. What is your understanding of Delay 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

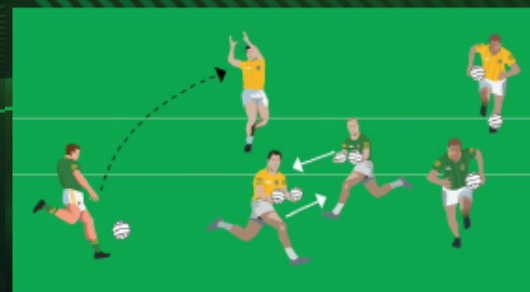
- Players set in groups of 3. Perform each activity.
- BW Prisoner Squat for 10 reps. Increase by +2 reps each week to 15.
- Single Leg Squat for 5 reps each leg. Increase by +1 rep each week to 10.
- Alternating Forward Lunge for 5 reps. Increase by +1 rep each week to 10.
- Plank Circuit (Front & each 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 – Running with the Ball.** This activity helps develop bilateral technique in Solo and Bounce in combination with Kicking and Handpassing. 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. 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. 1 minute on with 30 second recovery – hand passing in pairs with 2 balls left and right hand. Repeat x 2.
2. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drop ball, 4 steps bounce left, 4 steps solo right drop ball 2, partner picks up 2 balls, one with left foot, one with right foot and continues cycle. 2 minutes on with 60 second recovery as per point 3.
3. Recovery 60 seconds - 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.
4. Player holds one ball above head in left hand. 4 steps Solo on right side, 4 steps bounce on right, kick pass to partner who has a ball. Player 2 continues sequence for 1 minute. Repeat holding ball in right hand and solo on left side for 1 minutes followed by 60 second recovery as below.
5. Recovery 60 Seconds - 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.
6. Player 1 with two balls takes 4 Steps dummy bounce right, 4 steps dummy solo left, 4 steps dummy bounce left, 4 steps dummy solo right, Kick pass right to partner, hand pass left to partner. 1 minute on with 30 second recovery - each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time. Repeat by 2

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Solo – dropping ball from hand on kicking side, eye on the ball; toes pointed towards body; straighten leg. Watch out for soloing ball too high, dropping form opposite hand
- Bounce – eyes on the ball, push ball towards ground, secure ball into body. Watch out for bouncing with two hands or bouncing ball too hard or too softly. Take the 4 steps!!!



## ACTIVITY NAME & AIM

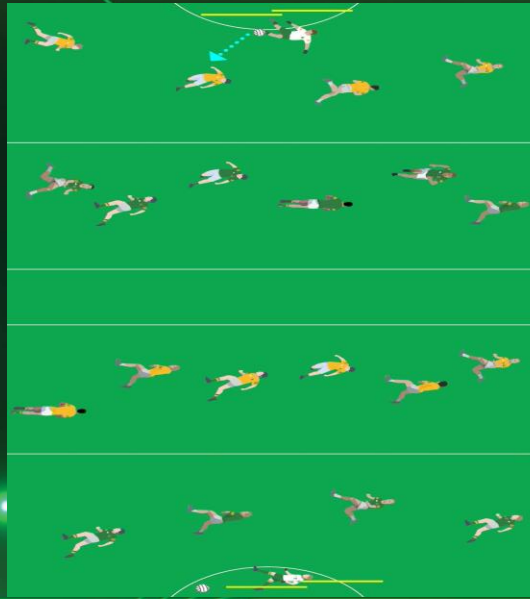
**Defending Under Pressure Game** – The aim of this Small Sided Game is to develop both **Support in Attack and Delay in Defence**. Attackers look to delay defenders and put them under pressure to work the ball out. In Attack, look for attackers to exploit numerical advantage by quick thinking and good finishing skills.

## EQUIPMENT

- 60m x 40m Grid with Goals
- 10 x Yellow Players (6 Defenders & 4 Attackers)
- 10 x Red Players (6 Defenders & 4 Attackers)
- Goalkeeper in
- 1 x Football

## ORGANISATION (STEPR) - ATTACK

- **Support** - The ability of a team to provide passing outlets for the player in possession. Support in front, alongside and behind the player in possession is key to ball retention.
- Played on 60m x 40m pitch with 10 v 10 with GKs in. 4 x Yellow Defenders and 6 x Red Attackers in one half of pitch. 4 x Red Defenders and 6x Yellow Attackers in other half of pitch.
- Attackers (R) try to delay ball transition to opposite half. If the Red team dispossess Yellow defenders, they attack other goal.
- Once Attackers (Y) gain possession, they try to score goal.
- Game restarts with opposite keeper, and 6x Yellow Attackers try to do same.
- **Variation - Play no touches, put time limit on attack.**



## ORGANISATION (STEPR) - DEFENCE

- **Delay** - Refers to defenders reducing the time, space and attacking options available to opponents who are looking to penetrate the defence and get into scoring positions.
- 4 Defenders in each half. Game starts with GK passing to one of the 4 Yellow defenders. They must work the ball up to their 6 teammates who try and score a goal.
- 4 x Red defenders try to now prevent score.
- Game restarts with the opposite keeper playing to the 4 Red Defending players who do the same.
- Players are not allowed leave their half of the pitch. Ball can be kicked early or worked up to mid-line. Each team cannot pass back to keeper.
- **Variation - Allow each team use keeper. Play no touches.**

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Support positions – Ahead, Beside, Behind*
- Effective support is dependent on angles, distance and timing.
- *Quick transition to bypass pressing defender*
- *How do you penetrate with the ball – off the shoulder or decoy runs?*
- *How do inside forwards use numerical advantage to create shot at goal?*

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Communication. Defend as a group.*
- *Delay forward progress, don't dive in, stand up attacker*
- *Look to closedown attacker with ball and push towards sideline.*
- *How to prevent a quick transition to the attacking zone?*
- *How best to defend if faced with attackers with numerical advantage?*





## ACTIVITY NAME & AIM

**Delay The Attack Game** – The aim of this Full Sided Game is to develop principles of play, Delay in Defence and Support in Attack, by defending the centre channel to force the Attackers wide and allow team recover into defensive positions.

## 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 guide Green team to set up to defend the grid as shown in diagram and sets up counter-attack by Yellow team. Green team must prevent Yellows attacking thru middle channel and force them down the wings. Once the Yellow attackers beat the Green defence, Green defenders fold back into set positions to defend the Yellow attack.
- Defenders need to be focused on delay, preventing the ball being move forward quickly thru centre channel, slow the counter-attack by directing the attack down the outside channels.
- Attackers need to use support runs to create passing options for the player in possession. Focus on angle, distance and timing of the runs.
- Change roles of Green & Yellow team after 7 minutes.

## VARIATION (STEPR)

- Adjust the size of the pitch based on numbers of players available. Size and position of the grid should also be adapted.

## 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 slow the attacking transition.*
- *How do the attacking team transition from the wide channels to scoring zone?*
- *What is secondary role for defenders involved in the initial delay phase?*

## 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