



Age Group: Under 17	Session Learning Outcomes		
Session No: 5	Technical		
Year: 2006	Bilateral Catching & First Touch		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Vision (Scanning)</i>	<i>Conditioning</i>	<i>Coachability</i>

Session Aims

1. Develop Catching & First Touch on both left & right sides
2. Refresh on Handpassing Solo, Bounce and Kicking on both left & right side

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)	14m	Bilateral Catching & First Touch	Practice catching and First Touch in combination with handpassing, solo, bounce & kicking
Skill (Blocked)	8m	Quick Hands Transition	Practice catching & first touch using quick hands under pressure from opponent's tackling and tracking
Skill (Blocked)	8m	Breakout Game	Practice catching & first touch and passing and improve confidence and quality of the player's ball handling
Small Sided Game	15m	Fast Transition Game	Practice catching and first touch at game tempo. Look for breaking at pace, speed of the ballcarrier and ABB support
Conditioning	5m	70m Run Conditioning	Develop player's run conditioning over 70m distance

Coaches Reflective Questions

1. How aware are the players of potential stumbling blocks? How does this impact their progress?
2. What cues could we best use to help the players with understanding First Touch?

Players Reflective Questions

1. How do you best deliver an advantage ball to help improve your first touch?
2. In the SSG, how does on-field communication help with transitioning thru the zones on the pitch?



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

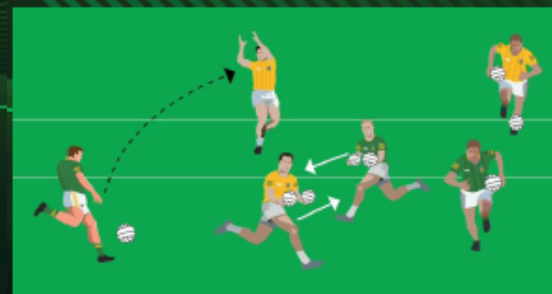
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified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

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

Quick Hands & Transition - The aim of this blocked practice is to focus on First Touch & catching using quick hands, while under pressure from tackling and tracking.

EQUIPMENT

- 1 x Football
- 9/10 players per grid
- 6 x Space Markers
- 50m grid
- 8 Minutes



ORGANISATION

- 50m x 50m split into two pitches with centre line. 3 teams of 3, with a neutral player on the half-way line.
- Two teams start in half of pitch (grid). One team (Yellow) in possession. On the signal the team in possession keeps the ball while the other team tries to dispossess them. Once they all get a touch (or on call from the coach), they must play the Centre player (Blue) and any of their team must get it back before playing the ball into the 3rd team on the other side of the pitch
- The team out of possession (Green) must now sprint into that half of the pitch to play the 3rd team (White) with the same rules applying.
- Play for 2 minutes and rotate roles
- Set up the number of grids as necessary based on numbers. Adjust size as necessary

VARIATION (STEPR)

- Allow only one play of the ball for team in possession.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

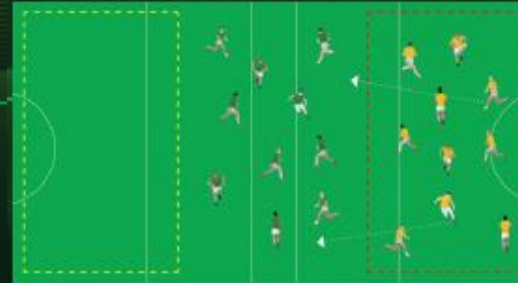
- Look for quick hands and good first touch for team in possession
- How to avoid losing possession?

ACTIVITY NAME & AIM

Breakout Game - The aim of this practice is to focus on a Good First Touch and improve the confidence and quality of players' handling. Look for width and depth options, can players spot when to push, when to drop, when to get ahead of the ball and execute proper passing.

EQUIPMENT

- 1 x Football
- 8/10 players per team
- 2 sets of Bibs
- 8 x Space Markers
- Across Pitch between 45's



ORGANISATION

- Play 8 v 8 or 10 v 10 in grid. Agree scoring rules. Working across the pitch and between both 45m lines. Mark out two end zones
- Yellow team starts in one, the Green team can push up on them but cannot enter the Yellow team's end zone, the Yellow team have the ball and must try to get out of their zone and get it into the Green team's zone to score, once they leave their zone they can be tackled and cannot go back to their zone.
- If Green team turns the Yellow team over or vice versa they attack and score and the team that conceded starts again.
- Play game in 3 sets of 2 mins. Review play after each. Look for improvement in First Touch
- Adjust pitch size depending on the number of players per team.

VARIATION (STEPR)

- Allow only one play of the ball (hop or solo).
- Add a bad pass or touch consequence

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check if Players are providing options for player on the ball both out wide & deep?
- Check if First Touch improves (after bad touch consequence)?





ACTIVITY NAME & AIM

Fast Transition Game - The aim of this Small Sided Game is to focus on a Good First Touch and catching skills. Look for breaking at pace, speed of the ball carrier, 7mts rule – Ahead, Beside & Behind.

EQUIPMENT

- 1 x Football
- 3 Teams – 5/6 players per team. 2 GKs
- 3 sets of Bibs
- 8 x Space Markers
- 50m x 60m Grid
- 12 Minutes



ORGANISATION

- 50m x 60m grid with 3 zones and goals in each end zone. 3 Teams (6 v 6 v 6) with 2 GKs. Adjust pitch to suit.
- Green team start with the ball and attacks either of the other teams. They have 5 seconds to get into the attack zone and go for a goal firstly, then point if it is not on.
- Once they shoot or are dispossessed the White or Yellow team attack the other team goal and have 5 seconds to get the ball onto that attack zone. Each team can tackle their opponents inside their zone but can't follow them into the centre zone.
- Play turnovers and restart each game after 3 mins with a new team in the middle.

VARIATION (STEPR)

- Allow one touch. Adjust size of grid.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Where should support be provided to player in possession? - ABB
- What range of passing is required in this game?
- How do you narrow down options for passing for the player in possession?

ACTIVITY NAME & AIM

70m Run Conditioning – This activity is used to develop the player's speed endurance and conditioning.

EQUIPMENT

- 70m Grid
- 8 x Space Markers



ORGANISATION

- Set up 65m Grid.
- Players complete 70 metre run in 15 sec, repeat on 30 seconds
- Perform 8 repetitions
- Intensity level at 75% (¾ 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