



Age Group: Under 17	Session Learning Outcomes		
Session No: 6	Technical		
Year: 2006	Bilateral Kicking		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Shadowing</i>	<i>Repeat Speed</i>	<i>Positive Attitude</i>

Session Aims

1. Develop Kicking on both left & right side
2. Refresh on Solo, Bounce and Handpassing 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 Kicking	Practice Kicking on both left & right side in combination with kicking, solo, bounce & handpass
Skill (Blocked)	8m	Eye on Shooting	Practice Kicking on both left & right foot. Focus on passing & support runs, and transition to taking a shot on goal
Skill (Blocked)	8m	Keep Him Outside	Practice kicking in conjunction with tackling passing. Focus on footwork, quick hands and shooting under pressure
Small Sided Game	15m	7 v 7 Kicking Only Game	Practice Kicking on both left & right sides in combination with solo at game tempo. Players focus on retaining possession and transitioning to a score.
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

Coaches Reflective Questions

1. How well did we use PEAQ in the session (Praise, Exploration, Affirmation Questioning)?
2. What would we do more of, less of, or differently moving forward in respect of Bilateral skills

Players Reflective Questions

1. What are the best ways to make yourself open to receive a kick pass in the attacking area?
2. What do players need to consider when deciding whether to pass or shoot?



ACTIVITY NAME & AIM

GAA15 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

ACTIVITY NAME & AIM

Bilateral Kicking. This activity helps develop bilateral technique in kick passing in combination with Handpassing, Solo and Bounce. Players focus on kick passing in pairs and in groups of 4, interspersed with handpassing and Solo & Bounce.



EQUIPMENT

- Working in pairs
- 2 x footballs per pair
- 2 x Tennis Ball per pair
- 14 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, hand pass left to partner. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.
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. 2 x minute on followed by 60 second recovery as per point 3.
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 secs.
4. Kicking in a group of 4. Ball starts with player 1 who kicks to player 2 who kicks to player 3 who kicks to player 4 and back to player 1. 20m distance between all kicks. 60 seconds all on left, 60 seconds, all on right side.
5. Kicking in pairs. Player 1 with two balls takes 4 steps, kicks ball 1 with right foot instep to player 2, takes 4 steps kicks ball 2 with left foot instep to player 2. Player 2 continues the sequence. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Head down, eyes on the ball; drop ball from hand on kicking side; Kick with instep; toes pointed down, follow thru to target
- Watch out for ball drop height, dropping with opposite hand, lifting the head!!!



ACTIVITY NAME & AIM

Eye In Shooting - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players encouraged to pass and weave and take shots on goals.



EQUIPMENT

- 6 x Footballs
- 8 players
- 4 x Space Markers
- 2 x Bib Sets
- 8 Minutes

ORGANISATION

- Set up 7 stations on half pitch working into one goal as shown. 3-man weave at stations set 5m apart on 65m line. 3 players as feeders on centre stations and players (target) at station nearest goal. 2 or 3 players at other stations. Players at centre stations with footballs.
- Working from stations on the 65m line, 3 start players play a pass and weave routine, when the 1st player gets the ball back, he delivers a kick pass to an inside attacker, the other 2 start players peel off and get a ball from a feeder and go for a point each. The middle player drives down the middle and he to receives a ball from a feeder before going for a goal.
- Keep the players rotating between weave stations on 65m line and inside stations. Only keep a few players on the inside station as we want them collecting and turning and shooting after receiving the long pass.
- Rotate players on feeder positions after set number of shots by other players

VARIATION (STEPR)

- Alternate shot on goals between left & right foot

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for balance and composure when taking the shot.
- What type of shot on goal? Power or placement. Shooting technique.
- Look for pace and good accuracy in the activity.

ACTIVITY NAME & AIM

Keep Him Outside - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players encouraged to work on footwork, quick hands, tackling and shooting under pressure.



EQUIPMENT

- 6 x Footballs
- 12 or more players
- 12 x Space Markers
- 2 x Bib Sets
- 8 Minutes

ORGANISATION

- Two shooting stations with pressure on the shot. Yellow players starts on the D and pass out to the 1st Red player who transfers it to the next player, the 2nd player who plays the 3rd player who takes on trying to step inside to take a shot for a point.
- Yellow player must rush each pass controlling his feet and using his hands to put pressure on the passers decisions before getting close to the 3rd Red player and using his near hand to tackle the ball and not let him inside to shoot.
- Each Red player moves to next station after his pass with a new player stepping in to take 1st position.
- Swap sides to ensure kicking and handpassing of alternate sides
- Rotate players on feeder positions after set number of shots by other players

VARIATION (STEPR)

- Alternate shot on goals between left & right foot
- Add a late runner as a 4th Red player to make it difficult on Defender

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for balance and composure when taking the shot.
- Look for Attackers to have quick hands and accurate passing.
- Look for Defenders to pressure hand pass and execute Near Hand Tackle.



ACTIVITY NAME & AIM

7 v 7 Kick Pass Only Game - The aim of the Small Sided Game is to improve kick passing by retaining possession and then transition to take shooting opportunity. Focus on technical ability of players to kick and solo with both feet.

EQUIPMENT

- 2 x Footballs
- 7 players per team
- 2 sets of Bibs
- 8 x Space Markers
- 45m x 65m pitch
- 12 x Poles
- 15 minutes



ORGANISATION

- Set up pitch 65m x 45m pitch with 3 sets of small goals 3m wide at each end of pitch.
- Divide players into two teams of 7 v 7 or based on numbers present.
- The conditions of game are one touch only and players can only solo or kick pass. A team scores by soloing or kicking through any of the opposition's goals.
- Conditions can be varied in this game as shown below.
 1. All right solo all right kick passing and scoring
 2. All left solo all left kick passing and scoring
 3. Left or Right solo with left or right kick passing and scoring
- Each game to be played for 3 minutes on with 1 minute off for recovery and feedback from coach.

VARIATION (STEPR)

- Simplify by allowing play of the ball (solo) between kick pass
- Change of possession on bad first touch

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Where to provide support when a player is in possession? (ABB)*
- *What is needed to transition to a scoring opportunity? (move into space)*

ACTIVITY NAME & AIM

20m Repeat Speed – This activity is used to develop the player's speed and acceleration.

EQUIPMENT

- 20m Grid
- 8 x Space Markers



ORGANISATION

- Set up 20m Grid.
- Players complete 20 metre sprint, repeat on 20 seconds
- Perform 8 repetitions
- 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*