



Age Group: Under 17	Session Learning Outcomes		
Session No: 7	Technical		
Period: Q1	Bilateral Pick-Up		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Vision (Scanning)</i>	<i>Conditioning</i>	<i>Confidence</i>

Session Aims

1. Develop Pick-Up 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 Pick-Up	Practice Pick-Up in combination with Handpassing, Solo, Bounce & Kicking
Skill (Blocked)	8m	1st Touch Pick-Up	Practice chip & crouch lift under pressure and heads up scanning for target players
Skill (Blocked)	8m	Pick-Up & Score	Practice crouch & chip lifts on both sides while transition to 1 v 1 attacking and scoring under pressure
Small Sided Game	15m	Six of the Best PickUps Game	Practice crouch lift & chip lift at game tempo. Look for space to gain possession thru either pick up and create score. Defenders should be look to deny space and pressure player on the ball.
Conditioning	5m	70m Run Conditioning	Develop player's run conditioning over 70m distance

Coaches Reflective Questions

1. How did we address inconsistencies when we sensed them?
2. Did the activities challenge the players? Which ones and why?

Players Reflective Questions

1. What is key to developing Pick-Up technique on the non-dominant side?
2. In the SSG, how many contacts did you have, and how many on the non-dominant side?



ACTIVITY NAME & AIM

GAA 15 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

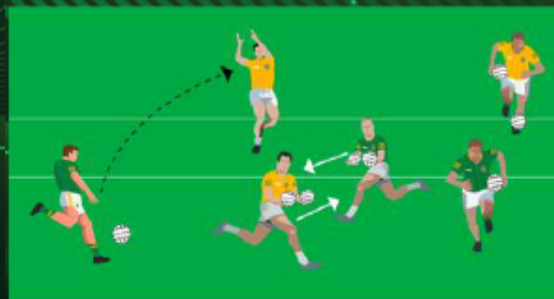
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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 – Pick-Up. This activity helps develop bilateral technique in Pick-Up (Crouch & Chip Lift) 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
- 13 minutes

ORGANISATION

1. Player 1 with a ball takes 4 steps, solo left, 4 steps turns and rolls ball back to player 2, who crouch lifts on right. Player 2 repeats. Alternate for 1 minute on.
2. Player 1 with a ball takes 4 steps, solo right, 4 steps turns and rolls ball back to player 2, who crouch lifts on left. Player 2 repeats. Alternate for 1 minute on.
3. Recovery 60 seconds – hand passing in pairs with 2 balls left and right hand.
4. 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. Player 1 shadows picks up 2 balls 1 with left foot one with right foot and continues cycle. 2 minutes on
5. 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
6. 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.
7. 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.

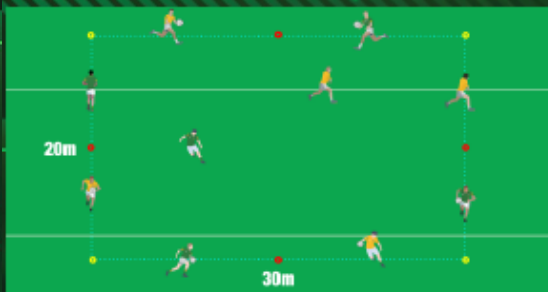
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- **Crouch Lift** - Supporting foot beside the ball. Hands in front of ball. Fingers spread. Bring lifting foot forward scooping ball in the hands. Draw ball into body.
- **Chip Lift** – Approach ball at pace. Wedge toes on lifting foot under the ball to chip upwards. Extend hands downwards to receive ball and draw it into the chest
- Look for correct skill execution on both feet.



ACTIVITY NAME & AIM

First Touch Pick-Up – The aim of this Blocked practice is to develop the pick-up on both left & right foot. Emphasis is on using both crouch lift and chip lift techniques. Look for pick-ups under pressure. Heads up scanning for target players.



EQUIPMENT

- 6 x Footballs
- 8 x Cones
- 10 Players
- 2 x set of Bibs
- 8 minutes

ORGANISATION

- Set up 20m x 30m grid using 8 cones. 8 or 10 players in two teams. 6 to 8 players around the grid and up to 6 players with a football. Two players, one from each team within the grid.
- One player from each team from outside the grid performs a grubber kick into the grid, players within the grid move to footballs, perform a pick-up and return the ball to a player on outside who does not have a football.
- Inside player call for 2nd ball to be kicked into the grid, once the first ball is returned to outside.
- Look for both Chip Lift and Crouch lift using both left and right feet.
- Play for 60 secs, and then change players within the grid.

VARIATION (STEPR)

- Only one ball is kicked in and opposing player puts pressure on player picking up the ball and the return ball to outside.
- Add additional players and play two 1 v1 with grid.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look for correct technique on both Crouch & Chip lift. For the Crouch Lift, ensure players are placing hands in front of the ball and not touching the ball on the ground. For the Chip Lift, ensure players are driving the toes on lifting foot under the ball to chip upwards into the body.
- Player picking up the ball to use scanning to identify free player on outside for pass.
- Opposing player to time contact on player picking up the ball to avoid free and contact ball only.

ACTIVITY NAME & AIM

Pick-Up & Score - The aim of this blocked practice is to develop the Pick-Up (both crouch lift and chip lift) with one v one attacking and scoring attempt. Introduce defender to put attacker under pressure.



EQUIPMENT

- 4 x Footballs
- 9/10 players per grid
- 4 x Space Markers
- Half Pitch
- 2 x Bib Sets

ORGANISATION

- Set up two pick-up and shooting stations, one coming in along the 20m line going for goals or hand passed points and one coming in along the 45m line going for points.
- Keeper in goal.
- A defender rolls the ball before the 3 mannequins to the attacker for a crouch lift, then moves on the inside to of the mannequins to get side by side and shadow the attacker.
- Attacker on gaining possession, moves on the outside of the mannequins, performs a grubber kick and then proceeds to chip lift the ball and look to take a shot while under pressure from the defender.
- Each pair then continue afterwards and join the opposite group.
- Rotate roles allowing the defenders to attack and the attackers to defend. Highlight fouls and share coaching points from each player's experience.

VARIATION (STEPR)

- Allow the defender to tackle attacker using near hand tackle

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each play. What went well, what to improve?
- Chip Lift – Approach ball at pace. Wedge toes on lifting foot under the ball to chip upwards. Extend hands downwards to receive ball and draw it into the chest.
- Increase defensive pressure from shadowing to tackling using near hand.



ACTIVITY NAME & AIM

Six of the Best Pick-Ups Game - The aim of this Small Sided Game is to develop both Crouch Lift and Chip Lift on both left & right feet. Attackers should look for space to gain possession through either pick up and create shooting opportunity. Defenders should be look to deny space and pressure player on the ball.



EQUIPMENT

- 6 x Footballs
- 14/16 Players
- 4 x Space Markers
- Half Pitch
- 2 x Bib Sets

ORGANISATION

- Use Half pitch (End line to 65m line). Set up 7 v 7 teams (Backs & Forwards) with GK.
- Attackers (Green) get 6 balls and attempt to work a score. Each play starts with a crouch lift or chip lift. Encourage attackers to pass into space to provide opportunities for different pick-ups.
- Defenders (Yellow) look to pressure any crouch or chip lifts during play. Their aim is to stop as many scores as possible. If defenders win a turnover, they get a score.
- Normal rules, but have forwards focus on running with ball & passing into space, and chip lift
- Rotate roles and repeat. Play in 4 x 3 min segments
- Set up on other half of pitch to cater for additional numbers.

VARIATION (STEPR)

- Allow only 1 hop & solo to encourage kick passing into space
- Defender wins turnover & work it out through cones (Red) on the halfway line

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after two plays. What went well, what to improve?
- Attackers to focus on finding space, and choosing correct pick-up option?
- Look for defenders Touch Tight, Set Up, Shadow and Hands On

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