



<b>Age Group: U-17</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 4</b>	<b>Technical</b>		
<b>Year: 2006</b>	<b>Bilateral Solo &amp; Bounce</b>		
<b>No. of Players:</b>	<b>Tactical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad:</b>	<i>Creating Space</i>	<i>Repeat Speed</i>	<i>Competitive</i>

### Session Aims

1. Develop Solo & Bounce on both left & right side
2. Refresh on Kicking, Tackling and Handpassing on both left & right side

<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)	14m	Bilateral Solo & Bounce	Practice Solo & Bounce on both left & right side in combination with kicking & handpass
Skill (Blocked)	8m	1 v 1 Solo x 2	Practice Solo & Bounce on both sides where players look to score a point, or a goal in a 1 v 1 scenario
Skill (Blocked)	8m	Ball Control Activities	Practice Solo & Bounce on both sides where players focus on ball control, soloing and turning with ball, vision, agility and balance work.
Small Sided Game	15m	3 Goals Game	Practice Solo & Bounce is a small sided game where players look to retain possession and then transition to take a score.
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

### Coaches Reflective Questions

1. How much did we talk versus how much did we listen?
2. How much were the players engaged in the session?

### Players Reflective Questions

1. What is key to developing dummy solo & bounce techniques on non-dominant foot?
2. What do players need to consider when deciding on whether to run the ball or pass to support player?

## 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

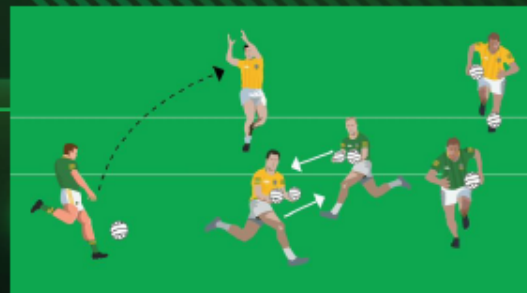
- Players set in groups of 3. Perform each activity.
- BW Prisoner Squat for 10 reps. Increase by +2 reps each week to 15.
- Single Leg Squat for 5 reps each leg. Increase by +1 rep each week to 10.
- Alternating Forward Lunge for 5 reps. Increase by +1 rep each week to 10.
- Plank Circuit (Front & each 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](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

**1 v 1 Solo x 2** - The aim of this blocked practice is to develop Soloing (and Bounce) on both left and right sides. Two 1 v 1s are played simultaneously where in one player is looking to score a goal while in other player is looking to score a point.



## EQUIPMENT

- 4 x Footballs
- 8 players per grid
- 10 x Space Markers
- 25m x 7m Grid
- 2 x Bib Sets
- 8 minutes

## ORGANISATION

- Set up two 25m x 7m grids. Grid #1 between 13m and 20m lines in front of goals. Grid #2 a further 5m outside 20m line again in front of the goals
- Two Defenders (Yellow) start on end line with footballs. Defender #1 carries football (solos right and bounces left) and enters grid #1 from one end. Defender #2 carries football (solos left and bounces right) and enters grid #2 from same end.
- Two Attackers start from end line on opposite side and match runs of Defenders, with Attacker #1 entering grid #1 and Attacker #2 entering grid #2.
- In Grid #1 (Blue), Defender #1 passes to Attacker#1, who takes on Defender and looks to score a goal. Defender attempts to block shot for goal.
- In Grid #2 (Red), Defender #2 passes to Attacker#2, who takes on Defender and looks to score a point. Defender attempts to block shot for point.
- Change Attacking & Defending roles after each sequence. Also alternate between goal & point attempts when attacking.

## VARIATION (STEPR)

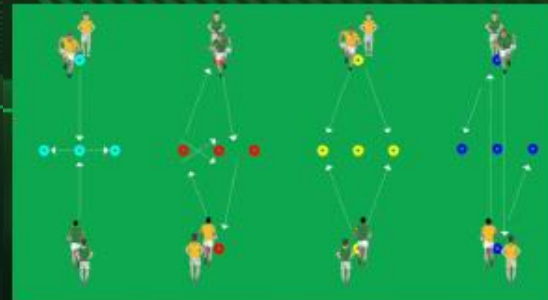
- Add a 3rd Grid further out from goals to enable attempts for long distance points.
- Change size of grid

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each play. What went well, what to improve?
- Look for correct technique on Solo & Bounce. Check for 4 steps between plays of the ball

## ACTIVITY NAME & AIM

**Ball Control Activities** - The aim of this blocked practice is to develop Soloing (and Bounce) on both left and right sides. Players should focus on ball control, soloing and turning with ball, vision while controlling ball, agility and balance work.



## EQUIPMENT

- 8 x Footballs
- 5/6 players per grid
- 5 x Space Markers per grid
- Line Grid 20m x 10m
- 4 x Bib Sets
- 8 x minutes

## ORGANISATION

- Set up as many grids as needed with 3 players at most at each end. Top & bottom cone to centre cone 10m, 5m to each wide cone from centre cone. Ball at each end as displayed.
- Blue** - One player from each end solo around centre cone, solo around cone on their right back to centre and back to start cone.
- Red** - One player from each end solo out to the same cone (left or right), solo to centre and back to start cone.
- Yellow** - One player from each end solo to the cone on right, then opposite end cone, then second right and back to start cone. (Work left).
- Black** - One player from each end solo to opposite end, then solo to left cone and back to start cone. (Work right).

## VARIATION (STEPR)

- Introduce bounce on transition from end cone to end cone
- Allow contact when players meet at centre cones on each grid.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each play. What went well, what to improve?
- Look for correct technique on Solo & Bounce. Check for 4 steps between plays of the ball
- How to protect the ball when in contact?



## ACTIVITY NAME & AIM

**3 Goal Game** - The aim of the Small Sided Game is to improve the solo by retaining possession and then transition to take a score. Focus on technical ability of players to Hand Pass and Solo with both feet.



## EQUIPMENT

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

## ORGANISATION

- Set up pitch 45m 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 hand pass. A team scores by soloing through any of the opposition's goals.
- Conditions can be varied in this game as shown below.
  - All right solo all right hand passing and scoring
  - All left solo all left hand passing and scoring
  - Left or Right solo with left or right hand passing and scoring
- Each game to be played for 3 minutes on with 1 minute off for recovery and feedback from coach.

## VARIATION (STEPR)

- Change of possession on bad first touch
- Allow kick passing in one of the conditioned games

## 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 12 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