



Age Group: U-17	Session Learning Outcomes		
Session No: 2	Technical		
Year: 2006	Bilateral Tackling		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Shadowing</i>	<i>Repeat Speed</i>	<i>Positive Attitude</i>

Session Aims

1. Develop Tackling on both left & right side
2. Refresh on Solo, Bounce, Kicking 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 2	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	14m	Bilateral Tackling	Practice tackling on both left & right side in combination with kicking, solo & handpass
Skill (Blocked)	8m	Tackle and Score	Practice tackling on the ball with one v one attacking and defending without fouling and scoring under pressure
Skill (Blocked)	8m	1 v 1s into 3 v 3	Practice one v one tackling with aggression towards the ball not the man, taking on your opponent and shooting under pressure.
Small Sided Game	15m	Six of the Best Game	Practice tackling both frontal & near hand (left & right). Players should be look to deny space and pressure player on the ball.
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

Coaches Reflective Questions

1. Are we as coaches focusing more on the negative/challenges or the positive/possibilities?
2. What worked particularly well for this U-17 group. How do we know this?

Players Reflective Questions

1. What is needed when defending in pairs as opposed to as an individual?
2. What are the main technical points to watch out for when using the near hand tackle?



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

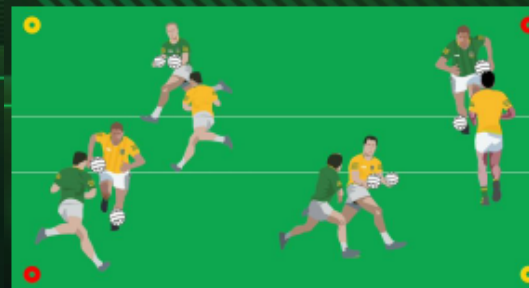
- Players set in groups of 3. Perform each activity.
- BW Prisoner Squat for 10 reps. Increase by +2 reps each week to 15.
- Single Leg Squat for 5 reps each leg. Increase by +1 rep each week to 10.
- Alternating Forward Lunge for 5 reps. Increase by +1 rep each week to 10.
- Plank Circuit (Front & each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

ACTIVITY NAME & AIM

Bilateral – Tackling. This activity helps develop bilateral technique in Tackling 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
- 2 x Wristbands
- 13 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, Kick pass right to partner, hand pass left to partner. 2 minutes on.
2. Recovery 60 seconds – hand passing in pairs with 2 balls left and right hand.
3. 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. Partner picks up 2 balls 1 with left foot one with right foot and continues cycle. 2 minutes on
4. 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
5. 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.
6. 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.
7. Player 1 starts with 2 balls in hand soloing or bouncing every 4 steps while partner tries to knock one of the balls away with a tackle on ball. If he knocks one away let player 1 pick up ball and activity continues. Player with footballs must change direction every 4 steps. 4 minutes on with role swap every 60 seconds.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- How to perform a tackle on the ball?
- Look for focus on the task, communication between players.
- Look for correct skill execution on both sides.



ACTIVITY NAME & AIM

Tackle & Score - The aim of this blocked practice is to develop tackling on the ball with one v one attacking and defending without fouling and scoring under pressure

EQUIPMENT

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



ORGANISATION

- Set up two tackling 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 passes the ball before the 3 mannequins to the attacker then moves on the inside to of the mannequins to get side by side and perform a near hand tackle trying not to let the attacker inside and take a shot.
- Each pair then continue afterwards and join the opposite group.
- Rotate roles allowing the defenders attack and the attackers defend. Highlight fouls and share coaching points from each player's experience.

VARIATION (STEPR)

- Ensure tackling from both left & right side

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each play. What went well, what to improve?
- Near Hand Tackle - look for Timing, Step Across, Shoulder to Shoulder, use of Near Hand, move ball to defender's advantage

ACTIVITY NAME & AIM

1 v 1s into 3 v 3 - The aim of this blocked practice is to develop one v one tackling with aggression towards the ball not the man, taking on your opponent and shooting under pressure.

EQUIPMENT

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



ORGANISATION

- Set up three feeders with groups of footballs on 65m line. Keeper in goal.
- Three 1 v 1s start on the end line and run towards their feeders who are on the 65m line.
- The feeders play each attacker a ball. The two wide attackers must go for a point while the middle attacker goes for a goal.
- The first attacker who gets a shot off now quickly turns to get another ball from the middle feeder and the game becomes a 3 v 3 with the attackers trying to get a goal within 10 seconds or take a point.
- Rotate Attackers and Defenders. Change Feeders

VARIATION (STEPR)

- Ensure tackling from both left & right side
- Feeders to deliver ground ball

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each plays. What went well, what to improve?
- Look for shooting under pressure and defending one v one
- Near Hand Tackle - look for Timing, Step Across, Shoulder to Shoulder, use of Near Hand, move ball to defender's advantage



ACTIVITY NAME & AIM

Six Of The Best Game - The aim of this Small Sided Game is to develop tackling both frontal & near hand (left & right). Players 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.
- Defenders (Yellow) implement skills they have worked on throughout session to prevent a score. 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 & handpassing
- 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)

- Uneven teams, play an additional defender
- Allow only 1 hop & solo
- 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?
- Defenders to focus on closing down space and tackling on the ball only?
- Look for defenders Touch Tight, Set Up, Shadow and Hands On

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