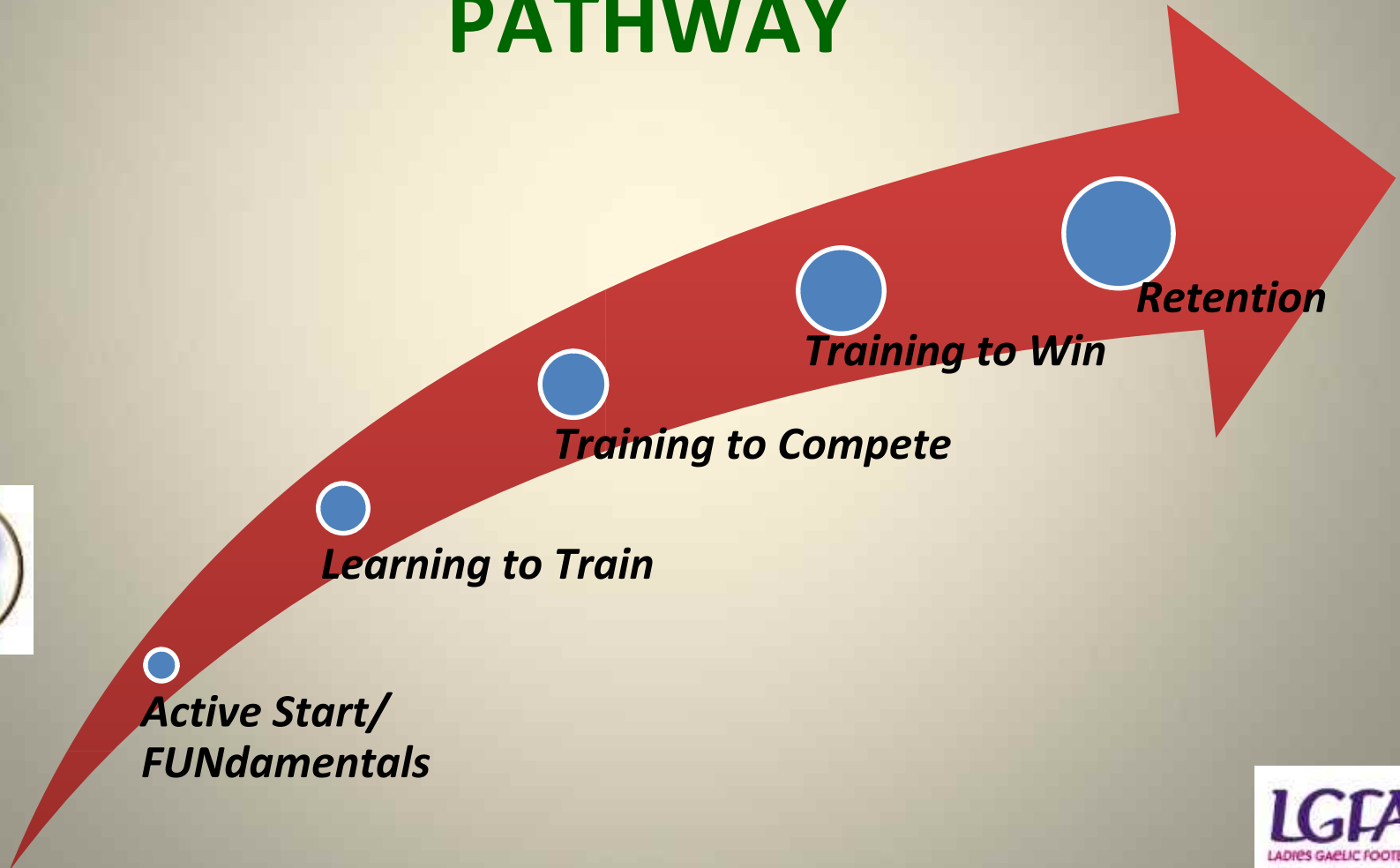




# Donaghmore Ashbourne

Long Term Player Development

## PATHWAY





# INTRODUCTION

**There are 5 key stages in the player pathway which have detailed player characteristics and describe the practical elements that must be coached during these ages. The 5 stages are:**

STAGE	AGE	EMPHASIS
Learning to master the ball	4-6 years	Should be about fun and participation with key emphasis on physical literacy and fundamental movement skills with the ball
Learning to use the ball well	7-9 years	Major skills learning phase where all the basic skills in football & hurling are learned. Emphasis on the fundamental movements.
Learning to play together	10-12 years	Emphasis on understanding how to play and work together as a team
Learning about positions	13-15 years	The principles of play and applying good game sense increase
Learning to perform	16-18 years	Combining all aspects of performance including decision making, higher physical demands of the game and coping with competition

**It provides a framework for the development of skills, physical focus and game sense that coaches can follow stage by stage. This pathway should not be viewed as a rigid framework but as a guide to optimise player development.**



# THE FAMILY OF GAMES

The reason we play games is to get players to work together as a team and understand what to do, how to do it and when to do it. A game provides increased opportunities for players to make decisions and solve problems. The traditional method of teaching skills and developing players was through drills. The drawback of this approach was that when the skill was learned it then had to be transferred to the game situation.

GAME	EMPHASIS
CHASING GAME	These games involve tagging and chasing where players perform skills, such as fleeing and dodging. These games are particularly appropriate for warm up activities
TARGET GAMES	The simplest form of a game which challenges players to use the technique previously learnt is to aim into or at a target. Players have lots of time to perform the task without any distraction from other players. There is a low level of decision making.
COURT GAMES	Divided court games require players to pass ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited. The use of other skills essential for team work such as communication, anticipation and spatial awareness become more apparent.
FIELD GAMES	These are games which require one team to act as the strikers/kickers and the opposition become the fielders retrieving the ball. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important.
PART INVASION	These games require players to complete a task with limited or direct opposition. Such games encourage awareness of time and space but also help develop characteristics of team play e.g. support play and communication. Part invasion games allow players to develop positional sense and decision making with limited pressure from opposition.
FULL INVASION	The core objective here is to move into an opponents territory in order to score. To achieve this, players must maintain possession of the ball, create & use space and attack a 'goal'. The key element with invasion games is the number of players involved. The less space a player has, the less time he/she has, the more skill is required.



# Learning to Master the Ball

## NURSERY

## 4 – 6 YEARS OF AGE

### PLAYER CHARACTERISTICS

- ☐ Children of this age are self-centered and co-operation is largely absent
- ☐ At this age many still think that the ball is their own 'toy', so they will try to run with the ball and score rather than pass.
- ☐ They will respond to partner work and skills practice for a short time. This helps introduce them to team work and cooperation.
- ☐ These children will only watch the ball. They cannot and will not look for space to run into.
- ☐ They usually enjoy being asked questions and this should give the coach plenty of opportunities to check for understanding
- ☐ When their team is not in possession they find it difficult to understand defending a goal. To them they are merely chasing a ball
- ☐ They respond best to target games and races (Hitting and throwing, running)



# Learning to Master the Ball

TABLE 1 4-6 YEAR OLDS			
SKILL EMPHASIS		PHYSICAL FOCUS	GAME SPECIFIC
HURLING	FOOTBALL	ABC & RJTs	
<b>Handling</b> Correct Hurley size - Grip (Hurley hand) - Swing-elbow up - Ready, Lock, Lift, Positions - Pick up (Catching hand one hand)  <b>Send &amp; Receiving</b> - One Hand Dribble - Two Handed Dribble - Ground Strike Tyre Ball - Ground Stop - Run Strike stationary Ground ball	<b>Handling</b> - Throw Bowling Ball Two handed Bounce catch One hand bounce - Body Catch - Pick Up stationary & moving  <b>Kicking</b> - Ground Kick - Dribble - Punt Kick(Two Hands) (Hard foot)  <b>Travelling</b> - Knee tap solo	<b>Agility</b> e.g. chasing games, dodging, e.g. shadow running  <b>Balance</b> e.g. Animal walking e.g. Hop in & out of hoops  <b>Co-ordination</b> e.g. Skipping e.g. Bean Bag Toss e.g. pass through the ladder  <b>Running</b> Good Technique Forward, Backward, side ward's e.g. Marching e.g. Stopping  <b>Jumping</b> e.g. Takeoff & Landing Jump Jacks  <b>Throwing</b> e.g. Target Roll	<b>Target Games</b> e.g. Skittles Through the gate Tower ball  <b>Court Games</b> e.g. Over the river Hurling tennis  <b>Part – Invasion</b> Getting through the traffic 4v4 (two zones)No Goalie Up North Down South (Ball each scoring)



# Learning to Use the Ball

## 7 – 9 YEARS OF AGE

### PLAYER CHARACTERISTICS

- ☐ They will begin to look up when in possession and start choosing options [e.g. passing rather than shooting]
- ☐ They will have difficulty tackling opponents but will kick the ball away from them and attempt to block any shots
- ☐ They have a tendency to stand back in hurling so encourage them to get close to the opponents
- ☐ Use questions to challenge and introduce decision making
- ☐ Players will beg for a game at every opportunity, yet their technique is best improved through individual, paired and small group work. This is an ideal time to use the 'Whole-Part-Whole' approach to some sessions where the coach starts with a game, stops it after ten minutes, works on one technique for a short period then restarts the game
- ☐ Coaches need to focus on positive feedback, this is the age where drop-outs occur if children think they are no good.
- ☐ At this age players will now try to win the game not only by scoring but also by attempting to deny the opposition the opportunity to score
- ☐ They will also begin to understand the need to change the direction of a run or a pass to be more effective and they will begin to grasp the idea that a player may need support from behind and to the side as well as in front.
- ☐ Coaches should continue to run small-sided games and conditioned games, one of the better games is called 'Over the River' and tennis
- ☐ At this age players must also get used to attacking the ball [i.e. running and not stopping] and breaking tackles
- ☐ First critical period for speed development.



# Learning to Use the Ball Well

**TABLE 2**

**7-9 YEAR OLDS**

SKILL EMPHASIS		PHYSICAL FOCUS	GAME SPECIFIC
HURLING	FOOTBALL	ABC & RJTs	
<b>Handling</b> <ul style="list-style-type: none"> <li>- Claw catch</li> <li>- Cupped catch</li> </ul> <p>Send &amp; Receiving:</p> <ul style="list-style-type: none"> <li>- Ground striking(a moving ball) Left &amp;Right</li> <li>- Ground doubling (same direction opposite direction)</li> <li>- Striking from the hand (Stationary)</li> <li>- Jab lift (Stationary Ball)</li> </ul> <b>Travelling</b> <ul style="list-style-type: none"> <li>- Bean Bag balancing</li> <li>- Ball balancing</li> </ul> <b>Tackle</b> <ul style="list-style-type: none"> <li>- Ground Flick (backhand)</li> <li>- Ground clash</li> <li>- Hooking</li> <li>- Frontal &amp;ground block (Hurl to Hurl)</li> </ul>	<b>Handling</b> <ul style="list-style-type: none"> <li>- Body Catch</li> <li>- Low catch</li> <li>- High catch</li> <li>- Fist pass</li> <li>- Hand pass</li> <li>- Crouch lift (stationary ball)</li> </ul> <b>Kicking</b> <ul style="list-style-type: none"> <li>- Punt Kick(Front foot) Left &amp; Right</li> <li>- Hook Kick(One Hand)</li> <li>- Pick up-foot</li> </ul> <b>Travelling</b> <ul style="list-style-type: none"> <li>- High bounce</li> <li>- Toe tap(stationary)</li> <li>- Soft foot</li> <li>- Roll</li> </ul> <b>Tackle</b> <ul style="list-style-type: none"> <li>- Near hand tackle</li> <li>- Shadowing</li> <li>- Frontal Tackle</li> <li>- Block Down</li> </ul>	<b>Agility</b> e.g. zig zag relay <b>Balance</b> e.g. One leg hopping e.g. hop land on other leg <b>Coordination</b> <b>Running - Good Technique</b> On the spot e.g. Relay races e.g. Hurdle running Stopping <b>Jumping</b> e.g. leap frog e.g. Donkey kicks <b>Throwing</b> e.g. Dodge ball <b>Conditioning</b> Partner Resistance Tug of war e.g. Push & Pull partner The Bridge Whole body exercises Introduce basic Flexibility	<b>Target Games</b> e.g. Skittles Through the gate Tower ball <b>Court Games</b> e.g. Over the river Scout Ball Cuchulainn <b>Fields Games</b> e.g. Rounder's Four hitters <b>Part-Invasion</b> e.g. 4v4 (zoned) No Goalie line game <b>Full-Invasion</b> e.g. 4v4 (two touch) e.g. 5v5 (Wide man)





# Learning to Play Together

## 10-12 Years of Age

### PLAYER CHARACTERISTICS

- ☐ Players will now compete with greater intensity against each other
- ☐ At this age players will now try to win the game not only by scoring but also by attempting to deny the opposition the opportunity to score
- ☐ They will also begin to understand the need to change the direction of a run or a pass to be more effective and they will begin to grasp the idea that a player may need support from behind and to the side as well
- ☐ Coaches should continue to run small-sided games and condition them to solve problems
- ☐ During training, these players must always feel part of the session. Coaches must be ready to pay as much attention to them as to other established players and always work to improve their skills [e.g. one-to-one coaching may be needed].
- ☐ Coaches must be quick to address the problem of one or two players dominating play and preventing others from developing their skills during games.
- ☐ Many players at this age fail to recognize the need to attack the ball and prefer to wait for the ball. If this is allowed to persist, that player will find it increasingly difficult to change his/her instincts.
- ☐ Training needs to be moderately increased at this stage
- ☐ Players are now ready to develop general strength through own body weight and core exercises





# Learning to Play Together

TABLE 3 10-12 YEAR OLDS			
SKILL EMPHASIS		PHYSICAL FOCUS	GAME SPECIFIC
HURLING	FOOTBALL		
<b>Handling</b> <ul style="list-style-type: none"> <li>- Overhead catch (hurl to protect) – hand passing (using both hands)</li> <li>Switch pass</li> <li>- Low catch</li> </ul> <b>Send &amp; Receiving</b> <ul style="list-style-type: none"> <li>- Striking on the run</li> <li>Short stick left &amp; right</li> <li>- Striking off hurl</li> <li>- First touch control</li> <li>- Jab lift (moving ball)</li> <li>- Roll lift moving ball</li> <li>- Lift &amp; strike</li> <li>- Batting high ball</li> <li>- Side line cuts</li> </ul> <b>Travelling</b> <ul style="list-style-type: none"> <li>- Soloing at speed</li> </ul> <b>Tackle</b> <ul style="list-style-type: none"> <li>- Shouldering</li> <li>- Hooking on the move</li> <li>- Blocking (ground &amp; air)</li> <li>- Doubling in the air</li> </ul>	<b>Handling</b> <ul style="list-style-type: none"> <li>- High Catch</li> <li>- Hand passing (using both hands)</li> </ul> <b>Kicking</b> <ul style="list-style-type: none"> <li>- Punt Kick left &amp; Right</li> <li>- Punt Kick outside foot</li> <li>Crouch lift moving ball</li> <li>- Toe lift</li> <li>- Hook Kick left &amp; Right</li> </ul> <b>Travelling</b> <ul style="list-style-type: none"> <li>- Solo Run left &amp; Right</li> <li>- Low bounce</li> <li>- Dummy solo</li> </ul> <b>Tackle</b> <ul style="list-style-type: none"> <li>- Near hand tackle</li> <li>- Shadowing</li> <li>- Shouldering</li> <li>- Frontal Tackle</li> <li>- Block Down</li> </ul>	<b>Speed</b> <ul style="list-style-type: none"> <li>- Further development of speed in warm ups (Efforts less than 6 secs)</li> <li>e.g. quickness and change of direction and reaction sprints</li> </ul> <b>Strength</b> <ul style="list-style-type: none"> <li>- Introduce Core strength e.g. twist with partner</li> <li>- Own body strength exercises e.g. Pull ups press ups etc....</li> <li>- Introduce plyometric training e.g. bounding and hopping</li> </ul> <b>Stamina</b> <ul style="list-style-type: none"> <li>- Endurance related activities: e.g. - Relay running</li> <li>- Small sided games &amp; Ball drills</li> <li>- Circuit training with the ball</li> </ul> <b>Flexibility/Co-ordination</b> <ul style="list-style-type: none"> <li>- Introduction Dynamic Stretching &amp; Mobility exercises</li> <li>- Warm up &amp; Cool down concept</li> </ul>	<b>Court Games</b> <ul style="list-style-type: none"> <li>e.g. Over the river</li> <li>Hit the corners</li> </ul> <b>Fields Games</b> <ul style="list-style-type: none"> <li>e.g. Crazy kicks</li> <li>Batter bonanza</li> </ul> <b>Part-Invasion</b> <ul style="list-style-type: none"> <li>e.g. 4v1 (Grid)</li> <li>e.g. Pass and Attack</li> </ul> <b>Full-Invasion</b> <ul style="list-style-type: none"> <li>e.g. 4v4 (Split ends)</li> <li>e.g. 5v5</li> </ul>



# Learning about Positions

## 13-15 Years of Age

### PLAYER CHARACTERISTICS

- ☐ While players in this stage may have the same chronologically age they may differ significantly in terms of biological age i.e. one may be more physically developed than another.
- ☐ The onset of puberty usually occurs during the early stages of this cycle. Aerobic and strength programmes should be individualised or grouped according to their (P.H.V )N.B Only trained coaches to undertake this training
- ☐ Broad base skills and sport specific skills
- ☐ Advanced technical skill development Skill developed under pressure
- ☐ Fitness with the ball in skills drills
- ☐ Gain an understanding of the principles of attack and defense through grids and small sided games
- ☐ Players can be introduced to moderate anaerobic and strength training through ball work
- ☐ Players should be introduced to psychological training through games that promote concentration and better decision making



# Learning about Positions

TABLE 4			
13-15 YEAR OLDS			
SKILL EMPHASIS		PHYSICAL FOCUS	GAME SPECIFIC
HURLING	FOOTBALL		
<b>Handling</b> <ul style="list-style-type: none"> <li>- High Catch (protect from front &amp; behind)</li> <li>- Hand Pass off the Hurley</li> <li>- Chest Catch</li> </ul> <b>Send &amp; Receiving</b> <ul style="list-style-type: none"> <li>- Jab lift at pace</li> <li>- Striking on the run (Moving away from the target)</li> <li>- Striking on the run (high &amp; Low)</li> <li>- Doubling Ball in the air</li> <li>- Shooting for scores</li> </ul> <b>Travelling</b> <ul style="list-style-type: none"> <li>- Soloing (changing direction)</li> <li>- Tap &amp; move</li> </ul> <b>Tackle</b> <ul style="list-style-type: none"> <li>- Frontal block (Hurl to ball)</li> <li>- Low block</li> <li>- Ground tussle</li> <li>- Flick off the Hurley (Snig)</li> </ul>	<b>Handling</b> <ul style="list-style-type: none"> <li>- Ball feint</li> <li>- Fist pass for distance</li> <li>- Overhead tap on</li> <li>- Catching at speed High: Reach: Low Half volley</li> </ul> <b>Kicking</b> <ul style="list-style-type: none"> <li>- Punt kick to moving target</li> <li>- Long Kick pass</li> <li>- Scoring from angles</li> <li>- Assisted Chip lift</li> <li>- Penalty Kick</li> </ul> <b>Travelling</b> <ul style="list-style-type: none"> <li>- Swerve</li> <li>- Change of pace with the ball</li> </ul> <b>Tackle</b> <ul style="list-style-type: none"> <li>- Near hand tackle</li> <li>- Delay opponent &amp; Shadowing</li> <li>- Frontal Tackle</li> <li>- Dive Block</li> <li>- Hand off</li> </ul>	<b>Speed</b> <ul style="list-style-type: none"> <li>- Multi directional (Efforts less than 20 secs)</li> <li>- Quick footwork and agility</li> <li>- Acceleration and deceleration e.g. go stop</li> <li>- Game related reaction exercises</li> <li>- Relay racing e.g. crazy ball drills</li> </ul> <b>Strength</b> <ul style="list-style-type: none"> <li>- Body weight Circuit training Upper body ,legs, and back</li> <li>- Develop Core strength e.g. plank</li> <li>- Learn correct weight lifting techniques e.g. squat, Clean, snatch, N.B Only qualified coaches to undertake this training</li> <li>- Introduce free weights and medicine balls N.B For upper age range group only</li> <li>- Plyometric e.g. multi directional jumps</li> </ul> <b>Stamina</b> <ul style="list-style-type: none"> <li>- 3 v 1 games</li> <li>- Drills incorporating the ball</li> </ul> <b>Flexibility/Co-ordination</b> <ul style="list-style-type: none"> <li>- Maintain flexibility exercise</li> <li>- Dynamic Warm up</li> </ul>	<b>Part-Invasion</b> Zone games e.g. wide man e.g. zone to zone  <b>Full-Invasion</b> Back v Forwards 15 v 15 Possession Games One rule games e.g. Give and Go 4 seconds 2 touch



# Learning to Perform

## 16-18 Years of Age

### PLAYER CHARACTERISTICS

- ☐ During this phase players begin to reach their physical peak and those slow developers begin to catch up with their peers
- ☐ Encourage ideals of self-awareness and self-help within players
- ☐ At this stage a Functional Movement Screening (conducted by a physio) should be carried out on each player and the results along with their Critical Success Factors(CSFs) identified by each player in their Self-Assessment Profile should form the basis of their Personal Development Plan (PDP).
- ☐ As a result of the above each player should have a PDP, a component of which should be an individualised conditioning programme developed and delivered by a S&C Coach. Each player should be committed to their programme as they will have had an input into it through their Self-Assessment Profile.
- ☐ Advanced technical skill development Skill developed under pressure
- ☐ Understand the principles of game plays, tactics, and game sense
- ☐ Accept that the team is paramount and their role within the team structure
- ☐ Encourage positive lifestyle and build concepts of team ship and leadership
- ☐ Instill concepts of mental toughness and calmness under pressure(winning behaviors)
- ☐ Encourage flexibility and fine-tune the generic skills to play in a variety of positions
- ☐ Players should be encouraged to embrace positive life-skills i.e. time-management and to take control of their own athletic development.



# Learning to Perform

TABLE 5 16-18 YEAR OLDS			
SKILL EMPHASIS		PHYSICAL FOCUS	GAME SPECIFIC
HURLING	FOOTBALL		
<p><b>Ball Winning</b></p> <ul style="list-style-type: none"> <li>- Catching high-low &amp; half volley (protect from front &amp; behind)</li> <li>- First touch off the hurl-low, High control</li> <li>- Dribble keep possession</li> </ul> <p><b>Send &amp; Receiving</b></p> <ul style="list-style-type: none"> <li>- Lift &amp; Strike L&amp;R</li> <li>- Strike front foot &amp; Back foot</li> <li>- Feint &amp; Strike</li> <li>- Striking over the shoulder moving away from the target</li> <li>- Overhead doubling and batting</li> <li>- Overhead block the to feet</li> <li>- Over head Flick (direct the ball in your path)</li> </ul> <p><b>Travelling</b></p> <ul style="list-style-type: none"> <li>- Making room(with &amp; without the ball)</li> <li>- Take opponent &amp; protecting the body with the hurl.</li> <li>- Dummy hand pass.</li> </ul> <p><b>Tackle</b></p> <ul style="list-style-type: none"> <li>- Shouldering, recover and flick &amp; hook.</li> </ul>	<p><b>Game Plays</b></p> <ul style="list-style-type: none"> <li>- How to use a sweeper</li> <li>- How to deal with a sweeper</li> <li>- Man marking</li> <li>- Zone marking</li> </ul> <p><b>Kicking</b></p> <ul style="list-style-type: none"> <li>- Kicking for possession/diagonal ball</li> <li>- Kicking for scores</li> <li>- Cutting in to score</li> <li>- Free kicks/penalties</li> </ul> <p><b>Ball Retention</b></p> <ul style="list-style-type: none"> <li>- Supporting the ball player</li> <li>- Breaking the tackle</li> <li>- Getting out of traffic</li> <li>- Change the direction of play</li> </ul> <p><b>Tackle</b></p> <ul style="list-style-type: none"> <li>- Near hand tackle</li> <li>- Group tackling</li> <li>- Frontal Tackle</li> <li>- Checking</li> <li>- Blocking ball</li> </ul>	<p><b>Speed</b> (based on test results profile)</p> <ul style="list-style-type: none"> <li>- Multi directional (Efforts less than 20 secs)</li> <li>- Quick footwork and agility</li> <li>- Planting the foot(the 3 step movement)</li> <li>- Running mechanics &amp; technique</li> <li>- Strength work to improve speed</li> </ul> <p><b>Strength</b> (based on test results profile)</p> <ul style="list-style-type: none"> <li>- FM Assessment to establish core strength and technique</li> <li>- Core programmed for those still not ready for weights</li> <li>- Individual programmed for those with core strength &amp; good technique</li> <li>- Prefect technique &amp; control N.B Only qualified coaches to undertake this training</li> </ul> <p><b>Stamina</b> (based on test results profile)</p> <ul style="list-style-type: none"> <li>- Small-sided games</li> <li>- Drills incorporating the ball</li> </ul> <p><b>Flexibility/Co-ordination</b> (based on test results)</p> <ul style="list-style-type: none"> <li>- Maintain flexibility exercise</li> <li>- Dynamic Warm up</li> </ul>	<p><b>Intense Small-sided (3secs)</b></p> <ul style="list-style-type: none"> <li>- Across the line</li> <li>- Total football</li> <li>- Break-Ball &amp; Kick</li> <li>- 4 Goal option</li> </ul> <p><b>15 A SIDE</b></p> <ul style="list-style-type: none"> <li>- Back v Forwards</li> <li>- 15 v 15</li> </ul> <p>Deploying a sweeper Defending the zones Deploying the big man Various Conditions</p>

# Coaches 10 Point Plan



1. Be prepared
2. Be fair and honest.
3. Make sure players are registered.
4. Be on time.
5. Make a good first impression (no second chance)
6. Greet players by name and make eye contact.
7. Start (and finish) on time
8. Establish expected behaviour
9. Make first activity demanding
10. Be yourself



## COACHING SESSION PLANNER

DATE:	STARTING TIME:	FINISHING TIME:
NO. IN ATTENDANCE:	CONDITIONS:	

### SESSION THEME

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### EQUIPMENT LIST

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### WARM UP

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### PLAY A GAME 1

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### REVISE A TECHNIQUE

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### PRACTISE THE TECHNIQUE

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### DEVELOP THE SKILL

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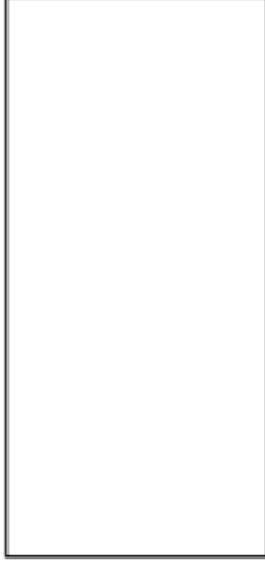
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### PLAY A GAME 2

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### COOL DOWN

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### SESSION REVIEW

IDENTIFY 3 ASPECTS OF THE SESSION THAT WENT WELL;

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

IDENTIFY 3 ASPECTS OF THE SESSION TO IMPROVE UPON;

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# Session Plan 1

## U6 / U8 Football

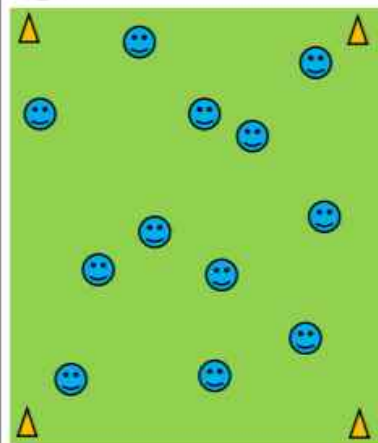
### Theme of Session: Ball Familiarisation

#### Teaching Points/ Key Words

- change direction
- head up
- Use Animals as examples of movements to use.

1

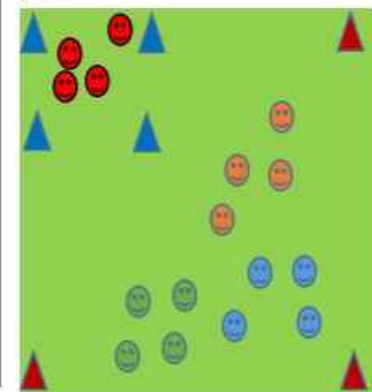
#### **WARM UP: General Mobilisation**



- Children move around the square in different directions.
- Ask the children to perform different movements such as Side to Side, Heel Flicks, High Knees, Knee Up & Out, Knee Out & In, Backwards (walking), hopping,

2

#### **Pulse Raiser: Spiders & Flies**



- head up
- stay inside square
- work as a team
- make it competitive (Which team can catch most flies)

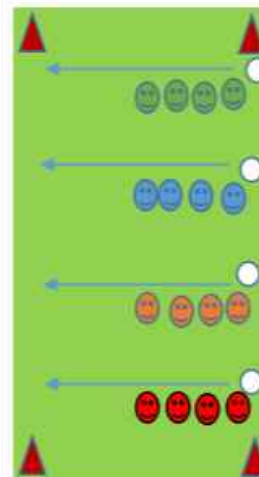
- Divide group into teams of 4/ 5 players.
- One of the teams is the Spiders (Reds).
- The rest of the teams are the flies (Orange, Blue & Green)
- Spiders have 45 seconds to catch as many flies as possible.
- Spiders take caught flies to their 'Web' which can be seen with blue cones.

#### Teaching Points/ Key Words

- Wide Fingers
- Eyes on ball
- Hug Ball
- Big Hands Catch

3

#### **Speed/ Skill Development: Human Tunnel Ball**



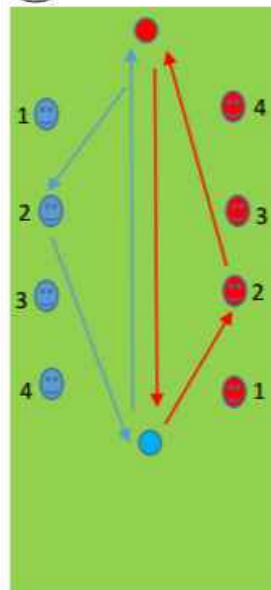
- Keep teams in same teams as previous game.
- Each team forms a line as shown.
- First child at the front of each team has a ball.
- First child passes the ball down the line by handing the ball to next player in line (throwing not allowed).
- Once a player hands ball over, they sprint to back of line.
- Team that gets all members over line 1<sup>st</sup> wins.

#### **Variations**

- Pass Ball Overhead
- Pass Ball Under Legs

4

#### **Fun Game 1: Switch Ball**



- focus
- Carry ball in both hands
- Only award point if ball is set in hula hoop

- In same teams, set up following game twice. (Blue vs Red, Orange vs Green)
- Give players on each team a number in exact sequence as shown (1-4)
- Coach calls number (3) and the no. 3 from each team follows arrows as shown, they pick up ball and set it down on opposite side.
- Player that gets back to start position 1<sup>st</sup> wins team a point.
- Team with most points at end wins.

#### **Variations**

- players bounce ball at least twice
- players throw to two of their team mates
- players weave in and out through team

Teaching  
Points/  
Key Words

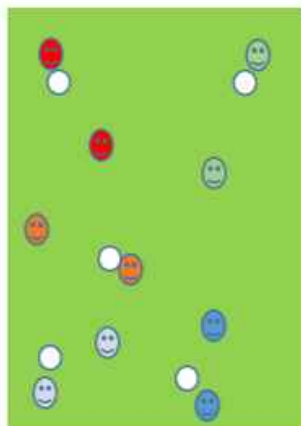
*Head: Eyes  
on the ball*

*- Big Hands  
Catch*

*Feet: One  
foot  
forward,  
One behind*

5

### **Skill Card: Ball Familiarisation** **Underarm Throw & Body Catch**



#### **Ball Familiarisation**

1. Underarm throw & Body Catch
2. Stationary – Walk – Jog
3. 10 Up Catch – player throws ball up & catches 10 times in a row.
4. 3.. Throw Ball up, clap hands and Body Catch
5. Figure 8 around the legs.
6. Circle ball around body.
7. Hand Bouncing
7. Hand Bouncing on the move.

Teaching  
Points/  
Key Words

*- Eyes on  
the ball*

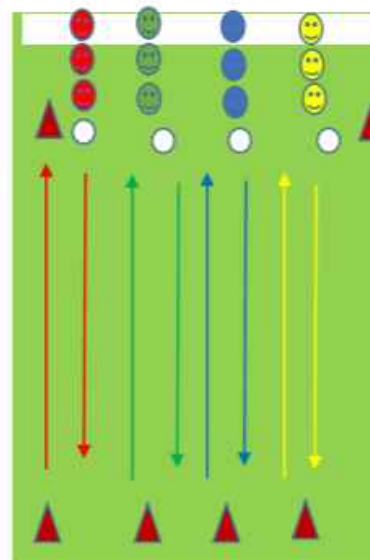
*- Bounce  
ball in front  
of yourself*

*- Look at  
target*

*- bring ball  
into body  
after  
catching  
(digger/  
hug)*

6

### **Game 2: Fun Relay Races**



- Divide into groups of maximum of 3.
- Teams in a line, first person in line with a ball
- First person runs out and bounces ball out and around cone 10 M out
- Player comes back and underarm throws to next player who catches and repeats
- Each player goes 5 times
- Use Ball Familiarisation exercises from previous drill.

#### **Variations**

- Players throw ball up and catch
- Players roll ball out to cone
- Players roll ball out with strong hand and back with opposite hand



# Session Plan 2

## U6 / U8 Football

### Theme of Session: Kicking One

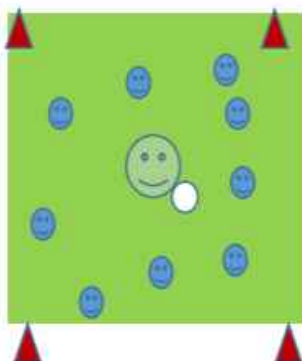
#### Teaching Points/ Key Words

- Head up
- Eyes on coach

- On balls of the feet
- Work as a team
- Quick feet
- 

1

#### General Mobilisation: Coach Tag



- Coach in centre has ball; Calls various commands such as high knees; flick heels; side-to-side; skipping; jump for height; jump for distance
- Coach puts ball over head, players must exit square as quickly as possible
- Coach puts ball behind back and players come back into square

2

#### Pulse Raiser: Circle Tag



- Divide children into groups of 6; numbered 1-6
- 1-5 join hands in a circle; 6 stays out
- 1 tucks bib into side of shorts
- No. 6 then attempts to get tail off one.
- Circle are allowed to move around while holding hands to prevent chaser getting the tail. Chaser not a loud to inside of circle.

#### Teaching Points/ Key Words

-Call Name

Head: Over the Ball

Hands: Use for balance

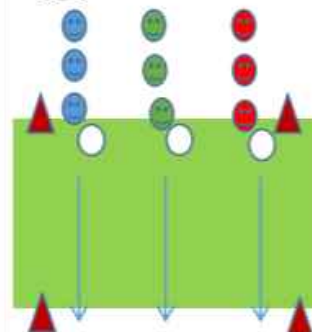
Feet: Using inside of foot when dribbling

-Focus on looking for space

-Follow through with foot when kicking

3

#### Speed/Skill Development: Kick Relay



- Two Teams
- Players dribble ball up to cone and kick ball to next player
- First team to have each player gone 5 times is the winner

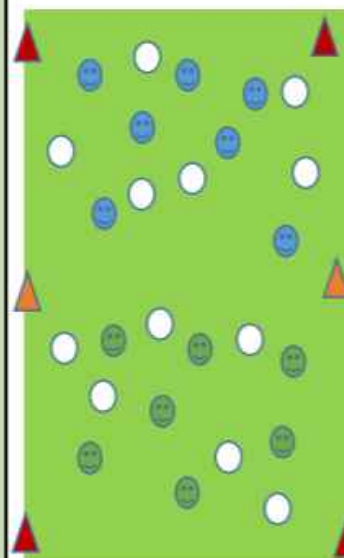
#### Progression

- Pass using non-dominant foot
- Punt Kick Relay

### Main Body of Session Whole/ Part/ Whole Method

1

#### Game 1: Empty the Square



- Two Teams
- High Number of balls in each half of a court
- Aim is for players to empty their half of the court of footballs

#### Variations

- Use of non-dominant foot only
- Player who receives ball must play a one-two with a team mate before returning the ball

#### Progressions

- Increase size of squares
- Introduce punt kick into space



Teaching Points/ Key Words

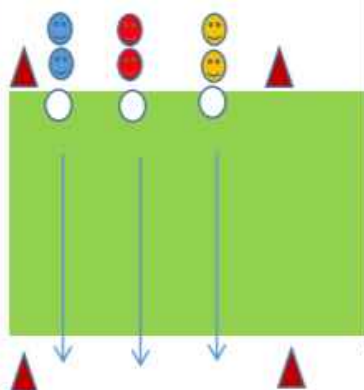
Head: Eyes on ball

Hands: Ball rolls off the shelf

Feet: Kick through ball with laces

2

**Skill Development: Kick Fada**

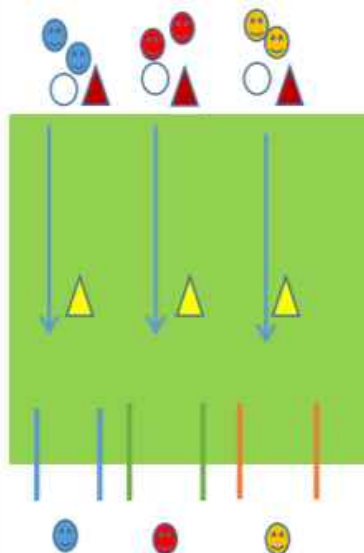


- Get players into their pairs on a start line, with one ball between them.
- Player 1 in each pair kicks the ball out as far as he/she can
- Player 2 then kicks as far as possible from the position the ball landed.

How many kicks does it take to get to a certain target?

3

**Skill Development – Catch & Kick if You Can**



- 1. Look at target

- 2. Head: Focus on Ball

Hands: Both hands on Ball, drop to foot

Feet: Kick with laces, toe down

- Divide players into groups of 3
- One player stands behind goals as shown.
- Player at start of line carry's ball until yellow cone.
- At yellow cone player attempts to kick the ball through the poles.
- Player behind goals gets ball and joins group behind red cone.
- Player that kicked the ball, replaces player behind the poles

**Progressions**

- Second player applies 'token pressure to kicker

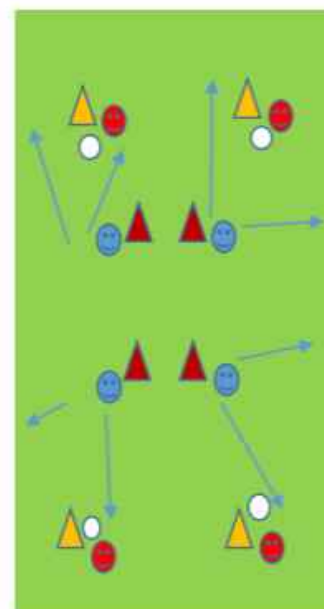
Teaching Points/ Key Words

-Look for space

-Kick ball into the space

4

**Game 2: Kick Rounders**



- In Pairs (Red & Blue)
- Red Player handpasses/throws ball to Blue Player
- Blue Player kicks ball as far as possible in any direction. Blue Player completes as many shuttle runs as possible between the red and orange cone as possible until Red player touches ball on orange cone
- Blue Player kicks three times and then changes with opposite Red Player

**Progression**

- Use non-dominant foot
- Introduce second player on fielding team and introduce team play



# Session Plan 3

## U6 / U8 Football

### Theme of Session: Hand Pass

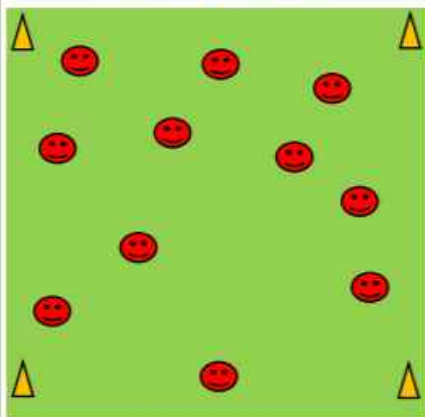
#### Teaching Points/ Key Words

- Don't follow anyone
- Introduce idea of finding own space

#### WARM UP

1

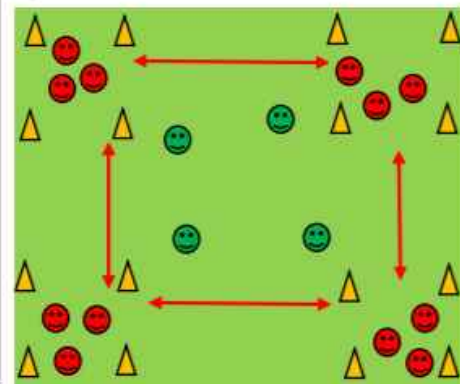
##### General Mobilisation:



- Children move around the grid in different directions.
- Ask the children to come up with different ways of moving. Use animals as examples.
- Try to get them to move in double legged, single leg, hopping, skipping movements.

2

##### Fun Chasing Game: Cats & Mice



- Timing of run
- Max stay of 3 seconds in Den after coaches call

- Cats (green) have to try & catch the mice (red).
- The 4 squares are the mice dens, a cat cannot enter the dens.
- On the coaches call all the mice have to move to a different den.
- If a mouse catches them they become a mouse.

#### Teaching Points/ Key Words

##### Head

- Eyes on ball

##### Hands

- Lean Forward
- Strike through middle of ball using palm of hand

##### Feet

- Opposite foot forward to striking hand

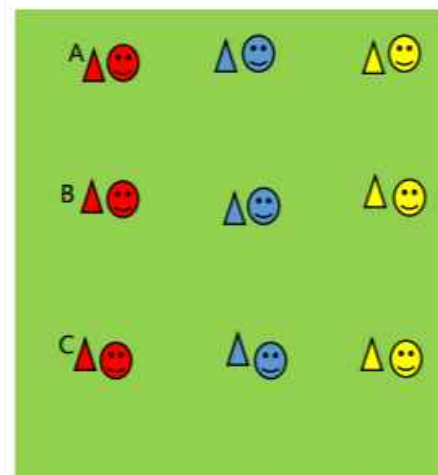
- Head Up looking for teammate

- Talk to each other

- Signal where you want the ball to go

3

#### Skill Introduction: Hand Pass

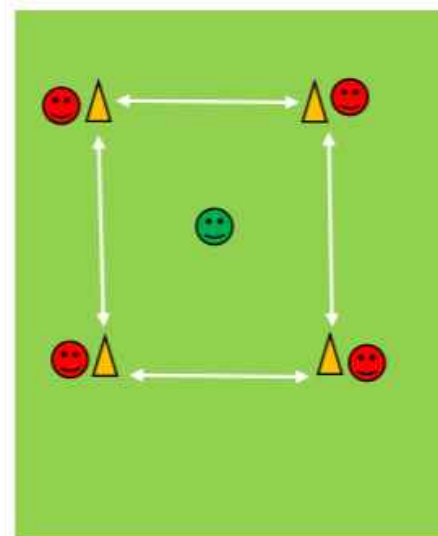


- Players divide into groups of 3, with 1 person stationed at either cone A, B or C.
- A & C both have a ball.
- B runs towards A. A hand passes to B. B returns the pass to A.
- B then turns and runs towards C and repeats the process.
- Switch roles
- Progression
- How many passes inside 1 minute.

#### Main Body of Session Whole Part Whole Method

1

##### Whole Part One: Piggy in The Middle



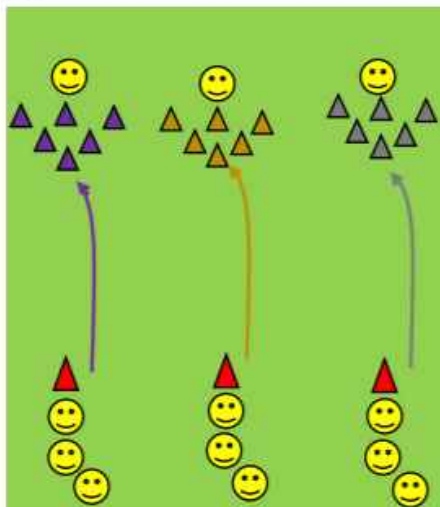
- In groups of 5 (Use grid from Cats & Mice).
- 4 Players at outside cones, with One player in the middle.
- Players on outside have a ball and pass between each other.
- Player in the middle is trying to intercept the ball.
- Player keeps account of how many interceptions they get.
- Every player gets a go in the middle.



Teaching Points/  
Key Words

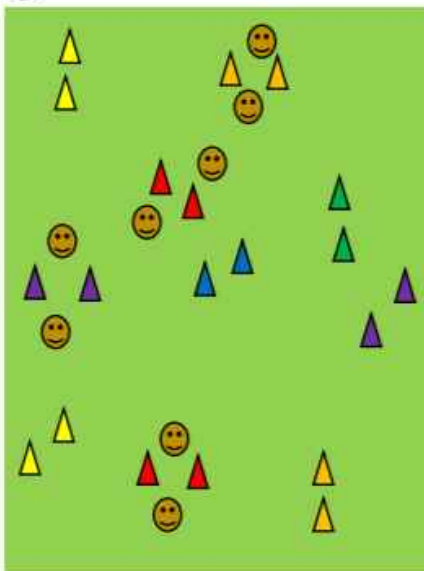
- Follow through (in direction of bowling pins)
- Lean forward
- Head over ball

2 **Part Game One: Bowling (Beginners)**



- Players get into groups of 4 and line up as shown with 3 behind cone and one behind 'bowling pins'.
- Players at cones take it in turn to roll the ball underarms at the bowling pins, trying to knock as many down as possible.
- Player behind bowling pins, rolls the ball back to the group for next person to go.
- Switch roles.

3 **Part Game Two: Through the Goals**



- Head Up, looking for free goals

- In partners players have to hand pass the ball through a set of goals to their partner.
- After they have completed the pass, they move to a different set of goals.

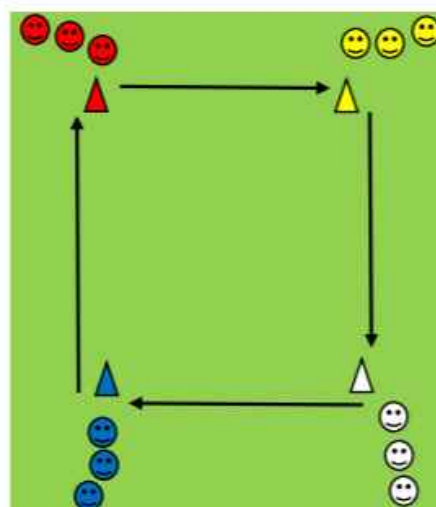
**Progression**

- How many completed pass in one minute.
- Make it a double pass for each goals (Player passes to partner, partner pass the ball back.
- Non dominant hand

Teaching Points/  
Key Words

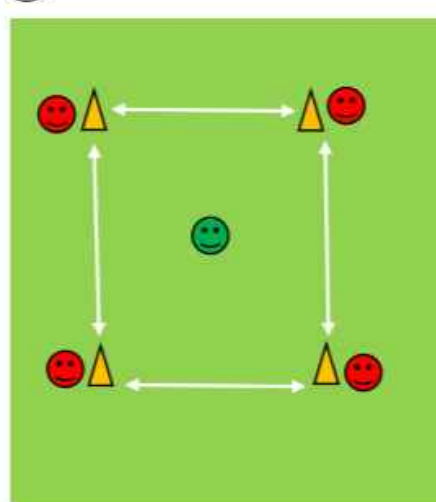
- Players not running stand back from cone, to give other players a chance of running around cones.

4 **Part Game Three: Around the Square (Relay)**



- Divide group into 4 teams as shown.
- One ball per group.
- One player from each team starts the race.
- They run with the ball in the direction shown around the grid.
- When they make it back to own group, player hand passes they ball to next player in line to go.

5 **Whole Game Two: Piggy in the Middle**



- Better execution than first time.

- Players moving, not staying at cone.

- Same as Whole Game One.

**Variations**

- Players on outside cones can move along the line, instead of just staying at their cone.
- If a players pass gets intercepted, they become 'Piggy in the Middle'





# Session Plan 4

## U6 / U8 Football

### Theme of Session: Kicking 2/ Shooting

#### Teaching Points/ Key Words

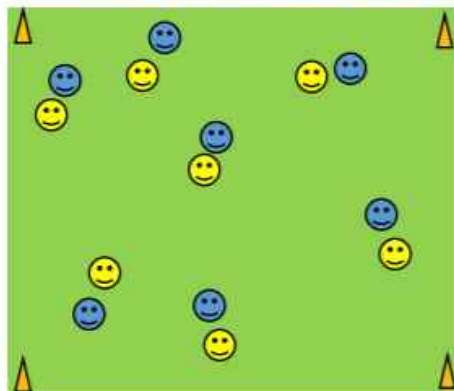
- Let kids decide different movements themselves

- stay inside playing area

#### WARM UP

1

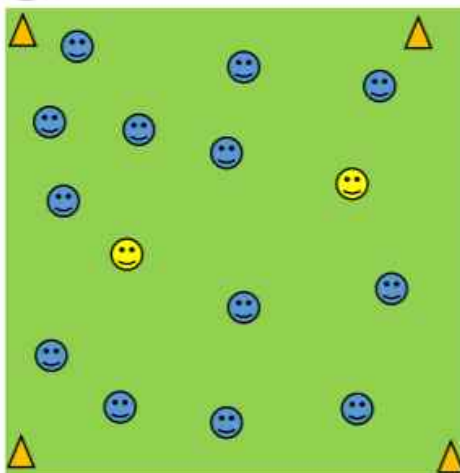
##### General Mobilisation: Shadow Run



- In partners, (yellow & blue).
- Yellow is in control.
- Blue has to follow yellow everywhere he goes.
- Encourage yellow to move in different 'fun' ways. Blue has to copy them.
- Swap roles.

2

##### Chasing Game: Toilet Tag



- Two players are the taggers, remaining players can be caught.
- If a player is tagged, they have to go into the squat position with one of their arm straight out to the side
- They can be released with a free player pushing their hand down (Flushing the toilet).
- Change taggers.

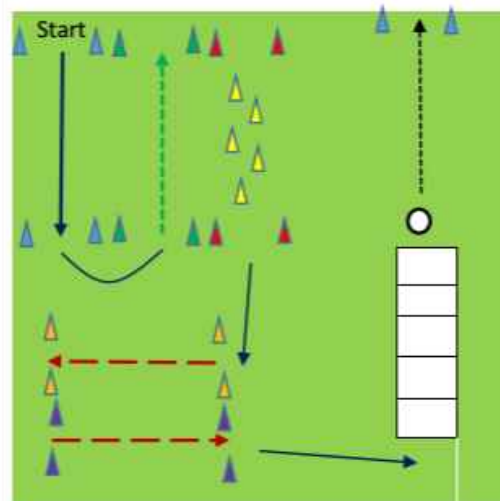
#### Teaching Points/ Key Words

- Knees Up
- Plant Outside Foot
- Use arms
- Quick Feet

- Split group in even numbers with each group going through the different stations set up.
- Eyes On Ball
- Close Control

3

#### Speed Development & Skill Introduction: Kicking

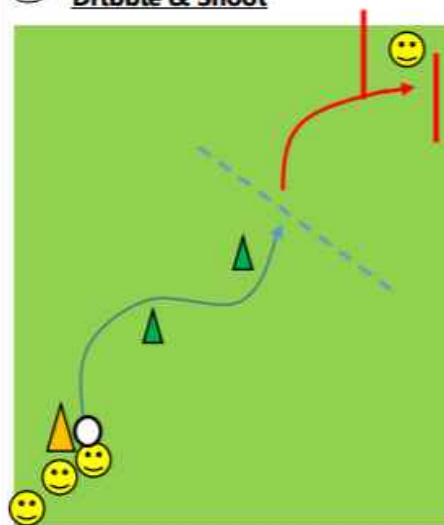


- Players move through the following grid. Colours show you movement should be used
- Forward
- Backward
- Side to Side
- Slalom through
- Players go through ladders (hop-scotch) and attempt to kick ball though cones to finish exercise.

#### Main Body of Session Stations Method

1

##### Dribble & Shoot

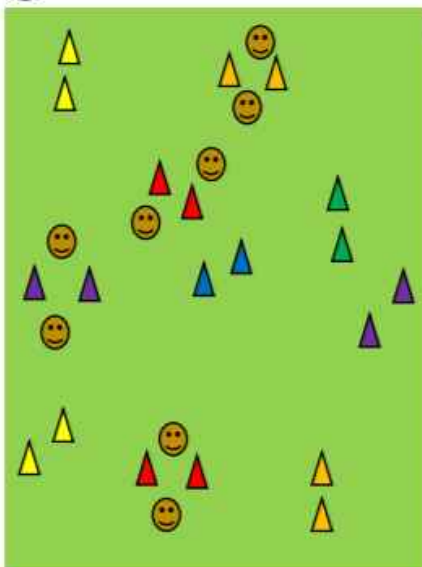


- Player at orange cone dribbles the ball around green domes.
- When they reach blue line, they stop/ trap the ball
- Player then strike for a goal between 2 red poles.
- Player behind goals picks up ball & joins the back of cue at orange cone.
- Player that kicked ball goes behind poles.

Teaching Points/  
Key Words

- Pass & Move
- Call Name

## 2 Through the Gates

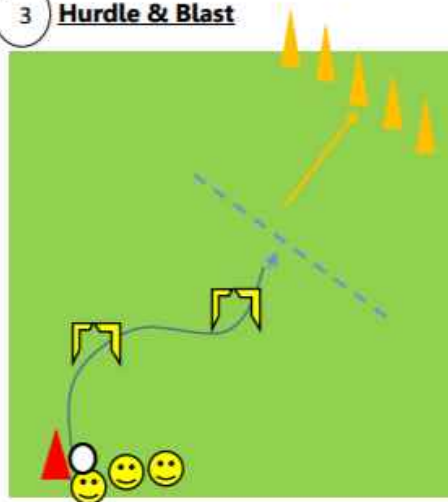


- In partners players have to kick pass the ball through a set of goals to their partner.
- After they have completed the pass, they move to a different set of goals.

### Progression

- How many completed pass in one minute.
- Make it a double pass for each goals (Player passes to partner, partner pass the ball back).

## 3 Hurdle & Blast



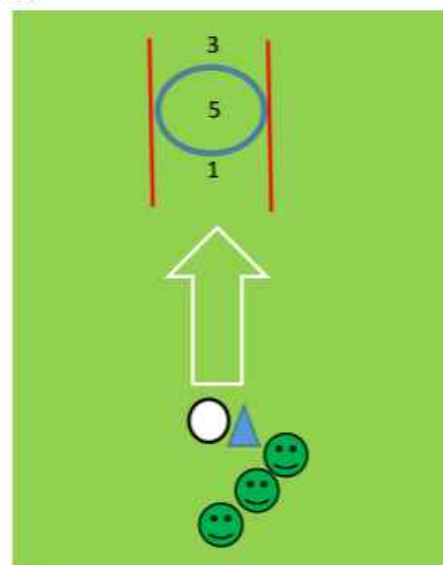
- Close Ball Control
- Eyes On Ball
- Aim For Back Of Cones.

- Player at red cone dribbles a small ball under the hurdles as shown.
- When they reach blue line they pick up the ball.
- They attempt to knock down one of the tall cones placed in front of them.
- They collect their ball and rejoin group at the start.

Teaching Points/  
Key Words

- Toe Down
- Head Down Eyes On Ball
- Face Target

## 4 Wall/ Goal Targets

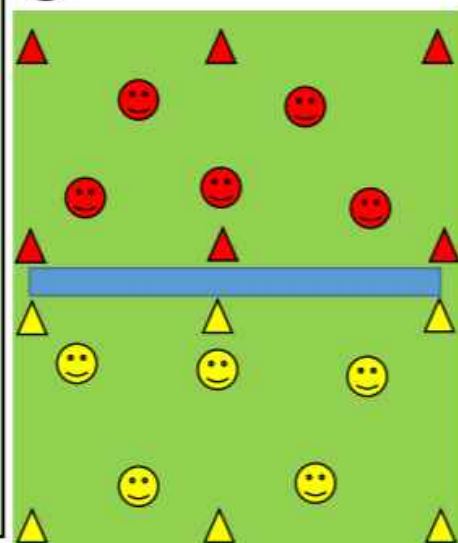


- Use wall to mark out targets or hoops attached to poles.
- Players take it in turns to punt kick the ball at the target hoop behind the cone.

### Progression

- Use weak foot
- Move kicking distance closer/ further away from wall depending on level of group.

## 5 No Man's Land



- Head Up
- Look For Space
- Pick Target
- Make sure all players get a chance to kick the ball.

- Two teams.
- Players attempt to kick the ball over the river (blue area) into other team's area.
- Team gets awarded one point for every time they kick the ball into the other team's zone.





# Session Plan 5

## U6 / U8 Football

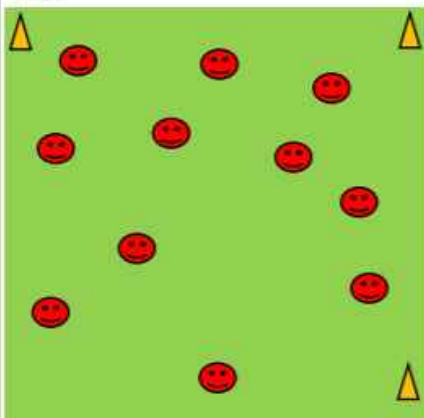
### Theme of Session: Handling

#### Teaching Points/ Key Words

- Don't follow anyone
- Introduce idea of finding own space

1

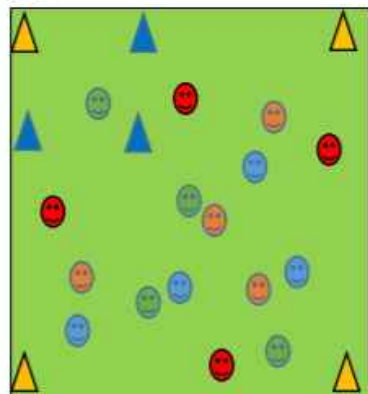
#### WARM UP: General Mobilisation



- Children move around the grid in different directions.
- Ask the children to come up with different ways of moving. Use animals as examples.
- Try to get them to move in double legged, single leg, hopping, skipping movements.

2

#### Chasing Game: Tail Tag



- Heads Up
- Find Space
- Stay Inside Space

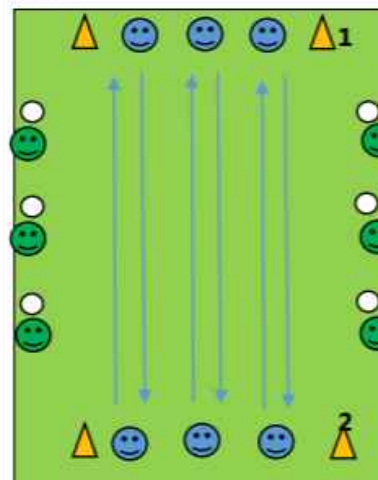
- Every child has two bibs each.
- Games lasts for 1 minute.
- See how many bibs you can get off other players in that one minute.
- You must go to the den (blue square) when you get a bib, put it on & return to field of play.
- If you lose both your bibs you can continue getting other children's bibs.

#### Teaching Points/ Key Words

- Throw the ball underarm
- time run

3

#### Fun Game: Roller Ball

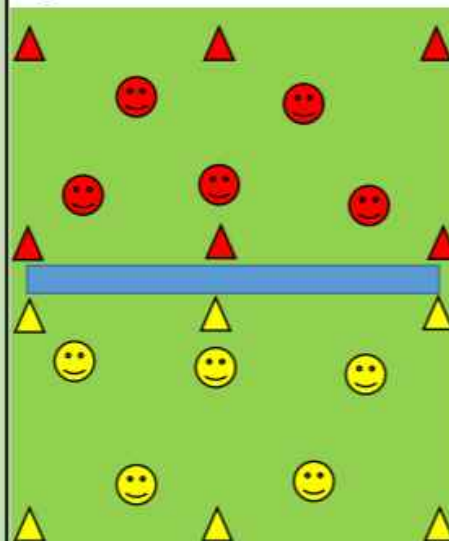


- 6 Throwers (Green) stand in position shown.
  - Everyone else lines up in 3's between orange cones (Blue).
  - On coach's whistle, blues have to run from 1 to 2.
  - Greens throw the ball at the blues as they run by.
  - If blue is hit, player loses a life.
  - If hit 3 times you are out.
- Note:  
Only use soft balls & throws below the waist only allowed.

#### Main Body of Session Whole/ Part/ Whole Method

1

#### Whole One: Over The River



- bucket
- hug
- digger
- call name
- everyone gets a go throwing the ball

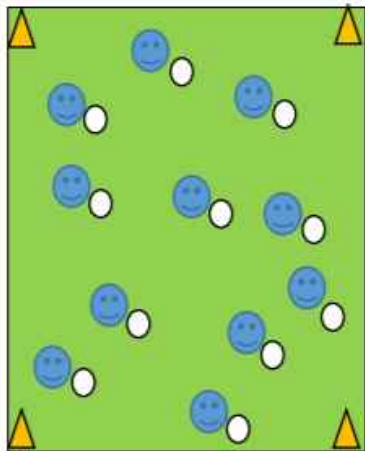
- Divide group into two even teams.
- Red start with the ball. One player from Red attempts to throw the ball 'over the river'.
- If player from opposite team (yellow) catches the ball, yellow team gets one point.
- But if ball is dropped/ hits the ground, red team gets a point.

Teaching Points/  
Key Words

- catch in bucket
- hug ball

2

**Part One: Individual Body Catch**



- Each player gets a ball.
- Player throws up the ball in the air and body catches the ball while static.
- Competition to see how many catches player can get in a row.

**Progression**

- Player have to attempt different actions before attempting body catch
- clap hands once
- clap hands twice
- touch knees & head
- touch toes

3

**Part Two: Partner Body Catch**



- bucket
- digger
- hug
- call name

- Each player has a partner with one ball between them.
- They throw the ball to each other, using the body catch to catch the ball.
- After player throws the ball they have to move to different area of the grid.
- Each pair has 3 lives, if they drop the ball, they lose one life.
- Once partners lose all 3 lives, they are out.

Teaching Points/  
Key Words

- head up
- keep on the move

4

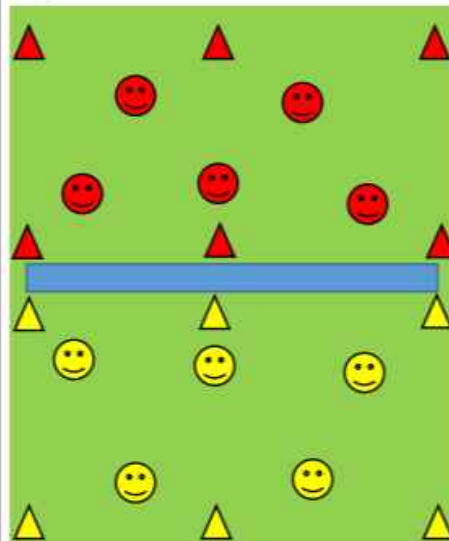
**Part Three: Spoil the Catchers**



- Pairs throw & catch the ball just as the exercise before.
- 3 players are spoilers (black)
- They can intercept the ball while it is in the air.
- If the ball hits the ground, both players are out.

5

**Whole Two: Over The River**



- bucket
- hug
- digger
- call name
- everyone gets a go throwing the ball

- Same game as Whole One.

**Progression**

- Use 2 balls at the same time.
- Everyone must have bucket ready.
- Introduce a 'spoiler' into each zone.



# Session Plan 1

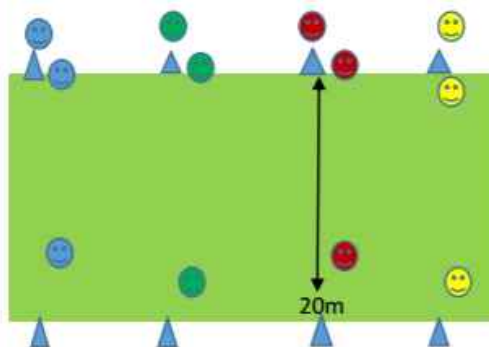
## U10 / U12 Football

**Theme of Session:** Near Hand Tackle

### WARM UP

1

#### General Mobilisation: Focus on Running Technique



1. Jog (Out/ In) x2
2. Side to Side (Out/ In) x2
3. Skip (Out)/ Skip for Height (In) x2
4. 50% Sprint (Out)/ Jog (In) x2
5. 80% Sprint (Out)/ Jog (In) x2

2

#### Dynamic Stretches

- |                     |                    |
|---------------------|--------------------|
| - Hip Out           | - 5 times each leg |
| - Hip In            | - 5 times each leg |
| - Touch Toes        | - 5 times each leg |
| - Double Leg Bridge | - 8 times          |
| - Forward Lunge     | - 5 times each leg |
| - Squat             | - 8 times          |
| - Hamstrings        | - 5 times          |

Teaching Points/ Key Words

- Elbows Back
- Balls of Feet
- Looking straight ahead at fixed target

- focus on using arms/ legs/ head in correct manner.

Teaching Points/ Key Words

- Activate core
- Find Own Space

- Work as a team
- Shooting from the right areas

3

#### Strength Exercises: Partner Work

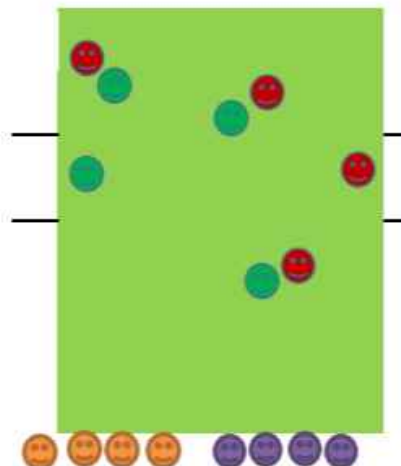
- 1 Help Ups 1. on the ground. 2. helps him stand up using left or right hand only.
- 2 Knee Tag Partners always face each other & objective is to try and slap partner's knees.
- 3 Let's Push Partners push against each other (shoulder area) & try to move partner backwards.
- 4 Mess The Hair Partners grab each other's arms & try to ruffle the hair of partner.

### Main Body of Session

#### Whole Part Whole Method

1

#### Whole Game One: Winner Stays On



- 4 vs 4 (can change depending on numbers).
- Goals Only
- First Goal Wins
- Winners Stay On/ Losers Off
- The team coming on get possession of the ball.
- Near Hand Tackle Condition; If team execute **2 successful NHT's** in that game, that team automatically win game

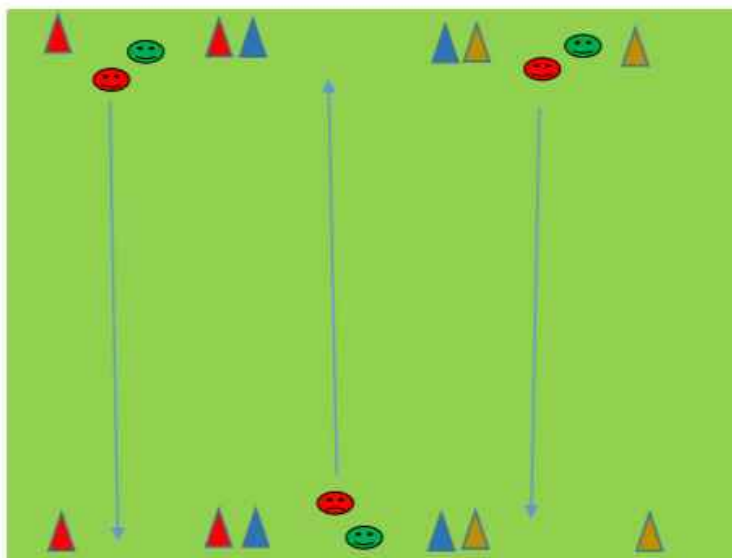


### Teaching Points/ Key Words

- Shoulder to shoulder
- Eyes on Ball
- Use near hand
- step across
- push ball to your advantage

2

### Part Game 1: Near Hand Tackle – Tackle Alley



- Red has ball and solos the ball in a straight line until end of alley
- Green tracks run and tries to execute the NHT before A reaches end of alley.
- At the start its important red allows himself to be tackled & doesn't protect the ball
- Swap Roles

#### **Progression**

- Walk. Red walks through channels.
- Jog. Red jogs through channels.
- Run. Red runs (half pace) through channels
- Sprint. Red sprints through channels
- Red can protect the ball. Change direction is aloud.

### Teaching Points/ Key Words

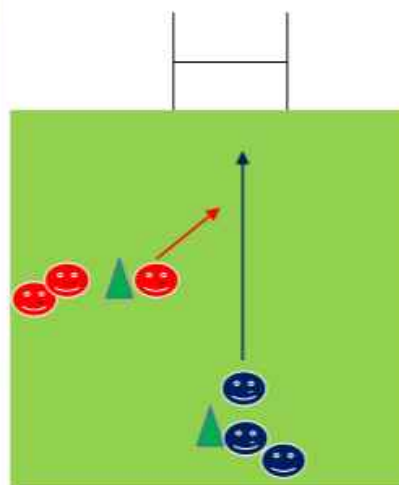
- Timing
- Shoulder to shoulder
- Eyes on Ball
- Use near hand
- step across
- push ball to your advantage
- push attackers away from goals

- Work as a team

- Shooting from the right areas

3

### Part Game 3: Last Man



- Blue has the ball, their objective is to try and score a goal.
- Red is trying to prevent Blue getting a shot by performing the Near Hand Tackle.
- Attackers get a point from scoring.
- Defenders score by winning a turnover from performing the Near Hand Tackle successfully.
- Swap Roles

4

### Whole Game Two: Winner Stays On

- Same game as Whole Game One.
- Try and make it more competitive by keeping account of how many wins each team has.
- Award the successful execution of a Near Hand Tackle by awarding extra score / win.

#### **Progression**

- Team cannot score by the same method twice in a row. (ie if goal scored with left foot next goal has to be scored with right foot/ palmed to the net/ on the ground etc).
- Same player cannot score twice in a row.



# Session Plan 2

## U10 / U12 Football

Theme of Session: **Fist Pass**

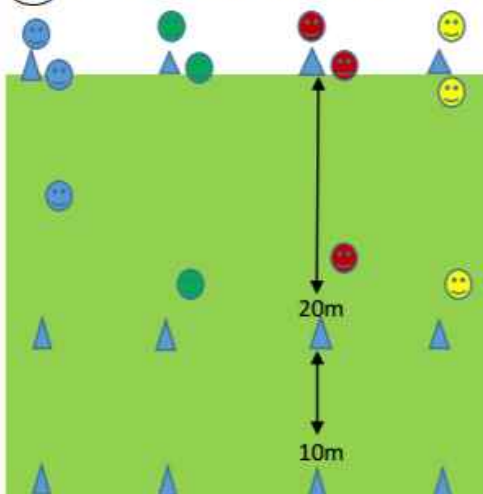
Teaching Points/ Key Words

- Head/ Hands/ Feet
- Call Name

- focus on using arms/ legs/ head in correct manner.

### WARM UP

#### 1 General Mobilisation: Skill Acquisition



- 3 Per Group with 1 Ball
- Player solos ball out past cone and completes the task outlined by the coach.
- 1. Fist Pass
- 2. Bounce Ball Into Partner
- 3. Throw for High Catch
- 4. Roll for Crouch Lift
- 5. Solo to 2<sup>nd</sup> cone and punt kick to partner.

#### 2 Dynamic Stretches

- Hip Out - 5 times each leg
- Hip In - 5 times each leg
- Touch Toes - 5 times each leg
- Double Leg Bridge - 8 times
- Forward Lunge - 5 times each leg
- Squat - 8 times
- Hamstrings - 5 times

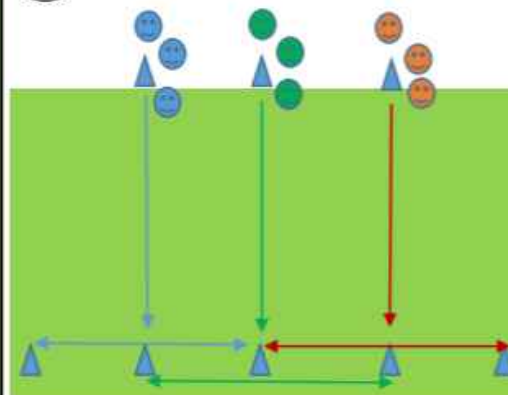
Teaching Points/ Key Words

- Plant outside foot in direction you want to go.
- Lean into corner (motorbike)
- Small steps & drive off

- Looking for space
- On the move

3

### Speed Development & Agility: Plant & Push



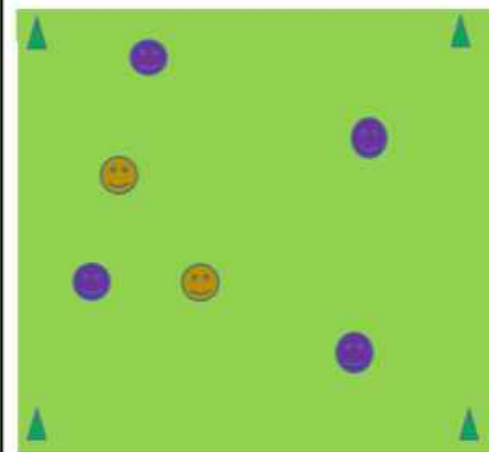
- Groups of 3.
- Sprint to 1<sup>st</sup> cone
- Just before players reach cone the Coach calls left or right and player sprint to cone on chosen side.

### Main Body of Session

#### Whole Part Whole Method

1

#### Whole One: Keep Ball



- 4 (attackers) vs 2 (defenders).
- Attackers have to try and keep possession.
- 5 Fist Passes = 1 point (attackers).
- 1 Turnover = 1 point (defenders).
- One Minute on, 30 seconds recovery.
- Keep swapping roles of attackers & defenders.



### Teaching Points/ Key Words

- Soft Hands
- Soft Pass
- Time run off the shoulder
- Middle Man hand passes

### Question Players

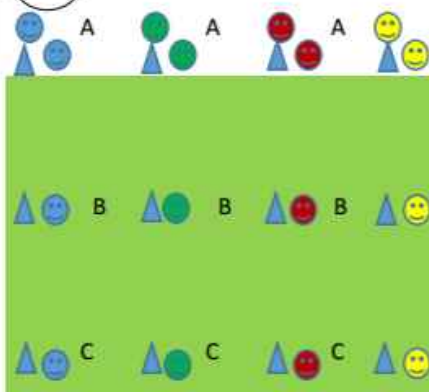
- When do we use fist pass.

### Movement from attackers

- Hospital Pass

2

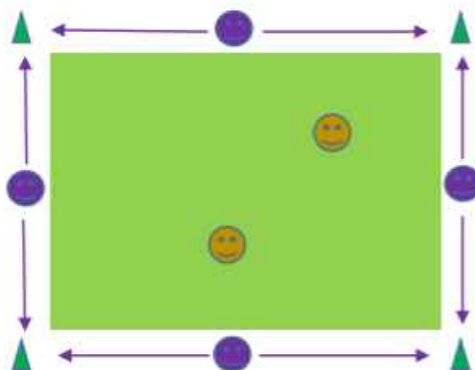
### Part One: Pressure Pass



- Minimum of 4 per group.
- A fist pass to B.
- B hand pass back to A.
- A fist pass to C.
- C fist pass to B.
- B hand pass back to C.
- C fist pass to A.
- Start again.
- Switch man in the middle every minute.

3

### Part Two: Piggy in the Middle



- Attackers (Purple) can only move along the line shown.
- Defenders (gold) stay inside the square.
- Attackers try & keep possession (fist pass only).
- If pass is intercepted, the attacker swaps with defender and become 'piggy in the middle'.

### Teaching Points/ Key Words

- Work-Rate (always looking the ball – attackers)
- Defenders closing down attackers
- Working as a team

- Time run off the shoulder
- Soft Hands
- Soft Pass
- Looking for space

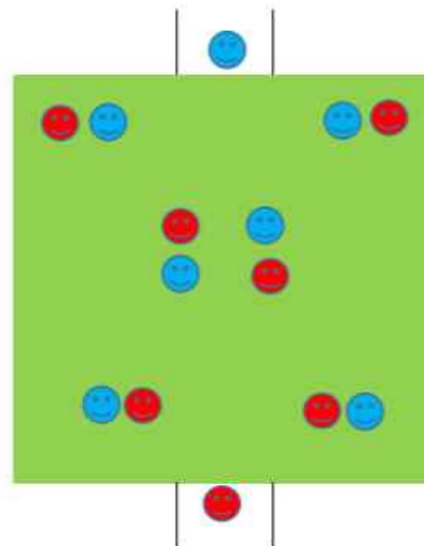
4

### Whole Two: Keep Ball.

- Same Game as Whole Game One. Keep Ball.
- Variations
  - Add extra attacker/ defender depending on experience/ ability of group in question.
  - Introduce a new form of scoring mechanism. For example introduction a small set of goals, where attacking team can score after they complete a set number of passes.

5

### Whole Three: Goals Galore



- 2 equal teams (no more than 9 a side).
- Fist Pass Only
- Goals Only.

### Variations

- After 2 consecutive fist passes, next pass has to be hand pass.
- Limit the amount of touches a player can have.
- Have to pass before player is tackled or it's a free to other team.



# Session Plan 3

## U10 / U12 Football

Theme of Session: **Reach Catch**

Teaching Points/ Key Words

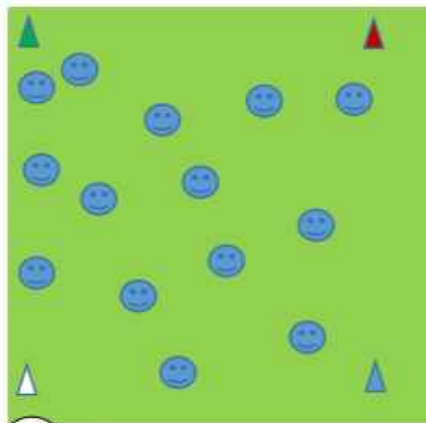
- Change Direction
- Head Up
- Change Gear

- Name the muscles?
- focus on using arms/ legs/ head in correct manner.

### WARM UP

1

#### General Mobilisation: Running Technique and Quick Reactions



- Players move in different directions around the square.
- Players perform different movements (High Knees, Heel Flicks, Side to Side).
- Reactions: Coach calls colour and players have to sprint to coloured corner. (All corners different colour).
- Increase intensity as pulse raising activity,

2

#### Dynamic Stretches

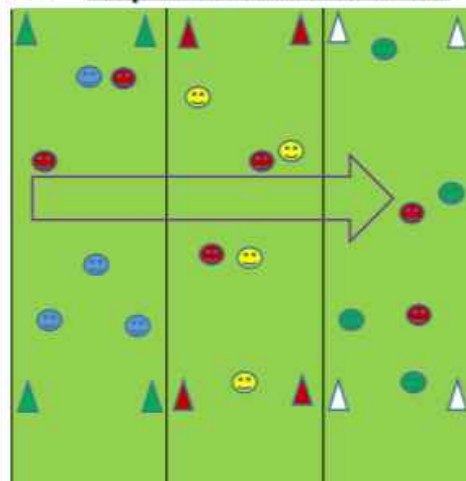
- Hip Out - 5 times each leg
- Hip In - 5 times each leg
- Touch Toes - 5 times each leg
- Double Leg Bridge - 10 times
- Forward Lunge - 6 times each leg
- Squat - 10 times
- Hamstrings - 6 times

Teaching Points/ Key Words

- Space
- Quick Hands
- Always on the move

3

#### Skill/ Game Revision: Variations Keep Ball: The Road To Croker



- 4 (attackers) vs 2 (defenders).
- Attackers have to try and get 5 successful clean catches in a row.
- Player can either hand pass or throw the ball to each other.
- First team to get 5 catches move up field, replacing team already there, who then move down a field.

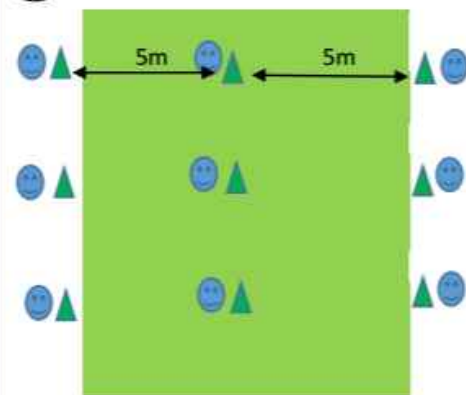
### Main Body of Session

#### Traditional Method

#### Skill Acquisition/ Game

1

#### Skill One: Pressure Catch



- Groups of Three
- Player at end both have a ball.
- Player in middle runs between outside players who throw the ball to middle player to catch using reach catch.
- Player in middle stays there for maximum of 40 seconds.

#### Variations

- Different types of catches (high/ low/ side)
- Competition: How many catches can you get in 40 second

Teaching Points/  
Key Words

- Advantage to attacker, pass ball in front.

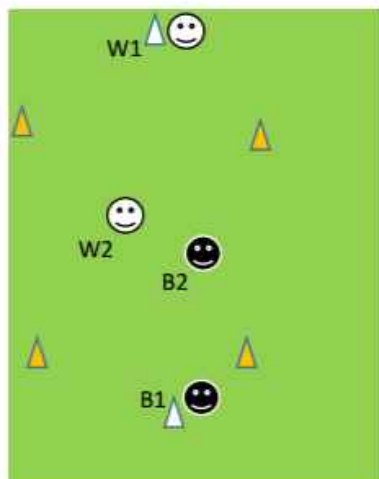
- Eyes on Ball

- Wide Fingers

- Soft hands

2

## Skill Two: Opposed Catch



- 4 per group (divided into 2 teams), 1 ball.
- 2 inside square; (1 per team) and 2 at outside cones; (white).
- W1 starts with ball.
- W1 attempts to throw/ hand pass the ball to W2. B2 is allowed to compete for the ball.
- If W2 catches ball, tries to return pass to W1.
- If B2 wins possession, he attempts to pass to B1.
- Team wins when they get 5 successful catches in a row.
- Swap Roles

Teaching Points/  
Key Words

- Release ball early

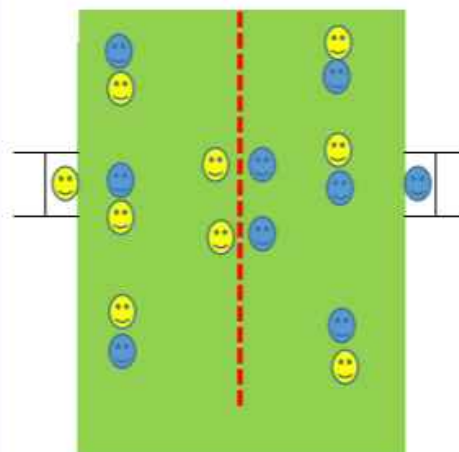
- Look For Teammate

- Big Hands (catching)

- Eyes On Ball

4

## Whole Two: Skill Point Game



- Forwards & Defenders have to remain in own half. Midfielder can enter both halves.
- Goals & Points worth 1 point.
- Award extra score for successful execution of reach catch.
- Max 9 v 9 u10
- Max 11 v 11 u12
- Variations**
- Use weak foot





# Session Plan 4

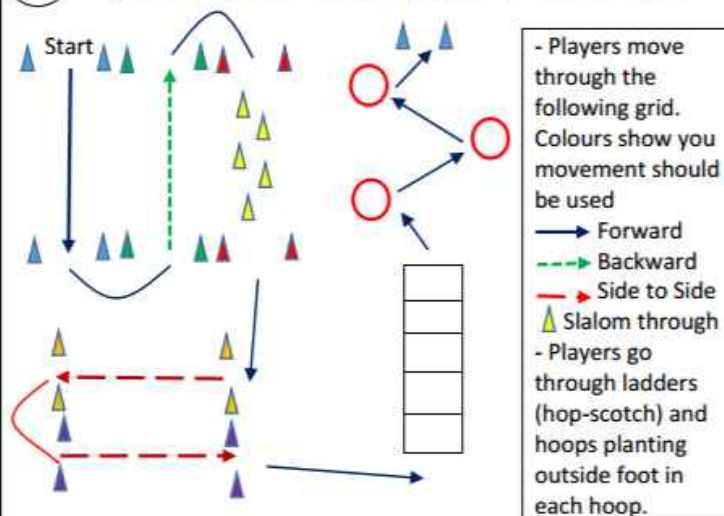
## U10 / U12 Football

**Theme of Session:** Punt Kick

Teaching Points/ Key Words

- Knees Up
- Plant Outside Foot
- Use arms
- Quick Feet

### 1 WARM UP General Mobilisation: Emphasis on Coordination



### 2 Dynamic Stretches

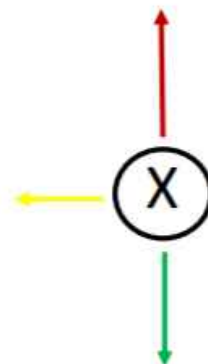
- |                           |                  |                  |                  |
|---------------------------|------------------|------------------|------------------|
| 1. Hip Out                | 5 times each leg | 5. Forward Lunge | 6 times each leg |
| 2. Hip In                 | 5 times each leg | 6. Squat         | 10 times         |
| 3. Touch Toes             | 5 times each leg | 7. Hamstrings    | 6 times          |
| 4. Double Leg Glut Bridge | 10 times         |                  |                  |

Teaching Points/ Key Words

- Land on Ball of Feet
- Knees should not go in front of toes
- Use arms to drive in given direction

3

### Basic Plyometric Exercises (Jumping)



- Player finds own space (need minimum of 2m radius).
- On coaches call, players jump in different directions. Colours show direction should be used.

- Red arrow: Forwards
- Green arrow: Backwards
- Yellow arrow: Left
- Blue arrow: Right

#### Variations

- To make it more 'fun' have relay races where players are hopping and jumping instead of running.

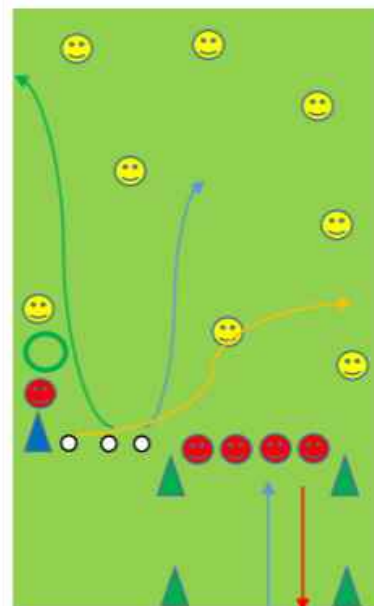
### Main Body of Session Fun Games Method

1

#### Fun Game One: Kicking Rounder's

-Kicker looks for space.

- How do the fielders return the ball? (kick/ hand pass/ run with it)
- Decision Making



- Split group into 2 teams. (Fielders & Kickers).
- Each member of the kicking team gets a chance to kick 3 balls in a row into the in-field
- The fielders have to return the 3 balls to the Green hula hoop as quick as possible.
- To score 'runs' the kicking team all team members have to try and run as many shuttle runs as possible before all the balls are returned to the hula hoop.
- Teams swap roles.

Teaching Points/  
Key Words

- Look Up
- Call Name
- Head/  
Hands/  
Feet
- Weight of  
Pass

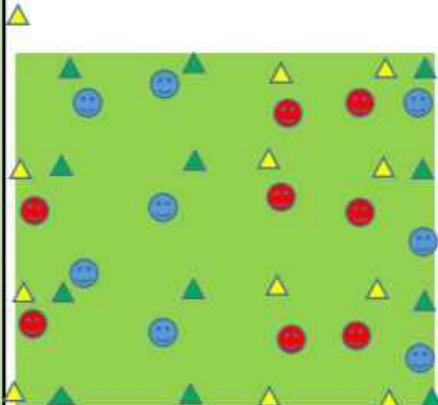
- Pass ball  
to outside  
shoulder  
not at the  
player

- Decision  
making;  
What side  
to make  
run?

- Use same  
technique  
every time  
you shoot

2

### Fun Game Two: Prisoner Ball

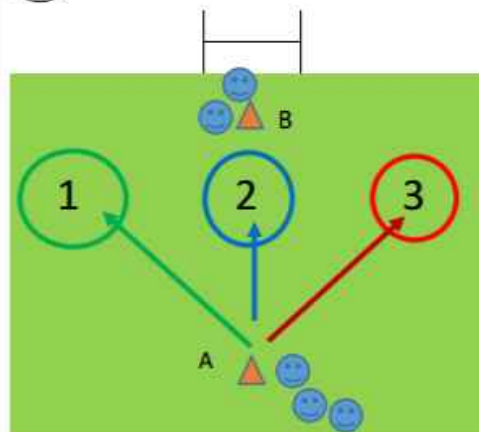


**Note:** When kicking the ball, it has to be at least waist high.

- Team try to find 'free area' in other team's zone.
- If ball is caught or kicked outside zone area, player who kicked ball goes to prison behind opposite zone.
- You can be released from prison if own team member successfully kick passes to player in prison who also clean catches the ball.
- Team loose when all members are in prison

3

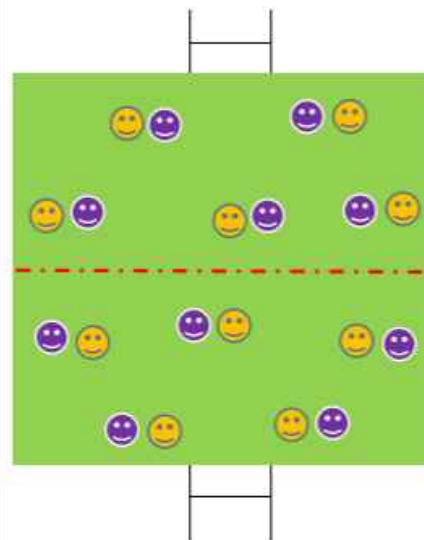
### Skill Game One: Three Rings



- A have a ball.
- They punt pass to B.
- B decides what area of the pitch to receive the pass (1, 2 or 3).
- After they receive the ball they turn and shoot for a point.
- Switch groups.

4

### Whole Game One: Forward Kicking Forward Thinking



- Divide pitch into 2 halves.
  - Normal rules except you have to kick pass over the half way line.
  - Encourage players to pass ball over a given distance and kick pass is not just over 10m.
  - Only kicked goals & points allowed.
- Variations**
- Weak foot only.
  - Extra forward/ defender in each half.

Teaching Points/  
Key Words

- Lateral/  
Diagonal  
runs
- Early Pass  
Forward



# Session Plan 5

## U10 / U12 Football

**Theme of Session:** The Block & The Roll

Teaching Points/ Key Words

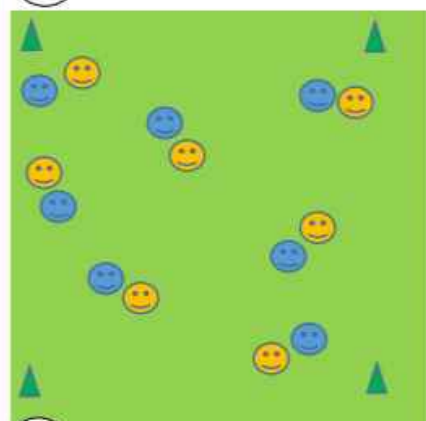
- Change Direction
- Head Up

- Once players have come accustomed to stretches, ask each player to take leadership of one stretch.

### WARM UP

1

#### General Mobilisation: Chasing Games & Ice Breakers



- Each player gets a partner.
- Shadow Run**
  - Players take it in turns to chase after partner.
  - Winner is person to get the most touches on partner in 30sec.
- Ice Breaker**
  - Players have to find out partners Favourite GAA player/ team/ skill and share answer with group.

2

#### Dynamic Stretches

- |                     |                    |
|---------------------|--------------------|
| - Hip Out           | - 5 times each leg |
| - Hip In            | - 5 times each leg |
| - Touch Toes        | - 5 times each leg |
| - Double Leg Bridge | - 10 times         |
| - Forward Lunge     | - 6 times each leg |
| - Squat             | - 10 times         |
| - Hamstrings        | - 6 times          |

Teaching Points/ Key Words

#### Variations

- Different movements*
- Hopping
  - Skipping
  - Double Leg Jumps

#### Forwards

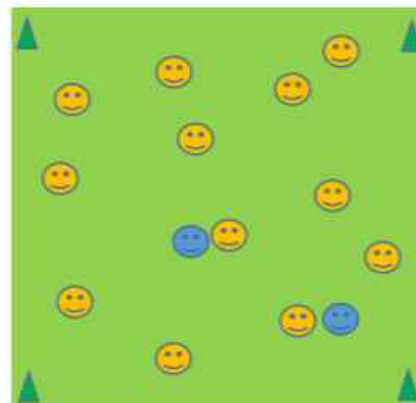
- Change of direction
- Space

#### Defenders

- Touch Tight
- Deny Space

3

#### Chasing Game: Ball Tag



- Two players (catchers)
- If they catch a player (by tagging them with ball), caught player performs certain strength exercises

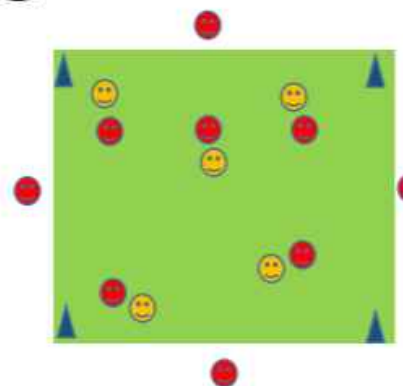
1. Supermans
2. Press Up (Knee Assisted if inexperienced)
- Sit Up
- Single Leg Raises

### Main Body of Session

#### Whole Part Whole Method

1

#### Whole One: Deny Possession



- Forwards in middle (red) are marked by a defender (orange)
- Outside Reds all start with 1 ball each.
- Forwards**
  - Have to pass & receive ball from outside forwards.
  - Not aloud same ball twice in a row.
- Defenders**
  - Prevent forward passing & receiving ball.



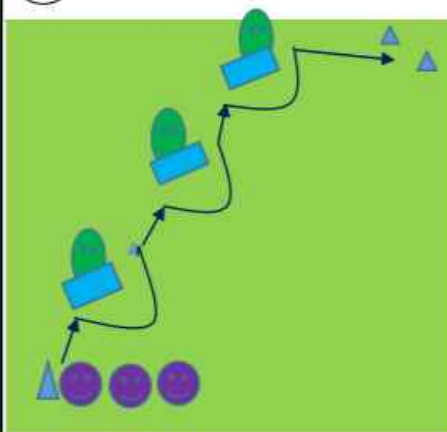
## Teaching Points/ Key Words

From this example -  
- Plant right foot towards opponent left shoulder.  
BAD. Use opponents shoulder as hinge, roll off by swinging left leg around and pivoting on right foot.

- Reach Forward
- Arms Outstretched
- Hands Close Together
- Eyes on Ball
- Block On Point of Contact with boot

2

### Part One: Tackle Bag Roll



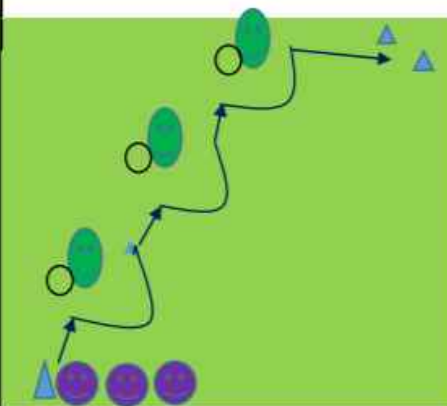
- Three players hold tackle bags
- Other players initially walk through practising the Roll
- Move tackle bags to opposite side so players can alternate between using right & left shoulder.

#### Progression

- Jog Through
- Sprint Through

3

### Part Two: Zig Zag Block



- Three players have 3 balls.
- Other players (purple) run along line as shown to block balls.
- When the blocker comes to player with ball, they lightly kick ball forward. Making it easy for player to block ball.

## Teaching Points/ Key Words

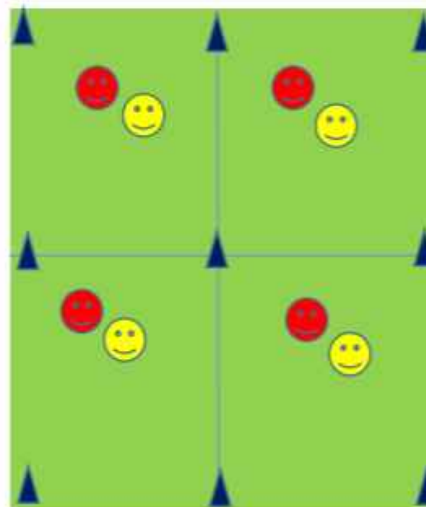
### Variations

- Once directions only with pass.
- Pass in either direction (clockwise/ anti-clockwise).

- Switch Play
- Look Up
- Space

4

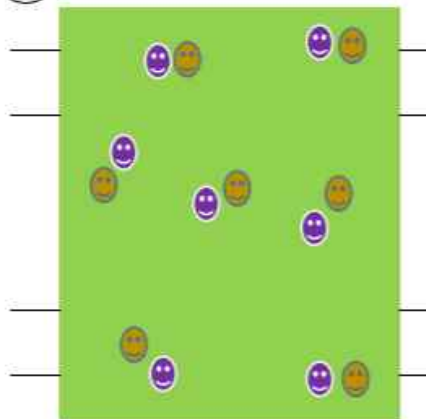
### Part Three: Grid Block



- Divide grid into 4 sections.
- One member of each team in each section.
- Team tries to keep possession by kick passing to each other.
- If other team block pass, possession is turned over.
- Team gets 1 point for every successful block.

5

### Whole Two: Grid Block



- Each team has two sets of goals to score in.
- You score by carrying the ball across the goal line.
- Award extra point for successful execution of The Block & The Roll.





# Session Plan 1

## U14 / U16 Football

### Theme of Session: Keeping Possession

#### Teaching Points/ Key Words

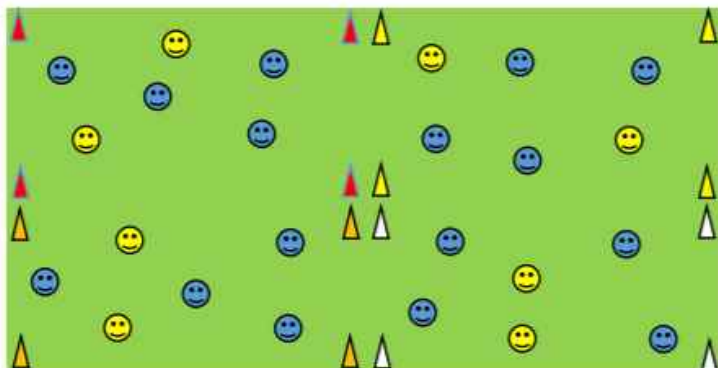
- Looking for space
- Always on the move
- Decision making
- Skill Execution
- Movement
- Support Play

#### Question Players

- What can they do to ensure they keep possession
- What can teammates do to ensure team keeps possession?

### WARM UP

#### 1 Games Based Warm Up Skill Development & Keep Possession



- Divided players into 4 even groups (depending on numbers).

#### Basic Skill Development (In each grid)

Player's move about grid and perform the following skills:  
1. First Pass 2. Pick Up 3. Solo 4. High Catch 5. Roll 6. Block

#### Game

Keep Possession  
1. 5 v 1      2. 4 v 2      3. 3 v 3

#### Variations

- Not allowed to pass ball back to person received ball from.
- Once you give a pass you must run to outside cone before you can be active in the games again.

#### Teaching Points/ Key Words

Communication

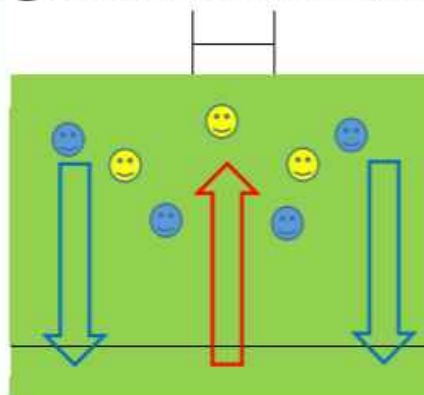
#### Question Players

1. How do we keep possession
2. Why is it important that we keep possession

- Head/ Hands / Feet
- Movement after pass
- Good First Touch
- Timing Runs
- Concentrate
- Challenge players: no balls to hit the ground

### Main Body of Session Whole Part Whole Method

#### 1 Whole Game One: Half Way Line Attack

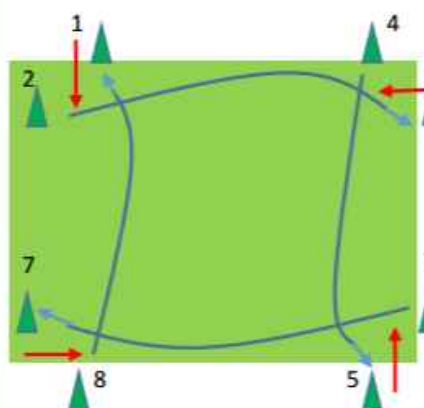


- 4A v 3D
- Team in possession (blues) must work the ball out to the Half Way Line before they can attack. Yellows are the defenders.

#### Progression

- Progress to 4 v 4
- First Pass Only

#### 2 Part Game One: Skill Development Combination Drill



- Kick Pass
- Hand pass

- 1 to 2 Hand Pass
- 2 to 3 Kick Pass
- 3 to 4 Hand Pass
- 4 to 5 Kick Pass
- 5 to 6 Hand Pass
- 6 to 7 Kick Pass
- 7 to 8 Hand Pass
- 8 to 1 Kick Pass
- Player follows their pass.
- Start again.

- Number of balls in drill will depend on level/ numbers

Teaching  
Points/  
Key Words

- Forwards  
run: Lateral/  
Diagonal

- Width

- Movement

- Decision  
Making

- First  
Touch

- Width

-Depth

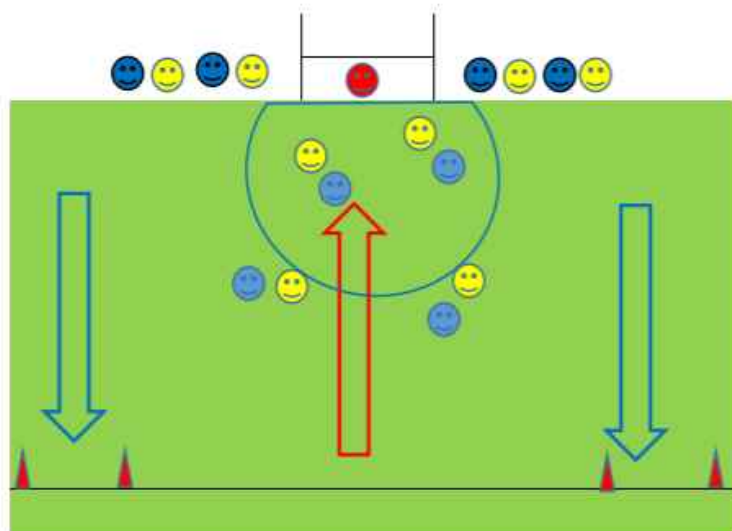
- Movement

**Question  
Players**

1. Why  
should we  
work ball  
out wide?

3

### **Whole Game** **Two: Half Way Line Attack**



- 4 v 4

4 v 3

4 v 2

-Team in possession must work the ball out through Goals on Half Way Line before they can attack.

#### **Progression**

- Leave two Attackers in front of goals.

Teaching  
Points/  
Key Words

- Support  
Play

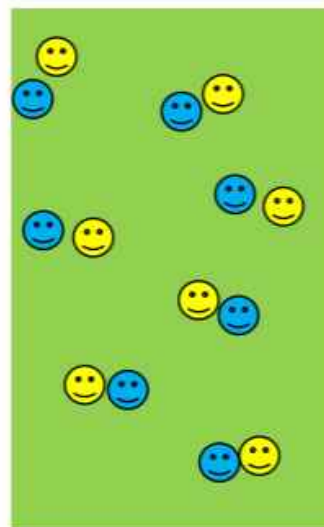
- Movement

Decision  
Making

- Good first  
touch

4

### **Whole Game Three: Space Tennis 30 Possession's**



- 2 Teams

- Divide Pitch into two halves with half of each team members split between each half of the field.

- Players are not allowed to leave their half of the field.

-Game starts by kicking the ball into one section.

-Whoever wins possession must try and keep the ball for 30 seconds or 5 passes before it is kicked over into the other half. Teams are trying to kick pass the ball to a teammate on the other side.

#### **Progression**

- Score for every successful pass. (Hand Pass = 1 point, Kick Pass = 3 points).

- Team with most points at the end wins/ Winning after 5/ 7/ 10 minutes.

- Deduct points for every incomplete fist/ kick pass.

- Uneven teams



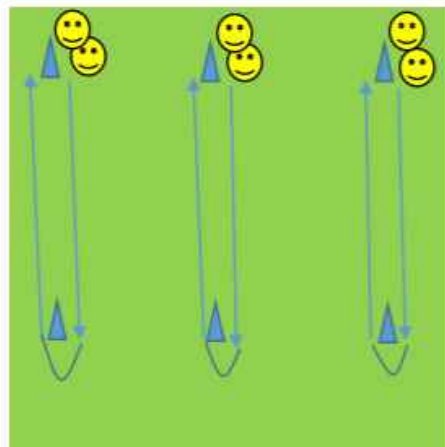
# Session Plan 2

## U14 / U16 Football

**Theme of Session:** High Catch

### WARM UP

#### 1 General Mobilisation: Focus on Jumping (High Catch)



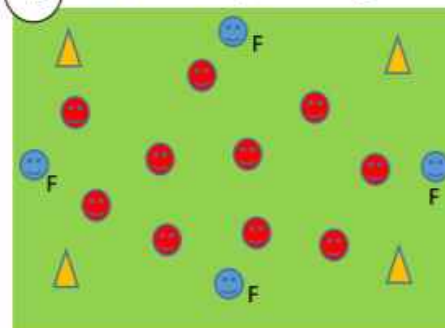
**General Movements**

- High Knees/ Heel Flicks/ Side to Side

#### Jumping

1. Single leg hop
2. Skipping (focus on arms)
3. Straight bounding
4. Lateral bounding

#### 2 Skill Development: High Catching Game



- Players move around square in different directions.
- Four feeders on the outside (blue).
- Feeders throw the ball up in the air for inside players to high catch the ball.
- Ball returned to feeder once caught

Teaching Points/ Key Words

#### Jumping

- small steps
- plant & drive
- jump the arc
- land running
- Change jump off foot

#### High Catch

- timing
- drive knee
- extend arms above head
- eyes on ball
- spread fingers
- pull ball into chest

Teaching Points/ Key Words

- Communication
  - Link skill to our game
- Question Players
1. Why do we need to perform this skill

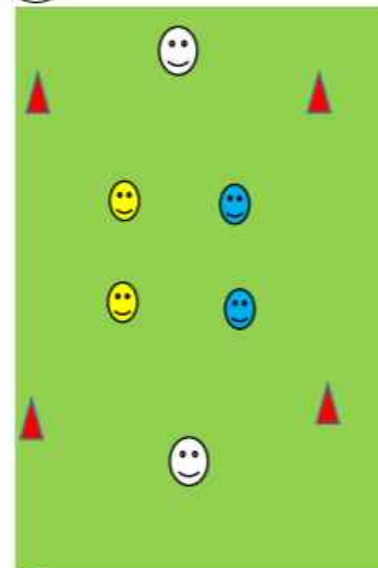
#### High Catch

- Timing
- Plant Foot (Feet)
- Drive Knee
- Extend Arms (Hands)
- Eyes on ball (Head)
- Spread Fingers (Hands)
- Land Running

## Main Body of Session

### Whole Part Whole Method

#### 1 Whole Part One: Midfield Build Up

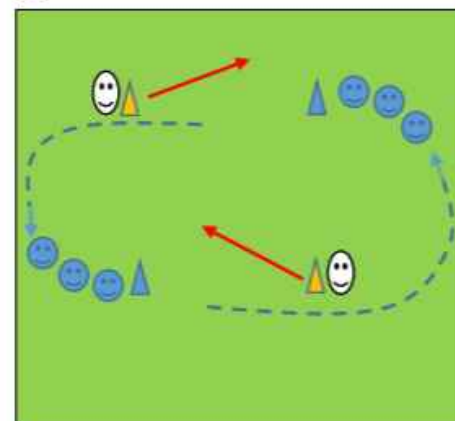


- 2 sets of midfielders contest high balls played into middle zone by 2 feeders (white).
- All players must attempt to catch the ball
- Clean catch 2 points.
- Work ball back to feeder

#### Progression

- Midfielders work together; 1. Performs High Catch, other anticipates breaking ball
- 2 Points Catch, 1 Point Break ball

#### 2 Part Game One: Coach Feeds & Catch



- Throw
- Run
- Coach (white) feeds ball to attacker for him to perform the High Catch.
- Attacker passes back to Feeder & joins the second group.
- Set up 2/ 3 of these



Teaching  
Points/  
Key Words

### Question Players

1. How do I  
make room  
to catch the  
ball?

- Use Hips  
to disrupt  
partner

### Jumping

- Timing  
- Plant Foot  
(Feet)

- Drive  
Knee

- Extend  
Arms  
(Hands)

- Eyes on  
ball (Head)

- Spread  
Fingers  
(Hands)

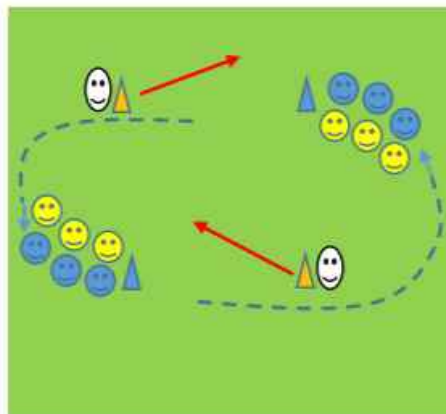
- Land  
Running

- Push Off  
after catch  
the ball

- Support  
Play

3

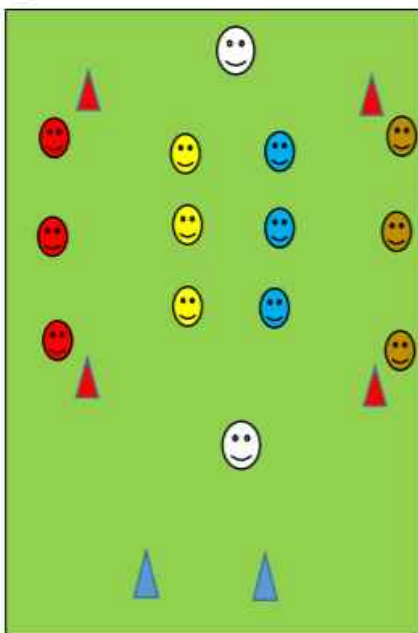
### Part Game Two: Two Up & Catch



- Throw
- Run
- Same drill as above only 2 players contest for the ball.
- Players must attempt to high catch the ball.

4

### Part Game Three: High Catch & Pass



- 4 teams of 3/ 4/ 5
- Coach (White) kicks ball between groups in square.
- Players must attempt to high catch the ball.
- 2 points for high catch
- Team who wins possession must work ball back to feeder

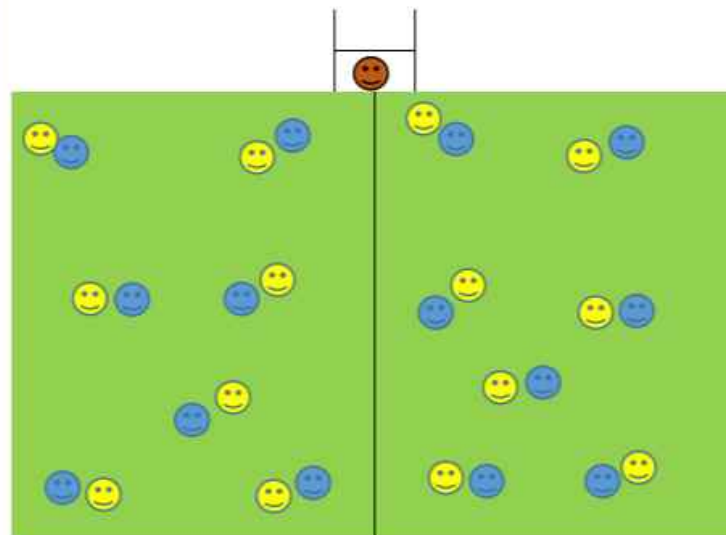
### Progression

- Feeder moves around outside of square.
- After two passes team attempt to score a goal (blue cones).

Teaching  
Points/  
Key Words

5

### Whole Game Three: Space Tennis 30 Possession's



- Call Name
- Read Ball
- Time Runs
- Demand Ball

- Divide Pitch into two halves with half of each team members split between each half of the field.
- Goalkeeper kicks out the ball to one side of the field.
- Both teams try to High Catch the ball (not allowed to break ball).
- If your team catches the ball they get 2 points. 1 point for body catch
- Must get 3 passes before kicking ball into other half of the field 50/50. Ball must be caught.
- 2 points if your team catches the ball.
- 3 passes before team can shoot.
- Coach keeps score, highest score after 3/ 5/ 7 minutes.
- Goalkeeper rotates sides to which he kicks out the ball.

### Progression (Skill Development Games)

- Award points for successful fist pass (chest), kick pass (chest, bounce) and first touch
- If ball is dropped or bad pass, team lose point.



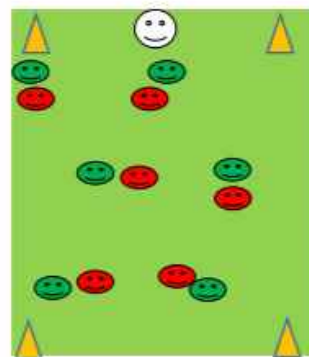
# Session Plan 3

## U14 / U16 Football

Theme of Session: **Tackling**

### WARM UP

#### 1 Chasing Game: Tail Tag

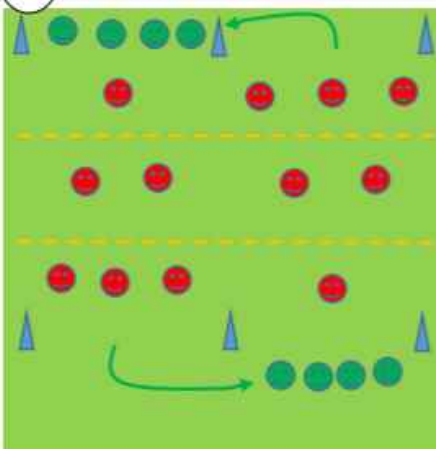


**Tail Tag:** In partners, one attacker, one defender. The attacker has a bib at back of their shorts and defender has to try and get the bib off the attacker. (30 seconds on/ off)

#### Progression

1. Once a player loses their bib he gets one off a coach.
2. Put bib to Right/ left side of shorts so defender has to use near hand to get bib. Players can only use left/ right hand only.

#### 3 Pass the Guard: Frontal / Shadowing



- Attackers (green) try to get through each zone without getting tagged by defender (red).
- Tacklers must try & tag each player 'on chest' with open hand
- Reds to stay in designated zone.
- Rotate roles every 2/ 3 minutes.
- Introduce ball where attackers carry through grid.

Teaching Points/ Key Words

Question Players

1. How many different types of tackles is there?

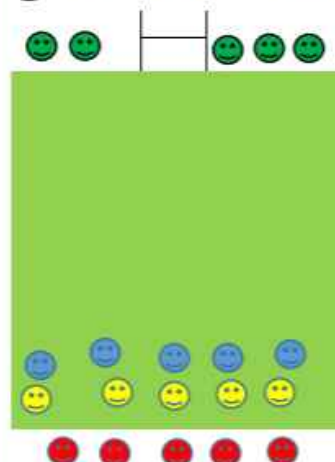
- Touch tight
- Boxer Stance
- Quick Hands
- Near hand

- Boxer Stance
- Balls of feet
- Quick Feet
- Quick Hands

### Main Body of Session

#### Whole Part Whole Method

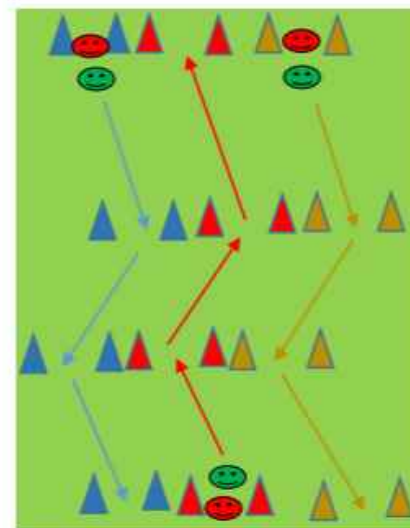
#### 1 Whole Part One: One to One



- Divide into 4 groups.

- Defender
- Attacker
- Feeder 1
- Feeder 2
- Feeder 1 feeds the ball to attacker (allowed to win ball uncontested).
- Takes on defender one on one & can score points only
- Feeder 2 gets ball & feeds ball to attacker who takes on defender and tries to work the ball back to Feeder 1.
- Rotate roles every minute.

#### 2 Part Game One: Tackle Alley – Frontal Tackle



- In Partners One Attacker/ One Defender
  - Both players are facing each other
  - The Defender (Green) places their hands behind their back and will move backwards using his footwork to stop the attacker (Red) from getting by him.
- Progression**
1. Use hands & feet
  2. Introduce ball attacking player goes slow at the start.



Teaching Points/  
Key Words

- Timing
- Step Across
- Shoulder to Shoulder
- Near Hand
- Stop Ball to your advantage

#### Question Players

What skills would you need to perform the NHT?

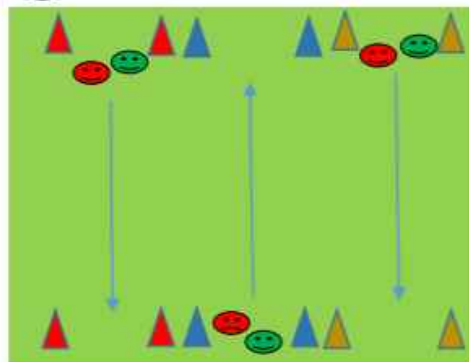
#### Question Players

Do you play from front/side/behind? Why?

- Touch Tight
- Quick Hands
- Boxer Stance
- NHT

3

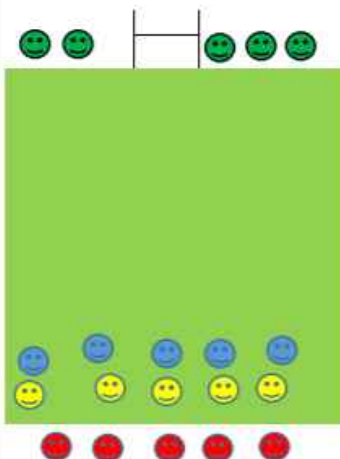
### Part Game Two: Tackle Alley – Near Hand Tackle



- Red has ball and slowly solos the ball in a straight line until end of alley
- Green tracks run and tries to execute the NHT before A reaches end of alley.
- Swap Roles
- Walk – Jog – Run – Sprint – Game Pace

4

### Whole Game two: One to One Part Two



- Divide into 4 groups.

- Blue Defender
- Yellow Attacker
- Red Feeder 1
- Green Feeder 2

- Feeder 1 feeds the ball to attacker (**Defender allowed to contest**).
- Attacker takes on defender one on one
- Has to pass to another feeder, who returns pass before attacker can score (**goals only**)
- Feeder 2 gets ball & feeds back to attacker who has to work it back to original Feeder 1.

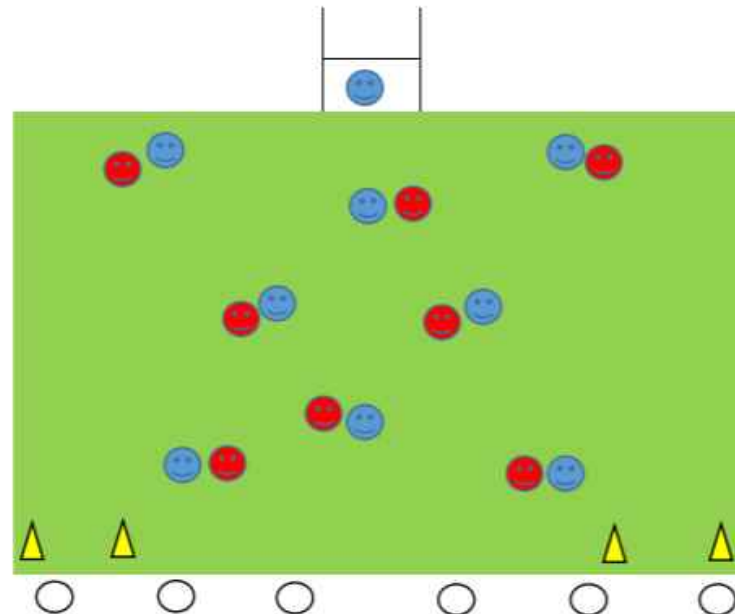
5

### Whole Game Three: Six of the Best

Teaching Points/  
Key Words

#### Question Players

1. Do they know any good defenders?
2. What makes them good tacklers?



- Attackers (Blue) get 6 balls and have to try and work a score.
- Their aim is to get as many scores as possible.
- Defenders (Red) implement skills they have worked on throughout session to prevent a score.
- If defenders win turnover they get a score.

#### Progression

- Uneven teams, give advantage to attacking team
- Defender wins turnover & work it out through cones (yellow) on the half way line.
- Different method used for scoring each time (ie. If first score kicked point with right foot, next score has to be either fisted point, kicked point with left foot or goal with either foot.
- Different player to score each time.



# Session Plan 4

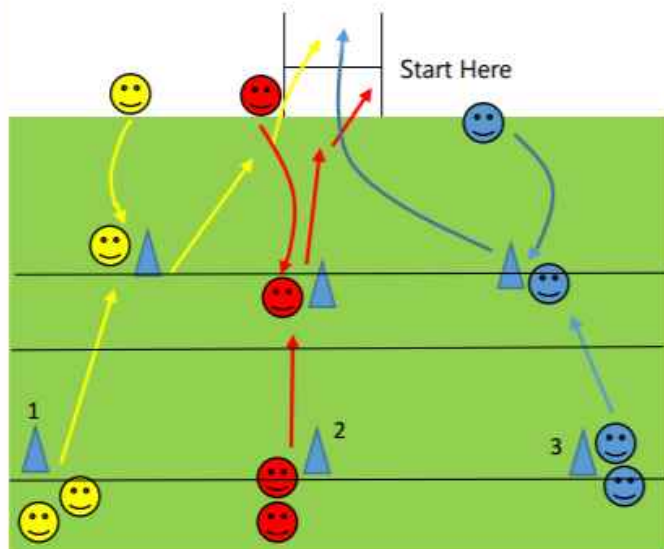
## U14 / U16 Football

### Theme of Session: Attacking Play

#### WARM UP

##### 1 Gaelic 15 (see Page X)

##### 2 Combination Drill



- 1. Solo, Fist Pass and Fist Over the Bar.
- 2. Solo, Fist Pass, and shoot for Goal.
- 3. Solo, Kick Pass and shoot for Point.
- Player who passes ball puts pressure on shooter.
- Dynamic Stretches throughout

#### Teaching Points/ Key Words

- Good 1<sup>st</sup> touch

- Ball to hand

#### Fist Pass

- Strike through arm backwards & forwards

#### Shooting

- Pick spot (behind goals)

- Follow through

- Head down

- Sweat Spot

#### Teaching Points/ Key Words

#### Question Players

1. How do you get free from defender?

- Movement (find space)

- Zig/ Zag movement

Taking on Man

- B.A.D.

- Protect the ball

#### Question Players

1. How do you take on a defender?

- Side Step

- Roll

- B.A.D.

- Dummy

### Main Body of Session

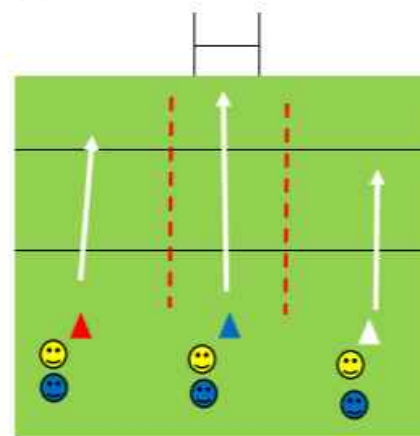
#### Whole Part Whole Method

##### 1 Whole Part One: Shooting 4 v 3



- Divide players into teams of four.
- Mark perimeter around goals as shown (size depends on age/ ability)
- Goals & Fisted Points only.
- 8 Balls (1 ball each for outside players).
- One ball at a time (on coach's whistle), player passes ball to attacking team to try and work a score.

##### 2 Part Game One: Tackle Alley 1v1/ 2v2



- Players divide into 3 groups as shown.
- One partner is the forward (Blue) and the other is the defender (Yellow).
- The forward has a ball and must take on the defender and try and score (Red; Fisted Point, Blue; Goal, White; Kicked Point)

#### Progression

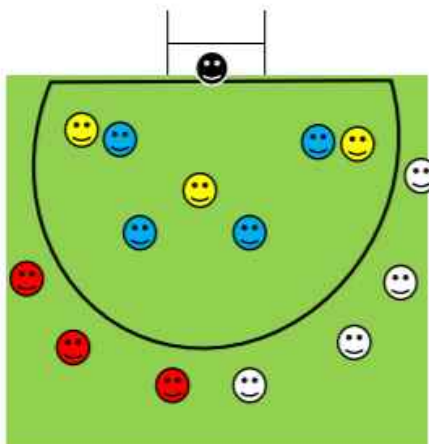
- Make it a 2 v 2

Teaching Points/  
Key Words

- Pass & Move
- Find a man with pass
- Protect ball (BAD) if taking a man on

3

**Whole Game Two: Shooting 4 v 3**



- Same layout as Game One.
- 3 passes before team can shoot
- Goals and fisted points only

**Progression**

- All players must touch the ball & take on marker before team can shoot.
- All type of scores count.

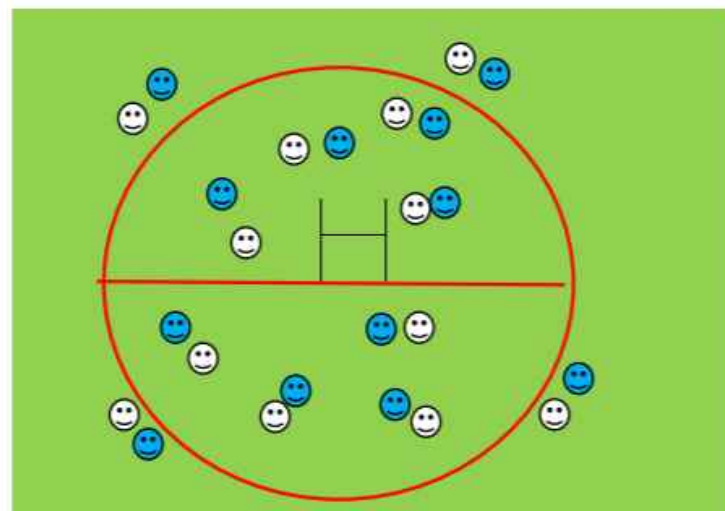
Teaching Points/  
Key Words

**Question Players**

- How can we keep possession?
- How can we win the ball back?
- How can we work a score?

4

**Whole Game Three: Circle Goal**



- Two Teams with goals placed in centre of field
- Coach throws ball up
- Players must stay inside designated area.
- Ball can be passed from zone to zone by foot or hand.
- The game is continuous, it doesn't stop after a score
- Players on other side attempt to win possession after a score.

**Progression**

- Extra point for scoring Outside Circle
- Nominate players to stay outside area.
- Must pass to them before a team can score.
- First team to 5 scores.
- Have to use a different method of scoring each time.
- Different player has to score each time.





# Session Plan 5

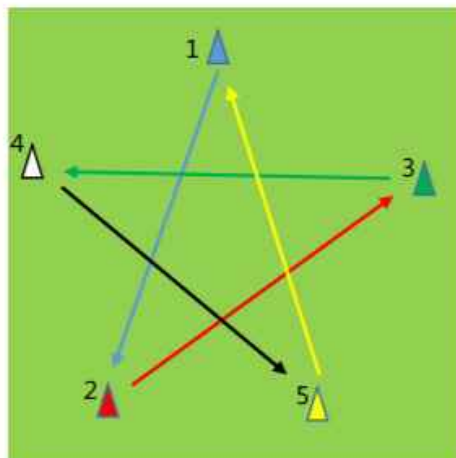
## U14 / U16 Football

**Theme of Session:** Skill Development (Star Format)

### WARM UP

1

#### Star Format: Dynamic Movements



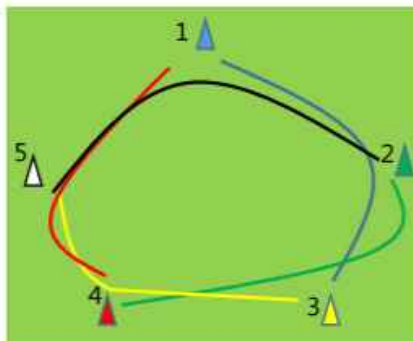
- Players jog through grid performing different movements & dynamic stretches.

#### Progression

Introduce ball  
 - Solo & Fist Pass  
 - Solo and Pick Up  
 - Solo & High Catch  
 - Solo & (First Touch) Bounce ball.  
 - Size of area depends on your numbers

3

#### Star Format: Two (Truck & Trailer)- Handling



1 Passes to 2, 2 returns it to 1 who continues with 1. 1 passes to 3 (1 joins back of 3 group), who then passes to 2 who then passes to 4 (2 joins 4 group) to passes to 3. 3 passes to 5 (who joins 5 group) who then passes back to 4. 4 passes to 1 (who then joins 1 group). This is continually repeated.

- 3/ 4 balls.

Teaching Points/ Key Words

- Follow Ball  
 - Head Up  
 - Time Run

- Ball to hand

- Target area

- Support Pass

- Concentrate  
 - Good first touch

Teaching Points/ Key Words

#### Punt Kick

- Laces  
 - Head Down  
 - Follow through  
 - Judge weight of pass  
 - Kick & Follow

#### Defenders

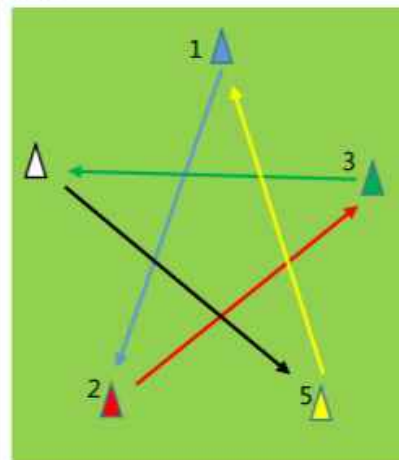
- Near Hand Tackle  
 - Push to wings  
 - Frontal Tackle

#### Attackers

- B.A.D.  
 - Roll/ Side Step  
 - Work the keeper

4

#### Star Format: Three (Starkick- Kick Pass)



- Players kick pass in the following order.  
 - Player follows their pass.

#### Progression

- Once player receives a kick pass, they fist pass ball to next player in line, who times their run off the shoulder.

- Cones 30m apart.

### Main Body of Session Whole Part Whole Method

1

#### Star Method: 1 v 1 / 2 v 2 Attack and Defend One



- Attacker (red)  
 - Defenders (blue)  
 - Attacker at 1, attacks goals on opposite side. Defender at 3 attempts to stop attacker.  
 - Once the ball goes dead, attacker & defender and 2 & 4 repeat exercise going other way.  
 - Rotate attackers & defenders.  
 - Goals Only

#### Progression

- 2 attackers v 2 defenders

**Teaching Points/  
Key Words**

- Move ball through hands

- Intensity

- Good first touch

- Front & NHT

Finish

- Low & Work the Keeper

Shooting

- Pick a spot behind the goal

- Head down

- Laces of boot

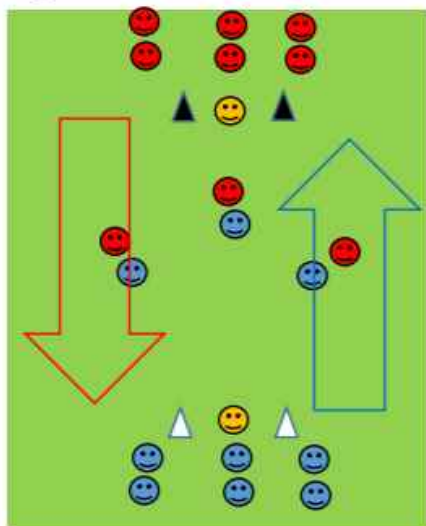
- Follow through

Target

How many scores in 2 minutes?

2

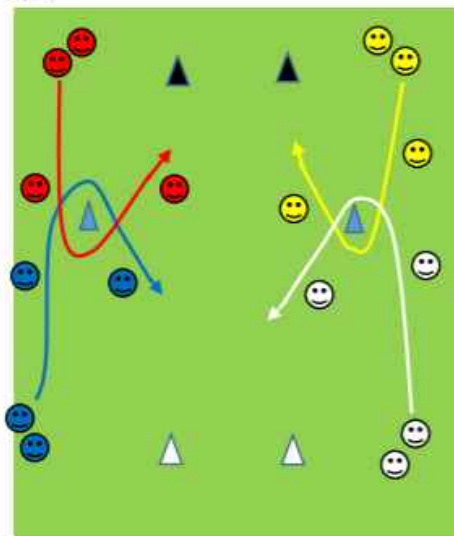
**Star Format: Attack & Defend Two (3 v 3)**



- Red team have the ball and attack white goals.
- Blue team are the defenders.
- Once ball goes dead, the red team that where attackers become the defenders and the next set of blue attack the black goals.
- Goals only

3

**Star Format: Combination Drill (Shooting)**



- Divide into 4 groups,
  - From each corner player takes it in turn to solo ball out to blue cone.
  - They turn and take a shot for a point
  - Other players at cone retrieve the ball and repeats drill.
  - How many scores can each group get
- Progression**
- Add in defenders (token pressure)

4

**Star Format: Game One: 4 v 4 Half Way Line Attack**

**Teaching Points/  
Key Words**

- Move ball through hands

- Intensity

- Good first touch

- Front & NHT

Finish

- Low & Work the Keeper

Shooting

- Pick a spot behind the goal

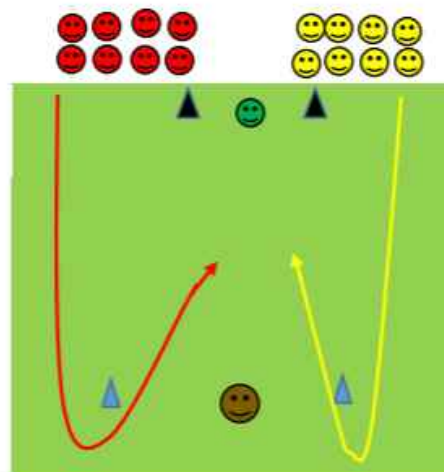
- Head down

- Laces of boot

- Follow through

Target

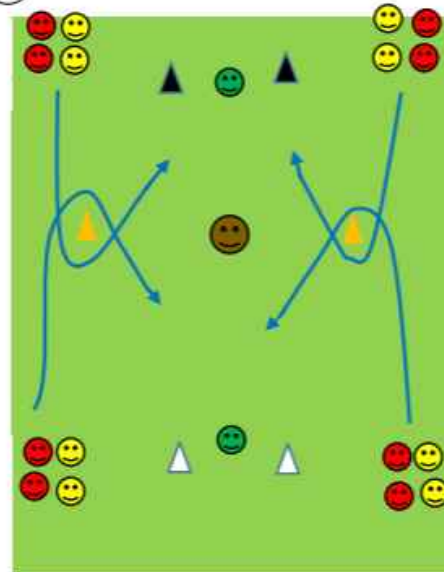
How many scores in 2 minutes?



- 4 v 4 in each half of the field.
- Players sprint out to middle cone.
- Once they go around cone and enter playing area, coach (gold) throws ball in.
- Whoever wins ball attacks & tries to score a goal.

5

**Star Format: Progression**



- Coach (gold) throws ball up
- 1. Whoever wins ball, attacks any goal.
- 2. Team must get 3 passes before scoring.

# 2017

# Player Attendance Record U – 14's

[illegible]



# Session Plan 1

## U7 / U9 Hurling

### DOUBLING

#### Warm Up

##### Fish and net

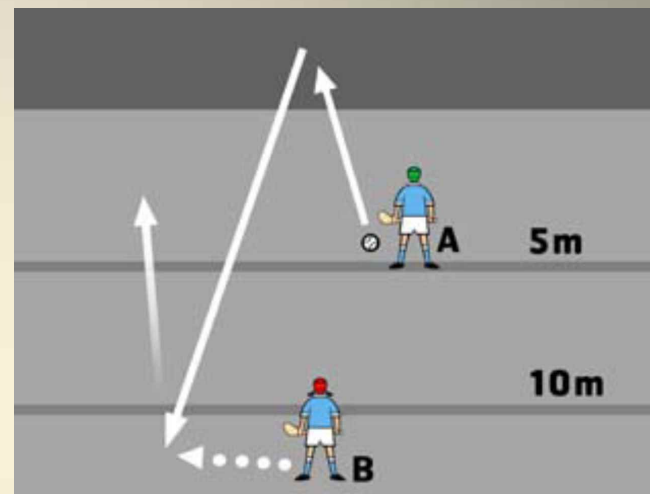
- Select at least 4 players to form 2 pairs of nets by holding hand and standing side by side.
- Mark out an area.
- Both must hold hands all the time.
- At the command “go”, nets will try to catch the fishes by touching them.
- Once there are 4 boys forming a net, the net will split up into 2 pairs again and continue to catch fishes.
- The game stops when most or all of the fishes are caught.

### DOUBLING

#### Key Points

1. Move towards the ball in the ready position
2. Slide the non-dominant hand into Lock Position
3. Eyes on ball. Swing down to connect with the ball in line with lead foot.
4. Head down, follow through in direction of target

**Head - Hands – Feet**



#### Fun Game

##### Wall Ball

1v1 or 2v2 players attempt to score on opponent by doubling on the ball in turn.

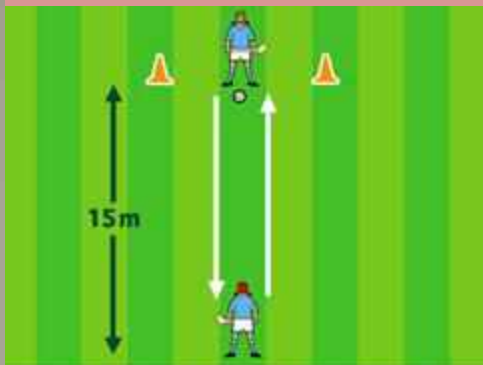




# Session Plan 1

## U7 / U9 Hurling

### DOUBLING



- **Basic Drill**
- **Goal Strike**
- **Double** on the ball and try to score on your partner

### DOUBLING

#### Key Points

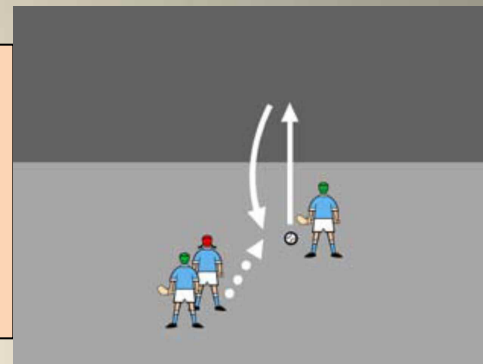
1. Move towards the ball in the ready position
2. Slide the non-dominant hand into Lock Position
3. Eyes on ball. Swing down to connect with the ball in line with lead foot.
4. Head down, follow through in direction of target

**Head - Hands - Feet**

#### Basic Drill

##### Wall Ball

Strike the ball off the wall for next player to double on.

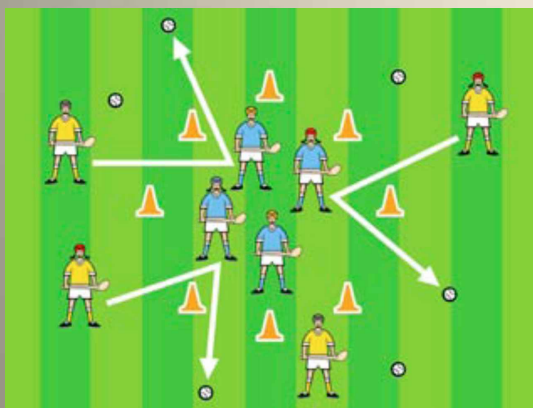
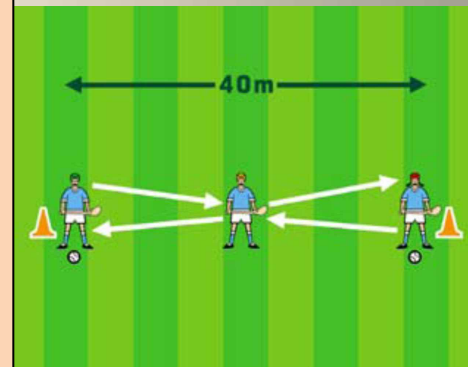


#### Advanced Drill

##### Centre and Double

Player in the middle doubles on the ball struck in by outside players in turn.

REDUCE DISTANCE TO AGE APPROPRIATE



#### Fun Game

##### Clear the Circle

Players in the circle double on the ball to keep the circle clear



# Session Plan 2

## U7 / U9 Hurling

### DRIBBLE

#### Warm Up

##### Clocks

- All the children get into a big circle. Select 4 or 5 players to stand in the middle.
- On the whistle they then run to a player standing in the circle, tag them and they in turn run to another player.
- To vary: Shout 'hop on 1 leg', 'hop on 2 legs', 'sideways' at various times so the children make use of different muscles.

#### Dribble

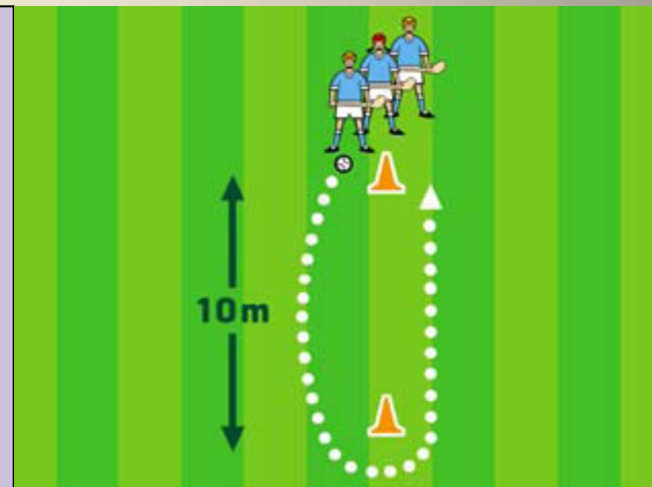
##### Key Points

1. Adopt the Ready Position
2. Non-dominant hand, placed down the handle of the Hurley
3. Alternate sides
4. Progress to one hand

##### Head - Hands – Feet

##### STEP - Vary the activity

Vary Space      Vary Task  
Vary Equipment      Vary Players



#### Basic Drill

##### Out and Back

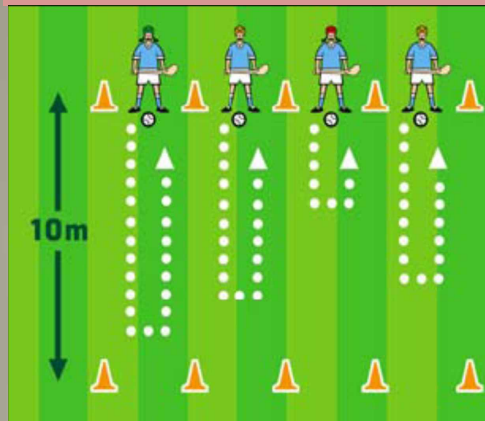
Dribble out to the far cone and back in turn.



# Session Plan 2

## U7 / U9 Hurling

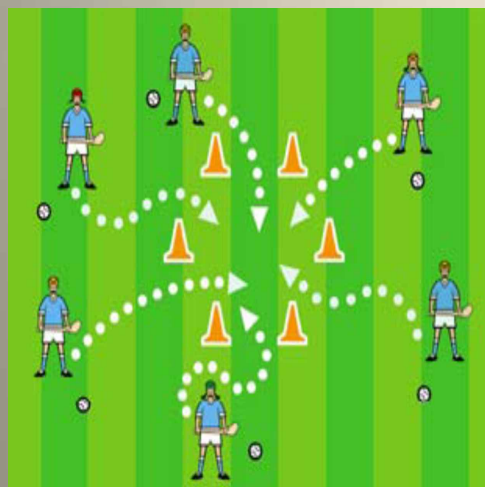
### DRIBBLING



#### Basic Drill

##### Signal and Turn 1

Change Direction when signalled by the coach.



#### Fun Game

##### Fill the Circle

Players dribble the ball into the circle as fast as possible.

### Dribble

#### Key Points

1. Adopt the Ready Position
2. Non-dominant hand, placed down the handle of the Hurley
3. Alternate sides
4. Progress to one hand

**Head - Hands - Feet**

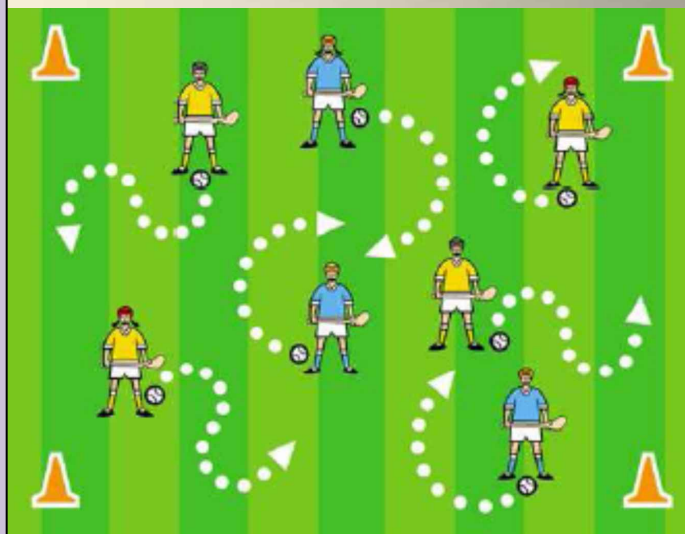
**STEP** - Vary the activity

Vary Space  
Vary Task

Vary Equipment  
Vary Players

### Organisation

- Mark out a grid using cones; each player has a ball
- The players dribble around the grid keeping their own ball under control, while trying to knock another player's ball out of the grid by pushing or flicking
- Divide the group into two teams to reduce the number of opponents
- When a player's ball is knocked out of the grid, that player must leave the grid
- Hurleys cannot be raised above knee level





# Session Plan 3

## U7 / U9 Hurling

### GROUND STRIKE

#### Warm Up

##### Stuck in the Mud

- One player 'on' for every 7 in the group. They have to chase and tag the players not 'on'.
- When players are tagged they are 'stuck in the mud'. They stand with legs and arms out and they cannot move.
- They are released when a player who is not stuck goes under the players legs.
- This continues until everybody is stuck. Use more catchers to increase the difficulty.

#### Ground Strike

##### Key Points

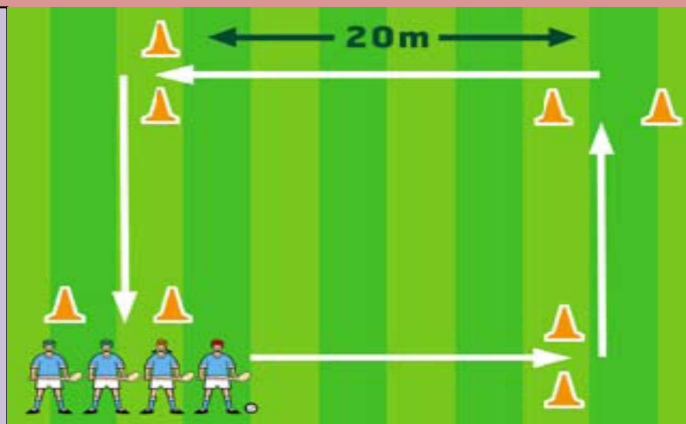
1. Adopt the ready position. Feet shoulder width apart
2. Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley
3. Swing the Hurley down. Strike the sliotar flat on with the base
4. Keep the head down. Follow through in the direction of the strike

##### Head - Hands - Feet

##### STEP - Vary the activity

Vary Space      Vary Task

Vary Equipment   Vary  
Players



#### Fun Game

##### Golf Goals

Mark out a course. Players to strike in turn through the goals and around the course.

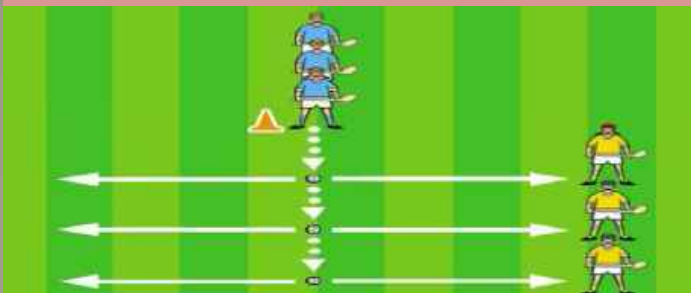




# Session Plan 3

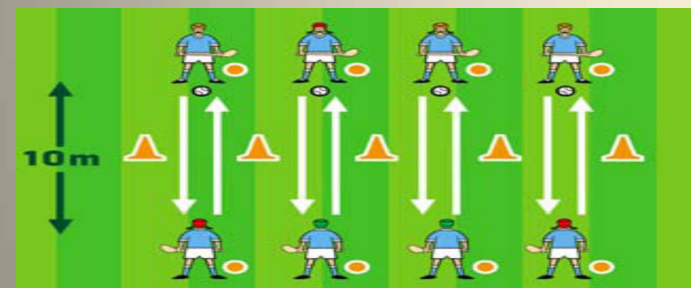
## U7 / U9 Hurling

### GROUND STRIKE



#### Organisation

- Mark out a distance of 20m using cones
- Place three balls at 5m intervals along the distance
- Divide the players into groups of three; one group of three lines up behind the first cone
- Each player in turn runs forward to strike each ball on the run
- The other group retrieve the balls for the next player
- Allow each group to both strike and retrieve



#### Intermediate Drill

##### Striking in Pairs: Accuracy

Players in pairs, one sliotar per pair. Players strike the sliotar through the goal to their partner.

### Ground Strike

#### Key Points

1. Adopt the ready position. Feet shoulder width apart

2. Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley

3. Swing the Hurley down. Strike the sliotar flat on with the base

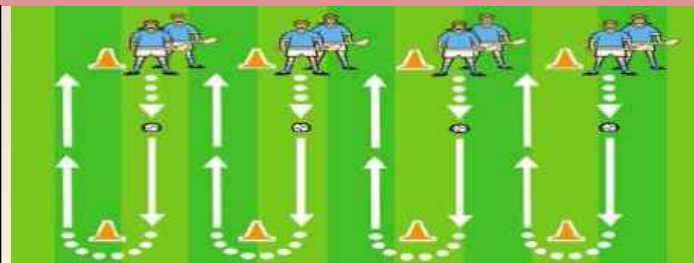
4. Keep the head down. Follow through in the direction of the strike

#### Head - Hands – Feet

#### STEP - Vary the activity

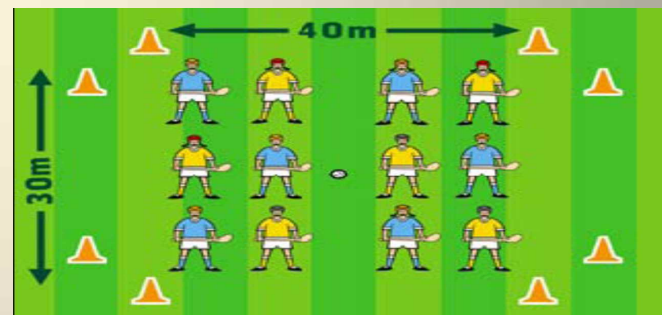
Vary Space      Vary Task

Vary Equipment      Vary Players



#### Organisation

- Mark out a distance of 30m using cones
- Divide the players into pairs; one ball per pair
- Each player strikes the ball on the run, follows it and continues to strike around the far cone and back to the start
- When a player returns the next player sets off



#### Modified Game

##### Four Goal Game

Place 4 goals – 1 in each corner of the pitch. Teams attack and defend two sets of the goals.



# Session Plan 4

## U7 / U9 Hurling

### ROLL LIFT

#### Warm Up

##### Touch and come back

- Use markers that can be stood on or lines
- Say "watch out for one another when you move around"
- Say "touch the blue rectangle/ white line and come back here"
- Begin with targets that are nearer to the coach first. Then, progressively go on to targets further away.
- Please vary the distance and intensity (walk or slow jog for younger players)

#### Roll Lift

##### Key Points

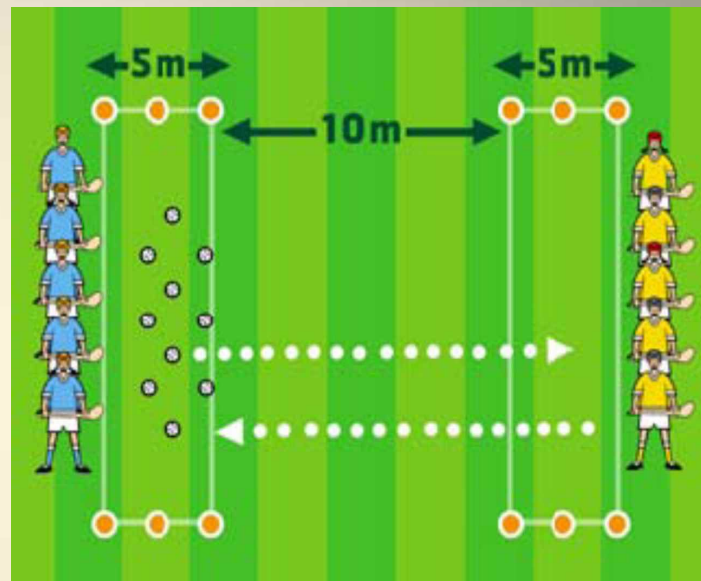
1. Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball
2. Toe of the Hurley should be pointed away from the body. Thumbs point towards the base
3. Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it
4. Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it

##### Head - Hands - Feet

##### STEP - Vary the activity

Vary Space      Vary Task

Vary Equipment      Vary Players



#### Fun Game

##### Grid Swap

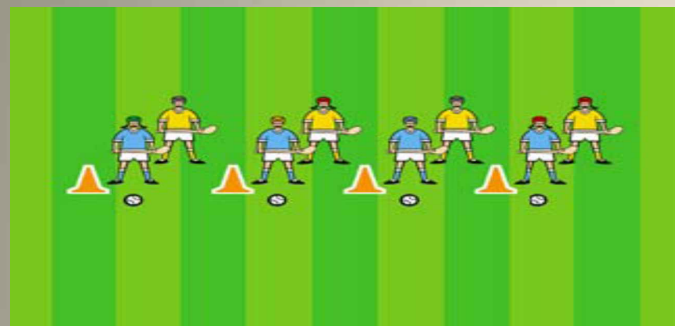
Mark out two grids. Players must transfer sliotars from one grid to next using roll lift



# Session Plan 4

## U7 / U9 Hurling

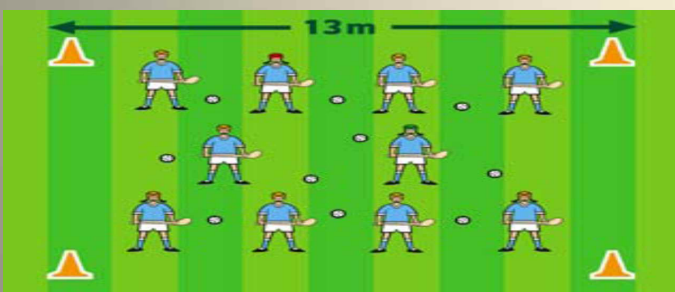
### ROLL LIFT



#### Basic Drill

##### Stationary Roll Lift

Players in pairs. Each player roll lifts the ball for 1 minute.



#### Fun Game

##### Musical Chairs

Scatter sliotars throughout grid. On a signal players must roll lift the nearest sliotar.

### Roll Lift

#### Key Points

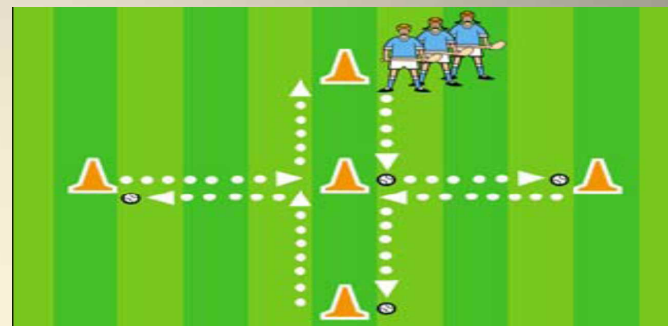
1. Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball
2. Toe of the Hurley should be pointed away from the body. Thumbs point towards the base
3. Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it
4. Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it

#### Head - Hands – Feet

#### STEP - Vary the activity

Vary Space      Vary Task

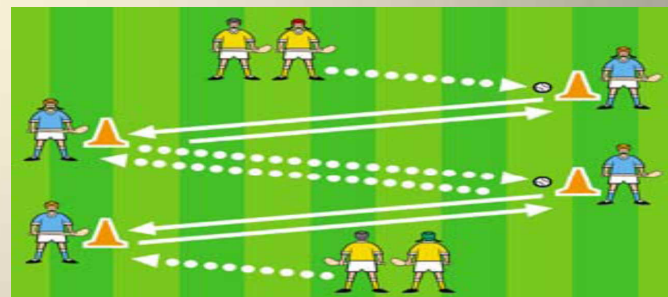
Vary Equipment      Vary Players



#### Intermediate Drill

##### Agility Roll Lift

Players must roll lift at each cone in turn.



#### Intermediate Drill

##### Zig-Zag Roll Lift

Players must roll lift the sliotar and change direction placing the sliotar at the next cone



# Session Plan 5

## U7 / U9 Hurling

### SOLO RUN

#### Warm Up

#### Wizards and rocks

- Select two players to be the “wizards”
- State boundary clearly e.g. you can only move inside the marked out area
- Say “If you are touched by the wizards, you will turn into a rock immediately.
- To become a pupil again, someone must run around you two times.

#### Solo Run

##### Key Points

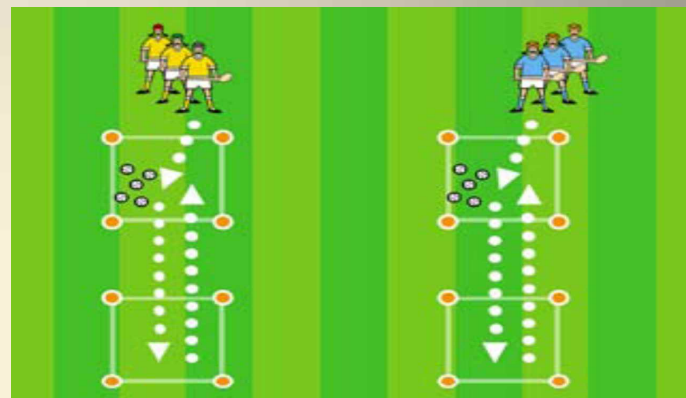
1. Point the Hurley forward, with the base flat and the toe pointing away from body on the dominant side
2. Toss the sliotar onto the base on the Hurley. Place non-dominant hand along the handle for balance
3. Move forward balancing or hopping the sliotar
4. To help control the Hurley, use a shortened grip

##### Head - Hands – Feet

##### STEP - Vary the activity

Vary Space      Vary  
Task

Vary Equipment   Vary  
Players



#### Fun Game

##### Grid Swap

Mark out two grids. Players must transfer sliotars from one grid to next using the solo run





# Session Plan 5

## U7 / U9 Hurling

### SOLO RUN

#### Straight Line Solo



#### Organisation

- Divide the players into groups of five; one ball per group
- Mark out a distance of 10m using cones
- The players line up behind the first cone
- Each player solos out and around the far cone
- On the return, they hand pass to the next player in line who repeats the drill

#### Zig Zag Solo



#### Organisation

- Divide the players into groups of five; one ball per group
- Place five cones in a zig-zag formation; 5m between each cone
- Each player solos out and around each cone
- Once round the far cone, they solo straight back and hand pass to the next player who repeats the drill
- Initially, players should catch the ball as they round the far cone.

#### Solo Run

#### Key Points

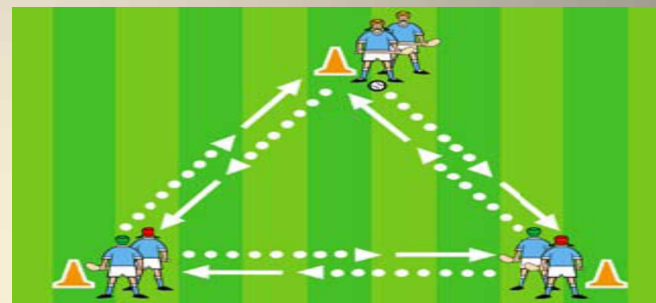
1. Point the Hurley forward, with the base flat and the toe pointing away from body on the dominant side
2. Toss the sliotar onto the base on the Hurley. Place non-dominant hand along the handle for balance
3. Move forward balancing or hopping the sliotar
4. To help control the Hurley, use a shortened grip

#### Head - Hands - Feet

#### STEP - Vary the activity

Vary Space      Vary Task

Vary Equipment      Vary Players

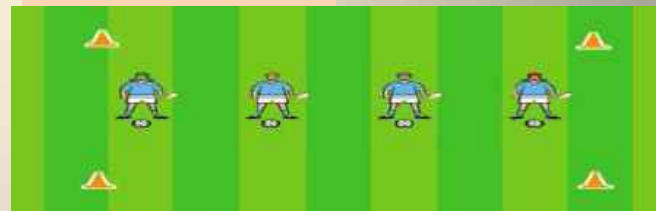


#### Intermediate Drill

#### Solo and Pass

Players solo and hand pass either from the hand or off the Hurley.

#### Balance, Bounce & Twist



#### Organisation

- Provide each player with a ball; ensure each player has adequate space
- Each player attempts to balance the ball on the hurley; begin by using two hands
- Progress to bouncing the ball on the hurley
- Challenge the players to rotate the hurley with the wrists as they bounce the ball
- Introduce movement and repeat the sequence