

Session 1 – Bilateral Kicking

GAA 15 plus 5 in 5 Set 1:

<https://youtu.be/kegLTCerc-Xo>

Bilateral Kicking:

<https://youtu.be/xBD7Xbh9Ths>

3 and 1 Shooting:

<https://youtu.be/uiA-GKYCwFY>

In & Out Shooting:

<https://youtu.be/dJ0kzdLKhYE>

Retain to Score Game:

<https://youtu.be/B322vMzuKVk>

Session 4 – Bilateral Solo & Bounce

GAA 15 plus 5 in 5 Set 2:

<https://youtu.be/kegLTCerc-Xo>

Bilateral Solo & Bounce:

<https://youtu.be/xBD7Xbh9Ths>

1 v 1 Solo x 2:

<https://youtu.be/LvSR6IBuUFU>

Ball Control Activities:

https://youtu.be/m996M_PmXao

3 Goal Game:

https://youtu.be/_JoKoRXkyl4

Session 2 – Bilateral Tackling

GAA 15 plus 5 in 5 Set 2:

<https://youtu.be/kegLTCerc-Xo>

Bilateral Tackling:

<https://youtu.be/xBD7Xbh9Ths>

Tackle and Score:

<https://youtu.be/pNh97Q4sRTs>

1 v 1s into 3 v 3:

<https://youtu.be/7DzVG0bQrMO>

Session 5 – Bilateral Catching & First Touch

GAA 15 plus 5 in 5 Set 1:

<https://youtu.be/kegLTCerc-Xo>

Bilateral Catching & First Touch:

<https://youtu.be/xBD7Xbh9Ths>

Quick Hands & Transition:

https://youtu.be/q_Mwf1d4HVU

Breakout Game:

<https://youtu.be/yIw7VYd8nsk>

Session 3 – Bilateral Handpassing

GAA 15 plus 5 in 5 Set 1:

<https://youtu.be/kegLTCerc-Xo>

Bilateral Handpassing:

<https://youtu.be/xBD7Xbh9Ths>

Transition Squares:

<https://youtu.be/1pnCupiEi2M>

Pass & Move:

<https://youtu.be/KZzsCk-bcs8>

Man on Man Game:

https://youtu.be/HmkXz3Au_MQ

70m Run Conditioning:

<https://youtu.be/crUso-iO8yI>

Session 6 – Bilateral Kicking 2

GAA 15 plus 5 in 5 Set 1:

<https://youtu.be/kegLTCerc-Xo>

Bilateral Kicking:

<https://youtu.be/xBD7Xbh9Ths>

Eye In Shooting:

<https://youtu.be/aL6Ub20hqG4>

Keep Him Outside:

https://youtu.be/iNsg8_Q3OHk

7 v 7 Kick Pass Only Game:

https://youtu.be/W_auYAltmoA

20m Repeat Speed:

<https://youtu.be/RmeTCycSsCA>