



Age Group: Under 17	Session Learning Outcomes		
Session No: 1	Technical		
Year: 2006	Bilateral Kicking		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Vision (Scanning)</i>	<i>Conditioning</i>	<i>Hard Working</i>

Session Aims

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

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	GAA 15 plus 5 in 5 Set 1	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	14m	Bilateral Kicking	Practice kicking on both left & right foot in combination with solo, bounce & handpass
Skill (Blocked)	8m	3 and 1 Shooting	Practice kicking on both left & right foot. Players encouraged to take shots from different angles and distances.
Skill (Blocked)	8m	In & Out Shooting	Practice kicking (shooting) on both left and right side. Players encouraged to make angled runs and take shots on goals.
Small Sided Game	15m	Retain to Score Game	Practice kick passing, by retaining possession & then transition to shooting opportunity.
Conditioning	5m	70m Run Conditioning	Develop player's run conditioning over 70m distance

Coaches Reflective Questions

1. Did the session flow as anticipated? How would you improve the flow?
2. How did the players respond to questions during review periods

Players Reflective Questions

1. What is key to develop kicking technique on non-dominant foot?
2. How do you deliver an advantage ball?



ACTIVITY NAME & AIM

GAA15 and 5 in 5 Set 1 Warm Up – This activity is used to develop movement and running skills, increase leg and trunk strength and optimise landing, cutting and deceleration mechanics to prepare for playing gaelic games and help reduce injuries to the groin, hamstring, knee and ankle.



EQUIPMENT

- 20m Grid
- 4 x Space Markers
- 15 Minutes

ORGANISATION

Part A – Running (All 20 m distance)

- Slow run forwards 20m and return x 2
- Hip out - 20m x 2
- Hip in - 20m x 2
- Heel flicks - 20m x 2
- Toe touches - 20m x 2
- 50% forward, slow back - 20m x 2
- 80% forward, slow back - 20m x 2

Part B - Jumps

- Double-leg vertical jump - 2 x 8 reps

Part C – Sport-specific

- 20m at 80% max speed run slow jog return x 2
- 20m bounding, slow jog return x 2
- 20m plant and cut, slow jog return x 2

5 in 5 Set 1

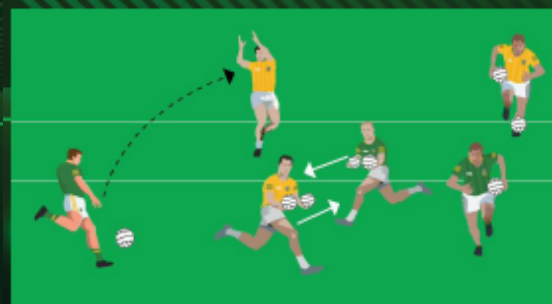
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified Push-Up for 10 reps. Increase by +2 each week to 30
- Partner BW Inverted Row for 5 reps. Increase by +1 each week to 15.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for correct technique execution. Refer to [GAA Learning.ie /GAA15](http://GAA Learning.ie/GAA15)

ACTIVITY NAME & AIM

Bilateral Kicking. This activity helps develop bilateral technique in kick passing in combination with Handpassing, Crouch Lift, Solo and Bounce.



EQUIPMENT

- Working in pairs
- 2 x footballs per pair
- 2 x Tennis Ball per pair
- 13 minutes

ORGANISATION

1. Player 1 with 2 balls takes 4 steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, handpass right, hand pass left to partner. Player 2 continues sequence. 1 minute on with 30 seconds recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3
2. Player 1 with 2 balls takes 4 steps bounce right, 4 steps solo left, drop 1st ball; 4 steps bounce left, 4 steps solo right drop 2nd ball. Partner picks up 2 balls 1 with left foot one with right foot and continues sequence. 3 minutes on.
3. Recovery for 60 seconds. Handpassing in pairs where player 1 starts with 2 balls in hand, throws 1 up high overhead, hand passes other ball to partner, receives ball back from partner and catches ball 1 overhead. Rotate roles after 30 seconds
4. Kicking in pairs. Player 1 takes 4 steps, kicks ball 1 with right foot instep to player 2, take's 4 steps kicks ball 2 with left foot instep to player 2. Player 2 continues the cycle. 1 minute on with 30 second recovery. Repeat by 3.
5. Recovery for 30 seconds. Each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time for 30 seconds.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Head down, eyes on the ball; drop ball from hand on kicking side; Kick with instep; toes pointed down, follow thru to target
- Watch out for ball drop height, dropping with opposite hand, lifting the head!!!



ACTIVITY NAME & AIM

3 in 1 Shooting - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players encouraged to take shots from different angles and distances.



EQUIPMENT

- 15 x Footballs
- 18 players
- 15 x Space Markers
- 3 x Bib Sets
- 8 Minutes

ORGANISATION

- Set up 3 shooting station on half pitch working into one goal. 3 players at each station and all players take a shot. 6 static stations manned by 6 players with a supply of balls support the 3 stations.
- Groups of 3 players position at cones in each shooting station.
 - 1 – Ball starts on 65m line and is kick passed direct to Full Forward position. FF feeds one of the runners who shoots. Other two runners peel off to static players, collect ball and shoot.
 - 2 - Ball starts at centre cone in station. Players runs to corner, offloads in a wrap, late runner collects ball and shoots. Other two runners peel off to static players, collect ball and shoot.
 - 3 – Three-man weave with centre player shooting. Other two runners peel off to static players, collect ball and shoot.
- All players rotate to different stations.

VARIATION (STEPR)

- Kicking of left side only

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Ensure kicking of both left & Right foot
- Check for balance and composure when taking the kick

ACTIVITY NAME & AIM

In and Out Shooting - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players encouraged to make angled runs and take shots on goals.



EQUIPMENT

- 6 x Footballs
- 8 players
- 4 x Space Markers
- 2 x Bib Sets
- 8 Minutes

ORGANISATION

- Set up 4 stations on half pitch working into one goal. 1 player (feeder) at centre station nearest goal. 2 or 3 players at other stations. Players at wide stations with footballs
- Ball is played from one of the wide players to bounce in front of the middle player, the deep centre player times his run to collect from middle player and shoot for goal.
- Player making bounce pass moves to centre station and replaces feeder. Feeder moves deep centre station. Shooter return to opposite wide station.
- Next ball comes from opposite wide station.
- Make sure first ball is played into the ground first before really upping the speed of touch and transition.

VARIATION (STEPR)

- Add a tracker on the shooter to put pressure on receiver.
- Alternate shot on goals between left & right foot

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for balance and composure when taking the shot.
- What type of shoot? Power or placement. Shooting technique

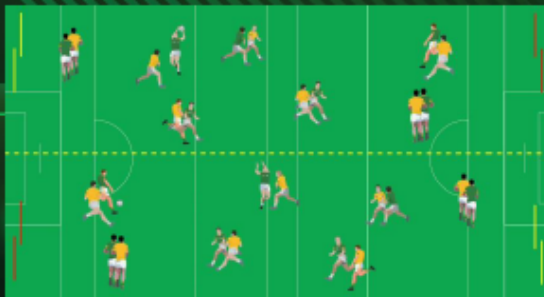


ACTIVITY NAME & AIM

Retain to Score Game - The aim of the activity is to improve kick passing, by retaining possession and then transition to take shooting opportunity.

EQUIPMENT

- 2 x Footballs
- 5/6/7/8 players per team
- 4 sets of Bibs
- 8 x Space Markers
- 45m x 90m pitch



ORGANISATION

- Set up 2 pitches 45m x 90m wide with 2 small goal posts/poles on each pitch.
- Divide players into teams of 5 v 5, 6 v 6, 7 v 7 or 8 v 8 on each pitch.
- Game starts with both teams playing a possession game with no play allowed and only kick passing used to retain possession.
- After 1 minute ball retention coach blows whistle and team that has ball attack the opposition goals to score point or goal. Full play of the ball is allowed to attack oppositions goals, but score must be with foot.
- Conditions can be varied in this game as shown below.
 1. All right foot kick passing to retain ball and score
 2. All left foot kick passing to retain ball and score
 3. Left or right foot kick passing to retain ball and score
- Each game to be played for 3 minutes on with 1 minute off for recovery and feedback from coach.

VARIATION (STEPR)

- Simplify by allowing play of the ball (hop or solo) between kick pass
- Change of possession on bad first touch

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Where to provide support when a player is in possession? (ABB)
- What is needed to transition to a scoring opportunity? (move into space)

ACTIVITY NAME & AIM

70m Run Conditioning - This activity is used to develop the player's speed endurance and conditioning.

EQUIPMENT

- 70m Grid
- 8 x Space Markers



ORGANISATION

- Set up 65m Grid.
- Players complete 70 metre run in 15 sec, repeat on 30 seconds
- Perform 8 repetitions
- Intensity level at 75% (¾ pace)
- Perform World's Greatest Stretch. 3 Reps

VARIATION (STEPR)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check foot alignment
- Check for opposite arm, opposite leg movement