



<b>Age Group: Under 13</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 6</b>	<b>Tactical</b>		
<b>Period: Q3</b>	<b>Rotations</b>		
<b>No. of Players: 80</b>	<b>Technical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad: Central</b>	<i>Bilateral Skills</i>	<i>Run Conditioning</i>	<i>Pressure</i>

### Session Aims

1. Developing Rotations as a Games Based principle
2. Refresh on Bilateral Skills (Tackling, Kicking, Handpass, Solo & Bounce)

<b>Activity Type</b>	<b>Time</b>	<b>Activity Name</b>	<b>Key Outcomes</b>
Warm Up (Physical)	15m	GAA 15 plus 5 in 5 Work Set 2	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	15m	Bilateral Skills	Practice bilateral skills with focus on Catching, Kicking, Handpass and Solo & Bounce
Small Sided Game	10m	3 Team Rotations Game	SSG to develop Rotations
Small Sided Game	10m	Rotate & Move Game	SSG to develop Rotations
Full Sided Game	10m	Inside Line Rotations Game	FSG to develop Rotations
Conditioning	5m	60m Run Conditioning	Develop speed endurance & conditioning with repeated 30m sprint and 30m jog

### Coaches Reflective Questions

1. Did the coaches observe progress in the players understanding of rotations during the session? How was this manifested?
2. How did the players interact with each other during the session? Were there any signs of cohesion or teamwork?

### Players Reflective Questions

1. Do you feel pressure within the training session and how do you handle it?
2. The focus of the session was rotations. What skills do you need to execute the rotations practiced during the session?

## ACTIVITY NAME & AIM

**GAA15 and 5 in 5 Set 2 Warm Up** – This activity is used to develop movement and running skills, increase leg and trunk strength and optimise landing, cutting and deceleration mechanics to prepare for playing gaelic games and help reduce injuries to the groin, hamstring, knee and ankle.



## EQUIPMENT

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

## ORGANISATION

### Part A – Running (All 20 m distance)

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

### Part B – Jumps

- Double-leg vertical jump – 2 x 8 reps

### Part C – Sport-specific

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

### 5 in 5 Set 2

- Players set in groups of 3. Perform each activity.
- BW Prisoner Squat for 10 reps. Increase by +2 reps each week to 15.
- Single Leg Squat for 5 reps each leg. Increase by +1 rep each week to 10.
- Alternating Forward Lunge for 5 reps. Increase by +1 rep each week to 10.
- Plank Circuit (Front & each Side) for 10 seconds. Increase by +5 sec each side per week
- Windmill Push-Up for 5 reps. Increase by +1 rep each side, each week to 10

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

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

## ACTIVITY NAME & AIM

**Bilateral – Catching & First Touch.** This activity helps develop bilateral technique in Catching and First Touch in combination with Kicking, Handpassing, Solo and Bounce. Emphasis is placed on both using left & right side throughout the activity



## EQUIPMENT

- Working in pairs
- 2 x Footballs per pair
- 1 x Tennis Ball per pair
- 2 x Wristbands

## ORGANISATION

1. 4 Steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, Kick pass right to partner, hand pass left to partner. 1 minute on / 1 minute off x 2
2. Recovery 60 seconds - handpassing in pairs with 2 balls left and right hand.
3. In pairs with 1 football and standing 5 m apart player 1 throws ball high at player 2 and follows throw. Player 2 attempts to knock/flick ball right or left into player 1 running path. 1 minute on 1 minute recovery and swap roles of players.
4. Recovery 60 seconds - handpassing in pairs. Player 1 starts with 2 balls in hand, throws 1 up high overhead, hand passes other ball to partner, receives ball back from partner and catches ball 1 overhead. Swap roles after 30 seconds
5. Pair reaction drill - 2 players face each other about 3 feet apart. Player 1 is the feeder and has ball in hand to either bounce low left, right, middle, throw up high for a catch or flick or roll along ground left or right to player 2. Player 2 reacts to the throw and hand passes back to player 1 - rotate roles after 30 seconds. 4 minutes.
6. Recovery 60 seconds - each pair have a tennis ball and a football. 1 player works for 30 seconds then swap over. Player bounces football and throws up tennis ball at the same time
7. Kicking in pairs - player 1 takes 4 steps, kicks ball 1 with right foot instep to player 2, take's 4 steps kicks ball 2 with left foot instep. Player 2 continues the cycle for 1 minute on x 2

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Concentration/Focus; Head up and eyed on the ball
- Move forward, plant the jumping foot and extend upwards, swinging the opposite leg.
- Extend arms; Hands in W-Shape; Ball secured to chest





## ACTIVITY NAME & AIM

**3 Team Rotation Game** – The aim of this Small Sided Game is developing **Rotations**. Emphasis is on players rotating between attacking & defensive roles. Look for movement, accurate passing, angled support runs, and give & go principles in attack. Look for good communication, cover, balance & support in defence.



## EQUIPMENT

- 6 x Footballs
- 10 x Players
- 3 x set of Bibs
- GK in
- 8 x cones
- 10 minutes

## ORGANISATION

- Set up 30m x 45m area on half pitch using goals. 3 teams of 3 with GK in. Yellow team are Defending on 20m, White team are Attacking from 45m and Greens are resting outside 65m.
- White team starts with the ball and attack goals, while Yellow team defends. If White team score, they get new ball and attack again.
- If the Yellow team turn over possession, they try to pass to one of the Green team on the 65m line.
- If successful, teams rotate roles - Green attack, White defend, while Yellow are resting. Play for 5 mins and review.
- Team with most goals after 10 mins win.

## VARIATION (STEPR)

- Add players on one or more team or add time limit on score attempt.
- Adjust the area to suit number of players

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on combining quickly to get the ball behind defence to create goal scoring opportunity.
- Encourage width and options in attack on both sides of the field. Encourage speed
- Communicate defensive roles and provide cover balance & support.
- What does speed in attack impact the defensive set-up?
- What different types of runs can the players make to get behind the defence?

## ACTIVITY NAME & AIM

**Rotate & Move Game** – The aim of this Small Sided Game is about developing **Rotations**. Emphasis is on players moving and finding space and rotating positions to maintain possession of the ball.



## EQUIPMENT

- 2 x Footballs
- 11 x Players (4 v 4) +3
- 3 x set of Bibs
- 6 x cones
- 4 x poles
- 10 minutes

## ORGANISATION

- Set up 35m x 25m pitch with small goals (using poles) on each sideline. Divide pitch into 2 halves using cones as shown. Play 4 v 4 with 3 Neutral players starting in same half as team in possession with one on each end and one floating inside the half.
- Yellow team starts in possession and aims to keep ball in their half and can use the Neutral players (White) on inside and out. Players should rotate positions inside their half to maintain possession.
- The 4 Greens move into opponent's half. Look to win the ball and then score in the goals in that half.
- After a score (or wide), Green team (and Neutral players) move back to their half and start in possession. Yellow team try to win the ball back.
- Play 4-minute spells and switch neutral players.

## VARIATION (STEPR)

- Allow players only one play of the ball
- Add time limit on score attempt.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on good movement and players finding space.
- Encourage players to rotate to ensure possession is maintained.
- Coordinate defensive press to win possession and transition to score attempt.
- What type of movement is effective for players off the ball in possession?
- What different types of patterns work best for retaining possession?



## ACTIVITY NAME & AIM

**Inside Forward Rotation Game** – The aim of this Full Sided Game is about developing Rotations. Emphasis is on rotations within the inside forward line, and rotation between half forwards and inside forward line.

## EQUIPMENT

- 1 x Football
- Full Pitch
- 26 / 30 Players
- 2 x set of Bibs
- 10 minutes



## ORGANISATION

- Set up on full pitch. Play even numbered teams from 13 v 13 up to 15 v 15. GKs in.
- Game starts with throw-in in midfield and normal rules apply.
- Scenario #1 - Inside forwards look for opportunities to rotate between left corner forward and right corner forward. Identify cues to initiate the rotation and who manages this during the game.
- Scenario #2 - Inside forwards look for opportunities to rotate between half forwards on the same side of the pitch. Identify cues to initiate the two different rotations and who manages this during the game.
- Include game principles (3 Sec Rule, Switch Play, Play The Way You're Facing, Give & Go, Break The Tackle etc.) when playing the game.

## VARIATION (STEPR)

- Adjust pitch size based on the number of players available

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Encourage good communications to ensure rotations are initiated as required. What type of cues can be used to initiate the rotations?
- Encourage scanning (looking long before short) to promote "heads up" plays.
- Focus on timing of the rotation and type of runs to create space for a pass.
- How do the defenders react to the rotations (sit or follow)?

## ACTIVITY NAME & AIM

**60m Run Conditioning** – This activity is used to develop the player's speed endurance and conditioning with repeated 30m sprint followed by 30m jog

## EQUIPMENT

- 60m Grid
- 8 x Space Markers



## ORGANISATION

- Set up 60m Grid.
- Players complete 30 metre sprint followed by 30 metre jog in 30 sec, repeat on 30 seconds.
- Perform 6 repetitions (total distance 360m).
- Intensity level at 100% for sprint and then slow for Jog (¼ 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