



Age Group: Under 13	Session Learning Outcomes		
Session No: 5	Technical		
Year: 2010	Bilateral Catching & First Touch		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Vision (Scanning)</i>	<i>Conditioning</i>	<i>Coachability</i>

Session Aims

1. Develop Catching & First Touch on both left & right side
2. Refresh on Solo, Bounce and Kicking 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 Catching & First Touch	Practice Catching & First Touch in combination with handpassing, solo, bounce & kicking
Skill (Blocked)	8m	Kick Move Catch	Practice First Touch & Catching (Body, Reach & High) with a partner on both sides.
Skill (Blocked)	8m	Kick Turn Attack	Practice Turing & Catching while working in sync at speed with a partner
Small Sided Game	15m	10/7/5 Seconds Game	Practice First Touch & Catching at game tempo. Players should exhibit good First Touch and support player in possession to ensure quick transitions between scoring zones
Conditioning	5m	60m Run Conditioning	Develop player's run conditioning over 60m distance

Coaches Reflective Questions

1. How aware are the players of potential stumbling blocks? How does this impact their progress?
2. What cues could we best use to help the players with understanding First Touch?

Players Reflective Questions

1. How do you best deliver an advantage ball to help improve your first touch?
2. In the SSG, how does on-field communication help with transitioning thru the zones on the pitch?



ACTIVITY NAME & AIM

GAA 15 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

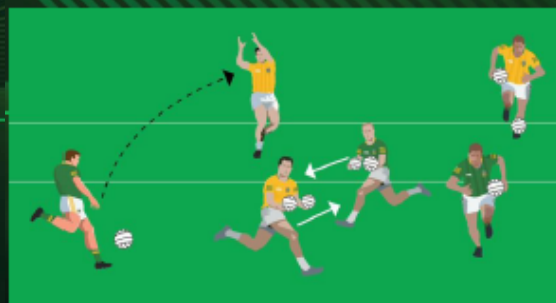
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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

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

Kick Move Catch - The aim of the block practice is to focus on Catching (Body, Reach, High) and First Touch using on kick passing on both left and right foot.

EQUIPMENT

- 2 x Footballs per pair
- 4 x Poles per group of 6
- 30 players
- 8 minutes



ORGANISATION

- 2 poles 25m distance apart. Divide players into pairs and each player takes up position at a pole. Player 1 at Pole A has 2 footballs in hand.
- Player 1 at Pole A kicks first football with left foot and second football with right foot to player 2 at Pole B and runs in direction of kick pass to Pole B.
- Player 2 at Pole B moves towards the balls gathers them and carries the balls soloing left and right towards the pole A that player 1 has kicked balls from.
- Player 2 will now kick 2 footballs to Player 1 and cycle continues. Run activity for 2 minutes with 1 minute recovery between each set. 3 Sets in total.

VARIATION (STEPR)

- Increase distance between poles

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Concentration/Focus; Head up and eyes 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

Kick Turn Attack - The aim of the block practice is to focus on turning and Catching a ball from an accurate kick pass. Look for good First Touch from the receiving player and accurate kick passing on both left and right foot from the passing player.

EQUIPMENT

- 1 x Football per pair
- Use Full Pitch
- 8 Minutes



ORGANISATION

- Divide squad into pairs with 1 football between each pair Start on 14m line.
- Player 1 will solo with right foot every 4 steps at half pace while player 2 runs at ¾ pace in front of player 1.
- When player 2 is 25m ahead, he turns sharply to look for the ball. On this turn, player 1 will kick the ball using right or left to player 2, who looks to catch the ball cleanly.
- After kicking the football, player 1 will now run at ¾ pace away from player 2, while player 2 turns and solo the ball in the direction of player 1
- When player 1 is 25m away from player 2, they will now turn sharply to receive the football from player 2.
- Repeat sequence until they reach opposite 14m line.
- Run activity for 2 minutes with 1 minute recovery between x 3

VARIATION (STEPR)

- Change to different type of catches (Reach or High)

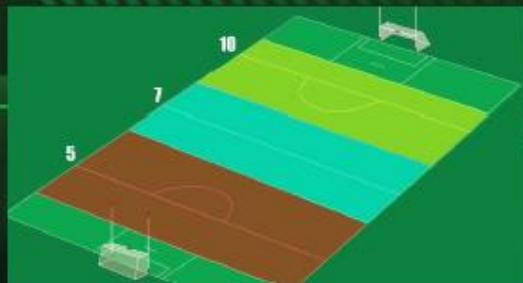
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Concentration/Focus; Head up and eyes on the ball
- Use advantage ball (Ball, Bounce, Belly)



ACTIVITY NAME & AIM

10-7-5 Seconds Game - The aim of this Small Sidd Game is to develop good First Touch and Catching while in transition at speed. Players should look to provide support for player in possession to ensure ball is transitioned to end zone to score.



EQUIPMENT

- 1 x Football
- 6 players per grid
- 16 x Space Markers
- 60m x 20m Grid
- 2 x Bib Sets

ORGANISATION

- Set up 60m x 20m grid with 3 equal zones. Two teams (3 v 3) aim to Solo (or Bounce) the ball across opposite end line to score.
- Team in possession must keep possession of the ball for 10 seconds in their Defending zone, 7 seconds in their Middle zone and 5 seconds in their Attacking zone, before crossing their end line to score.
- If a team regains possession in their Attacking or Middle zone, they must solo back to their Defending zone before restarting the game.
- Hand pass with both Left & Right hand within game.
- Set up as many grids as necessary to accommodate all players in the squad.

VARIATION (STEPR)

- Must score within a set number of passes in the attacking zone.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Play "Keep Ball" in the Defending zone, "Set Up Ball" in the Middle zone and "Score Ball" in the Attacking zone
- How best to support player in possession?

ACTIVITY NAME & AIM

60m Run Conditioning - This activity is used to develop the player's speed endurance and conditioning.



EQUIPMENT

- 60m Grid
- 8 x Space Markers

ORGANISATION

- Set up 60m Grid.
- Players complete 60 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