



Age Group: U-15	Session Learning Outcomes		
Session No: 2	Technical		
Year: 2008	Bilateral Tackling		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Shadowing</i>	<i>Repeat Speed</i>	<i>Positive Attitude</i>

Session Aims

1. Develop Tackling on both left & right side
2. Refresh on Solo, Bounce, Kicking 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 Tackling	Practice tackling on both left & right side in combination with kicking, solo, bounce & handpass
Skill (Blocked)	8m	Tackle Alley	Practice tackling on the ball on both left and right side using the near hand tackle and frontal tackle
Skill (Blocked)	8m	Attack & Defend	Practice tackling on the ball on both the left & right sides. Players should look to work as a pair and as individuals when defending
Small Sided Game	15m	Lose It Win It Game	Practice tackling on both left & right sides at game tempo where tackling player should look to deny space and pressure player on the ball.
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

Coaches Reflective Questions

1. Are we as coaches focusing more on the negative/challenges or the positive/possibilities?
2. What worked particularly well for this U-15 group. How do we know this?

Players Reflective Questions

1. What is needed when defending in pairs as opposed to as an individual?
2. What are the main technical points to watch out for when using the near hand tackle?



ACTIVITY NAME & AIM

GAA 15 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

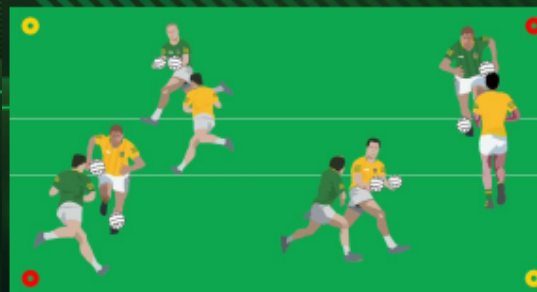
- Players set in groups of 3. Perform each activity.
- BW Prisoner Squat for 10 reps. Increase by +2 reps each week to 15.
- Single Leg Squat for 5 reps each leg. Increase by +1 rep each week to 10.
- Alternating Forward Lunge for 5 reps. Increase by +1 rep each week to 10.
- Plank Circuit (Front & each 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 – Tackling. This activity helps develop bilateral technique in Tackling in combination with Kicking, Handpassing, Solo & 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
- 13 minutes

ORGANISATION

1. Player 1 with two balls takes 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. 2 minutes on.
2. Recovery 60 seconds – hand passing in pairs with 2 balls left and right hand.
3. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drops ball 1, then takes 4 steps bounce left, 4 steps solo right, drops ball 2. Partner picks up 2 balls 1 with left foot one with right foot and continues cycle. 2 minutes on
4. Recovery 60 seconds – handpassing in pairs-player 1 starts with 2 balls in hand throws 1 up high over his head, hand passes other ball to partner, receives ball back from partner and catches ball 1 from overhead. Swap roles after 30 seconds
5. Player 1 & 2 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. 2 minutes on.
6. Recovery 60 seconds - each pair have a tennis ball and a football. Player bounces football and throws up tennis ball at the same time. 1 player works for 30 seconds then swap over.
7. Player 1 starts with 2 balls in hand soloing or bouncing every 4 steps while partner tries to knock one of the balls away with a tackle on ball. If he knocks one away let player 1 pick up ball and activity continues. Player with footballs must change direction every 4 steps. 4 minutes on with role swap every 60 seconds.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- How to perform a tackle on the ball?
- Look for focus on the task, communication between players.
- Look for correct skill execution on both sides.



ACTIVITY NAME & AIM

Tackle Alley - The aim of this blocked practice is to develop tackling on the ball using both the Frontal Tackle and Near Hand Tackle. Focus in the practice on the defending technique

EQUIPMENT

- 6 x Footballs
- 12 players per grid
- 24 x Space Markers (B/R/Y)
- 15m x 5m channels
- 2 x Bib Sets
- 8 x Minutes



ORGANISATION

- Set up three 15m x 5 m channels as shown in diagram
- Players take Attacking (Y) and/or Defending (G) roles.
- Start with Near Hand Tackle. Attacker (Y) has ball and solos the ball in a straight line until end of alley. Defender (G) tracks run and tries to execute the NHT before the Attacker reaches end of alley.
- Change to Frontal Tackle. Both players are facing each other. The Defender (G) takes a tennis ball in each hand and will move backwards using his footwork to stop the Attacker (Y) from getting by him.
- Introduce football with Attackers and repeat above.
- Change roles so that all players have opportunity to defend in both positions

VARIATION (STEPR)

- Have Attacker work with two balls

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each plays. What went well, what to improve?
- Use of Frontal Tackle. Look for Defender in Boxer Stance, on Balls of feet, Quick Feet and Quick Hands
- Use of Near Hand Tackle. Look for Timing, Step Across, Shoulder to Shoulder, use of Near Hand, move ball to defender's advantage

ACTIVITY NAME & AIM

Attack & Defend - The aim of this blocked practice is to develop tackling on the ball. Defending players should look to work as a pair and as individuals. The focus in the activity is on the defending technique

EQUIPMENT

- 10 x Footballs
- 8 players per grid
- 12 x Space Markers
- 15m x 5m channels
- 2 x Bib Sets
- 8 minutes



ORGANISATION

- Set up of 15m x 5 m channels either side of goals (20m apart) as shown in diagram
- Players take Attacking & Defending roles.
- Two Attackers try to work a score against two Defenders and Keeper
- Once they take a shot, the Attackers each take a ball from corner of each channel and solo up the channel and try to beat the Defender at the top of channel.
- If Defenders win Ball, they just clear it, and Attackers continue up the channel.
- Change roles so that all players have opportunity to defend in both positions

VARIATION (STEPR)

- Have keeper kick ball to Attackers
- Add an extra Defender

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each plays. What went well, what to improve?
- Use of Frontal Tackle. Look for Boxer stance, Quick Hands, Balls of the Feet, Timing
- Do Defenders closedown space or pressure the ball? Use of communication?



ACTIVITY NAME & AIM

Win It or Lose It Game - The aim of this Small Sided Game is to develop tackling both frontal & near hand (left & right). Players should be looking to deny space and pressure player on the ball.



EQUIPMENT

- 1 x Football
- 13/14 Players
- 6 x Space Markers
- Half Pitch
- 2 x Bib Sets

ORGANISATION

- Use Half pitch (End line to 65m line). Set up 6 v 6 teams (Backs & Forwards) with GK.
- Position each forward at a space marker and have each of the backs take up a position approximately 5m goal side from the opposing forward.
- Ball starts with GK. GK throws ball in the air and catches it to signal "game on".
- Forwards immediately try to stop the backs getting out easily and carrying ball over the 65m line.
- Normal rules; but have backs focus on running with ball & handpassing.
- Rotate roles and repeat. Play in 4 x 3 min segments.
- Set up on other half of pitch to cater for additional numbers.

VARIATION (STEPR)

- Play an additional defender.
- Allow only 1 hop & solo.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after two plays. What went well, what to improve?
- Forwards to focus on closing down space and tackling on the ball only?

ACTIVITY NAME & AIM

20m Repeat Speed – This activity is used to develop the player's speed and acceleration.



EQUIPMENT

- 20m Grid
- 8 x Space Markers

ORGANISATION

- Set up 20m Grid.
- Players complete 20 metre sprint, repeat on 20 seconds
- Perform 10 repetitions
- Intensity level at 100%

- 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