



<b>Age Group: Under 13</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 4</b>	<b>Tactical</b>		
<b>Period: Q3</b>	<b>Developing Support Play</b>		
<b>No. of Players: 80</b>	<b>Technical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad: Central</b>	<b>Bilateral Skills</b>	<b>Run Conditioning</b>	<b>Mental Strength</b>

### Session Aims

1. Developing Support Play 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 Ball Work Set 2	Preparation for playing Gaelic Games & injury prevention including ball work
Skill (Random)	15m	Bilateral Skills	Practice bilateral skills with focus on Handpass with Kicking and Solo & Bounce
Small Sided Game	10m	The Grubber	SSG to develop support play on using triangular support to keep possession and break gain line. Looking for timing and angle of support runs.
Small Sided Game	10m	E9 Game	SSG to develop accurate passing, support runs, off the shoulder support, give & go. Good communication needed between players in possession
Full Sided Game	10m	Boundary Riders Game	FSG to develop support runners from deep, setting up attacks using target man and in defence, tracking runners.
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 switch play during the session? How was this manifested?
2. How well do you think the team communicated and worked together during the training session?

### Players Reflective Questions

1. When to switching play recognize the correct moment of the game?
2. When would you use switching play in a horizontal lane and when with vertical lane in a game?



## 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

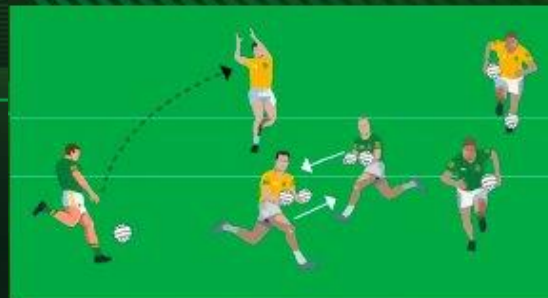
- Players set in groups of 3. Perform each activity.
- BW Prisoner Squat for 10 reps. Increase by +2 reps each week to 15.
- Single Leg Squat for 5 reps each leg. Increase by +1 rep each week to 10.
- Alternating Forward Lunge for 5 reps. Increase by +1 rep each week to 10.
- Plank Circuit (Front & each 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 – Handpass.** This activity helps develop bilateral technique in Handpassing in combination with Kicking, Solo and Bounce. Emphasis is placed on both using left & right hand and working with intensity throughout the activity



## EQUIPMENT

- Working in 2's or 3's
- 2 x footballs per group
- 15 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, handpass right to partner, hand pass left to partner. Player 2 continues the sequence. 1 minute on x 2 with 30 second recovery - no step kick passing in pairs. Alternate left and right foot.
2. Player 1 with two 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 cycle. 1 minute on x 2 with 60 second recovery.
3. Recovery 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 cycle. 1 minute on x 2
5. Recovery 60 seconds. each pair have 2 footballs. Player 1 bounces 2 footballs at the same time one with right hand and one with left hand then swaps over to player 2 after 30 seconds
6. 2 v 1 Keep Ball - 2 Attackers keep ball from 1 Defender for 30 seconds. No play of ball as in bounce or solo just allowed to handpass left or right. No loopy or handpasses on ground. Make sure attackers pass and move no fouling their handpass. Rotate player in middle if defender intercepts the ball. 1 minute on by 3.
7. Recovery for 60 seconds. Set up small triangle of 3 players. Pass 2 balls around triangle using outside left hand going one way and on coach's whistle change direction use the outside right hand passing ball around.

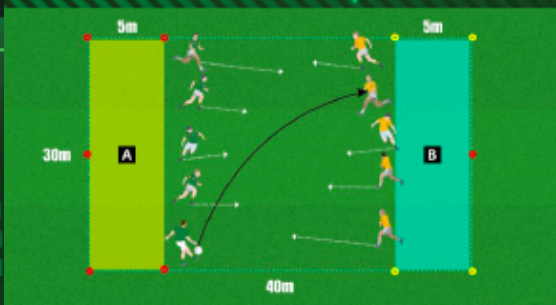
## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand, follow thru in the direction of pass
- Watch for throwing the ball; using wrong part of the hand



## ACTIVITY NAME & AIM

**The Grubber Game** – The aim of this Small Sided Game is about developing Support Play. Emphasis is on using triangular support to keep possession and break the gain line. Looking for timing and angle of support runs.



## EQUIPMENT

- 1 x Football
- 12 x Cones
- 4 x Poles
- 10 Players (5 v 5)
- 2 x set of Bibs
- 10 minutes

## ORGANISATION

- Set up 40m x 30m grid with 5m zone at each end and poles for goals. Two teams A and B start in end zones facing each other 30m apart. Team A performs grubber kick to Team B. Dotted line for player movement, solid line for ball movement.
- Team A starts with the ball and grubber kicks the ball as hard as possible to opposing team (Team B). As soon as the ball is kicked, team A advance quickly.
- Team B look to advance with the ball using triangular support, with one player on the ball supported by another two players, one positioned on the left, another on the right.
- They look to make runs to help advance the ball, break the gain line and create a score.
- Score by catching ball from pass inside end zones. After a score, two restart options - scoring team restarts with ball, or other team restarts.
- If ball goes dead, both teams reset, and ball is kicked by team who lost possession.

## VARIATION (STEPR)

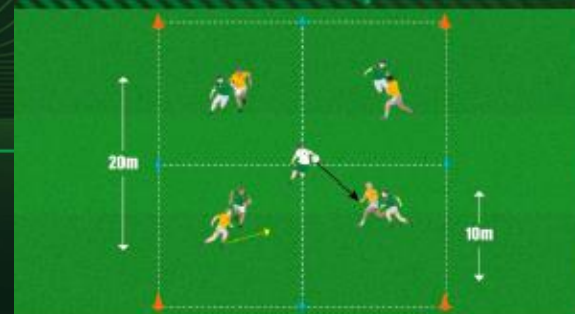
- Add time limit on score attempt
- Add goal post in each end zone to introduce goal challenge

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on breaking fast and transition to scoring opportunity.
- Encourage passing triangles to be formed for support the fast break
- Defending as a group, decision on whether to press or sit deep.
- How do you commit defenders to create scoring opportunities?
- Where is best to create space to in attacking third?

## ACTIVITY NAME & AIM

**E9 Game** – The aim of this Small Sided Game is about developing Support Play. Emphasis is on accurate passing, support runs, off the shoulder support, give & go. Good communication needed between players in possession



## EQUIPMENT

- 1 x Footballs
- 9 x Cones
- 2 x Teams (4 x 1 v 1)
- 2 x set of Bibs
- Neutral Player
- 10 minutes

## ORGANISATION

- Set up 20m x 20m area. Divide area in 4 x 10m grids. 4 v 4 with Neutral player in centre of area. Play 1 v 1 in each 10m grid.
- Two teams of 4 with one man in each grid at the start the game. Neutral player (9th man) starts in the centre of the grids with a football. The objective is to keep possession as the neutral player moves from grid to grid.
- On the whistle, neutral player passes to Yellow in 1st grid and then moved to that grid to take a return pass. Neutral player then moves form grid to grid, pad=ssing and taking a return pass from the Yellow players
- If Green team intercept the ball, return ball to Neutral player, who continues to next grid working with Green team.
- Every player gets 1 minute as the neutral player.

## VARIATION (STEPR)

- Add players on one or more team
- Change the size of the grids e.g. 24m x 24m.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on good first touch to buy a vital second in the game.
- Encourage 4 powerful steps to break into space.
- Focus on providing support either Ahead Behind or Beside of the player in possession.
- How do you defend in a 2 v 1 situation?
- What different types of runs can the neutral player make?



## ACTIVITY NAME & AIM

**Boundary Rider Game** – The aim of this Full Sided Game is about developing Support Play. Emphasis is on scanning and kicking, support runners to receive pass from wide players and in defence, tracking runners.



## EQUIPMENT

- 1 x Football
- Full Pitch
- 22 / 30 Players
- 2 x set of Bibs
- 10 minutes

## ORGANISATION

- Set up on full pitch with 15m channel on each sideline. Play even numbered teams from 11 v 11 up to 15 v 15. Two players from each team in wide channels, one in each half. GKs in.
- Team in possession use either wide channel (channel 1 or 5) to transition the ball out of their own half and attempt a score.
- Wide player can only be used once in each half.
- Wide player can only receive foot pass and use a foot pass to find a teammate. Wide player only has one play on the ball.
- Encourage diagonal runs and accurate passing, and where possible to have scoring opportunity in the scoring zone.
- Play 2 x 4 minutes with review after first game.

## VARIATION (STEPR)

- Adjust size of pitch based on number of players available.
- Add 3 second rule for player in possession.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Encourage quick passing and movement. Encourage players to use wide options.
- Encourage scanning (looking long before short) to promote "heads up" plays.
- Defending as a group, decision on whether to press high or sit deep.
- What is the advantage of getting the ball out wide?
- What type of foot pass should wide players use?

## 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