



Age Group: Under 13	Session Learning Outcomes		
Session No: 5	Tactical		
Period: Q3	Improving Scoring		
No. of Players:	Technical	Physical	Character
Squad:	<i>Bilateral Skills</i>	<i>Sprint Speed</i>	<i>Pressure</i>

Session Aims

1. Develop Improving Scoring as a Game Based principle
2. Refresh on Bilateral Skills (Kicking, Handpass, Solo & Bounce)

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)	10m	Bilateral Skills	Practice bilateral skills with a focus on Kicking with Solo, Bounce & handpassing
Small Sided Game	10m	Taking Fisted Scores	SSG to improve scoring with emphasis on using 1 v1's, off the shoulder support and angled running to create score using fisted point.
Full Sided Game	10m	Daisy Goals Game	FSG to improve scoring where the emphasis is on scoring goals using a low "Daisy Cutter" type shot.
Full Sided Game	10m	Emphasise the Point Game	FSG to maximising scoring opportunities from different distances, angles and conditions by promoting close in and long-range scores.
Conditioning	5m	40m Sprint Speed	Develop a player's sprint speed over 40m distance.

Coaches Reflective Questions

1. Were the activities well-paced and appropriately challenging for the players? What adjustments could be made to improve the flow?
2. Did the players understanding of the scoring zone, or when to take a shot improve during the session? How was this manifested?

Players Reflective Questions

1. Can you recall the key concepts or strategies covered in the session? What is key takeaway in your own words?
2. How can you build on your strengths to become an even more potent scoring option or scoring threat?



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 Kicking. This activity helps develop bilateral technique in kick passing in combination with Handpassing, Solo and Bounce. Players focus on kick passing in pairs and in groups of 4, interspersed with handpassing and Solo & Bounce.



EQUIPMENT

- Working in pairs
- 2 x footballs per pair
- 2 x Tennis Ball per pair
- 14 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, hand pass left to partner. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.
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. 2 x minute on followed by 60 second recovery as per point 3.
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 secs.
4. Kicking in a group of 4. Ball starts with player 1 who kicks to player 2 who kicks to player 3 who kicks to player 4 and back to player 1. 20m distance between all kicks. 60 seconds all on left, 60 seconds, all on right side.
5. Kicking in pairs. Player 1 with two balls takes 4 steps, kicks ball 1 with right foot instep to player 2, takes 4 steps kicks ball 2 with left foot instep to player 2. Player 2 continues the sequence. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.

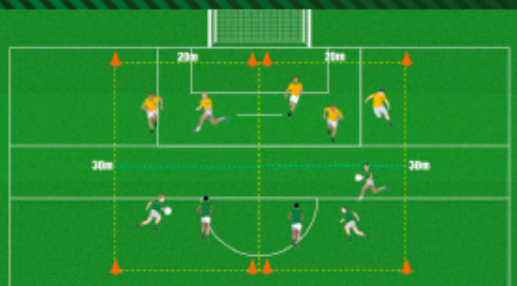
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- 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

Taking Fisted Scores Game – The aim of this Small Sided Game is to improve Scoring. Emphasis is on creating a scoring opportunity using 1 v 1s, off the shoulder support and angled running. Finishing with fisted point off both left & right side.



EQUIPMENT

- 2 x Footballs
- 10 x Players
- 2 x Set of Bibs
- 10 x Cones
- 10 minutes

ORGANISATION

- Set up on half pitch inside 45m line. Two grids 20m x 30m either side of the centre of the goalpost. Include centre line in each grid between 13m and 20m lines. 2 Attackers line up facing 2 Defenders in one grid. 3 Attackers line up facing 3 Defenders in the other grid
- In Grid #1, 2 attackers start on the end line with the ball facing 2 defenders. They must work the ball over the midline of the grid and engage the 2 defenders, turn, work an opening for one of the attackers to break a tackle and fist the ball over the bar. Switch roles and try both right & left hands.
- In Grid #2, 3 attackers start on the end line with the ball facing 3 defenders. They must work the ball over the midline of the grid and engage the 3 defenders, turn, work an opening for one of the attackers to break a tackle and fist the ball over the bar. Switch roles and try both right & left hands.
- Switch players between grids. Normal rules apply.

VARIATION (STEPR)

- Add time limit on scoring attempts
- Add 3 second rule when on the ball.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on breaking fast and transition to scoring opportunity.
- Encourage 1v1s, Give & Go's, Off the Shoulder Runs, and Breaking the Tackle.
- Defending as a group, decision on whether to press the ball or track opponent.
- Emphasise the need for accuracy and scoring using both left & right fist pass.
- What is the difference in approach between the 2 v 2 and 3 v 3 set-up?

ACTIVITY NAME & AIM

Daisy Goals Game – The aim of this Full Sided Game is improving Scoring. Emphasis is scoring goals using a low shot ("Daisy Cutter"). Include game principles (3 Sec Rule, Switch Play, Play The Way You're Facing, Give & Go, Break The Tackle etc.) when playing the game.



EQUIPMENT

- 1 x Football
- Full Pitch
- Tape for each goals
- 22 / 28 Players
- 2 x Set of Bibs
- 10 minutes

ORGANISATION

- Set up on full pitch. Play even numbered teams from 11 v 11 up to 14 v 14. No GKs needed.
- A tape (or rope) is placed across both the goalposts about 10cm or 12cm above the height of the ball. Tape (or rope) should be highly visible, straight and taut.
- The game is played using normal rules and the only score that counts is a "daisy cutter" goal, in other words the ball must enter the net under the tape.
- 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 size of pitch based on number of players available. Game can be 7 v 7 or 9 v 9 and across pitch. Tape should be applied in same fashion to any portable goals used.
- Combine different game principles in each mini game.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Emphasise the correct kicking technique to execute a "daisy cutter" type shot. Long distance - cut across the outside face of the ball, follow through the ball and hold your core. Close in - use side foot technique to guide ball to target
- Encourage quick passing and movement. Encourage players to use wide options to create space for shots on goal.
- Why is a daisy cutter type shot effective for scoring goals?



ACTIVITY NAME & AIM

Emphasise The Point Game – The aim of this Full Sided Game is improving Scoring. Emphasis is on maximising scoring from different distances, angles and conditions and also, the spreading the defence by promoting close in and long-range scores.



EQUIPMENT

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

ORGANISATION

- Set up on full pitch . Play even numbered teams from 11 v 11 up to 15 v 15. GKs in. At each end of the pitch, set up a zone from 20m either side of each post out the top of the D.
- Play two 4 or 5-minute games. In first game, any score either team gets inside the zone is worth a double score.
- In the 2nd game, any score either team gets outside the zone is worth a double score.
- Normal rules apply and emphasise the need to focus on both long range and close in scores.

VARIATION (STEPR)

- Adjust size of pitch based on number of players available.
- Allow one team to have double scores for long range scores, and the other to have double scores for close in scores.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Encourage good decision making to select whether to take long range or close in score
- Focus on anticipation, quickness & support running to create scoring opportunities.
- Encourage players to use decoy runs to create openings for the close in scoring attempt.
- How does the defending differ from outside to inside the close in scoring zone?
- What attributes are important for the player taking the long range score?

ACTIVITY NAME & AIM

40m Repeat Speed – This activity is used to develop the player's speed and acceleration.



EQUIPMENT

- 40m Grid
- 8 x Space Markers

ORGANISATION

- Set up 40m Grid.
- Players complete 40 metre sprint in 10 secs, repeat on 20 seconds
- Perform 13 repetitions (Total distance 520m)
- 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