



<b>Age Group: Under 17</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:</b>	<b>Technical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad:</b>	<b>Bilateral Skills</b>	<b>Run Conditioning</b>	<b>Mental Strength</b>

### 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 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 v 3 Forward Rotation	SSG to develop rotations with emphasis on players rotating positions in forwards area to facilitate transitioning the ball to the inside forward line.
Small Sided Game	10m	5 v 5 Positional Rondo	SSG to develop rotations with emphasis on players rotating positions as the ball is transitioned from defensive to forward areas. Also rotating roles on interception of the ball.
Full Sided Game	10m	Backs Rotation Game	FSG to improve both rotations within the defence, and rotation between half backs and inside corner backs to create overlaps in forward areas and open up scoring opportunities.
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

**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

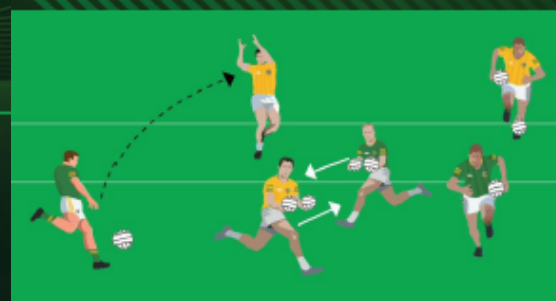
- Players set in groups of 3. Perform each activity.
- BW Prisoner Squat for 10 reps. Increase by +2 reps each week to 15.
- Single Leg Squat for 5 reps each leg. Increase by +1 rep each week to 10.
- Alternating Forward Lunge for 5 reps. Increase by +1 rep each week to 10.
- Plank Circuit (Front & each 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

## 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 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

**3v3 Forward Rotation Game** – The aim of this Small Sided Game is about developing **Rotations**. Emphasis is on players rotating positions in forwards area to facilitate transitioning the ball to the inside forward line.

## EQUIPMENT

- 6 x Footballs
- 18 x Players (10 v 8)
- 2 x set of Bibs
- GK in
- 9 x cones
- 10 minutes



## ORGANISATION

- Use half pitch. Set up 4 grids (20m x 20m) centred on 45m line. Play 10 x Attackers (Green) and 8 x Defenders (Yellow). Attackers set up in 4 – 3 – 3 formation with 3 v 3 inside the grids and the other players arranged as shown. GK in.
- Half backs attack wide. Midfield hold position. Half forwards in triangle shape in central zone. Ball must pass through central zone in each attack with at least one pass between the players in this zone.
- Ball starts with one midfielder (G) who combines with other midfielder and half backs while one of the Green players in central zone tries to get open to receive a pass from outside Green player. Green player in central zone then looks to pass to teammate in the zone before bringing other Green players into the play to create scoring opportunity.
- Allow Full Forward to dropped in central zone to create overload or enable one of the half-forwards to move wide to create space.
- If Yellow intercept ball, look to transition from defence and carry football over half-way line

## VARIATION (STEP1)

- One midfielder looks to carry ball in central zone to create a 4 v 3 overload. Allow play to develop thru central zone as above.

## 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 on both sides of the field in attack.
- Communicate defensive roles and provide cover balance & support.
- How do you defend in a 2 v 1 situation?
- What different types of runs can the players make to get behind the defence?

## ACTIVITY NAME & AIM

**5v5 Positional Rondo Game** – The aim of this Small Sided Game is about developing **Rotations**. Emphasis is on players rotating positions as ball is transition from defensive position to forward areas. Also rotating roles on interception of the ball.

## EQUIPMENT

- 6 x Footballs
- 15 x Players (5 v 5) + 5
- 3 x set of Bibs
- 6 x cones
- 10 minutes



## ORGANISATION

- Use half pitch. Set up 45m x 35m grid between 20m and 65m lines. Play 5 v 5 with 5 neutral players. Arrange players in the grid as shown. 5 defenders (White) inside the grid, 5 attackers (Green) – 2 on each side and 1 inside the grid, 5 neutral players (Yellow) - 2 inside the grid, 2 on one end line and 1 on the other end line.
- Two teams compete to maintain possession using the neutrals (Yellows) to combine with when in possession. 2 yellows on end line act as Half Backs, while 2 inside the grid act as Midfielders and one on the other end line as Centre Forward. Look for Green & Yellow players to rotate positions during passing sequence.
- If the defenders (White) win/intercept the football from the outside players, they must switch positions (transition) going from their compact defending to an expansive attacking shape.
- Play for 4 mins and then break for a 1 min rest period. Score can be possession passing targets (say 8 consecutive passes) or count the number of times the ball is passed from HB to CF without the defending team intercepting the football.

## VARIATION (STEP1)

- Allow 2 touch or 1 touch while in possession in the outside positions
- Outside attacking players cannot pass to each other on the same side.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on excellent transition from attack to defence on turnover
- Emphasise that players should be active and not static and have limited touches.
- Focus on quick ball movement, forward runs and body position looking to play forward.
- Create overloads in wide areas and combination play in central areas.
- What type of shape should defenders look to keep within the grid?





## ACTIVITY NAME & AIM

**Inside Backs Rotation Game** – The aim of this Full Sided Game is about developing Rotations. Emphasis is on rotations within the defence, and rotation between half backs and inside corner backs to create overlaps in forward areas and open up scoring opportunities.



## 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 backs look for opportunities to overlap into the attacking third, to receive cross field pass from midfield, with half back rotating into cover position. Identify cues to initiate the rotation and who manages this during the game.
- Scenario #2 - Inside backs look for opportunities to carry football into the attacking third, to deliver cross field pass to inside line, with half back rotating into cover position. Identify cues to initiate the rotation 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 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 attackers 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 9 repetitions (total distance 540m)
- 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