



Age Group: Under 13	Session Learning Outcomes		
Session No: 1	Tactical		
Period: Q3	Speed of Thought & Movement		
No. of Players:	Technical	Physical	Character
Squad:	<i>Bilateral Skills</i>	<i>Sprint Speed</i>	<i>Hard Working</i>

Session Aims

1. Develop Speed of Thought & Movement 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 kicking on both left & right foot in combination with solo, bounce & handpass
Small Sided Game	10m	Five on a Dice Game	SSG to develop movement on & off the ball and the use of a spare man
Small Sided Game	10m	First Touch & Vision Game	SSG to improve First touch & Vision (scanning) in a game environment
Small Sided Game	10m	Give & Go / Play The Way You're Facing Game	SSG to improve off the shoulder runs and maintaining possession within a game environment
Conditioning	5m	40m Sprint Speed	Develop a player's sprint speed over 40m distance.

Coaches Reflective Questions

1. What came up during the session that we didn't expect? How do we address this?
2. How did combining one Rule principles within a game work?

Players Reflective Questions

1. Reflect on how "buzz words" can help the player perform on the pitch
2. Understand why to as opposed to how to move the ball quickly

ACTIVITY NAME & AIM

GAA15 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

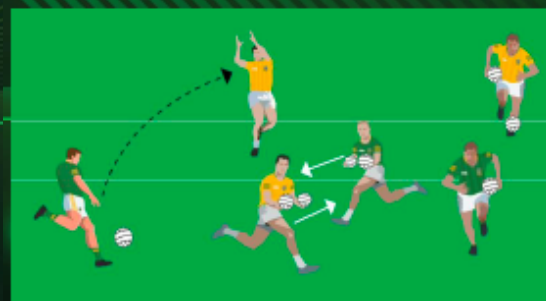
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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](http://GAA Learning.ie/GAA15)

ACTIVITY NAME & AIM

Bilateral Kicking. This activity helps develop bilateral technique in kick passing in combination with Handpassing, Crouch Lift, Solo and Bounce.



EQUIPMENT

- Working in pairs
- 2 x footballs per pair
- 2 x Tennis Ball per pair
- 13 minutes

ORGANISATION

1. Player 1 with 2 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. Player 2 continues sequence. 1 minute on with 30 seconds recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3
2. Player 1 with 2 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 sequence. 3 minutes on.
3. Recovery for 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 the cycle. 1 minute on with 30 second recovery. Repeat by 3.
5. Recovery for 30 seconds. Each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time for 30 seconds.

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

Five on a Dice Game – The aim of this Small Sided Game is to practice Speed of Thought and Movement principles. Emphasis is on the players maintaining possession by creating space and use of the spare man.

EQUIPMENT

- 1 x Football
- 5 Players
- 2 x set of Bibs
- 2 v 2 plus Neutral
- 10 minutes



ORGANISATION

- Set up 20m x 20m grid with a cone positioned close to the centre. 5 players split into 2 v 2 with Neutral player.
- Neutral player with the ball stands beside the cone and cannot leave this position.
- Remaining players play 2 v 2 possession game, and if the player in possession cannot find teammate with a pass, he can use the Neutral player on the cone who acts as a spare man.
- If the defending team win the ball back, then Neutral player changes to support that team. Neutral player cannot be tackled or stood in front of.
- Rotate Neutral player every minute.

VARIATION (STEPR)

- Add 3 second rule in the game, where once a player receives the ball, they have only 3 seconds on the ball.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Positive body language and confidence in wanting the ball. Possession is key.
- Focus and awareness of free space to receive the pass.
- First touch in relation to position of an opponent. Quality and accuracy of pass.
- How best to use the Neutral player to create space?
- What type of movement works best to lose your marker to get possession?

ACTIVITY NAME & AIM

Vision & First Touch Game – The aim of this Small Sided Game is to practice Speed of Thought and Movement principles. Emphasis is on the players having good technique, using their peripheral vision, use of body language and developing concentration.

EQUIPMENT

- 1 x Football
- 28/32 Players
- 2 x set of Bibs
- 7 v 7 or 8 v 8
- 10 minutes



ORGANISATION

- Set up two pitches across a Full Pitch between the 13m and 65m lines each with goals. Play two games 7 v 7 or 8 v 8 with GKs in.
- Vision Principle – Players cannot make any noise when defending or attacking. This makes players play with their heads up and the game should open-up and become much faster.
- First Touch Principle - If a player has any sort of a fumble, a free is awarded against him. This includes dropping the ball or just fumbling it. Aim is to get players to concentrate on their first touch.
- Play Vision game on 1st pitch and First Touch game on 2nd pitch for 2 minutes. Normal rules. Take 60 second rest period for review. Repeat both games for 2 minutes but on opposite pitches.
- Play a 3rd game on each pitch, adding variation of 3 second rule. Let players decide which principle, Vision or First Touch to be implemented with 3 second rule.

VARIATION (STEPR)

- Adjust the size of the pitch and position of the Goals based on numbers of players available.
- Add 3 second rule in the game, where once a player receives the ball, they have only 3 seconds on the ball.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Vision principle allows players to play with heads up, scanning of the field. Generates creative running all round.
- First Touch Principle gets players to concentrate on their first touch and leads to Perfect Quality and increased Handling Confidence
- What types of body language could be used in the game?
- Is your performance negatively or positively impacted by not talking in the game? Why?





ACTIVITY NAME & AIM

Give & Go and Play the Way You're Facing Game – The aim of this Small Sided Game is to practice Speed of Thought and Movement principles. Emphasis is on the players having good technique, making angled support runs, and developing the ability to know why and how to move the ball faster.

EQUIPMENT

- 1 x Football
- 28/32 Players
- 2 x set of Bibs
- 7 v 7 or 8 v 8
- 10 minutes



ORGANISATION

- Set up two pitches across a Full Pitch between the 13m and 65m lines each with goals. Play two games 7 v 7 or 8 v 8 with GKs in.
- Give & Go Principle – Players must move after making a pass. If the movement is not fluid and simultaneous, award a free against. Aim is to avoid players stopping & admiring their work!!
- Play The Way You're Facing Principle - If a player receives a ball with his back to goal they cannot turn. This requires support players to make angled runs towards the player in possession to take a pass, rather than the player looking to turn.
- Play a Give & Go game on 1st pitch and a Play The Way You're Facing game on 2nd pitch for 2 minutes. Normal rules. Take 60 second rest period for review. Repeat both games for 2 minutes but on opposite pitches.
- Play a 3rd game on each pitch, adding variation of 3 second rule. Let players decide which principle, Give & Go or Play The Way You're Facing to be implemented with 3 sec rule.

VARIATION (STEPR)

- Adjust the size of the pitch and position of the Goals based on numbers of players available.
- Add 3 second rule in the game, where once a player receives the ball, they have only 3 seconds on the ball.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Give & Go principle encourages players to give support to teammates. Allows for "off the shoulder" penetration.
- Play The Way You're Facing principle gets players to concentrate on keeping possession, delivering accurate pass and build momentum.
- How does the 3 second rule impact the game (Speed of Thought)?
- How does not turning with the ball improve team's ability to move the ball faster?

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