



Age Group: Under 17	Session Learning Outcomes		
Session No: 3	Technical		
Year: 2006	Bilateral Handpassing		
No. of Players:	Tactical	Physical	Character
Squad:	<i>Vision (Scanning)</i>	<i>Conditioning</i>	<i>Coachability</i>

Session Aims

1. Develop Handpassing on both left & right hand
2. Refresh on Solo, Bounce and Kicking 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 Handpassing	Practice handpassing on both left & right hand in combination with solo, bounce & kicking
Skill (Blocked)	8m	Transition Squares	Practice handpassing on both left & right side while transitioning and retaining possession
Skill (Blocked)	8m	Pass & Move	Practice handpassing on both left and right side. Players should focus on correct technique and movement
Small Sided Game	15m	Man On Man Game	Practice handpassing on both sides and has a focus on man on man marking and tagging
Conditioning	5m	70m Run Conditioning	Develop player's run conditioning over 70m distance

Coaches Reflective Questions

1. How did we address inconsistencies during the session when we sensed them?
2. Did the activities challenge the players? Which ones and why?

Players Reflective Questions

1. What is key to developing handpassing technique on the non-dominant side?
2. In the SSG, how many contacts did you have, and how many on the non-dominant side?

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

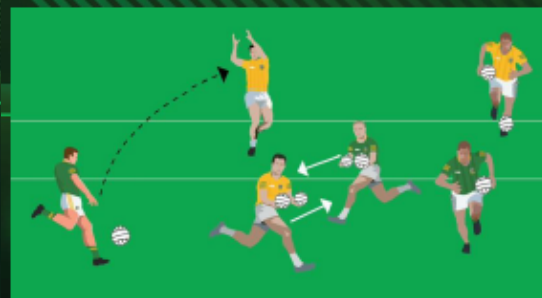
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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 – 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

Transition Squares - The aim of this blocked practice is to develop hand passing on both left and right sides while retaining and transitioning with ball



EQUIPMENT

- 1 x Football
- 18 x Players
- 8 x Space Markers
- 25m x 25m grids
- 2 x Bib Set
- 8 Minutes

ORGANISATION

- Set up 2 x 25m grids with a 20 m distance between each grid. Divide players into 2 teams and puts a 3 v 3 in each grid with a 3 v 3 resting outside grid A.
- On whistle the 3 v 3 begins in grid A only with the conditions of hand pass only to retain ball. After 30-40 seconds coach blows whistle and the team in possession break from grid A trying to work ball to grid B using hand pass only with the opposition trying to turn ball over on way to grid B. The team that reaches grid B passes to their teammates in grid B and both teams in transition now rest outside of grid B.
- The 3 v 3 cycle then continues in grid B until coach blows whistle again and team with ball, break to get ball to grid A. The players who were originally waiting on outside of grid A will now be waiting as a 3 v 3 in grid A when ball and players arrive.
- Run activity for 3-4 mins with 1 minute recovery for coaching and player feedback.
- Adjust grids and teams based on number of players available.

VARIATION (STEPR)

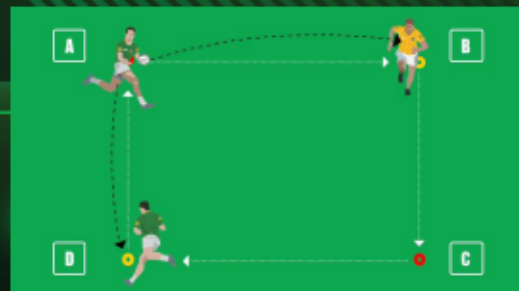
- Play with non-dominant hand only
- No touches outside of grids; All in inside each grid.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in direction of pass
- Watch for throwing the ball; using wrong part of the hand
- Focus on the hand passing left and right while retaining and transitioning with ball.

ACTIVITY NAME & AIM

Pass & Move - The aim of this blocked practice is to develop hand passing on both left and right sides. Players should focus on correct technique and movement



EQUIPMENT

- 1 x Football
- 3 x Players
- 4 x Space Markers
- 15m x 15m grid
- 1 x Bib Set
- 8 Minutes

ORGANISATION

- Set up 15m x 15m grid as shown in diagram with 3 players on each corner with a corner free
- Activity starts with player in corner A with football in hand. On whistle player at corner A hand passes football to player at corner B and sprints to corner D.
- Player at corner B on receiving the football now hand passes the football to player at corner C and sprints to corner A.
- The activity continues with passing in clockwise direction.
- Coach encourages players to move at pace after hand passing the football. Coach to make sure players are using left and right hands while doing this activity.
- Run for 3 mins with 1 minute recovery for recovery and feedback for players.

VARIATION (STEPR)

- Play with non-dominant hand only
- Change direction of pass (counter-clockwise)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

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



ACTIVITY NAME & AIM

Man On Man Game - The aim of this Small Sided Game is to focus on Handpassing and Kicking and works on man on man tracking & tagging.

EQUIPMENT

- 1 x Football
- 2 Teams - 12 players per team
- 2 sets of Bibs
- 8 x Space Markers
- 100m x 90m Grid
- 15 minutes



ORGANISATION

- Using up to 12 players per team and almost full pitch.
- 4 players from each team stand out on the cones that are placed both ends and both sides of the pitch, each cone is 5m apart and a player from each team stand on these.
- On the signal a game starts, for the 1st part of the game the team in possession score by hand passing to a team mate on any the 4 cone stations, this player then leaves the cone with his marker and are replaced by the passer and his marker.
- Players can't go to the same cones twice in a row. Player leaving cone cannot pass to another cone..
- 2nd part, players can pass to teammate with a kick pass.
- Each player must mark his own man in the game and is responsible for him.

VARIATION (STEPR)

- Add and Suspend plays of the ball (hop or solo) as required
- Change possession on bad first touch (fumble or errant pass)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Question the Players on the use of scanning to identify player for in space.
- Where should support be available to the player in possession for a pass?
- Check on when to use the non-dominant hand for a pass?
- What is needed to ensure tracking & tagging on one-to-one basis is observed?

ACTIVITY NAME & AIM

70m Run Conditioning - This activity is used to develop the player's speed endurance and conditioning.

EQUIPMENT

- 70m Grid
- 8 x Space Markers



ORGANISATION

- Set up 65m Grid.
- Players complete 70 metre run in 15 sec, repeat on 30 seconds
- Perform 8 repetitions
- Intensity level at 75% (¾ 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