

Fun Do



GAA Fun Do

FOOTBALL RESOURCE



A GAA Games
Development
Fun Do Initiative



Promoting the GAA
Code of Best Practice
for Youth Sport



Media Partners

THE IRISH TIMES

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guardians.

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U CAN AWARDS

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DVD and DVD-ROM

The Football Resource DVD and DVD-ROM are located in the inside back cover



TEACHTAIREACHT AN UACHTARÁIN

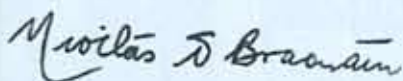
Is cúis mhór áthais dom cúpla focail a scríobh ar fhoilsiú an leabhair thábhachtaigh seo.

The GAA Fun Do Learning Resource Pack is the product of an enormous amount of research and preparation and I want to extend my thanks to all those who have had an input into this vital resource. It is designed to promote participation for all, and to present Gaelic games as a fun recreation for our youth as they learn the skills and techniques of Gaelic games in a healthy, structured and relaxed environment.

The programme is intended to address the social, physical and psychological needs of young players and as such is an exciting and progressive development for the Association. It aims to cater for different levels of development, for differing abilities and needs and to develop a sense of fair play with an overall purpose of encouraging children to reach their full potential.

The GAA has a proud history of innovation in the area of Games Development. I extend my thanks to the countless thousands of coaches, teachers and parents who have been proactive in this area over the years. Their contribution is a large part of the reason that the GAA continues to thrive and develop across the country. This latest initiative has the potential to make an enormous difference to the lives of young people who are attracted to our games and for this reason everyone involved with Fun Do should be extremely proud.

Ráth Dé oraibh go léir,



Nioclás Ó Braonáin

Uachtarán



INTRODUCTION



The GAA Fun Do Learning Resource Pack for Gaelic Football incorporates a number of elements which enable Coaches to assist and challenge players to develop their full playing potential in a fun filled environment.

These elements are as follows:

- Catch & Kick Coaching Classes
- Sample Sessions
- U Can Awards
- Skill Star Challenge

The Catch & Kick Coaching

Classes provide a range of activities which assist with the full range of Gaelic Football Skills – 27 in total. These are set out on an age appropriate basis - for Under 8's, 10's and 12's – along with a number of optional extras which can be used depending on the underlying level of ability and application of those involved.

Each of these is structured to encompass:

1. The **Key Points** to look out for when performing each skill, with images of elite players performing the skill concerned.
2. **Common Errors** are identified and details are outlined as to how these can best be rectified
3. A sequential series of activities to **Practise the Technique** – ranging from basic to advanced – are incorporated and can be used to master the skills
4. These are complimented by a further series of activities to **Develop the Skill** e.g. Fun Games,

The GAA Fun Do Learning Resource Pack for Gaelic Football consists of 4 Key Elements

Conditioned Games and/or Game Play Drills – with a view to ensuring that optimum performance levels prevail.

The Sample Sessions provide coaches with a number of ideas in terms of structuring and/or varying their sessions. A number of blank sessions are also included on the basis that Coaches can utilise these for experimentation purposes. Over time, Coaches will be able to build a bank of quality sessions which reflect and contribute to the implementation of best coaching practice.

The U Can Awards are a progressive series of skills challenges for players, designed to assess and assist with the development of the skills of Gaelic Football. There are 15 Skills Challenges divided over 5 Star levels – One Star, Two Star, Three Star, Four Star and Five Star. Each Star level corresponds to an age or class, but players can also progress at a rate appropriate to their own level of ability and application. Each Star level is made up of 3 Skill Challenges. Awards are made on the basis of proficiency at each challenge.

INTRODUCTION

The U Can Awards Passport is a feature of this scheme which can be used to motivate children – on an intrinsic basis – to practise on their own or with friends and also provides coaches with a measure of qualitative feedback on the progress being made by each participant. For example, the attainment of the 5 Star Gold Award provides conclusive evidence of the fact that the participant has achieved full playing proficiency on the left and right hand side of the body.

The **Skill Star Challenge** is an extension of the U Can Awards which is aimed at players in the 13/14 age bracket. The challenges are more difficult in nature and provide a better measure of the type of playing demands that are experienced by this age group.

The Fun Do Learning Resource Pack provides the complete interactive learning package that embraces Nursery activities, Skill Development activities, Skills Awards and Games. It has been designed to ensure that these are delivered in a manner which facilitates learning and which gives practical expression to the vision and mission of ensuring that people 'Play and Stay with the GAA'.

UNDERSTANDING THE ICONS

Throughout the document a series of icons are used. Below is what they stand for.

EQUIPMENT ICONS



Coach



Stopwatch



Player



Markers



Whistle



Tackle Bag



Cones



Goalposts



Football



Hoop

DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill

UNDER

8



**CATCH
& KICK**

COACHING CLASSES



**COACHING
CLASSES**

**BODY CATCH / LOW CATCH / PUNT KICK 1 /
BOUNCE / HAND PASS / SIDE STEP**

U-8 INTRODUCTION



Welcome to the U-8 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 8. Remember that some players progress quicker than others and may have mastered these skills. In this case progress to the skills outlined in the U-10 section of this resource.

BODY CATCH

The Body Catch is a basic technique in Gaelic Football. This type of catch is used when the ball is dropping between waist and head height and the player has time to cushion it into their chest.

LOW CATCH

The Low Catch is a basic technique in Gaelic Football used to receive a pass bouncing low along the ground.

PUNT KICK

The Punt Kick is one of the most common foot passing techniques used in Gaelic Football. It may also be used to kick for a score when approaching the goal straight on.

BOUNCE

The Bounce is a basic technique in Gaelic Football used to play the ball in order to keep possession without fouling. When in possession it is possible to take a maximum of four steps without playing the ball. After four steps the player has the choice of bouncing the ball, performing a toe tap, or playing the ball away. The ball may not be bounced more than once in succession. However, the ball may be bounced alternately with the toe tap to keep possession as part of a solo run.

HAND PASS

The Hand Pass is a basic technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the open free hand.

SIDE STEP

The Side Step is a basic technique in Gaelic Football used to evade an opponent while in possession of the ball. The technique involves a shift in weight from one leg to the other, tricking the opponent into tackling to one side while the player moves off to the other.

KEY TEACHING POINTS

Here are the Key Teaching Points for the Body Catch



As the ball approaches, move to receive it between the arms and the chest

Head up, keep eyes on the ball



Extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up

Spread the fingers of both hands to cushion the ball




Relax the chest on impact to cushion the ball into a secure position with both hands



COMMON ERRORS

Here are the Common Errors for the Body Catch

✗	Closing the eyes: this may result in the player failing to catch or fumbling the ball	
✓	To correct, keep the head up and eyes open as the ball approaches	
✗	Leaning back as the ball approaches: this may result in the ball bouncing off the player's chest	
✓	To correct, move to receive the ball between the arms and the chest, relaxing the chest on impact	
✗	Keeping the arms and hands too far apart: this may result in the ball falling between the arms	
✓	To correct, extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up	

DRILL 1 THROW AND BODY CATCH

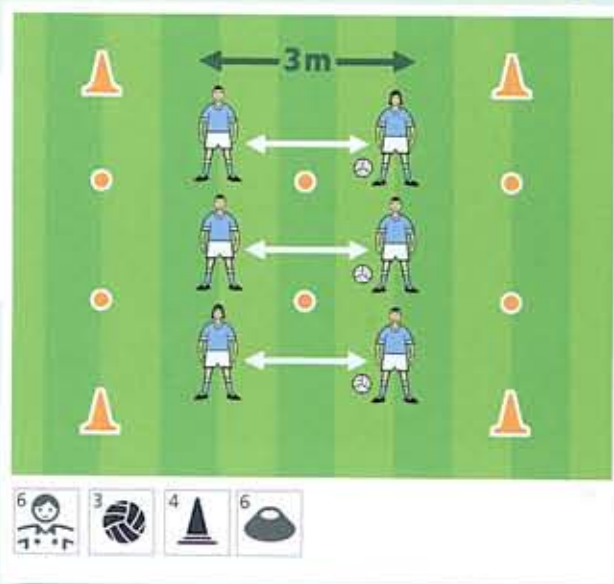
Basic Drill to practise the Body Catch technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- The players stand approximately 3m apart
- Each player in turn throws the ball underarm for their partner to Body Catch
- Count the number of successful catches in 30 seconds

VARIATION

- To increase the difficulty increase the distance between the players
- To increase the challenge move the players further apart as their technique improves



DRILL 2 HANDBALL BOB

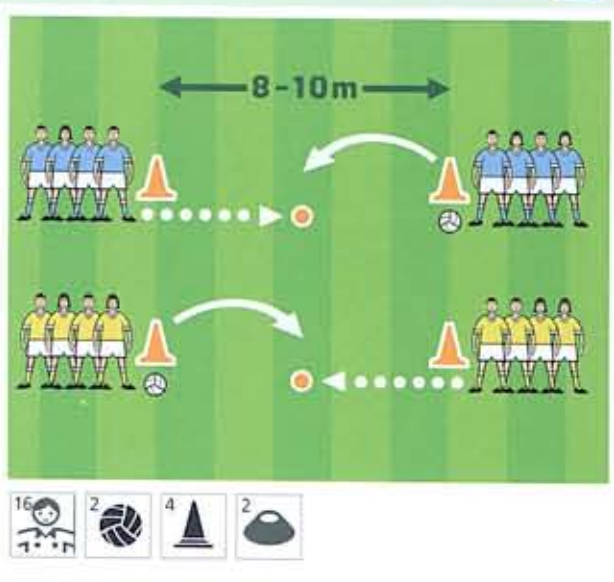
Intermediate Drill to practise the Body Catch technique

ORGANISATION

- Divide the players into groups of 8; one football per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker half way between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the opposite player to run forward and catch at the halfway marker
- The catching player runs on and hands the ball to the next player to repeat
- Each player follows on to line up at the back of the opposite line

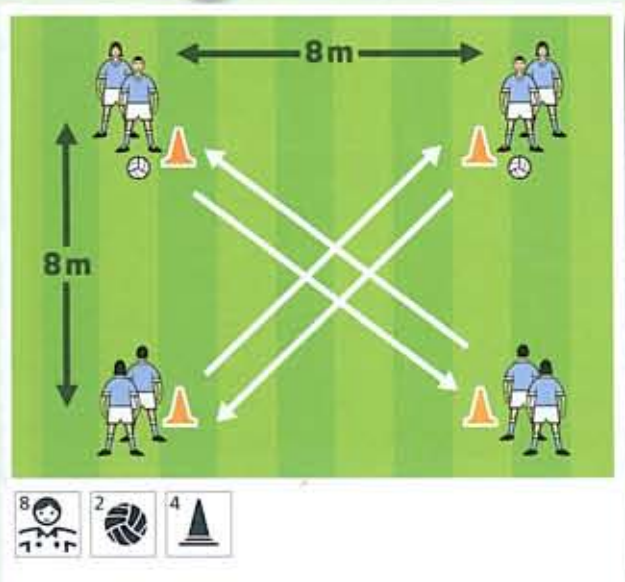
VARIATIONS

- To increase the difficulty increase the distance between the players
- To increase the difficulty throw the ball higher



PRACTISE THE TECHNIQUE

DRILL 3 CROSS RUNNING CATCH



Intermediate Drill to practise the Body Catch technique, requiring the players to catch the ball while crossing the path of other players

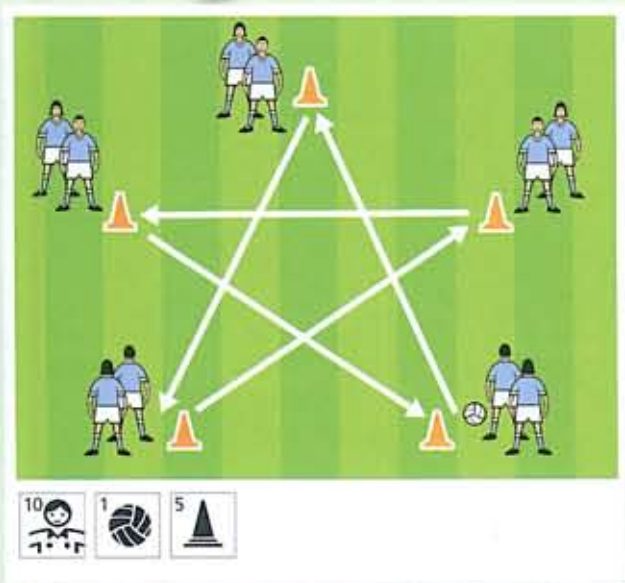
ORGANISATION

- Using cones, mark out a grid approximately 8m X 8m
- Two players line up at each cone
- Each player in turn moves forward and throws the ball for the front player at the opposite corner to attack and catch
- Each player follows their throw to take position at the back of the opposite line
- Encourage the catching players to move forward and jump into the ball as it approaches

VARIATIONS

- To increase the intensity of the drill reduce the space between the cones
- Introduce a second ball to each diagonal as the players technique improves

DRILL 4 STAR DRILL



Intermediate Drill to practise the Body Catch technique

ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

VARIATION

- To increase the difficulty of the drill introduce a second ball

ACTIVITY 1 PIGGY IN THE MIDDLE

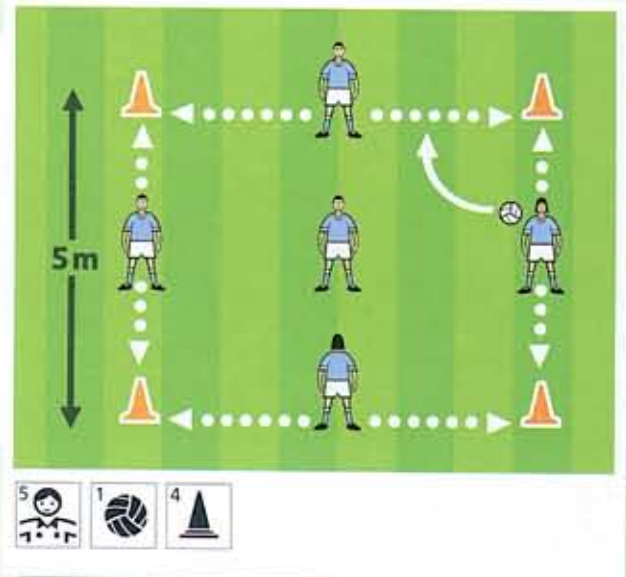
A Fun Game to develop the Body Catch technique

ORGANISATION

- Mark out a grid 5m X 5m using cones
- Divide the players into groups of five
- Position one player along each length of the grid
- Position the fifth player in the middle of the grid
- The outside players must move along the lengths of the grid throwing the ball to each other to retain possession
- The ball must be caught using the Body Catch technique
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

VARIATION

- To increase the difficulty, increase the size of the grid



ACTIVITY 2 OVER THE RIVER

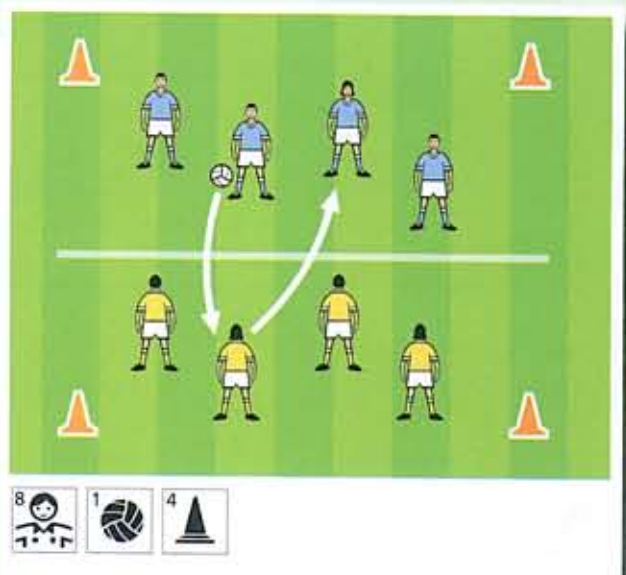
A Fun Game to develop the Body Catch technique

ORGANISATION

- Mark out a grid or 'court' using cones
- Divide the players into two teams of 4
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch
- The opposition team must use the Body Catch technique
- 1 point is awarded if the opposition fail to catch the ball using the Body Catch, or if the ball is dropped
- Award 1 point to the opposition if the ball is thrown outside the court

VARIATIONS

- Reduce the number of players on each team to provide more touches on the ball
- To increase the difficulty, introduce a second ball



UNDER 8 BODY CATCH

DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



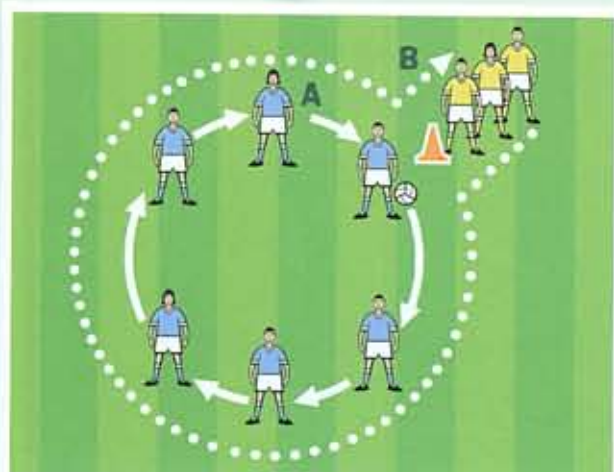
This Fun Game is designed to improve the players ability to perform the Body Catch under pressure

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Body Catches completed before the last player in Team B finishes their run
- Reverse the roles; the team with the most Body Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins



KEY TEACHING POINTS

Here are the Key Teaching Points for the Low Catch



As the ball approaches, get behind the ball, bending the back and knees

Head down, eyes on the ball



Extend the arms low with the elbows close together and the fingers pointing to the ground



Step forward placing one foot alongside the ball

Spread the fingers of both hands to create a 'W' shape and cushion the ball into the hands



Hold the ball securely with both hands and bring into the chest



If possible catch the ball before it bounces securing in to the chest before moving quickly away



COMMON ERRORS

Here are the Common Errors for the Low Catch

	Not getting low behind the ball	
	To correct, get behind the ball as it approaches, bending the back and knees	
	Keeping the arms and hands too far apart: this may result in the ball falling between the arms and hands	
	To correct, extend the arms low with the elbows close together and the fingers pointing to the ground	

LOW CATCH PRACTISE THE TECHNIQUE

DRILL 1 THROW AND LOW CATCH

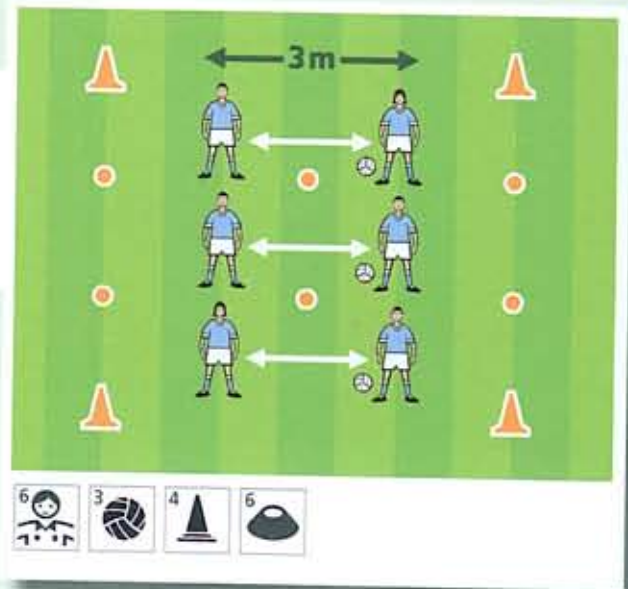
Basic Drill to practise the Low Catch technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- The players stand approximately 3m apart
- Each player in turn throws the ball to bounce for their partner to perform the Low Catch
- Count the number of successful catches in 30 seconds

VARIATION

- Move the players further apart as their technique improves



DRILL 2 ISLANDS

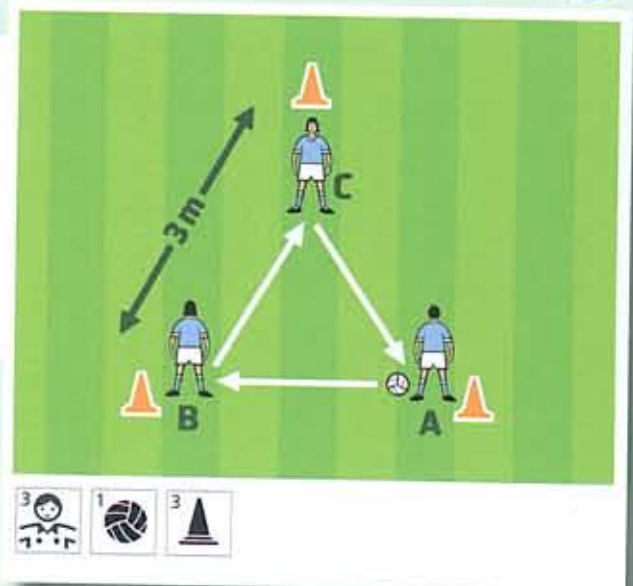
Basic Drill to practise the Low Catch technique

ORGANISATION

- Divide the players into groups of 3, each group in triangle formation approximately 3m apart
- Ensure each group has adequate space to perform the technique
- Player A throws the ball low towards the feet of Player B
- Player B then repeats the drill with Player C and so on around the triangle
- After a set time, change the direction of the drill

VARIATION

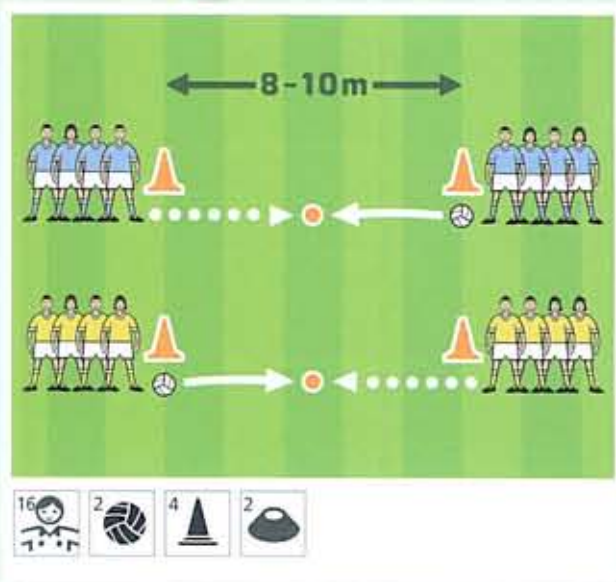
- To increase the intensity of the drill, introduce a second ball



UNDER 8 LOW CATCH

PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND CATCH



Intermediate Drill to practise the Low Catch technique

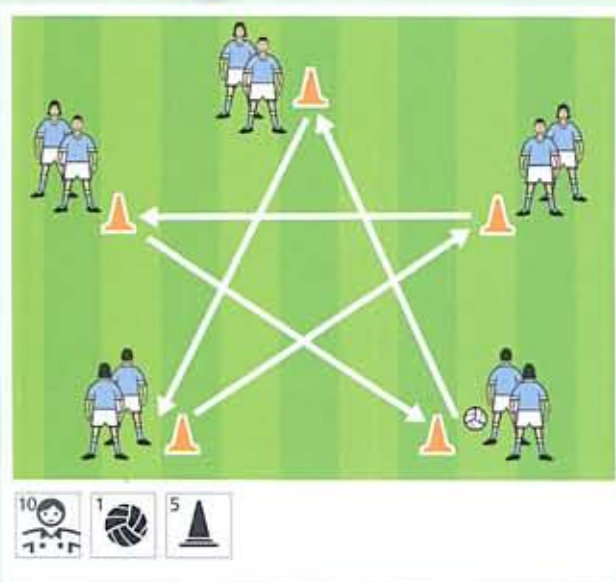
ORGANISATION

- Divide the players into groups of 8: one ball per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker halfway between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the player opposite
- This player runs forward and catches the ball at the halfway marker, runs on and hands the ball to the next player to repeat the drill
- Each player follows on to line up at the back of the opposite line

VARIATION

- To increase the difficulty allow the throwers to place the ball slightly to either side of the catching player

DRILL 4 STAR DRILL



Intermediate Drill to practise the Low Catch technique

ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

VARIATION

- To increase the difficulty of the drill introduce a second ball

ACTIVITY 1 PASS THE GUARD

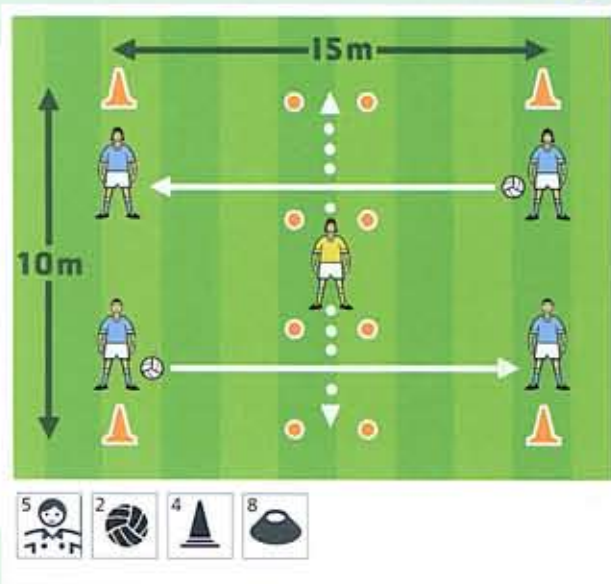
A Fun Game to develop the Low Catch technique

ORGANISATION

- Mark out a grid approximately 15m X 10m
- Mark a zone approximately 1m wide across the centre of the grid
- Two players are positioned at either end of the grid with one player in the centre
- The outer players attempt to throw the ball low past the centre player
- The centre player attempts to catch the ball using the Low Catch technique without leaving the centre zone
- Only one ball at a time may be thrown
- The centre player receives a point for every ball successfully caught
- Switch the centre player after a set time

VARIATION

- To reduce the difficulty increase the number of centre players



ACTIVITY 2 PIGGY IN THE MIDDLE

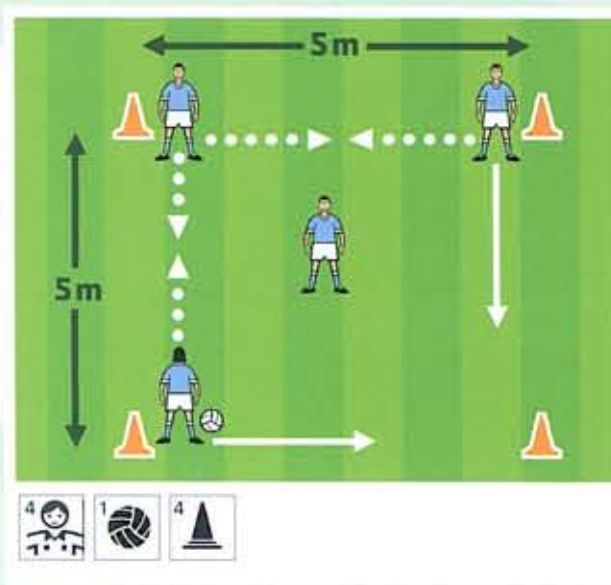
A Fun Game to develop the Low Catch technique

ORGANISATION

- Mark out a grid 5m X 5m using cones
- Position one player at each of 3 corners of the grid
- Position a further player in the middle of the grid
- The outside players must throw the ball along the lengths of the grid to keep possession
- The ball may only be thrown and caught at a cone
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

VARIATION

- To increase the difficulty increase the size of the grid



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



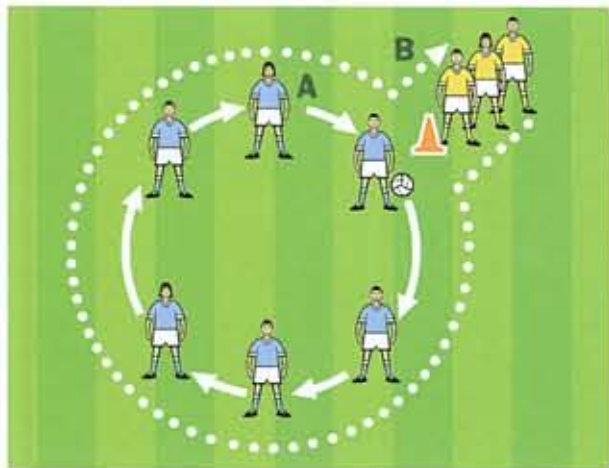
This Fun Game is designed to improve the players' ability to perform the Low Catch under pressure

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Low Catches completed before the last player in Team B finishes their run
- Reverse the roles: the team with the most Low Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins



KEY TEACHING POINTS

Here are the Key Teaching Points for the Punt Kick



Hold the ball firmly with both hands

Head down, eyes on the ball



Release the ball into the hand, at the kicking side and extend the opposite arm away from the body to aid balance



Step forward with the non-kicking foot

Extend the wrist and drop the ball onto the kicking foot



Kick the ball with the instep, that is, the laced part of the boot



Keep the toes pointed

Follow through in the direction of the target



COMMON ERRORS

Here are the Common Errors for the Punt Kick



Lifting the head too early: this can lead to mis-kicking the ball and sending the ball in the wrong direction



To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete



Dropping the ball from the opposite hand to the kicking foot: this can lead to the player kicking the ball with the inside of the foot and misdirecting the pass or shot



To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance



Not keeping the toes pointed and not following through in the direction of the target



To correct, keep the toes pointed throughout the kick, following through in the direction of the target



PUNT KICK I PRACTISE THE TECHNIQUE

DRILL 1 PUNT KICK TO PARTNER

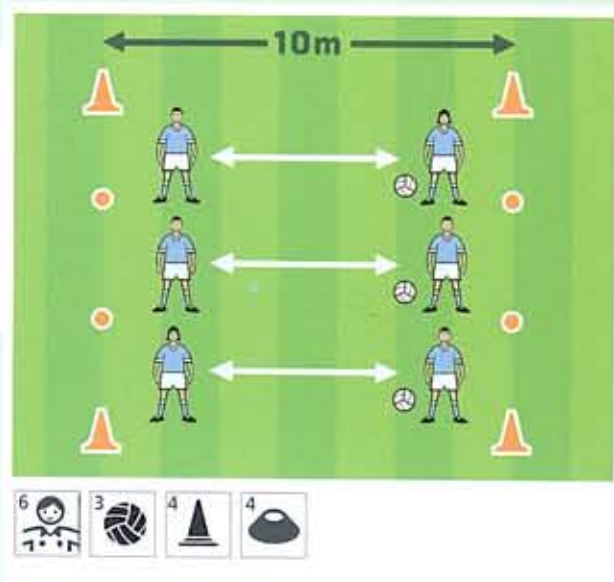
Basic Drill to practise the Punt Kick technique

ORGANISATION

- Divide the group into pairs; one football per pair
- Mark out a channel for each pair, who face each other approximately 10m apart
- Each player in turn Punt Kicks the ball to their partner
- To kick with the right leg take the first step with the left leg and vice versa
- It may be necessary to group children on the basis of ability

VARIATION

- To increase the challenge, increase the distance between the players



DRILL 2 PASS AND FOLLOW

Basic Drill to practise the Punt Kick which requires the player to pass the ball before moving

ORGANISATION

- Mark out a triangle using cones, with approximately 8m between each cone
- Divide the players into groups of four
- Two players begin at one cone, the first with the ball
- Each player in turn Punt Kicks the ball to the next player in rotation before following their pass to the next cone
- Challenge the players to change the direction of the drill and use their other foot to pass the ball

VARIATION

- To increase the challenge, increase the distance between the players



PRACTISE THE TECHNIQUE

DRILL 3 DOWN THE LINE



Intermediate Drill to practise the Punt Kick designed to improve the players ability to kick with accuracy

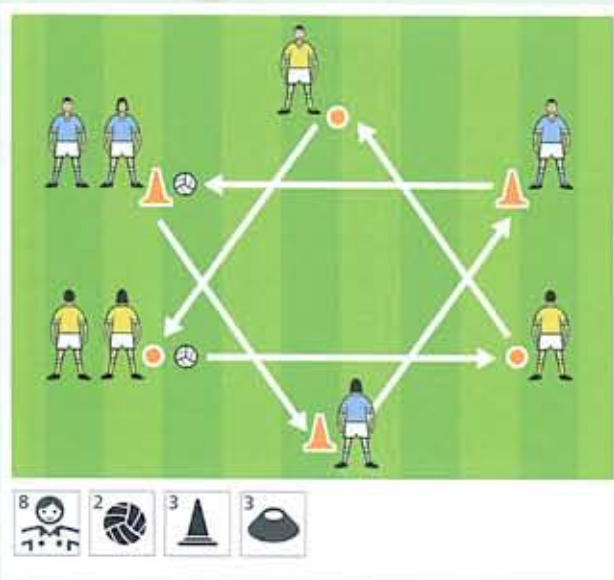
ORGANISATION

- Mark out a channel approximately 10-15m long and 2m wide for each group
- Two players line up at each end of the channel
- Each player in turn moves forward and Punt Kicks the ball to the next player at the far end of the channel
- After kicking the ball the player moves out of the channel and follows on to line up at the far end
- Allow the players to move as far along the channel as necessary to kick the ball accurately

VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves

DRILL 4 SIX STAR DRILL



Intermediate Drill to practise the Punt Kick requiring the players to move and turn before performing the technique

ORGANISATION

- Place 3 cones and 3 markers as shown to make two overlapping triangles
- 4 players play each triangle; 2 at one cone/marker, the first with a ball, and 1 at each of the other cones/markers
- The player in possession passes the ball to the player on the second cone/marker to their right
- They in turn receive the ball before turning to pass to the player on the second cone/marker to their right, and so on
- Each player follows their pass to take position at the far cone/marker
- Encourage the receiving player to move forward into the ball as it approaches

VARIATION

- Challenge the players to play the ball low to bounce, or at chest height or high to catch overhead

ACTIVITY 1 EMPTY THE CIRCLE

Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a circle using cones
- Divide the players into uneven teams
- Position the team with the greater number of players outside the circle and the other inside the circle
- The players inside the circle must attempt to keep the circle clear by Punt Kicking each ball from the circle
- The outside players must retrieve the balls and place them back in the circle
- Switch the roles of the players after a set time

VARIATION

- Fill the Circle: the outside team must Punt Kick to land in the circle; the inside team clear the circle by rolling the balls away



ACTIVITY 2 HIT THE CONES

Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a grid 25m X 25m
- Place a number of cones across the middle of the grid
- Divide the group into teams of 3-5 players
- Give 1 or 2 footballs to each team
- The player in possession attempts to strike one of the cones in the middle of the grid using the Punt Kick
- For each successful strike award one point
- Extra points may be awarded for knocking a cone over or for a clean catch if the ball is struck too far

VARIATION

- Alternatively points may be awarded for kicking the ball through gaps in the cones



DEVELOP THE SKILL

ACTIVITY 3 GOAL TO GOAL



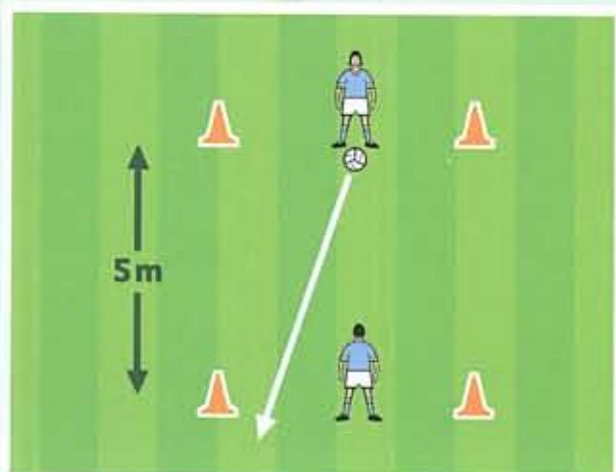
This Fun Game challenges players to score against their partner using the Punt Kick technique

ORGANISATION

- Mark out goals 5m apart using cones
- Divide the players into pairs; one ball per pair
- Each player in turn tries to score a goal by Punt Kicking the ball past their partner
- Repeat the drill for a set time

VARIATIONS

- As the player develops, increase the distance between them
- Increase or decrease the width of the goals based on the ability of the players



KEY TEACHING POINTS

Here are the Key Teaching Points for the Bounce



Hold the ball with both hands

Head down, eyes on the ball



Release the ball into one hand, spreading the fingers behind the ball



Extend the arm, pushing the ball into the ground with the 'bouncing' hand



Extend both arms towards the ball as it returns into the hands

Spread the fingers of both hands to create a 'W' shape and cushion the ball into the hands



Hold the ball securely with both hands and bring it into the body



COMMON ERRORS

Here are the Common Errors of the Bounce



Bouncing the ball with two hands: this may lead to difficulty performing the technique while running



To correct, transfer the ball from both hands to the 'bouncing' hand just prior to the bounce



Bouncing the ball too soft or too hard: this may result in the ball not returning from the ground properly



To correct, extend the fingers behind the ball to aid control and push through the ball to ensure adequate force is applied



Attempting to catch the ball with one hand: this may result in the player failing to catch or fumbling the ball



To correct, extend both arms towards the ball as it returns, spreading the fingers of both hands to secure possession



DRILL 1 STATIONARY BOUNCE

Basic Drill to practise the Bounce technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- Each player in turn Bounces and catches the ball and hands it to their partner
- Alternatively, one player in each pair Bounces the ball repeatedly for one minute, catching the ball securely after each Bounce
- The second player in each pair counts the successful attempts by their partner
- Players switch play after 1 minute

VARIATION

- As the players become more proficient, challenge them to Bounce the ball at an angle for their partner to catch

**DRILL 2 BOUNCE ON THE MOVE**

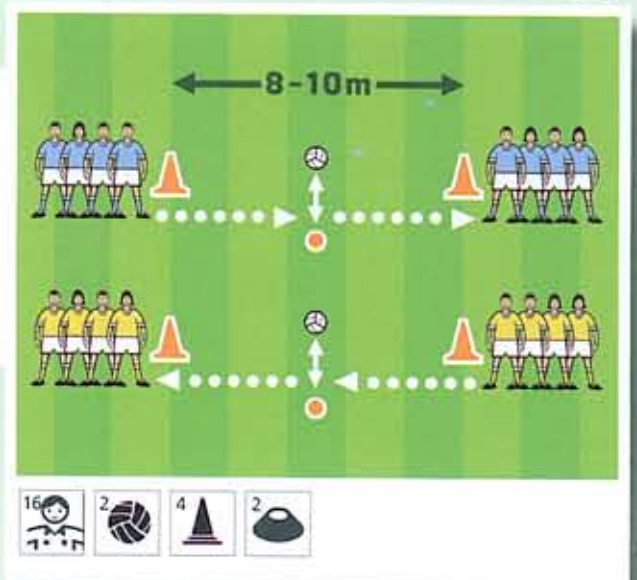
Basic Drill to practise the Bounce technique while moving at walking pace

ORGANISATION

- Form lines of 4 players 8-10m apart
- Place a marker half way between each line
- The player in possession walks forward four steps before Bouncing the ball and catching it again
- The player then walks on and hands the ball to the next player who repeats the drill
- Each player in turn moves to the back of the opposite line

VARIATIONS

- As the players become more proficient, increase the pace to jogging
- Challenge the players to Bounce the ball at an angle for their partner to catch



PRACTISE THE TECHNIQUE

DRILL 3 SLALOM BOUNCE



Intermediate Drill to practise the Bounce technique requiring the players to Bounce the ball using both left and right hands alternately

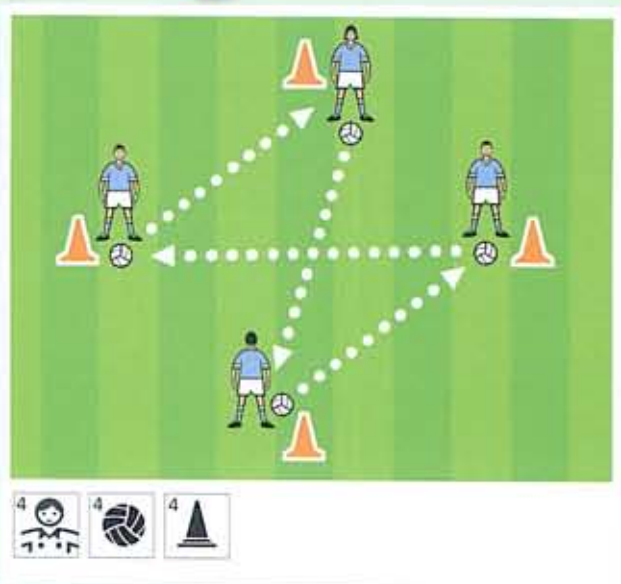
ORGANISATION

- Place four cones in a line at 2-3m intervals
- Line the players up before the first cone
- The first player in the line runs out and back, Bouncing the ball while rounding each cone
- The ball should be Bounced with the outside hand while rounding each cone, i.e. use left and right hands alternately
- Each successive player repeats the drill

VARIATION

- Challenge the players to dribble Bounce the ball in and out between the cones; switch to the outside hand rounding each cone

DRILL 4 BOUNCE AND TURN



Intermediate Drill to practise the Bounce technique

ORGANISATION

- Set up 4 cones in a square formation approximately 4-5m apart
- Position one player, ball in hand, at each cone
- The players move to perform the Bounce technique as they turn around each of the cones randomly
- Encourage the players to use the left hand to Bounce the ball when turning to the right around a cone and vice versa
- The players must be aware of each other to avoid knocking into one another as they cross to each cone

VARIATION

- Divide the players into pairs; challenge each pair to pass simultaneously to each other after rounding each cone

ACTIVITY 1 SPACE INVADERS

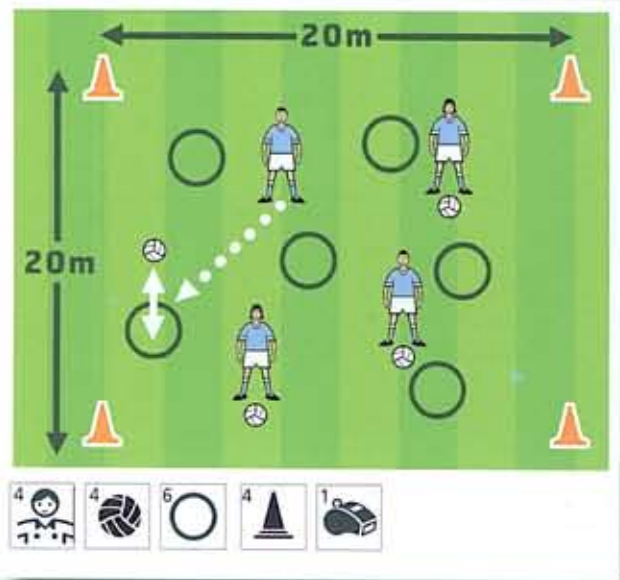
This Fun Game emphasises the development of control, accuracy and speed while performing the Bounce technique

ORGANISATION

- Mark out a grid 20m X 20m
- Place hoops on the ground at various points within the grid
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- Players must attempt to Bounce the ball in as many hoops as possible in 1 minute
- The ball should not be Bounced in the same hoop twice in succession
- The player who Bounces the ball in the greatest number of hoops wins

VARIATIONS

- Allocate different points to different colour hoops
- Divide the players into teams and award team points


ACTIVITY 2 BOUNCE KING

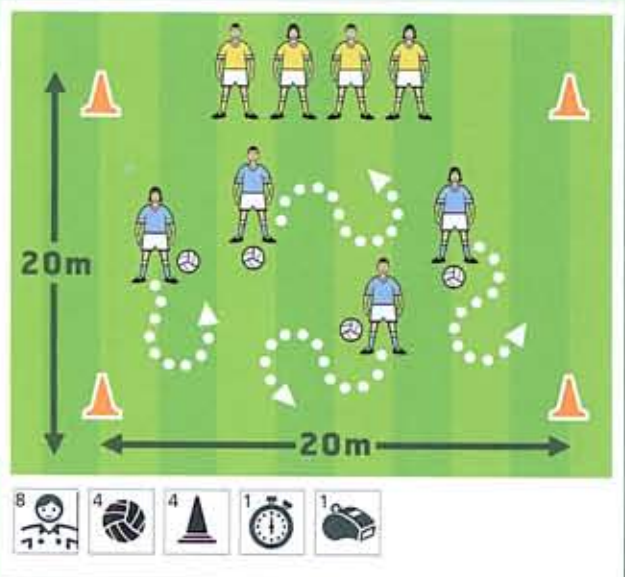
A Fun Game challenging each player to perform the Bounce technique while under pressure from an opponent

ORGANISATION

- Mark out a grid 20m X 20m
- Divide the players into two equal teams
- Team 1 starts inside the grid; each player has a ball
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- After a short time, each member of Team 2 enters the grid, attempting to dispossess a member of Team 1
- The team of players who keeps possession for the longest time wins
- Switch the roles after a set time

VARIATION

- Play the game on an individual basis awarding the game to the player who keeps possession for the longest time



DEVELOP THE SKILL

ACTIVITY 3 GRID SWAP



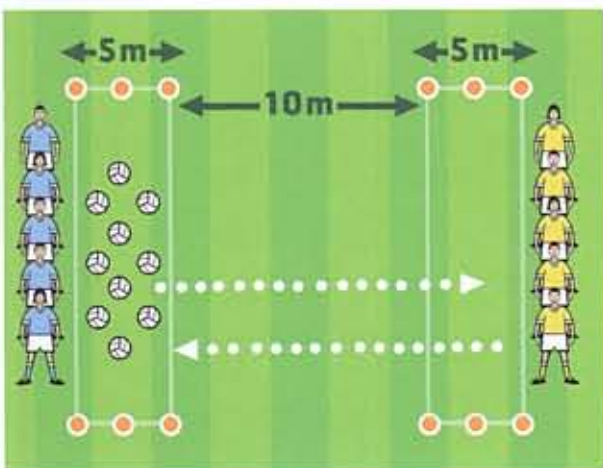
Fun Game to develop the Bounce Technique

ORGANISATION

- Divide the players into two teams of five players each
- Mark out two grids 5m wide with 10m between each grid. Assign a grid to each team
- Place ten footballs in one grid
- On the whistle, the first team runs forward, picks up a ball each and returns it to their own grid, Bouncing the ball along the way. This is done until all the footballs have been moved
- The second team repeat, moving all the footballs back to their grid

VARIATION

- Place all the footballs outside of either grid. Each team must collect the footballs and return them to their own grid by Bouncing them on the way back. The opposing players provide opposition



KEY TEACHING POINTS

Here are the Key Teaching Points for the Hand Pass



Support the ball in the palm of one hand, in front of the body
Face the target



Swing back and extend the striking hand
Keep eyes on the ball



Lean forward and strike through the middle of the ball with the open hand using mostly the fingertips
The supporting hand must remain steady



Follow the strike through in the direction of the pass



While striking the ball, step forward with the foot on the opposite side





Note an open-handed hand pass may be struck underhand, with the hand to the side, or overhand



COMMON ERRORS

Here are the Common Errors for the Hand Pass

✗	Hitting the ball with the wrong part of the hand: this may result in the pass being misdirected or not reaching its target	
✓	To correct, strike the ball using mostly the fingertips	
✗	Not using a definite striking action: this may be interpreted as a throw, resulting in a free being awarded against the player	
✓	To correct, keep the supporting hand steady as the ball is being struck	

DRILL 1 HAND PASS TO PARTNER
 

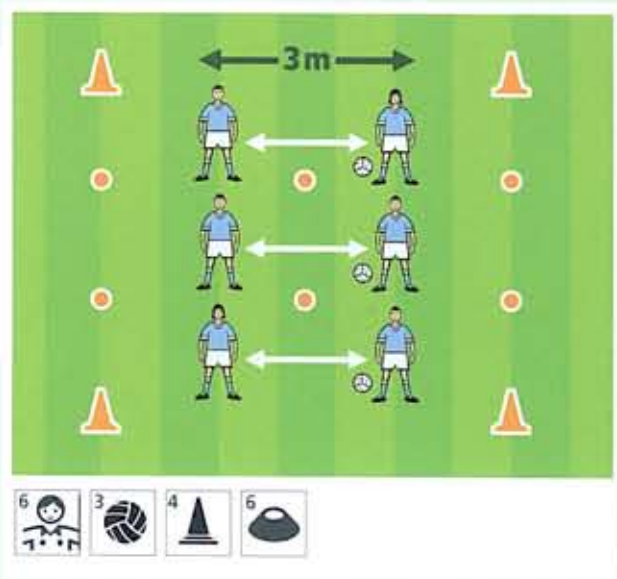
Basic Drill to practise the Hand Pass technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Use cones to ensure that each pair has adequate space to perform the technique in a stationary position
- Partners stand approximately 3m apart
- Each player in turn Hand Passes the ball to their partner
- Continue the routine for approximately 1 minute
- This drill may be used to practise the variety of open handed Hand Pass techniques

VARIATION

- To increase the challenge, increase the distance between the players


DRILL 2 MOVE AND PASS
 

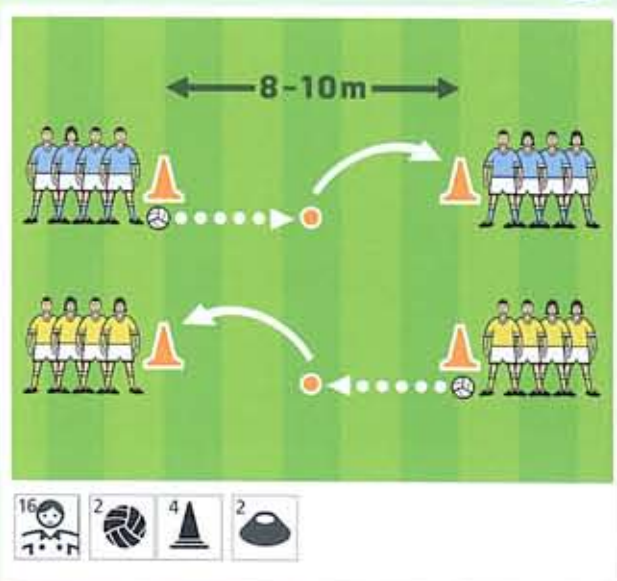
Intermediate Drill to practise the Hand Pass technique

ORGANISATION

- Divide the players into groups of 8: one ball per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker half way between the outer cones
- Four players line up at either cone
- The player in possession jogs forward, Hand Passing the ball from the marker to the first player on the far side, who repeats the drill
- Each player follows on to line up at the back of the opposite line

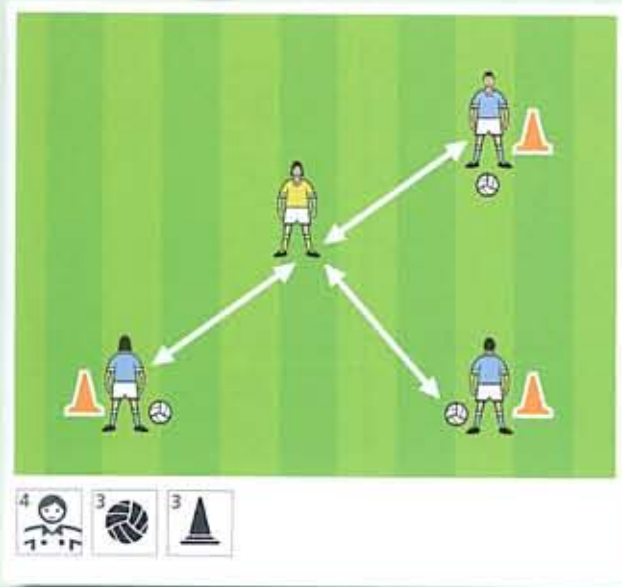
VARIATION

- To increase the challenge, increase the distance between the players



PRACTISE THE TECHNIQUE

DRILL 3 PRESSURE PASS



Intermediate Drill to practise the Hand Pass technique requiring the players to catch and pass in different directions

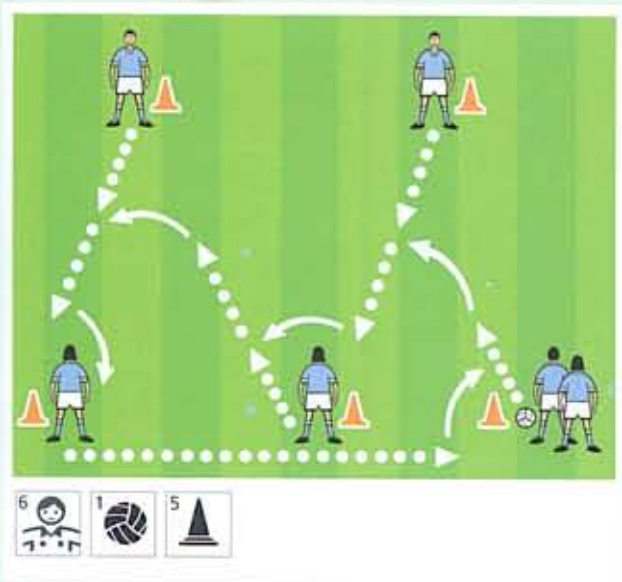
ORGANISATION

- Divide the players into groups of 4, as shown
- Three players act as feeders, with one ball each
- The fourth player acts as the 'central' player
- The 'central' player must take and return a pass from each player in turn for a set period of time, e.g. 30 seconds
- Reverse the roles to provide each player with an opportunity to be the 'central' player

VARIATION

- To increase the difficulty of the drill, the feeder players pass the ball as the 'central' player is returning the previous pass

DRILL 4 ZIG-ZAG PASS



Intermediate Drill to practise the Hand or Fist Pass techniques requiring the players to time and weight the pass so that the receiver can move onto it

ORGANISATION

- Place 5 markers in a zig-zag formation approximately 10m from each other
- Two players line up at the first marker, the first with a ball
- One player is positioned at each of the other markers
- Each player in turn passes the ball in front of the next player so that they must move forward to receive it, before following on to take their position
- The last player plays the ball back to the first marker and so the drill continues
- Encourage the players to use their right hand when the receiver is to the left and vice versa

VARIATION

- To increase the difficulty of the drill introduce a second ball

ACTIVITY 1 KEEP BALL

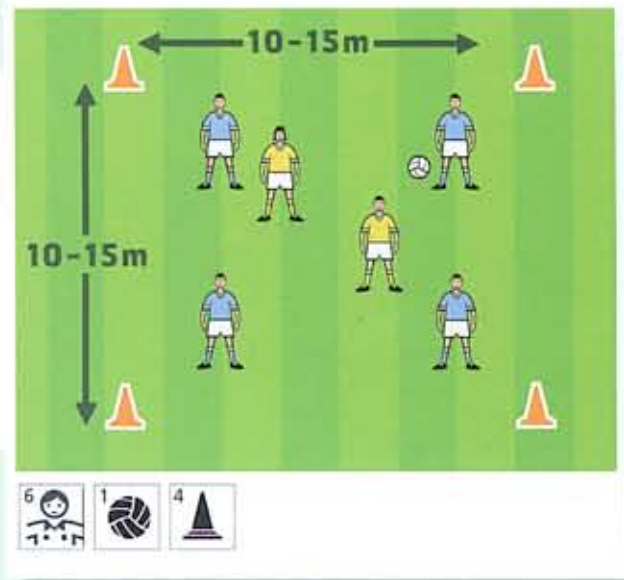

Game Play Drill designed to improve the players' ability to perform the Hand Pass under pressure

ORGANISATION

- Mark out a grid approximately 10-15m square
- Divide the players into uneven teams
- The team with the greater number of players have the ball and must attempt to successfully complete as many Hand Passes as possible in succession
- The opposing players may attempt to intercept the ball by catching or by blocking it
- Possession is also lost by letting the ball fall to the ground or by stepping outside the grid
- Switch the players around after a set time

VARIATION

- To increase the difficulty for the team in possession increase the number of opponents


ACTIVITY 2 AROUND THE SQUARE GAME

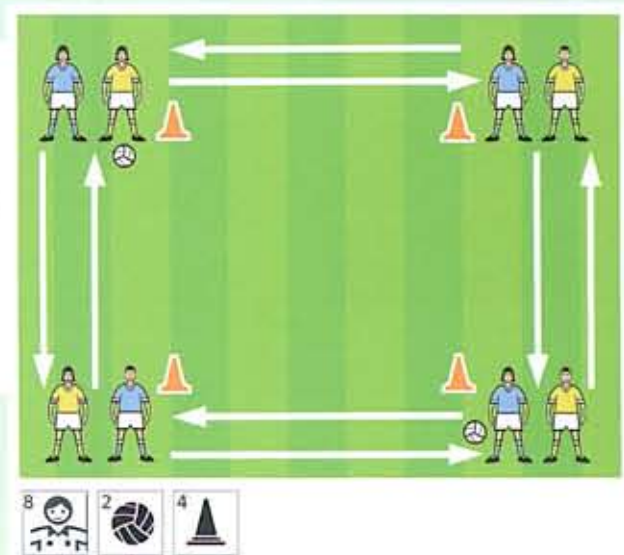

Fun Game to practise the Hand Pass technique

ORGANISATION

- Mark out a square or circle using cones
- Divide the players into two teams, one ball per team
- Position one player from each team at each cone
- One team passes the football in a clockwise direction, while the second team passes the football in an anti-clockwise direction
- The first team to have the football back to the starting player wins
- If the football hits the ground, it must be returned to the starting player to begin again

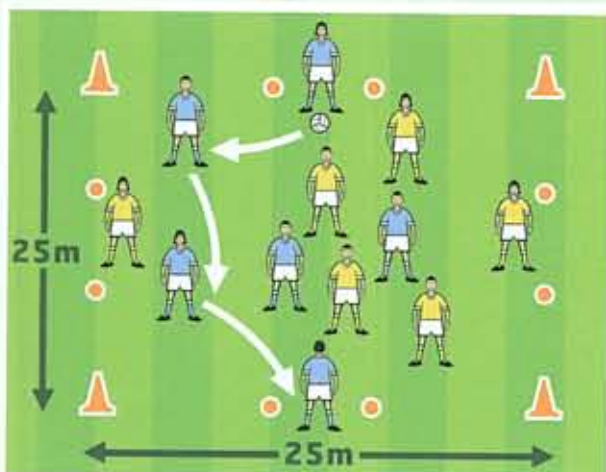
VARIATION

- To increase the challenge; increase the size of the square



DEVELOP THE SKILL

ACTIVITY 3 CAPTAIN BALL



Modified Game to develop the Hand Pass technique

ORGANISATION

- Mark out a playing area approximately 25m X 25m
- Mark out a goal area at the centre of each line of the playing area
- Divide the players into even teams: two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by Hand Passing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score, the goalkeeper must pass the ball to the opposition to restart the game

VARIATION

- Set up the game using only two goals and two goalkeepers

KEY TEACHING POINTS

Here are the Key Teaching Points for the Side Step



Run directly towards the opponent



When about a metre away from the opponent, plant the forward foot firmly on the ground to one side, transferring the body weight to the foot as you do so



Then, push hard off the planted foot to spring to the other side



Plant opposite foot and continue forward in the new direction

Note that the player should only use 4 steps in which to perform the technique



COMMON ERRORS

Here are the Common Errors for the Side Step



Not transferring the weight to the planted foot



To correct, transfer body weight onto the forward foot in order to spring onto the other foot



Playing the ball during the Side Step: this may slow down the player or leave the ball open to interception by the opponent



To correct, the ball is played by bouncing or toe tapping before approaching the opponent



Taking too many steps to get past the opponent



To correct, use only four steps in which to perform the technique



SIDE STEP PRACTISE THE TECHNIQUE

DRILL 1 WALK AND SIDE STEP

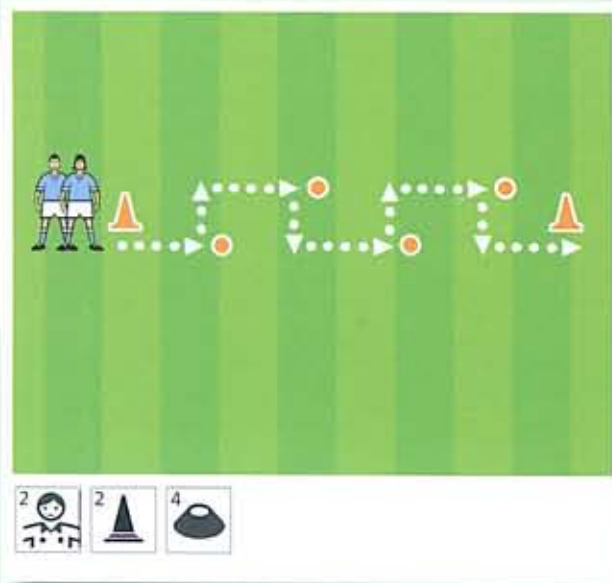
Basic Drill to practise the Side Step technique off both feet

ORGANISATION

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player walks forward and Side Steps each marker, side-stepping to the left off the markers to the right and to the right off the markers to the left
- Continue the drill over and back for a set time

VARIATION

- As the players become familiar with the technique, repeat the drill while walking, and eventually while jogging across the field



DRILL 2 STEP LEFT STEP RIGHT

Basic Drill to practise the Side Step technique off both feet introducing a static opponent

ORGANISATION

- Place 2 cones approximately 10m apart
- Divide the players into groups of 4
- 3 players line up behind one cone; the fourth player is positioned midway between the cones
- Each player in turn must approach and Side Step the middle player and continue to the far cone
- The middle player does not move or attempt to block the side-stepping player
- The players should practise side-stepping off both the left and right feet

VARIATION

- To progress the drill, introduce a ball; encourage the players to use the outside hand to bounce the ball as they move out of the Side Step



PRACTISE THE TECHNIQUE

DRILL 3 SIDE STEP AND BOUNCE



Intermediate Drill to practise the Side Step technique

ORGANISATION

- Divide the players into groups of 5: one ball per group
- 4 players line up behind a marker
- The fifth player from each group takes up position approximately 5m from the line of players
- Each player in turn jogs forward, takes one bounce and Side Steps the player in the middle, who does not attempt to tackle
- The jogging player then goes to the end of the channel and returns to the end of the line for the next player to repeat the drill
- After a set time change the player in the middle

VARIATION

- To increase the difficulty challenge the players to perform the drill at a quicker pace

DRILL 4 SIDE STEP SLALOM



Intermediate Drill to practise the Side Step technique

ORGANISATION

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player jogs forward and Side Steps each marker, side-stepping to the left off the markers to the right and to the right off the markers to the left
- As they Side Step each marker the players should use the outside hand to bounce the ball as they move out of the Side Step
- Continue the drill over and back for a set time

VARIATION

- As the players improve challenge them to increase the pace of the drill

ACTIVITY 1 STEP IN TIME

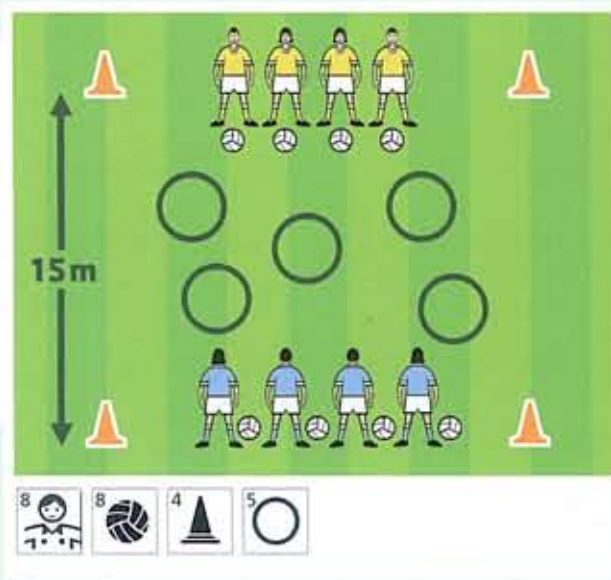
Fun Game to develop the Side Step technique

ORGANISATION

- Mark out a grid 15m long by 10m wide
- Place a number of hoops or obstacles within the grid
- Divide the players into 2 equal teams one at either end of the grid; each player has a ball
- On the whistle, all the players jog through the grid attempting to avoid the opposing team players and the obstacles
- If a player touches an obstacle, or a player from the opposing team, they must leave the grid
- Repeat the drill until all the players have left the grid, or for a set time

VARIATION

- To increase the difficulty of the drill, allow players to tackle for the ball



ACTIVITY 2 PASS THE GUARDS

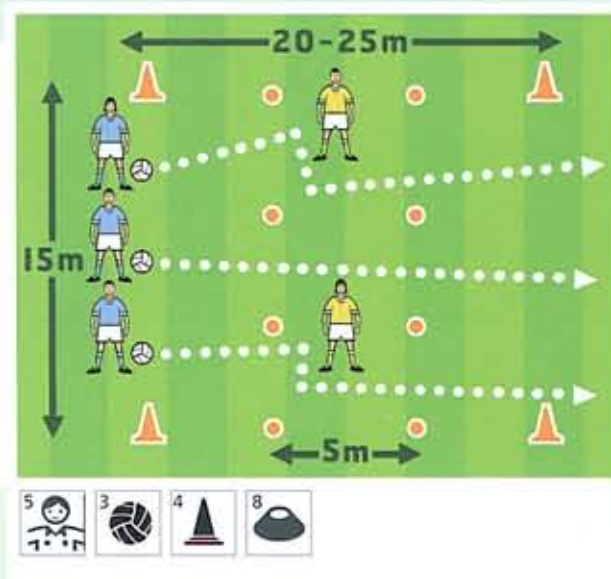
A Fun Game to develop the Side Step technique

ORGANISATION

- Mark out a grid 20-25m X 15m
- Mark a zone approximately 5m wide across the centre of the grid
- Three attacking players are positioned at one end of the grid with a ball each
- Two defending players are positioned in the centre zone
- The outer players must run forward together and run through the centre zone
- To pass a defending player the attackers use the Side Step technique, bouncing the ball with outside hand as they pass
- The defending players may move left and right but may not tackle the attacking players or the ball

VARIATION

- As the attacking players progress increase the opposition provided by the defending players



UNDER 8 SIDE STEP

DEVELOP THE SKILL

ACTIVITY 3 SIDE STEP, BOUNCE AND SCORE



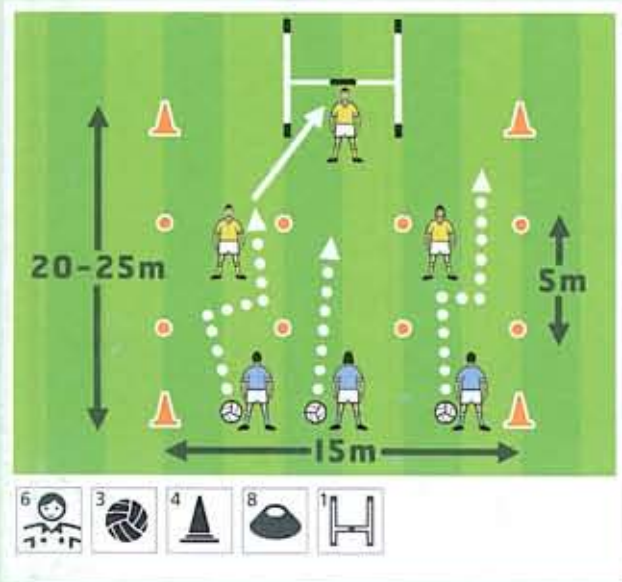
Game Play Drill to develop the Side Step technique

ORGANISATION

- Mark out a grid 20-25m X 15m: mark a zone approximately 5m wide across the centre of the grid. Place goalposts at one end
- Three attacking players are positioned at one end of the grid with a ball each
- Two defending players are positioned in the centre zone and a goalkeeper in goals
- The outer players must run forward together and run through the centre zone
- To pass a defending player the attackers use the Side Step technique, bouncing the ball with outside hand as they pass. This is followed by a shot on goal.
- The defending players may move left and right but may not tackle the attacking players or the ball

VARIATION

- As the attacking players progress increase the opposition provided by the defending players



UNDER

10



**CATCH
& KICK**

COACHING CLASSES



**COACHING
CLASSES**



REACH CATCH / BLOCK DOWN / HOOK KICK / SOLD /
CROUCH LIFT / CHECKING / FIST PASS / SIDE TO SIDE CHARGE

U-10 INTRODUCTION



Welcome to the U-10 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 10. Remember that some players progress quicker than others and may have mastered these skills. In this case progress to the skills outlined in the U-12 section of this resource.

REACH CATCH

The Reach Catch in Football is a technique used to catch the ball when it approaches at or above head height. It forms the basic element of the overhead catch.

BLOCK DOWN

The Block Down is a tackling skill used to prevent an opponent shooting for a score or passing to another player. In scoring situations the Block Down is an effective and dramatic defensive skill.

HOOK KICK

The Hook Kick is a kicking technique used in Gaelic Football. It is predominantly used to shoot for points but is also used to pass to a team mate at an angle to the player in possession.

SOLO

The Solo or 'toe tap' in Gaelic Football is a technique used to play the ball in order to keep possession without fouling. It is used to carry possession to a better position or to evade an opponent. A solo run may incorporate a sequence of alternating bounces and toe taps, or just be a series of toe taps.

CROUCH LIFT

The Crouch Lift is a basic skill in Gaelic Football used to lift the ball from the ground into the hands.

CHECKING

Checking (shadowing) in Gaelic Football is a tackling skill used to force an opponent away from goal, into a poor position or onto their weaker side. Performed intelligently it is a very effective form of tackle. It is also known as jockeying.

FIST PASS

The Fist Pass is a variation of the handpass technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the closed fist of the free hand. A fisted pass will travel a greater distance than an open-handed handpass. Remember a fisted pass may be used to score a point but an open handed pass may not.

SIDE TO SIDE CHARGE

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Side to Side Charge is the basic contact skill required by football players. It may be used when the opponent is in possession of the ball, when they are playing the ball or when both players are moving in the direction of the ball to play it.

UNDER

10 REACH CATCH



KEY TEACHING POINTS

Here are the Key Teaching Points for the Reach Catch



With head up, keep eyes on the ball



As the ball approaches, extend the arms towards the ball and spread the fingers
Keep the thumbs behind the ball forming a 'W' shape with the index fingers



When the ball approaches from above, catch it slightly in front of the head at its highest point











On receiving the ball, secure the ball into the chest with both hands



UNDER 10 REACH CATCH

COMMON ERRORS

Here are the Common Errors for the Reach Catch

	<p>Not extending the arms fully: this may result in the ball being intercepted in a game situation as an opponent reaches and catches the ball first</p>	
	<p>To correct, extend the arms fully towards the ball and spread the fingers to receive the ball</p>	
	<p>Catching the ball behind the head</p>	
	<p>To correct, catch the ball slightly in front of the head, at its highest point</p>	

DRILL 1 PARTNER CATCH

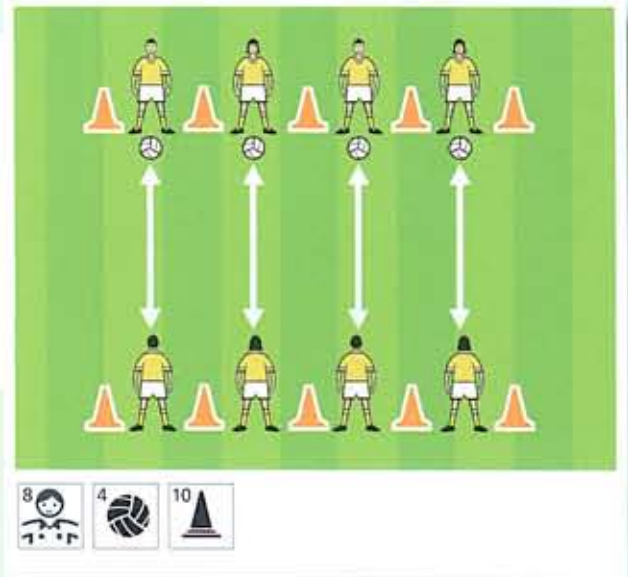
Basic Drill to practise the Reach Catch technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Each player in turn throws the ball above their partner's head for them to perform the Reach Catch overhead
- Continue the drill for a set time
- Each player then fists the ball at head height for their partner to perform the Reach Catch in front
- Again continue the drill for a set period of time

VARIATION

- The ball may be thrown slightly to either side of the catching player to challenge them to reach to each side

**DRILL 2 PRESSURE CATCH**

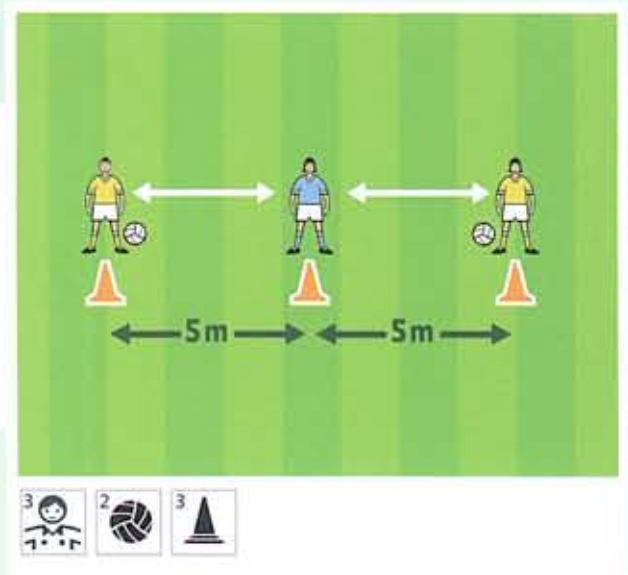
Intermediate Drill to practise the Reach Catch technique requiring the player in the middle to perform the technique as efficiently as possible

ORGANISATION

- Divide the players into groups of three: two balls per group
- Each group of three lines up with 5m between each player
- The players at each end have a ball each and in turn serve to the player in the middle to perform the Reach Catch
- The player in the middle returns the ball to the same server each time
- Begin by throwing the ball above the head and after a set time change to fist passing the ball to head height

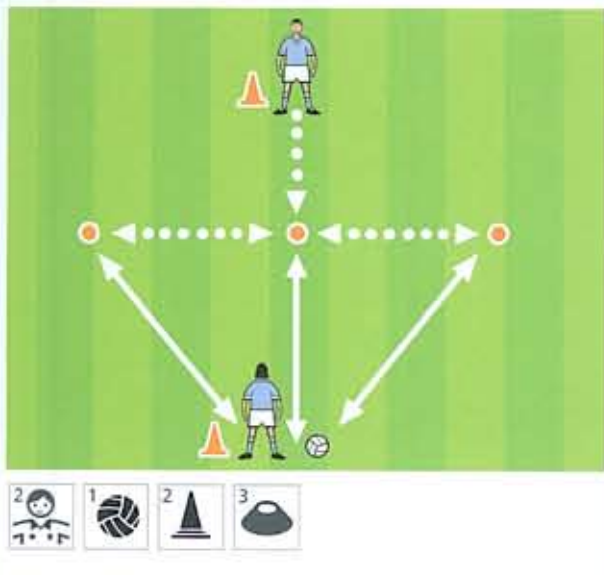
VARIATIONS

- To increase the difficulty: increase the distance between the players
- A third server may also be used



PRACTISE THE TECHNIQUE

DRILL 3 CROSS CATCH



Intermediate Drill to practise the Reach Catch technique which requires the players to attack and catch the ball while moving in different directions

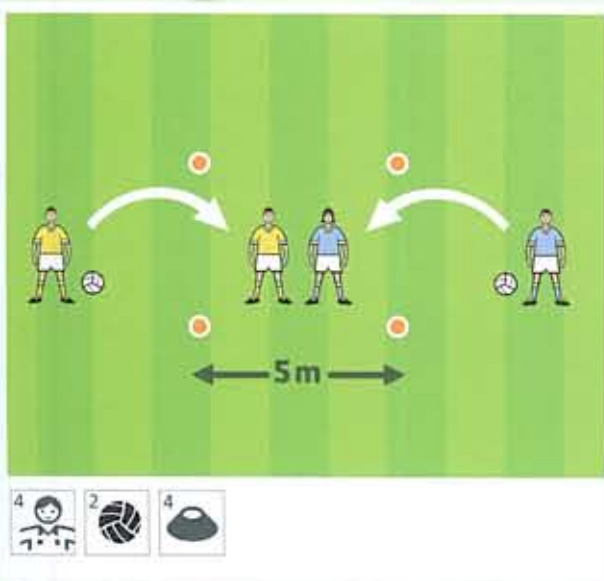
ORGANISATION

- Mark out a cross as shown
- A feeder stands at one point of the cross while the other player lines up directly opposite
- Each player in turn moves to the middle marker and each of the side markers to perform the Reach Catch as the feeder serves the ball
- Alternate between serving the ball above the head and at head height of the catching players
- Encourage the players to attack the ball at pace

VARIATION

- To increase the difficulty of the drill, each player is shadowed by a token opponent as they move to catch each pass

DRILL 4 OPPOSED CATCH



Advanced Drill to practise the Reach Catch technique introducing full opposition

ORGANISATION

- Mark out a grid approximately 8m X 5m
- Divide the players into groups of 4
- Two players are positioned within the grid
- The other two players act as feeders; each feeder is designated a partner
- Each feeder in turn throws the ball for their partner to perform the Reach Catch while the other player provides opposition
- Initially the opposition should be token before eventually progressing to full opposition as the players become more competent

VARIATION

- To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest

ACTIVITY 1 PIGGY IN THE MIDDLE

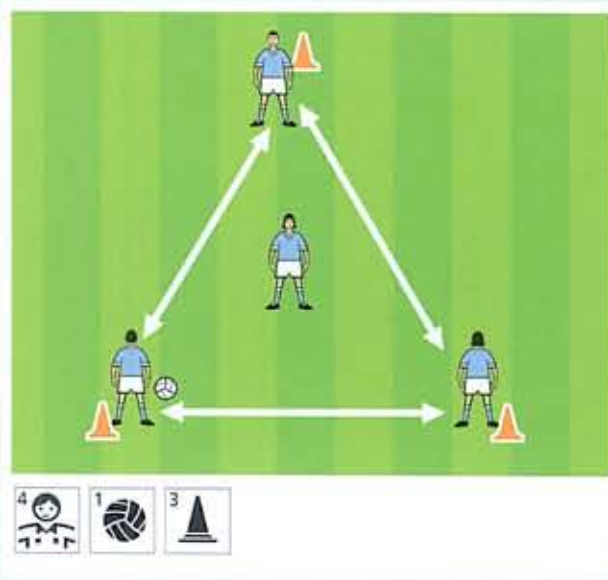

A Fun Game to develop the Reach Catch

ORGANISATION

- Mark out a triangle using cones as shown
- Divide the players into groups of four; one ball per group
- One player is positioned at each of the cones while the fourth is the 'piggy' in the middle
- Players must pass the ball to each other at an appropriate height, in order for the receiver to perform the Reach Catch
- The player in the middle attempts to intercept the ball
- If successful, the player whose pass was intercepted becomes the new 'piggy' in the middle

VARIATION

- Increase the distance between the outer players to make the drill more difficult


ACTIVITY 2 KEEP BALL

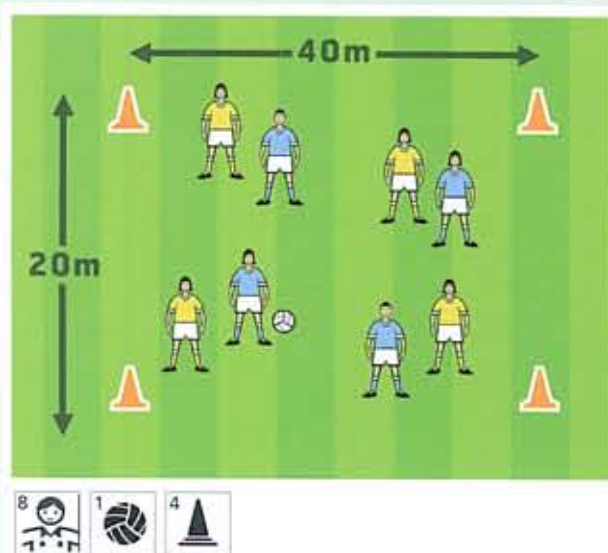

A Fun Game to develop the Reach Catch

ORGANISATION

- Mark out a grid 40m X 20m
- Divide the players into teams of 4 or 5
- The objective of the game is to retain possession by kick or fist passing to a team-mate
- The players should focus on performing the Reach Catch to receive the ball
- If the ball is intercepted or a pass hits the ground the other team win possession
- Award a point for every Reach Catch performed successfully

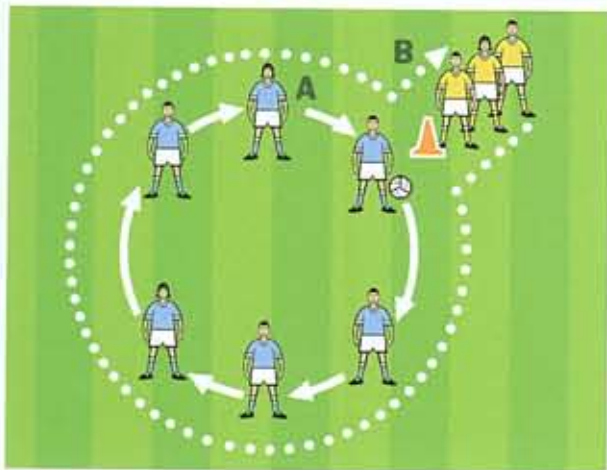
VARIATION

- Alternatively the team who retain possession for the greatest number of passes in sequence wins



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players ability to perform the Reach Catch under pressure.

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each players
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Reach Catches completed before the last player in Team B finishes their run
- Reverse the roles: the team with the most Reach Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball around the circle twice wins

KEY TEACHING POINTS

Here are the Key Teaching Points for the Block Down



Stand close to the opponent in the Check position



As the opponent prepares to play the ball, reach forward with the arms outstretched and hands close together

Keep your eyes on the ball



Block the ball at the point of contact with the boot

Move to regain possession ahead of the opponent



COMMON ERRORS

Here are the Common Errors for the Block Down



Shying away from contact



To correct, introduce the player to the contact situation in a slow and controlled manner



Missing the ball as it passes between the outstretched arms



To correct, keep the hands close together, moving confidently to block the ball at the point of contact with the boot



Closing the eyes when attempting to perform the Block Down: this may result in the player missing the block as they fail to react to the direction of the kick



To correct, keep the eyes open at all times, focusing on the ball at the point of contact



DRILL 1 PARTNER BLOCK

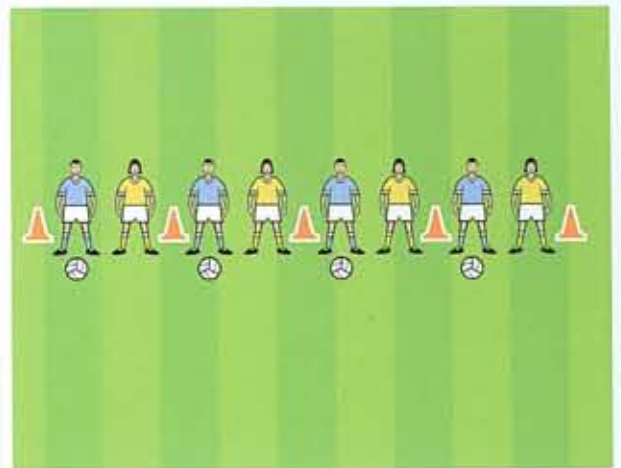
Basic Drill to practise the Block Down technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Player A toe taps the ball for Player B, in a kneeling position, to block as the ball leaves the foot
- Reverse the roles after a designated time
- This drill is particularly effective in improving the confidence of the player in performing the Block Down

VARIATIONS

- Progress the drill by getting Player B to stand
- Challenge the blocker to step into the block from a metre or so away to improve their timing


DRILL 2 MOVE AND BLOCK

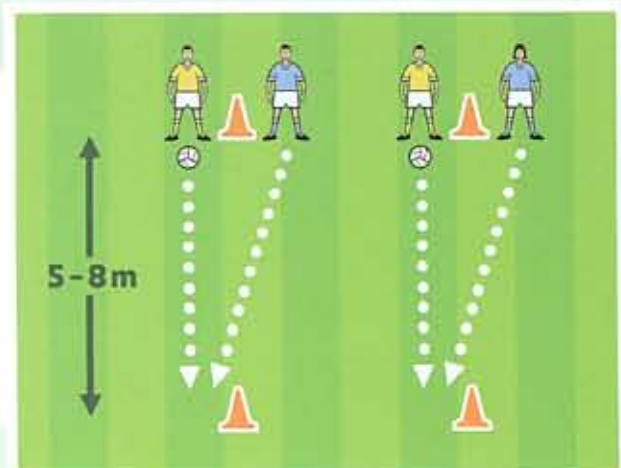
Intermediate Drill to practise the Block Down technique requiring the players to perform the block while moving

ORGANISATION

- Divide the group into pairs; one ball per pair
- Mark out two cones 5-8m apart for each pair
- The player in possession moves forward along the line to kick the ball at the far cone
- The blocking player travels alongside and attempts to block the ball as the ball is kicked
- Providing a target or player for the kicker to aim at will help improve the success of the drill
- Reverse the roles after a designated time

VARIATION

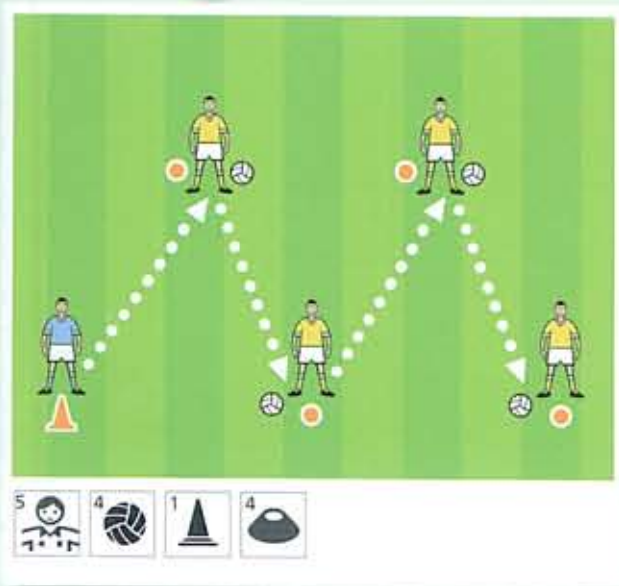
- As the players become more proficient increase the pace of the drill



UNDER 10 BLOCK DOWN

PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG BLOCK



Intermediate Drill to practise the Block Down technique requiring the blocker to move in different directions to perform the block

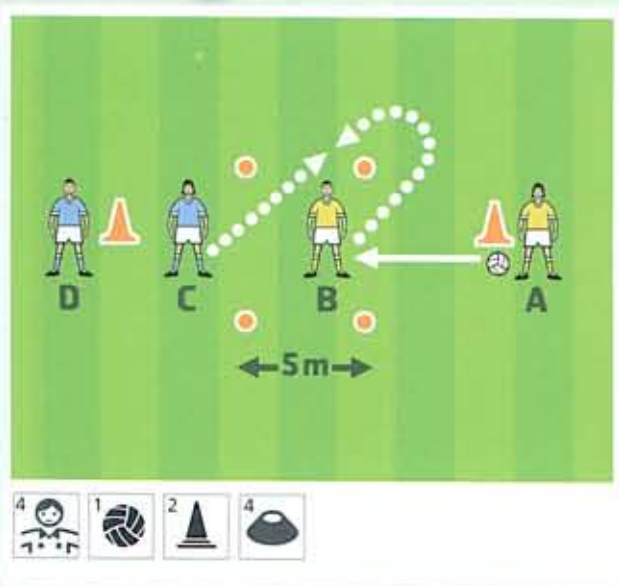
ORGANISATION

- Divide the players into groups of 5
- 4 of the players stand at intervals of 5m apart, one ball per player
- The blocker beginning at one end of the line moves to block each player in sequence
- Rotate the blocker after each run

VARIATIONS

- As the players become more proficient increase the pace of the drill
- As the players become more competent the blocker may be required to dive to block each kick

DRILL 4 HIT THE TARGET



Intermediate Drill to practise the Block Down technique

ORGANISATION

- Mark out a grid approximately 5m square using cones
- On a signal Player A, positioned 10m to one side of the grid, kick passes the ball to Player B, positioned in the grid
- Player B must turn around one of the corner cones of the grid before attempting to kick the ball to Player D approximately 10m to the far side of the grid
- Player C attempts to block Player B from completing the pass
- Repeat a set number of times before changing the feeders

VARIATION

- To increase the difficulty of the drill, increase the distance the blocker must travel to block the kicker

ACTIVITY 1 GRID BLOCK

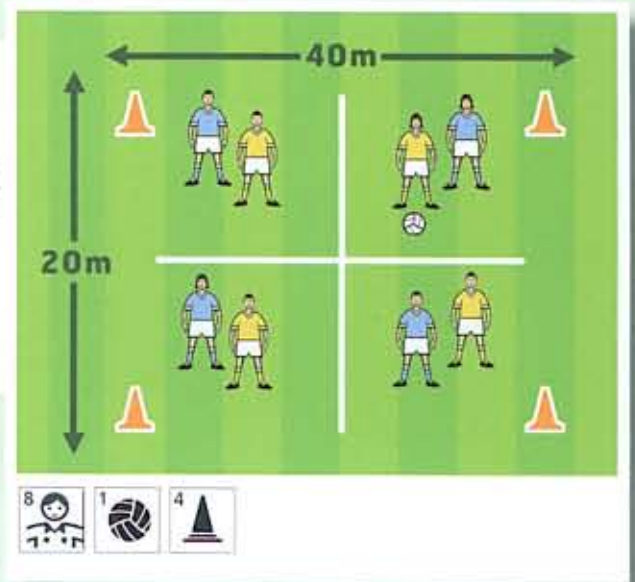

A Fun Game to develop the Block Down

ORGANISATION

- Mark out a grid approximately 40m X 20m using cones
- Divide the grid into 4 sections
- Divide the players into two teams of four; one player per section
- The players attempt to retain possession by kicking the ball from section to section
- The opposing team attempt to block the kick attempts
- If the kick is successful, that team must be allowed to retain possession
- Continue the game for a set period of time

VARIATION

- Initially allow the ball to be passed either clockwise or anti-clockwise: as the players progress, allow the ball to be played in any direction


ACTIVITY 2 SHOOT AND BLOCK

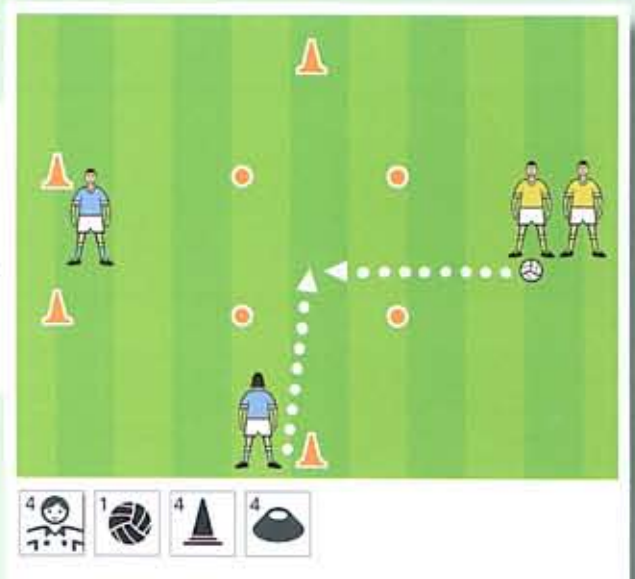

A Game Play Drill to develop the Block Down which requires the players to Block Down attacking players as they shoot for a score

ORGANISATION

- Mark out a defensive zone or grid approx 10-15m from goal
- An attacking player solos from further out the field to kick for a score from inside the defensive zone
- A defensive player enters the zone from either side, to block the attacking player as they attempt to complete their kick
- The defensive player should alternate coming from the right or the left of the attacking player

VARIATION

- Both the attacker and defender begin on the 13m line to one side of the goal; rounding a central cone the attacking player shoots as the defending player attempts to block



UNDER 10 BLOCK DOWN

DEVELOP THE SKILL

ACTIVITY 3 SHOOT AND BLOCK II



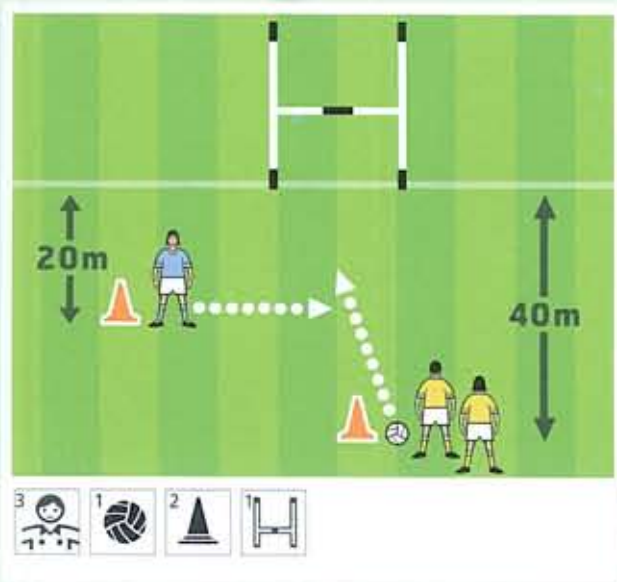
A Game Play Drill to develop the Block Down

ORGANISATION

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20m from goal to one side
- Divide the players into pairs, one defender and one attacker
- Each attacker in turn solos towards goal shadowed by the defender
- Once within shooting range the attacker attempts to shoot for a point and the defender attempts to block
- Reverse the roles after a set number of attempts

VARIATION

- Increase the number of defenders to increase the occasions of blocking



KEY TEACHING POINTS

Here are the Key Teaching Points for the Hook Kick



Hold the ball firmly with both hands
Point the shoulder towards the target



Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance



Step forward with the non-kicking foot
Extend the wrist and drop the ball onto the kicking foot



Kick the ball with the inside of the foot



Follow through with the kicking leg across the body in the direction of the target, with the toe pointing upwards



UNDER 10 HOOK KICK

COMMON ERRORS

Here are the Common Errors the Hook Kick

	<p>Not pointing the shoulder towards the target: this may lead to inaccuracy in the pass or shot</p>	
	<p>To correct, point the shoulder to the target before taking the kick</p>	
	<p>Dropping the ball from the opposite hand to the kicking foot: this can lead to the player over hooking the ball and misdirecting the pass or shot</p>	
	<p>To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance</p>	
	<p>Lifting the head too early: this can lead to mis-kicking the ball and sending the ball in the wrong direction</p>	
	<p>To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete</p>	

DRILL 1 PARTNER KICK

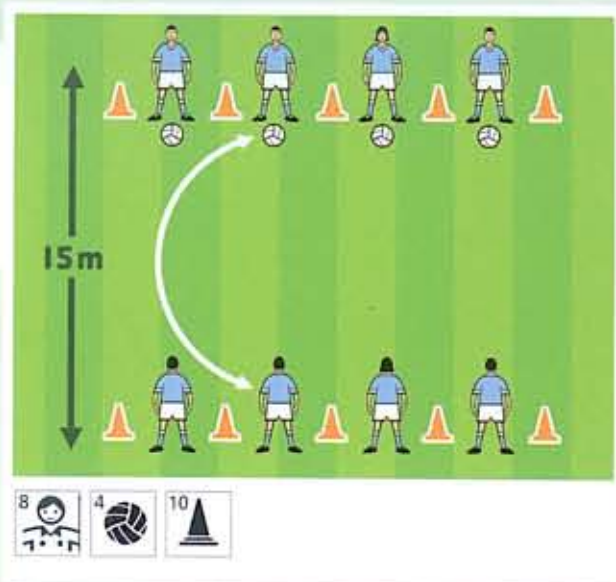
Basic Drill to practise the Hook Kick technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Mark out a channel 5m wide and 15m long for each pair
- Each player in turn Hook Kicks the ball to their partner
- It may be necessary to group the players on the basis of ability
- Repeat the drill getting the players to use the opposite leg

VARIATION

- To increase the difficulty of the drill, increase the distance between the players


DRILL 2 AROUND THE SQUARE

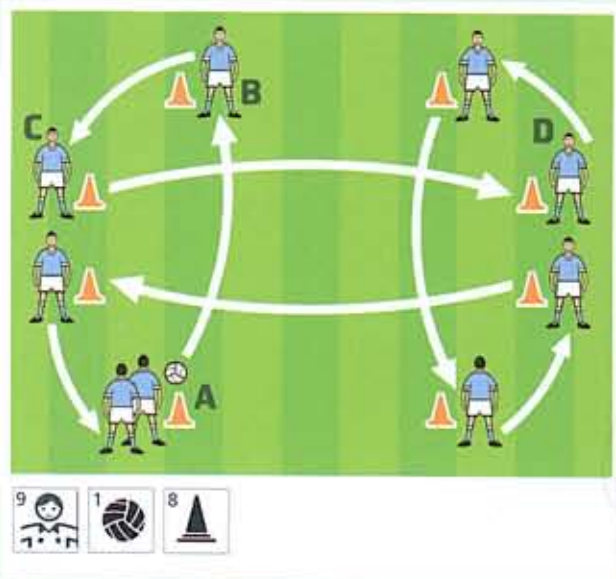
Intermediate Drill to practise the Hook Kick technique that also includes the fist pass

ORGANISATION

- Set up a formation as shown using 8 cones
- Position one player at each cone
- Player A Hook Kicks the ball to player B at the furthest cone to one side
- Player B Fist Passes the ball to Player C alongside
- Player C then Hook Kicks the ball to Player D and so the drill continues
- Rotate the kickers and receivers after three rounds
- Continue the drill in a clockwise direction for a set time before changing direction and requiring the players to use the opposite leg

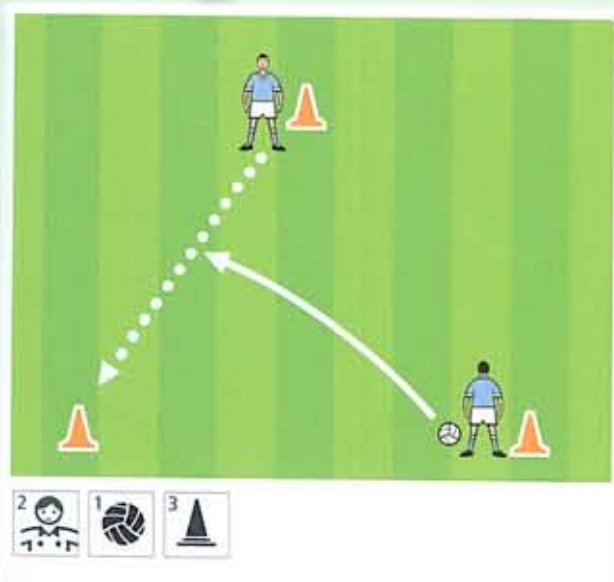
VARIATION

- To increase the intensity of the drill, introduce more footballs



PRACTISE THE TECHNIQUE

DRILL 3 KICK AND MOVE



Intermediate Drill to practise the Hook Kick technique

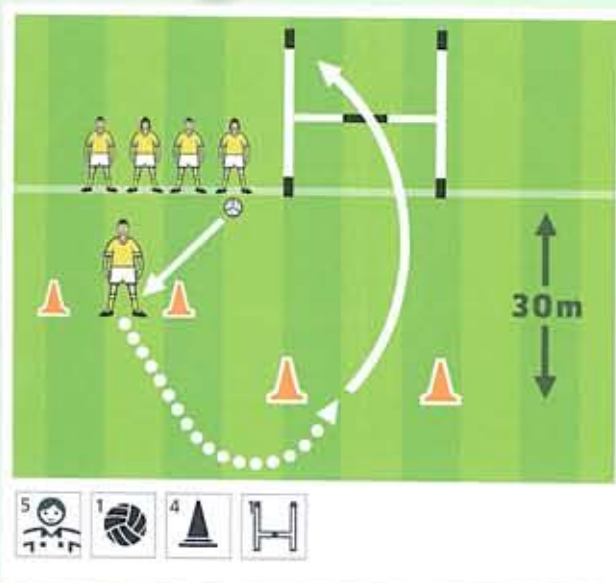
ORGANISATION

- Divide the players into pairs, one ball per pair
- Place 3 cones 20m apart to form a triangle
- First, each player Hook Kicks the ball on the run while moving along a length of the triangle; their partner remains in a stationary position
- Second, each player Hook Kicks the ball from a stationary position to their partner who is moving along the far length of the triangle
- Third, each player Hook Kicks the ball on the run to their partner who is also moving
- Change the direction of the movement to kick off the alternate side

VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves

DRILL 4 KICK AND SCORE



Intermediate Drill to practise the Hook Kick technique that requires the players to kick for a score

ORGANISATION

- Place 2 cones 6-8m apart 30m from goal
- All the players except one begin behind the goal
- Position the other player at a cone 20m from goal to one side
- The first player from behind the goal solos towards the cone and first passes to the waiting player, taking over their position
- That player solos to round the nearest 30m cone and Hook Kicks for a point
- The next player behind the goal repeats the drill
- Continue the drill for a set time and repeat from the opposite side

VARIATION

- To increase the challenge; increase the distance from which the players kick

ACTIVITY 1 BULL'S EYE

A Fun Game to develop the Hook Kick

ORGANISATION

- Place 4 cones in a 10m square formation
- Inside the 10m mark out a circle
- Mark out a line of cones 15m, 20m and 25m to either side of the grid
- Divide the players into two groups: one group at either side
- Beginning at one side and behind the 15m line, the players attempt to land the ball in the square or circle
- Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle

VARIATION

- Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient


ACTIVITY 2 HOOKED

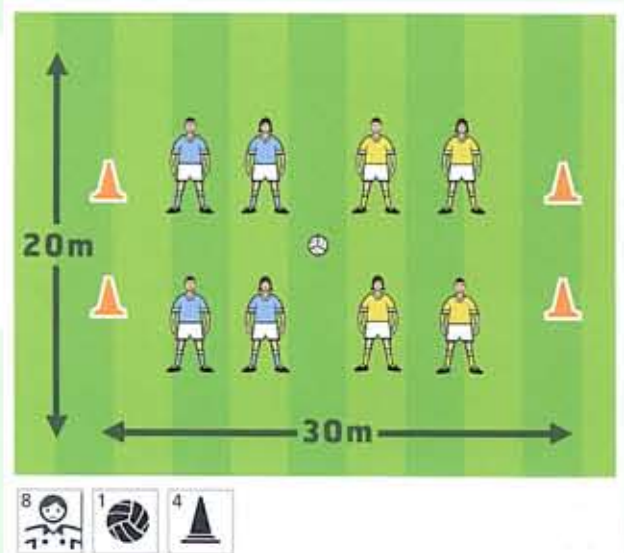
Modified Game to develop the Hook Kick technique

ORGANISATION

- Mark out a playing area 20m X 30m
- Mark out a goal area at either end
- Divide the players into two equal teams
- A permanent goalkeeper is not allowed
- The players may only Solo and Hook Kick the ball
- A score is awarded only when a player Hook Kicks the ball through the cones

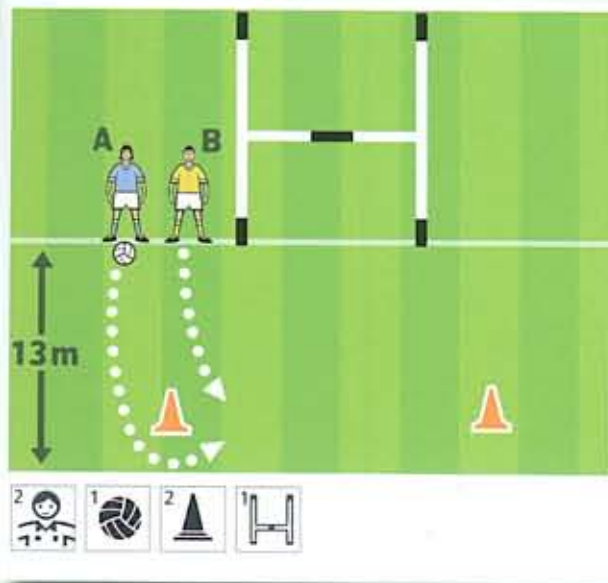
VARIATIONS

- Divide the playing area into zones to prevent crowding; players must stay within their designated zones
- Allow players to Fist Pass and Punt Kick to pass the ball; scores must be with a Hook Kick



DEVELOP THE SKILL

ACTIVITY 3 GOAL TO GOAL



A Game Play Drill to develop the Hook Kick requiring the players to Hook Kick for a point while under pressure from an opponent

ORGANISATION

- Place a cone 13m from the end line on either side of the goal area
- The players line up in pairs to one side of the goals
- Player A Solos to the cone to Hook Kick the ball for a point
- Player B follows and attempts to block
- Award points for a successful Kick
- Repeat the drill from either side of the goal
- Reverse the roles of the players after every second go

VARIATION

- Increase or decrease the distance the player has to shoot from, depending on their ability

KEY TEACHING POINTS

Here are the Key Teaching Points for the Solo



Hold the ball firmly with both hands
Keep the torso upright



Release the ball into the hand at the kicking side
Head down, eyes on the ball



Step forward with the non-kicking foot
Extend the wrist and drop the ball onto the kicking foot



When the foot impacts the ball, flick the toe upwards towards the body
Straighten the leg



Extend the arms forward to catch the ball



COMMON ERRORS

Here are the Common Errors of the Solo

✗	Dropping the ball with both hands or dropping the ball to the foot with the wrong hand: this may lead to difficulty keeping control of the ball, particularly, when attempting to Solo at speed	
✓	To correct, drop the ball toward the kicking leg with the hand at the same side	
✗	Throwing the ball to the kicking foot	
✓	To correct, the ball is dropped and not thrown from the release hand	
✗	Not using a straight leg to flick the ball upwards towards the body: this may result in the player failing to control the ball	
✓	To correct, kick the ball at the end of the stride, flicking the toe upwards to bring the ball back into the body	
✗	Soloing the ball too high	
✓	To correct, ensure the ball is cushioned back by flicking the toe upward on impact	

DRILL 1 STATIONARY TOE TAP

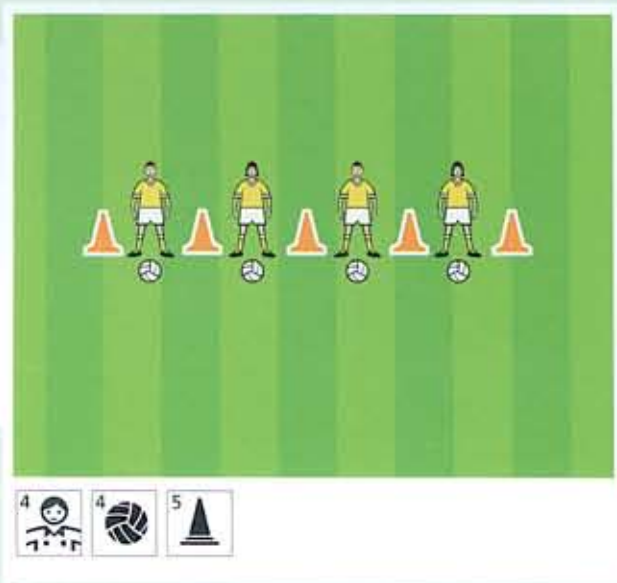
Basic Drill to practise the Solo technique

ORGANISATION

- Each player has a ball
- Ensure each player has adequate space to perform the technique in a stationary position
- On the whistle, the players Solo the ball on the spot
- The players count how many times they can Solo the ball successfully in 30 seconds
- Start again if the ball is dropped or if the ball goes above the head
- Set a target for each player depending on their ability
- Players repeat the drill using the opposite leg

VARIATION

- Organise the drill in pairs with the partners counting for each other


DRILL 2 TOE TAP, TURN AND PASS

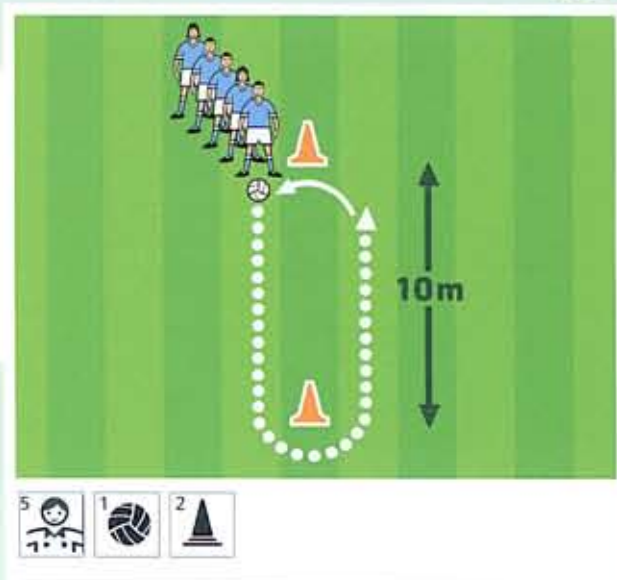
Intermediate Drill to practise the Solo technique that requires the players to Solo around a number of obstacles

ORGANISATION

- Mark out a distance of 10m using cones
- Divide the players into groups of 5, one ball per group
- The players line up behind one of the cones
- In turn each player Solos out and around the far cone, fist passing for the next player as they return to the back of the line
- Continue the drill for a set time
- Repeat the drill using the opposite foot

VARIATION

- Increase the speed of the drill as the players become more proficient



PRACTISE THE TECHNIQUE

DRILL 3 CRAZY SOLO



Intermediate Drill to practise the Solo technique that challenges the peripheral vision of the players

ORGANISATION

- Mark out a grid using cones and markers as shown
- Place a further marker in the centre of the grid
- Position a player at each corner cone
- Each player Solos with the ball in an anti-clockwise direction around the first marker, then the centre marker and back to their corner
- Each player in turn repeats the drill
- The players must be aware of each other's movements as they round the centre marker

VARIATIONS

- Allow the players to attempt to knock the ball from the other players as they round the centre marker.
- Try with teams of three or four at each corner cone

ACTIVITY 1 TOE-TAP TAG



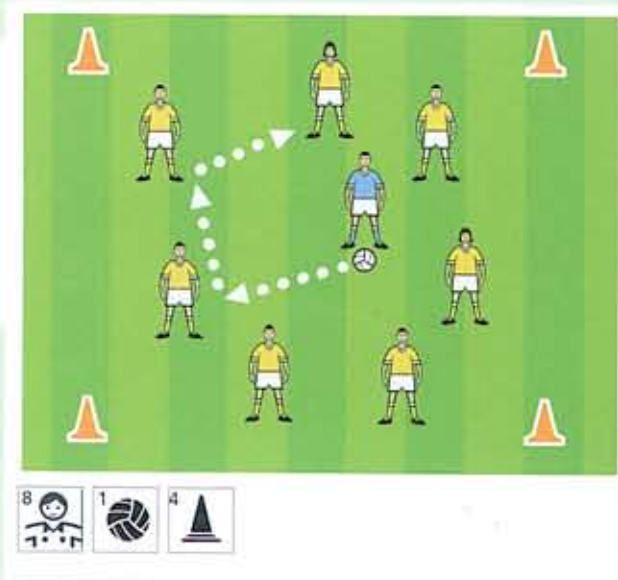
Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 15m
- One player with a ball must Solo around and attempt to tag the other players
- The player must Solo at least once every four steps
- Once a player has been tagged, they must leave the game
- Change the player with the ball when all the players have been tagged

VARIATION

- Increase the number of 'taggers' to reduce the difficulty of the game



ACTIVITY 2 PASS THE GUARD



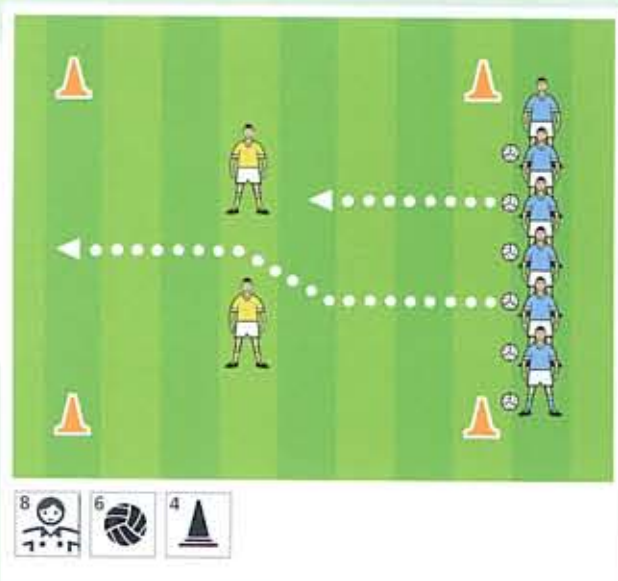
Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 15m
- Six players attempt to Solo across the grid
- Two players act as defenders and attempt to tag the soloing players
- Once a player has been tagged they must leave the game
- The soloing players continue over and back until all have been tagged
- Rotate the defenders and repeat the game

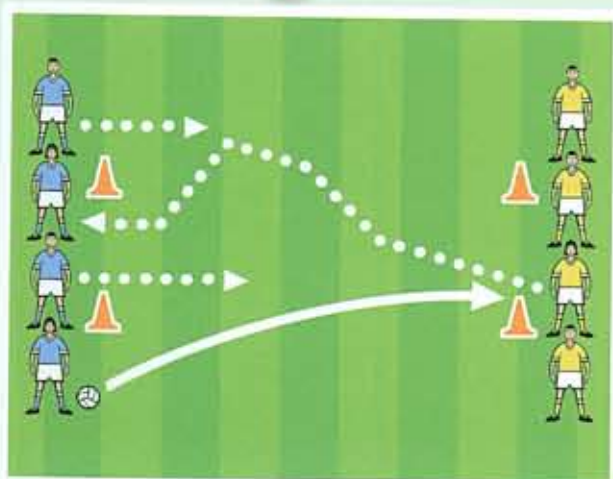
VARIATION

- Increase the width of the grid to reduce the difficulty for the soloing players



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT INVASION GAME



Modified Game to develop the Solo technique

ORGANISATION

- Divide the players into two equal teams
- The game begins with a Punt Kick from one team down the field to the other team
- The receiving team must then Solo and Hand Pass the ball up the field
- A score is awarded only when a player Solos the ball through the opposition goals
- Having scored or lost the ball in the tackle the team return to their endline and Punt Kick the ball for the second team to attempt to score

VARIATION

- To reduce the difficulty of the game for the attacking team reduce the number of defenders for each play

KEY TEACHING POINTS

Here are the Key Teaching Points for the Crouch Lift



Move to the ball

Bend the back and knees, placing the supporting foot alongside and a little ahead of the ball



Place the hands in front of the ball in a cupped position with the fingers spread



Bring the lifting leg forward, scooping the ball forward into the cupped hands



















Draw the ball into the body to secure possession



UNDER 10 CROUCH LIFT

COMMON ERRORS

Here are the Common Errors for the Crouch Lift

	Not crouching to lift the ball: this may result in the player kicking the ball forward rather than lifting it into the hands	
	To correct, bend the back and knees to Crouch Lift the ball	
	Not placing the hands in front of the ball or leaving too much of a gap between the hands: this may result in the ball slipping through the player's hands and failing to secure possession	
	To correct, place the hands in front of the ball in a cupped position with the fingers spread	
	Touching the ball on the ground: this may result in a free being awarded against the player	
	To correct, bring the lifting leg forward to scoop the ball into the cupped hands	
	Not planting the support foot beside the ball: this may leave the player off balance and stumbling over or result in the ball being kicked ahead instead of lifted into the hands	
	To correct, judge the stride length as you approach the ball and plant the support foot to the side of the ball as the lifting foot comes through to scoop the ball into the hands	

DRILL 1 LIFT AND DROP

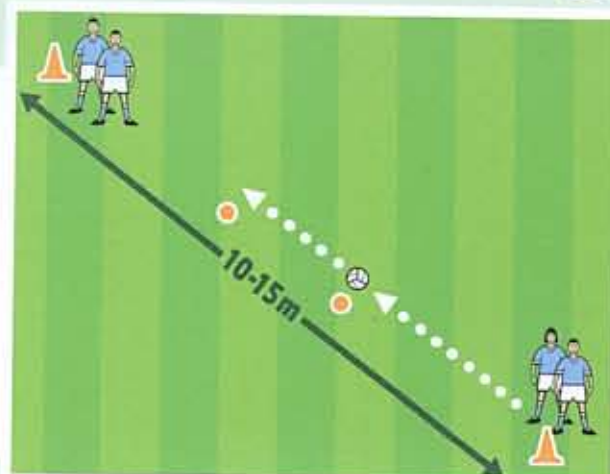
Basic Drill to practise the Crouch Lift technique that requires the players to lift and drop the ball within a short distance

ORGANISATION

- Place 2 cones and 2 markers in a line at equal distances over approximately 10-15m
- Divide the players into equal groups, positioned at each of the outer cones
- Place a ball at one of the centre markers
- The front player nearest the ball jogs forward to Crouch Lift the ball
- Continuing forward they place the ball at the next marker for the first player opposite to repeat the drill, and so on
- The players continue to the end of the opposite line

VARIATION

- To increase the difficulty of the drill reduce the space between the centre markers


DRILL 2 BRIDGE BALL

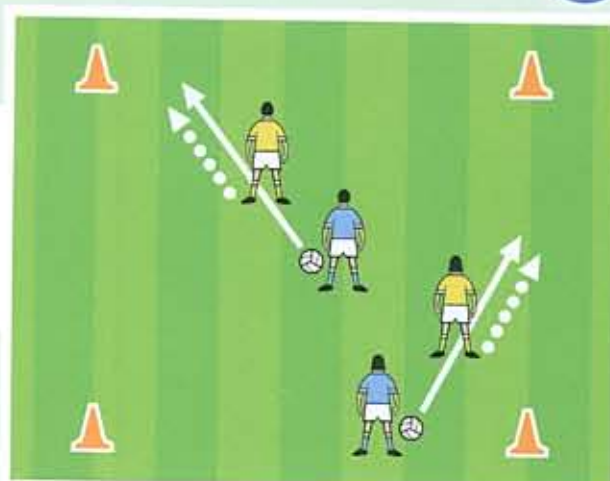
Intermediate Drill to practise the Crouch Lift that requires the players to perform the technique as the ball moves away from them

ORGANISATION

- Divide the players into pairs; one ball per pair
- The player without the ball finds space and stands still with their legs wide apart
- Their partner rolls the ball under their legs from behind so that they must chase and lift it as it moves away

VARIATION

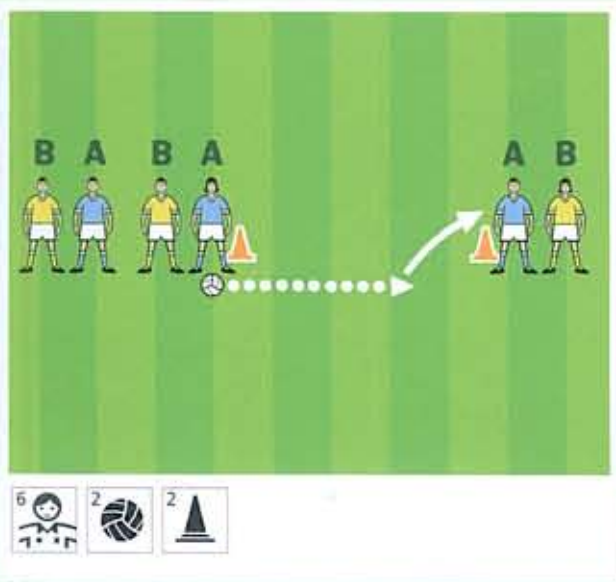
- To increase the difficulty of the drill the player with the ball rolls it through from in front of their partner so that they must turn before chasing and lifting the ball



UNDER 10 CROUCH LIFT

PRACTISE THE TECHNIQUE

DRILL 3 OPPOSED LIFT



Advanced Drill to practise the Crouch Lift technique

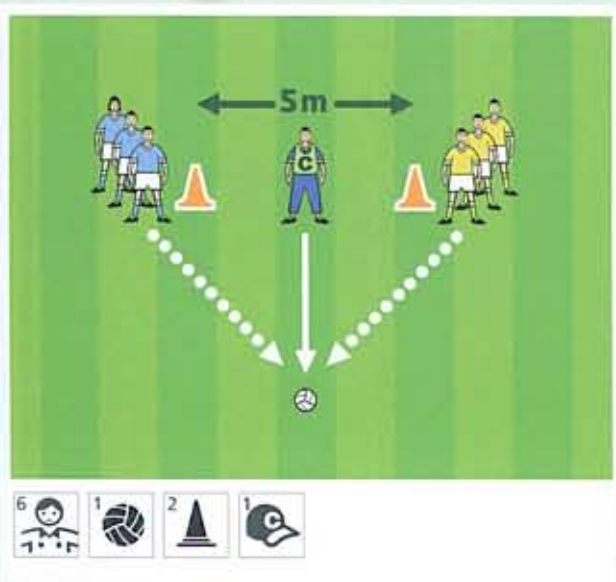
ORGANISATION

- Divide the players into groups of 3 pairs, one ball per group
- Mark out a distance of approximately 10m using cones
- Beginning with the first pair, Player A throws the ball out in front, chasing to Crouch Lift the ball into the hands
- Player B provides opposition without physically tackling the player or the ball
- Player A then passes the ball to the next pair who repeat
- The lifting players must retain focus on the technique while under simulated pressure from their partner
- Continue the routine for approximately 1 minute

VARIATION

- To increase the difficulty of the drill, allow the opposition players to tackle the ball

DRILL 4 TUSSELE AND LIFT



Advanced Drill to practise the Crouch Lift technique that requires the players to contest the ball with an opponent

ORGANISATION

- Divide the players into pairs, one of each pair lined up approximately 5m apart
- On a signal the Coach rolls the ball forward from behind each pair who chase and contest for the ball
- The players switch sides on every go

VARIATION

- To increase the difficulty of the drill the Coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed



ACTIVITY 1 A RACE AGAINST TIME



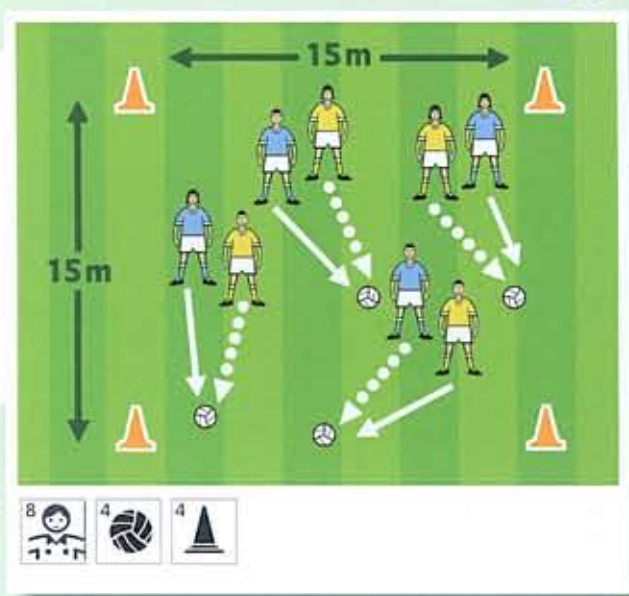
Fun Game to develop the Crouch Lift technique

ORGANISATION

- Mark out a grid 15m X 15m using cones
- Divide the players into pairs, one ball per pair
- On a whistle, the player in possession rolls the ball forward for their partner to chase and pick up using the Crouch Lift technique
- Encourage constant changes of direction
- Ensure each player practices securing the ball after the lift, before rolling it for their partner
- Count how many successful lifts each pair can do in a set time

VARIATION

- To increase the difficulty of the drill, the second player may attempt to tackle the ball as the first player attempts the Crouch Lift. Mark each player against their partner



ACTIVITY 2 SCATTER AND LIFT



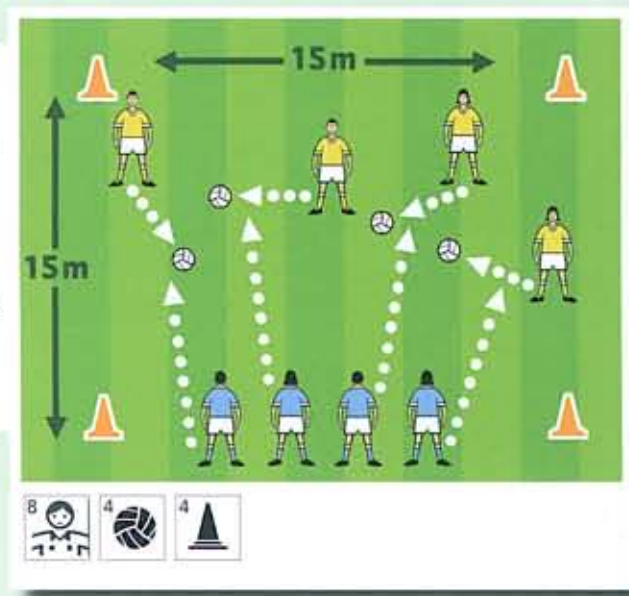
Fun Game to develop the Crouch Lift technique

ORGANISATION

- Mark out a grid 15m X 15m using cones
- Divide the players into two equal teams; one the attacking team and one the defending team
- Place a number of balls randomly throughout the grid
- On the whistle, the attacking team must pick up as many balls as possible in 30 seconds
- The defending players may pressurise the attackers, but may not guard the ball
- The teams switch roles after 30 seconds
- The team that completes the most Crouch Lifts wins

VARIATION

- The Coach can further heighten the intensity of the game by reducing the number of balls



UNDER 10 CROUCH LIFT

DEVELOP THE SKILL

ACTIVITY 3 GRID SWAP



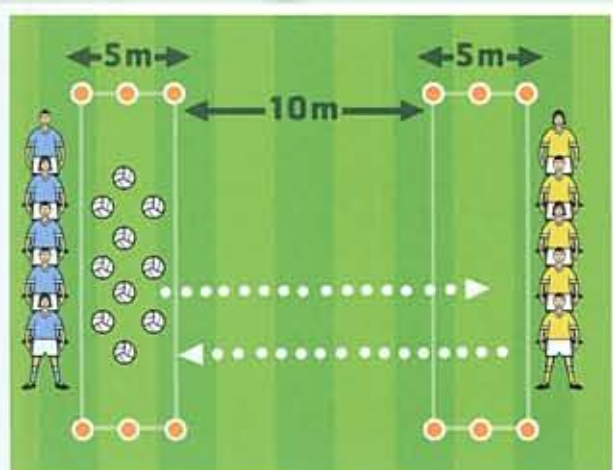
Fun Game to develop the Crouch Lift technique

ORGANISATION

- Divide the players into two teams of five players each
- Mark out two grids 5m wide with 10m between each grid; assign a grid to each team
- Place ten footballs in one grid
- On the whistle, the first team runs forward Crouch Lifts a ball each and returns it to their own grid. This is done until all the footballs have been moved
- The second team repeat the drill, moving all the footballs back to their grid

VARIATION

- Place all the football outside of either grid. Each team must collect the footballs using the Crouch Lift technique and return them to their own grid. The opposing players provide opposition.



KEY TEACHING POINTS

Here are the Key Teaching Points for the Checking technique



Position the body between the opponent and the goal
Keep the feet wide and bend the knees



Lean slightly forward



Extend the arms to either side with fingers spread



Use short steps to shadow the opponent and avoid crossing the legs



Keep one foot slightly ahead of the other to aid stability and enable a quick change of direction



Once the ball is in sight, or as the ball is being played, attempt to intercept it with an open hand



COMMON ERRORS

Here are the Common Errors for the Checking technique



Poor positioning: this may result in the player failing to contain the opponent or being caught off balance



To correct, take up position between the opponent and goals; keep the feet wide and bend the knees, leaning slightly forward



Reaching in and losing balance



To correct, keep the knees bent with one foot slightly forward for stability and quick movement



Crossing the legs: this may result in the player being unable to change direction with the opponent



To correct, keep the feet wide and use short steps to shadow opponent



DRILL 1 HANG ON

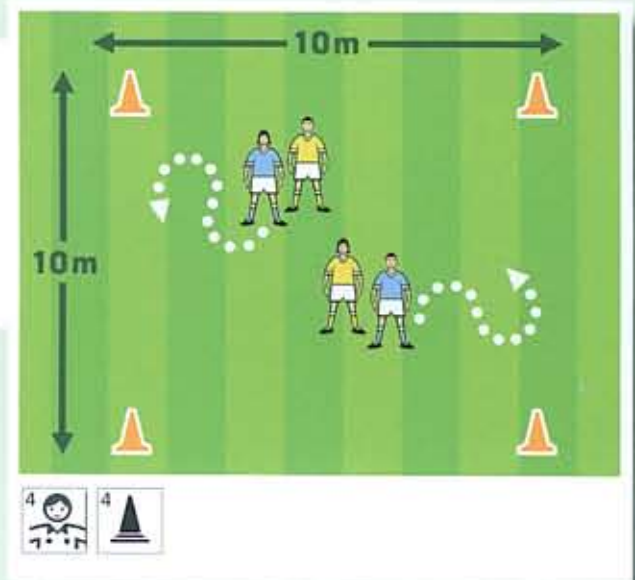
Basic Drill to practise the Checking technique

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the players into pairs
- One player is the defender and one the attacker
- The defender must try to remain in contact with the attacker using one arm at all times
- The defender is not allowed to hold or pull the attacker
- After a set time change roles

VARIATION

- Use a harness to keep the players together


DRILL 2 ZIG-ZAG CHECK

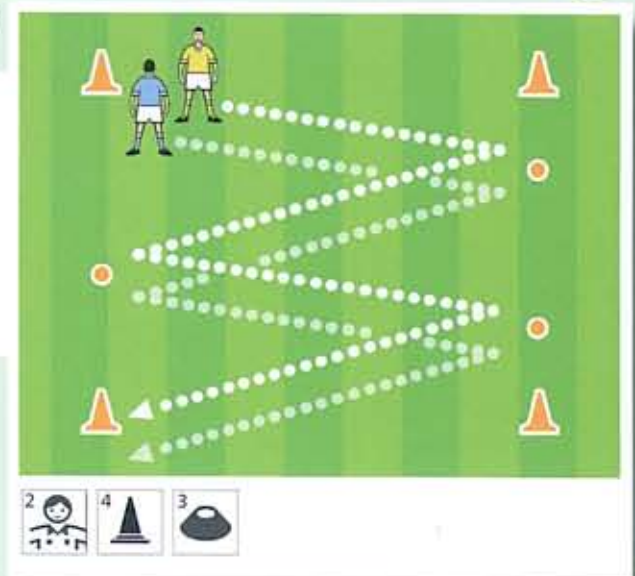
Basic Drill to practise the Checking technique that focuses on the movement of the feet

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the group into pairs
- Player A runs in a zig-zag manner from one side of the grid to the other until they reach the end of the grid
- Player B facing Player A, attempts to maintain the 'check' position throughout
- Change roles and then repeat the drill

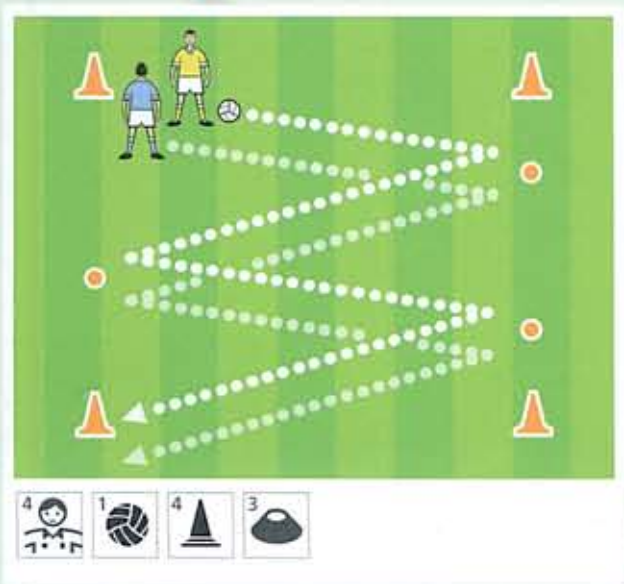
VARIATION

- Player B changes position to shadow the opponent by turning their inside shoulder into Player A, keeping the inside hand across the front of the body and the outside hand high



PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG CHECK (WITH BALL)



Intermediate Drill to practise the Checking technique introducing the ball

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the group into pairs
- Player A Solos in a zig-zag manner from one side of the grid to the other
- Player B facing Player A, attempts to maintain the 'check' position throughout, but may not tackle the ball
- As the players become more proficient, allow Player B to attempt to tackle the ball
- Players should attempt dispossession when their opponent is soling or bouncing the ball

VARIATION

- Player B changes position to shadow the opponent by turning their inside shoulder into Player A, keeping the inside hand close to the ball and the outside hand high

DRILL 4 GRID CHECK



Advanced Drill to practise the Checking technique

ORGANISATION

- Mark out a grid 8-10m square using cones
- Divide the group into pairs; one player is the attacker, the other the defender
- On the whistle, each pair race around the near corners of the grid
- Rounding the cone the attacking player must attempt to pass the defender to reach the far end of the grid
- The defending player attempts to Check the player to delay their progress
- The defending player may not touch the attacking player

VARIATION

- As the players become more proficient, allow one player to attempt to tackle the ball: dispossession should be attempted during the Solo or Bounce

ACTIVITY 1 CHECK MATE

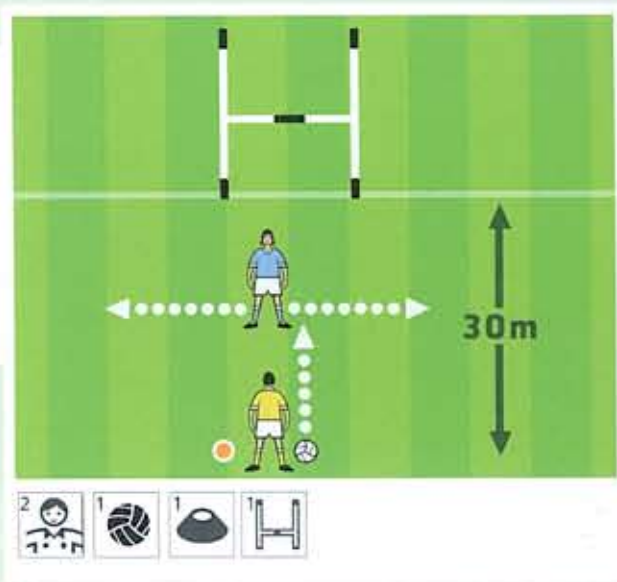
Game Play Drill to develop the Checking technique

ORGANISATION

- Divide the group into pairs; one player is the attacker, the other the defender
- Beginning 30m from goal, the attacking player must attempt to round the defender and kick for a score
- The defending player attempts to Check the player to delay their progress and to flick or palm the ball away as the attacking player Solos the ball
- Change roles and then repeat the drill

VARIATION

- Mark a channel to restrict the movement of the attacker, this will reduce the difficulty for the defender


ACTIVITY 2 CHECK ZONE

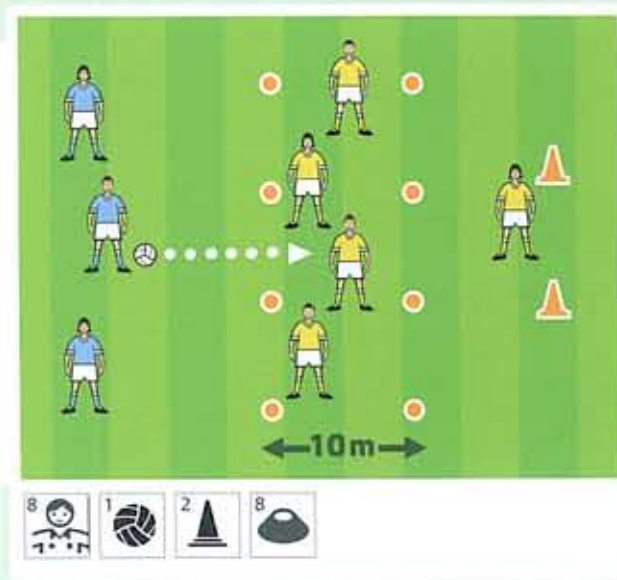
Fun Game to develop the Checking technique

ORGANISATION

- Mark out a playing area 40m X 20m
- Mark a zone approximately 10m wide across the centre of the playing area
- Three attacking players are positioned at one end of the playing area with a ball
- Four defending players are positioned in the centre zone
- The attacking players attempt to move through the centre zone playing the ball between them and continue to attempt to score on the goalkeeper at the far goal
- The defending players use the Checking technique on the attacking player in possession as they pass through the centre zone

VARIATION

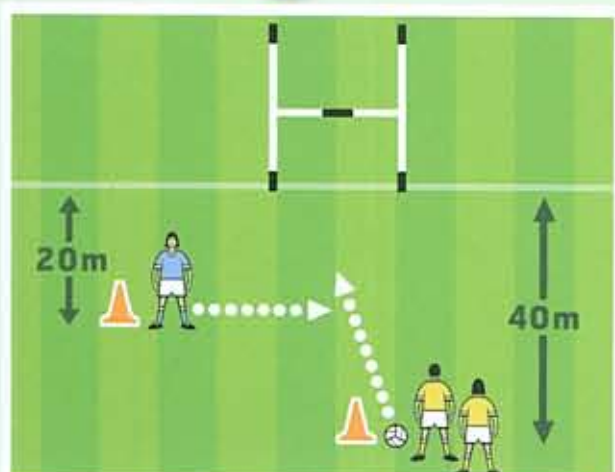
- Reduce the width of the playing area to reduce the difficulty for the defenders
- The Coach can pass the ball to the attacking team at random



UNDER 10 CHECKING

DEVELOP THE SKILL

ACTIVITY 3 PREVENT THE SCORE



A Game Play Drill to develop the Checking and Block Down techniques

ORGANISATION

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20m from goal to one side
- Divide the players into pairs: one defender and one attacker
- Each attacker in turn Solos towards the goal
- The defending player attempts to Check the attacking player to delay their progress
- The defending player may not touch the attacking player
- Once within shooting range the attacker attempts to shoot for a point and defender attempts to block
- Reverse the roles after a set number of attempts

VARIATION

- Increase the number of defenders to increase the occasions of blocking

KEY TEACHING POINTS

Here are the Key Teaching Points for the Fist Pass technique



Support the ball in the palm of one hand in front of the body
Face the target



Swing back and extend the striking hand
Keep eyes on the ball



Lean forward and strike through the middle of the ball with the fist, using the broad surface formed by the middle bones of the fingers, the side of the thumb and the heel of the hand
Keep the supporting hand steady



Follow the strike through in the direction of the pass



While striking the ball, step forward with the foot on the opposite side



COMMON ERRORS

Here are the Common Errors for the Fist Pass technique

	<p>Striking the ball from underneath; this may result in the pass being too high</p>	
	<p>To correct, strike through the middle of the ball with the fist, using the broad surface formed by the middle bones of the fingers, the side of the thumb and the heel of the hand</p>	
	<p>Throwing the ball from the supporting hand before the fist makes contact: this may result in the player making no contact with the ball or the player losing control and power in the pass</p>	
	<p>To correct, hold the ball in the supporting hand until the fist makes contact</p>	
	<p>Failing to keep the holding hand stationary: this may result in a free being awarded against the player for not using a definite striking action, or for throwing the ball</p>	
	<p>To correct, keep the supporting hand steady throughout the technique to show a clear striking action</p>	
	<p>Holding the ball too near or too far from the body: this may lead to poor contact when striking the ball</p>	
	<p>To correct, hold the ball in the palm of one hand, with the elbow bent, to position the ball in front of the body at about waist height</p>	

DRILL 1 STATIONARY PASS

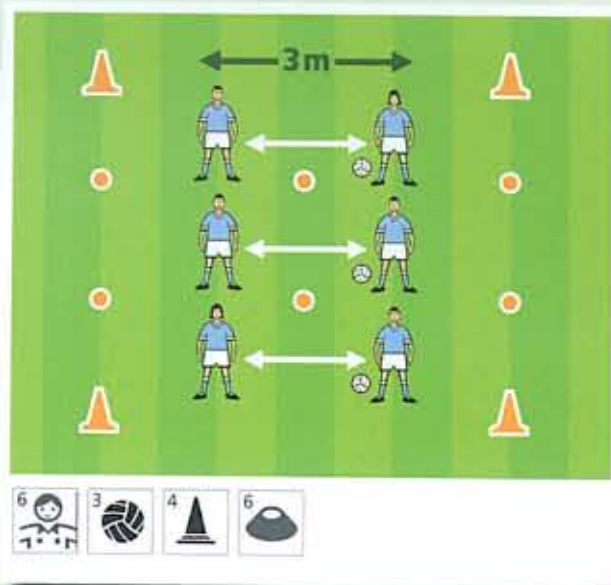
Basic Drill to practise the Fist Pass technique in a stationary position

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Players stand approximately 3m apart
- Each player in turn Fist Passes the ball to their partner
- The routine is continued for approximately 1 minute
- Remember both left and right hands should be used to practise the Fist Pass

VARIATION

- To increase the difficulty, increase the distance between the players


DRILL 2 MOVE AND PASS

Intermediate Drill to practise the Fist Pass technique that requires the players to pass the ball while moving

ORGANISATION

- Divide the players into groups of four, one ball per group
- Mark out a distance of 5m using cones
- The players line up two facing two
- The player in possession walks forward and Fist Passes to the first player in the opposite line, who repeats
- The players join the end of the opposite line each time

VARIATIONS

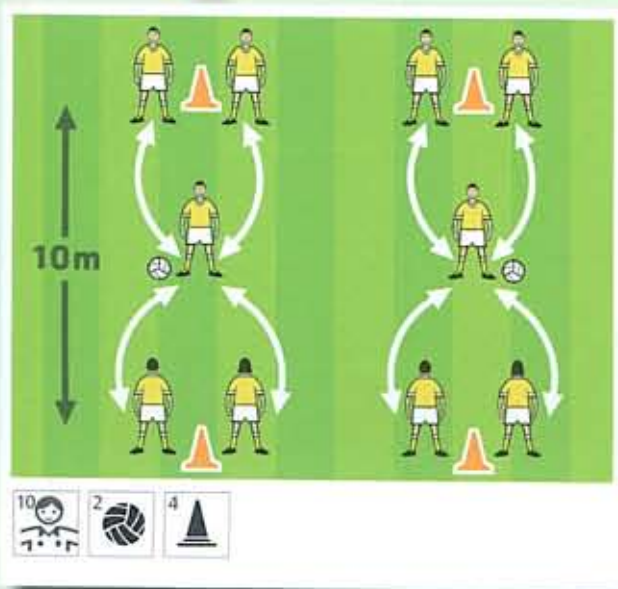
- To increase the difficulty, gradually increase the pace of the drill
- Encourage the receiver to move forward to take the pass so that the passer must time their pass more accurately



UNDER 10 FIST PASS

PRACTISE THE TECHNIQUE

DRILL 3 PRESSURE PASS



Intermediate Drill to practise the Fist Pass technique

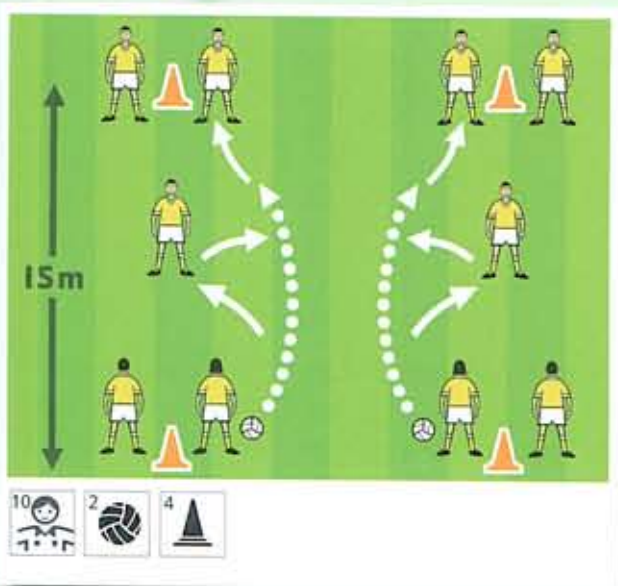
ORGANISATION

- Divide the players into groups of 5, one ball per group
- Mark out a distance of 10m using cones
- Two players stand at either cone, side by side
- Position the fifth player, ball in hand, in the middle
- The middle player passes the ball to each of the side players in turn, first to one side and then the other, over and back
- Encourage the middle player to move with the ball

VARIATION

- Vary the drill by challenging the end players to move in and out in turn for the pass

DRILL 4 MOVE AND PASS II



Intermediate Drill to practise the Fist Pass technique on the move

ORGANISATION

- Divide the players into groups of 5, one ball per group
- Mark out a distance of approximately 15m using cones
- Two players line up at each cone
- The fifth player is positioned midway between the cones
- Each player in turn Fist Passes the ball to the central player, moves to receive the return and Fist Passes to the next player at the far cone
- When running to the right of the central player the right hand should be used to pass and vice versa

VARIATION

- To increase the difficulty; the coach signals to which side of the central player each runner must pass



ACTIVITY 1 KEEP BALL



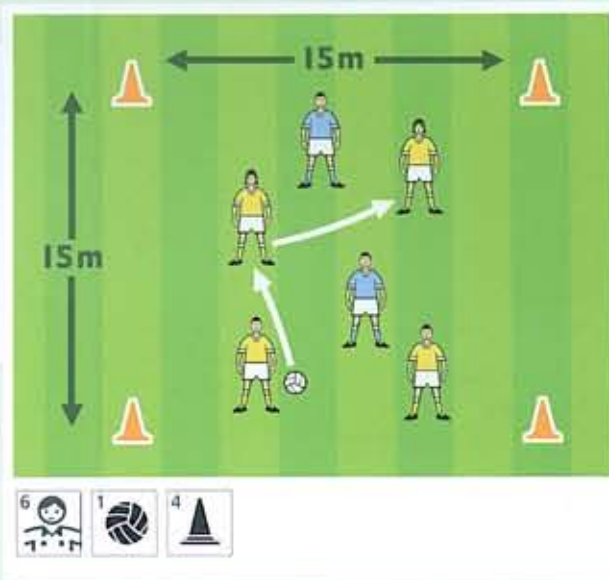
Fun Game to develop the Fist Pass technique

ORGANISATION

- Mark out a grid 15m X 15m
- Divide the players into a team of 4 and a team of 2
- The team with 4 players has the ball
- The team with 2 players are defenders and must try to get the ball
- The team with the ball must try to keep the ball away from the other team using only the Fist Pass
- Rotate the players on each team after a set period of time

VARIATION

- To increase the difficulty on the team in possession; increase the number of defenders



ACTIVITY 2 DODGE BALL



This Fun Game to develop the Fist Pass technique should be played with extra care

ORGANISATION

- Divide the players into a team of 6 and a team of 2
- The team of 2 players must try to score 'hits' by striking the other team with the ball using the Fist Pass; a hit is awarded only for striking the torso of a player
- Award one point for each hit, or alternatively the player who is hit must leave the game
- Rotate the players when the team with the ball reaches 15 points, or when all the dodgers have been eliminated

VARIATION

- Use a sponge ball when playing the game with young players

