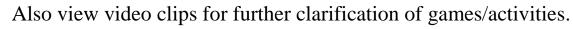
29/4/2016

Group: GAA Nursery	Venue: Hall (LESSON PL	AN 4)	
Age: 5-6 Boys and Girls	No. Of Participants: Varia	es	
Coaches: Emma and	Safety Points: Laces to be	tied	
Louise Byrne	Beware of surrounding eg. Walls.		
	Spread out cones to avoid children bumping into each other.		
		Recap Ball Control/Dribbling,	LEINSCER
Intro to Pick up, Intro to th		ĕ	
Equipment: Cones, Shapes, Balls, Bean Bags, Hoops,			
Parent/Child Task 1:		Parent/Child Task 2:	
Name: Don't let the ball stop!		Name: Body Balance	
Duration: 5 mins		Duration: 5 mins	
Equipment: Balls		Equipment: NA	
Description:		Description:	
• Child faces adult.		• Child and adult pair up.	
• They must pass the ball back and forth		• Coach to call out a body part. Everyone	
to one another using any body part		must balance on that body part for 10	
(head, hands, feet).		secs.	
• Try not to let ball stop.		• Whatever position the child decides to	
		balance the adult must copy.	
Activity 1: Shark Attack		<u>Activity 2-</u>	
Name: Shark Attack		Recap Skill of Dribbling (IDEA)	
Duration: 5 mins		Name: Dribble Relay	
Equipment: Cones, Bit	OS	Duration: 5 mins	
Description:		Equipment: Cones, balls	
• Line up group on one side of area.		Description:	
• Give two children bibs who are the		• Set up 3 cones in a line about 4 steps apart	
"Sharks".		from each other.	
• On your call the 'fishes' try to get to		• Separate children into equal teams.	
the other end of the grid without		• Each group has a ball.	
getting caught.		• On whistle, first child in each group dribbles	
• If they get caught they go into the		the ball in and out through their set of cones	
fishbowl where they have to do 5 star		and back and passes the ball to next person.	
jumps and they are back into the game.		1	1
Activity 3-Foxes and Hens		Activity 4: Intro Pick u	ip (IDEA)
Name: Foxes and Hens		Name: Pick up the Rubbish!	
Duration: 5 mins		Duration : 5 mins	
Equipment: Cones		Equipment: Balls	
Description:		Description:	
• Give one child a cone to place on their		• Give each child a ball.	
head. This person is the "FOX"		 Encourage children to place ball on 	
• "FOX" tries to run around and catch		ground 2-3 steps in front of them.	
the hens.		 Challenge children to walk up beside the 	
• If a "HEN" gets caught they have to		ball and scoop the ball up with both hands	
pick up a cone from the ground and		and hug the ball. Repeat.	
they now become a "FOX"			
Continue until all hens are caught.		•	
• Continue until an nens are caught.			

GAA Nursery Lesson Plan 4	29/4/2016 Emma & Louise Byrne			
Activity 5-Trash Can	Activity 6-Walk like an animal			
Name: Trash Can	Name: Walk like an animal			
Duration: 5 mins	Duration: 5 mins			
Equipment: Balls, Cones	Equipment: NA			
Description:	Description:			
• Give each child a ball.	• Challenge children to walk around like			
• Children to pick up the trash and place	different animals.			
it in "TRASH CAN" marked out with	• Jump like a frog			
cones.	• Walk like a giraffe			
• The coach is really messy and rolls	• Run like a cheetah etc.			
balls back out.				
Activity 7-Blast Off	Activity 8-Bulls Eye			
Name: Blast Off	Name: Bulls Eye			
Duration: 5 mins	Duration: 5 mins			
Equipment: Balls, Cones	Equipment: Bean bags/balls, Cones, Hoop			
Description:	Description:			
• Give each child a ball and get them to	• Give each child a bean bag/ball and get			
place their ball on their cone.	child to stand on one shape.			
• On whistle, children to stand beside	• On whistle, children to aim at cone in			
ball and kick ball "BLAST OFF" and	middle of circle and try to hit it.			
retrieve ball.	• Children to retrieve bean bag and repeat			
• Adults to help children set ball onto	on whistle.			
cone.				
Cool Down-Through the legs				
Name: Through the legs				
Duration: 5 mins				
Equipment: Balls				
Description:				
• Get all children to line up behind one another with legs open				
• Get all adults to line up behind one another with legs open				
• Give each group a ball, ball starts with the first person in the group.				
• On whistle, first person rolls the ball through their legs the whole way back to the last				
person who retrieves ball and runs up to the front and repeats by rolling the ball through				
their legs.				
• First team out to a marker wins.				
Notes:				
Places and Dower Doint slides for detailed description and discreme of				
Please see Power Point slides for detailed description and diagrams of				

all activities.



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Leinster GAA GAMES DEVELOPMENT