

# gaelic4girls Coaching Programme

## Introduction

Welcome to your Gaelic 4 Girls Programme Coaching Schedule and thank you for your participation as a coach for this initiative. The aim of this programme is to provide girls, who have never played the sport before, with an opportunity to play Ladies Gaelic Football in a fun, non-competitive, social environment.

The girls should see many benefits in participating in this programme including:

- 1. being taught the basic skills of Ladies Gaelic Football on a fun basis
- 2. been given the opportunity to demonstrate their new skills through a mini blitz of games
- 3. meeting friends in a safe and healthy environment
- 4. being presented with a 'Gaelic 4 Girls' t-shirt

It is hoped that these girls will continue playing the sport after the programme and join your local club. It is asked that you, as a coach, ensure that the girls enjoy their coaching experience and that activities are fun based at all times. All skills will be taught through a series of fun games.

This resource provides you with detailed coaching ideas through fun games to ensure the provision of a fun and safe programme for all involved. There are step by step instructions and diagrams for all activities.

So all that is left is for you to get the girls out and participating.

Many thanks for your time and we hope you enjoy!

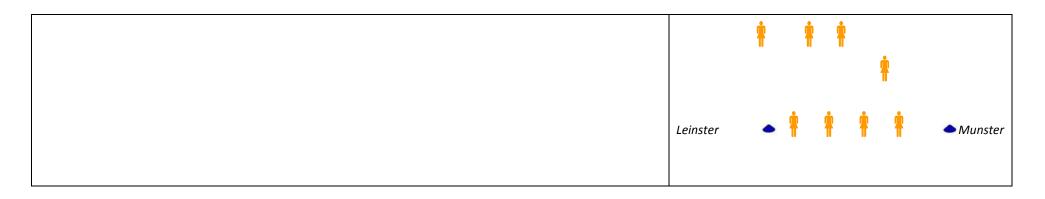


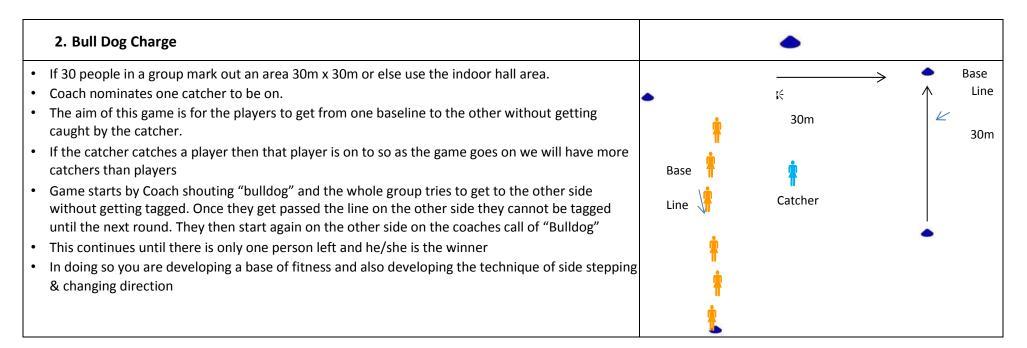


# Warm Ups

## Without a ball

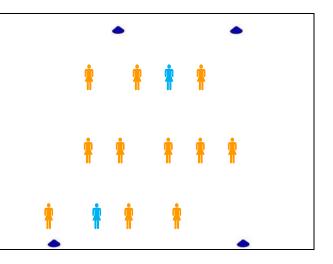
Equipment Required:						
Cones		Footbal	s 🕲	Bibs		
	•	Coa	<b>e</b> h		•	Ulster
				Conn	acht	
	4	! <b>*</b>	<b>†</b>			
	•	••			<b>†</b>	
			Cones Football		Cones Footballs Bibs  Coach	Cones Footballs Bibs





# 3. Flush The Toilet

- Coach uses hall or square area marked out 30x 30 meters
- Area big enough to give players space to run around
- Coach nominates 2 players to be on and gives them a bib (coach can add in a 3<sup>rd</sup> player if more than 15 players)
- Players are only on for 2 minutes and then the coach switches them so that nearly everybody on
- If player is tagged then they go down on hunkers and hold arm out parallel to the floor
- A player who isn't tagged must sit on hunkers and push arm down towards the floor and "Flush the Toilet"
- A person cannot be tagged when they are freeing a person

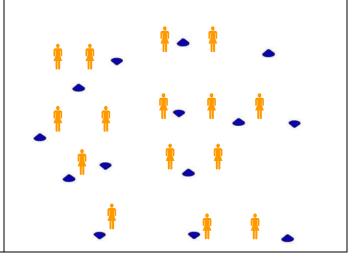


## With Cones and Bibs

# 1. Remember Your Cone Depending on numbers throw out cones on the ground in a wide space in no particular shape and tell each player to stand at their own cone(1 person per cone) and remember where there cone is, what colour it is and who they are beside. When coach says GO everyone runs around the area without touching the cones and not around their own cone When coach blows the whistle everyone has to get back to their own cone as quick as they can. How to adapt? Get players to pick a different cone and give them 3 seconds to remember where it is and get them to jog round and when coach blows the whistle they have to find their new cone.

2. Tails		٠		ŀ,		
Mark out an area 30 x 30m depending on number of players						
Give players a bib each (if no bib players can use jumper	•				•	
Put bib inside trousers/skirt and leave it hanging down like a tail	*	<b>*</b>	Ť	Ť		
Players run around the area in all directions and when coach blows the whistle they start collecting						
tails.	*	<b>#</b>	•	į.	•	
<ul> <li>Players must steal as many tails\bibs as they can while trying to protect theirs.</li> </ul>			π	π	π	
<ul> <li>Coach times 1 minute and when time is up, blow the whistle and all players freeze.</li> </ul>		<b>†</b>	<b></b>	<b>‡</b>		
The player with the most bibs at the end of the minute is the winner		-	"	"		
• Challenge: Reverse the role – The players who have a tail left at the end of the minute – wins.		#		<b>i</b>	•	
	•			Т	<b>Ⅲ</b> ●	
3. Domes and Dishes			•			

- Give each member a cone.
- Half group set marker on ground normally these people are the 'saucers'. Other half put upside down marker in a space these people are the cups
- On whistle players run into grid and 'saucers' must try and put all markers normal way, while cups try and overturn markers
- Have a time limit (e.g. 1 min)



## With Cones, Bibs and Footballs

1. Cups and Saucers







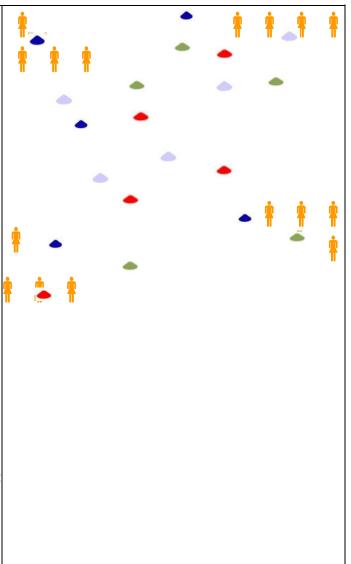
Example 16 players, groups 4 at each different colour cone in shape of a square

- Outside 4 cones of different colours Red, Blue, Yellow, Green
- Then on the inside you need 4 of the same colours spread out within the square as shown below.
- Group 1 have to turn over red cones with **right** hand and get back to cone as quick as they can.
- Group 2 have to turn over blue cones with right hand and get back to cone as quick as they can.
- Group 3 have to turn over yellow cones with right hand and get back to cone as quick as they can.
- Group 4 have to turn over green cones with right hand and get back to cone as quick as they can.
- 4 players going at one time so the player that turns over their 4 cones and gets back to their group first gets a point for their team
- Sequence 2: When each player has gone once get them to put right hand behind back do it with their left hand
- Sequence 3: On the third round get players to turn cones with both hands
- Sequence 4: On the 4<sup>th</sup> round get players to bounce the ball and catch it at each cone
- Sequence 5: On the 5<sup>th</sup> round get players to put the ball around their waist without dropping it

## Can use the below in the main body as it is practicing the skill through a fun game.

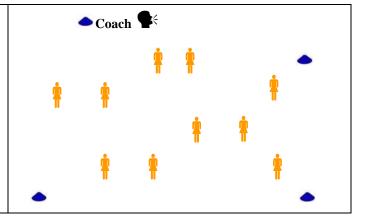
## Activity 2 - Cups and Saucers using solo, bounce and handpass

- Get groups to move one to the right so they are standing at a different coloured cone
- · Using the same idea and turning over the colour of the cone in which they are standing behind
- Give each group a football
  - **Sequence1:** Get each player to **solo with Right Foot** at each cone and hand pass back to next person
- Sequence 2: Get each player to solo with Left Foot at each cone and hand pass back to next person
- Sequence 3: Get each player bounce at each cone and hand pass back to next person
- Sequence 4: Get each player to solo with Right and Left Foot at each cone and hand pass back to next
  person
- Challenge: Tell teams that whatever team does the skill correct and in the quickest time gets a point.



## 2. Ship, Sea, Shore Mark out 3 horizontal lines 10-12 big steps apart Ship Sea Shore Coach Make the lines long enough to cater for all Call each line ship, sea and shore Get everyone to stand on sea which is middle line and face the coach If coach shouts "ship" players run to ship line as quick as they can and wait there for the next call, If coach shouts "shore" players run to shore and wait and if coach shouts "sea" players run to sea The aim of the coach is to catch the players out and test reactions and help sharpen their footwork ☐ Once they get familiar add in the following calls: If coach shouts "scrub the decks" get down on hunkers and scrub the decks If coach shouts "climb the ropes" climb the ropes If coach shouts "man over board" they hold a person near them Add in the Ball Give each player a ball (If there isn't enough balls for each player then keep switching after every skill) If coach shouts "ship" players run to ship line as quick as they can and take a solo, If coach shouts "shore" players run to shore and take a bounce and if coach shouts "sea" players run to sea and puts solos with other foot. If coach shouts "scrub the decks" players drops ball on the ground and picks is up. If coach shouts "climb the ropes" players throw the ball up in the air and catches it If coach shouts "man over board" players puts the ball around their back Sea Ship Shore 3. Numbers Game

- Players run around a fixed area in all sorts of directions. If big area mark out a grid 20m x 20m
- Give each player a Football and tell them to jog around the area
- Coach demonstrates 3 skills/activities Bounce, Around the waist and Pick up
- The coach calls out a number and the skill e.g "3" Bounce
- Once they have completed that they jog around again and coach calls out "8" Around the Waist and players put the ball around the waist 8 times without dropping it.
- The players then must do 3 bounces.
- Keep testing the players and changing the skills throughout the 10minutes as this increases the number of touches they get on the ball.







Section 2

# Coaching Through Games

## **Small Sided Fun Games**

## What are Small Sided Games?

Small Sided Games are games with fewer players competing on a smaller-sized field/ playing area. They are fun games that encourage players to have more contact with the ball because fewer players are playing in a smaller playing area. SSG have a definite developmental impact on younger players. The more confidence that players have in their own ability and the greater the level of enjoyment that they derive from developing and expressing this, the more likely they are to maintain a lifelong involvement in Gaelic Games.

## Why should you use these games to coach?

- Promotes full participation by all
- Caters for the development needs of all players 

  Maximum enjoyment derived from involvement
- More touches of the ball by all players throughout all areas of the pitch
- More efficient use of facilities (multiple games on pitch)
- Repeated decision making experience
- Emphasis on player development rather than winning and losing
- Better success rate leads to improved quality of play, self-esteem and player retention

## How often should you use games during your session?

It is recommended that your complete session contains small sided games. Players will learn more through these games and the fun atmosphere promotes a safe environment for all participants regardless of ability. Fun games ensure all players are provided an opportunity to develop at their own pace. Each station should contain a game focusing on various skill(s).

## Remember the Child!

"I don't care if we lose 100-1. If my team goes out there and plays hard, plays fair, and has FUN. We are winners!"

(Ben Eaton)

"Kids don't care how much you know, until they know how much you care."

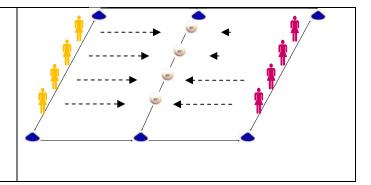
## **Skill Level**



		Skills The Game Covers:	Equipment Required:
			Cones Footballs Bibs
	*	Catching, Fist Passing, Kicking	<b>▲</b> □ <b> </b>
No N	lan's Land		
•	Divide into 2 teams		• • • • • • • • • • • • • • • • • • •
•	Set up area as shown, 'No Man's Land' separ	ates teams	
•	Players fist pass ball over 'No Man's Land' int	o other teams area	
•	Team awarded point if ball lands in opposite	area without being caught by opposing team ☐ If	
ball go	pes outside area point awarded to opposite tea	m	
•	This continues over and back between teams	. Can add extra footballs	
•	Area can be made bigger and kick passing use	ed	

2. Dodgeball	Fist Passing	•	
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- Divide into two teams on either side of grid
- On whistle teams run to pick up balls in centre and fist pass to try and hit player on opposite team
- When a player gets hit or someone catches the ball she has thrown, player is OUT!
- Continue until team has no players left

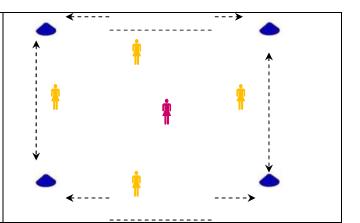


Kicking  of cone	• ©
Mark out grid as shown and place number of cones across middle of grid	
Divide group into teams of 3-5 players	<b>†→</b> † <b>†</b> † <b>† →</b>
Give 1 or 2 footballs to each team	
The player in possession attempts to strike one of the cones in the middle of the grid using the punt 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	
Alternatively points may be awarded for kicking the ball through gaps in the cones	
	- † † † † † -

Reactions		•	G	)				
4. Bum Ball								
Set out square using cones		(3)	<b>†</b>	<u></u>	<b>#</b>	<u></u>	<b>İ</b>	
All players stand in square and there should be one less football than players			"	"	"	"	"	
Players start running inside square without touching footballs								
On whistle players must try to sit on a ball								
Player with no football to sit on is out				C				
Coach removes a football each time until there is a winner		6	_ #	#	(6)			
			9				•	



- Mark out a grid 5m x 5m using cones
- 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 fist passing the ball to each other to retain possession
- 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'



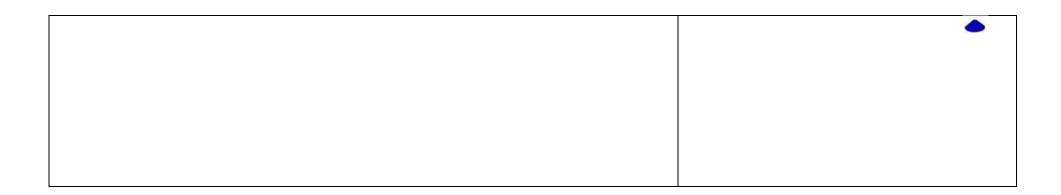
## **Skill Level**

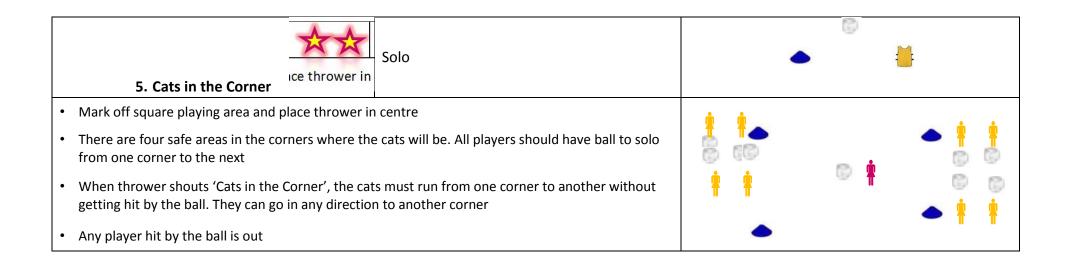


Fist Pass	© <u> </u>
2. Freeze Ball 5. Each player t	
Divide players into two equal teams. Each player begins with three lives	
Player in possession kicks, fists or throws the ball up in the air and shouts a number or name	# # ® #
The player called has to catch the ball while other players scatter in all directions	
On catching the ball the player shouts 'freeze' and all other players must stand still	
From a stationary position the catcher must attempt to hit another player with the ball by fist passing the ball at them	* * *
Game continues until player has lost all three lives	<b>† †</b>

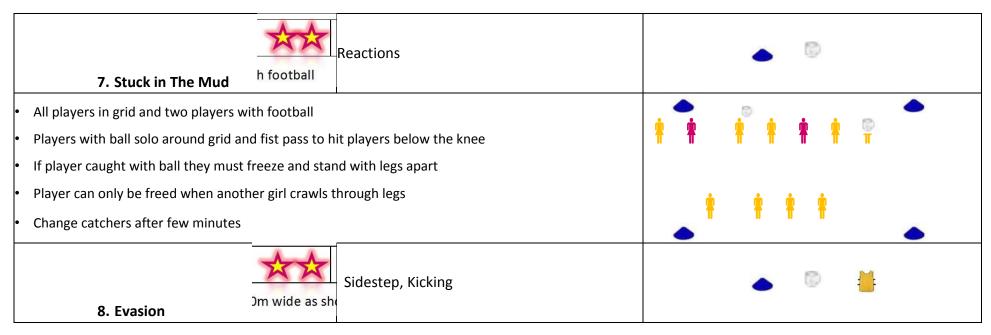
Solo  3. Rob the Nest			• 6	<b>*</b>	
Split players into 4 teams at four corners	•	•	88		
On whistle first player runs to middle and collects a ball and solos back to group (can only take one ball at a time)	T T		88		
Next player in team then runs and repeats collecting another ball				# #	
When area in middle is empty players must rob a ball from one of the other teams					
Players cannot tackle each other					
Team must most footballs at their corner at end are the winners					
Repeat a few times	Ť			•	

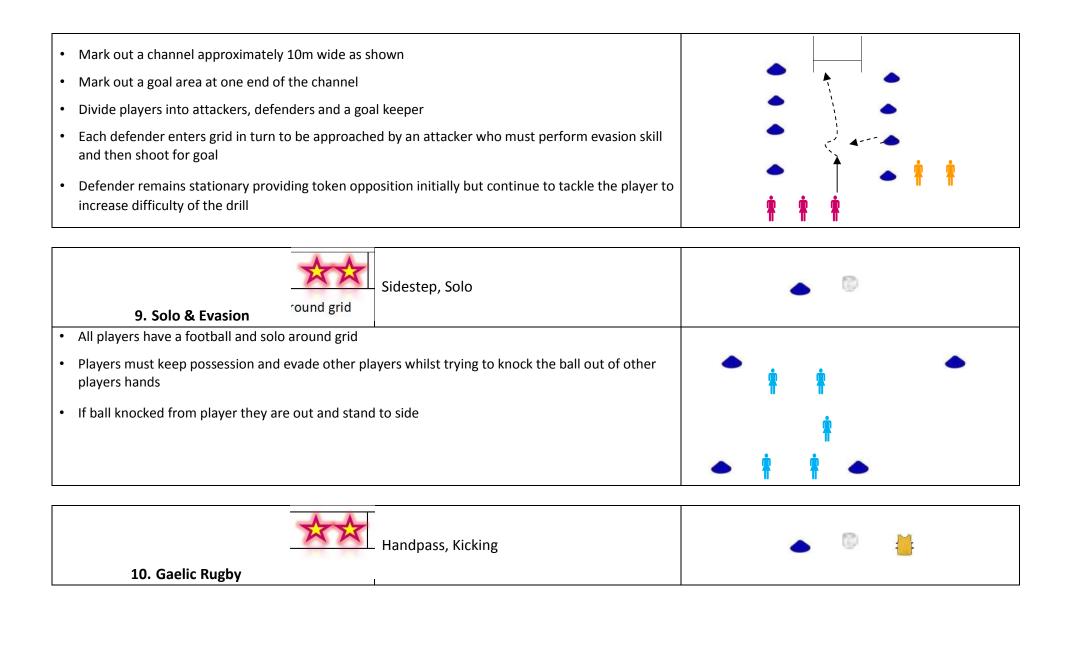
Solo	•	© <u></u>
4. Pass the Guard		
Mark out a grid 15m x 15m		<b>†</b>
Players attempt to solo across the grid	•	•
Two players act as defenders and attempt to tag the soloing players	"	•
Once a player has been tagged they must leave the game	#	<b>T</b>
The soloing players continue over and back until all have been tagged	•	Ŧ
Rotate defenders and repeat game		•

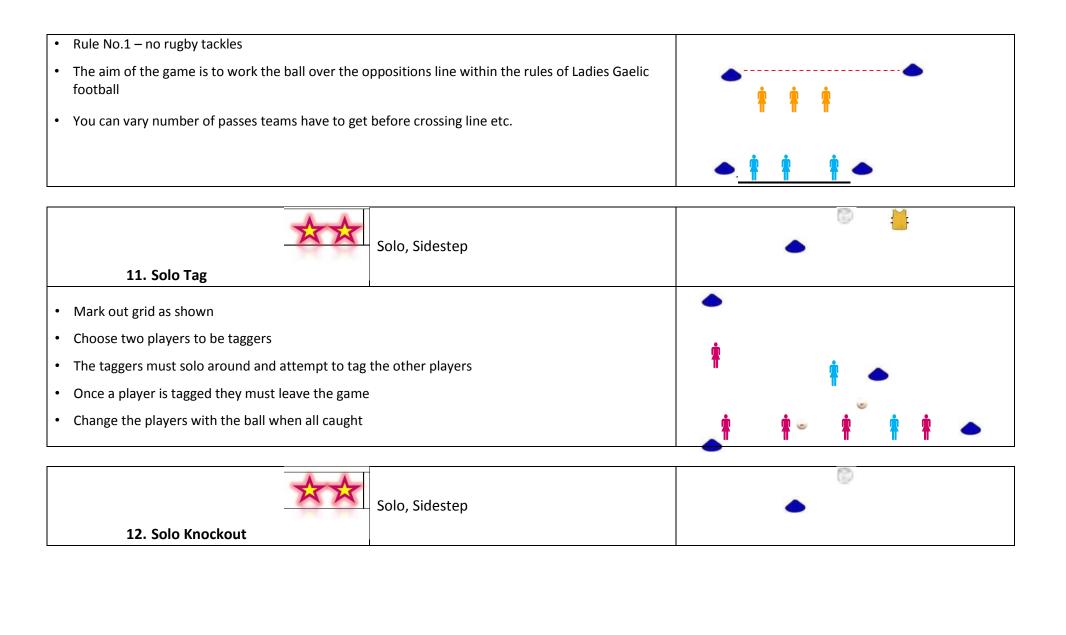


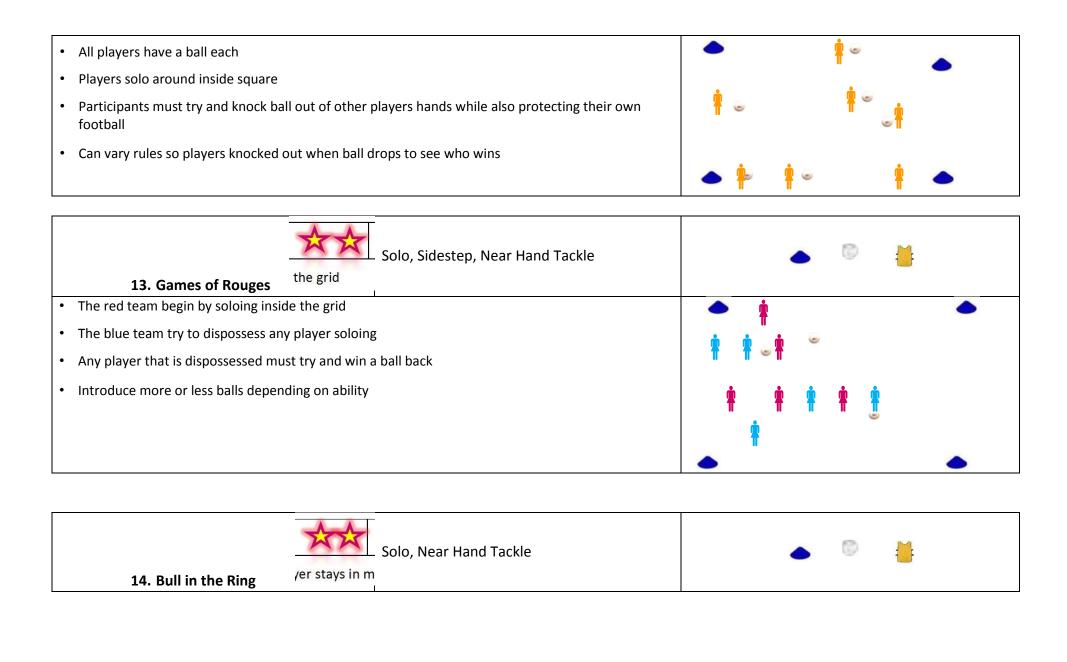


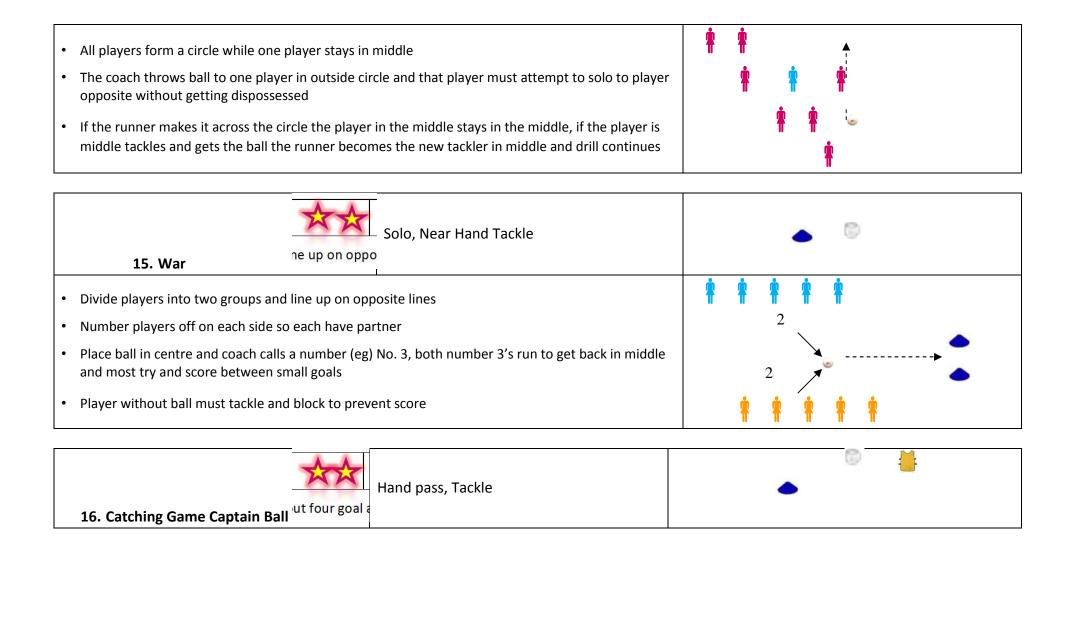
	6. Target Ball  Intre as shown	
•	Place four cones in 10m square in centre as shown	/ / 🐈 / /
•	Mark out lines of cones at various distance back from square	/ / / /
•	Divide the players into two groups, one group at either side	
•	Beginning at one side and behind the first line, the players attempt to land the ball in the square $\Box$	
	Award 1 point for every kick that lands in the square	/ / 🚏 /
•	Progress the game by moving the players back behind the next lines as they become more proficient	/ / /



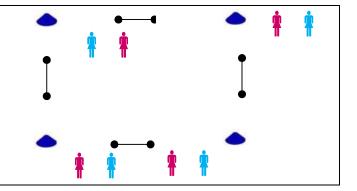


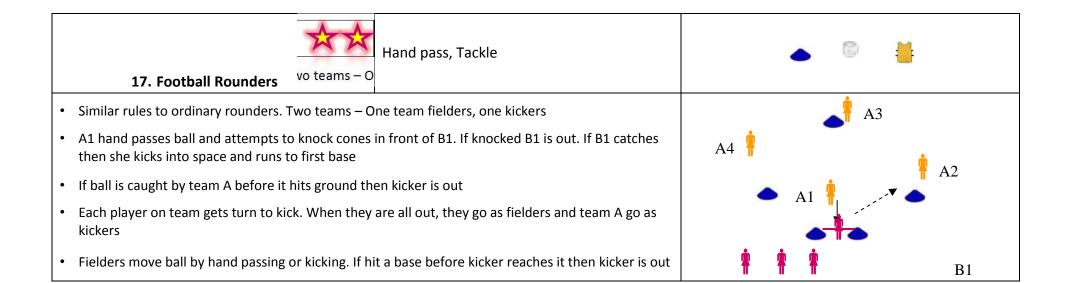






- Divide players into two teams. Mark out four goal areas as shown
- Two players from each team act as goal keepers on opposite sides of grid
- Object of game is for team in possession to hand pass ball to their goalkeeper
- After each point, goal keeper must pass the ball to the opposition to restart
- Alternate goal keepers





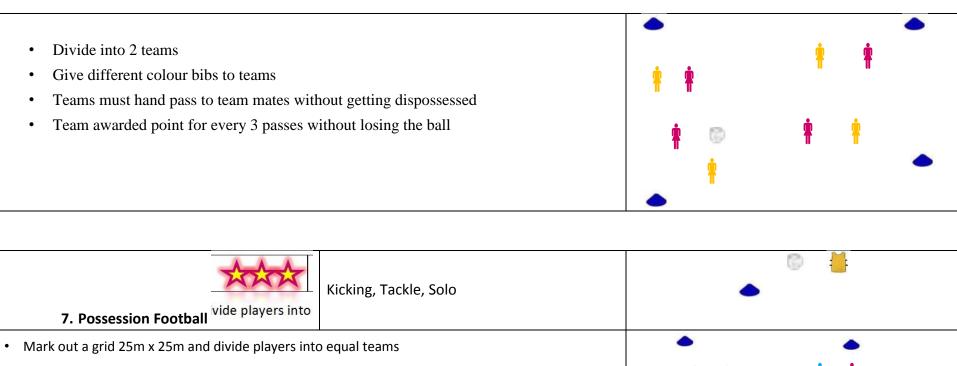
Hand pass, Tackle, Kicking e numbers a	
<ul> <li>Mark out a playing area suitable to the numbers and ability of players and mark a goal on each side of the playing area</li> <li>Divide the players into equal teams</li> </ul>	
<ul> <li>Possession is retained using the punt kick, hand or fist pass</li> <li>Each team scores into two goals, ensuring the play is varied and distributed throughout the playing area</li> </ul>	

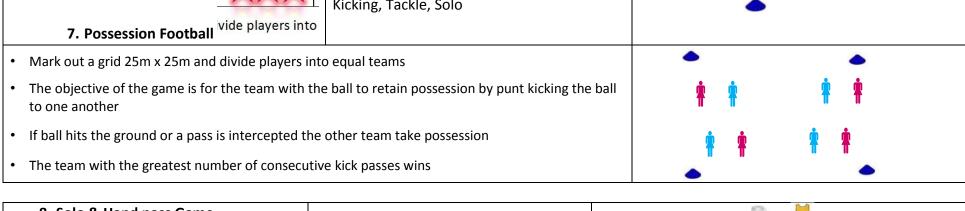
Tackling Gladiator hrough the 'Gladi	Solo, Tackle	
Player 1 attempts to solo the ball through the 'Gl	adiator' Grid	
The defenders (gladiators) in grids must tackle ar through the grid	nd try to dispossess Player 1 as she is soloing	
The defender is not allowed outside their square		∯
Change roles and repeat drill		Ť • •
Check Zone 'ith 10m zone acr	Solo, Tackle, Kicking	© <u> </u>
Check Zone		
<ul> <li>Mark out playing area as shown with 10m zone a</li> </ul>	across centre	•
<ul> <li>Three attacking players are positioned at one en</li> </ul>	d of the playing area with a ball	®
<ul> <li>Four defending players are positioned in the cen</li> </ul>	tre zone	• 🕴 •
<ul> <li>The attacking players attempt to move through to continue to attempt to score on the goal keeper</li> </ul>	the centre zone playing the ball between them and at the far goal	•
The defending players tackle the attackers in pos-	ssession as they pass through the centre zone	



	WWW			
	ling Gladiator	Solo, Tackle		•
	to solo the ball through the 'G	ladiator' Grid		
	s (gladiators) in grids must tac rid	kle and try to dispossess Player 1 as she is soloing	• 4	
	ot allowed outside their square		60	
ļ	repeat drill			
;	k Zone	Solo, Tackle, Kicking		•
:	area as shown with 10m zone across centre		_	
	ayers are positioned at one end of the playing area with a ball			
3. Run T	he Gauntlet	Kicking, Catching, Hand passing, Solo		
Set out drill a	s shown		•	1 1
<ul> <li>Line players of passing over</li> </ul>	opposite each other on lengths and back			
	n the middle (blue) have to tra time by soloing and evading ot	, , , , , , , , , , , , , , , , , , ,		
<ul> <li>Passers have</li> </ul>	Passers have to get as many passes as possible in time to takes to transfer all footballs			† † 🍝

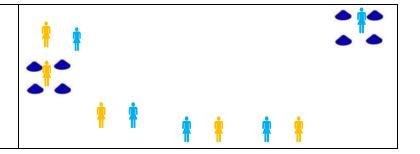
4. Gaelic Croquet lying area w	Solo, Tackle, Kicking		
<ul> <li>4. Gaelic Croquet</li> <li>Put players in sets of 3 around playing area</li> <li>Set up the area placing sets of cones 2m application</li> <li>When coach blows whistle the attacker withough to their partner without defender</li> <li>The other attacker must then solo to another</li> <li>Change roles</li> </ul>	with a ball per group (2 attackers, 1 defendant around playing area making small goals that the ball must solo to a set of goals and kind blocking the ball	als # # #	
5. Fist Pass Game  wo poles/cones a	Hand pass, Tackle, Solo		
<ul> <li>Mark out playing area and place two positive players into equal team</li> <li>There are no goalkeepers</li> <li>The objective of the game is to score goes</li> <li>Only the fist pass can be used to pass to</li> </ul>	-		•
6. Conditioned Hand Pass Game	Hand pass, Tackle, Solo	© <del> </del>	







- Divide group into 2 teams
- Each team must place a team member in square as shown
- Object of the game is to get the ball to team member in the square to score a point
- Player who gives final pass to player in square then replaces that player to become the new target  $\ \square$  Players must solo every 4 steps



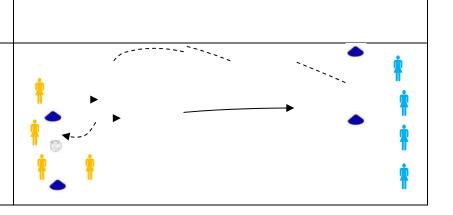
### 9. Invasion Game



teams

Solo, Tackling, Kicking

- 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 solo and hand pass the ball up the pitch
- 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 end line and punt kick the ball for the second team to attempt to score





# Section 3 Skill Cards





e Fend Pess

The hand pass is a basic technique to pass the ball over a short distance.

# Technique

The technique involves supporting the ball in one hand while striking it with the other open hand.

# Key Points

2. Support the ball in the palm of your hand about chest height in front of the body Supporting hand should be

> Face your tream mate receiving the ball

2. Strike the ball using mostly your fingertips

Follow the strike through in the direction of the pass

While striking the ball, step

## Error 2

Another common error is throwing the ball. This happens when there is no defining strike action taken when hand passing the ball to a team mate.

To avoid this, ensure to strike the ball well with an open hand

# Hands –

Ball on hand about waist height

Use open hand and strike mostly using fingertips

Follow through in direction of pass



Face your team mate

One foot in front of the other

Take a step forward when striking the ball





# Common Errors

Not hitting the ball with the correct part of the hand. Not hitting the ball with the fingertips can cause the ball to drop short of the partner waiting to receive it

To correct this error, ensure that when striking the ball, mostly the fingertips are used

Another mistake occurs when the supporting hand is not steady. This can lead to opponents easily dispossessing the ball as it is not under complete control.

This can also lead to misdirection of where the ball should go.

It may lead to difficulty performing the technique while moving

To avoid this mistake make sure that the hand supporting the ball is steady and has a firm grip on the ball.





The fist pass is a basic technique

used to pass the ball over a medium distance.



Face your cam mate

## Technique

The technique involves supporting the ball in one hand while striking it with the other closed fist.

# Key Points

Support the ball on upturned palm off supporting hand at about waist high and in front of the body

Draw the striking hand backwards and forwards while at the same time forming a fist

Face your team mate receiving the ball

2. Strike the middle of the ball with the fist, using surface formed middle bones of fingers, side of thumb and heel of hand

> The striking hand follows through in direction of pass

While striking the ball step forward, placing the thumb over the index finger can also form the fist.

The ball is hit by the surface formed by the thumb and index finger

# Hands -

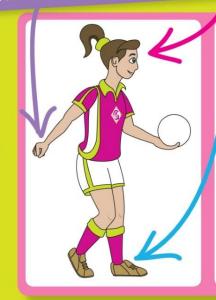
Ball on hand about waist height

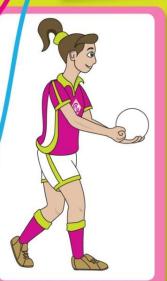
Form fist with other hand, keep arm straight, draw back and then forward to strike ball

Follow through in direction of pass



One foot in front of the other Take a step forward when striking the ball





# Common Errors

Not hitting the ball with the correct part of the fist. Not hitting the ball with the area formed by the thumb and index finger can reduce accuracy of the pass to the partner waiting to receive it.

To correct this error, ensure that when striking the ball that area is used.

### Error 2

Another common error is throwing the ball. This happens when there is no defining striking action taken when the hand passing the ball to a teammate.

To avoid this ensure to strike the ball well with the fist.

Another mistake occurs when the supporting hand is not steady. This can lead to opponents easily dispossessing the ball, as it is not under complete control.

This can also lead to misdirection of where the ball should go.

It may lead to difficulty performing the technique while moving

To avoid this mistake make sure that the hand supporting the ball is steady and has a firm grip on the ball.



**SKILL CARDS** 



Technique

The Punt Reels
This kick is used mainly when facing or moving directly towards the target

# Hands —

Ball released into hand at the kicking side

It is important to keep your head down and kick with laced part of the boot in direction of the target

Eyes on the ball at all times

Step forward with non-kicking foot

Kick ball with instep and follow through in direction of target

# Key Points

direction of the target

Hold the ball firmly with both hands

The technique involves kick-

ing with the instep (laced part) of the foot in the

Keep head down and eyes on the ball

2. Step forward with non-kicking foot and release ball into the hand at the kicking side

> Extend opposite arm away from body to keep balance

Kick with the instep with toes pointed

Follow through in direction of





# Common Errors

Not kicking the ball with the instep causes the ball to travel in the wrong direction

It is important to keep your head down and kick with the laced part of your boot in the direction of the target

### Error 2

Another common mistake is dropping the ball from the hand on the opposite side to the kicking foot

The ball should be released into the hand on the kicking side and the other hand is used to help maintain your balance





## **SKILL CARDS**

THO BOOK REGISTERS
This kick is mainly used when moving

across the direction of the kick to avoid an opponent or to make a better angle.



Eyes on the ball at all times

# Technique

The technique involves kicking at right angles to where the player is facing

# Key Points

lold the ball firmly with both

Keep head down and eyes on

2. Point the shoulder towards the target and step forward with non kicking foot

> Release the ball into the hand at the kicking side and extend opposite arm to assist balance

Extend wrist and drop ball onto kicking foot

Kick ball with inside of foot Follow through across body in direction of target with toe pointing upwards

# Hands -

Ball released into hand at the kicking side

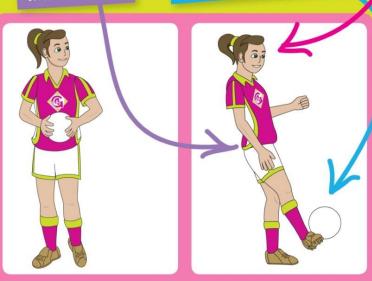
Wrist extended and ball dropped onto kicking foot

# Feet

Stand at 90° angles to target, shoulder pointing towards target

Step forward with non-kicking foot

Kick ball with inside of foot and follow through across body in direction of target



# Common Errors

## Error 1

Turning around to face target before kicking resulting in a punt kick

Point shoulder towards target and kick at right angles to where player is facing. Follow through across body

### Error 2

Another common error is dropping the ball from the hand on the opposite side to the kicking foot

The ball should be released into the hand on the kicking side and the other hand is needed to aid balance







This catch is used when the ball arrives between leg and head height to the chest area. It is the most common catch.

## Technique

The technique involves holding arms out to catch the ball and then pulling ball back into chest.

## Key Points

Keep head up and eyes on the ball

As the ball approaches the upper body leans forward to receive ball around chest height

Arms are extended out with elbows close together and hands facing up

2 Catch in the arms and cushion the ball into a secure position with both hands

> If ball is coming below waist height, crouch to receive ball into the body

## Common Errors

#### Error 1

Arms not close enough together to catch the ball resulting in the ball being dropped

It is important that as ball is caught the upper arms should be close to the body, forearms almost horizontal and less than a ball width apart



Eyes on the ball at all times

## Hands –

Arms extended and fingers spread

Catch in arms and pull back into chest



One foot in front of other

Lean towards ball





#### Error 2

Another common error is allowing the ball to hit off chest instead of cushioning it into chest with your arms.

Keep your eyes on the ball at all times and extend hands and keep fingers apart so ball can be cushioned into chest



The Overhoad catch

This catch is used to catch a ball which comes at full reach height or over the players head.



Arms extended and hands in 'W' shape

## Teehnique

The technique involves catching ball with fingers spread in front of head and bringing it down quickly.



Eyes on the ball at all times

Plant jumping foot and extend

Raise other knee forward

## Key Points

Keep eyes on the ball and as the ball reaches highest point assess where the ball is going to land

Approach the ball and move forward

Plant the jumping foot and extend upwards, raise other knee forward





Extend arms above head, keep head up and eyes on ball

> Reach to catch ball at highest point with fingers spread wide apart and thumbs behind ball ('W' shape)

> Catch the ball slightly in front of the head and bring down quickly, cushion the ball and secure into the chest with both hands

## Common Errors

Not having hands in correct position to catch the ball

Ensure that hands are in 'W' shape so ball can not slip through hands

#### Error 2

Another common error is jumping at the wrong time. If player jumps too soon or late the ball will go over the players head and possession will be lost

Ensure to keep eye on flight of the ball and assess where ball is going to land

#### Error 3

Another error is players closing their eyes and losing the flight of ball

Keep head up and eyes on the ball at all times until ball secured in hands





The SOLO

The Solo is used when a player is carrying the ball down the pitch. The player must solo or bounce the ball after every four steps taken. A player may complete as many solos as they want but can only use one consecutive bounce.

## Technique

The technique involves Releasing the ball from the hand on the kicking side to the kicking foot and kicking back up into your hands.

## Key Points

- Hold the ball firmly in both hands Head down and eyes on the ball
- 2 Step forward with the non-kicking foot and keep your body upright Release the ball into the hand on the kicking side
- Drop ball onto the kicking foot and when foot (instep) impacts with ball, flick the toe upwards towards the body

Straighten the leg and extend arms forward to catch the ball If running maintain a natural

## Hands –

Ball released into hand at the kicking side

Wrist extended and ball dropped onto kicking foot

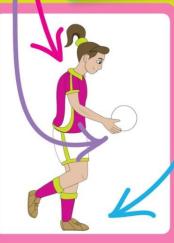
Kands ready to catch ball as flicked back up from solo

Eyes on the ball at all times

Step forward with non-kicking foot

Kick ball with instep and flick toe upwards towards body





## Common Errors

#### Error 1

Not kicking the ball with the instep causes the ball to travel in the wrong direction

It is important to kick with the laced part of your boot otherwise the ball will not come back up into arms

#### Error 2

Another common mistake is dropping the ball from the hand on the opposite side to the kicking foot

The ball should be released into the hand on the kicking side and the other hand is needed to aid balance

#### Error 3

Some players do not flick their toe upwards causing the ball to go ahead of them instead of back up into arms

When the foot impacts the ball, flick your toe up so ball spins back into hands





# The Teekle

The tackle is used to attempt to dispossess an opponent and regain possession of the ball.



eyes on ball

### Technique

The technique involves moving alongside the opponent and attempting to flick the ball away with the hand nearest the opponent.

## Key Points

- Run alongside opponent
- Keep your eyes on the ball
- When opponent's far leg in moved forward, take a step in with your near leg
- Flick the ball away using your hand nearest the opponent when ball in travelling from hand to toe or when being bounced
- Knock the ball away to regain advantage and recover ball to win possession

## Common Errors

Player using fist to knock ball away and tackling when ball into body of player in

To correct this error, ensure the players use the open hand or hands to knock the ball away and do not tackle when player has the ball in their possession



Move nearest ponents space to get close to ball



possession

into their body

#### Error 2



Not standing close enough to kickers leg. It is easier for the kicker to play the ball away without being tackled and also it is more difficult to time the tackle from distance.

Ensure that person tackling gets in close to kickers leg so they can time the tackle to get hand(s) in as player has ball away from body



Another mistake occurs when the player tackling closes her eyes or does not keep eyes on the ball. She is then unable to get a view of where the kickers foot or the ball is so may be unable to time the tackles or may get caught by the kicking



Ensure that the person tackling keeps eyes open at all times and on the ball to be aware of where the player and ball is.



The Block

The block is used to attempt to dispossess an opponent and Regain advantage of the ball.



Eyes on the ball at all times

> Not facing awau

## Technique

The technique involves having your hands in a 'W' shape, held stiffly and keeping your eyes open. You need to get close to the kicker's leg/foot and bring your hands down on the ball to block.

## Key Points

1. Hands like 'W' shape Hold hands stiffly to give more support when blocking Get close to kicker's leg/foot so you can get near to the ball



## Common Errors

#### Error 1

Not having hands in correct shape. Hands apart trying to block can cause ball to be kicked through arms away or into face

To correct this error, ensure that when blocking 'W' shape is maintained

## Hands

W' shape



Hold stiffly

front of other

In close to kicker's foot

Error 2

Not standing close enough to kickers leg. It is easier for the kicker to play the ball away without being blocked and also there is a greater chance that the blocker can get kicked by the kicker's leg as playing the ball away

Ensure that person blocking gets in close to kicker's leg so they can block and dispossess.

#### Error 3

Another mistake occurs when the player blocking closes her eyes. She is then unable to get a view of where the kicker's foot is so may be unable to block or may get caught by the kicking foot.

Ensure that the person blocking keeps eyes open at all times to be aware of where the player and ball is.





TOUSTON - The Boll Off The Roll-off is used to evade an opponent while in possession of the ball.

### Technique

The technique incorporates a planting your foot and using opponent's shoulder as a hinge to Roll off and pivot away in order to avoid the opponent's challenge and maintain possession.

## Key Points

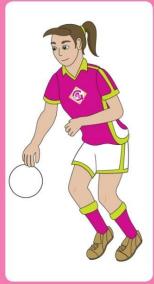
 $oldsymbol{1}_{oldsymbol{\circ}}$  Solo the ball approaching the opponent

> Plant front foot (right) forward towards the opponents left shoulder while transferring the ball to the left side

2. Using their shoulder as a hinge roll off by swinging the left leg around and pivoting on the right foot







Plant the left foot on the ground and transfer the ball back to the outside of the body, now the right side

Bring the right leg around and accelerate away

Use a low bounce clearing the opponent

## Common Errors

#### Error 1

Not transferring weight to the planted foot is a common error in young players and may lead to difficulty performing the technique while moving which can cause loss of balance.

> To correct this error, ensure that the weight is transferred from the most forward foot to the planted foot behind just as the first foot is lifted.

#### Error 2

Another common error is taking too many steps in order to get past opponent.

To avoid this ensure to get into your new path of direction as quick as possible and then bounce the ball and catch to hold possession without ever carrying.

#### Error 3

Another error is planting the wrong foot first which results in the player pivoting into her opponent instead of around her

To correct this error ensure that left foot is planted first and player pivots on right foot

#### Error 4

Soloing when reaching the opponent is another fault. It is easier for opponent to get possession if ball soloed in front of her

It is important that the player solos before approaching player so that they can use bounce after pivoting to get away at pace





Kvesion - The Side Step

The side step is to evade an opponent while in possession of the ball

## Technique

The technique incorporates a step to the side and back again in order to avoid the opponent's challenge and maintain possession.

## Key Points

**1.** Run towards the opponent

When about a metre away from the opponent plant forward foot firmly on the ground

Push hard off the planted foot and transfer your weight to the opposite side

2. Plant the opposite foot and continue forward in the new pathway

Alternate sides

## Common Errors

#### Error 1

Not transferring weight to the planted foot is a common error in young players and may lead to difficulty performing the technique while moving which can cause loss of balance.

To correct this error, ensure that the weight is transformed Execution forward foot to the planted foot behind just as the first foot is lifted.

## Feet

Face opponent to know where to plant feet and then move in new

#### Plant forward foot in ground in front of opponent

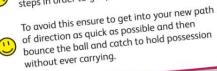
Push hard of planted foot and shift weight to plant other foot in new pathway and continue forward

Solo before approaching opponent so that ball is safe in hands while doing sidestep





Another common error is taking too many steps in order to get past opponent.





# the Piek Up

The pick-up is used in Ladies Gaelic Football to lift the ball from the ground into the body



Eyes on the ball at all times

## Technique

The technique involves approaching the ball while moving or static to bring the ball from the ground into the body

## Hands -

Place one hand in front of the ball. Same as supporting leg and other hand behind the ball

Place supporting leg beside the ball

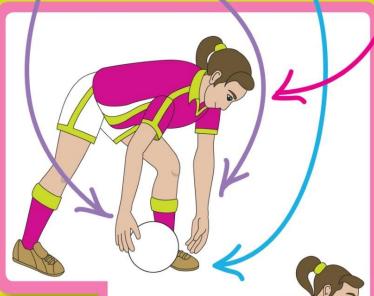
Both feet must be on the ground

## Key Points

Move to the ball. Bend at the hips and knees. Supporting foot beside the ball.

Head down and eyes on the

- 2. Place same hand as supporting foot in front of the ball and the other hand directly behind the ball Fingers spread
- Scoop ball up off the ground and draw the ball into the body



## Common Errors

#### Error 1

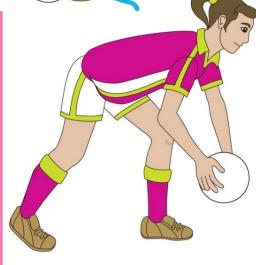
Not crouching to lift the ball

Important to bend at hips and knees

#### Error 2

Picking the ball up while on the ground

Ensure both feet are firmly paced on the ground before attempting the pick up





# Section 4 My Coaching Sessions

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# gaelic4girls Support Contacts

Name	Tel. Number	Email Address

# Coaches 10 Point Plan

- 1. Be prepared
- 2. Over-organise...have lots to do!
- 3. Sort out 'paperwork', register etc.
- 4. **Be early**

- 5. Make a good first impression (no second chance!)
- 6. Greet players by name
- 7. **Start** (and finish!) **on time**
- 8. Establish expected behaviour
- 9. Make first activity demanding
- 10. Be yourself!

## ROLE OF THE COACH

# **ENGAGE**Now to Week 1

- ☐ Liaise with the co-ordinator to ensure facilities and equipment are organised
- ☐ Assist with sourcing same if required

# **DELIVER**Week 1 to Week 8

- ☐ 1st Session
  (March 22<sup>nd</sup> 30<sup>th</sup>)
- ☐ Liaise with other coaches to ensure weekly sessions are prepared and delivered
- ☐ Assist co-ordinator in other areas where required

# SUSTAIN Week 9 to Week 12

- Assist with integration of girls into your club
- ☐ Continue coaching in your club with teams if interested

