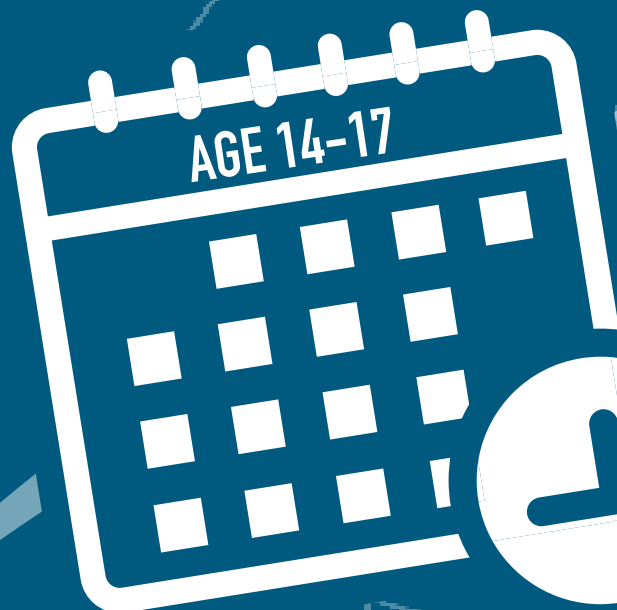


**PLAYER  
PATHWAY**  
PLAY TO STAY WITH THE GAA

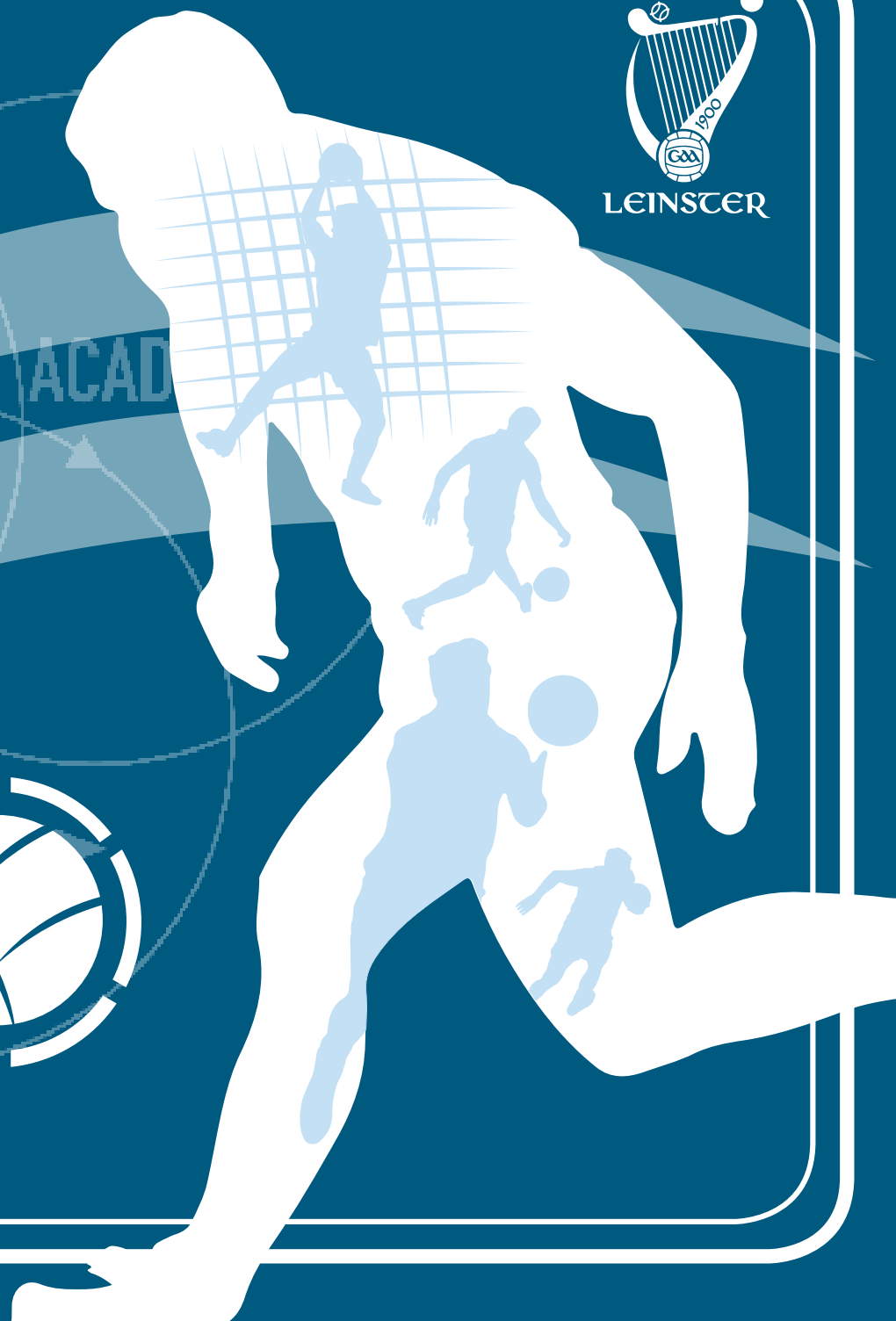
**FOOTBALL**



**TURAS**



**YOUTH COACH RESOURCE**





## YOUTH COACH RESOURCE (FOOTBALL) CONTENTS

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# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

# TURAS



# GAA Learning

## TURAS VISION

Coaching Coaches to Develop Players

## TURAS ABOUT

TURAS is a coach development program

TURAS is the Irish word for Journey and was purposefully chosen to reflect the journey that is coach and player development. The main aim of TURAS is to provide club, school and talent academy coaches with regular and meaningful coach development opportunities. TURAS is based on five key principles that when applied will positively improve coach and player performance:

**T**esting and Challenging; all players should be challenged to improve at their level

**U**nderstands the player is at the centre of the game and provides individualised development (player centred)

**R**esembles the game (games based)

**A**ll players involved, all the time; lots of touches, lots of decisions

**S**hould be an enjoyable, developmentally appropriate & holistic GAA experience

# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

## WORKSHOPS

Coaches will attend player pathway TURAS workshops aligned to the players that they are coaching.

NURSERY  
4-6 YRS

EARLY GO GAMES  
7-9 YRS

LATE GO GAMES  
10-11 YRS

EARLY TEENAGE  
12-13 YRS

MID TEENAGE  
14-15 YRS

LATE TEENAGE  
16-17 YRS

ADULT  
18+ YRS



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

## DELIVER PLAYER PATHWAY WORKSHOP



## OUTCOMES



### CLUB VISIT 1

PART-TAKE SESSION WITH EXAMPLES OF  
GOOD PRACTICE REVIEW SESSION USING

**TURAS**  
PRINCIPLES



**CLUB VISIT 2**  
OBSERVE SAME COACHES &  
REVIEW USING

**TURAS**  
PRINCIPLES

These workshops will help coaches to further understand the TURAS coaching principles and embed them in their weekly coaching sessions.

These workshops delivered by Leinster GAA staff will discuss what age appropriate coaching involves as well as demonstrating a variety of practical coaching activities.

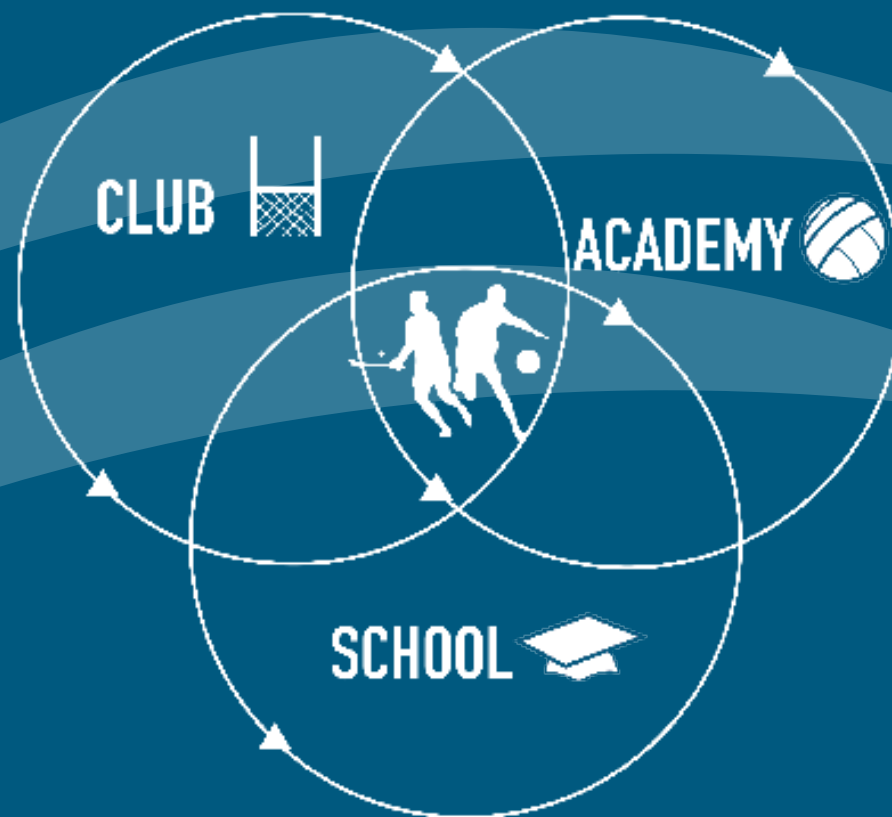
This coaching resource offers further coaching materials to those coaches working with players aged 14-17.



**GAA**  
Learning

## **TURAS** TARGET AUDIENCE

TURAS is aimed at coaches working with players from 4–17 years of age in clubs, schools and players from 13–17 years of age in talent academies. There will be an added emphasis on the supports given to coaches who are supporting players between 12–17 years of age at club, school and talent academy levels.



## TURAS BENEFITS

The benefit of TURAS is that we will be providing a coherent talent development programme across the three areas of player engagement, clubs, schools and talent academies. If coaches engage in this coach development program they will be exposed to best practice and more learning opportunities for them and their players. By engaging in the programme clubs and schools will have better coaches and in turn more players, while counties will have a better and deeper player pool as well as a coherent coaching system.

## TURAS OBJECTIVES

To support 5000 Coaches in Leinster per annum on their coaching journey.



CLUBS	SCHOOLS	TALENT ACADEMIES
<p><b>Player Pathway</b> – Provide regional player pathway workshops per age group in every county and make resources available to all coaches</p> <p><b>Club Coaching Officer Development</b> – Workshops provided for club coaching officers to assist them in rolling out TURAS within their club</p> <p><b>Club workshops</b> – Regular county and regional workshops to assist coaches to embed the TURAS principles within their coaching practice</p> <p><b>Coach Support</b> – The provision of practical coach development supports to club coaches while working with their own teams in their own club</p>	<p><b>Player Pathway</b> – Provide regional player pathway workshops for teachers per class groupings in every county and make resources available to all teachers</p> <p><b>Primary &amp; Post Primary Teacher Workshops</b> – Regular county and regional workshops to assist teachers to embed the TURAS principles within their coaching practice</p> <p><b>Communities of Practice</b> – Provide facilitated opportunities for teachers to come together and learn from each other by sharing best practice</p> <p><b>Mini Academies in Post Primary Schools</b> – Facilitate teachers in providing the talent development programme within their school to their students</p>	<p><b>Talent Development Framework</b> – A comprehensive guide to facilitate best practice in the provision of a complete talent development program</p> <p><b>Communities of Practice</b> – Provide facilitated opportunities for talent academy coaches to come together and learn from each other by sharing best practice</p> <p><b>Workshops</b> – Regular county and regional workshops to assist coaches to embed the TURAS principles within their coaching practice</p> <p><b>Coach Mentoring</b> – Provide one to one mentoring on a regular and consistent basis for all coaches involved in the talent academy programs</p>



# GAA 15 WARM UP SESSION



## THE GAA 15 – WHAT SHOULD I KNOW?

Current research suggests that by coaching movement and running skills, increasing leg and trunk strength and by optimising landing, cutting and deceleration mechanics we can significantly reduce injuries to the groin, hamstring, knee and ankle. The GAA15 injury prevention program is a program developed to develop all the areas above as part of a warm up for gaelic games.

## WHAT IMPACT CAN IT MAKE?

In a 10-15 minute warm up players can get up to 100-150 repetitions of various exercises completed.

2 warm ups per week = extra 200-300 repetitions per week

4 weeks in month = extra 800-1200 repetitions per month

10 months per year = 8,000- 12,000 repetitions per year

### FUNCTIONAL COMPETENCY

### PERFORMANCE

Details of the full warm up can be found at [learning.gaa.ie/gaelic15](https://learning.gaa.ie/gaelic15)

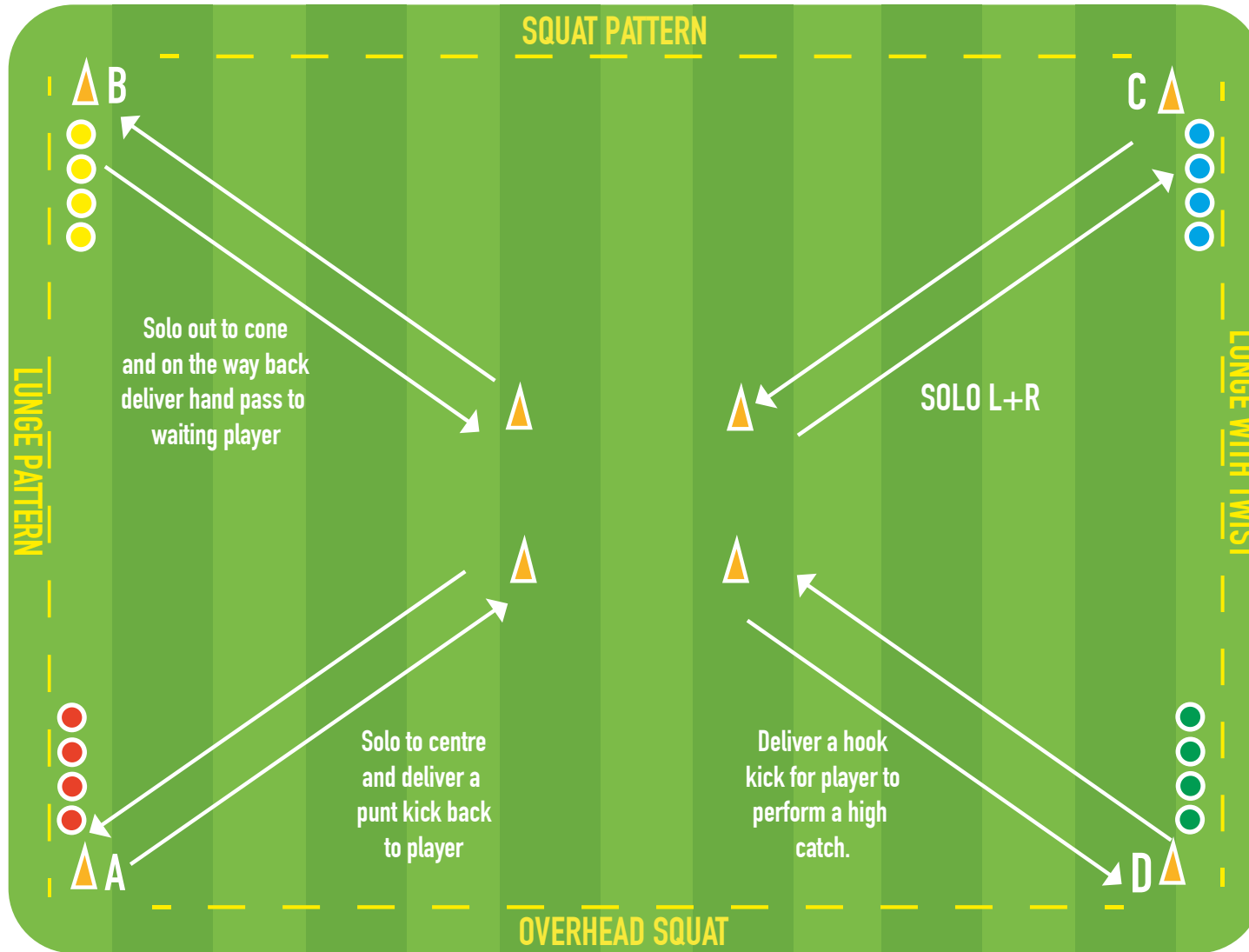
## WHAT ARE THE COMPONENTS?

- Part A – Running
- Part B – Strengthening
- Part C – Balancing
- Part D – Jumping
- Part E – Hamstrings
- Part F – Sports Specific

Be careful when using parts B & E before games, they may cause fatigue in untrained players



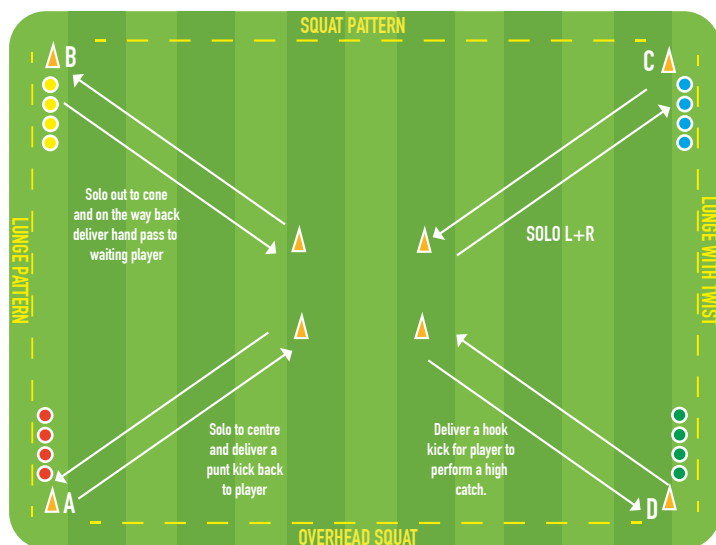
# SAMPLE TEAM WARM UP



- Perform 1 circuit (6-8 Mins)
- All players to do a front plank for 2x30 seconds
- Repeat circuit at a higher intensity and changing RT exercise to jumps.
- All players to do gluebridge for 2x30 seconds
- After 60 seconds A move to B performing a large pattern for 6-8 reps on each side
- B to C= Squat pattern with groin step
- C to D = Large pattern with twist
- D to A = Squat pattern with hands overhead

## SAMPLE WARM UPS x4

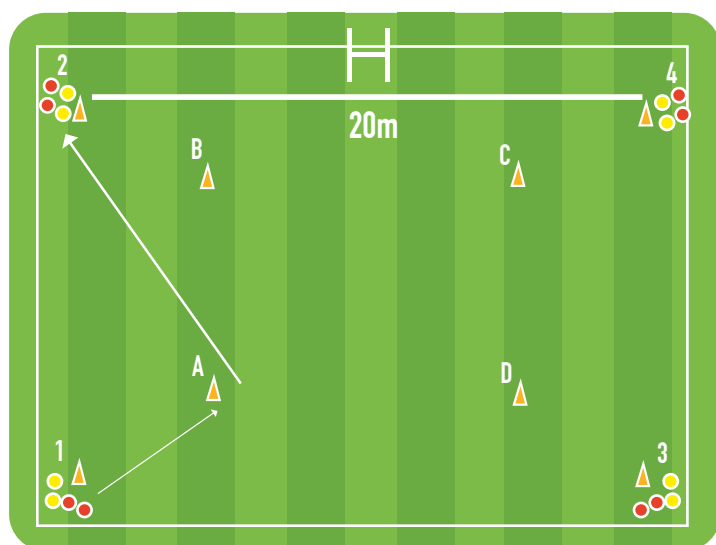
1



- Perform 1 circuit (6-8 Mins)
- All players to do a front plank for 2x30 seconds
- Repeat circuit at a higher intensity and changing RT exercise to jumps.
- All players to do gluebridge for 2x30 seconds
- After 60 seconds A move to B performing a large pattern for 6-8 reps on each side
- B to C= Squat pattern with groin step
- C to D = Large pattern with twist
- D to A = Squat pattern with hands overhead

## FOUR CORNERS OF THE WORLD WARM UP

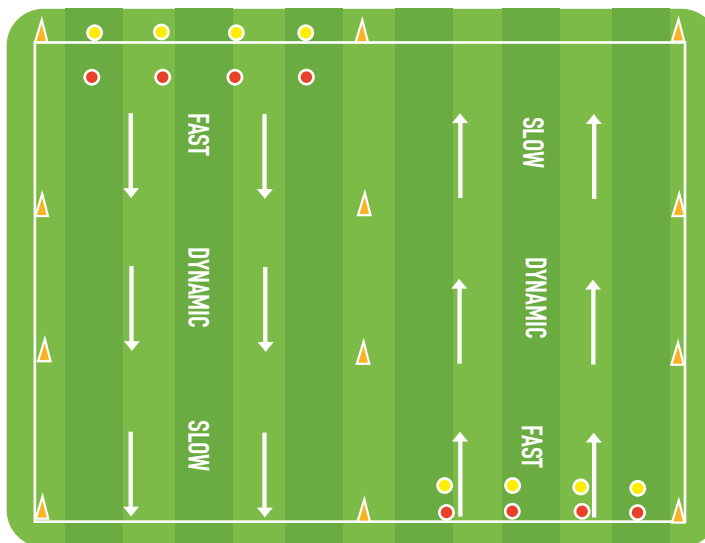
2



- Phase 1: Even number of players at the 4 corners of a 40M X 40M grid set up on the 20M line in front of one set of goals. inner cones 10M in from outer cones as displayed. First player from each numbered cone has a ball and goes out and around near cone and kicks left i.e. 1 goes around A and kicks to 2 and follows pass. After 2 minutes they switch to kicking to their right. 1-A-2=Right 2-B-1=Left
- Phase 2: After 4 minutes. of passing and moving have each line of players move out and around lettered cones performing GAA 15 warm up stretches, i.e. 1 goes to A heel flicking and back to 1, next high knees etc. 8 minutes.
- Phase 3: Have 1 player at 4 inner cones (letters A, B, C & D) and the rest at outer cones. 1 ball at each inner cone, 1st player leaves outer cones collects ball form inner and foot passes to opposite inner cone, joins opposite outer cone. 4 players go at once. i.e. Player 1 collects from A passes to D and joins 4, 1st player from 4 is doing the same from his cone. Players at inner cones will have to deal with two balls per move. 2 minutes.
- Phase 4: Start balls at 2 and 4 play as above but this time when 1 and 3 collect from inner cones they shoot for a point. 2 minutes.
- Phase 5: Next Using cones 1 and 3 and all 4 inner cones, 1 passes to A gets it back and passes to D gets it back and shoots for a point. 2 minutes. Total warm-up: 18 minutes.

## THREE PHASE WARM - UP

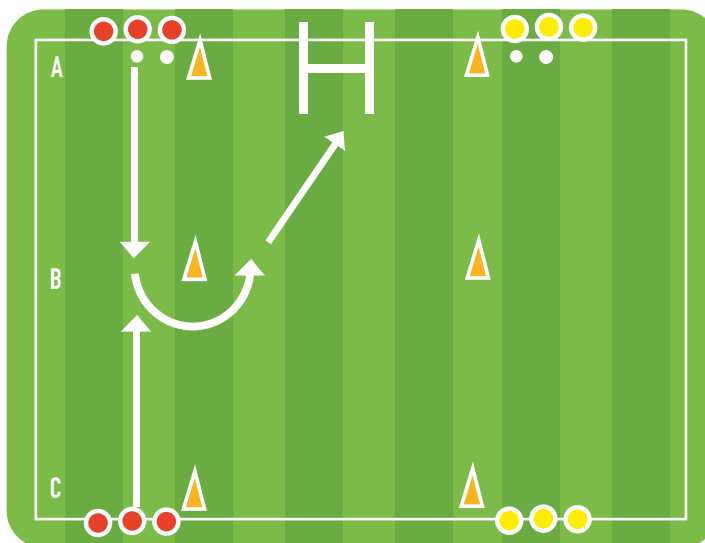
3



- End line to 45M line (set up one side of goal posts) divided into two channels 15M X 15 M wide and with each channel divided into 3 again by 15M as displayed. Players in groups of 4 on end line at the start of 1 channel. On signal players go through the following warm up phase's.
- Phase 1: Dynamic Stretching. Fast into first square (50% running), dynamic stretch in second square and slow out of channel (third square), walk around to second channel and do the same back. Use GAA 15 stretches in Middle Square of both channels. Total time 8 mins.
- Phase 2: Tempo raising stretching: Fast into first square (60% running), tempo raisers in second square, include, jockeying fronts ways and back ways, skipping for length and height, backwards running, slow out. 2 mins.
- Phase 3: Technique warm up: Place players at the 3 end line cones and the 3 45M line cones, each line pass the ball from end line to 45M line in the following formation. 1. High ball. 2. Bouncing in front of player (mid pass). 3. Along the ground pass (low pass). Each pass must clear the middle square. 4. Speed hand passing, each line comes to meet each other with the ball been hand passed to each other, ball now cannot leave the middle square so the next receiving man is moving at pace onto the ball. Each passing routine last's 2mins. 8 mins.
- Total warm up 18 minutes.

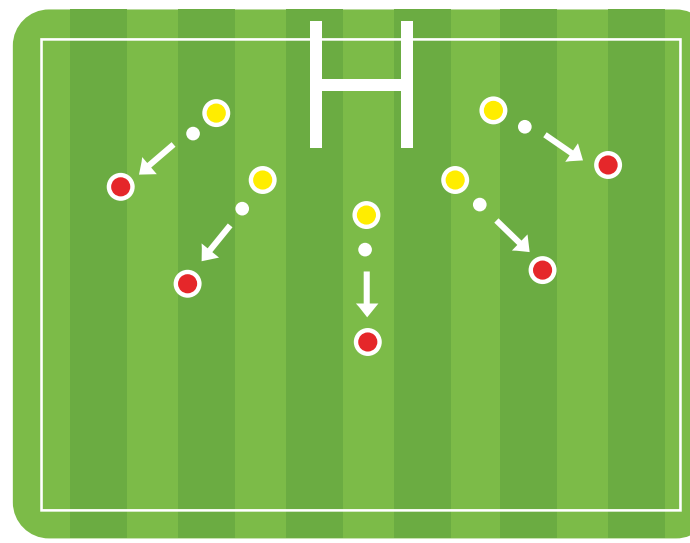
## SCORING WARM UPS

4



1

End line to 45M line, even numbers behind cones A & C, balls at A as displayed. A foot passes to C (follows pass) who is moving towards A, he quickly returns ball to A who loops around cone and shoots for a point. A goes to C after shot and C joins A. Swap sides after a set period.



2

Five players line up in a semi-circle 3M apart in front of the goal with 5 players 3M in front of them as displayed, each player has a ball, on signal they hand pass to the player in front and he tries to quickly hand pass over the bar before been closed down, swap roles and always start on signal, beware of crowded space and get hand pass away quickly.

# COACHING CUES FOR MOVEMENT PATTERNS



## GLUTE BRIDGE



### Coach Cues

"Drive through the heel"  
"Straight line shoulders to knees"  
"Alignment"

## SQUAT



### Coach Cues

"Sit back onto a chair"  
"Chest tall"  
"Look Straight ahead"

## NORDIC HAMSTRING CURLS



### Coach Cues

Slowly lean forward, while keeping your body straight from the head to the knees.

When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position.

1-2 sets of 3-4 reps

## JUMPING AND LANDING



### Coach Cues

"Power through the hips"  
"Land quietly with soft knees"  
"Power position"

## T PLAIN



### Coach Cues

"Move through the hips with soft knee"  
"Place your chest on a table"  
"Screw your foot into the ground"

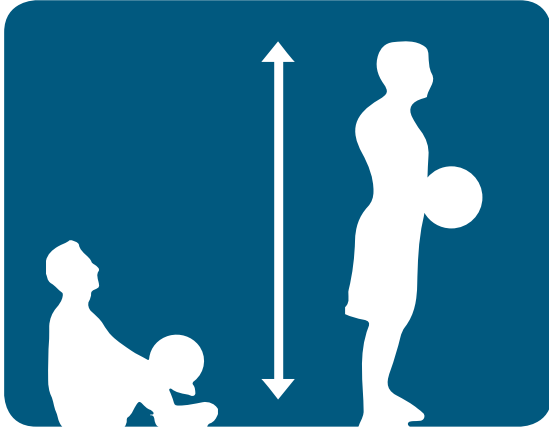
## LUNGE



### Coach Cues

"Step — Plant — Drop"  
"Stay Tall"  
"Alignment"

# SAMPLE FUN WARMUP ACTIVITIES



Pairs are paired off with one another. One player sits on the ground while holding a football/sliotar. The player attempts to stand up without using their hands. The partner must count the amount of times the player stands up in the 20 second time allocated. Players then switch roles.

## Benefits

Players are introduced to the squat pattern which is a key movement from the GAA15 injury prevention program.



In a defined playing area select a number of players to act as catchers. When the game starts players must try and evade the catchers, once caught the players must freeze and assume a kneeling (lunge) or Balance (T plane) position while holding their arm straight out to be "flushed". They must hold this position until they are freed, they can only be freed when another player "flushes" their arm.

## Benefits

Players are introduced to both the lunge and t plane movements which are key movements from the GAA15 warm up.



Players are paired off with one another and must face each other in a  $\frac{1}{4}$  squat position. On the whistle players must attempt to tag the other person in the lower leg area (calf). Once tagged the player must assume a plank position and must stay there while the tagger jumps over and back across them.

## Benefits

This game helps develop players agility, while also improving their core strength and jumping and landing abilities. Core strength and jumping and landing are key components of the GAA15 injury prevention program.

**PLAYER  
PATHWAY**  
PLAY TO STAY WITH THE GAA

*AGE 14-15*



**GAA**  
Learning



*KEEP BALL SESSION*

**TURAS**

## AIM OF SESSION

The aim of this session is to isolate as many skills of the games in intense activities to prepare them for real game scenarios.

### *HOT POTATO GAME*

1

This passing and moving combination activity is a great way to raise the pulse of the players while practicing passing and moving and touch, again build in the GAA 15 warm up to compliment movements of players.

2

### *SUPPORT THE TARGET*

In a competitive environment players must keep control of the ball while soloing at different angles and speeds.

3

### *THE YO YO GAME*

A great activity for players to practise their long kick and of the shoulder movement.

4

### *WALL PASS GAME*

Here players get a chance to block a punt pass in real time while fine tuning other skills of the game in a game situation.





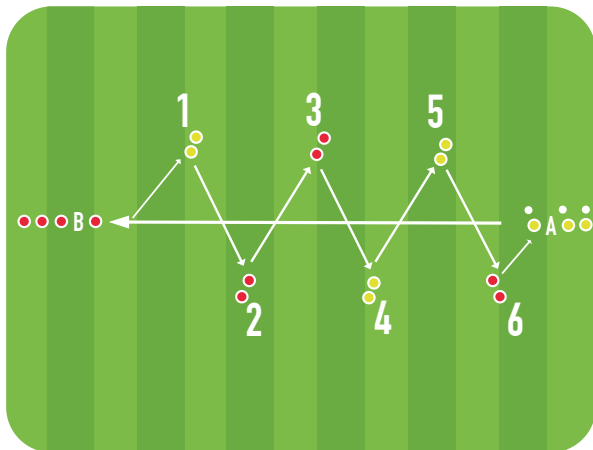
# KEEP BALL SESSION



GAA  
Learning

## HOT POTATO GAME

1



A&B 40M apart and 1-6 10M X 10M apart, players lined up as displayed. ● Player at A plays a long foot pass to ● Player at B and follows it. Each player now hand pass and follow their pass in the following sequence. B – 1, 1 – 2, 2 – 3, 3 – 4, 4 – 5, 5 – 6 and 6 back to start, continue on this loop.

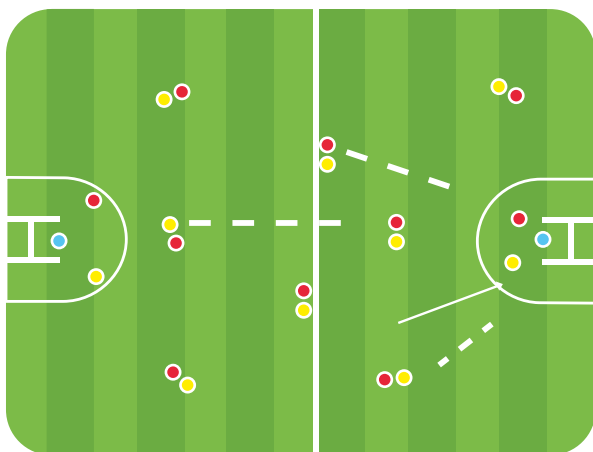
## PROGRESSION

As activity is mastered add up to 3 balls. Extend grid.

**Aims:** Pressurised handling, timing of run to collect pass, first touch, fun.

## SUPPORT THE TARGET GAME

2



Full pitch with any number from 11 a side up to full teams. Mark out a 30M scoring zone at each end of pitch with one player from each side always inside as displayed. On signal ball is thrown in and game starts, all in game to start with the object being for each team to get the ball into the zone to their attacking team mate, he cannot score but must set up team mate. Only 1 attacker and 1 defender are allowed inside the zone but defending team can set up as they like outside of it, attackers must work the ball to team mate and support it via one – twos to try and work a score. Score can be taken inside provided the pass is from outside the zone. Keep changing pair in zone, if ball is turned over inside game continues. Defenders can follow attackers inside zone but can't be waiting inside for them.

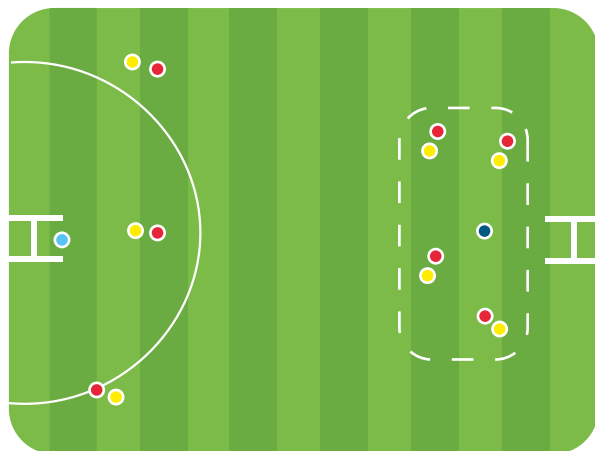
## PROGRESSION

No touch in attacking half.

**Aims:** Support runners, set up attack. Track.

## THE YO YO GAME

3



End line to opposite 45M Line. ● 3 attackers V ● 3 defenders inside, with Keeper's ● in. 4 attacker's v 4 defenders in grid in front of opposite goal with a neutral player ● also in. Coach plays ball to attackers inside the grid and along with the neutral player they play a keep ball game against the 4 defenders. On signal they break out and try to find one of their inside team mates creating a 8 v 7 attack, the attacking team must try and get the ball into the scoring zone either by kicking it in or running it in. Once they get it into the scoring zone they place the ball down on the ground and concede possession to the defenders, they restart the game with a foot pass, the neutral player now plays with the defenders and they can also use their keeper. The defenders are now transitioning the ball out of defence trying to score a point in the goal on the 45M line.

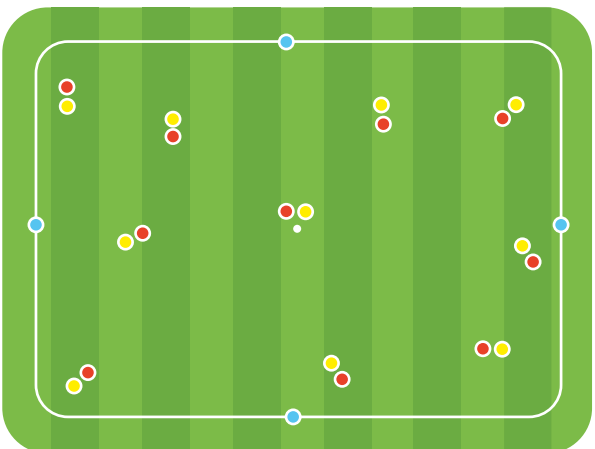
## PROGRESSION

Play a sitting sweeper. Put a keeper in 45M goal. Award a score each time attackers place ball in zone

**Aims:** Promote transition from attack to defence and defence to attack.

## WALL PASS GAME

4



Between both 45M line and ● 10 v ● 10 with 4 ● neutral players. Adapt pitch for larger numbers. Possession game via the hand or foot. No touches and the team in possession can pass to any neutral player who must pass the ball back to the same coloured team. Neutral players are not allowed leave their station. Team in possession of the ball lose possession if they fumble the pass (drop pass).

## PROGRESSION

Allow one touch. Make pitch bigger/ smaller. Award a point every 10 passes. Male player do push ups if his opponent touches the ball 5 times in 2 minutes.

**Aims:** Make second runs, range of passing, tagging runners, tackling.

**PLAYER  
PATHWAY**  
PLAY TO STAY WITH THE GAA

*AGE 14-15*



**GAA**  
Learning



*TEAM PLAY SESSION*

**TURAS**

# AIM OF SESSION

The aim of the team play session is for young players to learn the value of team play, to be aware of what their team mates are doing in terms of movement and while being in and out of possession.

## 1 *A GAME OF PATIENCE:*

By building up the numbers in this game, each team must adapt to the changing game scenarios. So each group must work as a team.

## 2 *BOX TO BOX GAME*

Played at the end of the session, this game summarises the first three activities and help team exploit numerical and special advantages.

## 3 *DODGE BALL GAME:*

In this fun activity the players must work as a team to carve out an opportunity to score against their opponents, again the GAA 15 Warm up can be integrated into this activity during breaks of the game.

## 4 *RE START GAME:*

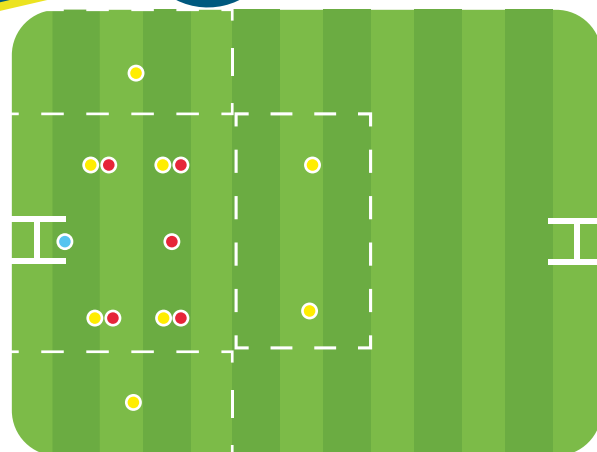
Each team must be aware of their opponents once they lose possession and work as a team without the ball, helping to promote good team play. No spaces equals no time so players have to use their team to ensure they keep the ball, so they must move it fast, support the play and not take ball into tackle.

# TEAM PLAY SESSION

## GAME OF PATIENCE

1

## PROGRESSION



End line to halfway line, 4 ● attackers Vs 5 ● defenders in the scoring zone (just inside 45M line), and 3 grids marked out with 4 ● placed in them as displayed. Keepers ● in. Attackers in the grid are not allowed into the scoring zone but can move freely inside their own grid, top 2 attackers start with ball and play a pass into their 4 team mates in the scoring zone, they must try and score a goal or a point, once game is up and running the inside attackers can pass the ball back to the outside attackers to try and shift the defenders around until an opportunity for a score comes along. Defenders can enter the outside grid if they like, if defenders turn the ball over they must go for a long score into the goals on the half way line. Game re starts with the 2 outside attackers.

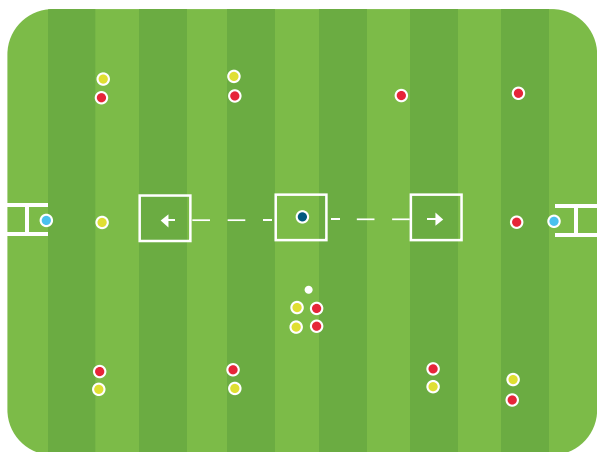
Add extra defenders, allow outside attackers in after a set time.

**Aims:** Patient build up, switch plays, zonal defending.

## BOX TO BOX GAME

2

## PROGRESSION



Full pitch with three 10M X 10M boxes, one in each half on the D and one in the centre of the pitch. Even numbers of ● & ● players, 12 v 12 or more for full pitch, adjust if lower numbers. One ● neutral player in centre box as displayed. On signal game starts as normal with a throw in with each team attacking one end.

To start with play no touches, the neutral player plays with whichever team is in possession and can move into any box to support attackers or offer an out pass for defenders. He cannot touch the ball unless he is in the box so must move from box to box to be available for pass.

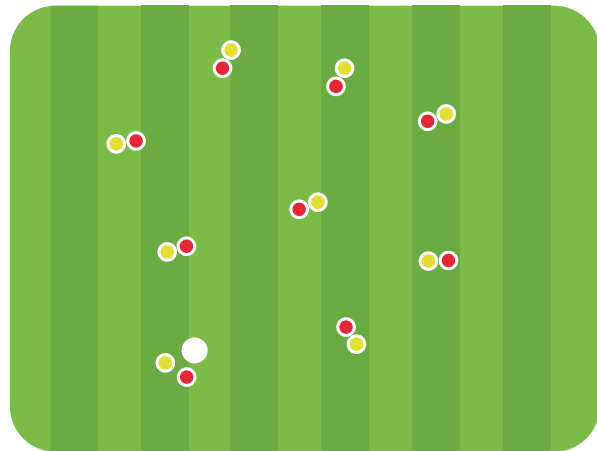
Add touches, add two then three neutral players, one in each box. Place boxes on wings or different areas of the pitch.

**Aims:** Give and goes in key areas, working ball out of defence, working one two's in scoring zone, conditioning runs.

## DODGE BALL GAME

3

## PROGRESSION



Two even numbered teams 9 v 9 on a 50m x 50m pitch. (Use two pitches for large numbers). One team starts the game with a Swiss ball, they must pass it to each other and are only allowed 4 steps before passing to a team mate. They must try to hit an opponent's leg or back to score, first team to get 11 points win. Opposition get a point if they catch the ball cleanly from throw.

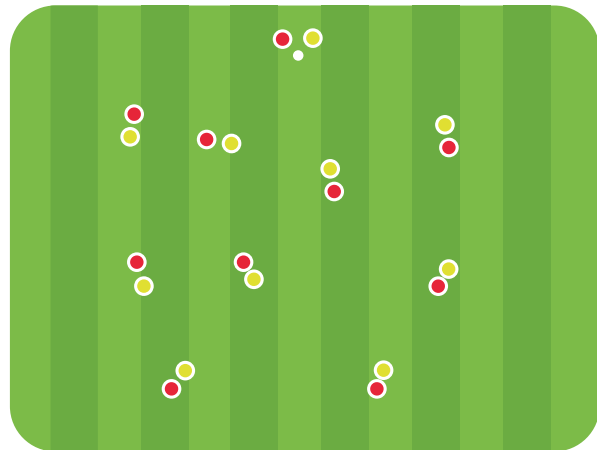
Each team lose a player once they are hit or if ball is caught.

**Aims:** Fun warm up, team work and mirror some movements of game.

## RE START GAME

4

## PROGRESSION



60M diameter as displayed with even numbered teams 10 v 10. • Start with a foot pass and they try to keep possession of the ball, by hand or foot. They score by delivering a 30M or more foot pass that's caught cleanly. Once caught they concede possession to the team • by placing the ball on the ground to allow them to re start the game again with a foot pass. 1 point for every completed pass. After score you keep possession but the catcher places ball on ground for another team mate to restart the game. Have balls spread around the area so restart can be from anywhere.

Allow one play. Put time limit on each team's possession I.E 90 seconds.

**Aims:** Long foot passing accuracy, marking a man for a re start, getting quick re starts away.

**PLAYER  
PATHWAY**  
PLAY TO STAY WITH THE GAA

*AGE 14-15*



**GAA**  
Learning



*SKILL SET SESSION*

**TURAS**



## AIM OF SESSION

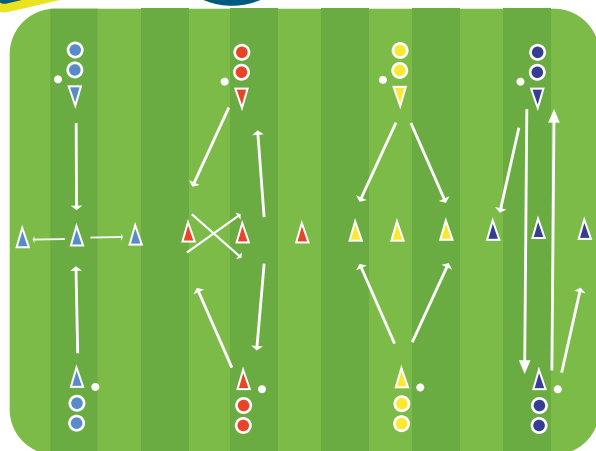
The aim of this session is to isolate as many skills of the games in intense activities to prepare them for real game scenarios.

- 1 BALL CONTROL ACTIVITIES:**  
In a competitive environment players must keep control of the ball while soloing at different angles and speeds.
- 2 PASSING AND MOVING SEQUENCE:**  
This passing and moving combination activity is a great way to raise the pulse of the players while practicing passing and moving and touch. Again build in the GAA 15 warm up to compliment movements of players.
- 3 ROCK BLOCK GAME:**  
Here players get a chance to block a punt pass in real time while fine tuning other skills of the game in a game situation.
- 4 ST BRIGIDS CROSS:**  
A great activity for players to practise their long kick and off the shoulder movement.

## BALL CONTROL ACTIVITIES

1

## PROGRESSION



Ball control activities. Set up as many grids as needed with 3 players at most at each end. Top & bottom cone to centre cone 10M, 5M to each wide cone from centre cone. Ball at each end as displayed.

▲ One player from each end solo around centre cone, solo around cone on their right back to centre and back to start cone.

▲ One player from each end solo out to the same cone (left or right), solo to centre and back to start cone.

▲ One player from each end solo to the cone on right, then opposite end cone, then second right and back to start cone. (Work left).

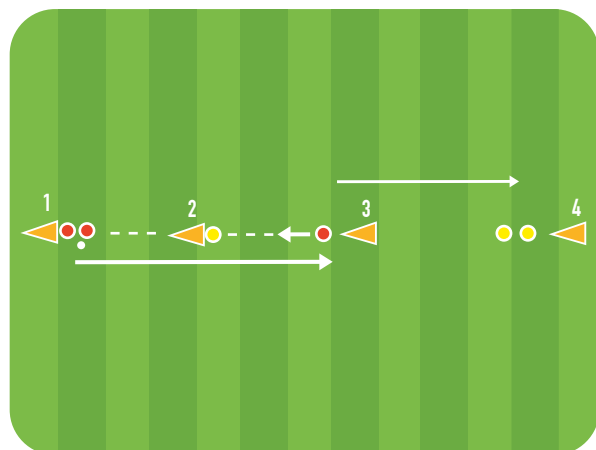
▲ One player from each end solo to opposite end, then solo to left cone and back to start cone. (Work right).

Call various combination of movements, allow contact (supervised) when players meet at cone.

**Aims:** Accurate passing and sequencing. Ball control, soloing and turning with ball, vision while controlling ball, agility and balance work.

## PASSING AND MOVING SEQUENCE

2



Groups of 6, set up as many of these grids as needed. 20M between each receiver of pass from cone. 1 passes to 3, 2 leaves his cone collects from 3 and passes to 4. 1 replaces 2 and 2 goes to 4.

**Progression 1:** Have receivers of pass (3 & 4) on their knees so kicker has to be accurate. Drill continues as normal.

4 then passes to 2, 3 leaves his cone collects from 2 and passes to 1. 4 replaces 3 and 3 goes to 1. Activity continues on this loop.

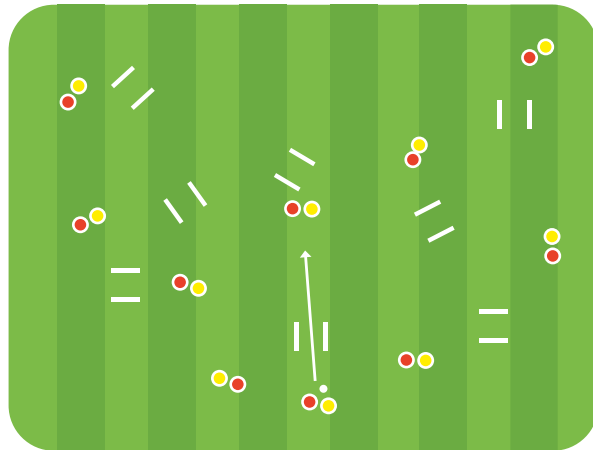
**Progression 2:** player at 2 runs to try and block player 1's kick then turns and sprints to receive pass from 3. 3 does same to 4. Drill continues as normal.

**Progression 3:** introduce an extra player to sit in between cones 2 & 3 to try and intercept the pass from 1&4.

## ROCK BLOCK GAME

3

## PROGRESSION



Grid set up between the two 45M lines. ● 10 Vs ● 10 with 8 sets of gates randomly set up around the grid. On signal a keep ball game with no touches starts, each team can pass the ball as they please, by hand or by foot. A score is awarded if they “punt” kick the ball through a gate to a team mate, and another score is awarded to any team that gets a “block” on the punt kick. Ensure that the Block is only on the Punt kick and proper technique is executed.

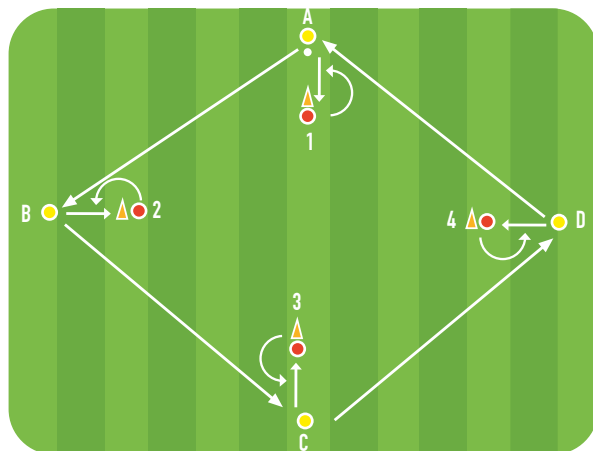
Award a point for a block on any kick. Add a touch, highlight other advanced skills I.E Dummy solo.

**Aims:** Bringing Blocking into a game like scenario.

## ST.BRIGIDS CROSS KICKING ACTIVITY

4

## PROGRESSION



Even numbers of players at the outer stations and 1 player at each inner station as displayed. Outer cones 40M apart with inner cones 30M apart. A solo's to 1 who loops around him and collect's a hand pass and kicks with instep to B, B solo's in to 2 who loops around him and kicks to C and so on, each player follow their pass.

Change direction of pass, add ball at A & C.

**Aims:** Passing and moving. Hook Kicking, inter change passing.

**PLAYER  
PATHWAY**  
PLAY TO STAY WITH THE GAA

*AGE 14-15*



**GAA**  
Learning



*TRANSITION SESSION*

**TURAS**

## AIM OF SESSION

The aim of this session is to isolate as many skills of the games in intense activities to prepare them for real game scenarios.

1

### *TWO BOX WARM UP*

This passing and moving combination activity is a great way to raise the pulse of the players while practicing passing and moving and touch. Again build in the GAA 15 warm up to compliment movements of players.

2

### *DIAGONAL'S GAME*

In a competitive environment players must keep control of the ball while soloing at different angles and speeds.

3

### *SIMPLE PASS AND SUPPORT ACTIVITY*

A great activity for players to practise their long kick and of the shoulder movement.

4

### *TRANSITION FROM DEFENCE GAME*

Defenders are challenged to work the ball out of their own half as quickly as possible.

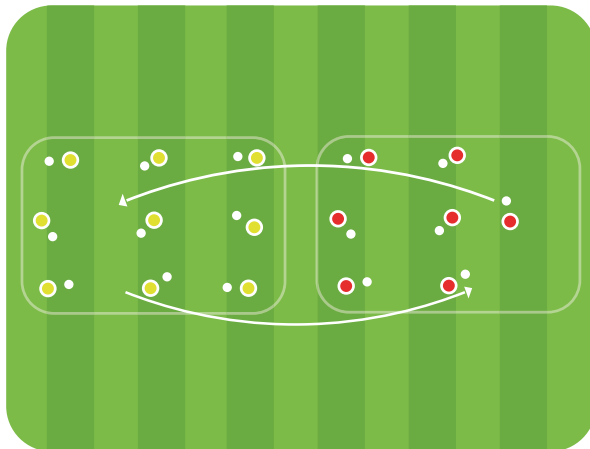


# TRANSITION SESSION



## TWO BOX WARM UP

1



Even numbers in each box as displayed. 40m x 20m boxes. Each player has a ball. Each player performs a number of skills called by coach but on his whistle each team must swap box at pace and try to steal a ball from opposite team as they go by. Award each team a point for this and return the ball to dispossessed player.

**Skills:** Dummy solo, both sides. Dummy hop, both sides. Show and go, both sides. Bounce and roll, both sides. Sides step, both sides. Rolling pick up both sides.

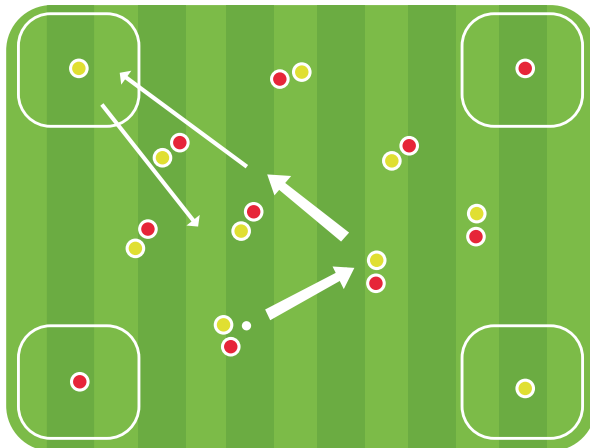
## PROGRESSION

Dispossessed player leaves team creating an overload for his opponents. Put time limit on game.

**Aims:** Practice complex skills. Game specific movements.

## DIAGONAL'S GAME

2



80M x 60M pitch and 10 v 10 or more, even teams. Ball starts with one team playing a possession game, they score by passing into either box that their team mate is in, he then leaves the box ( he's replaced by the team mate who passed to him), and attacks on the diagonal trying to get the ball to other box. Play no touches, if the ball is turned over and the opposition can attack either of their two boxes. Cannot score in the same box consecutively there must be a breakdown first. Only nominated player allowed into box and can't be tackled inside. 1 point per pass into box.

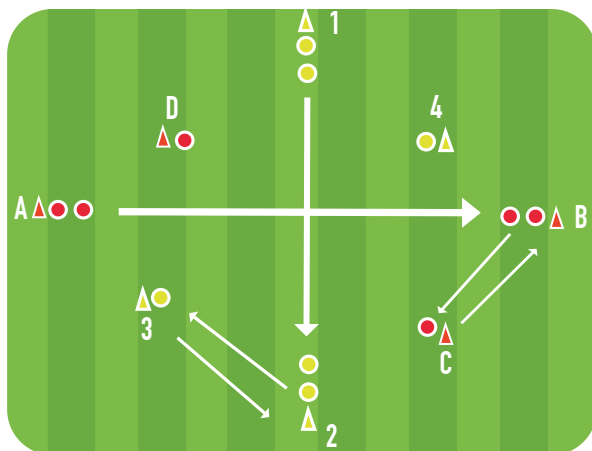
## PROGRESSION

Allow touches, award 3 points for a long kick into box.

**Aims:** Quick break outs, making and creating space for runners, blocking options (players should know where opponents are attacking)

## SIMPLE PASS AND SUPPORT ACTIVITY

3



Cones A – B 40M apart with cones C & D 10M off at an angle from them as displayed. Numbers 1 – 4 set up the same but running through the letters. Even numbers at each end with a static player at C & D and 3 & 4, balls start at A & 1.

First player at A foot passes to first player at B and follows his pass, B quickly hand passes to C and joins A. C hand passes back to next player at B and he plays a foot pass to A and follows his pass, receiver at A quickly hand passes to D and joins B, D hand passes back to next player at A who foot passes to B and follows his pass, activity continues on this loop. Numbers do the same so area is crowded and decisions challenged.

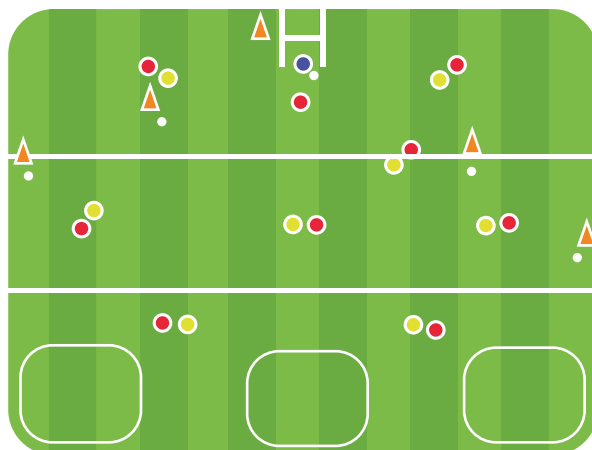
## PROGRESSION

Swap static men. Make longer or shorter. Second passer try to beat runner with pass.

**Aims:** Accurate passing, good first touch, timing and support.

## TRANSITION FROM DEFENCE GAME

4



Three quarters of the pitch, 8 defenders ● play 7 attackers ● with Keepers ● in. 5 ▲ cones are placed randomly in the defence, one must mark the kick out. Coach signals where the ball starts and the defending team must try and work the ball out to any of the squares on opposite 45M line as displayed. If attackers win ball they go for a score goal or point. Attackers must decide where to press and when to press. Defenders can kick long or work it. All in game.

## PROGRESSION

Start all plays from Keeper he can go long or short. Add extra attacker so it's a full press. Play no touches. Put time on transition from defence. Play 10 v 9 or more.

**Aims:** Quick Transition from defence to key set up areas, work ball from deep in defence. Attackers press and try to put off keeper from finding his man. Develop kick outs, frees and side line balls from defence.



**PLAYER  
PATHWAY**  
PLAY TO STAY WITH THE GAA

*AGE 16-17*



**GAA**  
Learning



*KEEP BALL SESSION*

**TURAS**

## AIM OF SESSION

The aim of this session is to isolate as many skills of the games in intense activities to prepare them for real game scenarios.

1

### *HICK HICK HICK*

This passing and moving combination activity is a great way to raise the pulse of the players while practicing passing and moving and touch. Again build in the GAA 15 warm up to compliment movements of players.

2

### *LONG PASS SHORT GAME:*

Players in possession must be appropriately supported by team mates for both long and short passes.

3

### *MASTER THE ADVANTAGE:*

A great activity for players to practise their long kick and of the shoulder movement.

4

### *THE ZONE RULES GAME:*

Challenge players in their decision making by placing conditions on the game.

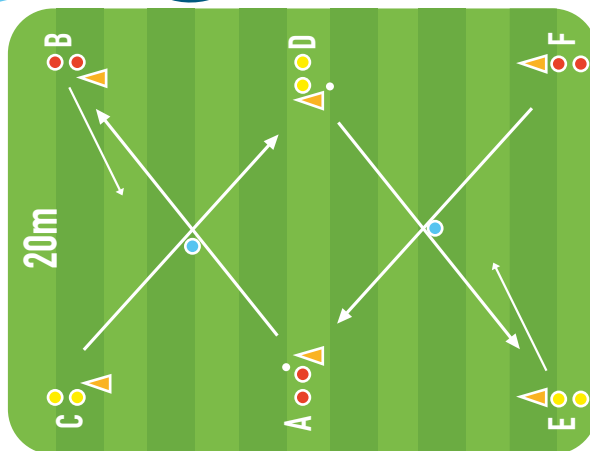


# KEEP BALL SESSION



## HICK HICK HICK

1



Full width of pitch with middle cone in the centre of pitch, even numbers of players at each cone (at least two), as displayed. Set up as many grids as needed and adjust size for age. Ball starts at A & D at the same time. Each player follows their pass. A passes to B, C leaves his cone at pace collects pass and foot passes to D (1ST player at D has already started with a foot pass to E). D passes to E, F leaves his cone at pace collects pass and foot passes to A, activity continues on this loop, with two balls working.

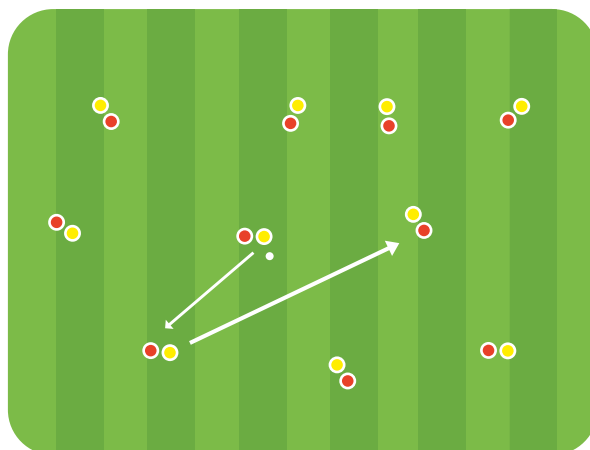
## PROGRESSION

Place a player in the centre of each square to try and intercept each pass that crosses. Place grid in front of goals and introduce scores.

**Aims:** Good foot passing technique, touch, timing and conditioning through ball work.

## LONG PASS SHORT GAME

2



Possession game between the two 45M lines. Even numbered teams 10 v 10 play a keep ball game with one condition. The sequence of passing must be long pass (over 20m) followed by a short pass (5 – 10m). Teams then should kick long and hand pass short. No plays allowed.

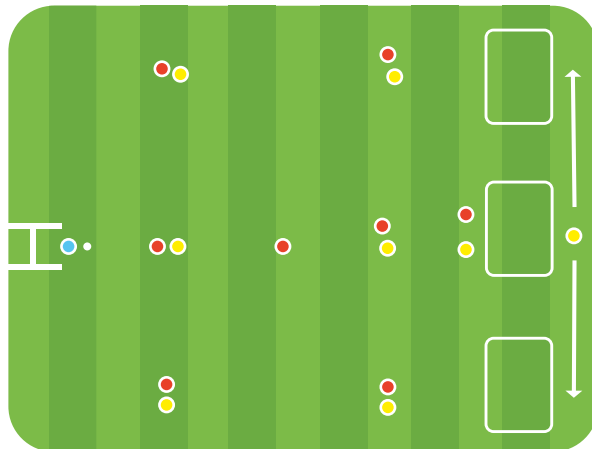
## PROGRESSION

Allow plays. Make one team uneven, make pitch bigger or smaller, award a score for 10 consecutive passes.

**Aims:** First touch, support player when he has to pass short, move into space for long pass. Skill development.

## MASTER THE ADVANTAGE

3



Even numbers of attackers ● Vs defenders ●. Keepers ● play with defenders. One defender sweeps. Three 10M x 10M squares on the half way line with one attacker behind them as displayed. On signal keeper tries to play a ball out to any defender and they try to work or kick the ball into any of the three squares, however there is one condition on the transition, one defender must get inside each square at the same time for the defenders to score, attackers are not allowed into square but can track defenders movement. Once the ball is played into a square the attacker behind squares quickly retrieves the ball and must try to set up an attack with a foot pass (before backing move up), only then can the three defenders leave their squares and help the defence. If attackers turn over ball while defenders are working it out they go for a score, if defenders turn over ball while attackers have it they attack the squares again.

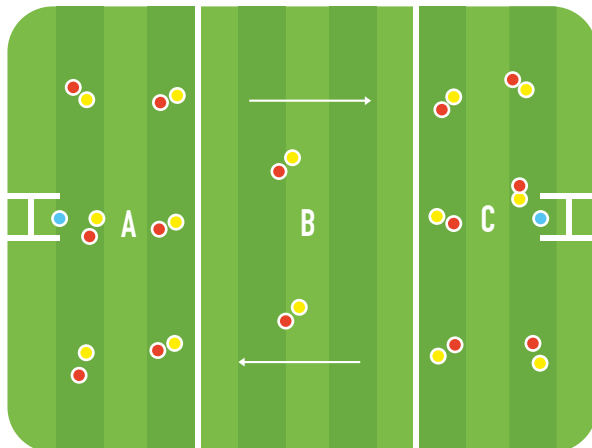
## PROGRESSION

Start game by dropping a high ball into keeper and he starts attack from there.

**Aims:** Use of sweeper, back filling space, communication among defenders, attackers exploiting numerical advantage and space. Transition from defence and into defence.

## THE ZONE RULES GAME

4



Full pitch and 15 v15. 3 zones as displayed. Players are allowed move between zones as in a full game. The following rules apply for each zone.

**Zone A:**

No touches, all players. All players play as per zone.

**Zone B:**

All players play full touches. All players play as per zone.

**Zone C:**

no touches all players. All players play as per zone.

## PROGRESSION

Allow touches in zone A & C but not B. Put time limit on possession in each zone.

**Aims:** Players adapt from moving ball fast to keeping ball, players over options to each other when no touches and support with touches.

**PLAYER  
PATHWAY**  
PLAY TO STAY WITH THE GAA

*AGE 16-17*



**GAA**  
Learning



*TEAM PLAY SESSION*

**TURAS**

# AIM OF SESSION

The aim of this team play session is for more advanced players to make decisions as a team and work out problems in real game time.

## 1 *PRESSURE COOKER WARM UP:*

Here players learn the value of team work and communication while they try win back possession. Integrate GAA 15 Warm up here.

## 2 *BY TWO GAME:*

In this game extra players join after each attack reducing space and time in the grid, players have to adapt to what they see and act on it.

## 3 *BUILD A BEAR GAME*

After each team score they get an extra play of the ball, here they will clearly see the value of extra touches and no touches and will be able to adapt to playing both.

## 4 *NO SPACES GAME*

No spaces equals no time so players have to use their team to ensure they keep the ball, so they must move it fast, support the play and not take ball into tackle.

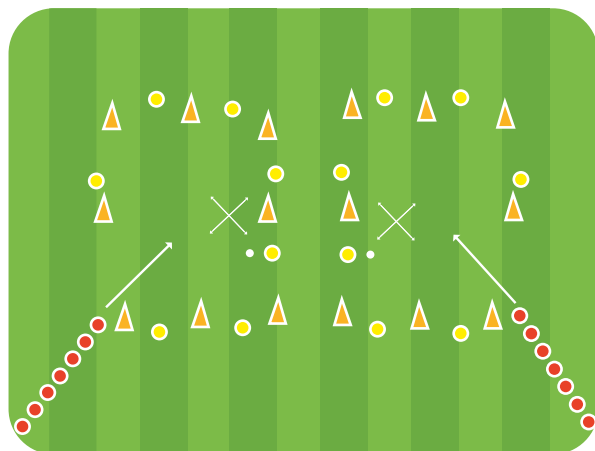


# TEAM PLAY SESSION



## PRESSURE COOKER WARM UP GAME

1



Two 30M Squares and 6 v 6 or 7 v 7 teams. ● Team starts by passing the ball among themselves by foot and hand around the square, they are not allowed move to far from their spot. Once the first pass is played a ● player enters the square to try and intercept the pass, another ● player enters after each pass until the win the ball. They swap positions once they win the ball.

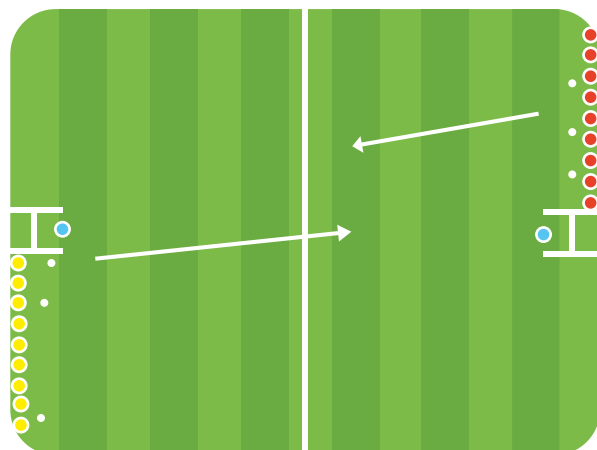
## PROGRESSION

Breakout into a 30second possession game if ball is intercepted.

**Aims:** Accurate passing under pressure. Fun warm up. Team work.

## BY TWO GAME

2



End line to 45M line. Keepers ● in, Even numbers of ● & ● at either end of pitch as displayed. On signal one ● player comes out with the ball and tries to score once he gets his shot away two red ● players leave with a ball and try to score a goal and create a 2 v 1, when they get their shot away two yellows join their team mate to create a 3 v 2, at this stage either a point or a goal can be scored, after each attack increase attacking team by two. Continue game until last two have joined. If the move breaks down counter attack but restart in sequence (from other side). Game restarts with one ● player starting game.

## PROGRESSION

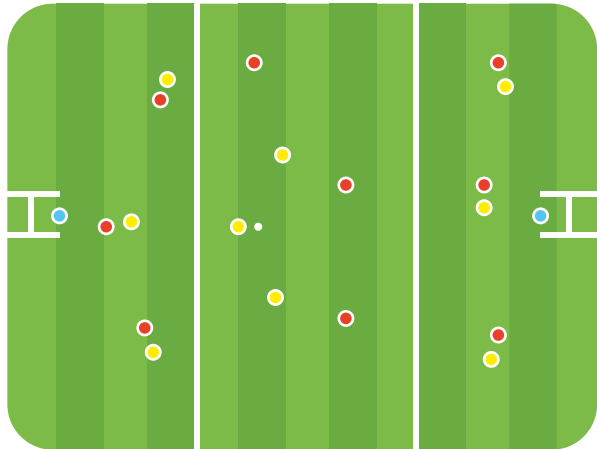
Only goals or points allowed. Make pitch bigger. Leave final part of game on for a set period of time.

**Aims:** Adapting to changing space available or denied. Team work as the players in early will be fatigued. Finishing.



## BUILD A BEAR GAME

3



● 9 Vs ● 9 with ● Keepers in. End line to opposite 45M line or adjust for bigger numbers. Ball is thrown in as normal and ● team attack red goal and ● team attack yellow goal. The game begins with both teams having no touch and trying to score a goal or a point, once a team scores they are allowed one play of the ball from then on either a solo or a hop. Each team is awarded a play of the ball after each score up to 5 scores, goals or points. Once a team has scored 5 times they can play all in. Game re starts with a kick out.

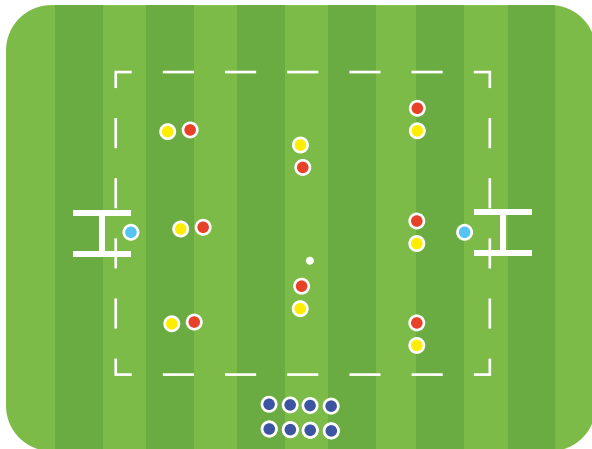
## PROGRESSION

Only award a touch for two scores or a goal. Overload one team.

**Aims:** Adapt to different styles of play in real time.

## NO SPACES GAME

4



● 8 v ● 8 with ● 8 outside grid as displayed. Small pitch with goals 30m x 30m. Goals only game played in a very tight dimension pitch, no touches quick movement of player and ball. Rotate after set time or score.

## PROGRESSION

Add 1 touch, then 2 touch then all in. Team stays on after score.

**Aims:** High intensity game, first touch, lots of physical contact. Quick decisions.

**PLAYER  
PATHWAY**

PLAY TO STAY WITH THE GAA

*AGE 16-17*



**GAA**  
Learning



*SKILL SET SESSION*

**TURAS**

## AIM OF SESSION

The aim of this session is to enhance as many skills of the games through game like situations.

1

### *PASSING COMBOS:*

This passing and moving combination activity is a great way to raise the pulse of the players while practicing passing and moving and touch. Again build in the GAA 15 warm up to compliment movements of players.

2

### *PASSING AND SEQUENCING ACTIVITY:*

Players need to be accurate and quick with their passing and movements in this activity, players need to be aware to move after each pass.

3

### *ROUND AND ROUND:*

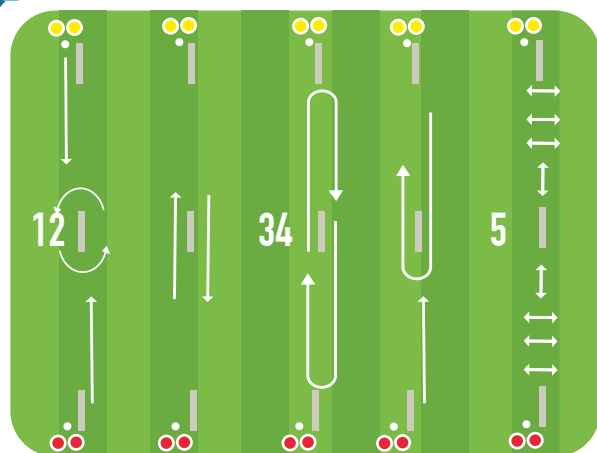
A simple quick hands activity that can be built up to a shot on goal.

4

### *SPEED ENDURANCE SHOOTING:*

A great activity to work on improving the skillset of players while fatigued.

## PASSING COMBOS 1



Even number of players at each pole, poles 30M apart from centre pole, set up as many stations as required no more than 4 at each end.

Activity 1: One player from each end solo to centre pole turn around it and foot pass back to second player. Follow pass.

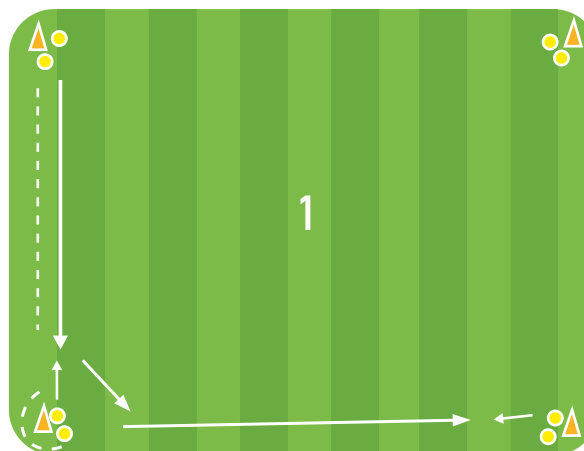
Activity 2: As activity one but this time ball goes forward from centre pole and player goes back to his start pole.

Activity 3: As activity one but this time ball goes back to start of group and player goes to opposite start pole.

Activity 4: ● solos to centre pole turns and plays it back to second player he turns again and receives a pass from first ● player, they play a quick one – two and now ● player does the same.

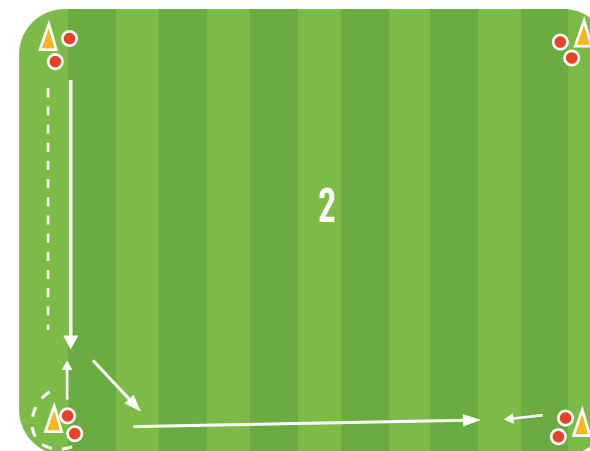
Activity 5: Two players from each end pass to each other as they run to centre pole, when they reach the centre pole they pass the ball to the opposite pair and return to start again passing to each other, next pair from each end go. 4 Minutes each activity.

## PASSING AND SEQUENCE ACTIVITY 2



First player plays a long pass and follows it as displayed, he gets a hand pass back and the passer then spins around the cone and gets a hand pass from kicker, he then plays a long kick pass to next cone and activity continues on this loop. Run of player. Ball movement. 40M X 40M Grid.

Each player moves onto next cone after pass. Progression: Add another ball from opposite corner.



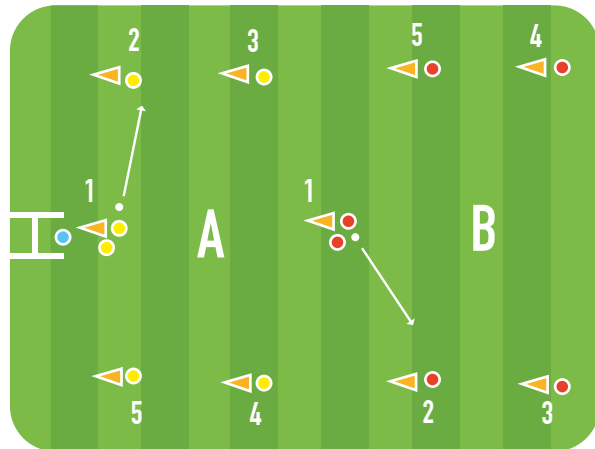
### PROGRESSION

Add another ball from opposite corner.

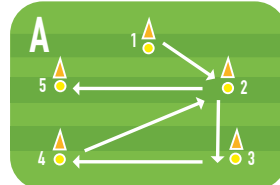
**Aims:** Accurate passing and sequencing. As grid 1 but when the kicker gets the hand pass back he plays a long pass across to next cone as displayed. Second player must still spin around cone and run on and collect a hand pass before playing a long kick pass for next player to run onto.

## ROUND AND ROUND

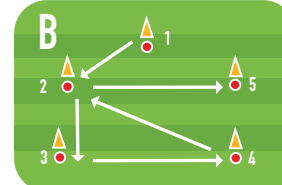
3



Each grid is 15M X 15M, with at least 6 players in each lined up as displayed. A Grid lined up on B 20M line and grid lined up on the 45M line. More grids can be set up inside or out if numbers are large.



1 passes to 2 gets it back, passes to 3 gets it back, passes to 4, 4 passes to 2 who passes to 5, 1 has continued his run around the grid to collect from 5 and shoots for goal.



1 passes to 2 gets it back, passes to 3 gets it back, passes to 4, 4 passes to 2 who passes to 5, 1 has continued his run around the grid to collect from 5 and shoots for Point.

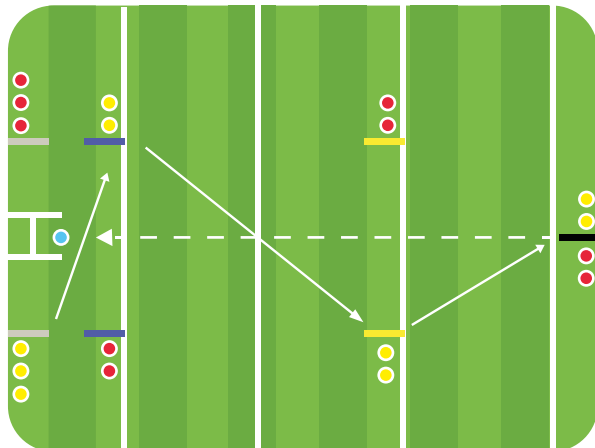
## PROGRESSION

Start with pass to cone 5 so shot is on opposite side. Rotate players and rotate groups, count scores.

**Aims:** Touch, finishing, agility and fun.

## SPEED ENDURANCE SHOOTING

4



End line to opposite 45m line with, 1 poles on end line, 1 poles on 20m line 1 poles on half way line and 1 pole on opposite 45m line with two or more players at each as displayed. First ● plays first ball as shown and follows it, then next player plays a longer pass and follows it, third player plays it in the path of the ● who has left the centre pole, he solo's at pace and take a score then joins his team mates on the end line with a ball. ● Team goes at the same time and do the same.

## PROGRESSION

Introduce a shot on goal every second go. Make runway longer. Introduce a defender.

**Aims:** Endurance work with the ball. Shooting while fatigued.

**PLAYER  
PATHWAY**  
PLAY TO STAY WITH THE GAA

*AGE 16-17*



**GAA**  
Learning



*TRANSITION SESSION*

**TURAS**

## AIM OF SESSION

The aim of this session is to isolate as many skills of the games in intense activities to prepare them for real game scenarios.

1

### *HAND PASS OVER THE BAR GAME*

This passing and moving combination activity is a great way to raise the pulse of the players while practicing passing and moving and touch, again build in the GAA 15 warm up to compliment movements of players.

2

### *INNER OUTER GAME*

In a competitive environment players must keep control of the ball while soloing at different angles and speeds.

3

### *MASTER THE ADVANTAGE*

A great activity for players to practise their long kick and of the shoulder movement.

4

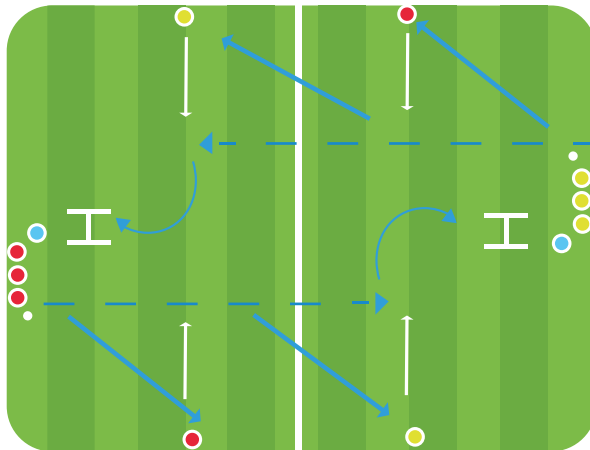
### *MIDFIELDER GAME*

Here we isolate the midfielders where they must win primary possession and start attacks.

# TRANSITION SESSION

## HAND PASS OVER THE BAR GAME

1



Divide team evenly with Keepers ● behind each goal. Pitch 60M x 40M with goals in off the end line as displayed. Ball starts with first ● player on end line and first ● player on end line. Both lines go at same time. Ball is played to first player on the side line and runner gets it back he passes it to the second player on the side line and gets it back, he then hand passes over the bar and joins the team on the end line. The first receiver moves to the second station and the second receiver follows the runner and gets the ball from the keeper and starts again at opposite side. The second player on each end line move into the first receiver's spot once it's vacated.

## PROGRESSION

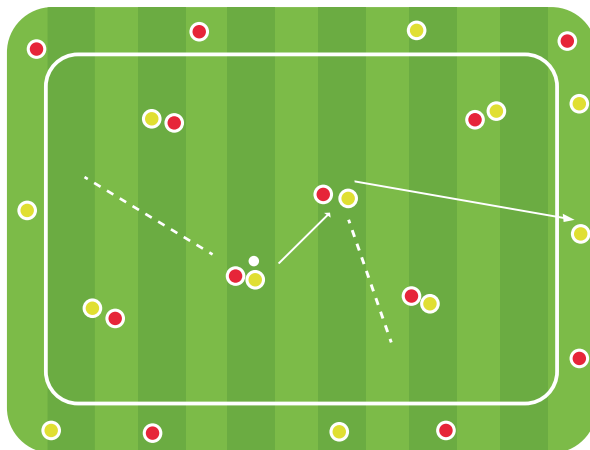
Move Goals back to make it more difficult.

2 passers on the sideline swap positions after each pass

**Aims:** Get players used to hand passing over the bar with both hands.

## INNER OUTER GAME

2



12 ● Vs 12 ● with 6 v 6 inside the box and 6 of each team outside as displayed. Between the two 45M lines with the inner box 50M X 30M. Outside players must be moving around during game when their team has possession but cannot enter box. The inside teams play a keep ball game the team with the ball can use its outside players to maintain possession. Rotate the outside 12 with the inner 12 after a set period of time.

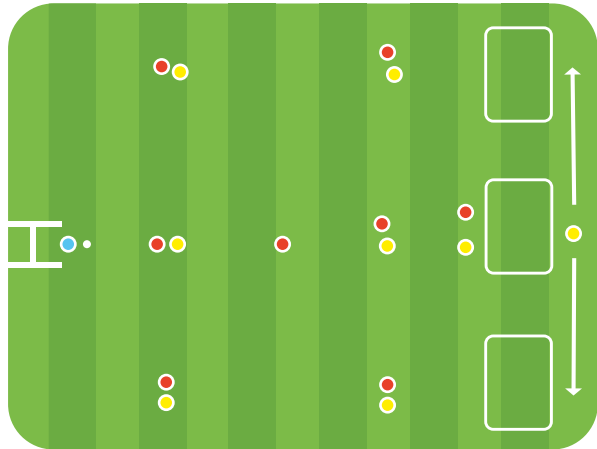
## PROGRESSION

Each player swaps with the outside player he passes to. Allow outside player to be marked. Aims: Ball possession, passing and mobility. Awareness.



## MASTER THE ADVANTAGE

3



Even numbers of attackers ● Vs defenders ●, Keepers ● play with defenders. One defender sweeps. Three 10M x 10M squares on the half way line with one attacker behind them as displayed. On signal keeper tries to play a ball out to any defender and they try to work or kick the ball into any of the three squares, however there is one condition on the transition, one defender must get inside each square at the same time for the defenders to score, attackers are not allowed into square but can track defenders movement. Once the ball is played into a square the attacker behind squares quickly retrieves the ball and must try to set up an attack with a foot pass (before backing move up), only then can the three defenders leave their squares and help the defence. If attackers turn over ball while defenders are working it out they go for a score, if defenders turn over ball while attackers have it they attack the squares again.

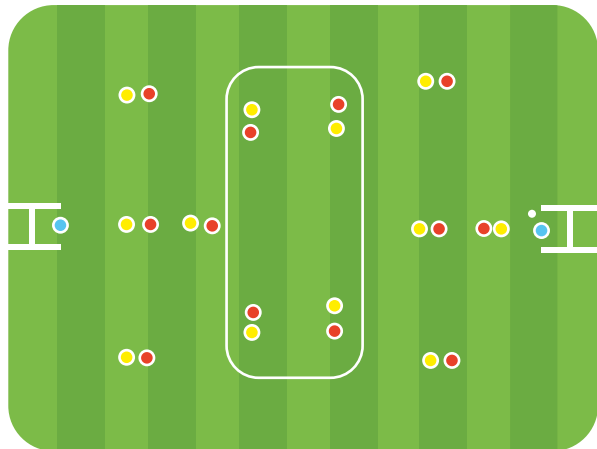
## PROGRESSION

Start game by dropping a high ball into keeper and he starts attack from there.

**Aims:** Use of sweeper, back filling space, communication among defenders, attackers exploiting numerical advantage and space. Transition from defence and into defence.

## MIDFIELDER GAME

4



Three quarters of pitch with 12 ● Vs 12 ● and keepers ● in. Mark out a 20M x 40M grid in centre of pitch with 4 v 4 inside this as displayed. Ball starts with ● keeper who plays with the ● team attacking the top goals. On signal keeper kicks the ball out trying to find a team mate. (He can play into the centre grid if he likes) No other players are allowed inside centre grid only the designated 4 v 4 and these players are also the only ones allowed score. Normal rules apply. Defenders can join attack but cannot enter centre grid. If move breaks down and ball is turned over game continues with opposition team attacking other goal. Rotate 4 v 4 in centre grid after a set period of time. All players should get a chance in middle.

## PROGRESSION

Allow any player score but award extra points for the 4 v 4 midfielders, award points for assists from 4 v 4 players.

**Aims:** Midfielders must focus on their man to man marking duties and prevent unmarked support runs from opposition midfielders.

# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



GAA  
Learning



## GOAL KEEPERS SESSION

TURAS

## *AIM OF SESSION*

The aim of this session is to isolate as many skills of the games in intense activities to prepare them for real game scenarios.

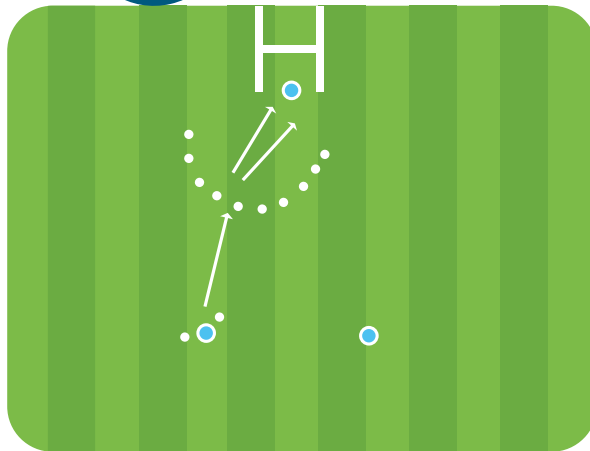
- 1** *GOALKEEPER REACTION WORK*
- 2** *GOALKEEPER CONDITIONING*
- 3** *GOALKEEPER SPECIFIC CONDITIONING*
- 4** *PLACE AND MAKE THE SAVE*

# GOAL KEEPERS SESSION



GAA  
Learning

## GOALKEEPER REACTION WORK



### REACTION RATHER THEN ANTICIPATION

Set a line of footballs in a semi-circle 15M in front of the goal with Keeper in. Two other keepers act as servers and are placed 5M away at different angles with more footballs. First server shoots for a goal and can try and hit the row of footballs to cause a deflection for keeper to save, he must try to save main shot and any other ball that might be deflected in. Servers do not have to use the row of balls for a deflection and can completely by pass them if they choose, encourage keeper to wait until shot has either hit the balls or by passed them before moving hence reacting rather than anticipating and moving early. Rotate keepers after a set period or number of shots. This activity helps train your ATP energy system which is important to goalkeepers.



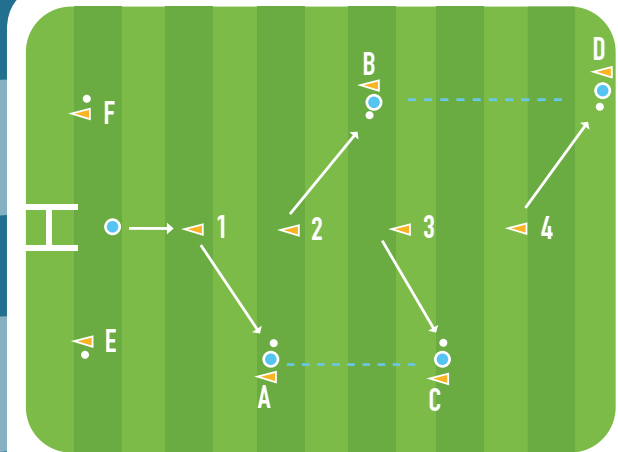
### TWO GOAL - REACTION.

One keeper in main goal and one keeper in a temporary goal made from poles set up 10M in front of main goal. Third keeper acts as a server and stands 10M in front of temp goal with footballs. The server tries to score in both goals with his shot, he tries to angle his shot high or low so that it could end up going into both goals. First keeper tries to make the save but if he doesn't the second keeper will see it late and might have to deal with deflection also. Rotate keepers so that they spend a set period of time in main goal and temporary goal and also as server. Again the second keeper will be totally reacting to what the first keeper does again taxing his ATP energy system. Keeper in front of goal lets some shots past or tries to slightly deflect so keeper 2 reacts.

1

## GOALKEEPER CONDITIONING

2



Cones E&F on the corner of the 14M line and Keeper in the ● middle as displayed. Two other keepers (coaches or injured players can also be used) at cones A&B with balls at each station. Cones 1-4 10M apart and cones A-D 15M apart.

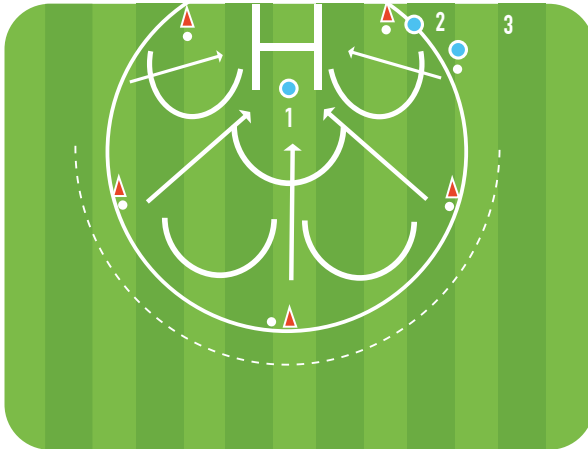
Keeper runs to cone 1 then darts to A where he blocks a kick from keeper at cone A, he then runs backwards to cone 1 then straight to cone 2 where he darts to Keeper at cone B. (Keeper at A has now moved to cone C and Keeper at cone B moves to D when he plays the ball) once he makes the save he runs backwards to cone 2 then straight to 3 and does the same as the first two. Once he has made all four saves he must sprint back to the goals touch the cross bar then face a shot from cones E & F ( keepers at A & B have run back to these cones after their second shot).

**Progression:** Swap keepers, go twice nonstop.

**Aims:** Keeper will make six saves in total while using game specific foot work, back peddling, darting left and right and getting up and down.ball to the opposite pair and return to start again passing to each other, next pair from each end go. 4 Minutes each activity.

## GOALKEEPER SPECIFIC CONDITIONING

3



Five stations set up in a semi-circle around the goal, cones 10M apart with a ball at each, one keeper in main goal and two others act as servers at the first cone, just in off the end line with an extra ball as displayed (coaches or injured players can be used either). On signal keeper throws a ball high for keeper to field high, keeper quickly moves to next cone and keeper plays him a hand pass, once that pass is played keeper takes a shot from his hands for a goal, keeper must adjust his feet quickly to face the shot once he's played his pass. Keeper now moves to the next cone also and picks up the ball and activity continues on this loop until keeper has made 5 high catches and has face 5 shots.

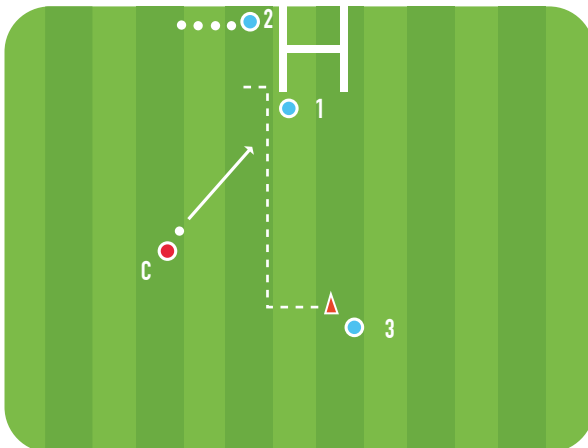
## PROGRESSION

Rotate keepers after each go, swap start sides, keeper stays in for 2 loops totalling 10 high catches and 10 shots. Play shots from the ground.

**Aims:** Keeper specific conditioning, high ball work and shot stopping.

## PLACE AND MAKE THE SAVE

4



Cone ▲ And Keeper ● 3 on the penalty spot, coach ● 10Mts to the left of them with one ball, keeper 2 beside right post with a number of balls and keeper 1 in goals. Use extra coaches or injured players if not enough keepers. Each keeper stays in for 45 seconds to start with. On signal Keeper 1 takes a ball from Keeper 2 and sprints out to Keeper 3 and place ball at ▲. Once he does this he turns to get back to Keeper 2 and ● coach takes a shot trying to beat him at the near post. Keeper 3 now passes the ball to coach ● and keeper 1 either uses the ball he's just saved or takes another from Keeper 1 and goes again, activity continues on this loop for 45 seconds.

## PROGRESSION

Rotate keepers, work both sides, and add time.

**Aims:** Keeper condition, footwork, near post work and fatigued shot stopping.

## TESTING AND CHALLENGING; ALL PLAYERS SHOULD BE CHALLENGED TO IMPROVE AT THEIR LEVEL

- Are players recognised for effort more than outcome – encourage to try things
- Are the players engaged in the task or are they distracted?
- Do you set targets for players during activities



## UNDERSTANDS THE PLAYER IS AT THE CENTRE OF THE GAME AND PROVIDES INDIVIDUALISED DEVELOPMENT (PLAYER CENTRED)

- Did you use different conditions for different players within activities?
- How did you decide on your pairings/groupings
- Did you try to engage one to one with as many players as possible?



## RESEMBLES THE GAME (GAMES BASED)

- What part of the game did your activities seek to develop
- Were the players motivated to complete the activity
- Did you communicate to the players why they were doing the activity



## ALL PLAYERS INVOLVED, ALL THE TIME; LOTS OF TOUCHES, LOTS OF DECISIONS

- What percentage of your session included games
- Did your group/team sizes allow players maximum touches
- Did you use questions to facilitate thinking players



## SHOULD ALWAYS BE AN ENJOYABLE, DEVELOPMENTALLY APPROPRIATE & HOLISTIC GAA EXPERIENCE

- Were the players showing signs of enjoying the session? i.e. positive body language
- Were the activities age appropriate?
- Did you develop the person as well as the player?



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**Áine McNamara** – University of Central Lancashire

Graphic Design by Ian O'Shea. ([ioshea@live.ie](mailto:ioshea@live.ie))



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