
URAS
CHILD COACH RESOURCE (FOOTBALL CONTENTS

| $7-9$ Session 1 | 6 |
| :--- | :--- |
| $7-9$ Session 2 | 10 |
| $7-9$ Session 3 | 14 |
| $7-9$ Session 4 | 18 |
|  |  |
| $10-11$ Session 1 | 22 |
| $10-11$ Session 2 | 26 |
| $10-11$ Session 3 | 30 |
| $10-11$ Session 4 | 34 |
|  |  |
| $12-13$ Session 1 | 36 |
| $12-13$ Session 2 | 42 |
| $12-13$ Session 3 | 48 |
| $12-13$ Session 4 | 50 |




## IURAS coaching princlples

IESTHNG 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 dififerent condifitions 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?


## 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

Did you communicate to the the activity

## SHOULD ALWAYS BE AN ENJOYABLE, DEVELOPMENTALLY

 APPROPRIATE \& HOLISTIC GAA EXPERENCE- 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?




## player PATHNAY

- Variation. Coach open to trial \& error
- Well oryanised/plannet sessions
- Maximise all coaching resources to increase knowledge
- Guide children. Donit tell them ar
- Be a role model
- Convey Enthuasiasm $\square$

THE COACH
 Use Four Stens. One Handed Bounce Near Hand Tackle

Running Speed Developed through
Fun Games - i.e. Chasing Games Use trigger words to develop Jumping
Jump for distance \& in all diriections
Agility
THE PLIUEER

- Only goes flat outno sense of pace
- Need approval from coach/parents
- Like to show off individual skills
- Small group activities are vital for improvement
- Imagine themselves as inter county players to improve skills


Devise games that require players to look up


## ATTACH THE BALL

This activity is encouraging high catching and accurate handpassing on landing.

Using cones set up a channel 5 m wide and $15 \mathrm{~m} / 20 \mathrm{~m}$ long.

Player 1 with the ball starts in the channel facing player 2.

On the whistle player 1 while jogging backwards throw
the ball into the air for player 2 to come forward and perform a high catch.

On landing player 2 handpasses the ball to player 1 and they keep repeating until the end of the grid.

If we need to have three in a group due to space or numbers the player who catches the ball passes it to the third person who in turn passes it to player 1 .

## JALL BALL

This is a fun game that rewards players for performing a high catch.
teams).

A grid is set up $20 \times 10 \mathrm{~m}$ with a line of cones across the middle.

Players are divided into two teams (max 3 or 4 )
The team who starts with the ball must kick it high into the air with the aim of trying to land it the opposition zone.

If it lands on the ground in the opposition zone whoever is closest to it must go to jail and perform 10 high catches with the coach before they can join their team again.

## 3. HED COALHING POINTS

## Progression

 Add a third person to each group who applies some pressure to the catcher while jumping and also while landing.Bring in a second ball so the catcher is having to work more often and is constantly up and down.

## Participant Feedback

What is the best point to catch the ball?
its highest point
Where are your head hands feet?
Head - Looking at ball, hands - in a 'w' shape, feet - knee drive
what will slow down your team gaining possession?
Waiting for the ball

## HED COACLING POINTS

## Participant Feedback

How do we stop more then one player going for the same ball? Encourage communication between players.

What will make it harder for the kicking team? Defending team together to close off space.

What will help kickers?
Scanning the opposition grid to see where space is.


## TURAS PRINCIPLES IN

Today I will set up activities to involve my players making lots of decisions when in possession of the ball. ACTION
esting and Challenging; all players should be challenged to improve at their level nderstands the player is at the centre of the game and provides individualised development (player centred)

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esembles the game (games based)
```

AIl players involved, all the time; lots of touches, lots of decisions


## SOLO PRESSURE

A drill that replicates soloing the ball in multiple directions while under pressure.

## A grid is set up $25 \mathrm{~m} \times 25 \mathrm{~m}$

Players are paired up with one player getting a bal
On the whistle the player with the ball must move around the sqaure without getting dispossessd by their partner.

After 30 seconds reverse roles and see who can get more dispossessions.

Progression:
The size of the grid can be made smaller.
Two players can tackle player with the ball

## HEU COACHINR POINTS

## Participant Feedback

What can the player with the ball do to help maintain
possession?
If you are getting tackled from the left side, solo with your right and visa versa.

How will you contact with other players?
Keep your head up and take your steps into space
Can a side step help you here?
Yes! It will create extra space to perform the skill.

## HEU COACHING POINTS

## Progression:

Coaches can move around the square and block off certain goals. This will force players to look up and also encourage change of direction.

Players can knock someones ball away while they solo. If successful that person must step out and perform 5 solos before rejoining. If out and perform 5 solos before rejoining. If
tackle is unsuccessful the tackler must step out and do the same.

Participant Feedhack
Why do you need your head up?
To scan the grid and identify goals that are empty
How would a side step be helpful here?
Avoiding contacttackle and exploiting space
When is the best time to knock someone's ball away
During a solo, hop or a fumbled ball.
How can players ensure they protect the ball? Hold ball in two hands when taking steps.


IURAS PRINCIPLES IN ACTION
esting and Challenging; all players should be challenged to improve at their level
nderstands the player is at the centre of the game and provides individualised development (player centred)

Today I will challenge each player on their kicking. They will kick for accuracy \& length. Ability levels will vary from player to player but all will be challenged to improve.


## 3. HED COALHING POINTS



## Participant Feedback

Should you be standing still when kicking the ball?
No kick on the move with good Kicking technique HHF
Players who are not kicking the ball, What should you be doing? Eyes on the kicker and ball
On our toes
Make sure ball doesn't get pass us

## HEU COACHING POINTS

## Participant Feedback

## Should you be kicking to max score all of the time?

Player figure out their capabilities on distance and accuracy of
kicking and move as they need
Should you be standing still for the game?
We need to move at all times to find space and also to not
always be straight-line kicking.
Do we play the game in silence?
We must talk to each to keep count of our score and pick what score we want next


## TURAS PRINCIPLES IN

 ACTIONesting and Challenging; all players should be challenged to improve at their level nderstands the player is at the centre of the game and provides individualised development (player centred)
esembles the game (games based)
Today I will allow lots of opportunities for players to tackle, setting up activities similar to how we should tackle in games.

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


## TACHLE THE BALL

## Players get into pairs with 1 ball between 2

Player A must move around grid bouncing the ball basketball style with player B attempting to knock the ball awayltouch the ball.

Avoid tackler making contact with ball carrier body (poor tackling)
Depending on numbers and equipment you may play the game with 3 or 4 chasers against the rest of players who all have footballs (May be a progression)

Add in 4 steps solo hop as next step

## tachle nuat

Divide you're playing area into 4 separate grid with the coach in the middle of the 4
Coach throws ball into one of the 4 grids and the player who gets possession must get the ball back to the coach after he/she has completed a solo/hop all this is done will staying in their assign grid

Once coach has got ball back, he than throws the ball into another grid and game is continue as before.

You can add in a scoring option at also. 0
Once the coach has got ball back, he gives it to the other player in the grid who then attempts to kick a score, so both players will have a go at tackling and being tacked in the one game.

## 3 HED COACHING POINTS



## Participant Feedback

What should the player without the ball be looking to do? Focus on timing and when to attempt to touch the ball
Getting as close as possible to ball
Correct hand tackle
Foot position
Hand in \& Out and tackle the ball
What should the player with the ball be trying to do?
Use body position to protect ball
Swapping from Left to Right and keeping ball as far away from tackler as possible
Evade and create distance

## HEU COACHING POINTS



## Participant Feedback

 What stance should the tackler take?Boxer stance
Hands by side
Player with the ball should you just pass the ball over the defender's head?
Maybe I should try and take the defender on and use my skills to pass them

Boxer stance
Side step




## 2 grids with a defender in each

2 attackers attempt to move through both zones keeping possession of the ball
Defenders must stay in their zone

## HEU COACHINE POINTS



## Participant Feedback <br> When should you pass?

When my team mate is in space
What can help you get space when you have the ball? Perform a side step or a dummy

How can you slow down the attackers?
Backtrack to create doubt
Dummy tackle

## HEU COACHIME POINTS

## $\triangle{ }_{3}^{3}$ <br> 48

$40 \% 0 \% 0$
Ho Ho Ho


## 3v3 in middle with teammates a t cone on boundary.

## Score when player in middle passes to team mate on outside.

Following a score player on the outside comes into game with the ball.
Passer takes up the position on the outside.

## Participant Feedback

Why do you need to scan the grid?
See team mates, see what end is free to score in
When there is no play rule, what must you do to help the ball carrier?
Move into space and call
How will a side step help you here?
Create space for me, give me time to weigh up the options
When is a good time to tackle?
On a fumbled ball
Poor pass
when player is isolated
On 4th step




## 1 v 1 contest in a channel.

Attacker attempts to travel with the ball from one end of the channel to the other end

## HEU COACHINE POINTS



## Participent Feedhack

ATTACKER
What can deceive the defender?
Side step and acceleration
When moving to the right, what side should you play the ball on?
Right side
DEFENDER
What stance should you be in?
side on stance
When should you attempt to tackle? on the attacker's 4th step

## Runumy



4 attackers attempt to travel with ball through gate at the other end of the zone
2 defenders attempt to delay / dispossess in zone 1
Defenders can only enter zone 2 if the ball is in zone 2

## HEU COALHING POINTS

Participent Feedback
How can support runners make it difficult for the defenders?
Players without the ball attempt to exploit space.

## What decisions do you have to make when you are the ball carrier?

Should I pass or should I travel?
When should the ball carrier travel with the ball?
When the defenders mark the support runners and leave a gap to run into


## TURAS PRINCIPLES IN

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Il players involved, al the time: lots of touches, lots of decisions
hould be an enjoyable, developmentally appropriate \& holistic GAA experience?

## SHILL SET SESSION

## HOOH HICH OUER THE BAR

Players jog around both sides of the goal each with a ball.
On the coaches whistle each player turns and trys to hook kick the ball over the bar.

Players practice using both feet.

## FIMD AEOHL

In Pairs try to hook kick the ball through a goal to your partner standing 10-15m the far side of the poles

You get a score for every completed hook pass through the goal to your partner.
Pairs must score in a different goal every time.
Play for 2 mins

## Progress

2 points for a clean catch, 1 point for a 1 hop catch, 3 points for weaker foot
Move further or closer away from your partner
Use weaker Foot

## HEV COACHINE POINTS

## Participent Feedback

When kicking with your leff foot, what hand do you hold the ball with?
Left Foot - Use the same hand, same foot.
Stop after you kick the ball, Where is your jersey facing when you score or put the ball wide?
Your Jersey should be facing over the bar.

## HEV COACLING POINTS

Participent Feedback
Keep eyes on ball unitil it has left your foot.
What sort of ball would you like to receive?
On the chest or 1 bounce in front
What way do you finish facing when kicking to your partner? Finish with your chest to the target

What are you looking at just hefore you kick the ball? Keep your head down for the count of "1,2

What do you do when a defender is in the way?
Change direction and keep your head up looking for another goal

## 2 kick passes to 1 and travels out around 1 .

Progression
-race to see first line to score.

## HEU COACHINE POINTS



## 1 hand passes back to 2 who then kick for a point.

## Participent Feedback

As a forward where do you want the pass?
Just out in front of my chest so I can take the ball at pace
What do you look at first and last before you strike the
ball?
Look at the goal, then look at the ball, then kick it
What is important with your hook kick for score? Move your leg tike a swing

To score for our team, what do we need to do?
Pass accurately, follow pass at pace, quick release from hand to foot to shoot

## HEU COACLING POINTS

## Participent Feedback

What are the good positions to take up when not on the ball? Keep moving to be an option for a pass or do nothing and let my defender drifit towards the ball so you will be free in space

Why do you think your ball dropped short?
I shot from too far out, I need to find my scoring range
Where did you finish up facing when that shot went wide? My chest was pointing away from the goal. Great score !

## Where didd you finish up with your chest?

Chest and Jersey going over the bar
What are the good positions to take up when off the ball?




REACT.CATCH.SCORE
Blue vs Green and Red vs Yellow
$2 / 3$ players from each to act as feeders
Game is played as normal but when a ball goes dead a feeder lobs the ball in for a competed high catch

Rotate feeders every 3 mins like rolling subs
Goalkeeper/Last player back must kick ball high for a contested catch

## SUPPORT THE STAR

Play 4 teams as above
1 "Star" Player stays unmarked 15m-20m area in front of the goal
Double score is awarded if the "Star" high catches the ball and lays it off to a support player for a score.

All sidelines and kickouts are kicked high into the air.
"Star" can be switched after a score or every few minutes
Progression- "Star" can be marked and can score.
Add 2 "Stars" in the zone

## HEY COACHING POINTS



## Participant Feedhack

How can you help your teammate contest the high ball? Get in around your teammate for breaking ball and be in front of your marker

Which is best when trying to catch the ball, stand tall underneath where the ball is or be running onto it
attacking the ball to catch?
Run jump and attack the ball so you will get up higher.
Is there a time when you don't want to catch the ball? Yes if you can knock the ball down to a on coming teammate.

## HEU COALHING POINTS

Participant Feedback<br>Should I stay close to the star or far away?<br>Stay away from the Star not to help the defending team blocking the area.<br>What runs should you make as the Star? Vary the angles of runs to give different options to my team mates.Make runs from side to side at different angles.<br>Should all players run into support the Star?<br>No some should support and some should wait outside the zone.





PARCTICE THE SHILL

## Groups of 5 .

Ball starts at the end with 2 players. Red and Blue players stay on their cones. Yellow players are moving.

First yellow player plays hand pass to red.
Red returns to same yellow player who kicks to blue and continues his run to receive back off blue.

He finishes by hand passing to next yellow player who does the same coming back down.

Rotate the red and blue players.

## GAMES BRSEU HCTIUTIY

Two $4 v 4$ games either side of the pitch.
Mark out squares from 14 m to 45 m and allow for space in the middle
Possession based games where the objective is for teams to get two $15 \mathrm{~m}+$ kick passes and clean catch in a row

They are then allowed outside the square and shoot for point.
Swap teams around so everyone gets a chance to play against everyone

## HEY COALHING POINTS

## Participant Feedback

Stount kick passss geto diestherer?
Yos. If imsistases happeran els lean foom hien.
If kick pass is too short for 1 individual player what can we do? Challenge players to use both feet all the time. Different kicking style ie. Punt kick instead of hook.

## How can we progress this activity?

Use of both feet. Challenge players to get " $x$ " amount in a row.

## HEL COALHIIIG POINTS

## Participant Feedhack

How can you assist player on the ball?
Call name. Hands up. Point to where you want the kick pass.
How could we make this more successful if we felt there wasn't many kick passes happening?
5 v 3 instead of 4 v 4 . Attackers have 2 free players now. Change 3 defenders every few minutes.




PLAEER II THE MIDDLE

3 players at 3 cones in red
1 player in the middle
Objective is for the three in red to maintain possession by passing the ball from one to another.

Players in red trying to develop the reach catch
Rotate player in blue

## GRMES BASED [EAD-ZONE GAME]

No opposing player allowed in opponents end zone
5v5/6v6
2 large squares at either end that are the full width of the pitch
Objective of the game is to catch the ball in your "end-zone"
Players can hand pass or kick but ball must be caught in the "end zone" to score a point

Once you score you leave the ball down and the other team attacks


## HEY COACHING POINTS

## Participant Feedback

Should players remain rigid on the cones?
No. Lets encourage our players to move left and right and attack the ball. Lets develop the reach catch in this activity.

How can we progress this activity if we feel it is too simple? Add in an extra foothall.
After two chest catches they must do a high catch.

## HEU COACHINB POINTS

## Participant Feedback

Should we allow opposing players in the end zone here? No lets encourage the attacking team to only be in and end zone. No standing in the end zone.

Do we want players catching the ball static in the end zone? No lets encourage players to move around and look for players to time run into the end zone.

Can we make this activity more challenging for our players? Yes. 2 points for a kick pass and catch in end zone.
Have a 2v2 in each end zone. They are the only players allowed in the end zone. Rotate these players.




## MOUEMENT UITH OR UITHOUT THE BRLL.

Mark out a grid using cones. Size will depend on number in session. 2 teams red bibs vs blue bibs. No more than $8 v 8$ so possibly set up 2 grids. Try get 5 passes in a row $=1$ point.

Start off with a tennis ball, left hand only, right hand only etc.
Progression
bring in football and use hand pass.
Make square bigger and allow kick pass.
Drop ball, turnover or out of bounds give possession to other team.

## ACTIDIIY~

Set up 7 sets of cones opposite each other. 10 m apart. A B C D E F G. 2/3 players per cone.

A pass to A and follows the ball.
$A$ pass to $B$ and follows the ball
$A$ pass to $A$ and then diagonally along the line.
Try to get the ball moving a full circuit without any mistakes.
Start by throwing the ball, underarm throw and follow your pass.
Introduce the hand pass L+R
In 3 . move the ball diagonally along the lines, still following your pass. when rhythm going introduce a second, third ball etc.

## Tip

Use different skills to incorporate spacial awareness, movement through congested spaces and concentration.

## 1) HEU COACHIIG POINTS

## Participant feedback

How do we encourage use of space?
Player in possession cannot move forcing team mates to create options.
Diagonal balls and head up looking for player.
When should we play a short pass?
To retain posession when long pass not on.
How do we encourage communication?
Use of names when looking for a pass.
When should we not pass the ball?
Do not pass the ball unless player looking at you.
Dont throw for the sake of throwing.

## HEU COMCHINE POINTS

## Participant feedback

What position should hands be in to recieve the ball?
Out in front, chest high, fingers spread and thumbs pointing
together.

## What position for the head? <br> Up and looking for the next ball.

What postion for the feet?
Up on the toes no flatifeet.
How can we adapt this to a match scenario?
Encourage pass and move. Keep heads up and anticipate where next ball is coming from.

## 3 HEV COHCHING POINTS



## Pick 2 teams, (7v7 8v8) <br> Put bibs on. <br> 2 goals

Aim of the game, throwing smaller ball to start, Must keep possession and score in opponents' goal.
Player with the ball cannot move.
Can only score by throwing.
Progression.
Condition the game allow the player in possession to take their 4 steps. Introduce the hand pass rather than the throw pass.

## TIP

Condition the game to focus on specific skills ie. Left hand pass, right kick etc, or if you recieve a kick pass you must hand pass.
Decrease the size of the pitch to raise the intensity.
ACTIUITY 4

| Max 16 players | Attackers advance towards Token <br> defender and work score. |
| :--- | :--- |
| Set out 4 pink cones, 2 on 21 m line and <br> 2on the 45 m line. | Starf from other side next time and |
| Siternate. |  |

2.hand passes to BLUE and SPRINTS to 1 .

Player with the ball cannot move therefore the other players must do what? They have to make the runs off the ball to create options.

How does player with the ball create space?
Throwing Diagonal balls to create space.
When should you only pass to another player?
When they are looking at you.
What changes can we make to the activity to encourage inclusivity? If the same players involved all the time introduce conditions so each player on the team must touch the ball before scoring etc.

## HEU COACHINB POINTS

Where is the correct place to handpass the ball?
Chest high and in front of player so they dont have to break stride.
Why should player 2 sprint diagonally in front of attackers? To take the defenders eye off the ball.
When might this be useful in a match scenario? Wing forward plays the pass and makes the run forcing the backs to make a decision stay or go with the man. Thus, creating space...


## TURAS PRINCIPLES IN

 ACTIONesting and Challenging; all players should be challenged to improve at their level
nderstands the player is at the centre of the game and provides individualised development (player centred)
esembles the game (games based)
A
Il players involved, all the time; lots of touches, lots of decisions
During the course of todays session I will strive to give 4 of my players individual feedhack from our most recent match and see can they act on it during todays session.


## 3. HEL COACHIMG POINTS



## Tackle Channel

Mark out channels with cones 10 m apart between the 21 m line and 45 m line.
1 player starts at the end of the channel and tries to solo through the channel.
Player in the middle must tackle his opponent. Player must stay inside the cones.
Swap positions at other end.
Possession vs Tackle
Use layout similar to above
4 players per zone. 1 at each end and 2 competing in the middle.
Kick the ball out between players who compete to win the ball.
Player with ball must try pass to player at opposite end.
The other player automatically becomes a defender and must try dispossess.
Rotate players every 2 minutes

## Participant Feedback

What is the aim of the ball carrier?
To beat player in the middle and keep the ball.

## What skills needed?

The solo, feint, sidestep roll the tackle.
What is the aim of defender?
Tackler hold the player up. use near hand tackle, show him onto his weaker side. Attack the ball when he hounces or solos it.

What happens when we win/lose posession in the middle?
Winner becomes attacker loser switches back to defender

## OO BLOCH DOUNS

## HEU COACHIIG POINTS

## Participant Feedback <br> When should I pass or shoot?

Always pass to player in better position.
Only shoot when 85\% or more confident of scoring.

## What skils are neededed as a defender?

Frontal block, near hand tackle, showing player onto weaker side and
holding up player.
How does the tight space benefit the players?
This is pure chaos and congestion resulting in great crack and high
tempo. Players will learn to perform under pressure and pass the ball to
the person in the better position for the shot.
Many chances to perform the block and tackle.
How do we ensure high tempo during the activity?
Make sure you have plenty of balls in each goal and quick
restart after each score etc.
53
12-13




