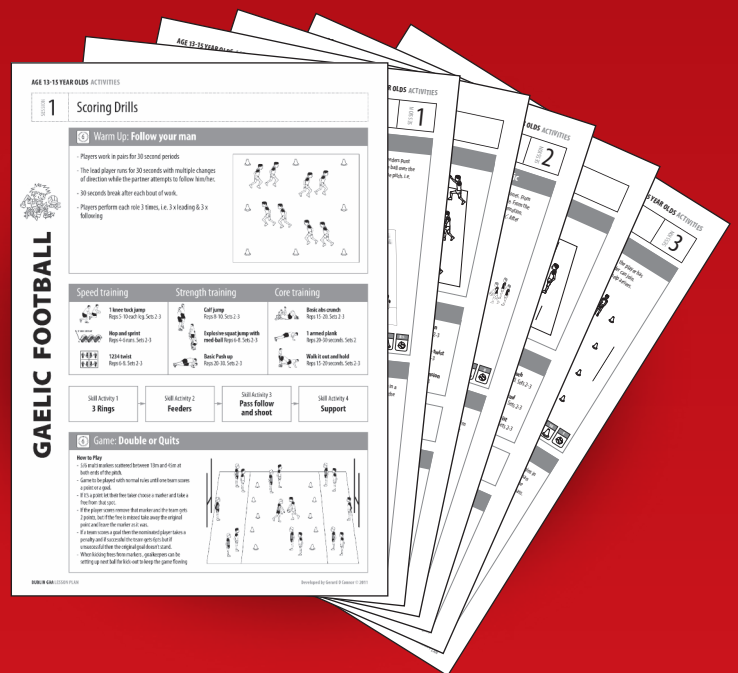


LESSON PLAN FOR GAELIC FOOTBALL



CONTAINS ACTIVITIES FOR GROUPS:

- Age 7-9
- Age 10-12
- Age 13-15
- Minor



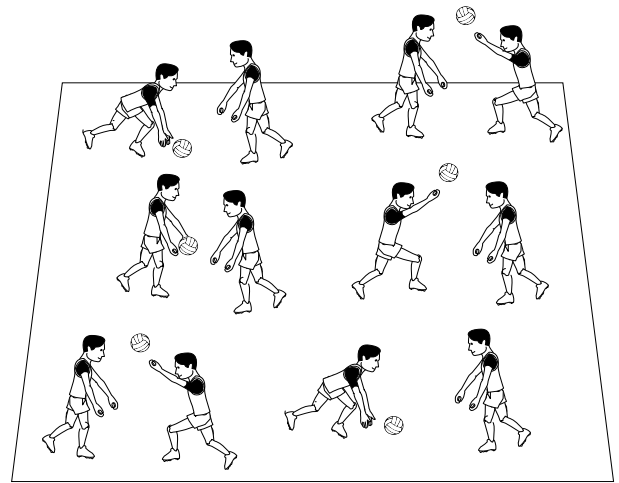
Attacking and Defending



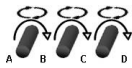
GAELIC FOOTBALL

6 Warm Up: 100 Touch

- This warm up involves touching the ball as many times as possible in a short period of time. Use general space to execute the skills
- 1's use any task they wish i.e. rolling, throwing up and catching, solo, pretend evasive skills etc.
- 2's task- show me as many ways as possible of passing the ball i.e. shoulder, hand, fist etc
- 3's as above. All passes to be tummy height



Speed training



Hop and twist
Reps 4-6 runs. Sets 2-3



Right to left
Sets 2-3



Ski-ing
Sets 2-3

Strength training



1 legged squat
Reps 5-10. Sets 2-3



Basic side lunge
Reps 10-15. Sets 2-3



Extreme leg raise
Reps 5-10. Sets 2-3

Core training



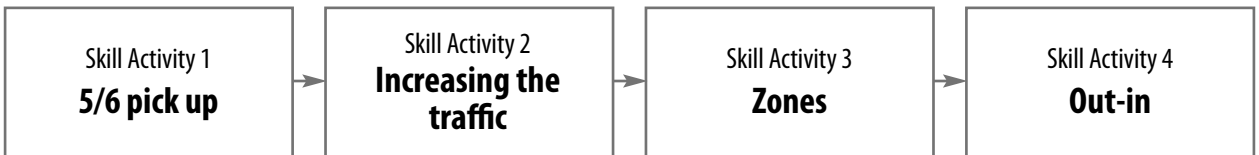
Back extension
Reps 6-12. Sets 2-3



Lunge with toe twist
Reps 6-12. Sets 2-3



Lateral leg extension
Reps 6-12. Sets 2-3



6 Game: Who's Attacking

Aim: This game is designed to force players to change quickly from defensive mode to attacking mode and vice versa.

Rules: Two teams of 6-8 outfield players line out in one half of the pitch. One goalkeeper stands ready to play for whichever team is defending. The coach starts the game by lobbing a ball into the playing area. The team that wins possession must work the ball out over the halfway line, keeping possession. Once across the line, this team turns with the ball to attack the goals. The other team defends and tries to win the ball back. If the ball goes dead [score, wide, sideline] the coach lobs the next ball in. Should one team dispossess the other during open play, that team must work the ball out in the same fashion. In short, no attack may be mounted without the ball first being taken over the halfway line.

Variations: After a Score the Defending team must work ball out over half way line.

