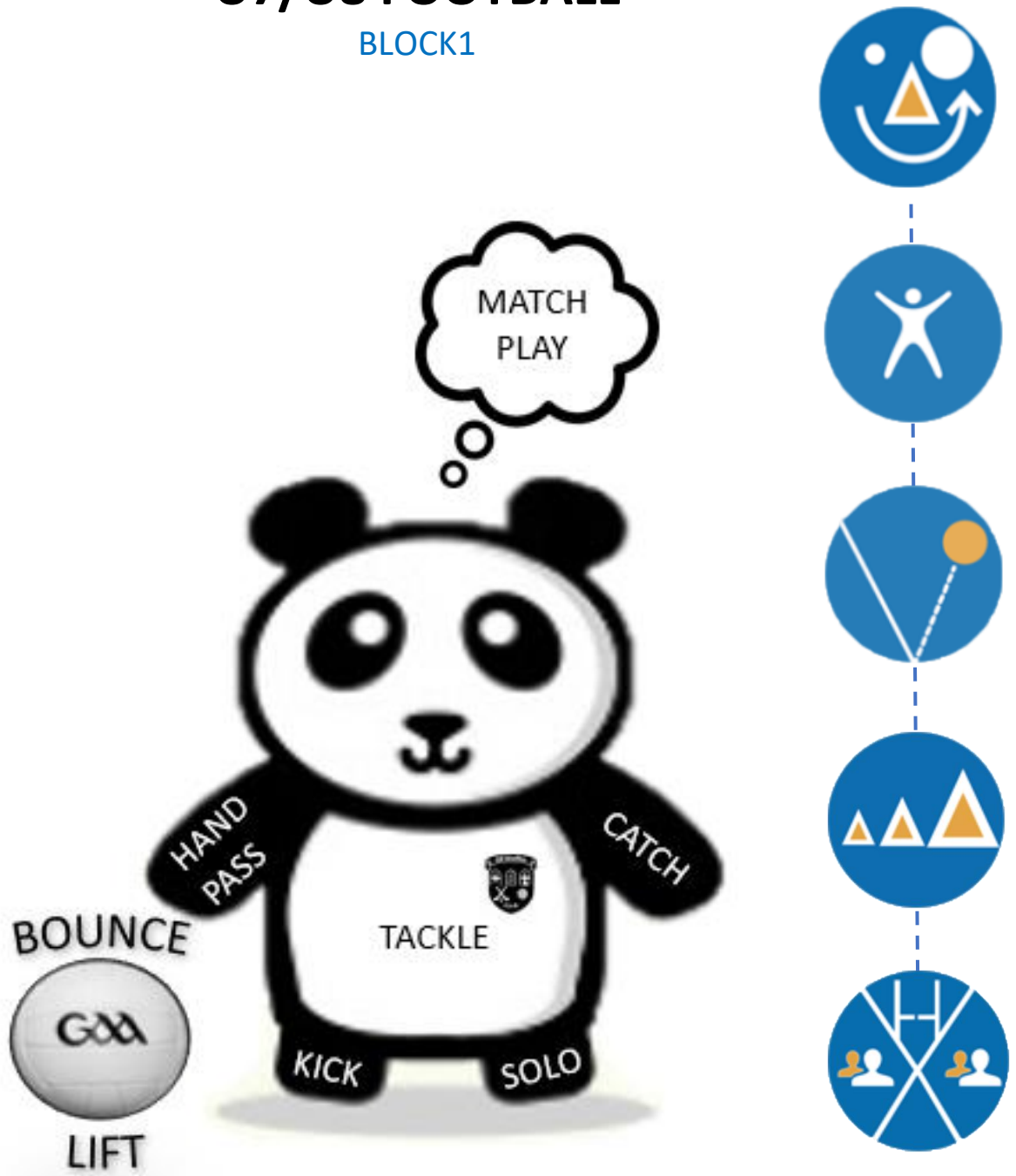


KILCULLEN GAA
JUVENILE COACHING PROGRAMME
2019
U7/U8 FOOTBALL
BLOCK1



CONTENTS

Coaching Plan – Outline
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2. Head, Shoulders, Knees & Cones (with ball)
3. Positions Sprints (with ball)
4. Obstacle Course (with ball)
5. Colour Fetch (with ball)



BALL SENSE, SKILLS DRILLS & CONDITIONED GAMES

BOUNCE, CATCH & LIFT

1. Slalom Bounce (with catch & lift)
2. Bounce & Turn
3. Low Catch (Basic, intermediate & advanced)
4. Crouch Lift – Race against time 2
5. Opposed Reach Catch
6. Bounce King



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2. Around the square
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5. Tackle to Team Mate
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7. Last Man Standing



Play
And
New skills
Development
Activities

MATCHPLAY

1. 1-V-1's & 2-V-2's
2. Keep Ball
3. Goals Galore
4. Feint & Side Step (Along the line)
5. The Roll (Tackle Bag)
6. Tussle & Lift (2)
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10. Goalie Swap
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1. Solo SMS
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4. Check Solo
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KILCULLEN GAA JUVENILE ACADEMY

2019 Coaching Programme

AGE GROUP - U7/8



Activity		Time	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
			Warm up	5	Foxes & Hounds	Head, Shoulders, Knees & Cones	Position Sprints
Skills	a	10	Introduction	Slalom Bounce with catch & lift	(i) Move & Pass Around the square (ii)	Kick to partner Stationary then on the move	Near Hand Tackle Walk & Imitation Block
	b	15	Slalom Bounce with catch & lift	(i) Move & Pass (ii) Around the square	Kick to partner Stationary then on the move	Near Hand Tackle Walk & Imitation Block	Solo SMS
Matchplay	10-15		(i) Rules & Respect (ii) Keep Ball	1st to ball (1-v-1's & 2-v-2's)	Hunting Pack	Tracker	Feint & Side Step; Along the line
Match	15-20		Standard Game (Catch)	Standard Game (Handpass)	Goals Galore n/a	Zonal Game 1st to ball	Standard Game Tackle/Block
Bonus Scores							
Home Practice	3x 5/10min		Catch, bounce & lift	Handpass	Kick	Kick	Solo
WEEK 6			GAME 1	GAME 2	GAME 3	Review	
Competition & Review Week			Obstacle Course			Journal Review	

BLOCK 1

BACK TO BASICS

FUN ROUTINE

WARM UP DRILLS

FOXES & HOUNDS

This exercise to develop agility skills is generally suitable for players of 4-10 years



Organisation

Set up the playing area as per fig.1 below.

Players tuck training bib into the side or back of their shorts to make a tail

On the Mentors whistle all players run around the playing area and try to steal the other players tails

At any stage of the game on the Mentors 'double whistle' all players must freeze

When a players' tail is removed, they remain in the game and continue to try and take other tails to replace their own.

A player cannot have a bib in their hand unless they already have a tail in place in their shorts.

Players can step out of the playing area to put a new tail in place before re-joining the game. Once out of the playing area they cannot have their tail removed by another player.

Key Points

Ensure the players have enough room to move around safely.

No harsh grabbing, pushing or bumping.

Equipment

10-14 cones as playing area boundary

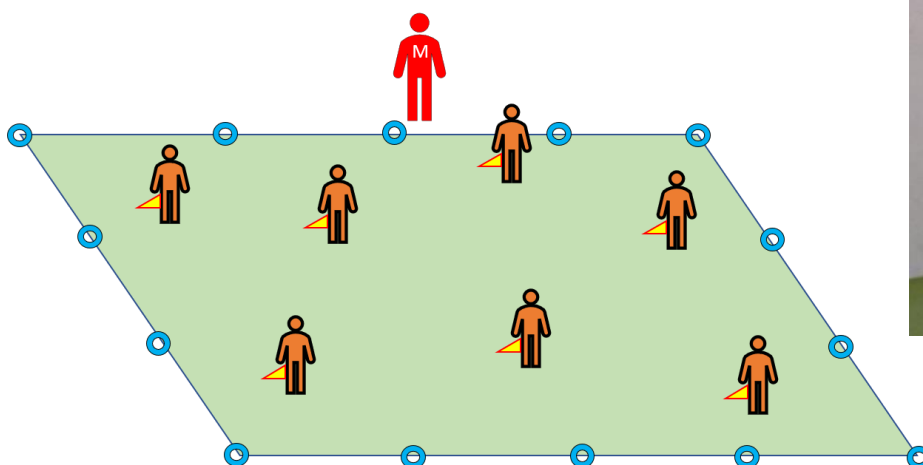


fig.1



FUN ROUTINE

WARM UP DRILLS

HEAD, SHOULDERS, KNEES & CONES (with ball)

This exercise to develop agility skills and is suitable for all ages



Organisation

Set up the playing area as per fig.1 below.

Players line up facing each other either side of the centre cones

Each player places their football on the ground beside the cone

The players follow the mentors calls as follows;

- Head, shoulders, knees, toes – players touch as per call
- Cones – first player to grab the cone in front of them
- Ball Swap –
 - (1) Players pick up their ball (pick up as per match rules) and sprint to place the ball at cone behind them, leave the ball down and sprint back to cone.
 - (2) The next time 'Ball Swap' is called the players sprint to pick up their ball (pick up as per match rules) and bring it back to their centre cone.
- Sprint – players sprint to the edge cones and back

Variants;

Players start back to back

Introduce a hop or solo while running with ball

Additional calls can be added to include other agility or warm up actions such as jumping jacks, hopping on one leg, windmill arms, etc.

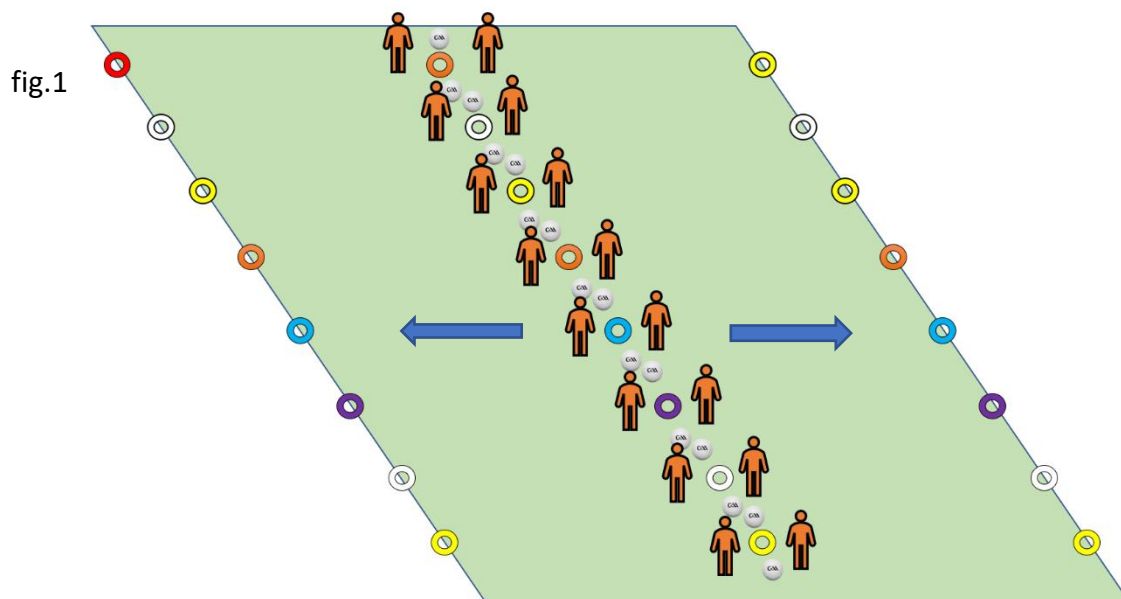
Key Points

Ensure the players have enough room to move around safely.

Players must stay on their feet when returning to the centre cone (no sliding or jumping in)

Equipment

3 cones and 2 footballs for each pair of players



FUN ROUTINE

WARM UP DRILLS

POSITION SPRINTS (with ball)

This exercise to develop agility, attention and ball skills and is suitable for ages 4 -10 yrs



Organisation

Set up the playing area as per fig.1 below.

Players gather in the centre of the drill area

Each player has a ball

When the mentor calls out the name of any position all players must run to that position

Once at that position the mentor calls out an activity;

Ball activity –

- throw & catch
- roll and pick up
- punt kick to next position and retrieve

Fitness or Agility activity -

- Jumping jacks
- Run on the spot
- Frog Jumps/bunny hops
- Hop on one leg

Key Points

Mentor takes the players on a walk around the playing area and explains the name of each of the positions and what happens at each position

Equipment

20-30 cones and four posts. Each player must have a football

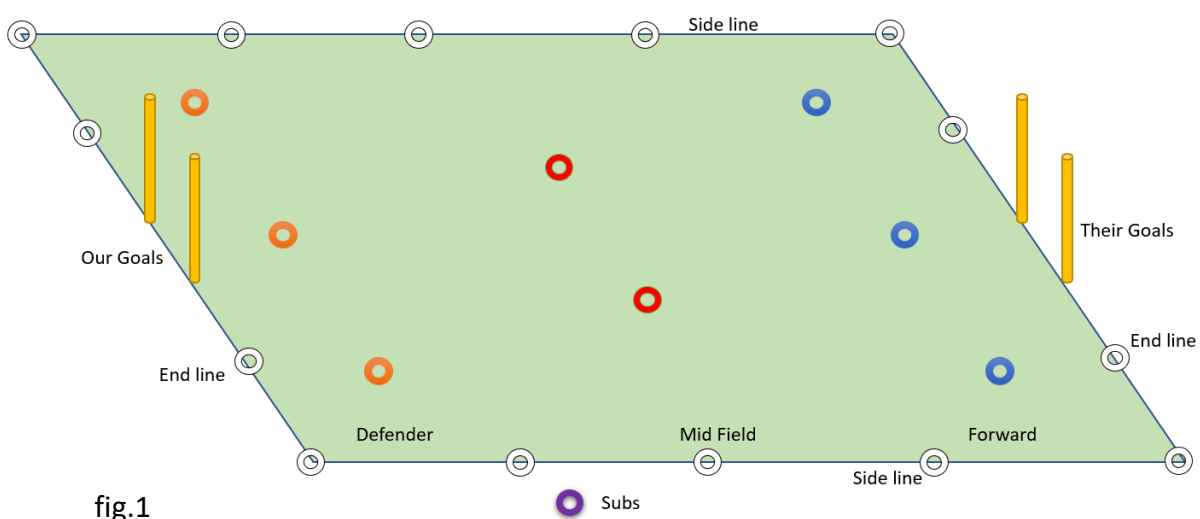


fig.1

FUN ROUTINE

WARM UP DRILLS

COLOUR FETCH – LEVEL 1

This exercise to develop agility and attention skills and is suitable for ages 4 -10 yrs



Organisation

Set up the playing area as per fig.1 below.

Players gather in the centre of the drill area

Players must run to the item called by the Mentor or group together in the numbers called by the Mentor.

Available calls as per fig.1 are;

Run to items -

- Red
- Orange
- Blue
- White
- Post

Groups –

- One
- Two
- Three
- Four

Mentors may add in additional activity calls such as;

- Jumping jacks
- Run on the spot
- Frog Jumps
- Hop on one leg

Key Points

Equipment

4 different coloured cones and four posts

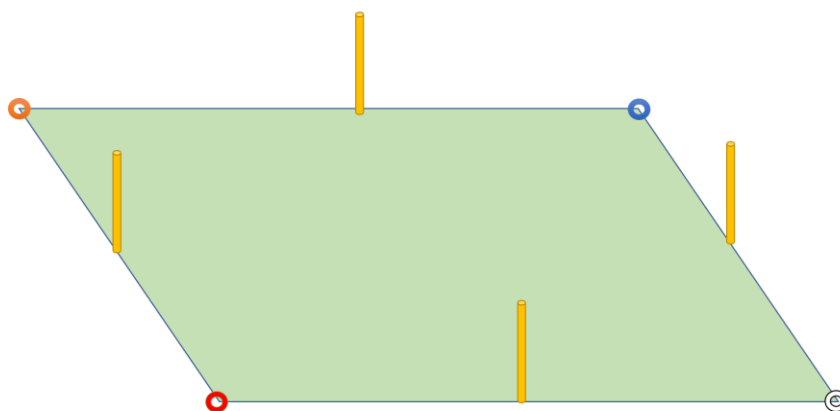


fig.1

FUN ROUTINE

WARM UP DRILLS

COLOUR FETCH – LEVEL 2 & 3

This exercise to develop agility and attention skills and is suitable for ages 4 -10 yrs



Organisation

Level 2 (4-7yrs)

- Set up drill area as per fig.2
- Mentor advises players which group they are in (1 or 2)
- Game starts with group 1 v's group 2
- Mentor calls a cone colour
- Groups 1 & 2 players must sprint to gather the correct coloured cone and bring it back to their post.
- First back to the post wins and the group gets to keep the cone
- Second back must return their cone to the pile in the centre of the drill area

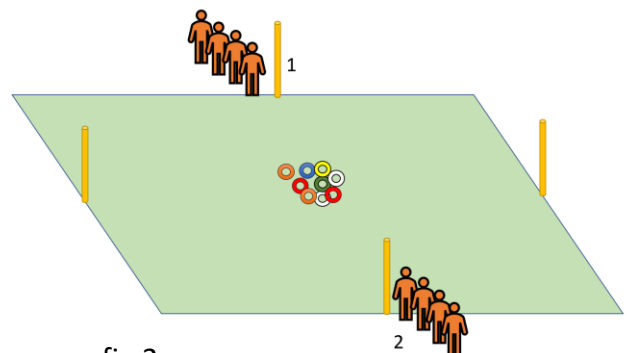


fig.2

Level 3 (8-10yrs)

- Set up drill area as per fig.3
- Mentor advises players which group they are in (1, 2, 3 or 4)
- Game starts with group 1 v's group 2
- Mentor calls a cone colour
- Groups 1 & 2 players must sprint to gather the correct coloured cone and bring it back to their post.
- First back to the post wins and the group gets to keep the cone
- Second back must return their cone to the pile in the centre of the drill area
- Repeat for groups 3 & 4

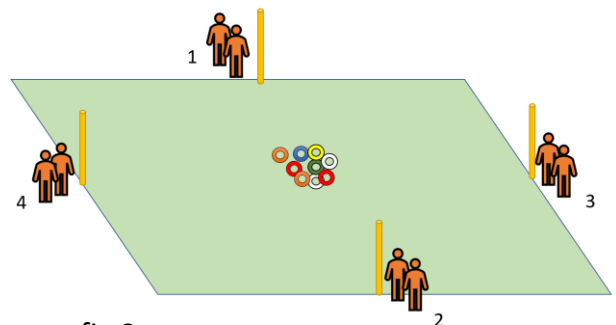


fig.3

Key Points

Equipment

Approx. 20 different coloured cones and four posts

FUN ROUTINE

WARM UP DRILLS

COLOUR FETCH – LEVEL 4

This exercise to develop agility and attention skills and is suitable for ages 4 -10 yrs



Organisation

Set up drill as per fig.1 below.

Mentor advises players which group they are in (1, 2, 3 or 4)

Game starts with group 1 v's group 2

On the Mentors whistle, the first player from Groups 1 & 2 must sprint to gather a football and bring it back to their post by hand passing it to their team mate on the post.

The ball must be passed from the cone and not closer and the pass must be caught.

First back to have their pass caught wins and the group gets to keep the ball

Second to have pass caught or a dropped pass, the ball must be returned by the passing player to the centre of the drill area

Repeat for groups 3 & 4

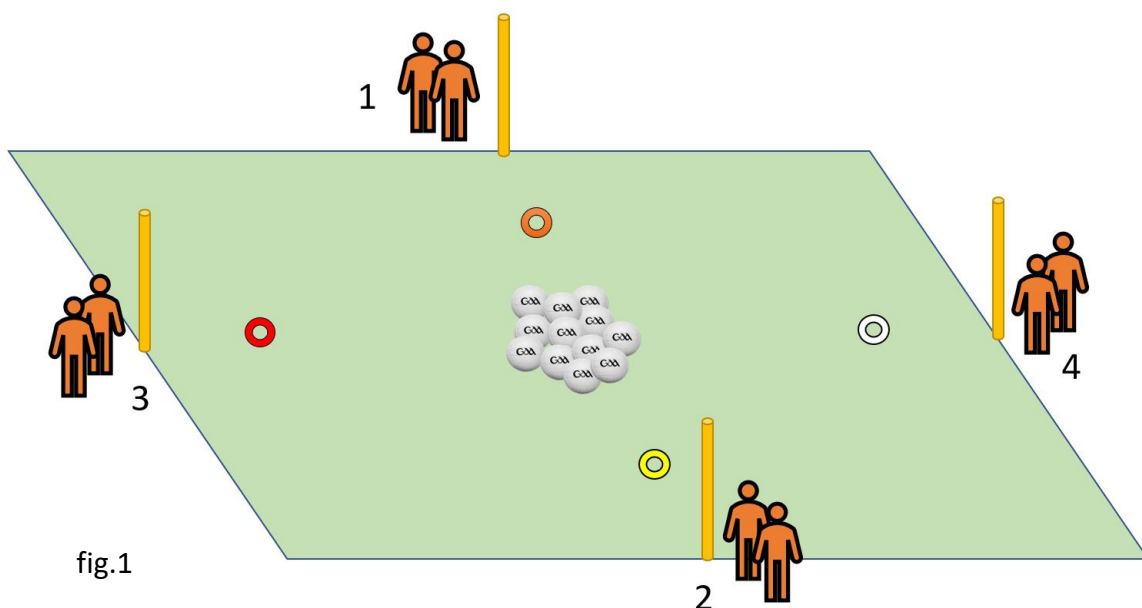
Most balls win

Key Points

As football are in a large group, players are permitted to pick ball straight from the ground without using the foot.

Equipment

Approx. 20 different coloured cones and four posts



AGILITY & COORDINATION

DRILLS

OBSTACLE COURSE (with ball)

This exercise to develop agility and coordination skills and is suitable for all ages

Organisation

Set up the playing area as per fig.1 below.

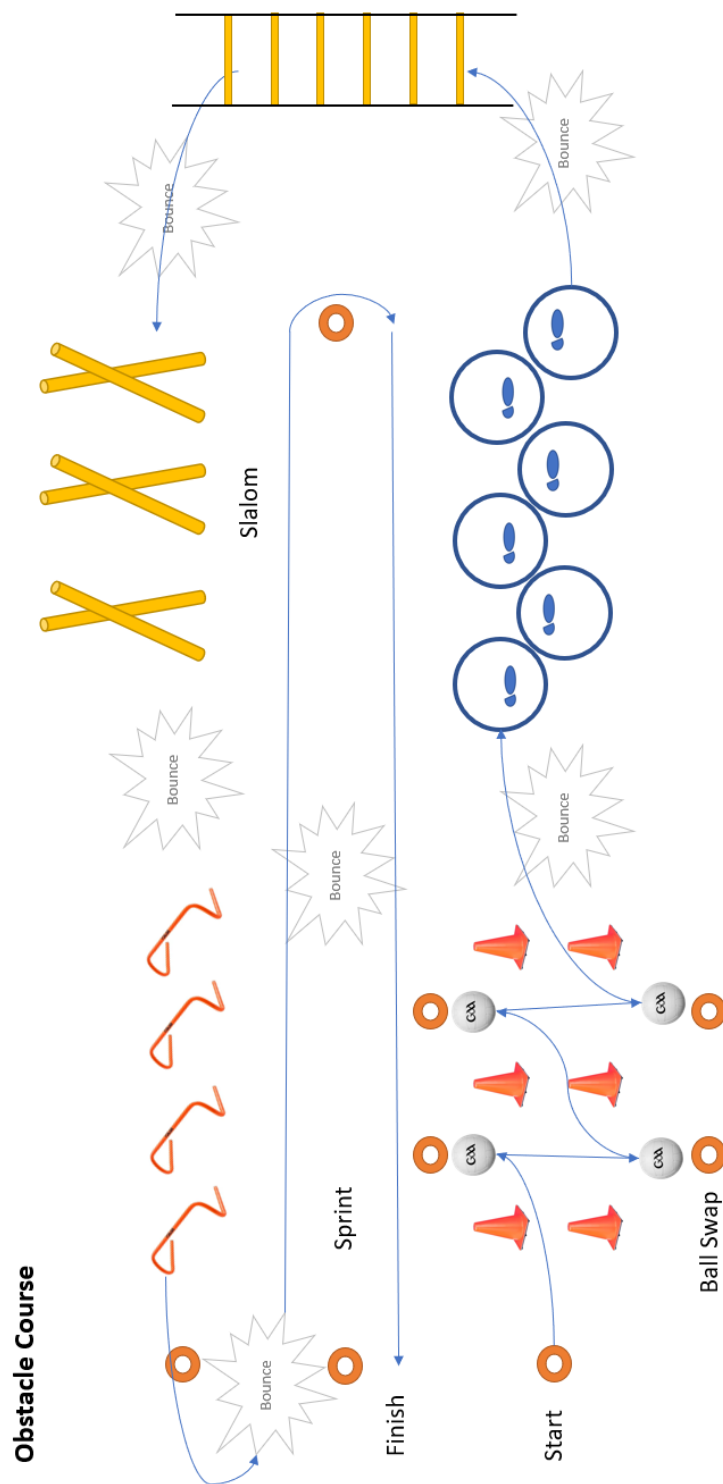


fig.1

CONDITIONED GAME

MATCHPLAY DRILLS

1-V-1's

This exercise to develop agility, attention and ball skills and is suitable for ages 6 -10 yrs



Organisation

Set up the playing area as per fig.1 below

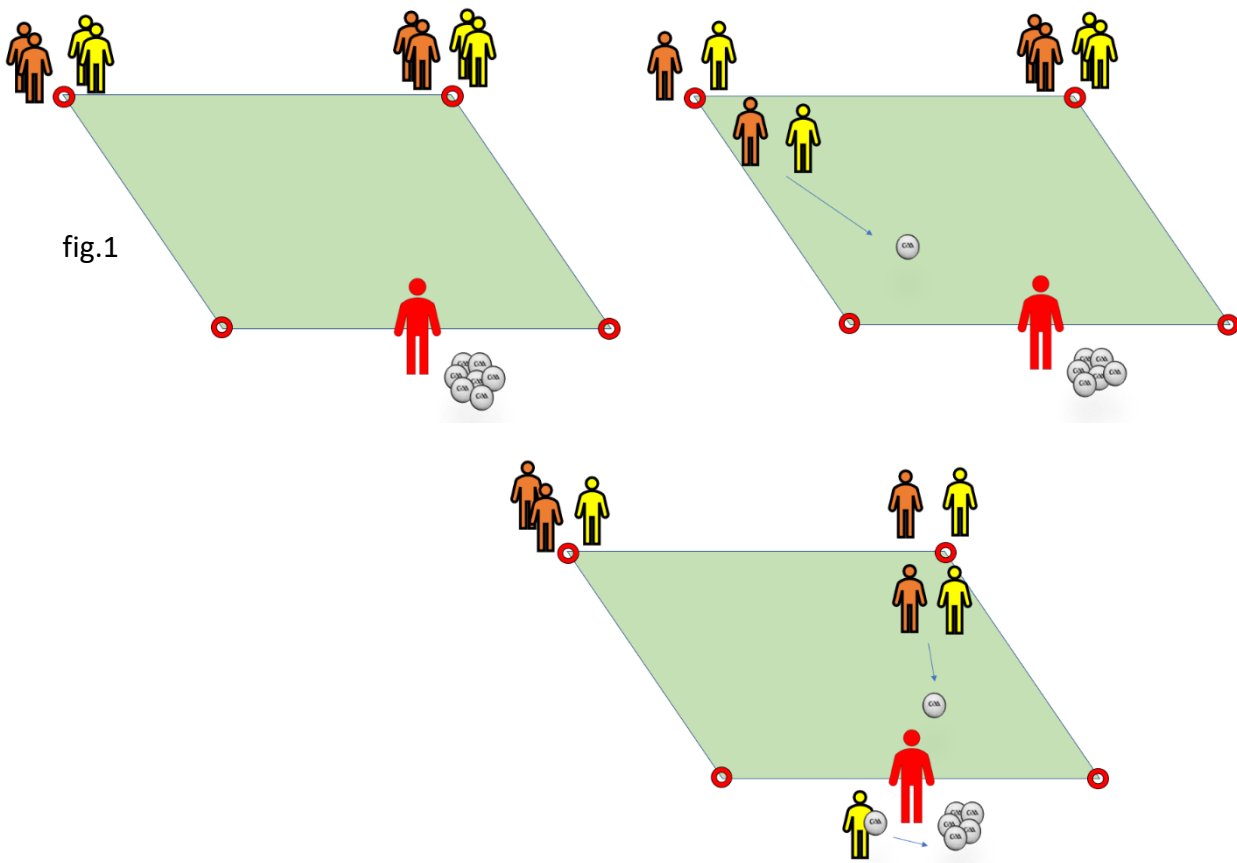
Mentor rolls the ball into the playing area, first pair compete to be first to the ball and lift it

Once possession is secured the ball is returned to the pile, players return to the queue and the Mentor repeats with the next pair

Key Points

Equipment

Ground marker cones & footballs



CONDITIONED GAME

MATCHPLAY DRILLS

2-V-2's

This exercise to develop agility, attention and ball skills and is suitable for ages 6 -10 yrs



Organisation

Set up the playing area as per fig.1 below

Players are paired into teams, in the example below these are the yellow and orange teams

Mentor rolls the ball into the playing area.

The first 2 pairs compete to be first to the ball

Once in possession that team with the ball are the forwards and the other team are the defenders. The team with the ball must make at least one pass to a team mate and then pass the ball back to the Mentor.

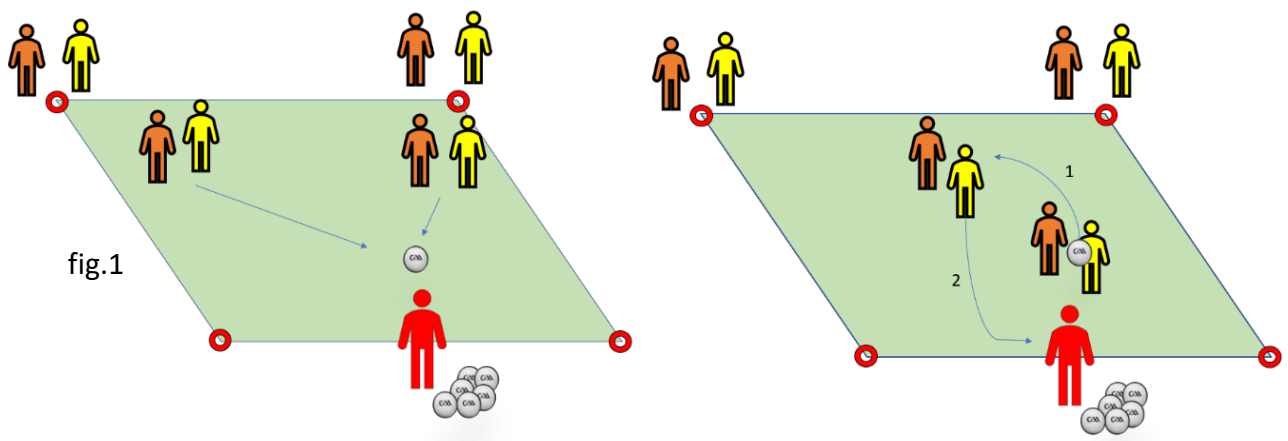
If the defenders intercept the ball at any stage prior to the Mentor receiving the ball then the roles swap and the game continues until 1 team-mate pass and a final pass to the Mentor is completed

Key Points

Emphasise movement off the ball for the forward player without the ball

Equipment

Ground marker cones & footballs



CONDITIONED GAME

MATCHPLAY DRILLS

KEEP BALL

This is a possession game designed to improve the players' ability to perform the hand pass under pressure



Organisation

Mark out a grid approximately 10 to 15m square

Divide the players into uneven teams

The team with the greater number of players have the ball and must attempt to successfully complete as many hand passes as possible in succession

The opposing players may attempt to intercept the ball by catching or by blocking it

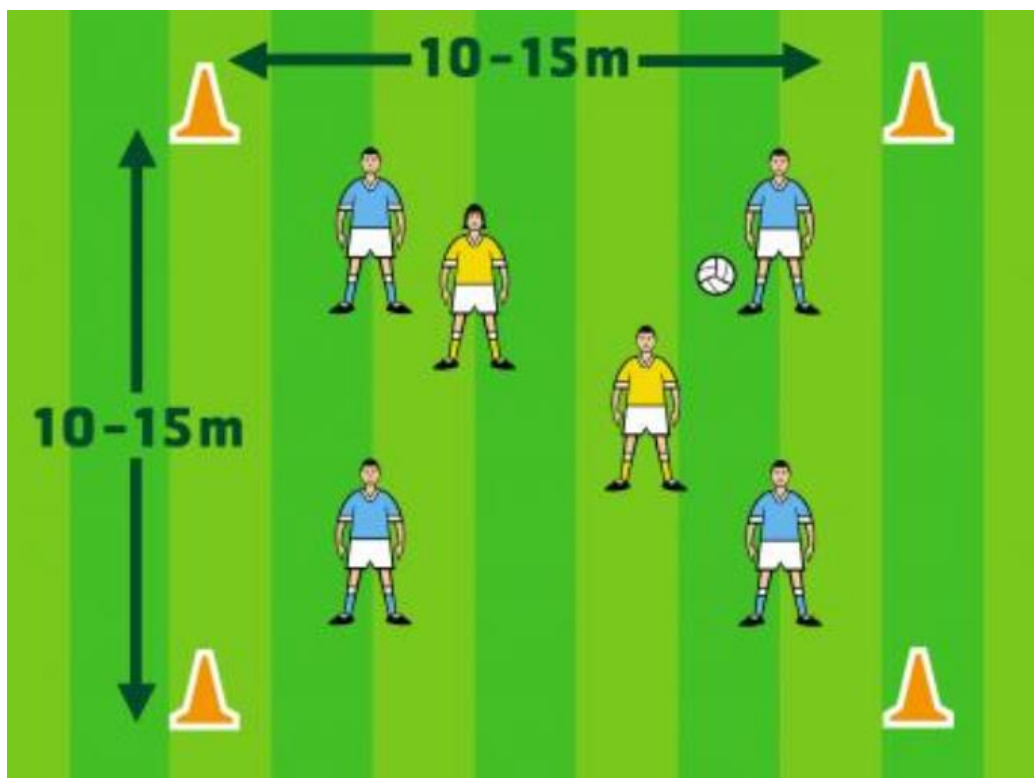
Possession is also lost by letting the ball fall to the ground or by stepping outside the grid

Switch the players around after a set time

Variation

Players - To increase the difficulty for the team in possession increase the number of opponents

Video - https://youtu.be/y_mmFb8XGV8



CONDITIONED GAME

MATCHPLAY DRILLS

GOALS GALORE

This is a modified fun game to develop the Fist Pass technique

Organisation

Mark out a playing area 20m by 40m

Place two poles at either end to form goals

Divide the players into equal teams; no goalkeepers

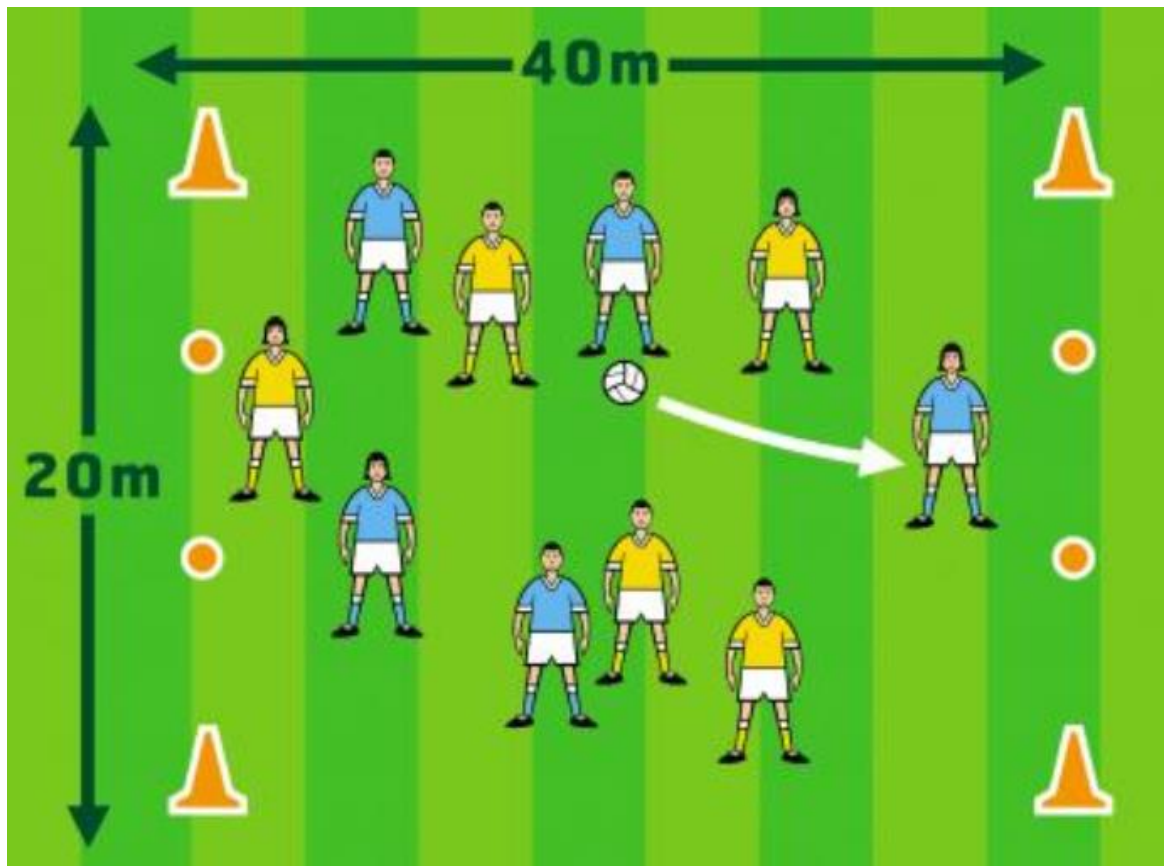
The objective of the game is to score goals against the other team

Only the fist pass can be used to pass the ball and score

Variation

To increase the difficulty; introduce goalkeepers

Video –



PRACTICE PLAY

SKILLS DRILLS

FEINT AND SIDE STEP - PAST THE GUARDS

This is a game play drill to practice the feint and side step techniques. It also helps develop defensive skills like checking and the near hand tackle.



Organisation

Mark out a grid of approximately 25m by 10m wide

Mark 5 equal zones along the length of the grid

Position a defender in the 2nd and 4th zones

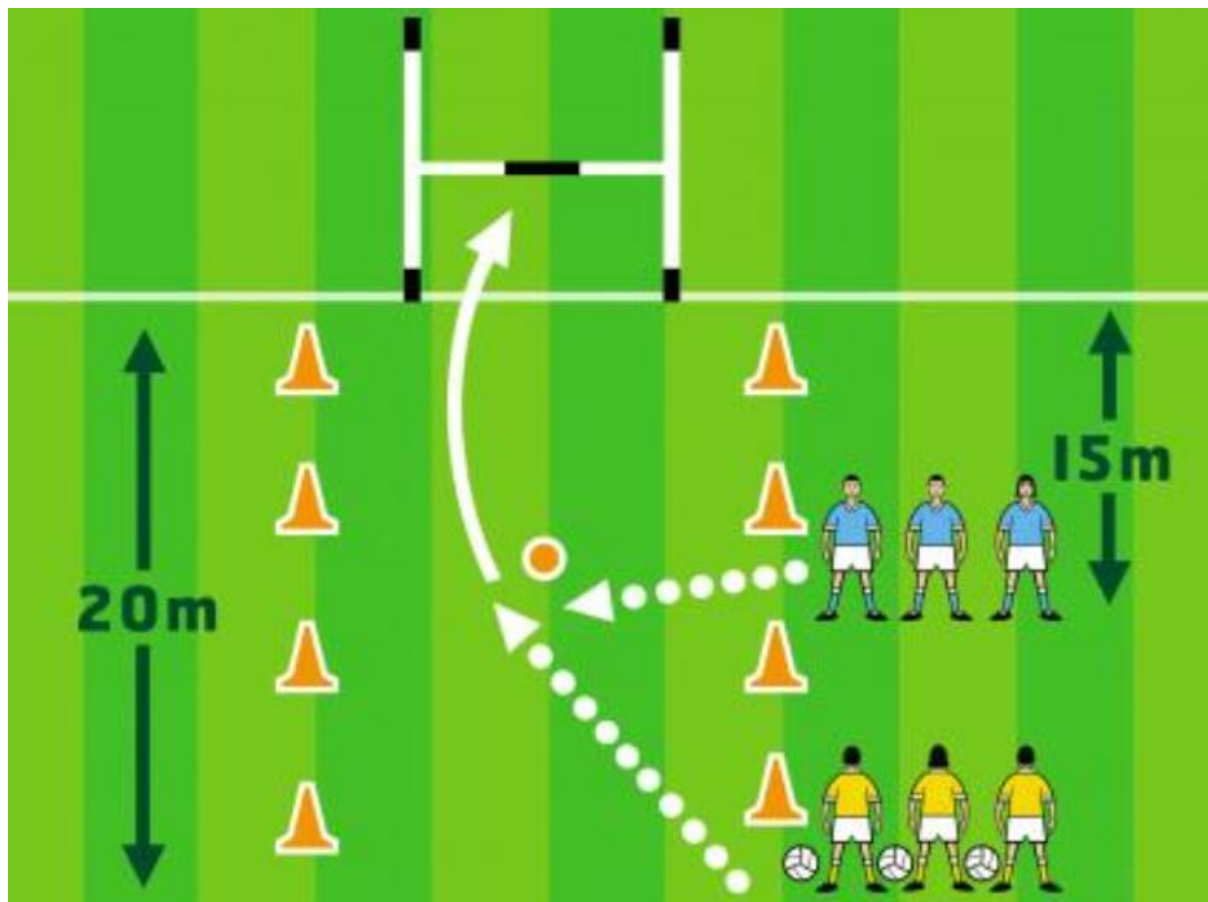
In turn, attacking players attempt to get to the far end of the grid without losing possession

The defending players may only challenge the attacking players within their defensive zones

Variation

Equipment – Place a goal at the end of the grid and require the players to shoot for goal having successfully past the defenders

Video - <https://youtu.be/GDLtZvcFRQ>



BALL SENSE

CORE SKILLS DRILLS – BOUNCE

BOUNCE SLALOM – (with catch & lift)

This intermediate level drill to practice the Bounce technique requires the players to bounce the ball using both left and right hands alternately.



Organisation

Set up drill area as per fig.1, four poles or cones in a line at 2 to 3 metre intervals.

Mentor throws the ball to the first player in the line.

Player catches the ball and then rolls it out in front of them.

Running forward, the player lifts the ball and makes their way through the slalom course while bouncing the ball.

Once they reach the end, the player returns the ball to the next mentors ball pile and joins the next line.

Key Points

When player is half way through the slalom, start the next player

Encourage players to practice bouncing with both hands and single handed with left and right hands

Equipment

8 posts, 2 ground marker cones, at least 6 footballs

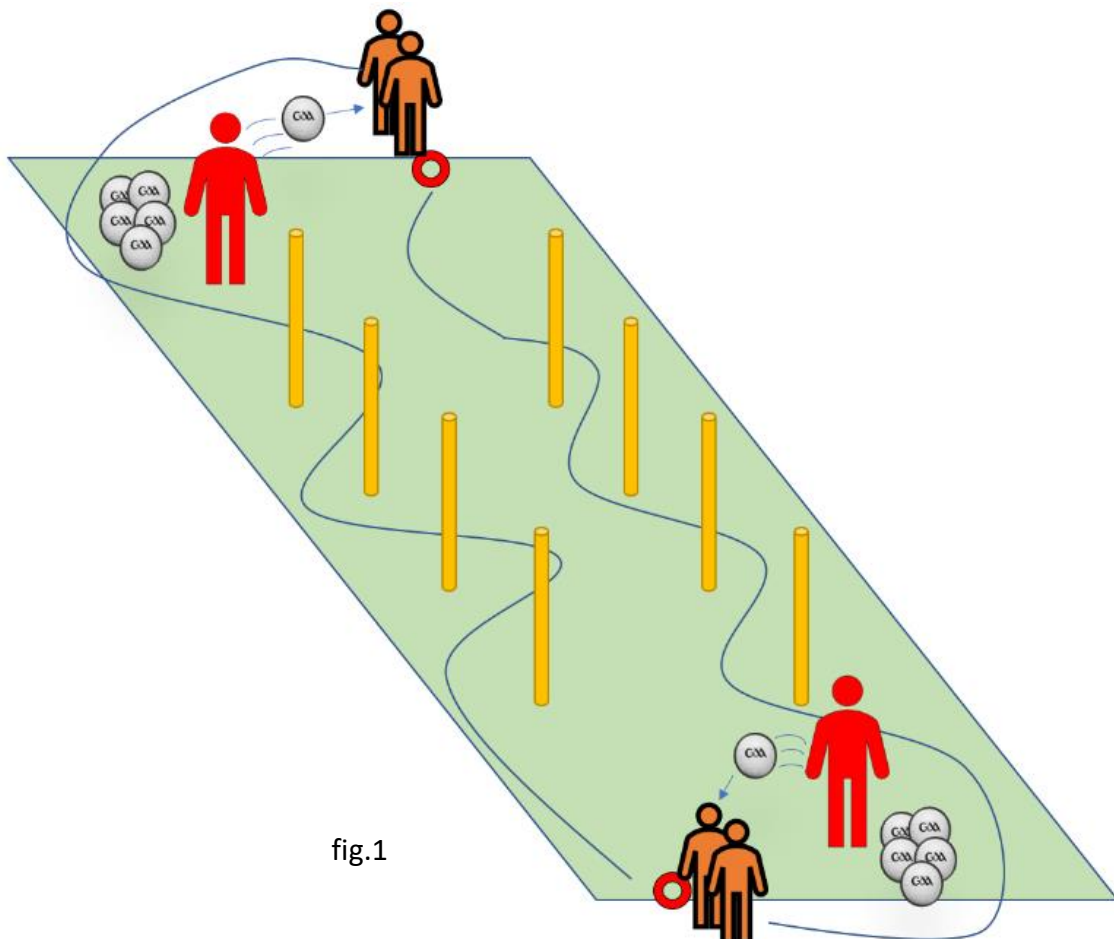


fig.1

PRACTICE PLAY

SKILLS DRILLS

MOVE & PASS – HAND PASS

This is an Intermediate Drill to practice the Hand Pass technique



Organisation

Divide the players into groups of 8; one ball per group

Mark out a distance of approximately 8 to 10 metres using cones

Place a marker half way between the outer cones

Four players line up at either cone

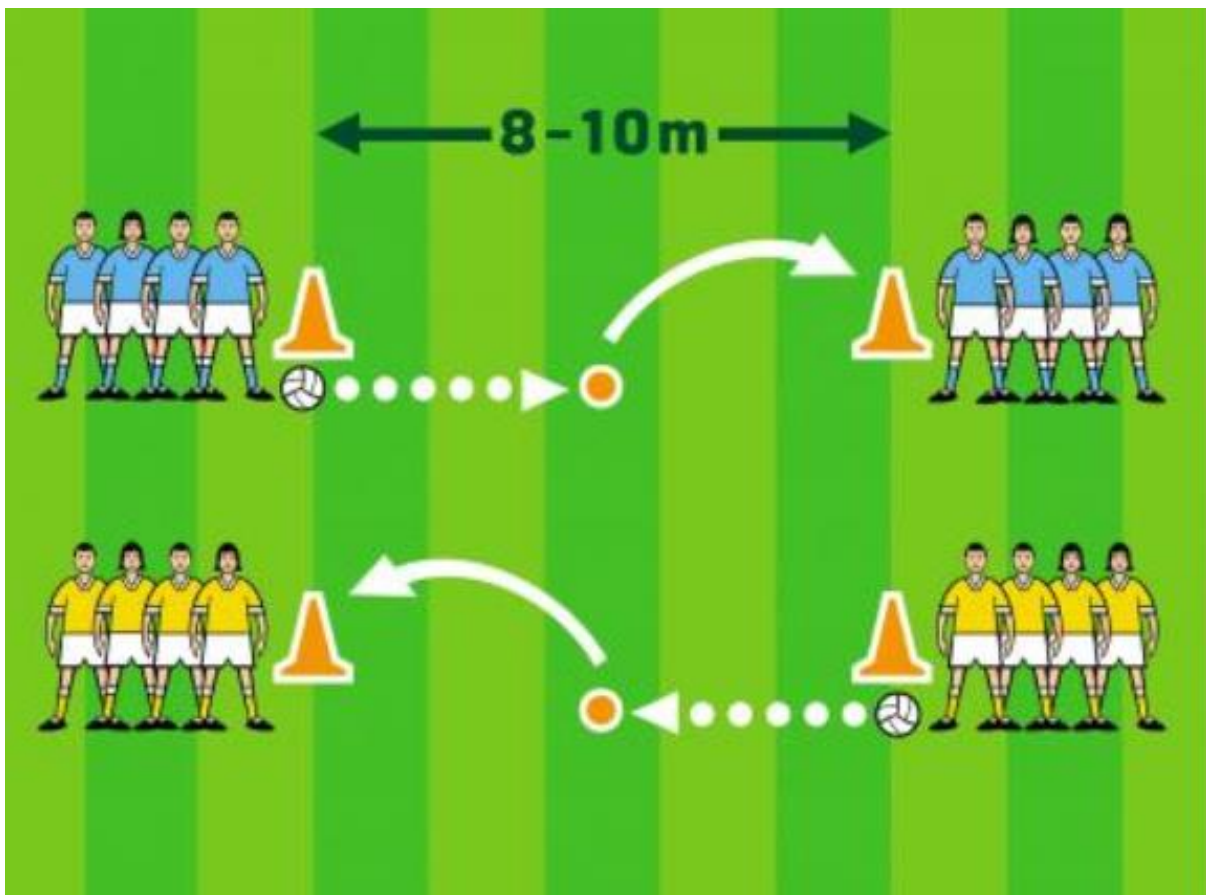
The player in possession jogs forward, hand passing the ball from the marker to the first player on the far side, who repeats the drill

Each player follows on to line up at the back of the opposite line

Variation

To increase the difficulty increase the distance the players must pass the ball

Practice the hand pass using both hands



PRACTICE PLAY

SKILLS DRILLS

SOLO SMS

This is an Intermediate Drill to practice the Solo technique
SMS = Stationary, Moving & Slalom



Organisation

STAGE 1 – STATIONARY

Provide each player with a football. Players attempt to solo the ball while standing in the one spot. Encourage players to use both feet.

STAGE 2 – MOVING

Next, instruct players to walk around the practice area while attempting to solo on the move. Again, encourage player to use both feet.

STAGE 3 - SLALOM

Set up drill area as per fig.1, four poles or cones in a line at 2 to 3 metre intervals.

Mentor throws the ball to the first player in the line.

Player catches the ball and then rolls it out in front of them.

Running forward, the player lifts the ball and makes their way through the slalom course while soloing the ball.

Once they reach the end, the player returns the ball to the next mentors ball pile and joins the next line.

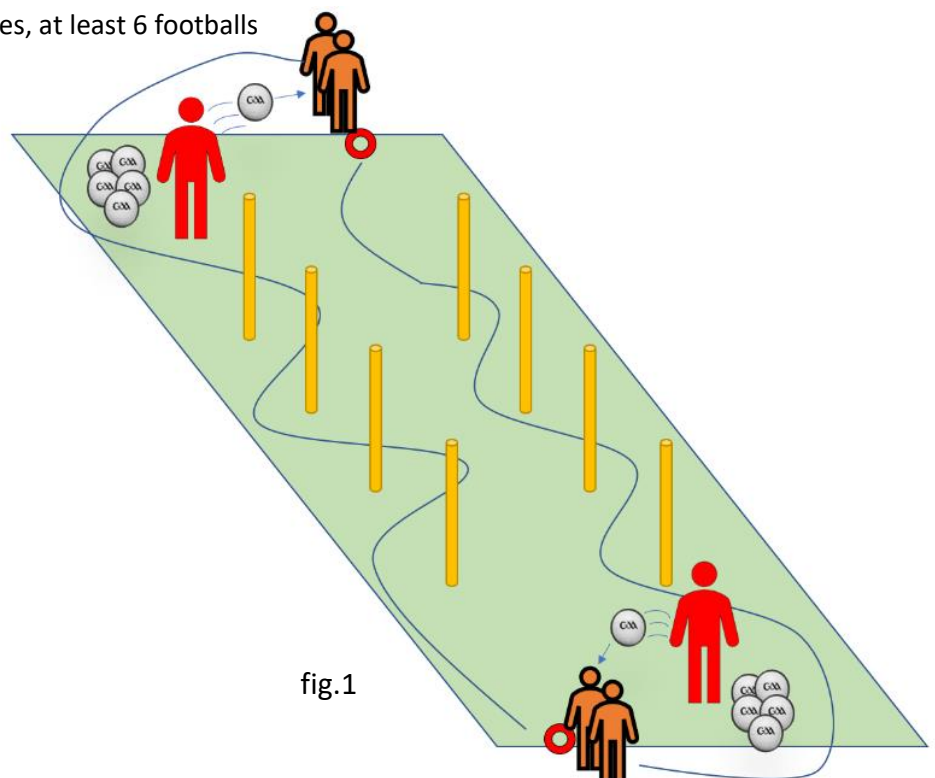
Key Points

When player is half way through the slalom, start the next player

Encourage players to practice bouncing with both hands and single handed with left and right hands

Equipment

8 posts, 2 ground marker cones, at least 6 footballs



PRACTICE PLAY

SKILLS DRILLS

PARTNER KICK 2

This is an Intermediate Drill to practice the Kicking technique



Organisation

The players work in pairs; one ball per pair

In turn each player kick passes to the other.

Practice the following different kicks;

1. Ground Kick
2. Punt kick from hands
3. Low kick from hands

Key Points

Head down kick through the ball

Extend the arm on the non-kicking side to maintain balance

Encourage players to use both feet



BALL SENSE

CORE SKILLS DRILLS – BOUNCE

NEAR HAND TACKLE

This is a basic drill to practice the Near Hand Tackle technique in a controlled situation



Organisation

Divide the group into pairs

Mark out a channel approximately 5 metres wide using cones

Each pair walk side by side through the channel with Player A attempting to step across and execute the near hand tackle

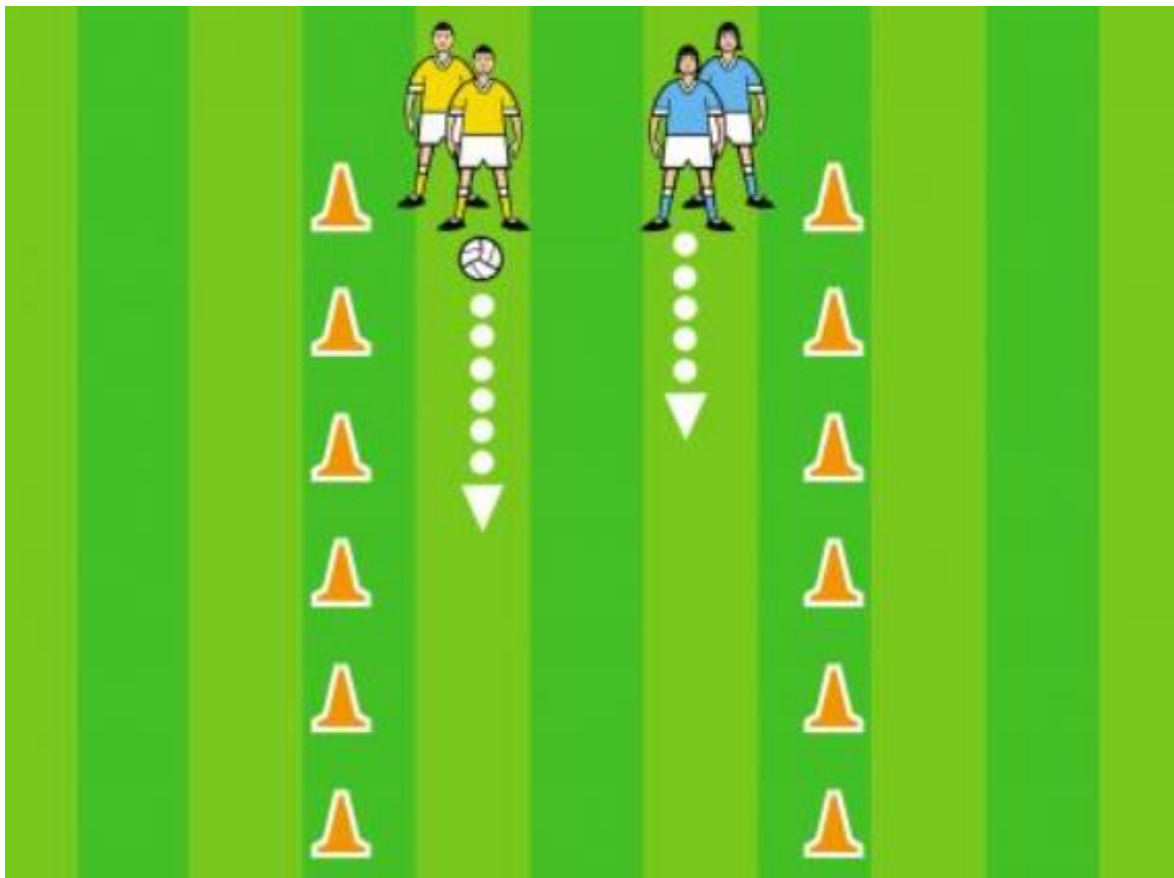
Change roles after a number of attempts

Variation

The player in possession should toe tap or bounce the ball on every stride to afford the tackling player a number of chances to practice the tackle

Increase the pace gradually beginning with a jog as the players become more competent.

Video - <https://youtu.be/i-yHhtKdHes>



BALL SENSE

CORE SKILLS DRILLS – BLOCK

IMITATION BLOCK

This basic drill to practice the Block Down technique is designed to familiarise the players with the feeling of blocking the ball



Organisation

Each player has a ball

Ensure each pair has adequate space to perform the technique in a stationary position

In a kneeling position the players bounce the ball firmly off the ground spreading their hands to block the ball as it bounces back up

Variation

Task - Progress the drill by getting the players to stand and toe tap the ball to themselves spreading the arms and hands to block the ball as it leaves the foot

Video - <https://youtu.be/pjYZaUaiMmY>



PRACTICE PLAY

SKILLS DRILLS

AROUND THE SQUARE – HAND PASS

This is an Intermediate Drill to practice the Hand Pass technique



Organisation

Divide the players into groups of 5; one ball per group

Mark out a grid approximately 5 to 8 m square

Two players are positioned at one cone; the first with a ball

One player is positioned at each of the other cones

Each player in turn fist passes the ball to the next player, following their pass to the next cone

The outside hand should be used to pass the ball

After a set time change the direction of the drill; the other hand should now be used to pass the ball

Variation

Space – To Increase the difficulty; Increase the size of the grid

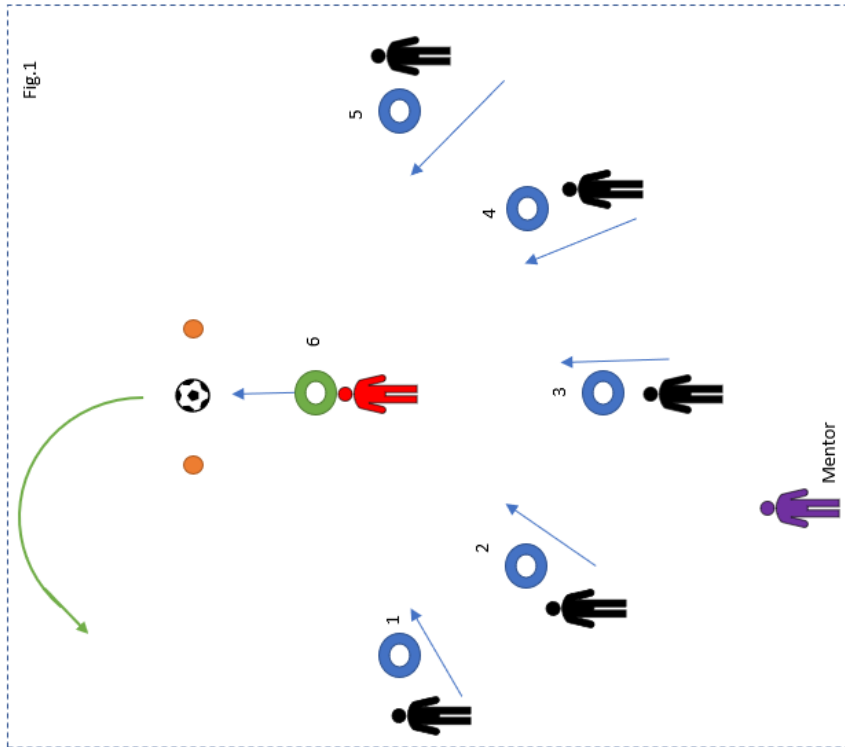
Video - <https://youtu.be/P71uFmSzg3I>



PRACTICE PLAY
MATCHPLAY DRILLS



Matchplay Drills – Hunting Pack (1)

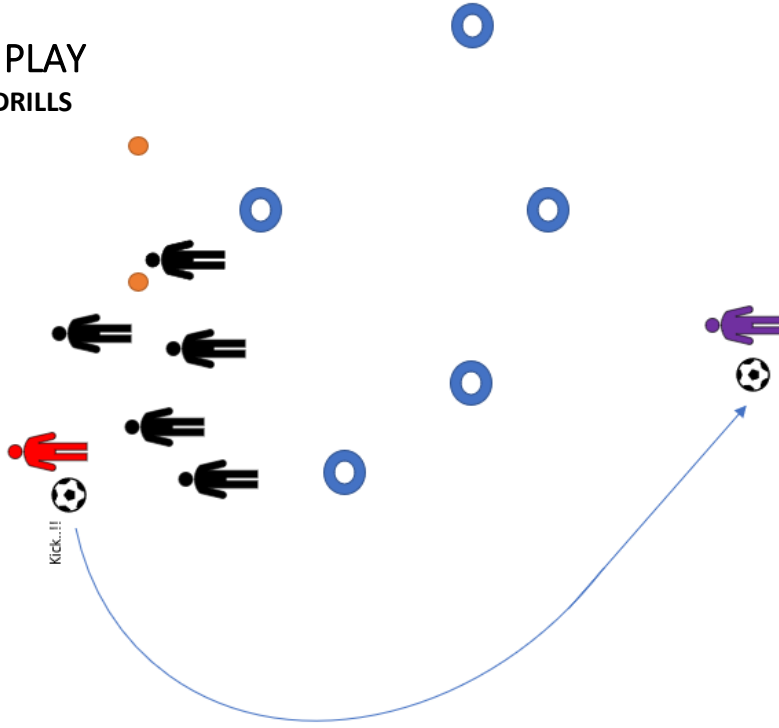


Equipment;

- ❖ 1 cone per player, 2 coloured posts & 1 football

Directions;

- ❑ Set up the drill zone as fig.1
- ❑ First explain the benefit of the player continuing their run into space once the ball is collected
- ❑ Red player is the forward, black players are all defenders
- ❑ On the mentors whistle all players run towards the ball
- ❑ Red player should be first to the ball, picks it from the ground and continues their run as per green arrow
- ❑ Red player must attempt to kick ball over the 'hunting pack' (Black Players) to the mentor before taking the ball into contact
- ❑ After each turn, players move up one position



PRACTICE PLAY
MATCHPLAY DRILLS

Matchplay Drills – Hunting Pack (2)

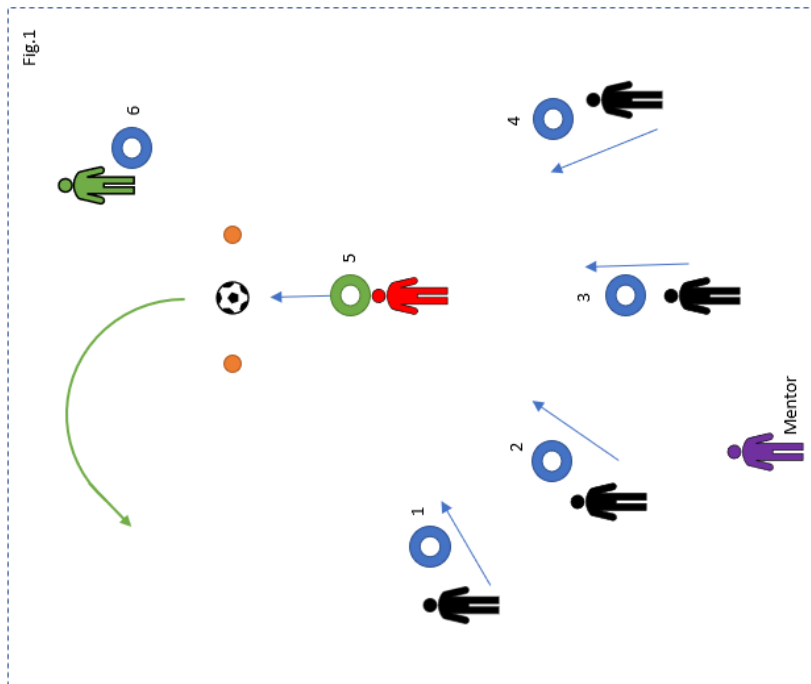


Fig.1

- Equipment;**
- ❖ 1 cone per player, 2 coloured posts & 1 football
- Directions;**
- Set up the drill zone as per fig.1
 - First explain the benefit of the player continuing their run into space once the ball is collected
 - Red player is the forward, black players are all defenders and the green player waits to receive hand-pass if required.
 - On the mentors whistle Red & Black players run towards the ball
 - Red player should be first to the ball, picks it from the ground and continues their run as per green arrow
 - Red player must attempt to
 - (a) kick ball over the hunting pack (black players) to the mentor, before taking the ball into contact
 - (b) if the mentor has their arms folded (or crossed across their chest) the pass is not on and red player must hand pass to green player
 - After each turn, players move up one cone into the next position

