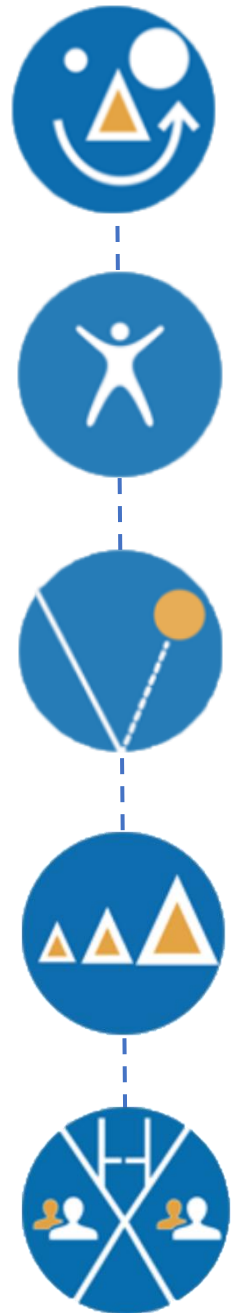
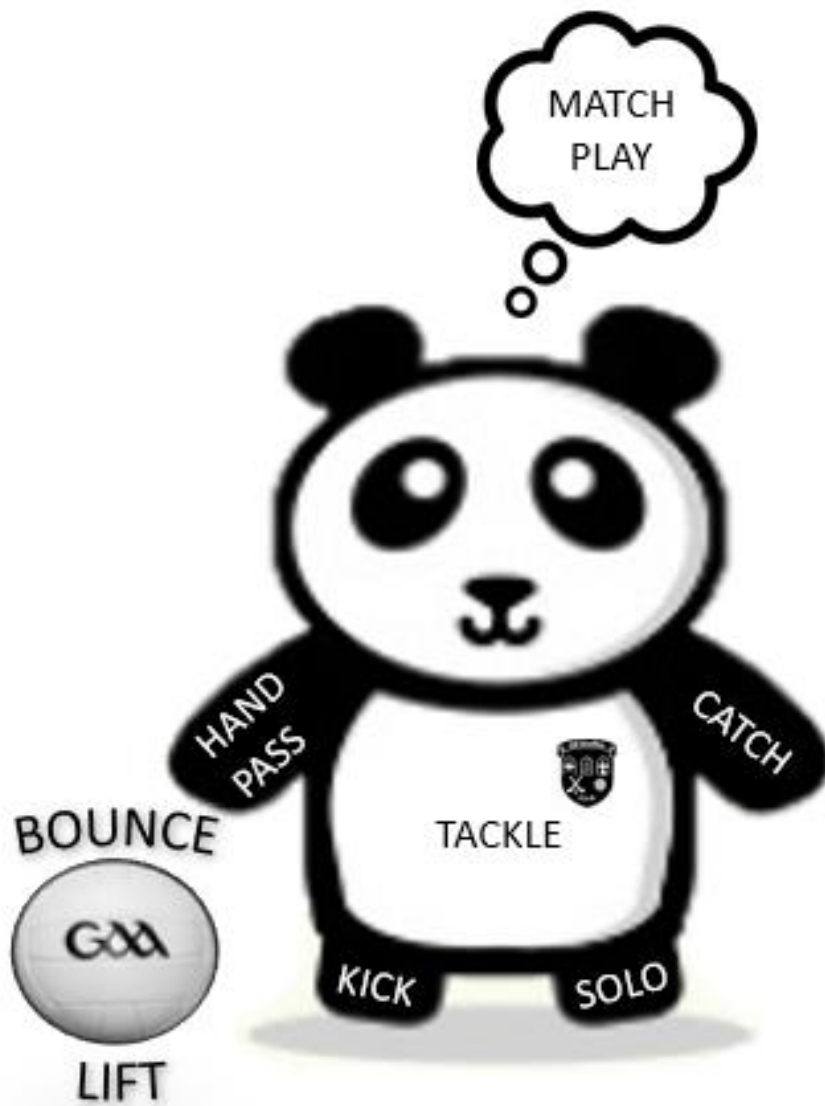


KILCULLEN GAA JUVENILE COACHING PROGRAMME 2019 U7/U8 FOOTBALL

Block 2



CONTENTS

Coaching Plan – Outline
 Coaching Plan – Detailed

FUN ROUTINES

1. Foxes & Hounds
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



HAND PASS

1. Move & Pass
2. Around the square
3. Move & Pass 2
4. Zig Zag Pass
5. Pressure Pass
6. Captain Ball



KICK

1. Partner kick 2
2. Kick to score
3. Pressure clearance kicks
4. Pressure scoring kicks
5. Combination Kicks



TACKLE & BLOCK

1. Near Hand Tackle
2. Imitation Block
3. Mirror Mirror
4. Move & Block
5. Tackle to Team Mate
6. Shoot & Block (1 & 2)
7. Last Man Standing



P lay
A nd
N ew skills
D evelopment
A ctivities

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)
7. Hunting Pack
8. Turn & Shoot/Pass
9. Mark & Track
10. Goalie Swap
11. Zonal Game

SOLO

1. Solo SMS
2. Solo – Toe Tap & Pass
3. Crazy Solo
4. Check Solo
5. Solo Invasion

KILCULLEN GAA JUVENILE ACADEMY
 2019 Coaching Programme
 AGE GROUP - U7/8



Activity		Time	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11
Warm up		10	Foxes & Hounds	Head, Shoulders, Knees & Cones	Position Sprints	Obstacle Course	Colour Fetch
Water Break			Divide into groups and allocate bibs	Divide into groups and allocate bibs	Divide into groups and allocate bibs	Divide into groups and allocate bibs	Divide into groups and allocate bibs
Skills	a	10	Solo SMS	(i) Bounce & Turn (ii) Low Catch	Move & Pass 2	Kick to Score	(i) Move & Block (ii) Tackle to team mate
	b	10	(i) Bounce & Turn (ii) Low Catch	Move & Pass 2	Kick to Score	(i) Move & Block (ii) Tackle to team mate	Solo - Toe Tap & Pass
Water Break							
Matchplay		10	Goalie swap	Tussle & Lift	Turn, Pass & Shoot	The Roll - Tackle Bag	Hunting Pack
Water Break							
Match		15	Standard Game (Catch)	Goals Galore	Standard Game Kick pass	Zonal Game 1st to ball	Standard Game Tackle/Block
Bonus Scores			Catch, bounce & lift	Handpass	Kick	Kick	Solo
Home Practice		3x 5/10min					
WEEK 12			GAME 1	GAME 2	GAME 3	Review	
Competition & Review Week			Obstacle Course	tba	tba	Journal Review	

BLOCK 2
USE BOTH SIDES

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

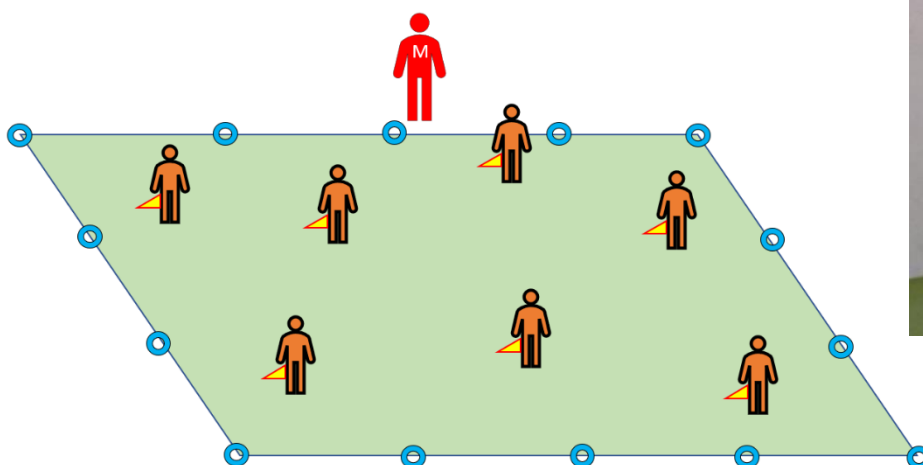


fig.1



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

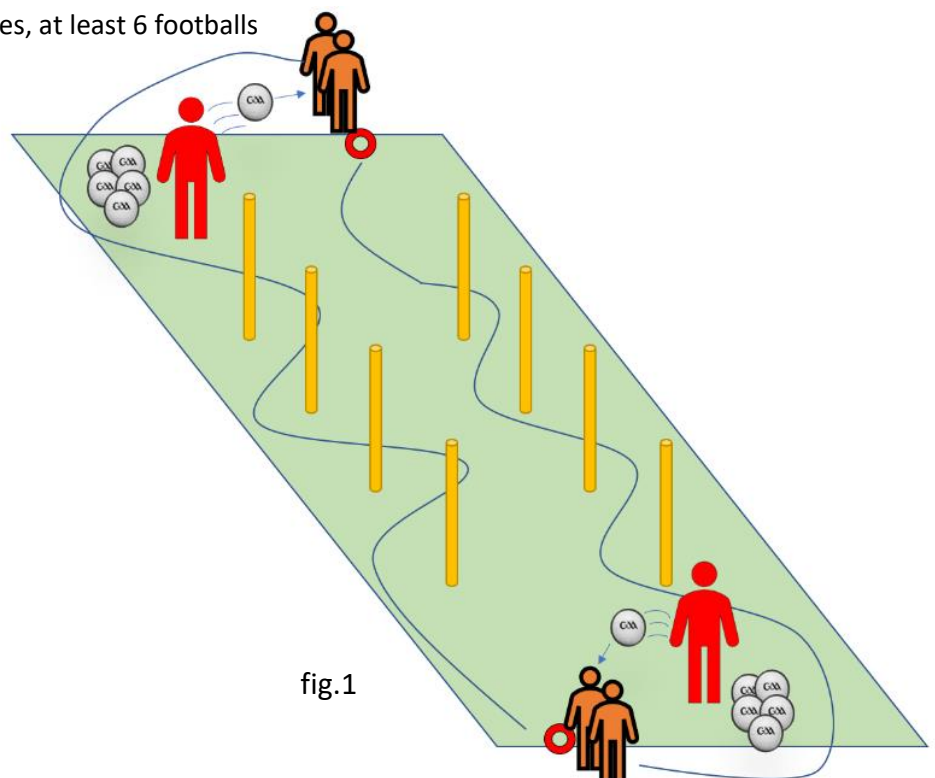


fig.1

BALL SENSE

CORE SKILLS DRILLS – BOUNCE

BOUNCE & TURN

This Intermediate Drill to practice the Bounce technique

Organisation

Set up 4 cones in a square formation approximately 4 to 5m apart

Position one player, ball in hand, at each cone

The players move to perform the bounce technique as they turn around each of the cones randomly

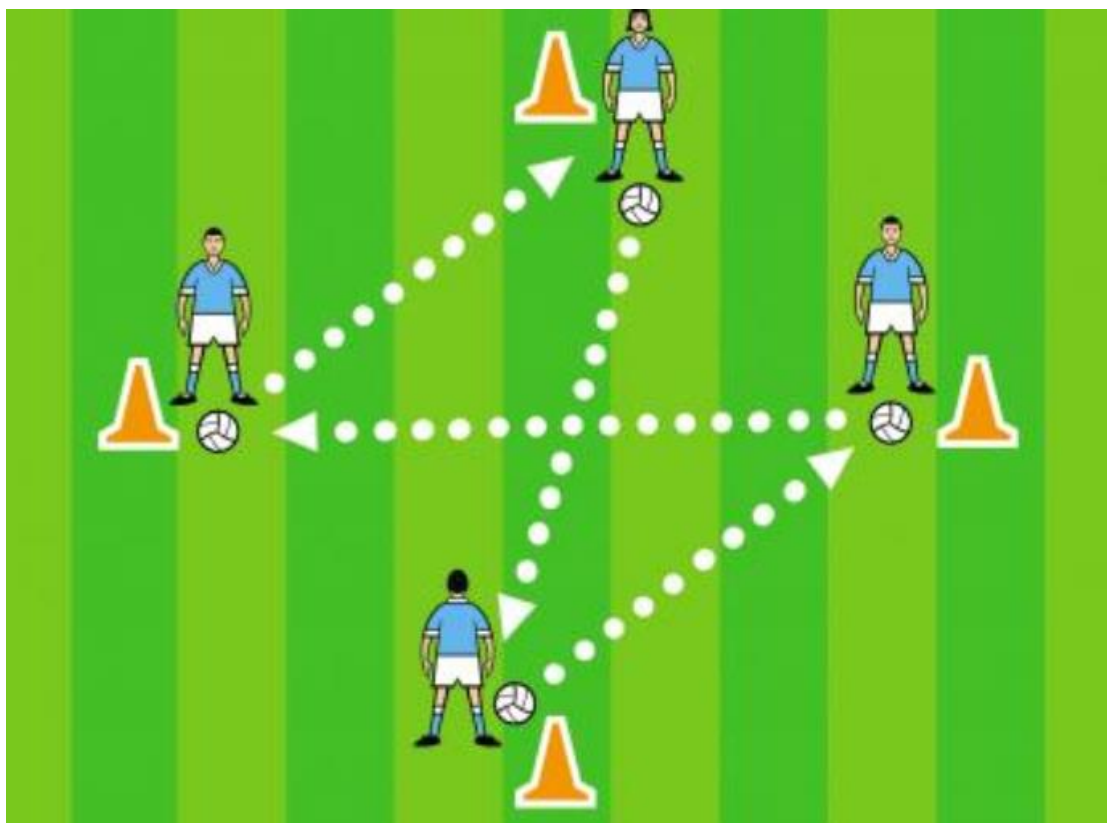
Encourage the players to use the left hand to bounce the ball when turning to the right around a cone and vice versa

The players must be aware of each other to avoid knocking into one another as they cross to each cone

Variation

Task – Divide the players into pairs; challenge each pair to pass simultaneously to each other after rounding each cone

Video - <https://youtu.be/ZXLBYXz6t34>



BALL SENSE

CORE SKILLS DRILLS – CATCH

LOW CATCH

This is a basic drill to practice the low catch technique

Organisation

Divide the group into pairs; one football per pair

The players stand approximately 3 metres apart

Each player in turn throws the ball to bounce for their partner to perform the low catch

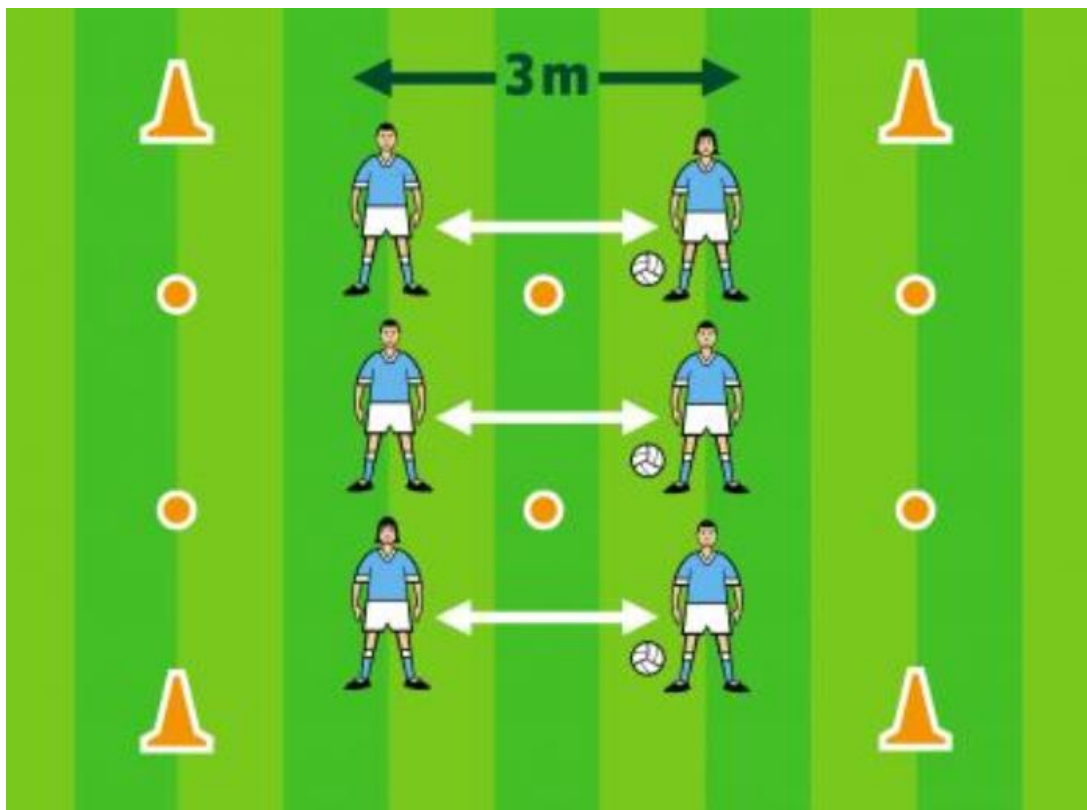
Count the number of successful catches in 30 seconds

Variation

Space - Move the players further apart as their technique improves

Advanced - Change the throw to a hand pass or kick pass

Video - https://youtu.be/a_MfmhOnE8w



BALL SENSE

CORE SKILLS DRILLS – CATCH

LOW CATCH

This is an intermediate drill to practice the Low Catch 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 halfway between the outer cones

4 players line up at either cone

The player in possession throws the ball underarm for the player opposite

This player runs forward and catches the ball at the halfway marker, runs on and hands the ball to the next player to repeat the drill

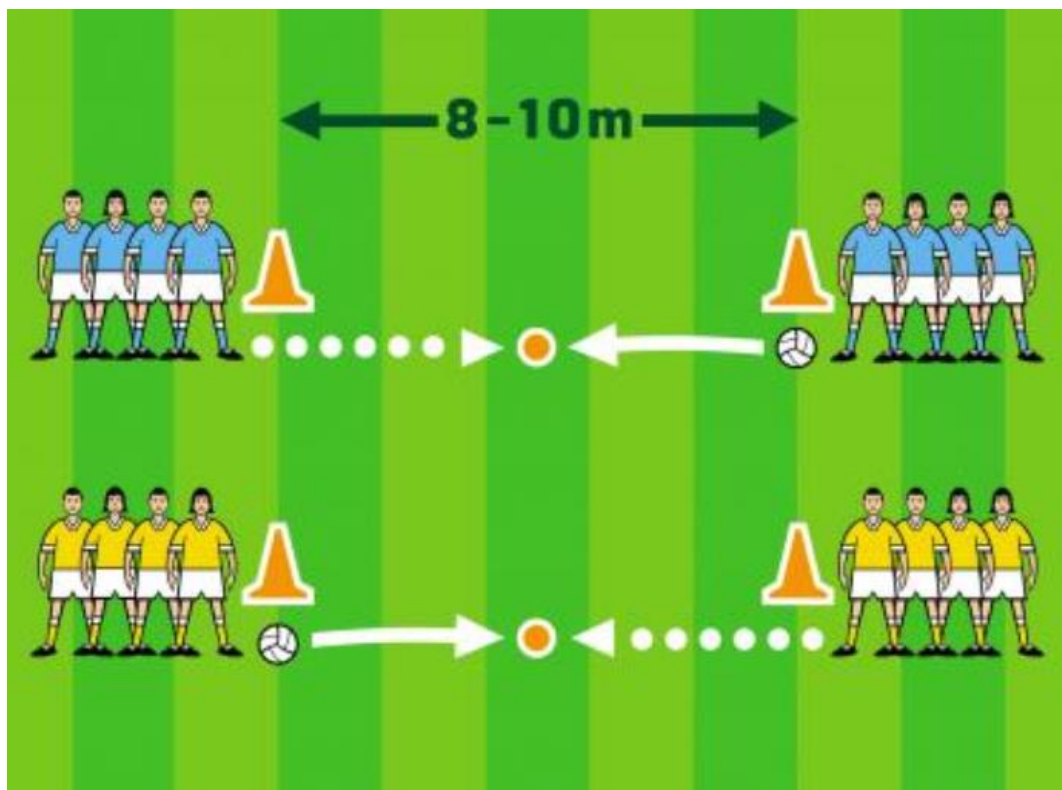
Each player follows on to line up at the back of the opposite line

Variation

Task – To increase the difficulty allow the throwers to place the ball slightly to either side of the catching player

Advanced - Replace the throw with a hand pass or kick pass

Video - <https://youtu.be/ikJz7G4kRe4>



BALL SENSE

CORE SKILLS DRILLS – CATCH

LOW CATCH

This is an intermediate drill to practice the Low Catch technique



Organisation

Place 5 markers as shown to make a star shape

Position 2 players at each marker

The player in possession throws the ball for the first player on the second marker to their right

They in turn throw the ball for the first player on the second marker to their right and so on

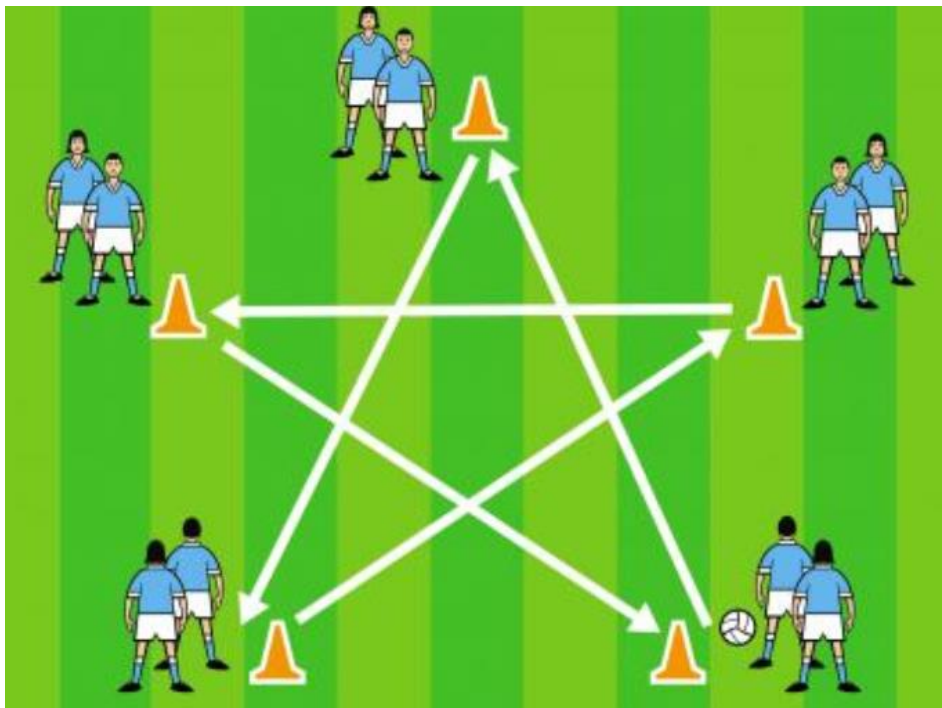
Each player follows their throw to take position at the back of the line

Encourage the catching players to move forward into the ball as it approaches

Variation

Equipment - To increase the difficulty of the drill introduce a second ball

Video - https://youtu.be/jDjdZCy_ExU



PRACTICE PLAY

MATCHPLAY DRILLS

GOALIE SWAP

In Go Games the players play in many positions in the same game.

This drill is designed to help players understand the different roles they have at kick out depending on whether they are a forward or a back.



Organisation

Set up the drill area as per Fig.1

Mentor is in goal.

Stage 1 – Kick out

To start, the mentor tells the players which are forwards and which are backs (bibs or no-bibs)

Backs should try to move into space to receive the kick out.

Forwards should attempt to mark the defenders and prevent them gaining possession of the ball.

Mentor kicks out the ball attempting give it to one of the defenders.

Stage 2- Ball in play

Once the ball has been kicked out and a player is in possession, that players team are now the forwards and must attempt to score. They must complete at least one pass before shooting.

If they lose possession of the ball, the play stops, the ball is returned to the Mentor in goal and the drill re-starts.

Key Points

Take the time to explain the task each player has at the kick out depending on their position

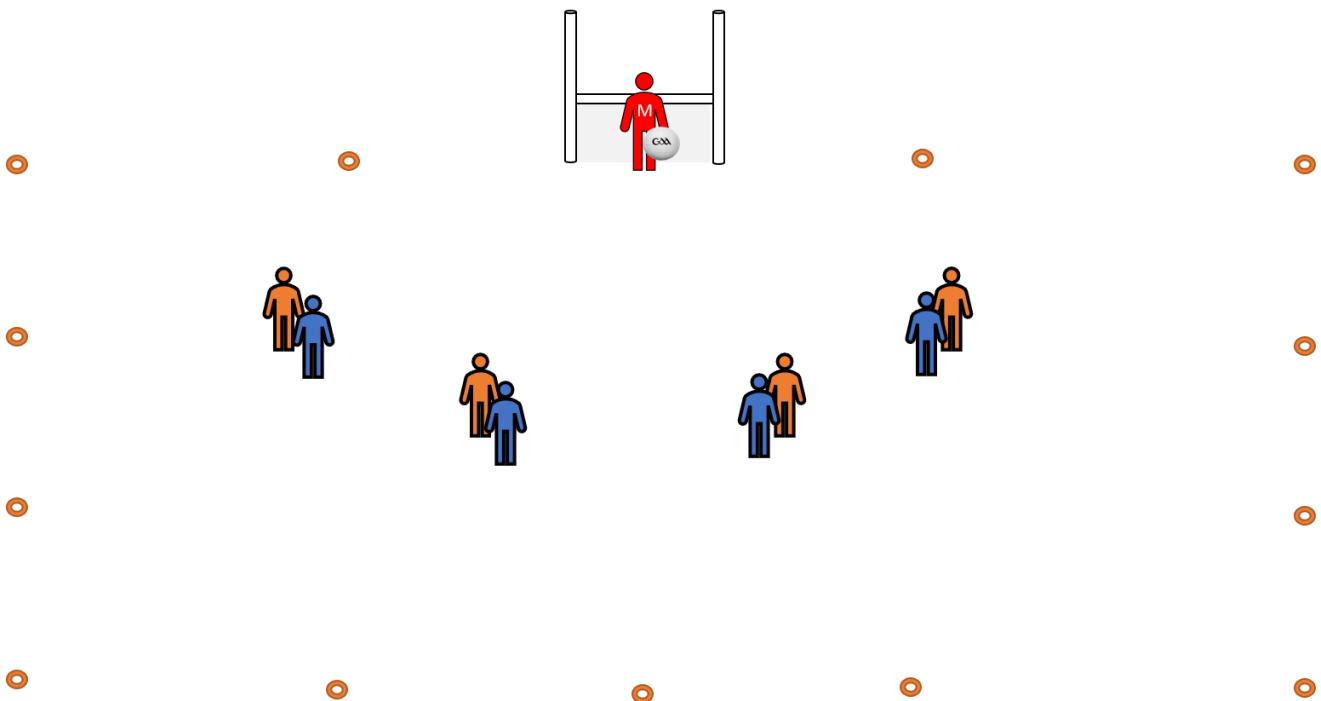


Fig.1

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.

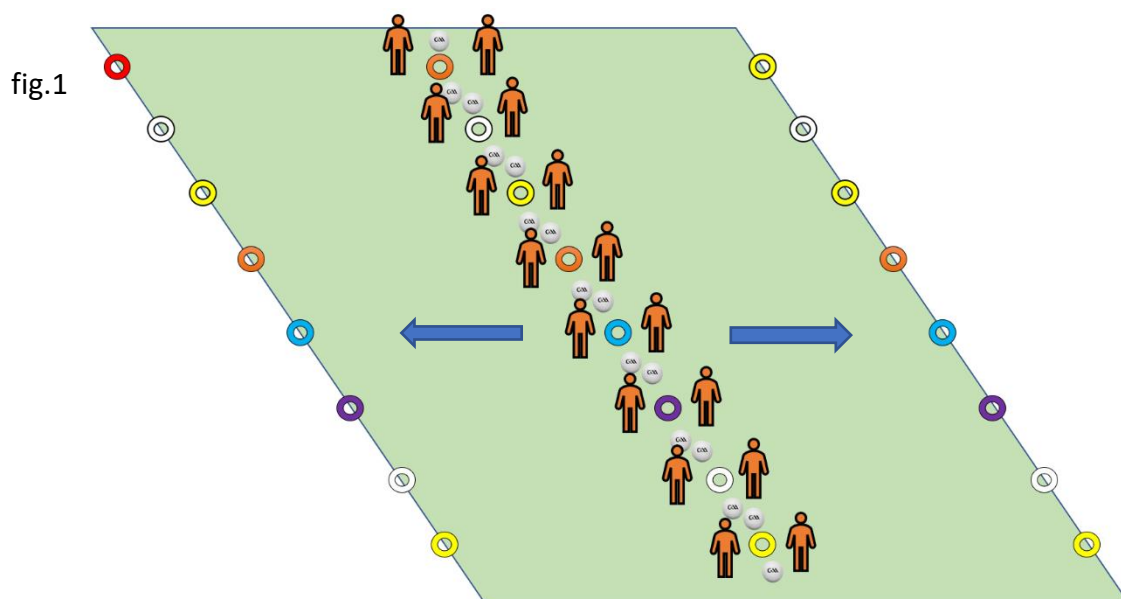
Key Points

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



BALL SENSE

CORE SKILLS DRILLS – HAND PASS

MOVE & PASS 2

This is an intermediate drill to practice the hand pass technique



Organisation

Mark out a distance of approximately 15m using cones

Two players line up at each cone

The fifth player is positioned midway between the cones

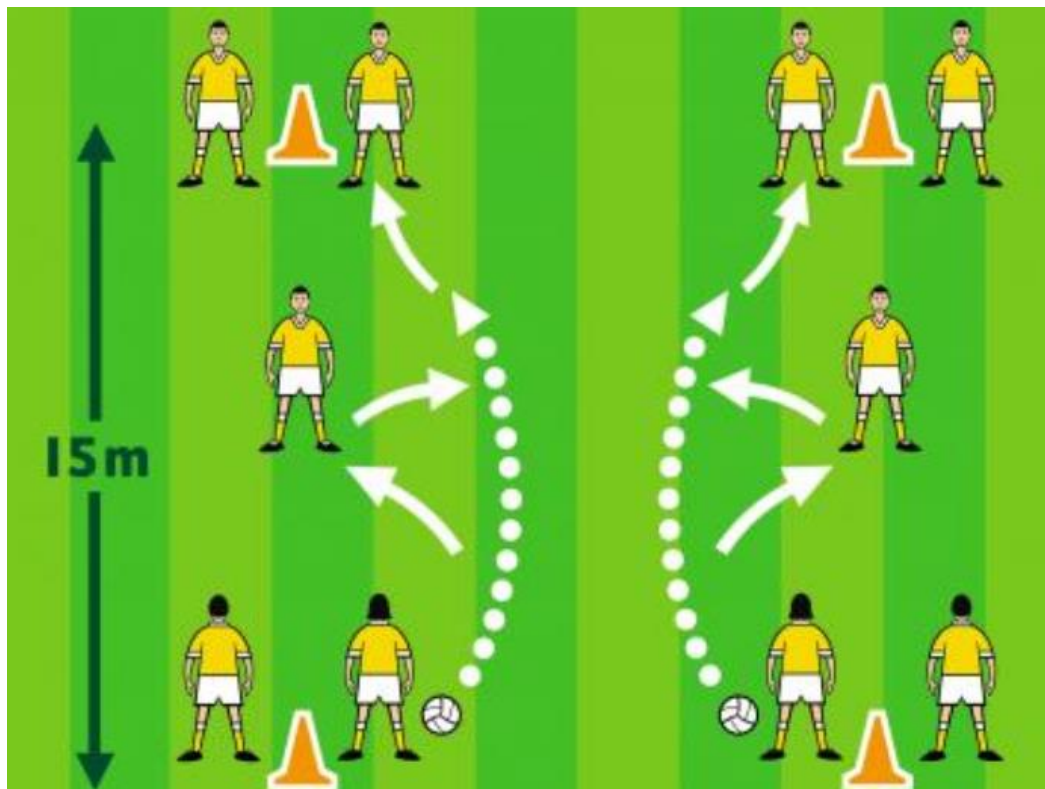
Each player in turn fist passes the ball to the central player, moves to receive the return and fist passes to the next player at the far cone

When running to the right of the central player the right hand should be used to pass and vice versa

Variation

Task – To increase the difficulty; the coach signals to which side of the central player each runner must pass

Video - <https://youtu.be/Lr4b8T0FaTo>



BALL SENSE

CORE SKILLS DRILLS – LIFT

TUSSLE & LIFT

This is an advanced drill to practice the crouch lift technique that requires the players to contest the ball with an opponent



Organisation

Divide the players into pairs, one of each pair lined up approximately 5 meters apart

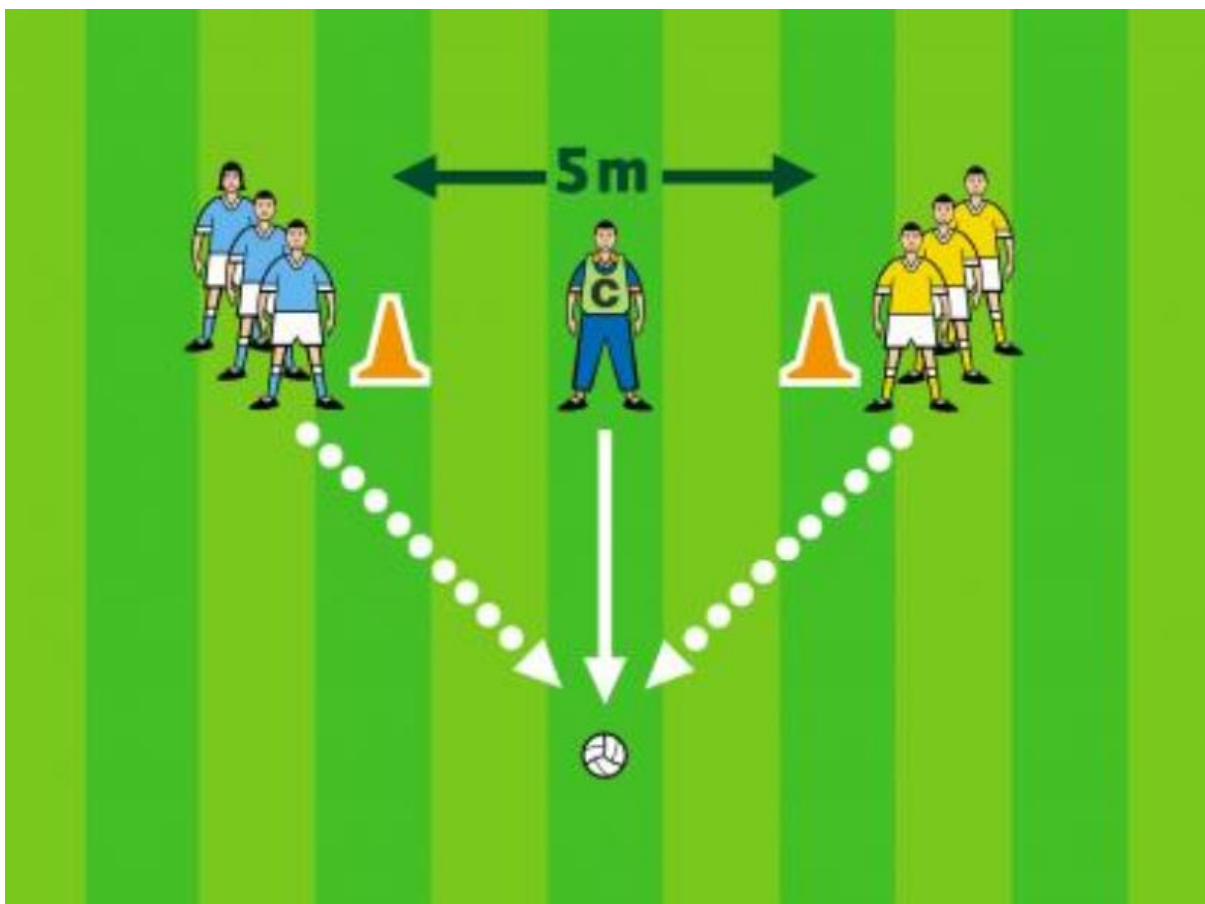
On a signal the coach rolls the ball forward from behind each pair who chase and contest for the ball

The players switch sides on every go

Variation

Task – To increase the difficulty of the drill the coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed

Video - <https://youtu.be/MkZGRYbaU3c>



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

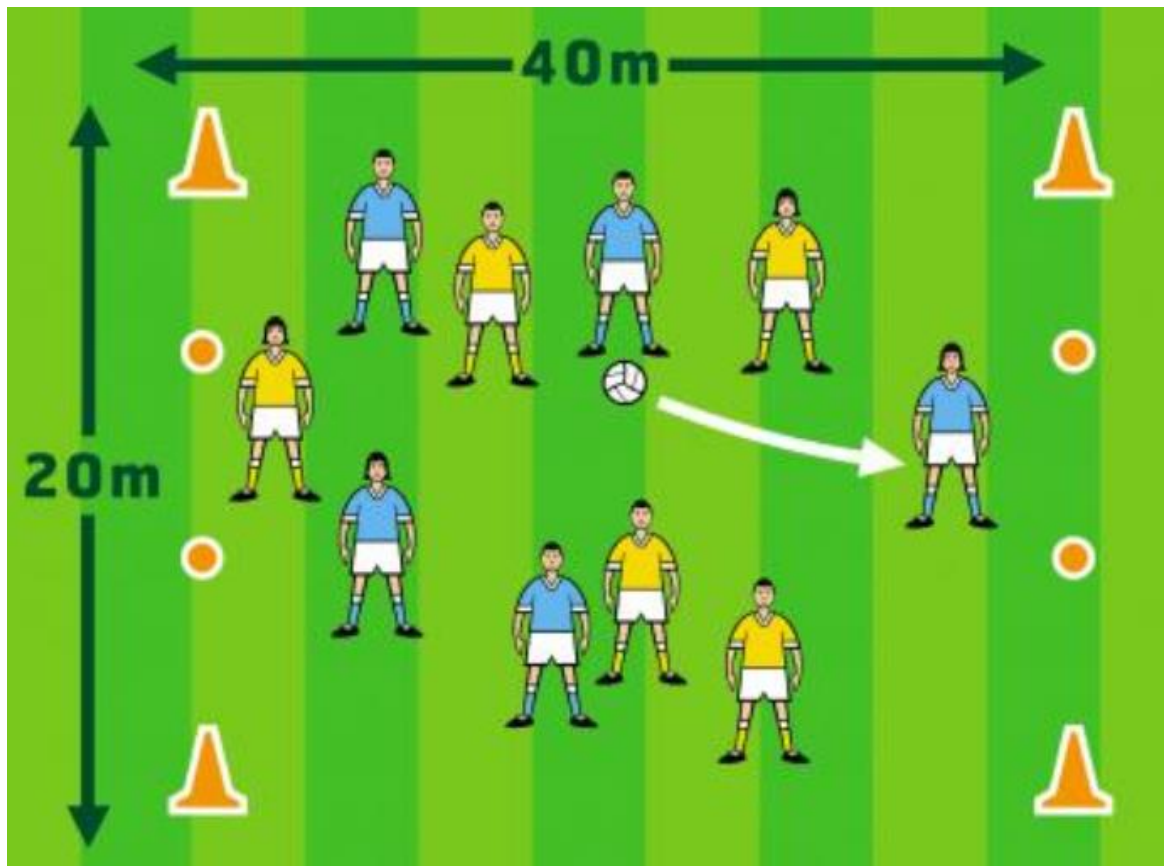
The objective of the game is to score goals against the other team

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

Variation

To increase the difficulty; introduce goalkeepers

Video –



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 -

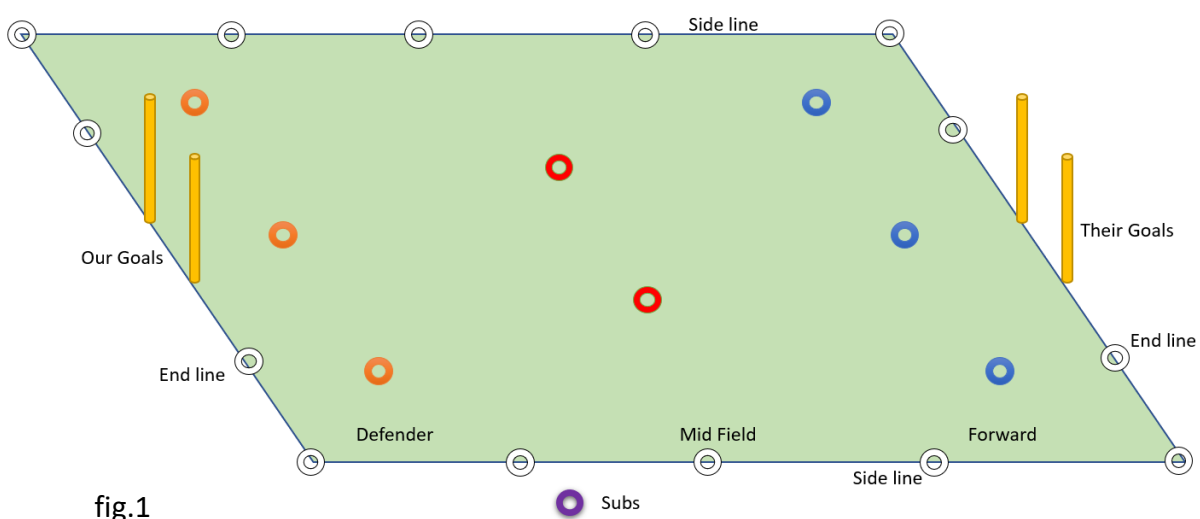
- Jumping jacks
- Run on the spot
- Frog Jumps/bunny hops
- Hop on one leg

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



BALL SENSE

CORE SKILLS DRILLS – KICK

KICK & SCORE

This intermediate drill to practice the Hook Kick technique requires the players to kick for a score



Organisation

Place 2 cones 6 to 8 meters apart 30m from goal (or appropriate distance)

All the players except one begin behind the goal

Position the other player at a cone 20 meters from goal to one side

The first player from behind the goal solos towards the cone and first passes to the waiting player, taking over their position

That player solos to round the nearest 30m cone and hook kicks for a point.

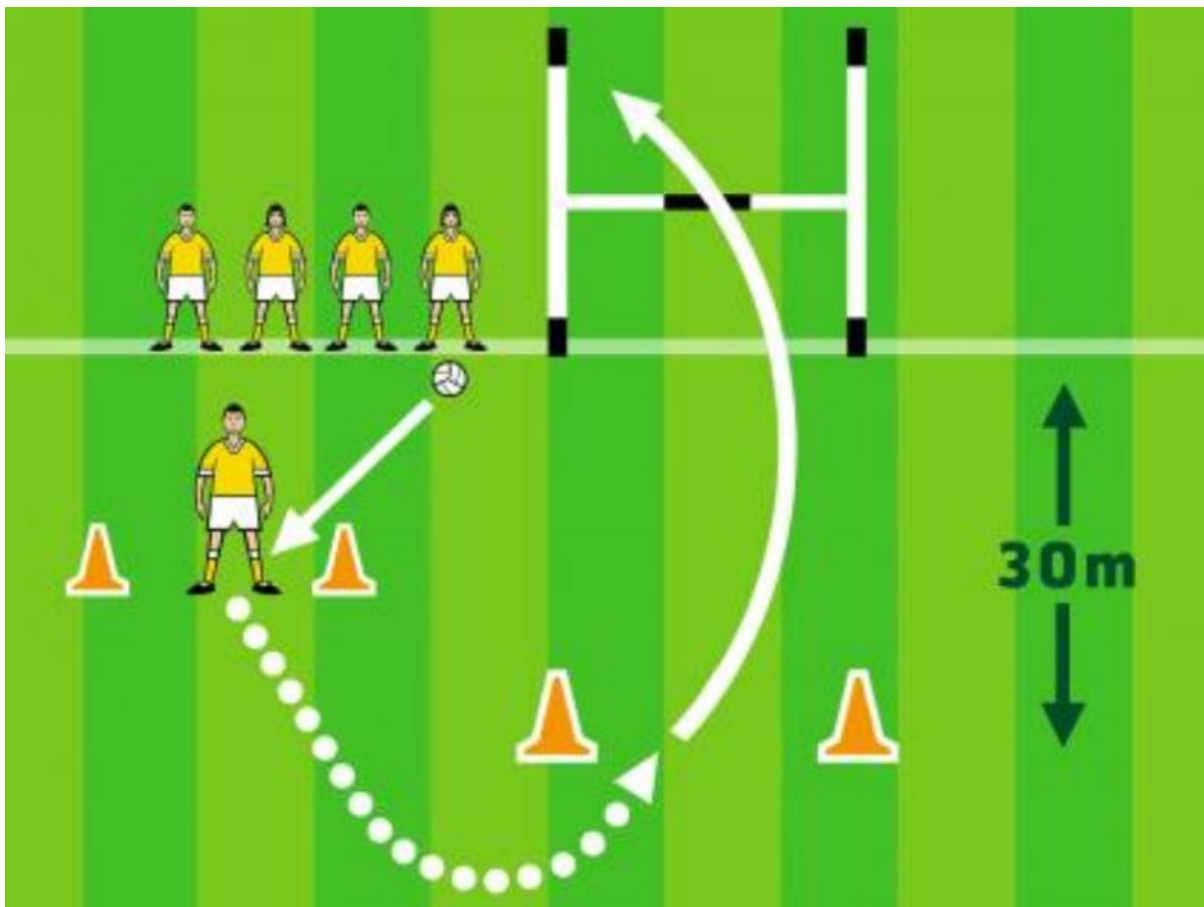
The next player behind the goal repeats the drill

Continue the drill for a set time and repeat from the opposite side

Variation

Space - To increase the challenge; Increasing the distance from which the players kick

Video - <https://youtu.be/ZbdjBlin5HE>



PRACTICE PLAY

MATCHPLAY DRILLS

TURN, PASS & SHOOT

This drill is designed to encourage the forward player to move toward goal rather than moving toward the ball once the midfielder is in possession. The drill also includes kick passing and kicking at goal.



Organisation

Set up the drill area as per Fig.1

Players on the left nearest the goals are the forwards

Players on the right nearest the mentor are the midfielders

Place one mentor behind the goal the retrieve the ball and roll it back up to the other mentor

Drill starts when the Mentors rolls a ball out into play

The first midfield player runs to retrieve the ball while the first forward enters the drill area.

Once the midfield player is in possession of the ball both players move toward goal

The midfielder takes either one hop or one solo and then releases the ball via a kick pass to the forward player, who in turn, attempts to score a point.

Key Points

The forward should not turn their back on the ball when moving toward goal

The midfield player should focus in the accuracy of the pass

Practice using low 'grubber' passing kicks also

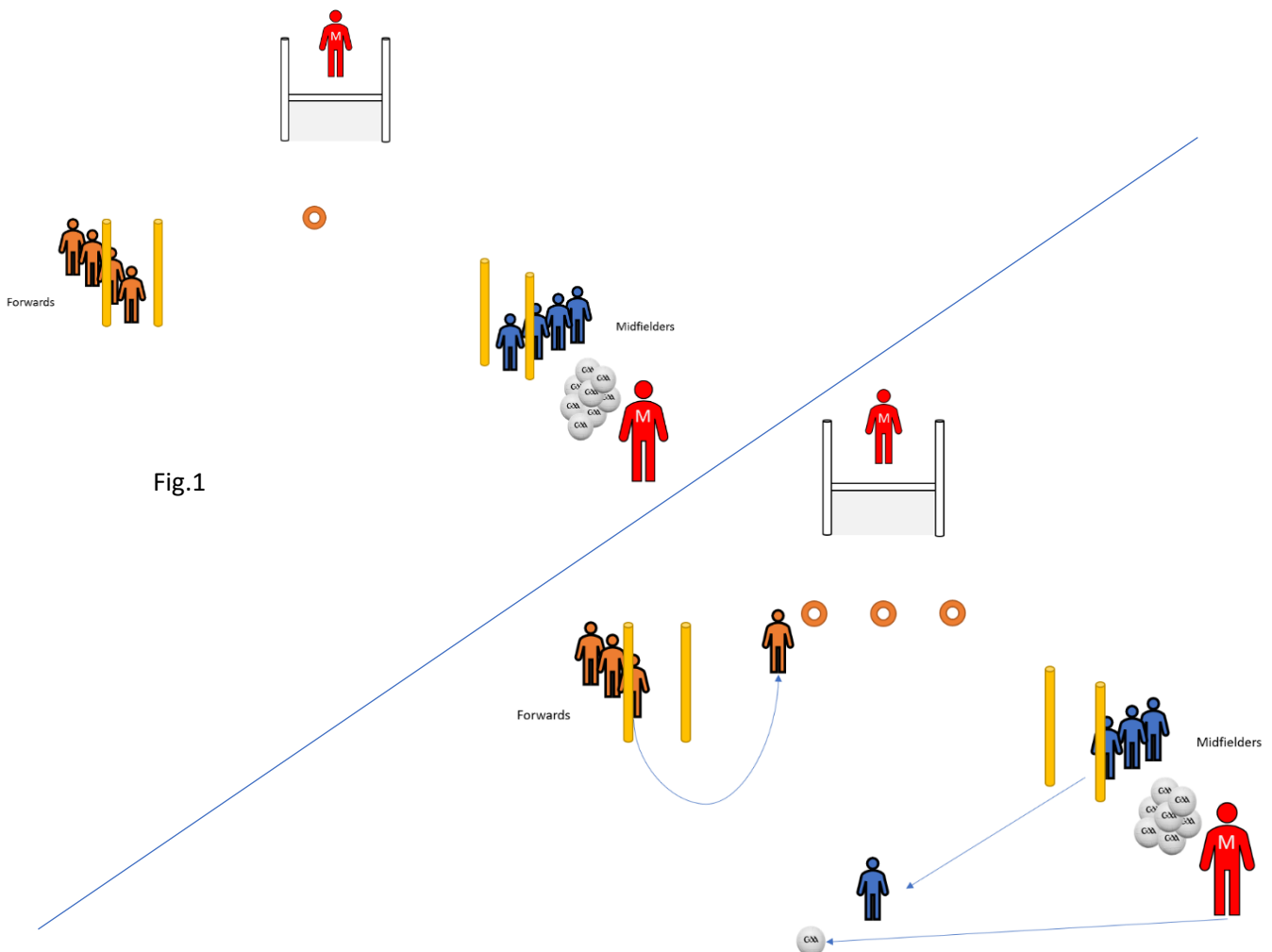


Fig.1

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.

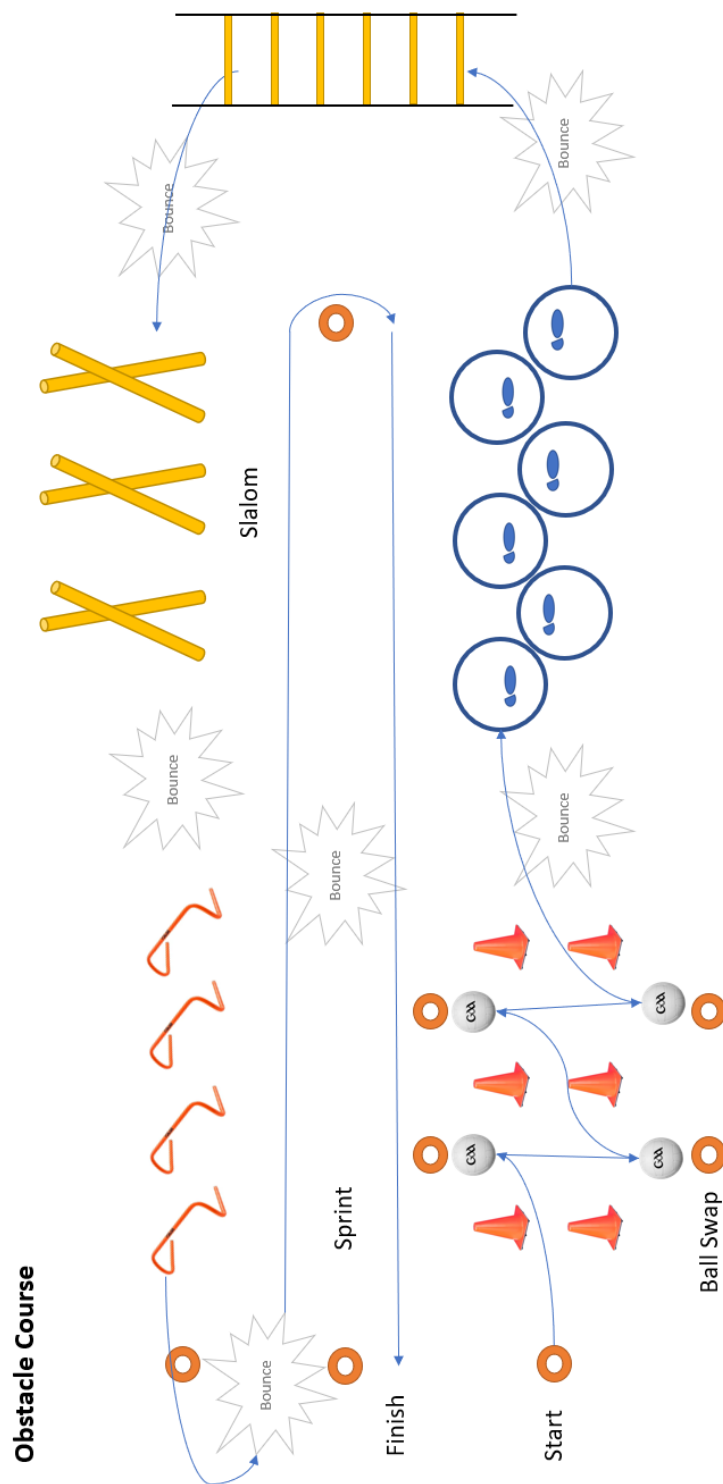


fig.1

BALL SENSE

CORE SKILLS DRILLS – BLOCK

MOVE & BLOCK

This is an intermediate drill to practice the hand pass technique



Organisation

Divide the group into pairs; one ball per pair

Mark out two cones 5 to 8 meters apart for each pair

The player in possession moves forward along the line to kick the ball at the far cone

The blocking player travels alongside and attempts to block the ball as the ball is kicked

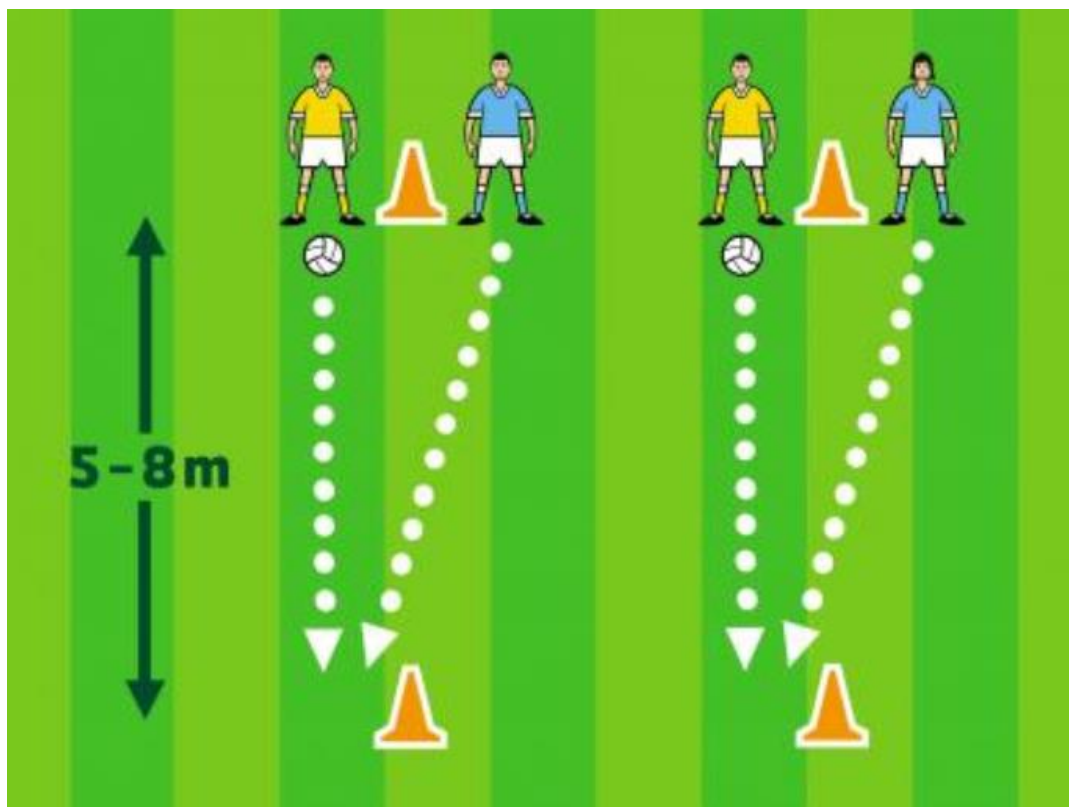
Providing a target or player for the kicker to aim at will help improve the success of the drill

Reverse the roles after a designated time

Variation

Task – As the players become more proficient increase the pace of the drill

Video - <https://youtu.be/I9LTrbuJJsU>



BALL SENSE

CORE SKILLS DRILLS – NEAR HAND TACKLE

TACKLE TO TEAM MATE

This intermediate drill to practice the Near Hand Tackle technique requires the tackling player to knock the ball to a team mate



Organisation

Divide the players into groups of 3

Mark out a channel approximately 5 metres wide using cones

Player A on the right of the group solos forward

Player B in the middle attempts to perform the near hand tackle and knock the ball to Player C in the process

Change roles after a number of attempts

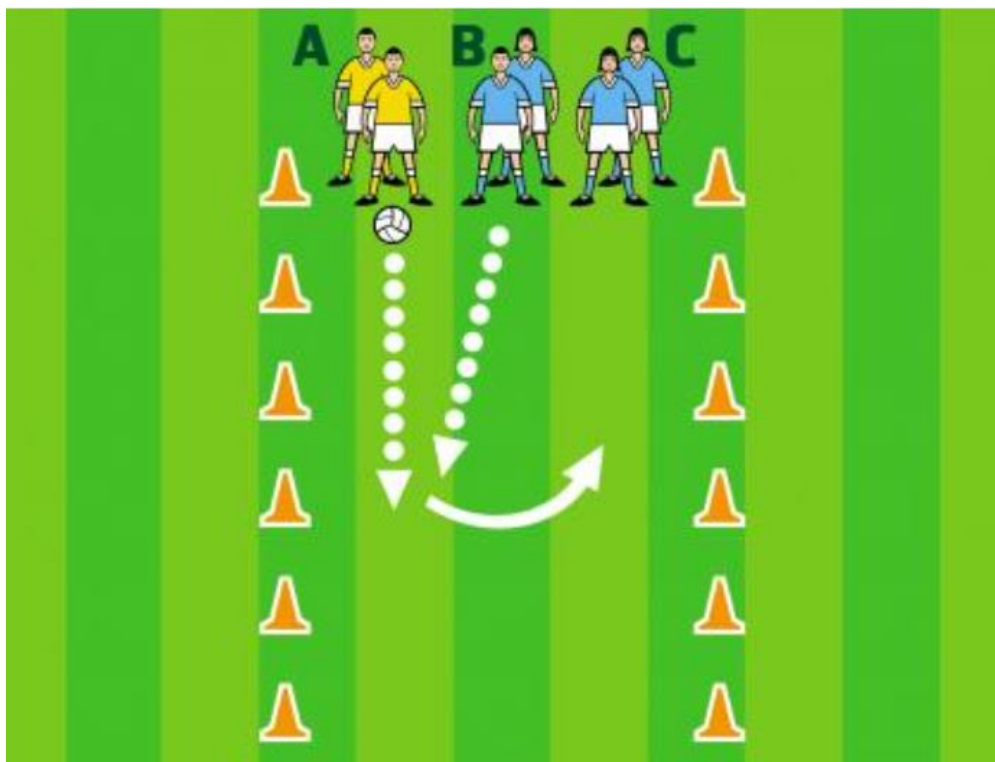
Key point is that the players should be focused on tackling the ball and not the player

Variation

Task - Player B is in possession and Player C attempts to perform the near hand tackle and knock the ball to Player A

Task - As the proficiency of players improves, increase the pace of the drill

Video - <https://youtu.be/x6PcRQQ3IVl>



PRACTICE PLAY

SKILLS DRILLS

THE ROLL - TACKLE BAG ROLL

This is an intermediate drill to practice the Roll technique



Organisation

Mark out a zig-zag formation using 5 cones, each approximately 8m apart

One player holding a tackle bag is positioned at each of the 3 middle cones

These players must hold the tackle bag correctly using a sturdy grip, keeping it high for protection and with one foot forward to brace themselves

The remaining players line up at one end of the formation

Each player in turn jogs through the formation practicing the roll with the right and left shoulder at each alternate tackle bag

Variation

Task - As the players become more comfortable encourage them to play the ball particularly focussing on using the bounce as they move away from each tackle

Video - <https://youtu.be/UG1pg2EbCt4>



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

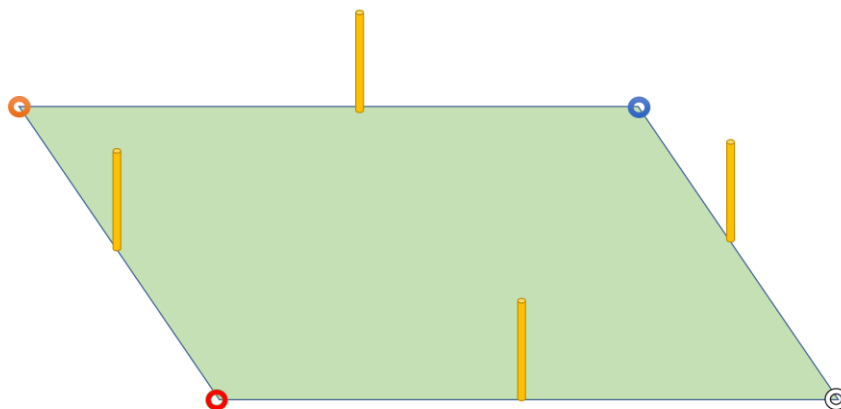


fig.1

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

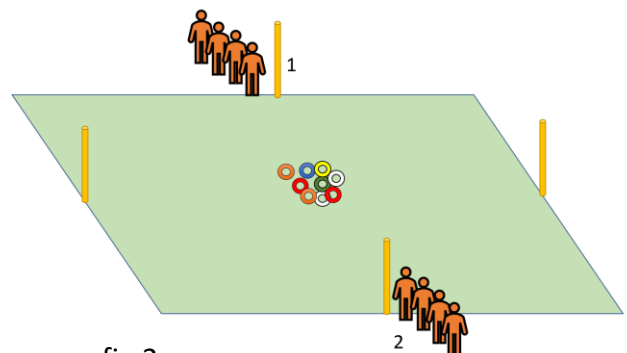


fig.2

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

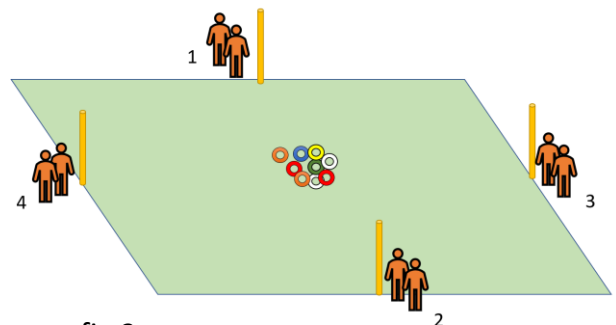


fig.3

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

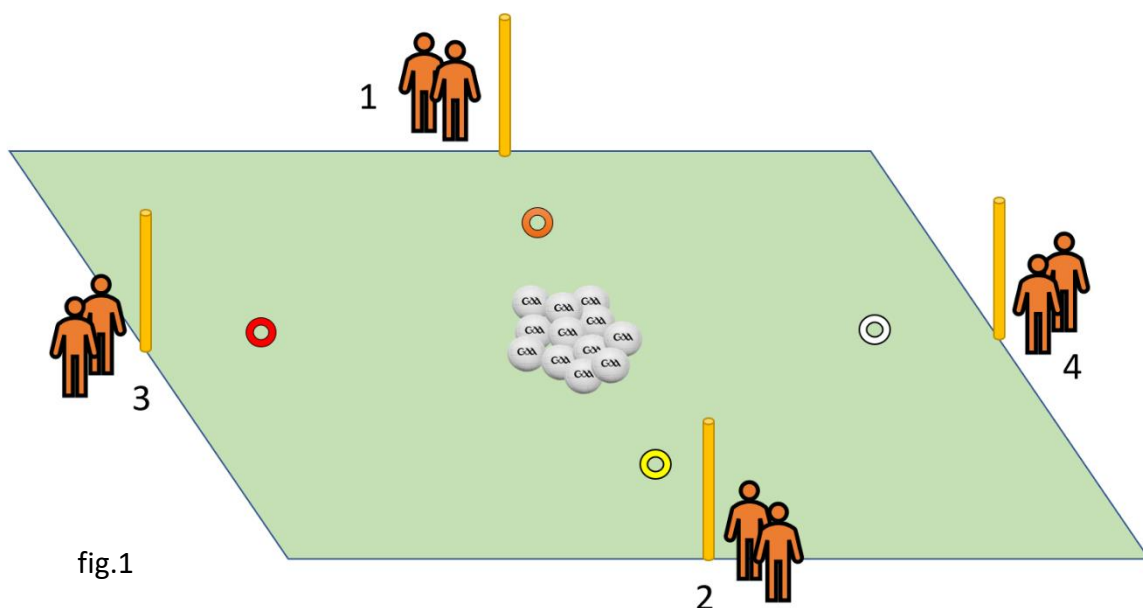
Most balls win

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



PRACTICE PLAY

SKILLS DRILLS

SOLO - TOE TAP & FIST PASS

This intermediate drill to practice the Solo technique requires the players to toe tap the ball on the run



Organisation

Mark out a distance of 10m using cones

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

The players line up behind one of the cones

In turn each player solos out and around the far cone, fist passing for the next player as they returns to the back of the line

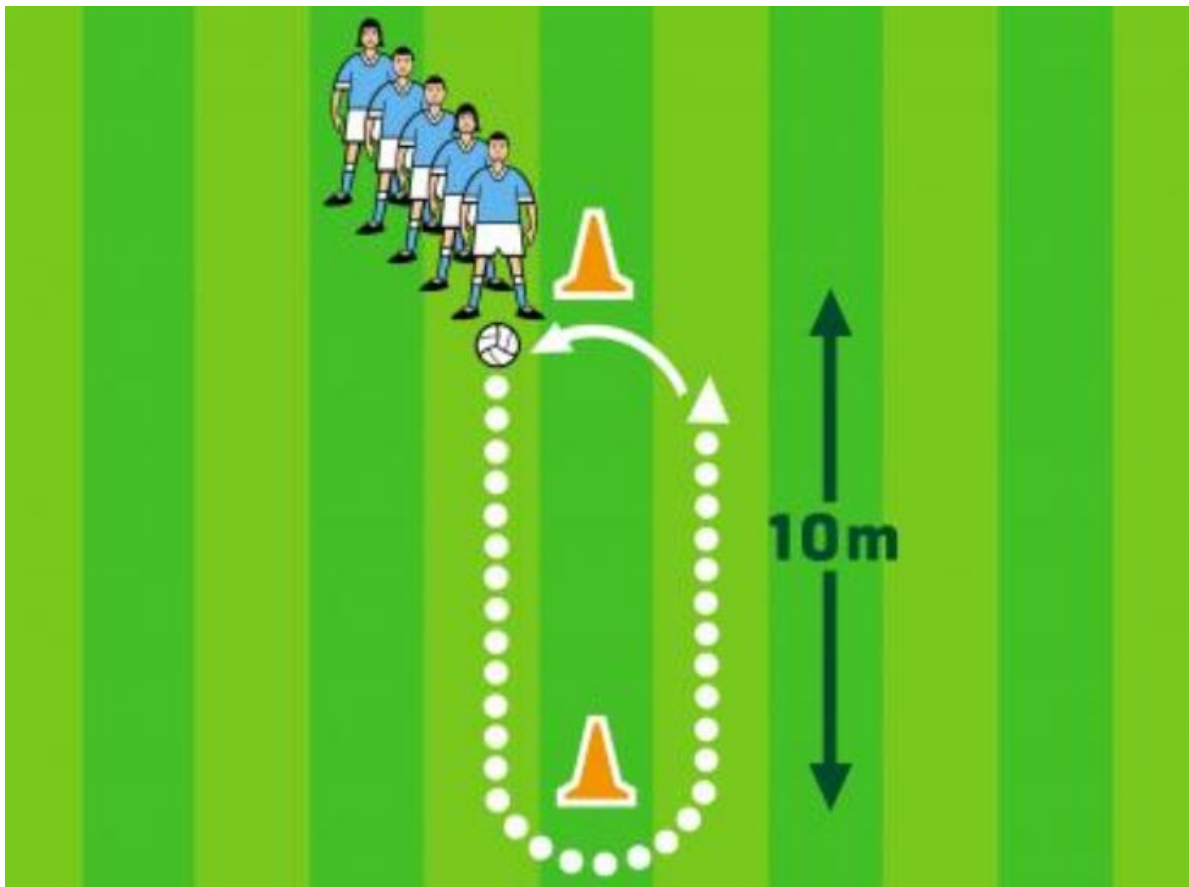
Continue the drill for a set time

Repeat the drill using the opposite foot

Variation

Task - Increase the speed of the drill as the players become more proficient

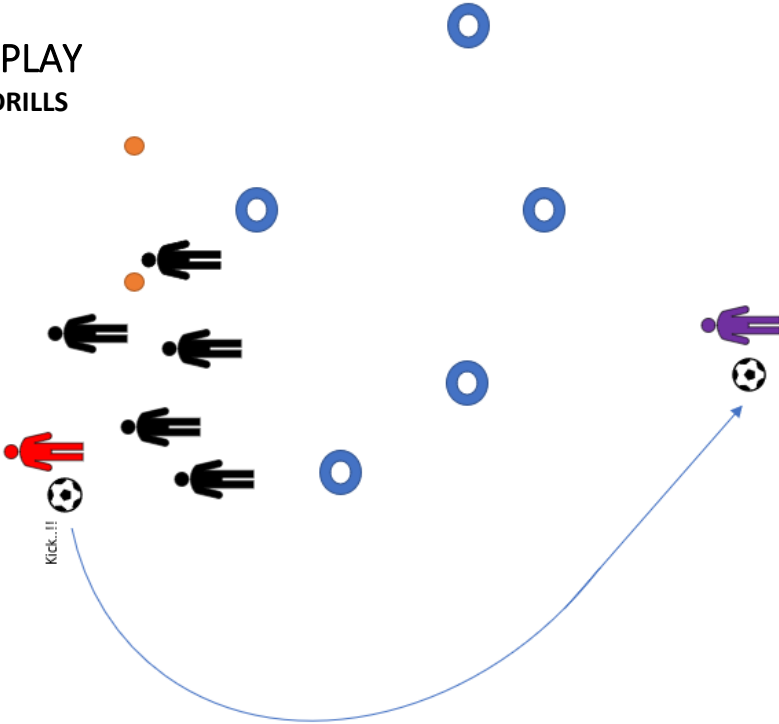
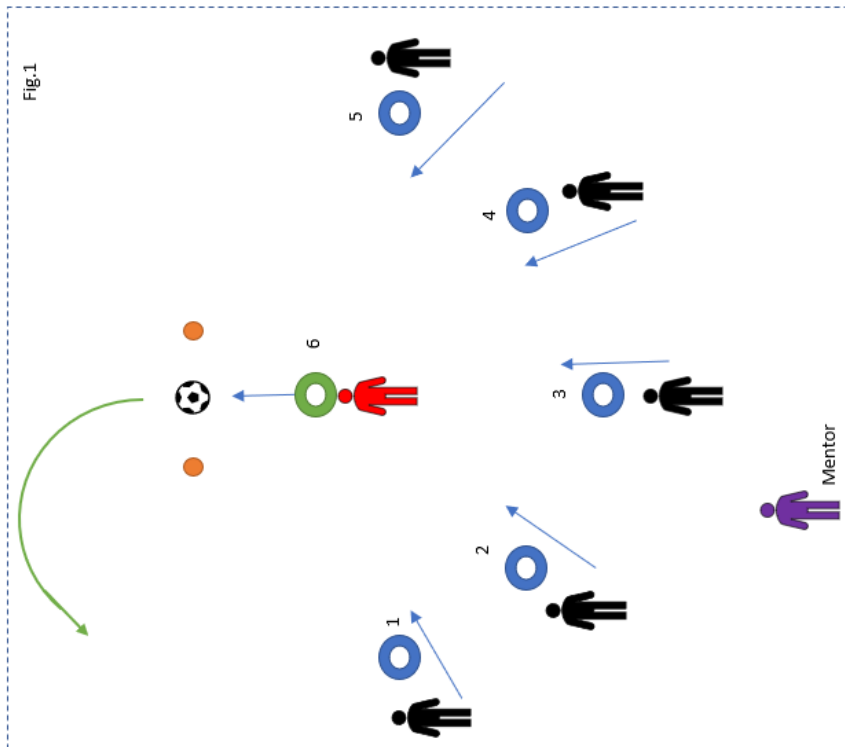
Video - <https://youtu.be/LyXuGWQE30Q>



PRACTICE PLAY
MATCHPLAY DRILLS



Matchplay Drills – Hunting Pack (1)



Equipment;

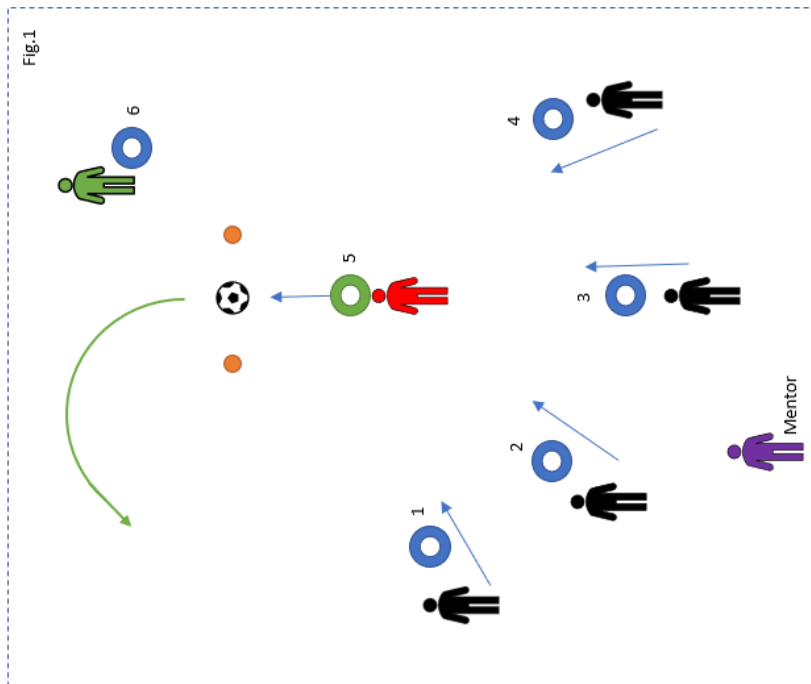
- ❖ 1 cone per player, 2 coloured posts & 1 football

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)



- 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

