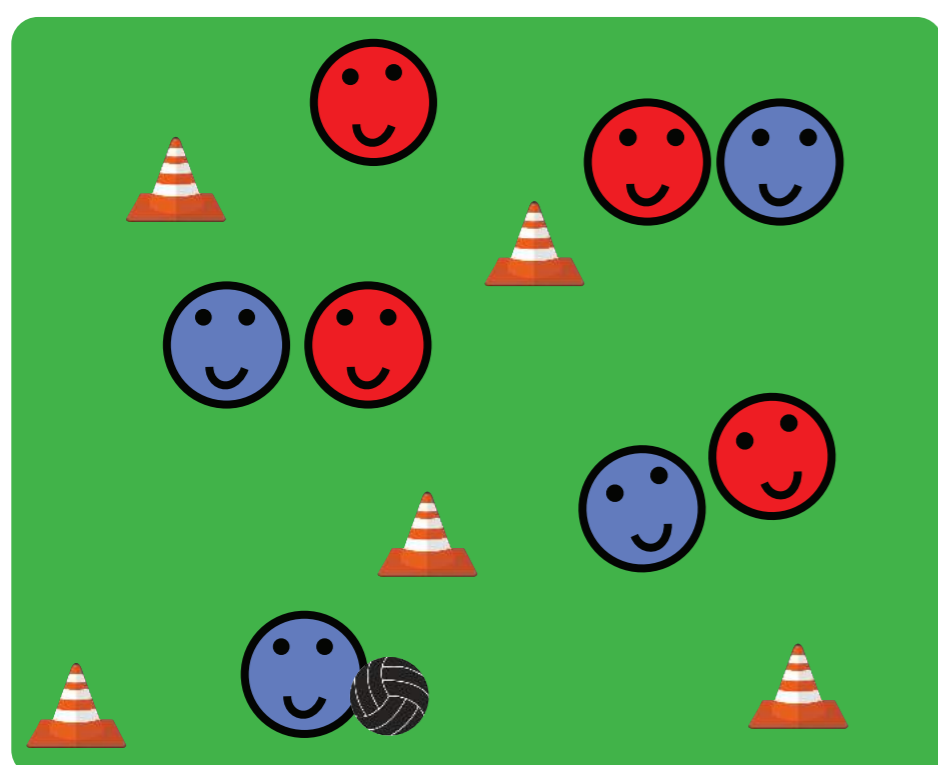
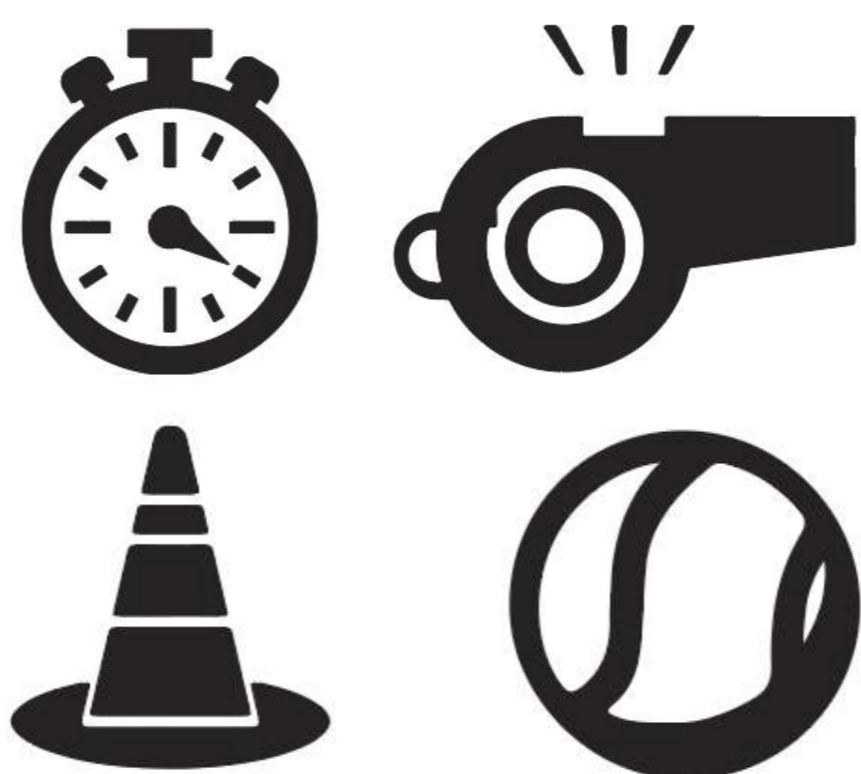
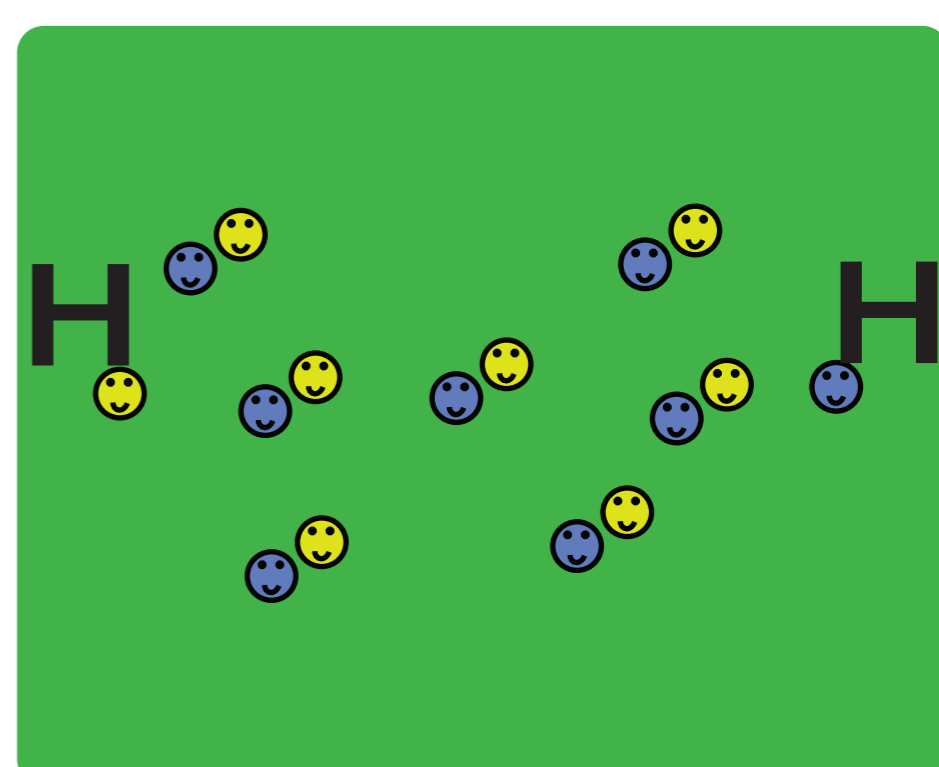
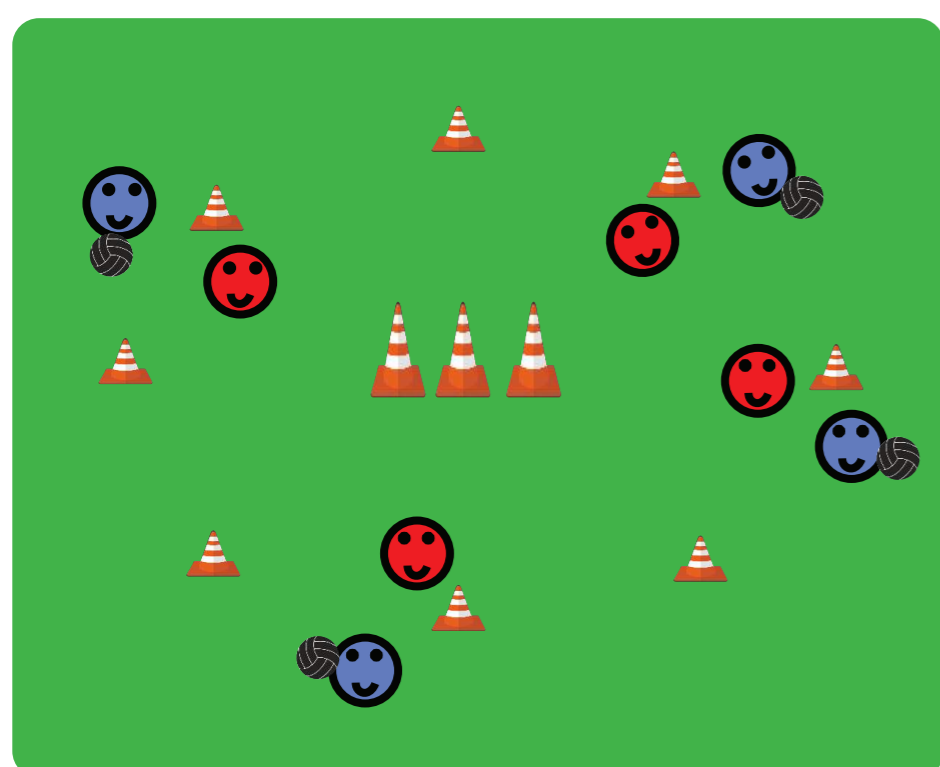
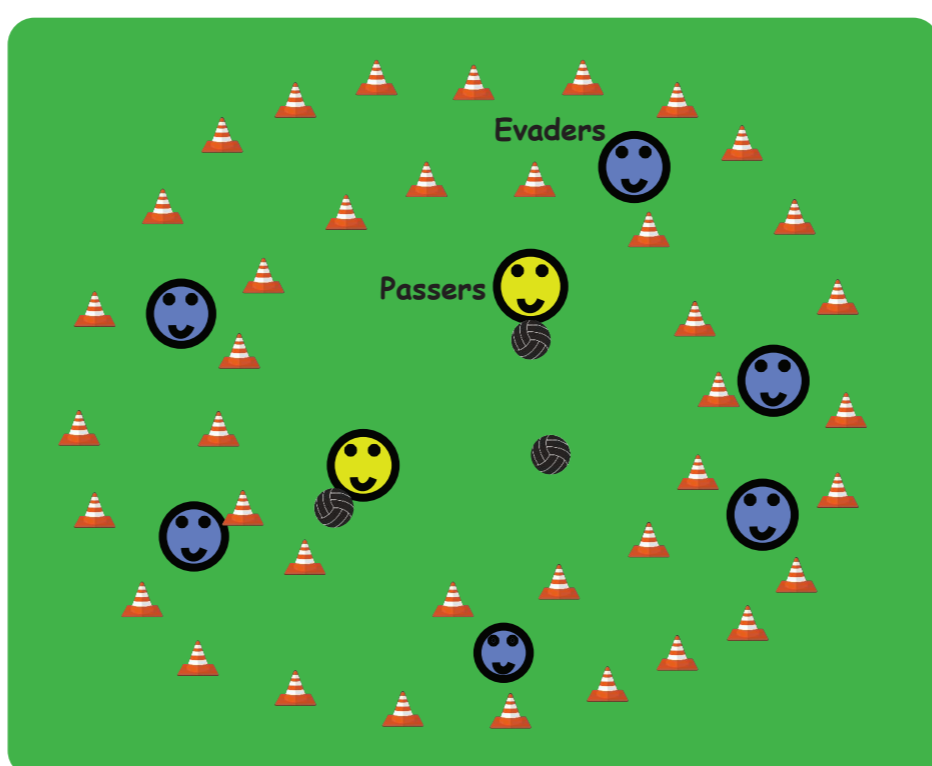
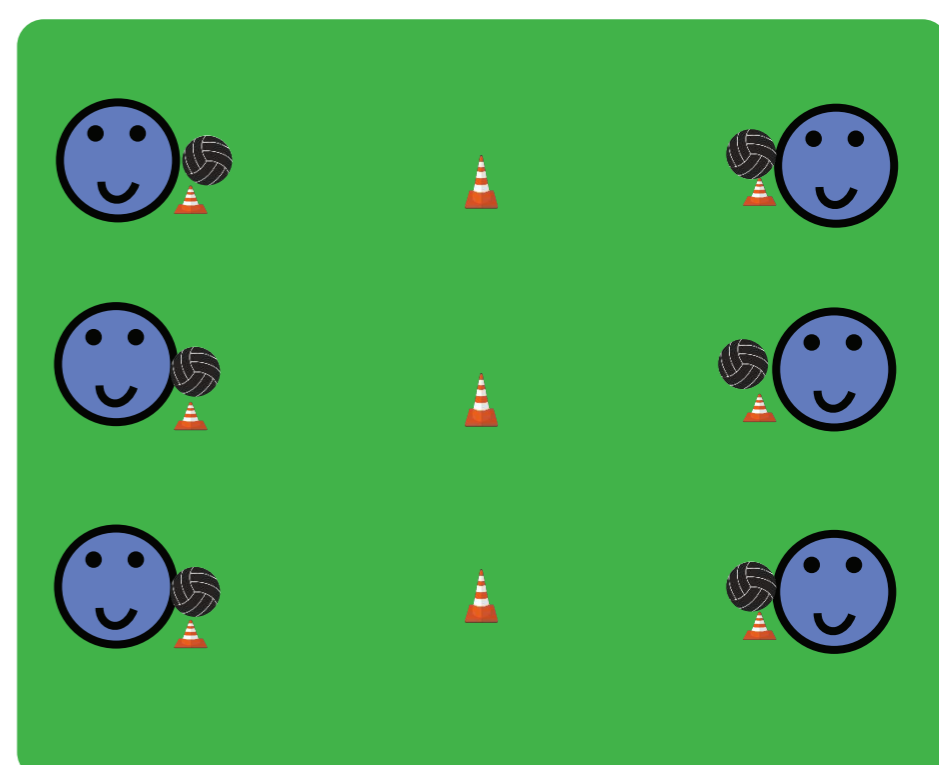


THE BIG BOOK OF TRAINING GAMES AND ACTIVITIES



**FOR
U7 - U11**



**PRODUCED BY
MICKY QUIGG/
SIMON GILLESPIE**

INTRODUCTION

Players want to be challenged, motivated and enjoy their Gaelic Games. Coaches want their sessions to be engaging and enjoyable. Games can offer all of these and more. Games can provide learning experiences, as well as enjoyment. A game can offer players the opportunities to development decision making and problem solving skills. Children learn more effectively from playing games than linear drills!

Don't be afraid to 'differentiate' your coaching. Make sure that weaker players have access to one to one coaching and that stronger players are challenged beyond the challenge of weaker or intermediate players. It is important to have more than one coach for this to work successfully, numerous coaches can look out for numerous skills or work. Ask a parent to get involved and give them a simple skill focus for the session i.e When soloing make sure they point their toe to the sky. More coaches = More 1 to 1 = Better Development.

Questions To Consider Before Each Game

- What is the theme or skill you are working on? Demonstrate the technique and explain the game (Use the Spot and Fix Cheat Sheet on the Next page to Identify the correct Techniques per skill).
 - Outline the rules of the game and demonstrate it first.
 - Let your players play before stopping anything.
 - Ask yourself is the game working/ does something need to change?
 - Evoke learning by asking your players questions! What is working well? How could we make it better? How could we score faster?
-

STEP Principle To Make The Games Easier Or More Challenging

Space - Increasing or Decreasing the size of the space or Distances between targets/ goals

Time - Increasing or Decreasing the time involved

Equipment - Add or remove footballs/ sliotars, number of cones or number of goals/ width of goals etc.

Players - Change the players involved, from pairs or smaller or bigger teams/ number of attackers or defenders.

Making Your Own Game? Think Like A Child

- Who am I playing with? Who am I playing against?
- How can you score? What are the rules? What skills is being used?
- How do I win? Number of points/ Is there a time limit?

Choose 3/4 games per session then have a small sided game at the end, players love matches!

Micky Quigg

Simon Gillespie

HURLING - SPOT AND FIX

Look out for these do's and don'ts while coaching!

Hand pass	Player seems to get little or no distance or accuracy when hand passing	Player may be throwing the sliotar too high into the air	Coach how to hand pass the ball off the other hand while it rests there.
		Player's arm may be pointing away from the intended target/ teammate	Coach how to finish your arm pointing in the direction you want the sliotar to go to
		Player may be striking the sliotar off their fingertips or palm of their hand	Coach how to hand pass where your fingers and palm of your hand meet, for best accuracy
Solo	Sliotar keeps falling off the players hurl	Player is trying to solo holding the hurl at the end of the hurl	Coach player to hold the hurl with dominant hand, half way up the hurl
		Player is holding the hurl at an angle, sliotar keeps rolling off	Player should be holding the hurl at parallel. Use a beanbag to grow confidence first if need
Frontal Ground Block	Missing the ball, producing a weak tackle	Not extending the dominant arm. The opponent's hurl may slide up and injure the tackling player	Extend the dominant arm fully, placing the hurl perpendicular to the ground
Hook	Missing the hook tackle/ sliotar	Attempting to Hook from the front	take up position behind the opponent
		Trying to do a timed flick	Hold the hurl out on the path of the swing
		Not striding into the tackle and extending the arm	Take up position an appropriate distance behind the opponent
Frontal Block	Missing the tackle	Dropping the hurl below the striking hurl, the opponent's hurl may follow through and strike the blocking player	block down firmly on both the ball and the opponent's hurl as the ball is about to be struck
	The tackler getting hurl	The holding the hurl with the dominant hand at the top, the other hand half way up the hurl	Ensure both hands are held at the top of the hurl, so the tackler doesn't get hurl

Information provided for Spot and Fixing Coaching in Football and Hurling provided by the Connacht GAA Club Coaching Manual.

HURLING - SPOT AND FIX

Look out for these do's and don'ts while coaching!

Hurling			
Skill	Common Faults	Common Causes	Corrections & Adjustments
Ground Strike	Not striking the sliotar	Lifting the head up to follow the ball	Keep the head down, looking at the original position until the follow through
		Not stand close enough to the ball	Hold the Hurl at the top with the dominant hand, place the bas of the hurl beside the ball, while standing upright
Pick Up (jab lift/ roll lift)	Player isn't rising the ball. Sliotar is moving away from the player	Hurl is being held at too great an angle	Make sure the Hurl is being held level/ parallel with the ground
		Catching the ball in the dominant hand; this may lead to difficulty when attempting to strike the ball	To correct, ensure that the non-dominant hand is released to catch the ball
		Holding the hurl with the 'toe' facing inwards; this may lead to difficulty in sliding the hurl under the ball	To correct, the hurl is turned to face the 'toe' away from the body
The Dribble	Player loses control of the sliotar	The toe of the hurl is facing towards the ground	Place the heel of the hurl on the ground
		Player has one hand on the hurl	Ensure player always has two hands on the hurl
		The player is holding the hurl with both hands at the top	Make sure the dominant hand is at the top of the stick, and the other half way down the hurl for controlled possession
Striking from the hand	Missing the ball completely	Holding the hurl at too long at the grip	Hold the hurl short initially before gradually moving to hold it at full length
		Placing the non-dominant hand above the dominant hand on the hurl; this may limit their ability to adapt the strike in a game situation	Place the non-dominant hand below the dominant hand (close to the butt of the hurl) in the lock position
		Tossing the ball up too high or too far in front	Practice simply tossing the ball up to shoulder height and catching it
Ground Flick	Missing the ball	Not getting close enough to the opponent; may be exposed to being struck during the follow through	Make shoulder to shoulder and hip to hip contact.
		Taking the eyes off the ball, this may mean missing the ball entirely	Keep the head down and eyes on the ball until the flick is complete
		Performing the swing too slowly.	Use a quick, wristy action to swing for the ball
Controlling a moving ball	Failing to stop or control the ball	Holding the hurl at full length	Shorten the grip by holding the hurl further down the handle with both hands
		Not getting your body behind the ball	Make sure you are in a strong position with body behind the ball, and be on your toes

FOOTBALL - SPOT AND FIX

Look out for these do's and don'ts while coaching!

Solo Run	Player drops ball to foot but kicks it ahead rather than back to hand	Player is using a 'hard foot' to kick the ball – toe down method Player is holding the ball too far from his/her body	Coach the player how to kick with a 'soft foot' – toe pointed up. Coach the player to hold the ball closer to body [a bent elbow helps]
	Player seems to skip or hop when toe tapping on the move	Check to see if the player is throwing the ball into the air and waiting for it to drop to his/her foot. Player may be trying to return the ball from foot to hand by bending the knee and hopping to help his/her kicking foot reach the ball	Coach how to let the ball roll off the fingers to the foot. Controlling it will then be easier. Coach how to keep the kicking leg straight as it strikes the ball [locked knee, no bend].
Hand Pass	Player seems to get little or no distance or accuracy when attempting the fist pass or fisted score	Check the football size and weight? Player may be striking the ball off his/her fingers or knuckles. Player may be swinging his arm in a 'roundhouse' fashion. Player may be throwing the ball into the air before striking it.	Use Size 2 for U6, Size 3 for U8 and Size 4 for U10 players. Coach how to fist using the fleshy part of the fist at the base of the thumb and near the wrist. Coach how to swing arm close to side of body and through the ball. Coach how to fist the ball off the other hand while it rests there.
Block Down	Player shying away from contact	Player may be afraid of getting injured	Coach how to stand in close to the kicker and to approach from the side
	Missing the ball as it passes though the outstretched arms	Hands are too far apart	Coach how to reach forward with the hands together and eyes on the ball
Tackling	Tackling opponent from behind	Player may be unsure of body position before making the tackle	Coach how to move alongside opponent and keep eyes focussed on the ball
	Tackling with the outside hand	Easier for the player to slap the ball from opponent, giving away a free	Coach how to flick the ball away with the near hand when the opponents far leg is forward
Body Catch	Leaning backwards as the ball approaches	Player waiting stationary for the ball	Coach moving forward to receive the ball
	Ball bouncing off the chest	Players elbows and arms are too far apart	Coach extending the arms in front of the chest with elbows close together and palms facing up

FOOTBALL - SPOT AND FIX

Look out for these do's and don'ts while coaching!

Football			
Skill	Common Faults	Common Causes	Corrections & Adjustments
Kick	Football is kicked high into the air instead of over a distance.	<p>Player has his/her 'toe up' when kicking; i.e. using a 'soft foot'</p> <p>Player is leaning back as he/she kicks the ball.</p> <p>Player is holding the ball too far from his/her body [long arms]</p>	<p>Coach the player the 'toe down' / 'hard foot' method of kicking</p> <p>Coach how to watch the ball all the way down to the point where it strikes his/her foot [better balance]</p> <p>Coach how to carry the ball closer and let it drop rather than throw it out.</p>
	Poorly directed kick – skews off target	<p>Player is kicking with the outside edge of his/her boot</p> <p>Player's standing foot is planted away from the target</p>	<p>Coach how to kick 'off the laces' and follow the kicking foot through towards the target [e.g. teammate or posts]</p> <p>Coach how to plant the standing foot [non-kicking foot] directly at the target [e.g. a team-mate, the goals]</p>
Overhead Catch	Player makes ground to catch the ball but always seems to reach and miss	<p>Arms too wide and ball drops through</p> <p>Poor timing – player leans forward to catch with long arms</p>	<p>Coach the player how to 'make the butterfly hands' for the overhead catch.</p> <p>Coach how to take an extra step towards the flight of the ball – stops player having to lean forward for the catch</p>
	Player tends to pat the ball down rather than attempt an overhead catch	Player is keen to take the 'sting' out of a ball in flight.	Coach how to make the 'W' shape with fingers of two hands and practise with a lobbed ball first. Soft Hands
Crouch Lift	Player slows up and appears awkward or unsure when approaching the ball	Player shortens stride in an attempt to get feet in the right position for the lift.	Coach player how to make the last stride into the ball a long one. This will help maintain speed and give a solid base from which to drive off.
	Player gets in position but misses the first attempt at the lift.	Hands are too far apart or by the side of the ball.	Coach how to reach in front of the ball and make a scoop with hands tight together and fingers spread.

U7 FUN WARM UP GAMES

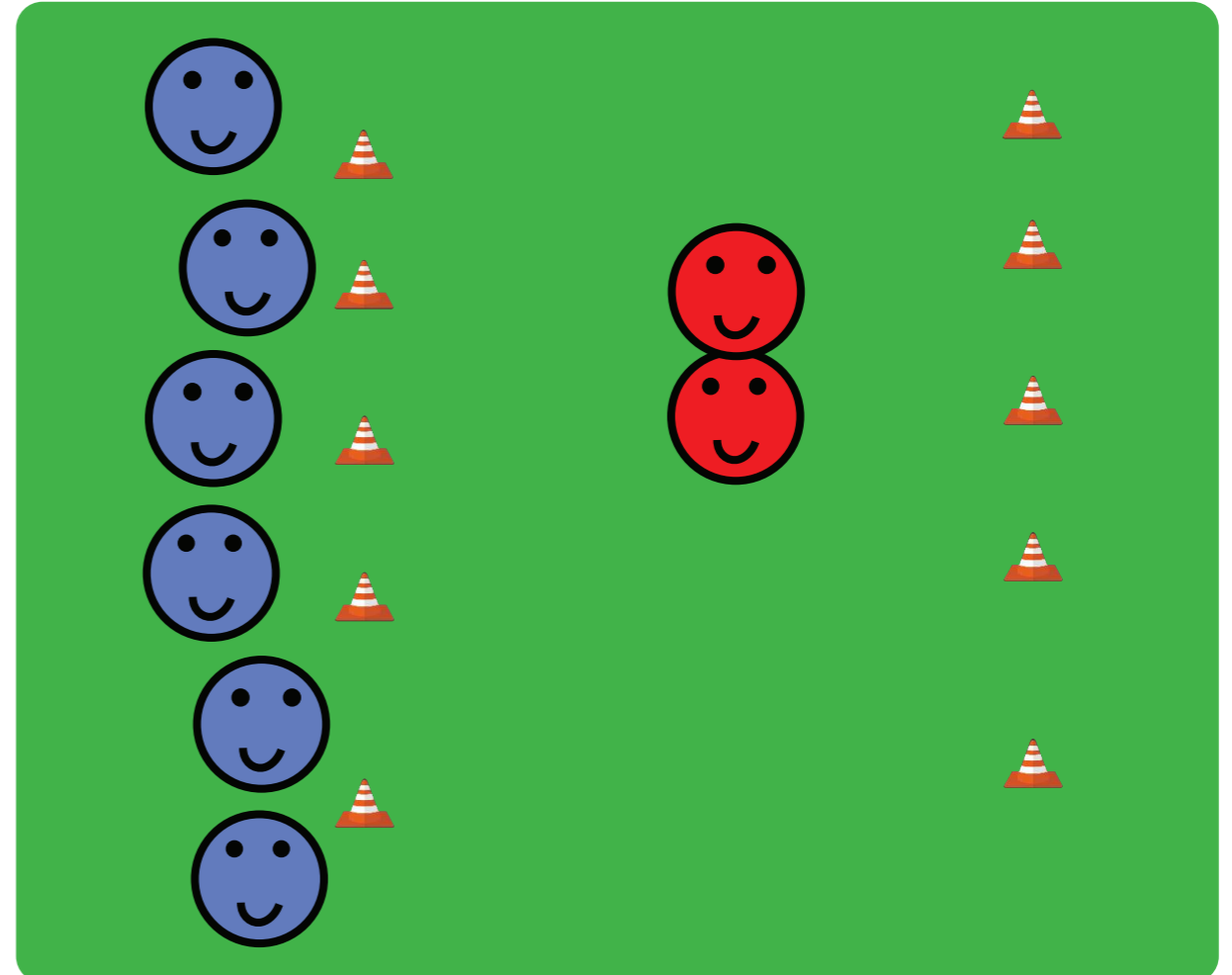
OCTOPUS TAG

8-10minutes

Hurling & Football

One person stands in the middle of the area, they are the octopus. The rest of the players line up on the line. When the octopus shouts "Go" they all have to run to the other side. If the octopus tags someone they have to stay in the middle linking arms with the other octopus. Once you link up to 4 players in the middle - you can split into two sets of octopuses, both linking eachothers arms to catch more players.

Develops: Reactions, agility and evasion



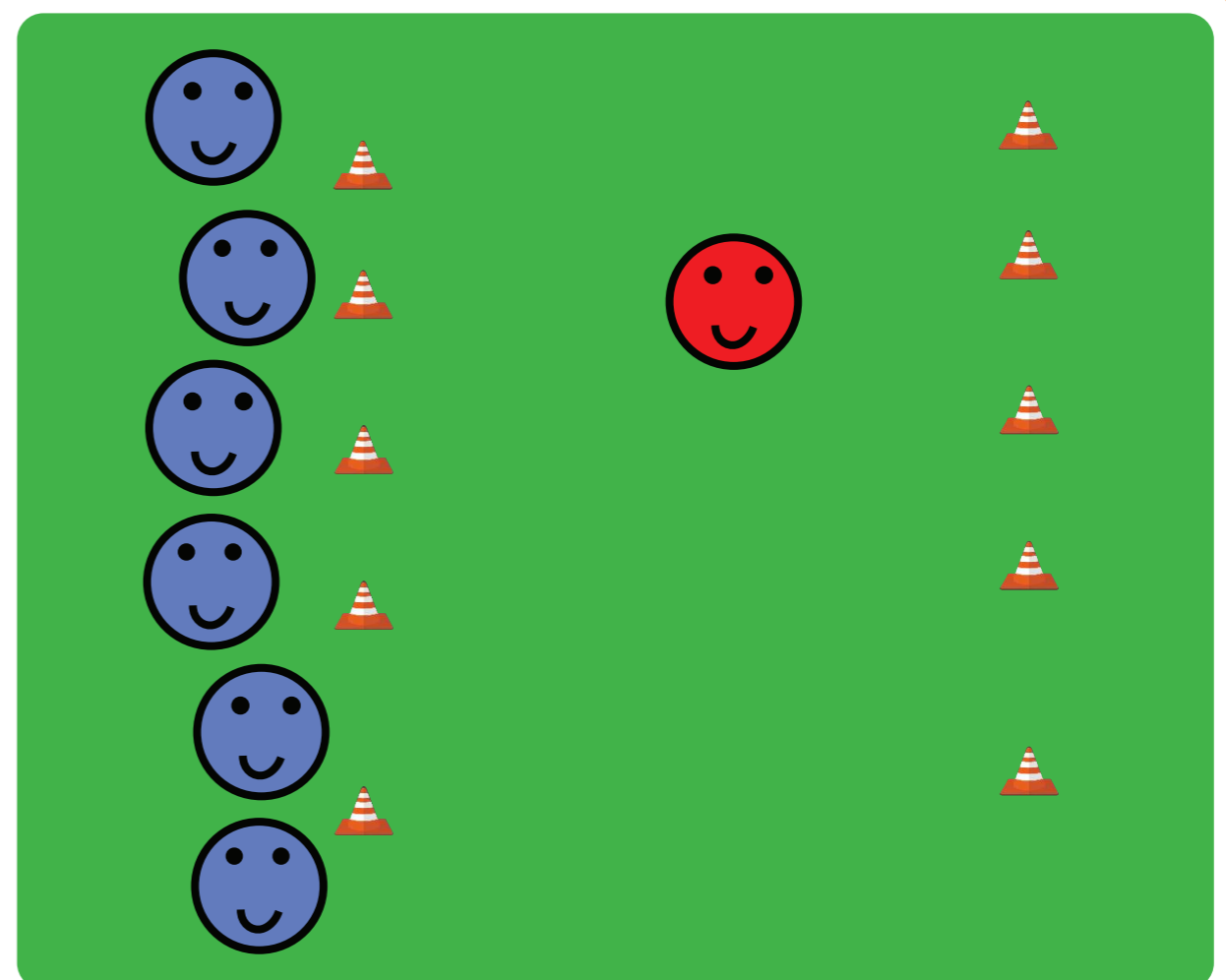
BULLDOG

8-10minutes

Hurling & Football

One person stands in the middle of the area, they are the bulldog. The rest of the players line up on the line. When the bulldog shouts "Go" they all have to run to the other side. If the bulldog tags someone they become a bulldog - they have to help tag more players until there is just one person left. Let that person become the first bulldog for the next game afterwards

Develops: Reactions, agility and evasion



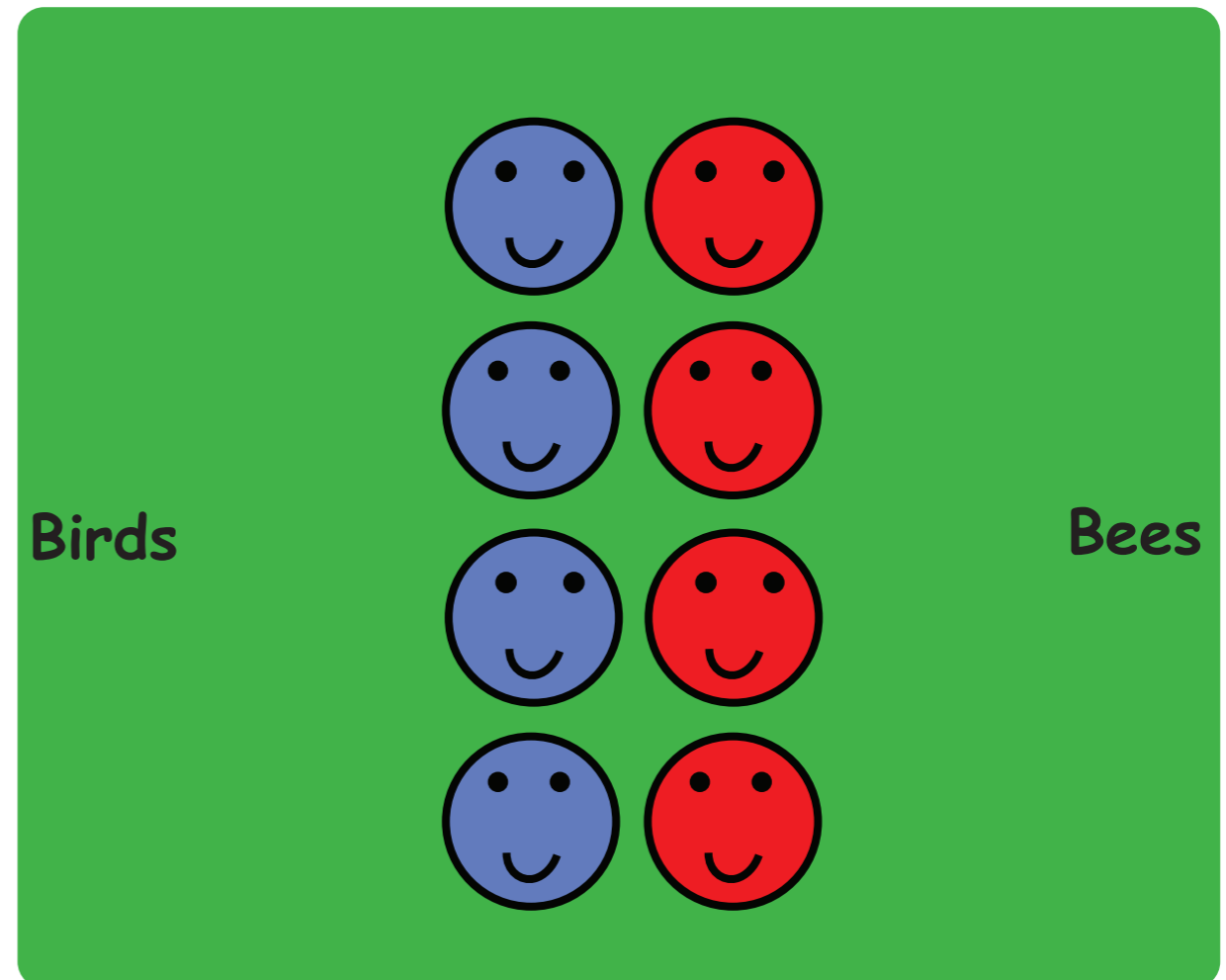
U7 FUN WARM UP GAMES

BIRDS AND BEES

8-10minutes

Hurling & Football

Divide group into two groups and organize them in 2 lines parallel to each other. Name one line birds and one line bees. Coach calls out either birds or bees. If birds are called out they must reach quickly and run to the allocated line away from the bees, and bees chase the birds to try and tag them before they reach the line, and so on. Make distance 15meters from middle to the team's 'safe zone'.



Develops: Reactions and agility

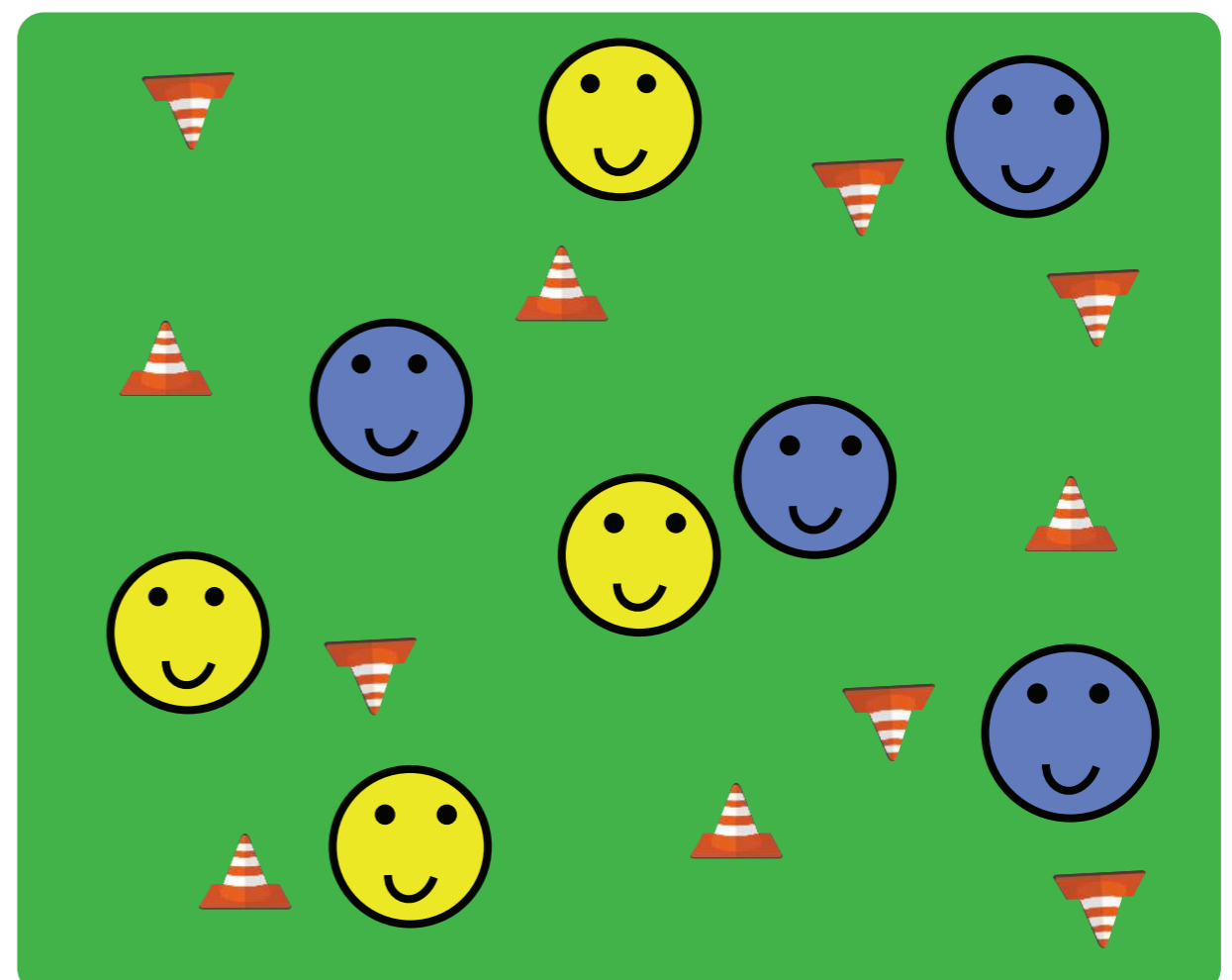


CUPS AND SAUCERS

8-10minutes

Hurling & Football

Divide group into two teams and organize them as cups and saucers. Scatter cones across a space, half standing upright and half upside down. The game involves cups turning cones upright and saucers turning cones upside down. Both teams go at the same time on the coaches instruction. Players may not turn the same cone around twice in succession. Team with most cones turned their direction, once time is up wins.



Develops: Reactions and agility



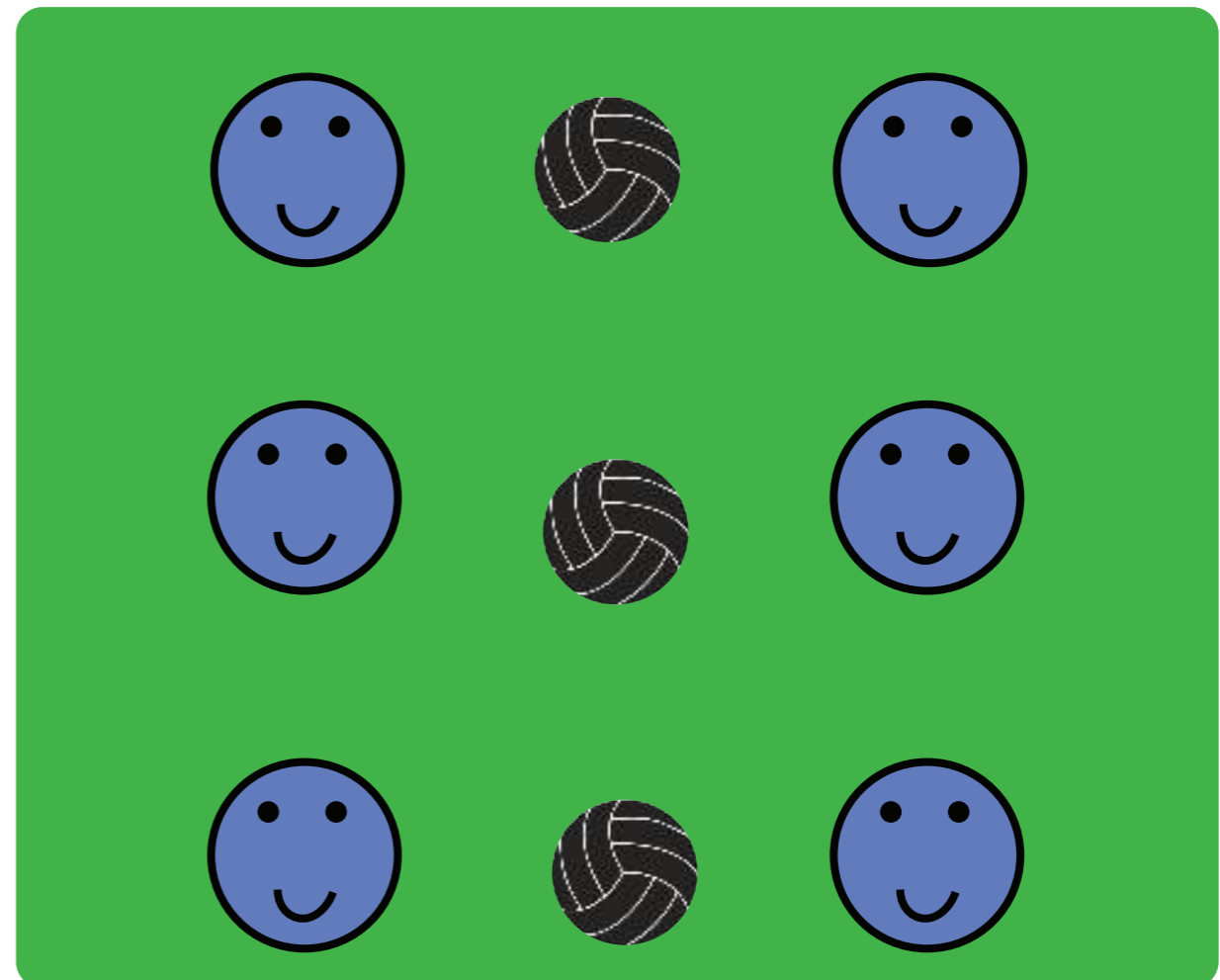
U7/ U9 WARM UP GAMES

HEAD, SHOULDERS, BALL

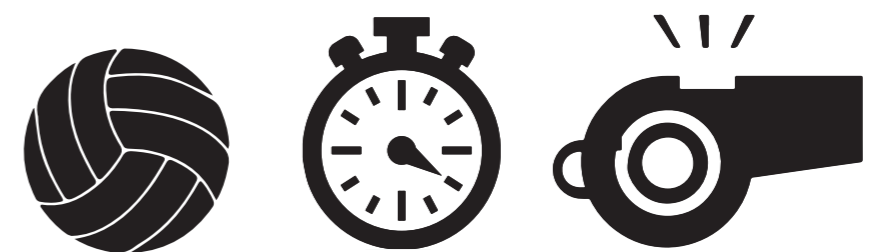
5-6minutes

Hurling & Football

Get kids into pairs with a ball between them. The players stand one metre away from the ball. Coach calls out instructions such as 'touch your head', 'touch your shoulders' or 'touch your toes'. When coach shouts "ball", players have to try and grab the ball with two hands, first person to grab the ball gets 1 point. Play numerous rounds with different partners.



Develops: Reactions and agility

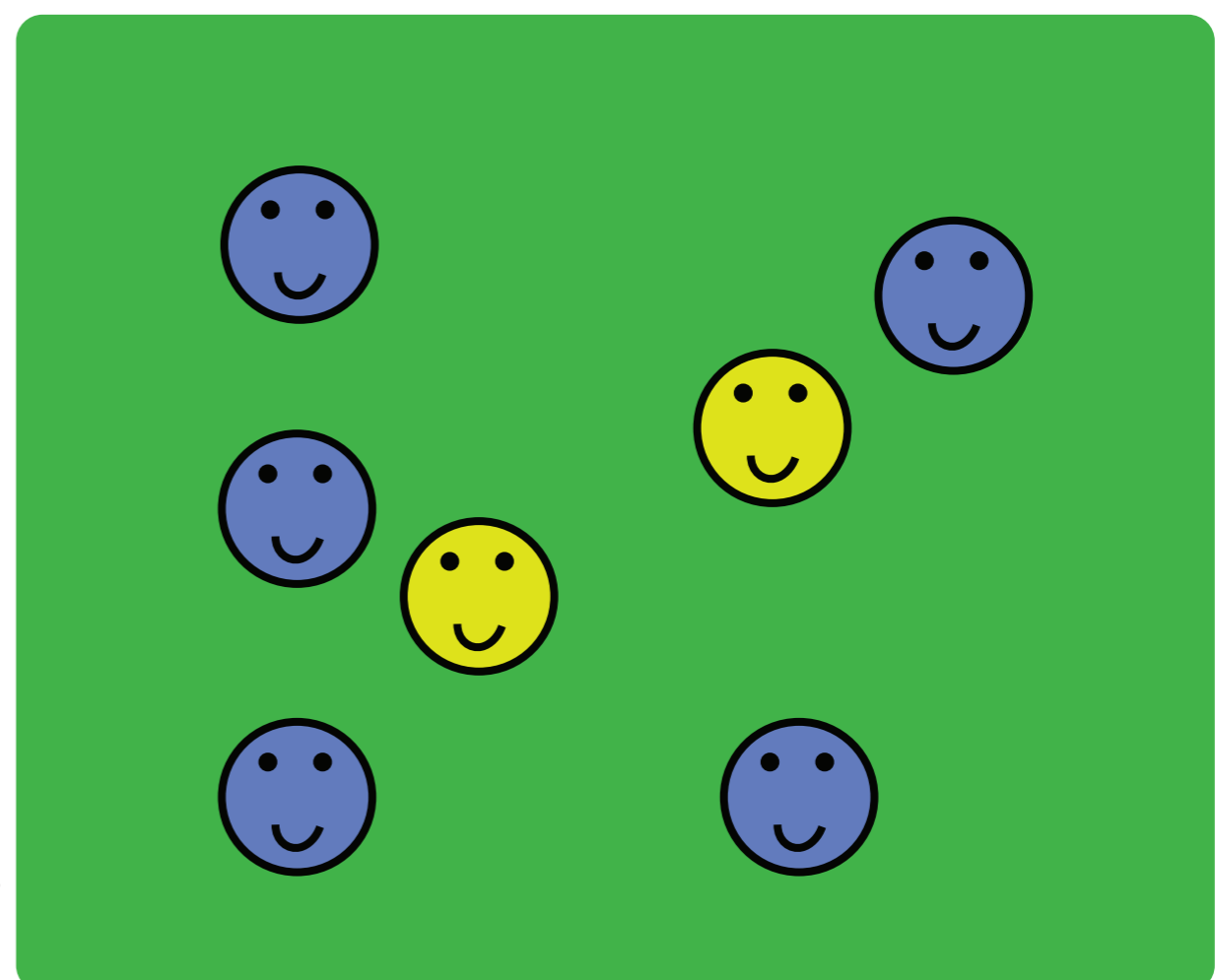


CATS VS MICE

8-10minutes

Hurling & Football

Mark out a grid with four cones. Choose two/ three chasers (cats) and have everyone (mice) else tuck half of a bib into their shorts. The mice have to avoid their tails being taken by the cats. If you lose your tail you become a cat. If you run outside the grid, you become a cat. The game ends when there are no more mice.



Develops: Agility and evasion



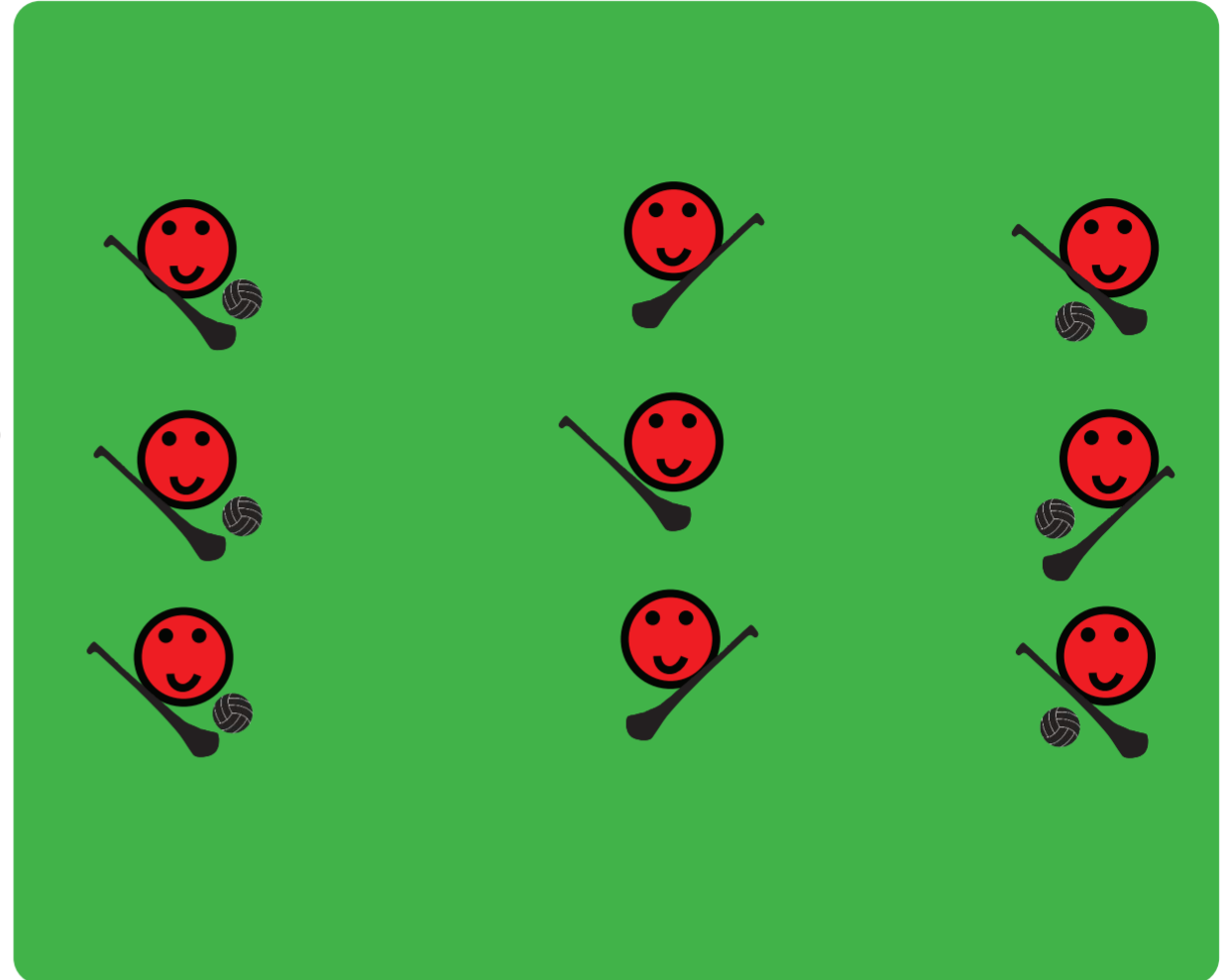
U9/ U11 SKILL ACTIVITY

WORK THE MIDDLE

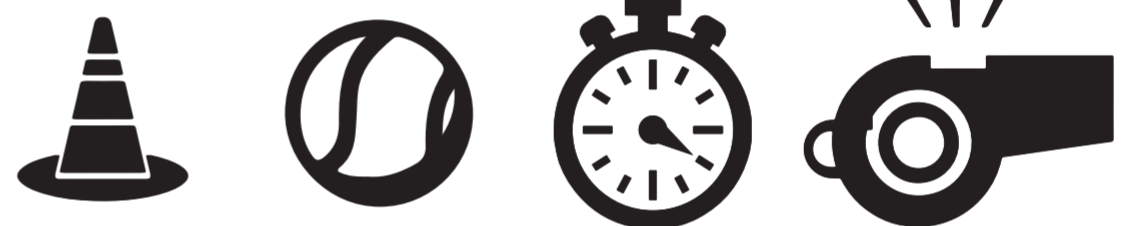
10-15minutes

Hurling & Football

Mark out cones 40 metre between two of them. Divide players into groups of three. One at each cone, and one in the middle. Two balls per group, one at each cone. Player in the middle works for 1 minute. Players at the cone strikes/kicks the ball to the middle, middle player collects, plays it back and then turn to collect the next ball from the other player. Game= How many can you do in 1 minute?



Develops: Striking and kicking, fitness & attacking the ball at pace.

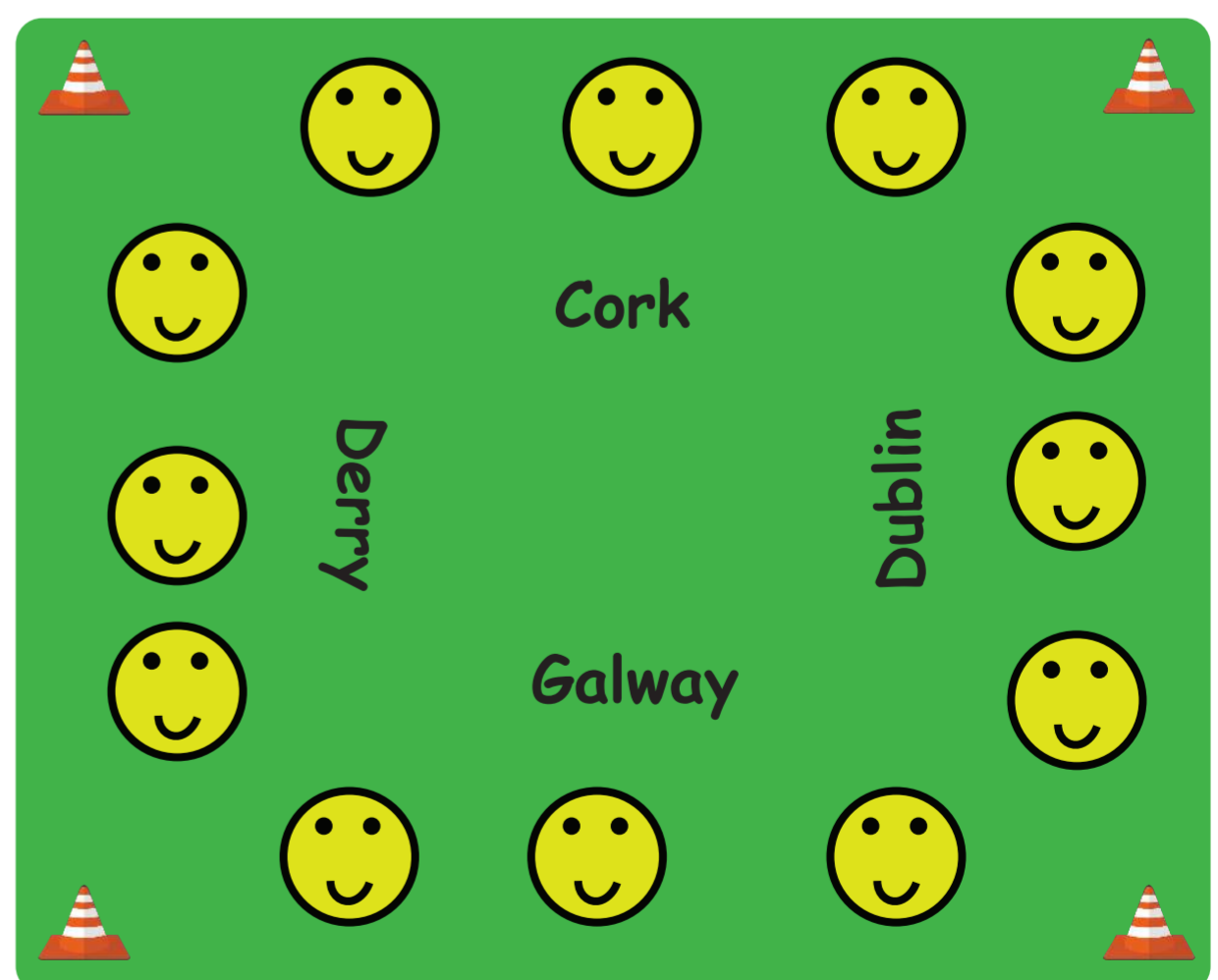


THE COUNTY GAME

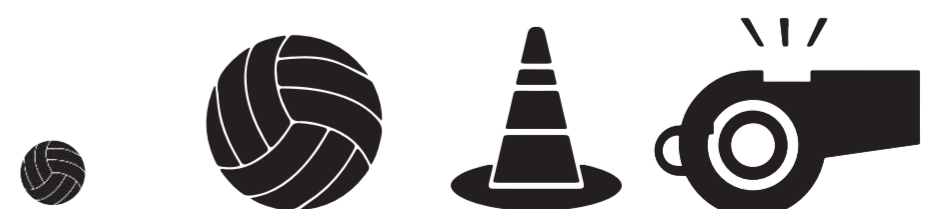
10-15minutes

Hurling & Football

Mark out a grid with four cones 20m x 20m. Split players into 4 groups. Every player has a ball. Players line up along a side of the square. Give each side a county. Coach calls out a county, that side solos out to the opposite side and back. Only call maximum two counties at a time.



Develops: Playing with the head up, peripheral vision and carrying the ball at pace.



U7 / U9 GAMES

BULLSEYE

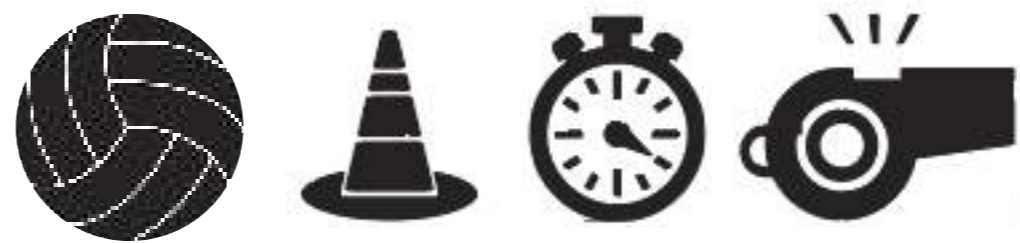
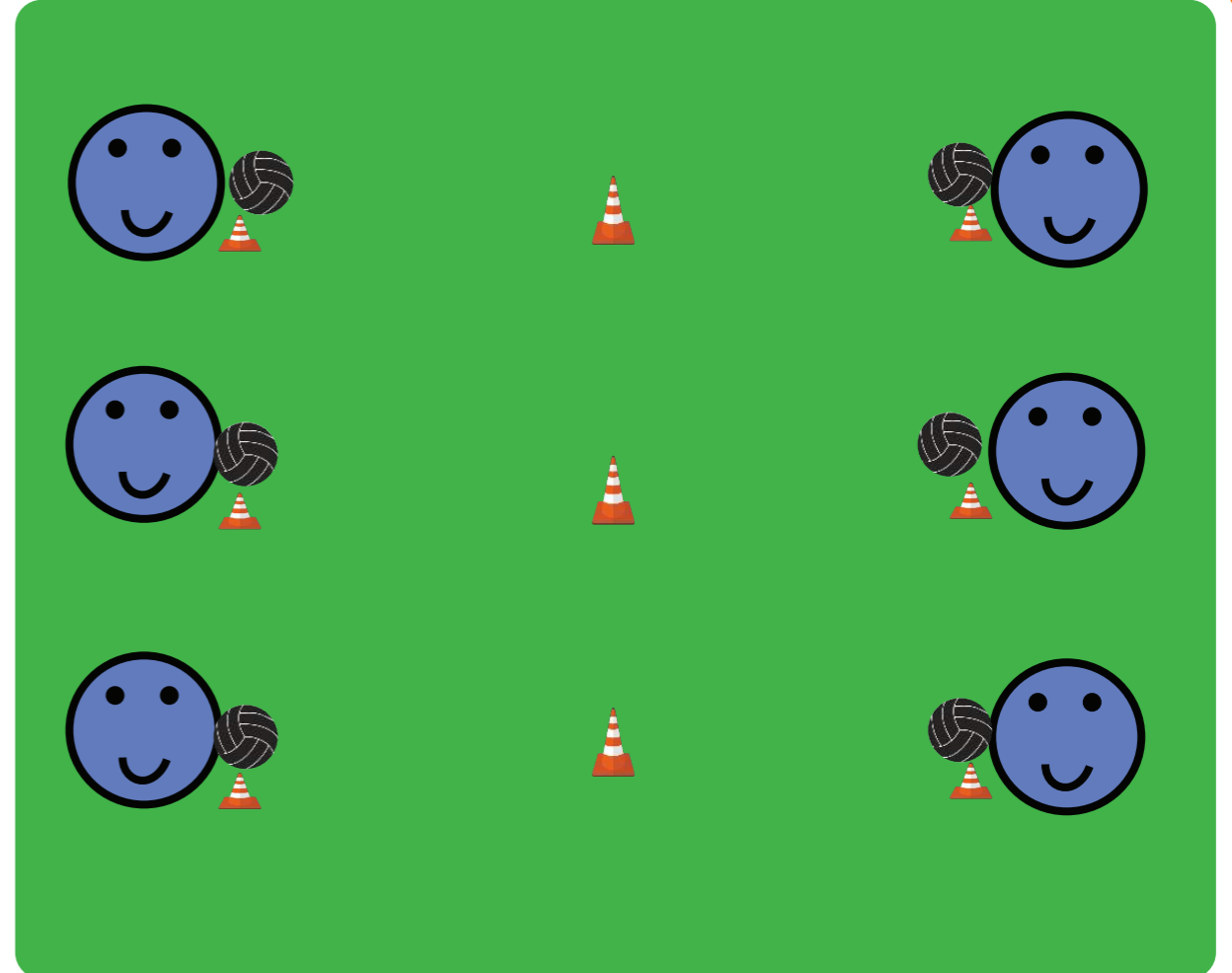
10-12minutes

Hurling & Football

Split group into pairs. Every player has a ball. Players compete against pair to knock down the cone in the middle (4-5meters away) with a handpass. If player is successful, they must put their cone back up and they gain 1 point. Then their partner goes - players must take turns. Play for two minutes then change the partners around.

Make it harder by introducing the kickpass or getting players to use their opposite hand.

Develops: Accurate handpassing/
accurate kickpassing



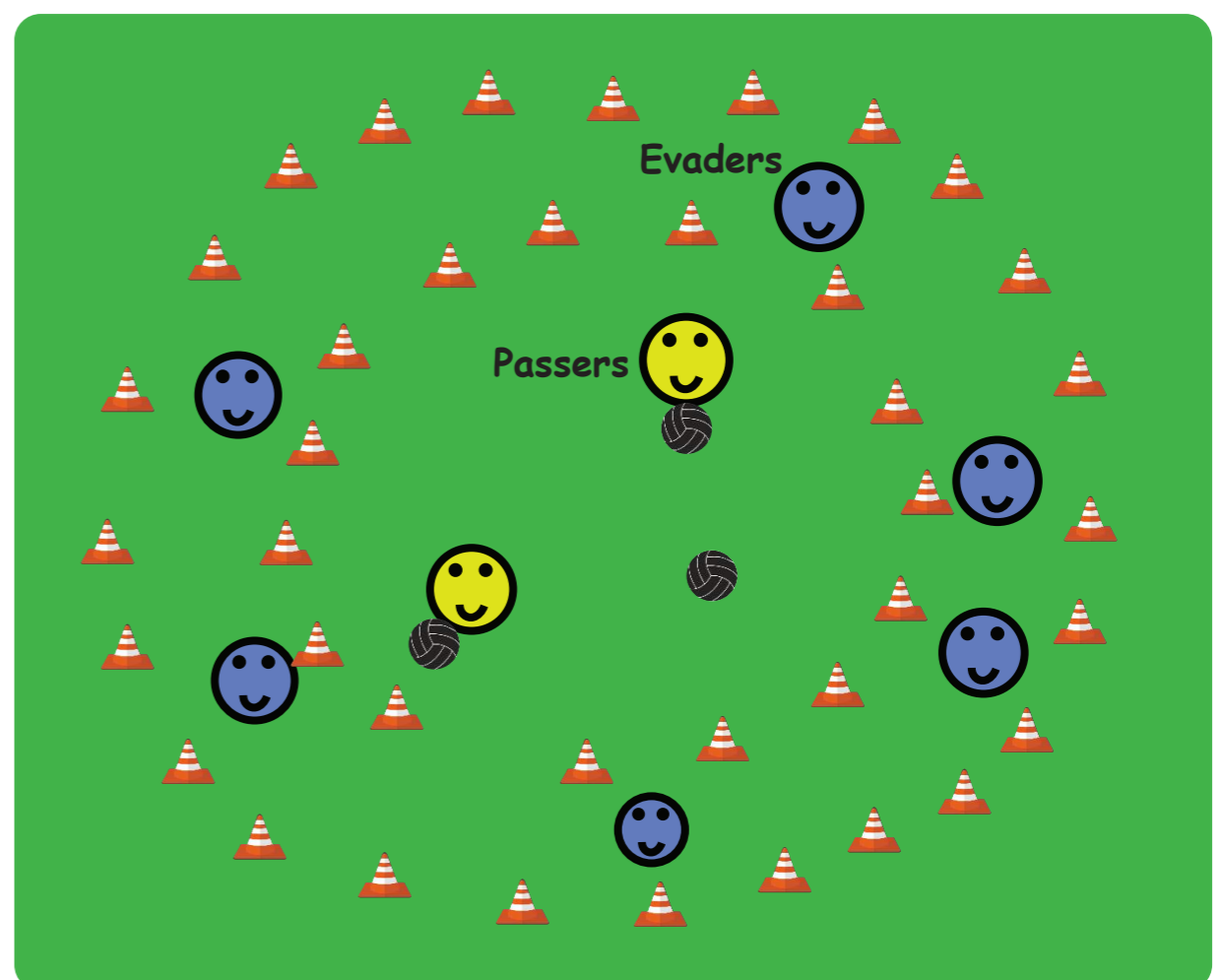
CIRCULAR DODGEBALL

8-10minutes

Hurling & Football

Make a smaller and a bigger circle within each other. Have 2 players in the middle circle as your passers and everyone between the 2 circles as your evaders. Passers can't leave the smaller circle unless to fetch a ball. Evaders must stay inside the big circle and outside the small circle. Passers must hand pass the evaders below the waist, if you are hit - you swap places with the passers.

Develops: Evasion and accurate handpassing.



U7 / U9 / U11 GAMES

TIME TRIAL

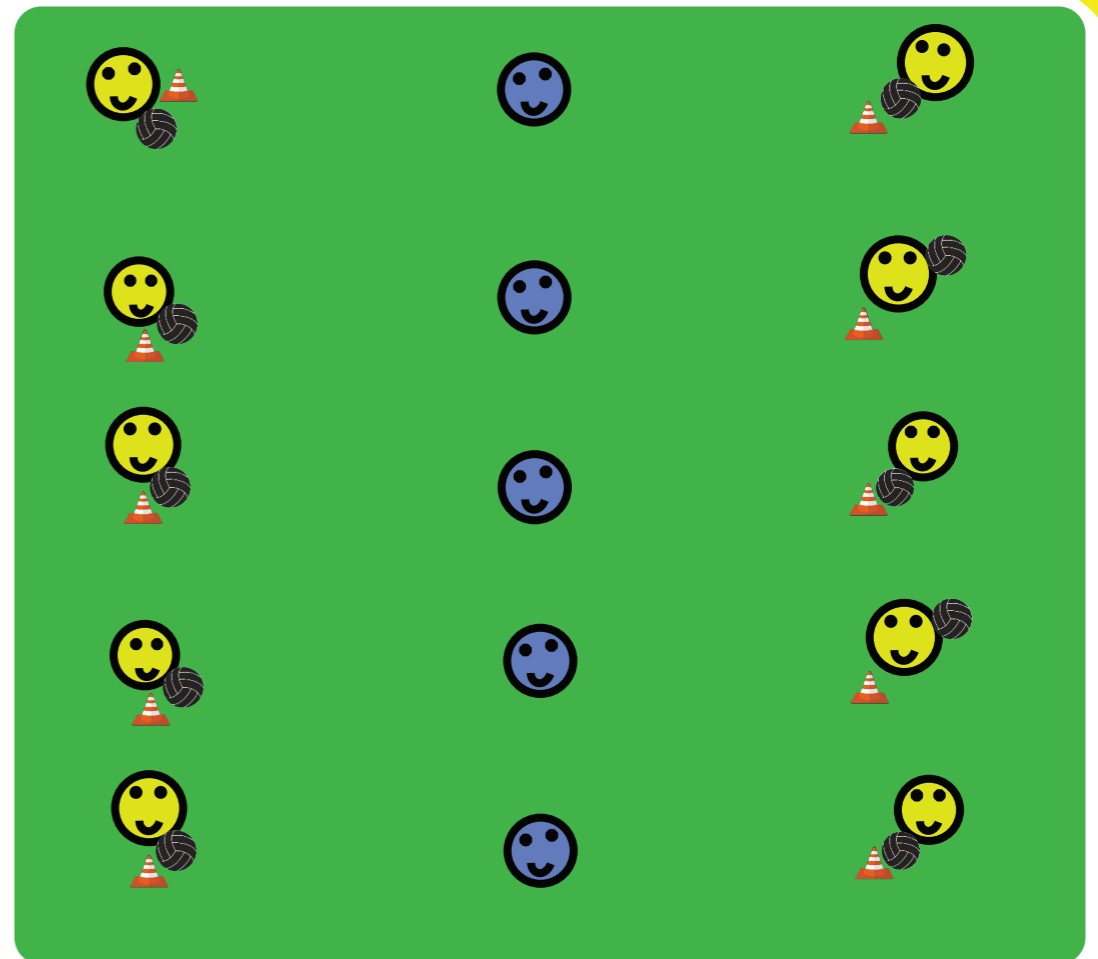
8-10minutes

Hurling & Football

Split group into teams of 3. Two cones per group - at 10-15meters apart. One player at each cone and a player in the middle.

Each player at a cone must have a ball. Players in the middle have 1 minute to see how many pick ups they can do. They run to the cone on the left, pick the ball, carry it around their teammate, drop the ball - then do the same on the other side. Every pick up is one point.

Develops: Stamina, Speed and Pick Ups



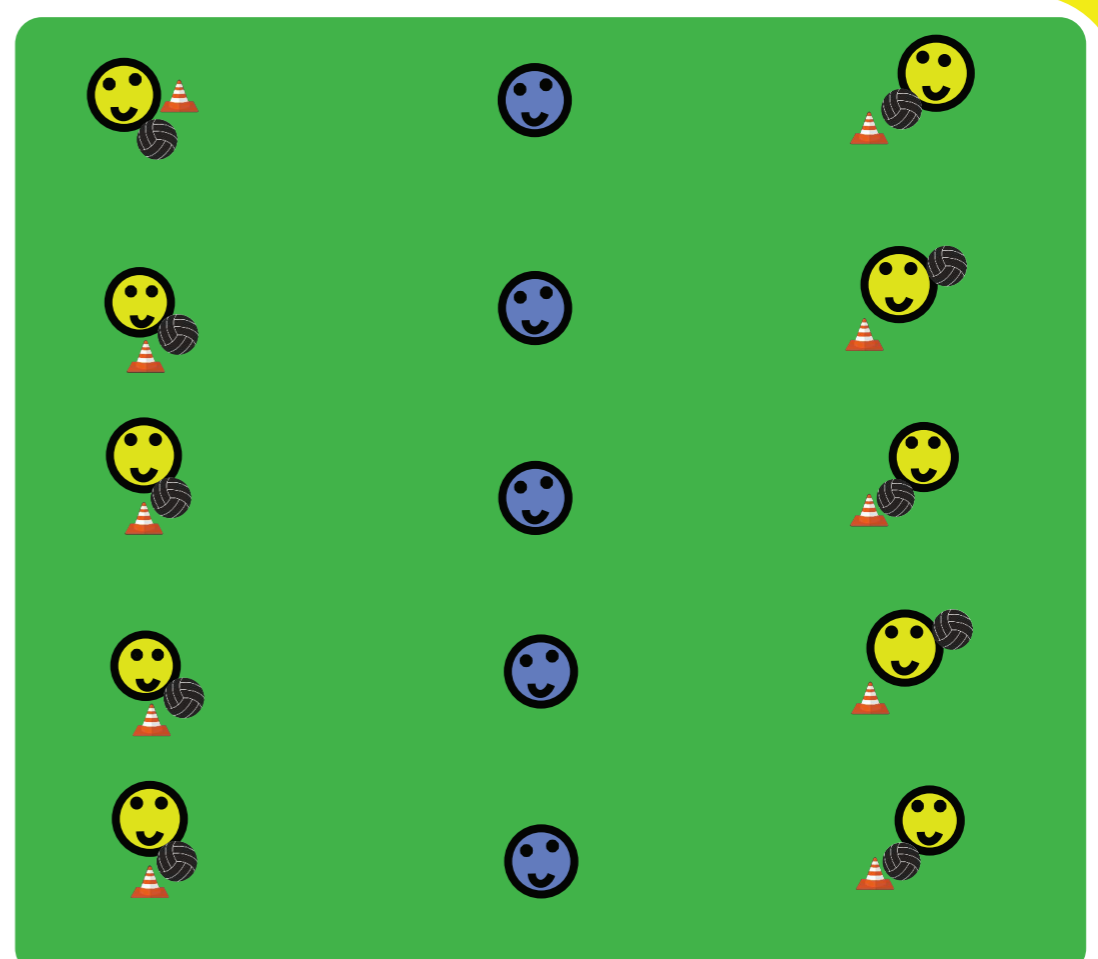
COWS AND SHEEP

10-12minutes

Hurling & Football

Split group into groups of 3. Two cones per group - at 10-15meters apart. One player at each cone and a player in the middle. Each player at a cone must have a ball. If the coach shouts 'Cows', middle player runs to the left picks the ball up and back to the middle. If the coach shouts 'Sheep', middle player runs to the right. Whatever player brings the ball back to the middle first wins. Remind players to be bouncing on their toes and be low to the ground.

Develops: Reactions and Pick Ups



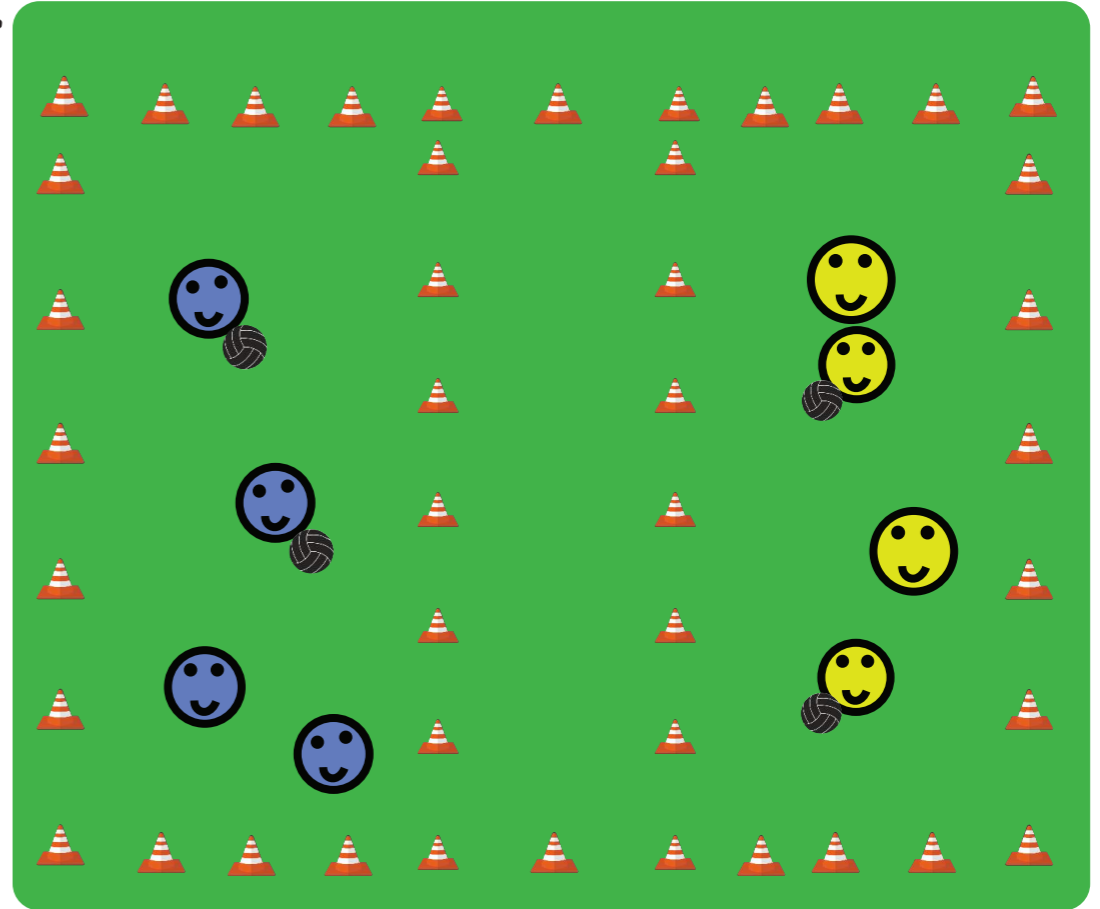
U7 / U9 / U11 GAMES

OVER THE RIVER

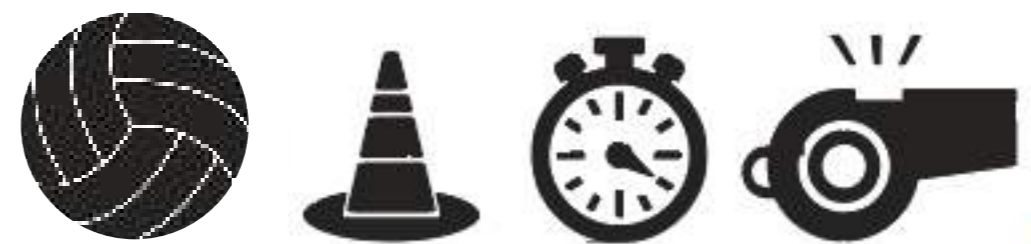
10-15minutes

Hurling & Football

Players split into two teams. They must kick 'over the river' into oppositions' area. The team receiving the kick aim to catch the ball clean. Scoring system works via; 1 point for a chest catch, 1 point for a ball that hit the ground and 2 points for an overhead catch. Ensure everyone has adequate kicking and catching time, make more grids in need to. Kick must be a lobbed pass up high. This may be more suitable for U9+ age grades. 4/5 to a team is a good number.



Develops: Accurate kickpassing, high catching and vision.



THE RUN AROUND

8-10minutes

Hurling & Football

Make a grid of 5m x 5m, 4 players per square in teams of 2. One sliotar/ football per team. Both sets of player run around the square clockwise, one at a time with the ball. The objective of the game is handpass (or throw for younger age grades) your opponent on the back. Once one player has completed 2 full laps of the square, their teammates must go next. For older age grades incorporate the solo every 4/5 steps. You can also play the game that you need to tag your opponent instead of passing the ball at their back.



Develops: Running, speed and agility



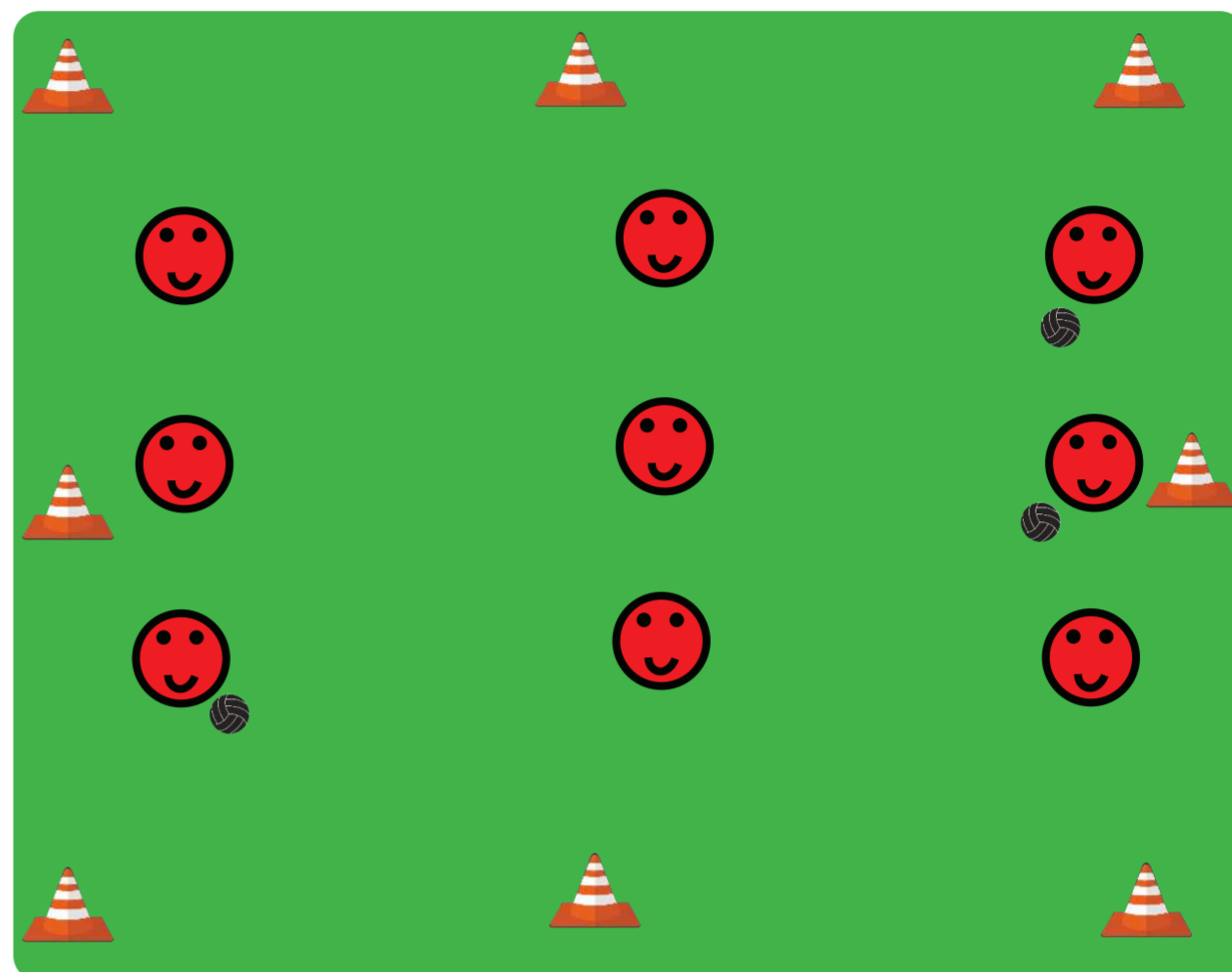
U7/U9/ U11 SKILL ACTIVITY

PIGGY IN THE MIDDLE

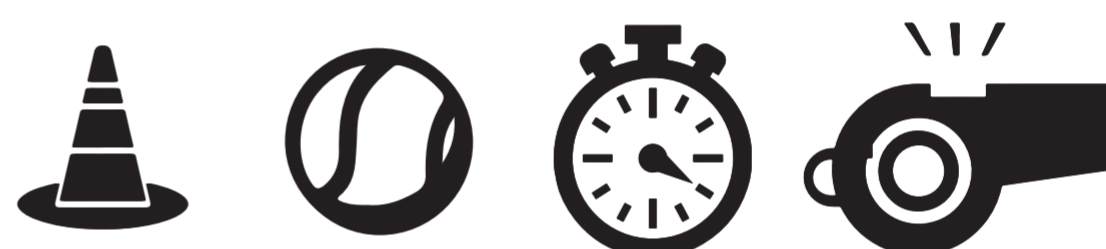
10-15minutes

Hurling & Football

Split in groups of 3. Two players must keep the ball off the person in the middle. Players must move around and not stay in the same spot. Go for 1minute then change the player in the middle. Player in the middle must count how many interceptions they can get. Mark out a square of 20m x 20m with cones, players must stay inside the square.



Develops: Striking and kicking, fitness, timing and tackling.

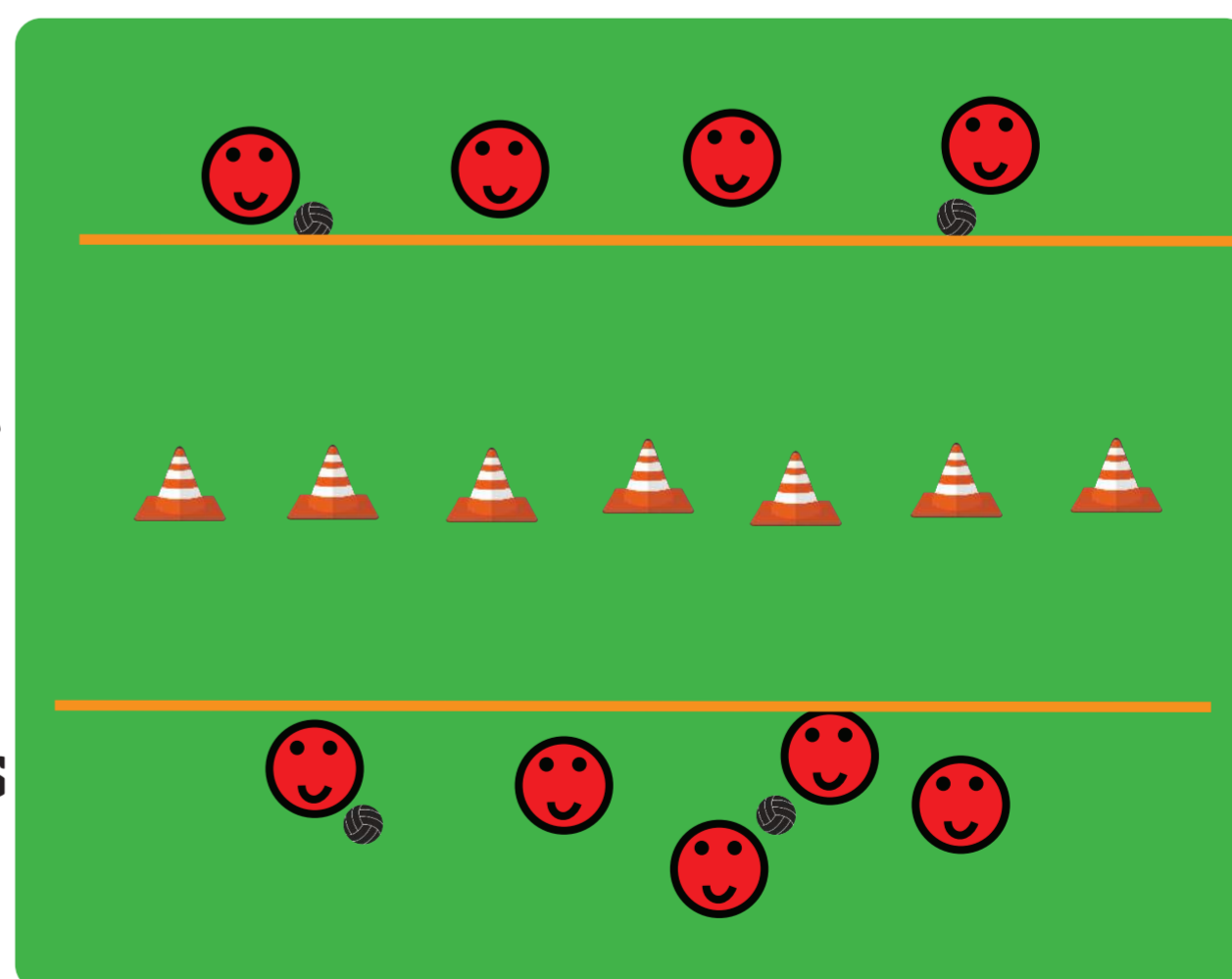


CONE ISLAND

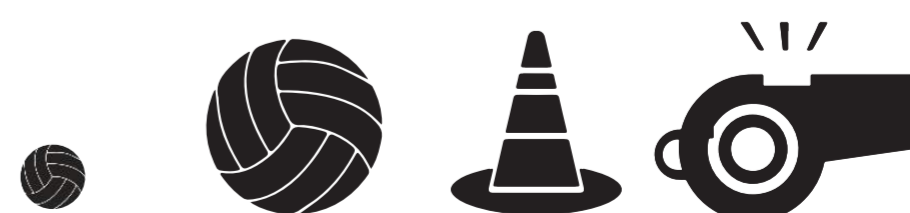
10-15minutes

Hurling & Football

Make layout as seen Right. Two lines of cones 20meters apart with a line of cones in the middle. Split group into 2, half go to each side. All players try to knock down cones via striking or kicking the ball under a certain time limit - while not crossing the line. Players may fetch the balls inside the island but may only shout outside of it. Punishment for rule breaking is another cone placed up back up.



Develops: Striking, Kicking and Accuracy.



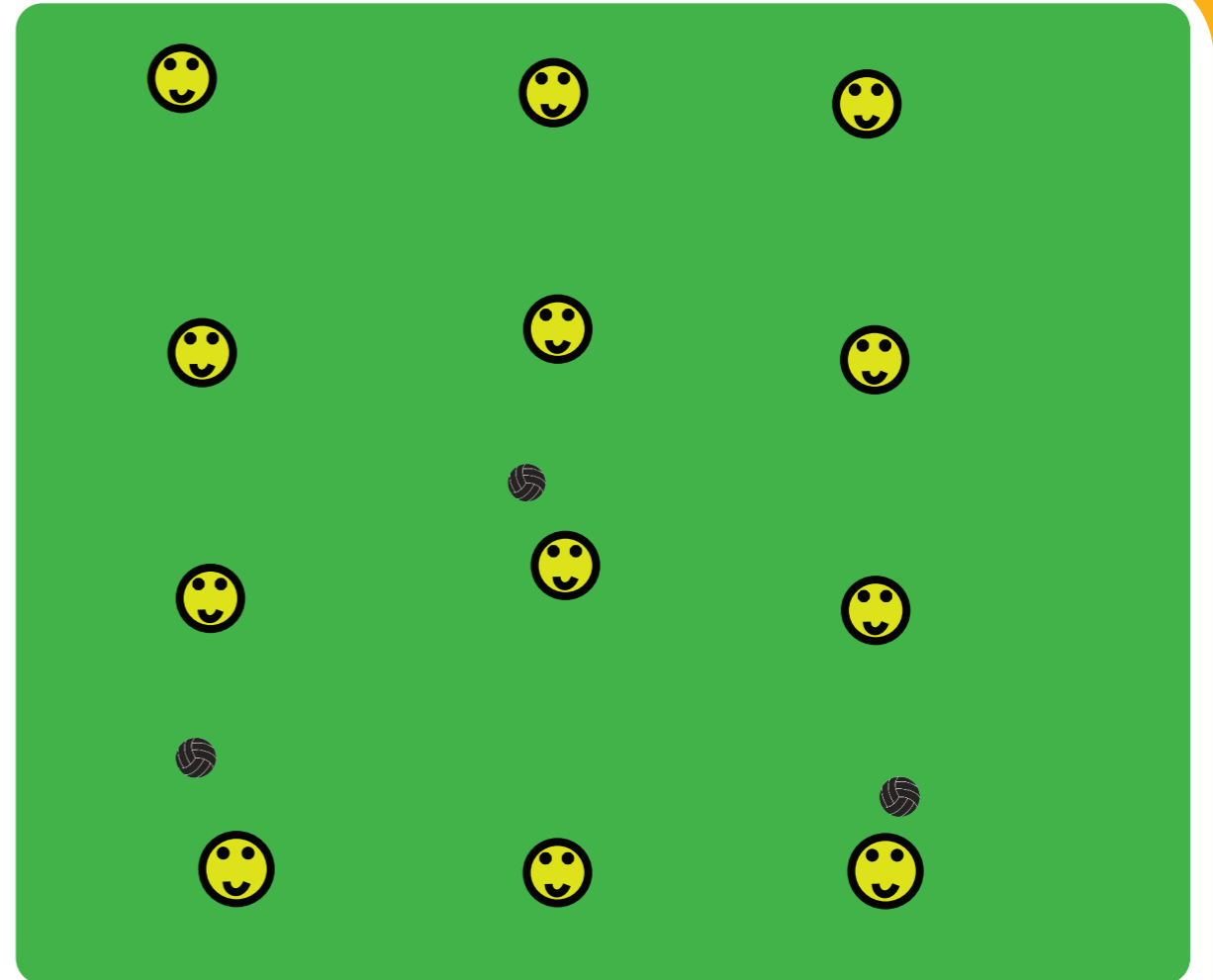
U7 / U9 / U11 GAMES

THE BIG RACE

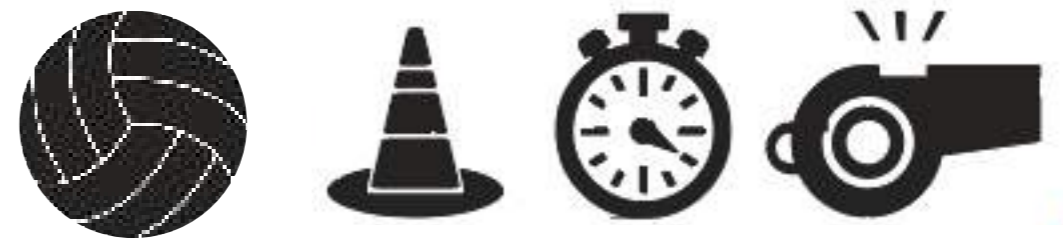
10-12minutes

Hurling & Football

Split players into equal groups, for example if 16 = 4 groups of 4. Spread players out the length or the width of the pitch (dependent on age grade). Ball must travel from one end to the other and back, via a kickpass/ strike. First group back to the start wins. Game can be changed to soloing and handpassing, and then going back to your original spot. To increase challenge make groups go back and forth 3/4 times instead of just the one.



Develops: Accurate kickpassing and striking.



WRECKING BALL

8-10minutes

Hurling & Football

Make a grid of 10m x 10m, decrease size for younger age grade. Split group into half, half goes to one side of the grid and one half to the other. Place a football in the middle or a medicine ball or yoga ball if available. Each player has a ball each, each team tries to kick the ball in the middle to the other side in order to win the game. Players can only kick when they are standing behind their own line, they may retrieve it from inside the gride, but can only kick outside of it.



Develops: Accurate kickpassing and striking



U7 / U9 / U11 GAMES

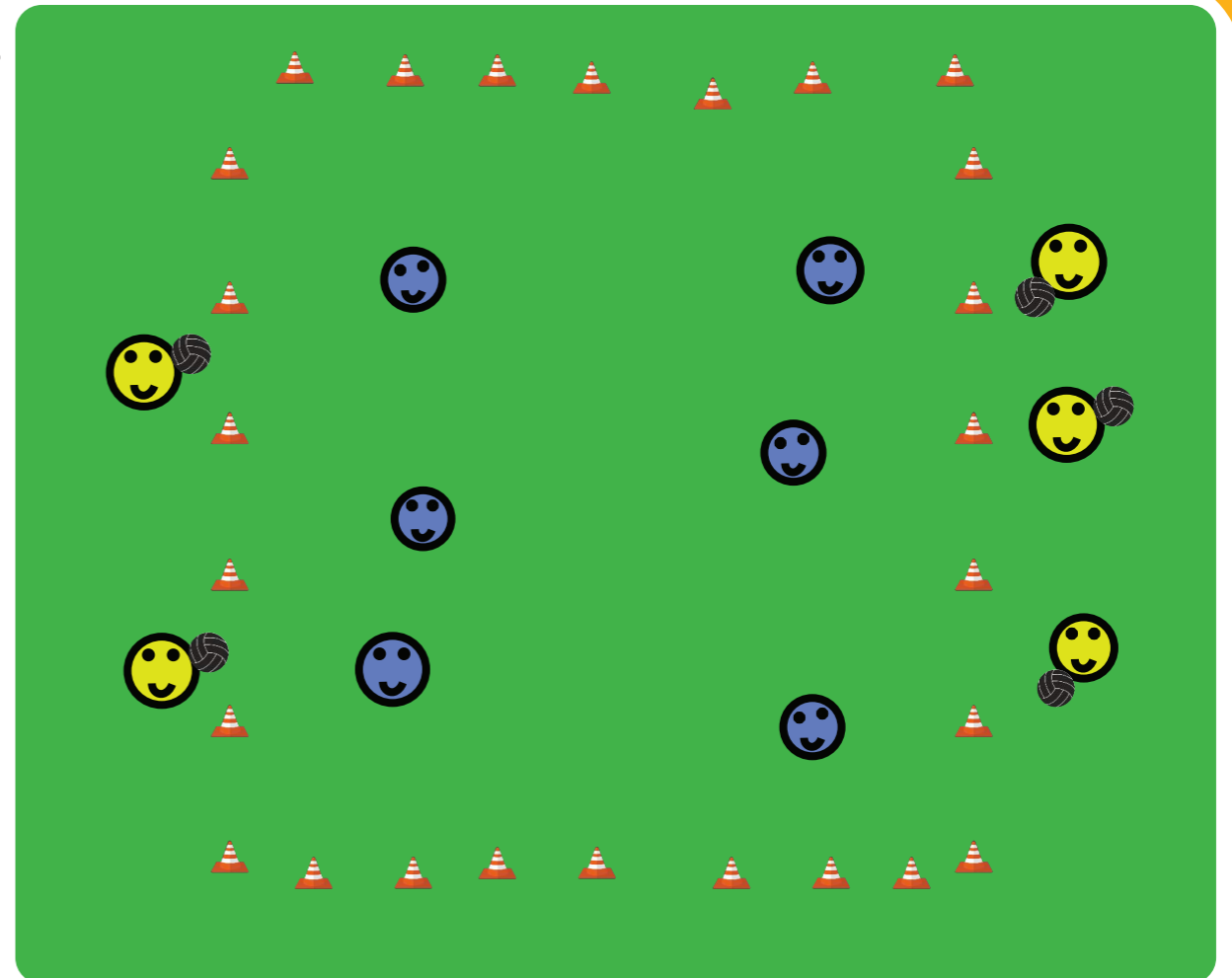
WORLD RECORD

10-12minutes

Football Only

Split group into 2. Half are evaders and half are kickers. Kickers must kick from left to right, on both sides trying to hit (below the waist) the evaders. The evaders move up and down, and get 1 point every time they successfully get to one end without getting hit. Kickers must stay behind the line - unless to retrieve a football. Once an evader is hit, below the knee. They then join the other kickers on whatever side they wish. After everyone is caught or a time limit - swap around.

Develops: Accurate kickpassing and evasion.



(Square should be 20mx15m)



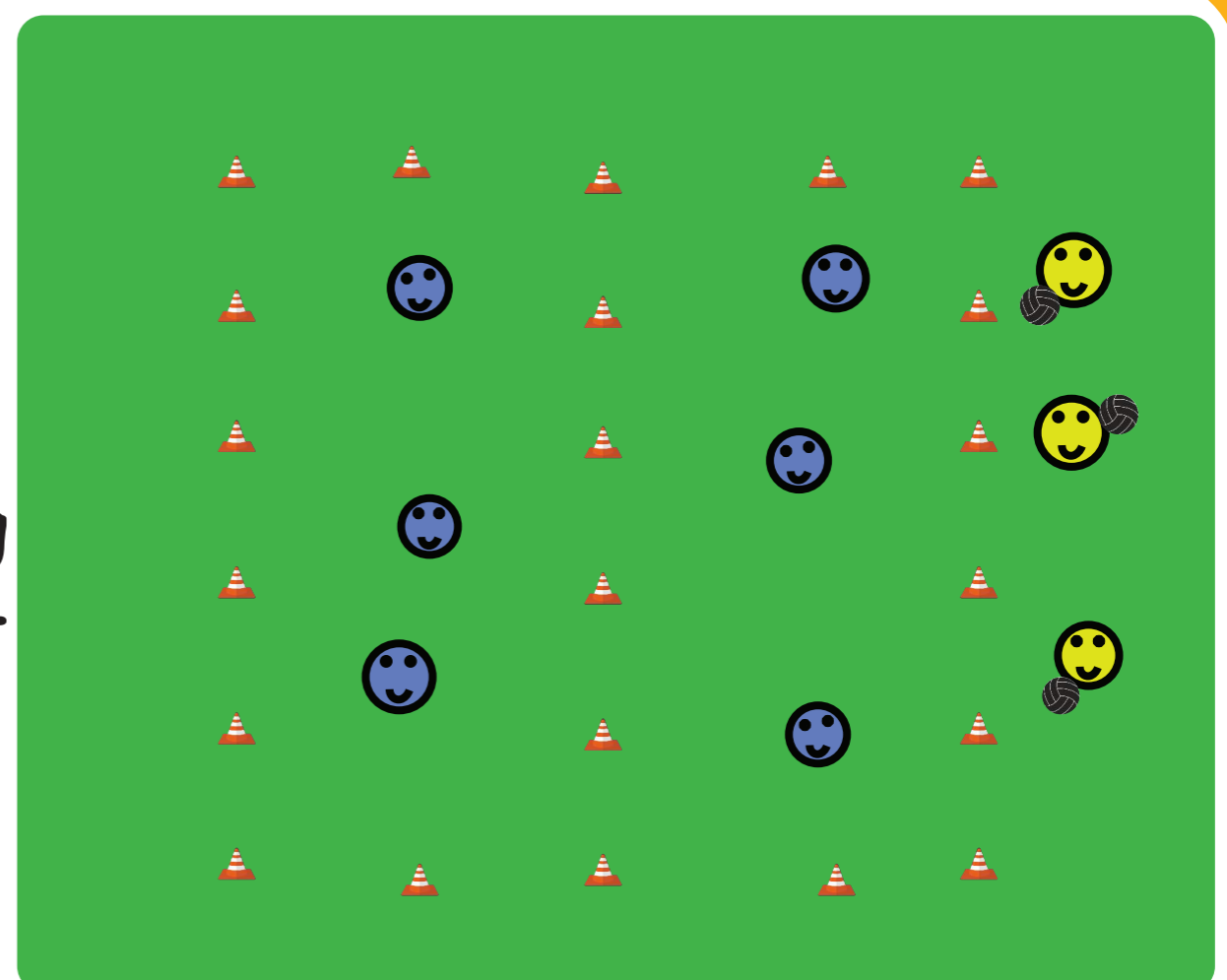
ZONAL DEFENSE

8-10minutes

Hurling & Football

Make a grid of 15m x 15m and split it in half. Have 3 players on the end with a ball each. Have 3 defenders in each zone, Zone 1 and Zone 2. Players with the ball must solo to the other side without losing possession. Defenders must stay inside their zone and tackle the attackers. Give each ball carrier 5 rounds before swapping groups. For U7's let run without soloing at the start/ or bounce only. Encourage good tackling, on their toes, hands in, no holding and timing the solo.

Develops: Soloing, evasion & defense



U9/U11 GAMES

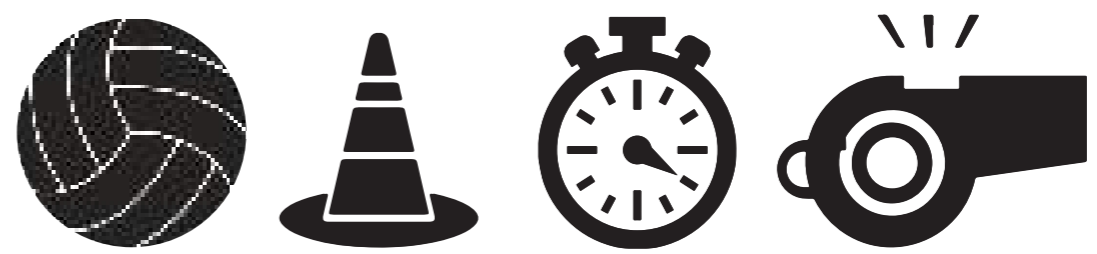
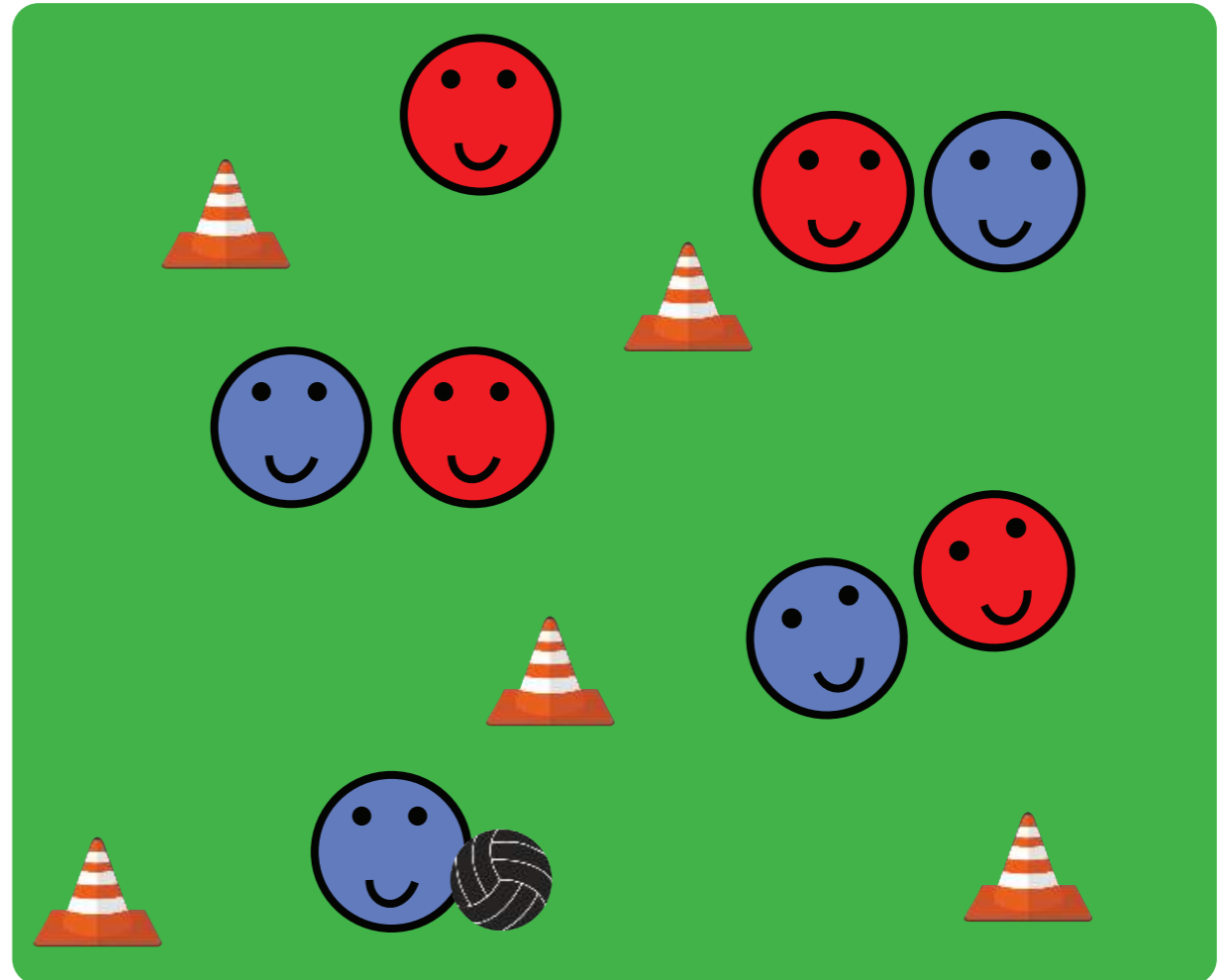
KICK THE CONE

8-10minutes

Hurling & Football

Divide group into two teams, team A and team B. Scatter 9/10 cones around your area. Full playing rules apply. Team A has 2 minutes to knock down as many cones as they can. Only the player in possession of the ball, may knock down/ kick a cone. If Team B intercepts a pass or gains back possession - a cone is placed back upright. They then

Develops: Vision, decision making, team play.



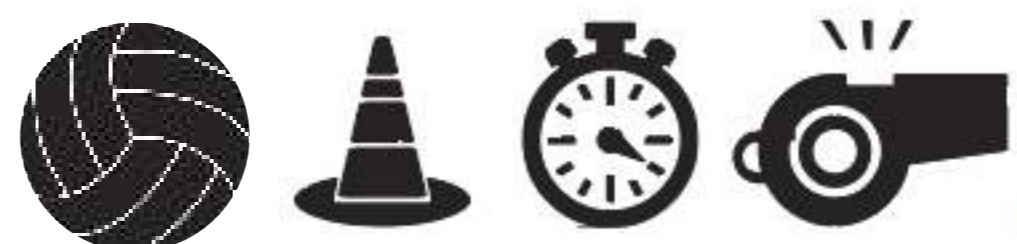
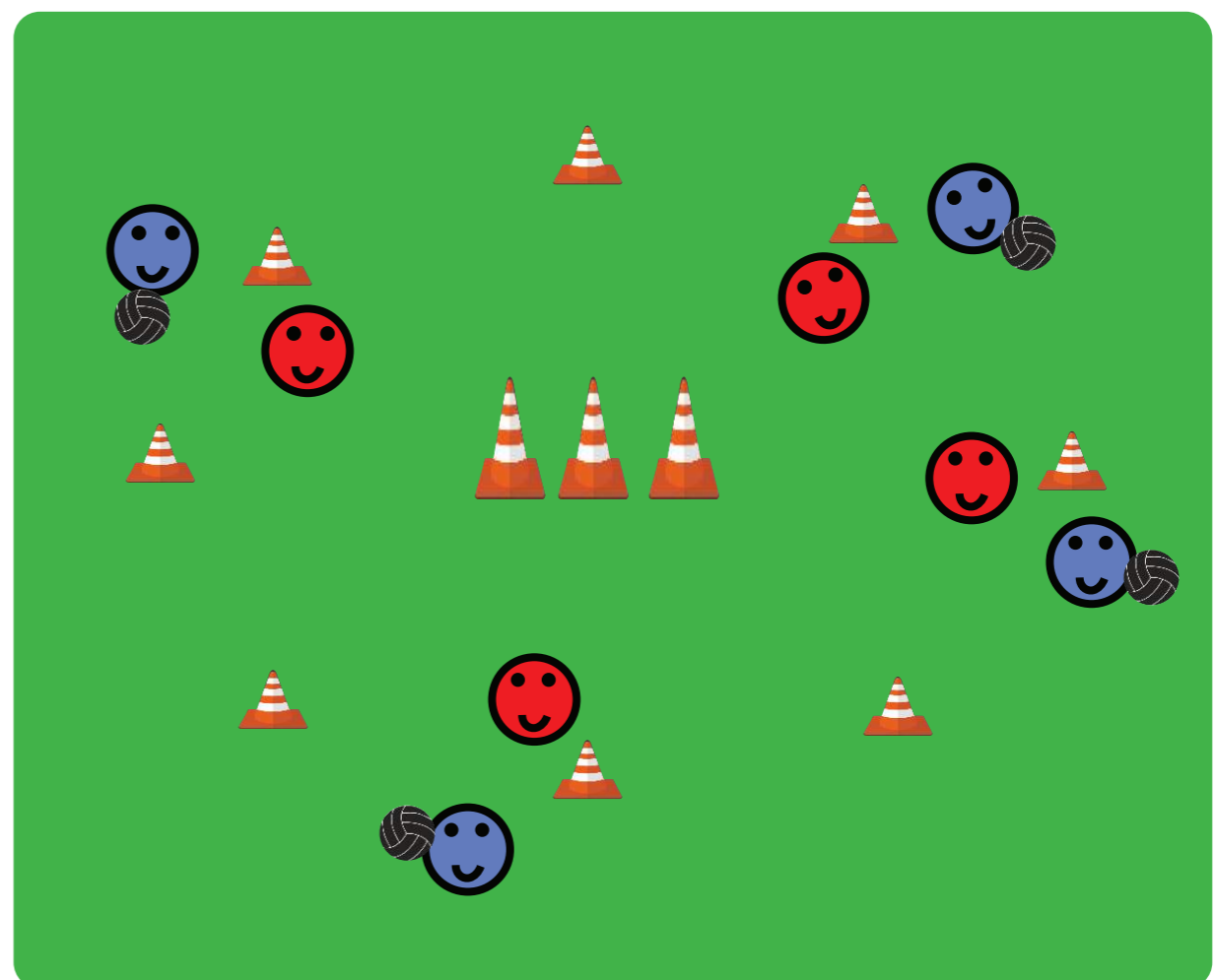
SAVE THE CASTLE

8-10minutes

Hurling & Football

Make a large circle 10m wide with a few tall cones in the middle - these are the castle. Split group into pairs, each attacker on the outside of the circle has a ball and try to kick/ strike the middle cones down. Defenders on the inside of the circle try to block them. Attackers must stay outside the circle while taking their shot. Play to a time limit or until all cones are knock over. Make it harder by adding more defenders or less cones in the middle.

Develops: Vision, decision making, accurate striking/ kick passing.



U9/ 11 GAMES

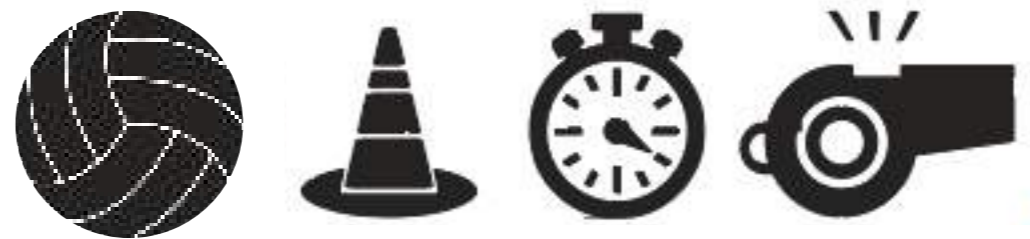
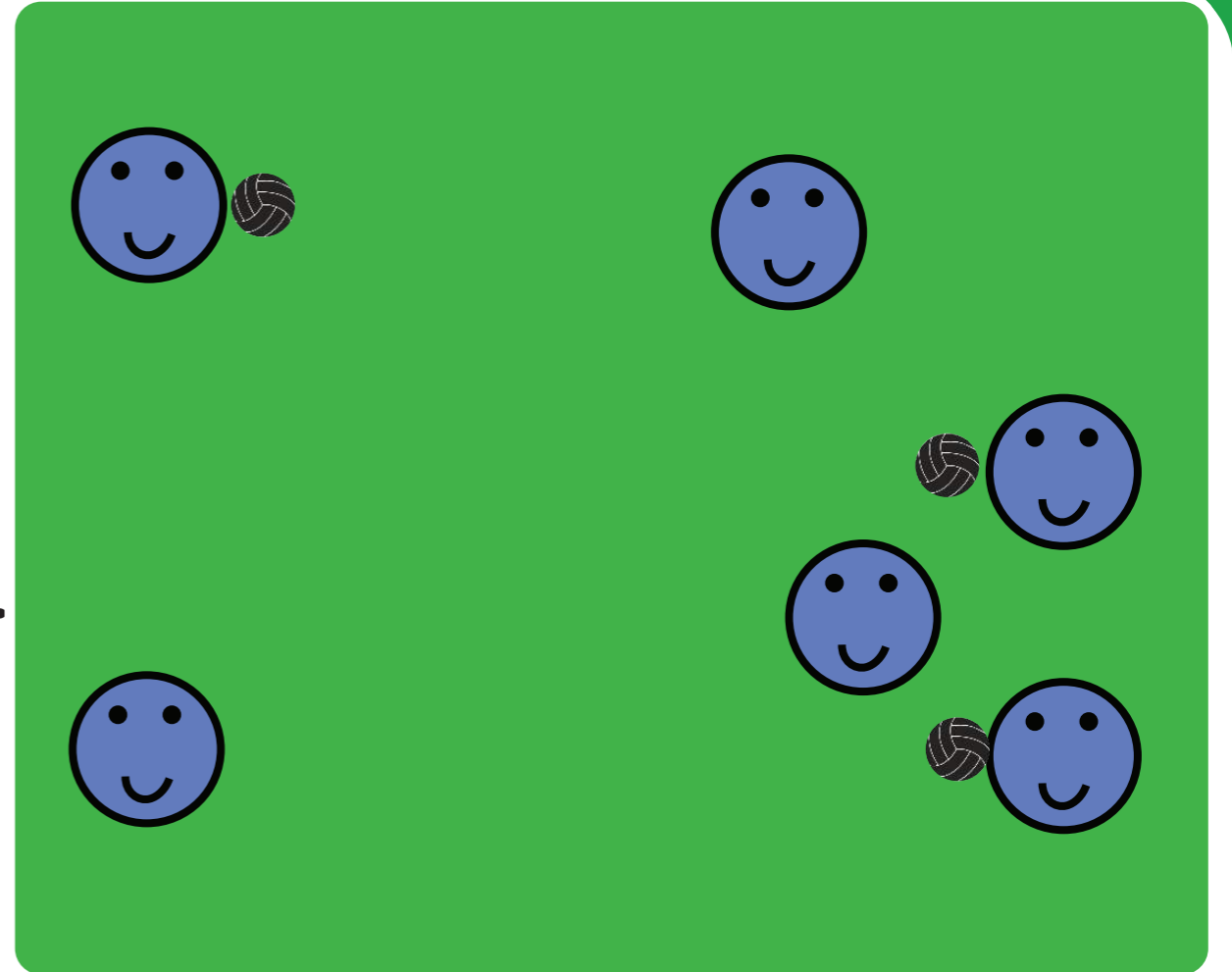
THROUGH THE LEGS

10-12minutes

Hurling & Football

Split group into pairs. Every pair has a ball. Players stay about 10m apart, if too easy increase the distance. One player kicks the ball, while the other stands with their legs wide open, kicker tries to kick the ball through their partners legs. Pairs take in turn, every successful kickpass through the legs in a point for that pair. Increase difficulty by using weaker foot, or weaker side in Hurling. Give players 2mins, then see if they can beat their score given another 2mins.

Develops: Accurate kickpassing/ striking.



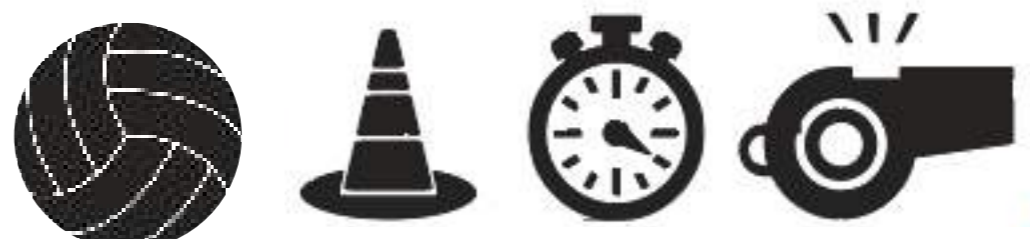
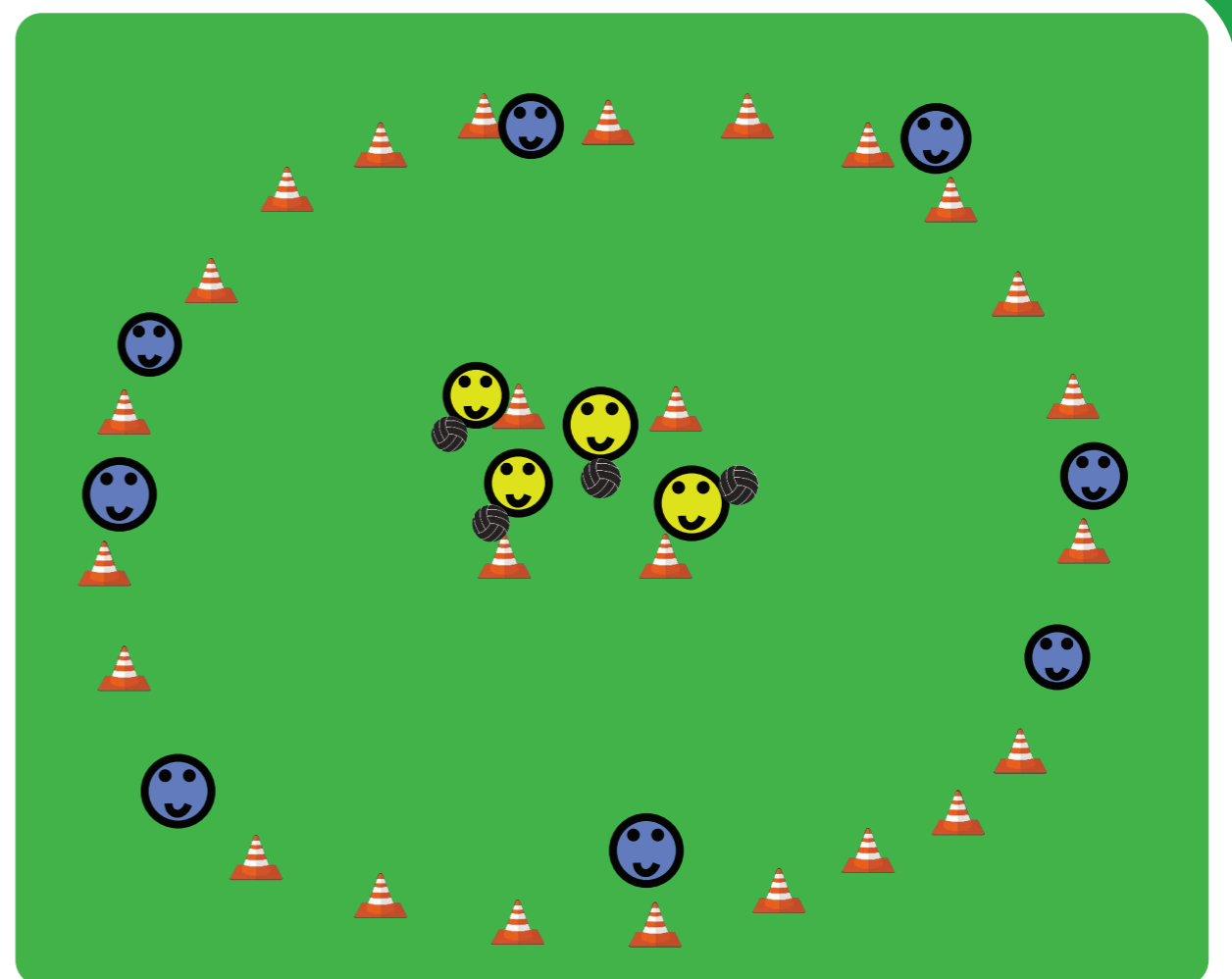
THROUGH THE CIRCLE

8-10minutes

Hurling & Football

Make 2 circles, one 2metres in Diameter, the bigger one 15-20m in Diameter. A third of the players in your group go into the smaller circle all with a ball each. Other players spread out evenly with the bigger circle. Players in the middle must solo out handpass the ball to a player on the outside, and get it back - solo back into the smaller circle again (and they get a point). See how many points after 2mins, then introduce a new group in the smaller circle. *Players MUST play with the head up.

Develops: Evasion/ decision making



U7 / U9 / U11 GAMES

KNOCKOUT

10-12minutes

Hurling & Football

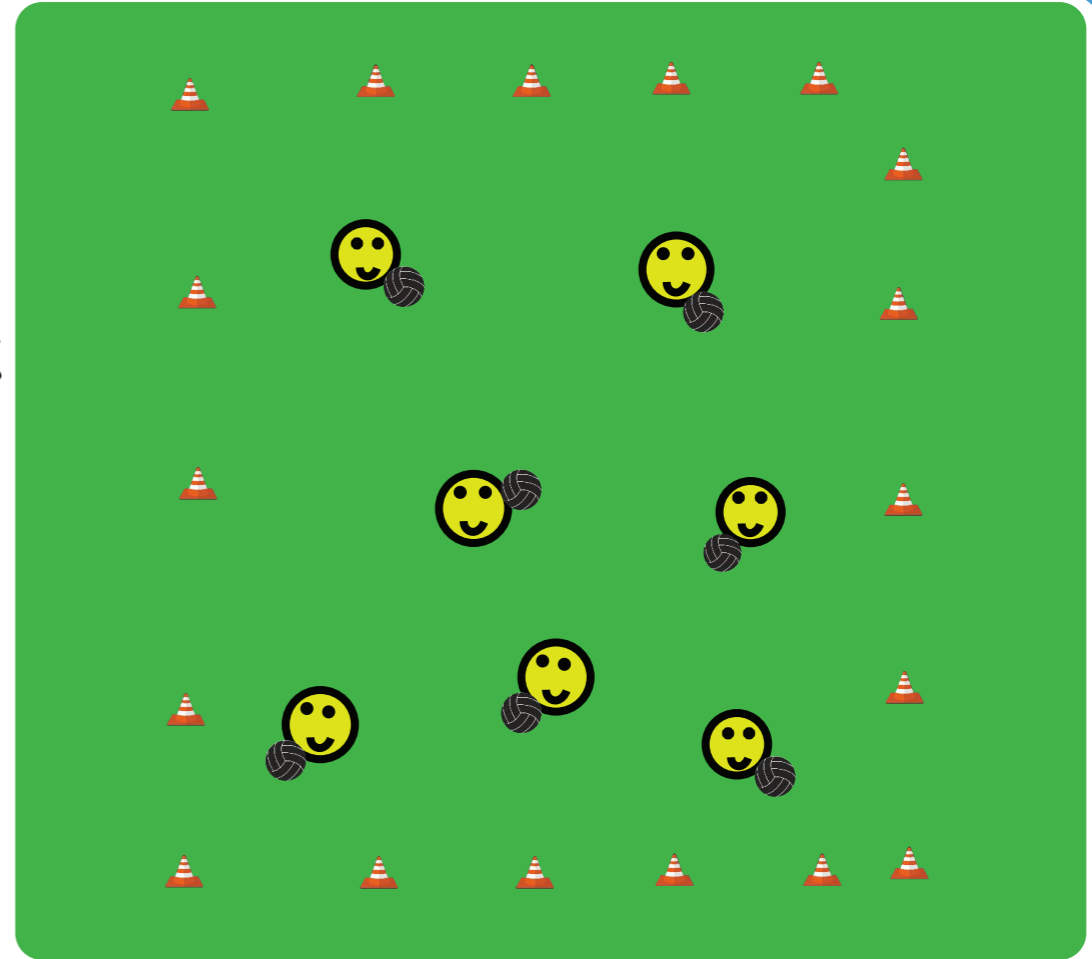
Make a grid 15m x 15m. 8-10 players in the grid is enough. Every player needs a ball each. Players must solo inside the square, while trying to knock out the other players' ball.

Once your ball is knocked down outside of the square you are out and must lightly jog around the square.

Play the game until there is only one player remaining.

Encourage near hand tackling in football, and short flicks and shielding in Hurling.

Develops: Vision, tackling and soloing while under pressure.



RED LIGHT, GREEN LIGHT

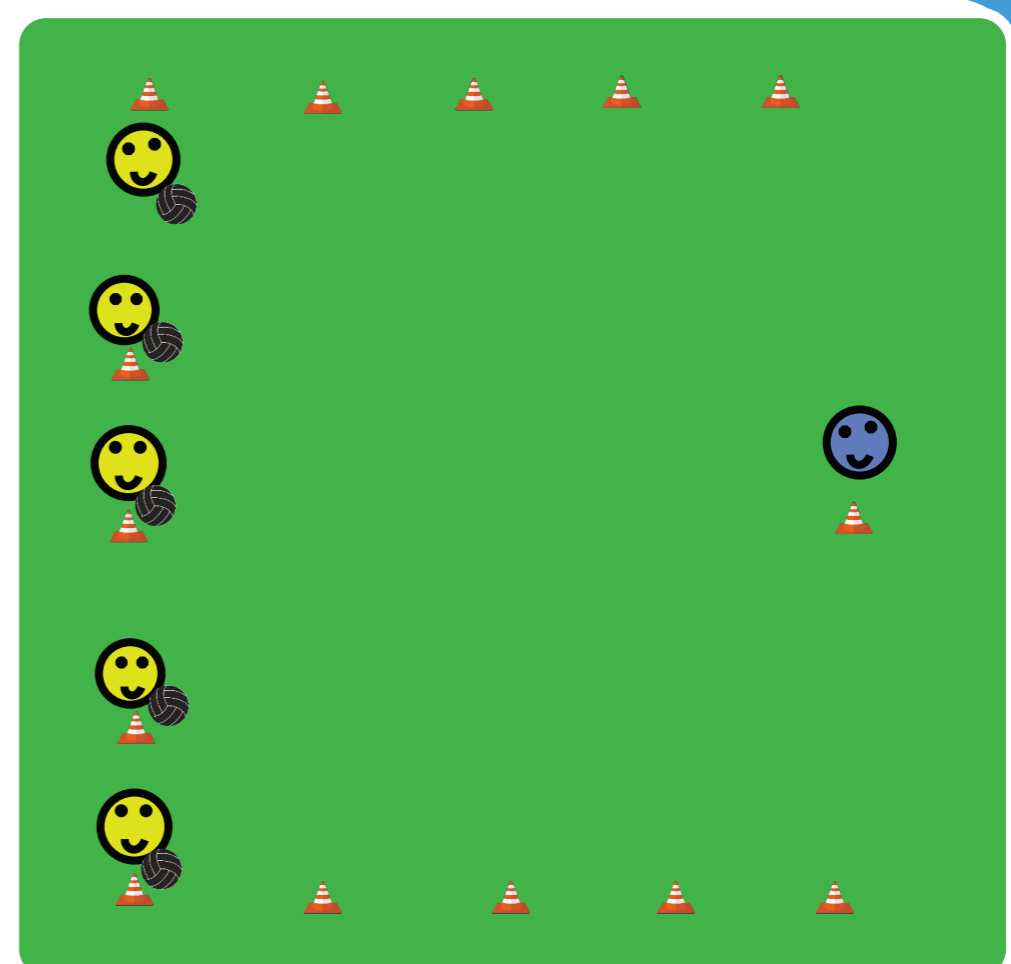
10-12minutes

Hurling & Football

Nominate one traffic warden at one cone the rest of the group 20-30m away on the end line. Every player must have a ball each. Players must solo out to the traffic warden's cone. First player to touch the cone wins.

When the traffic warden shout 'red light' players must freeze perfectly still. When they shout 'green light' players are allowed to move. If the traffic warden catches a player move or solo after they say 'red light', the warden points to that player and they take 3 steps back. Younger age grades don't need to solo and can just play via carrying/ bouncing football.

Develops: Reactions and Soloing



U11 MODIFIED GAMES

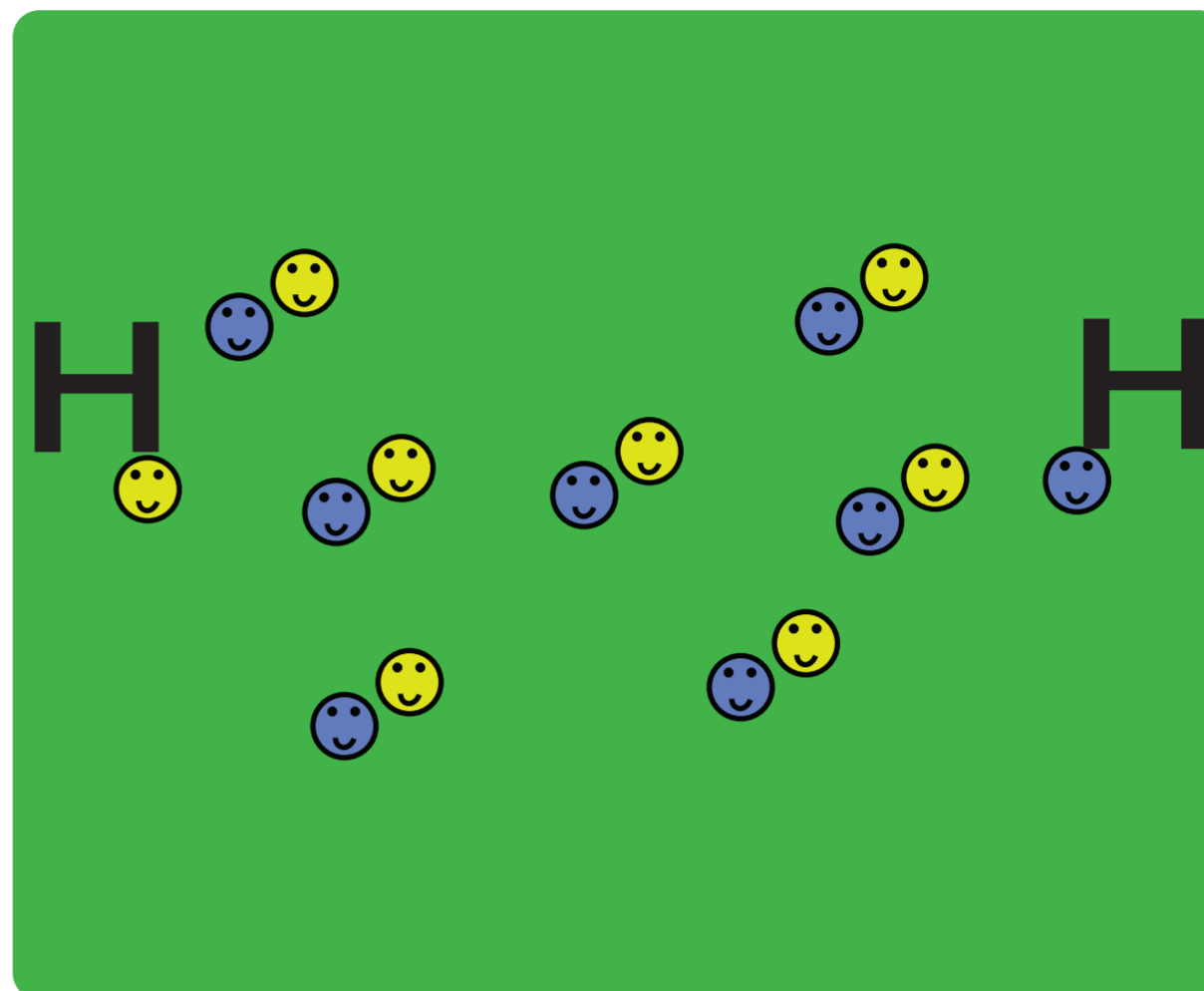
NO NOISE

15minutes

Hurling & Football

Full-sided or small sided game. Let the game go a few minutes then **NO SPEECH AT ALL**. No noise/ calling for passes/ anything. The team that breaks the rule, give away to a free to the other team. The game should focus players to look up and play the pass to the person in the best position, not just the loudest.

Develops: Decision making, playing with the head up and quicker movements.



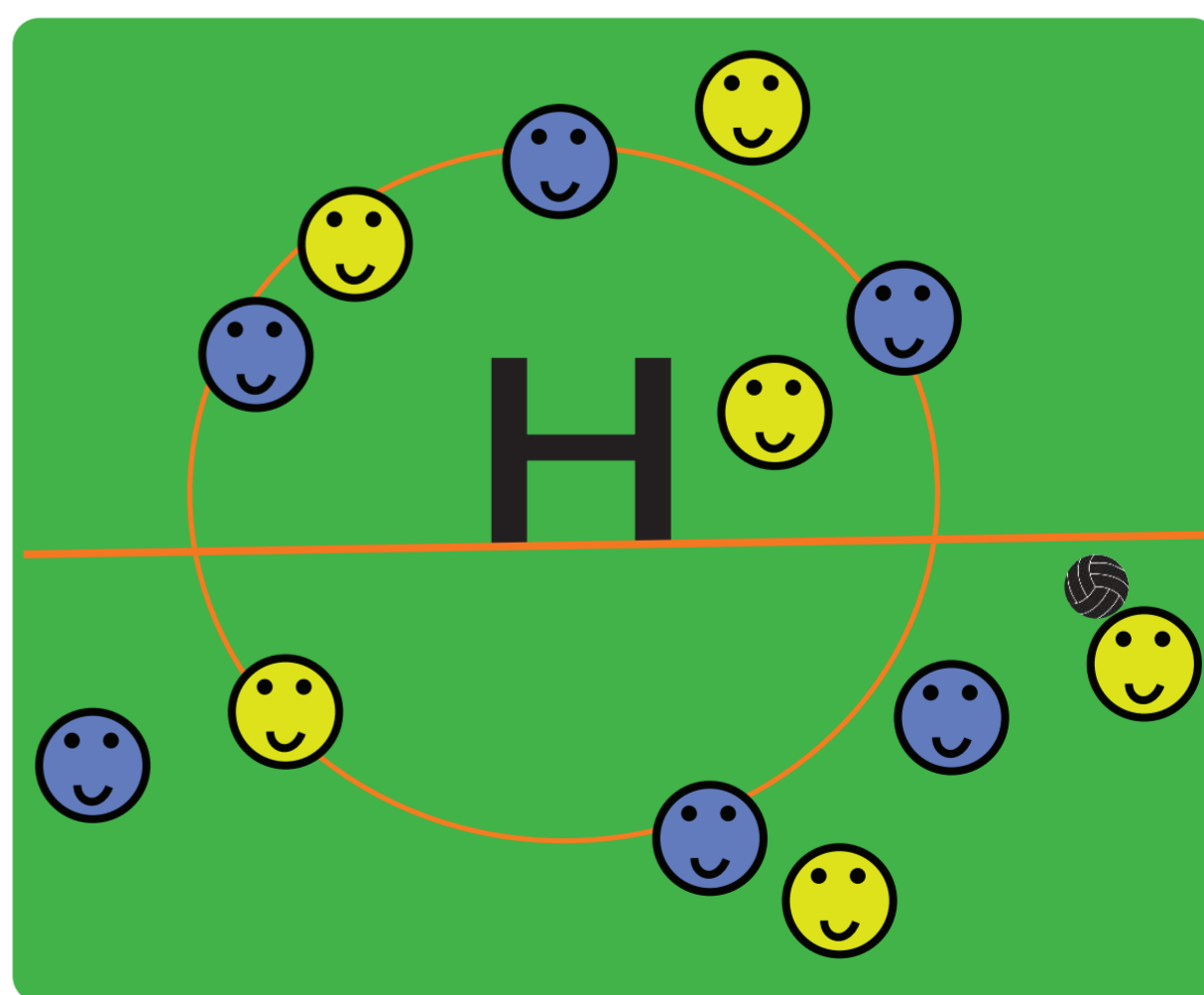
THE CIRCLE GAME

18-20minutes

Hurling & Football

Mark out a circle of a radius of 13 metre, place a set of goals in the middle. Mark out a line half way through the circle. Split your players into two teams. Equal number of player each half of the circle. Players must stay in their half. Players shoot for points only. Full rules apply. Players can only shoot outside the circle, but can pass and receive inside the circle.

Develops: Spatial awareness and shot positioning



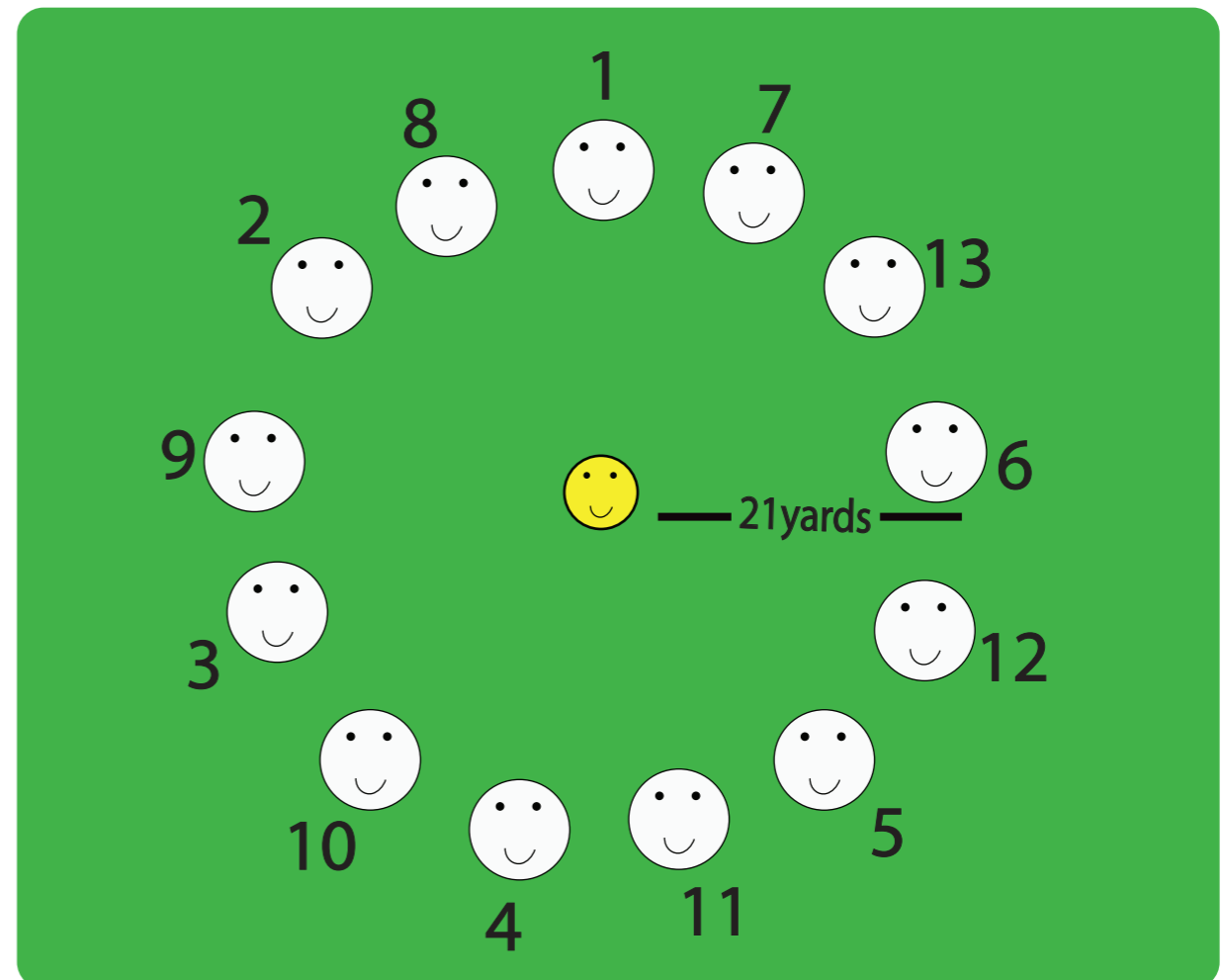
U11 SKILL ACTIVITY

GOALIE BALL

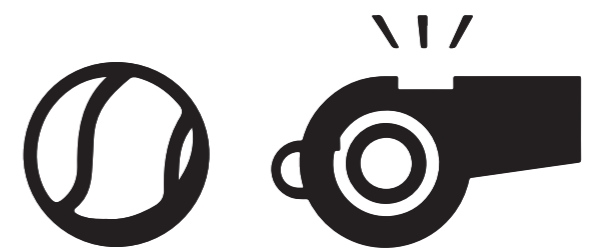
8-10minutes

Hurling

Have you goalkeeper in the middle of the circle, with the rest of the players in a circle around. All players must be 21-30 yards from goalkeeper. Players strike ball directly at keeper. Player go clockwise or anti-clockwise, but skipping one play every time. Players don't strike until coach blows the whistle. All players need a sliotar. Goalkeeper should receive constant encouragement.



Develops: Reactions and shot stopping



BIG BOW, WEE BOW

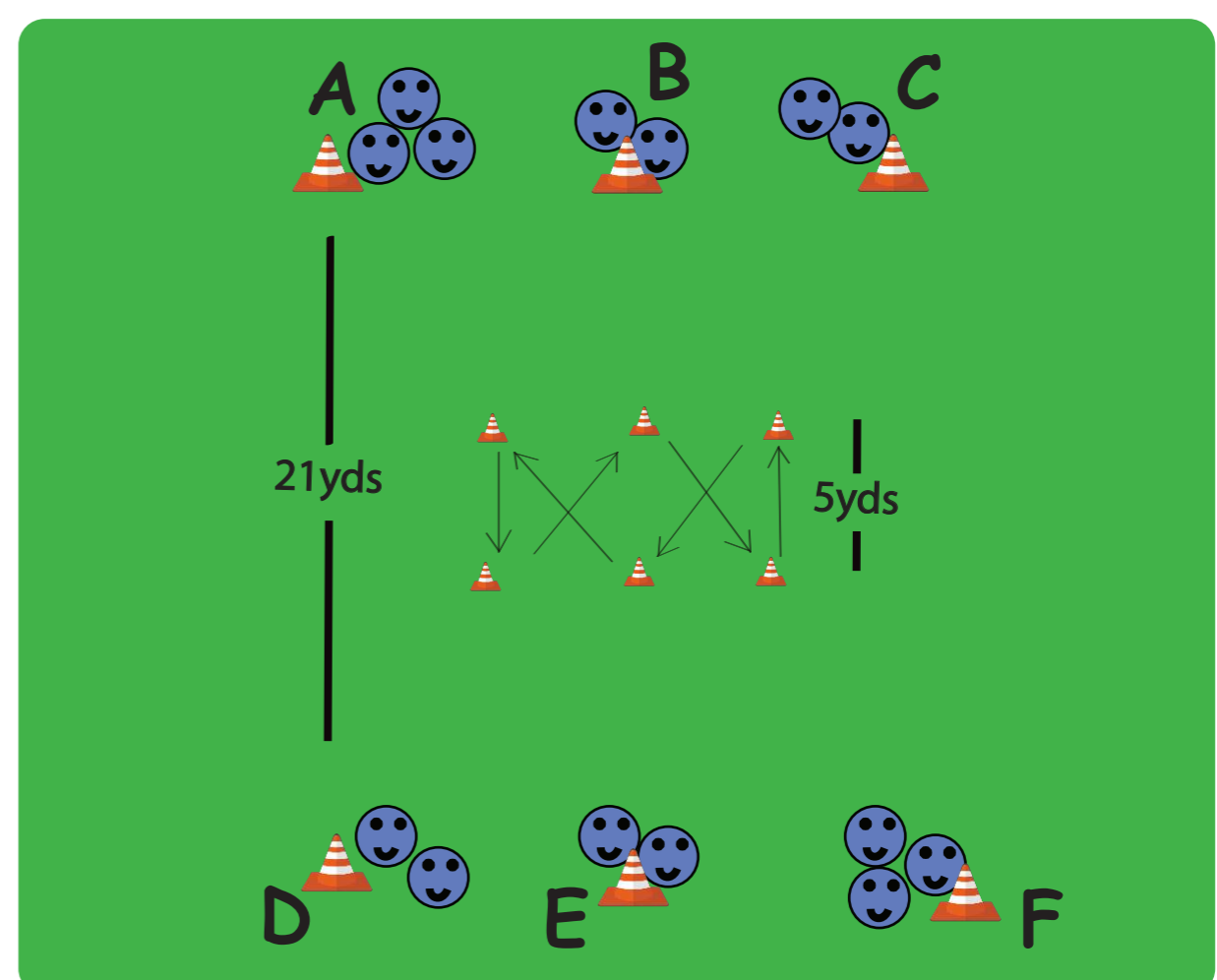
10-12minutes

Hurling & Football

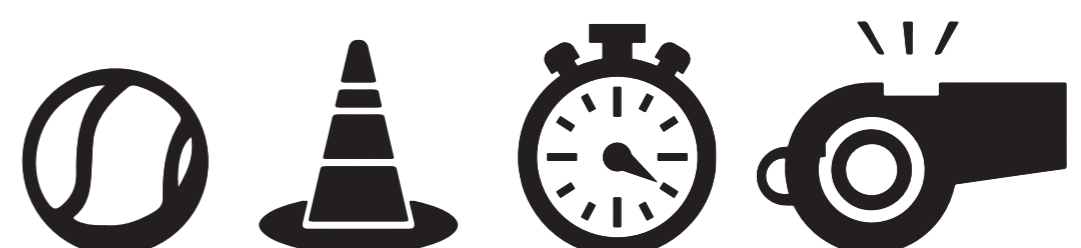
Divide group into 6 cones with 2/3 ideally players at each cone. Players start at 'Big Bow' and kick pass/ strike the direction indicated. When coach shouts 'Wee Bow', the players move to the cones directly in front of them and begin hand passing the shorter distance. Encourage to talk while giving and receiving the ball. How many balls can you introduce? Can the team last 1min without balls overlapping?

Develops: Passing, communication and first touch.

Progression: Add more balls. Change 'big bow' to 'wee bow' more rapidly



A-D-B-F-C-E-A



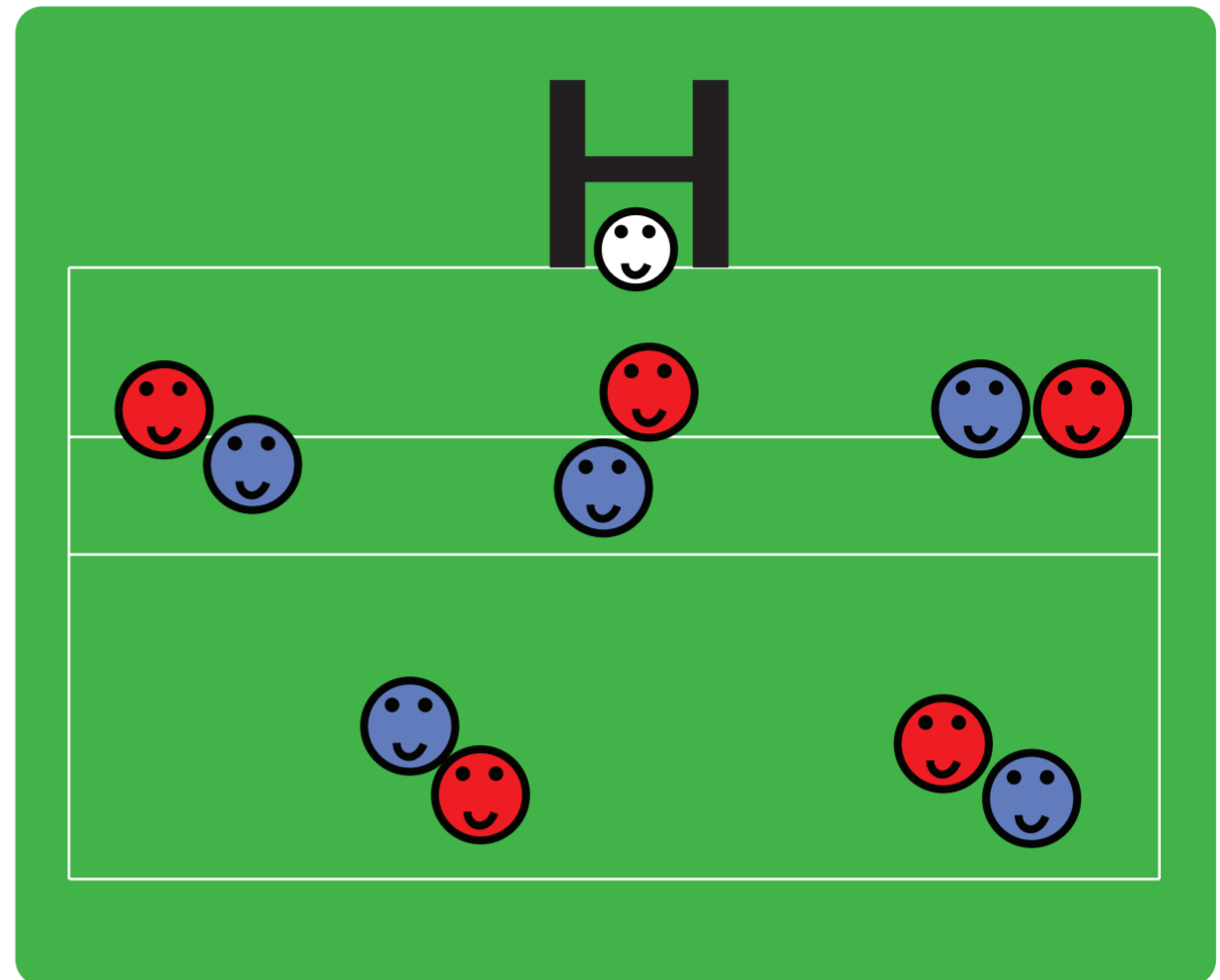
U11 SKILL ACTIVITY

THE 45' GAME

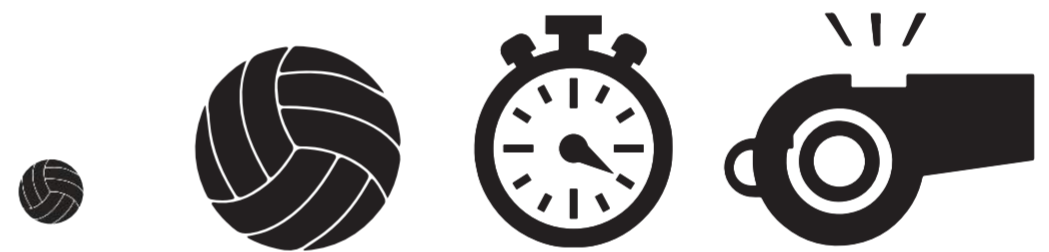
15-30min

Hurling & Football

Split players into two teams, the goalkeeper is neutral. Once ball is throw up, whatever teams wins it, must pass the 45 yard line. Once they cross it they are on the attack. If they lose possession or the opposition gain possession, they must work it back out across the 45 yard line to attack again. If 'reds' score or hit a wide, the goalkeeper kicks the ball out to the blue team, vice versa.



Develops: Attacking and defending principles at pace.

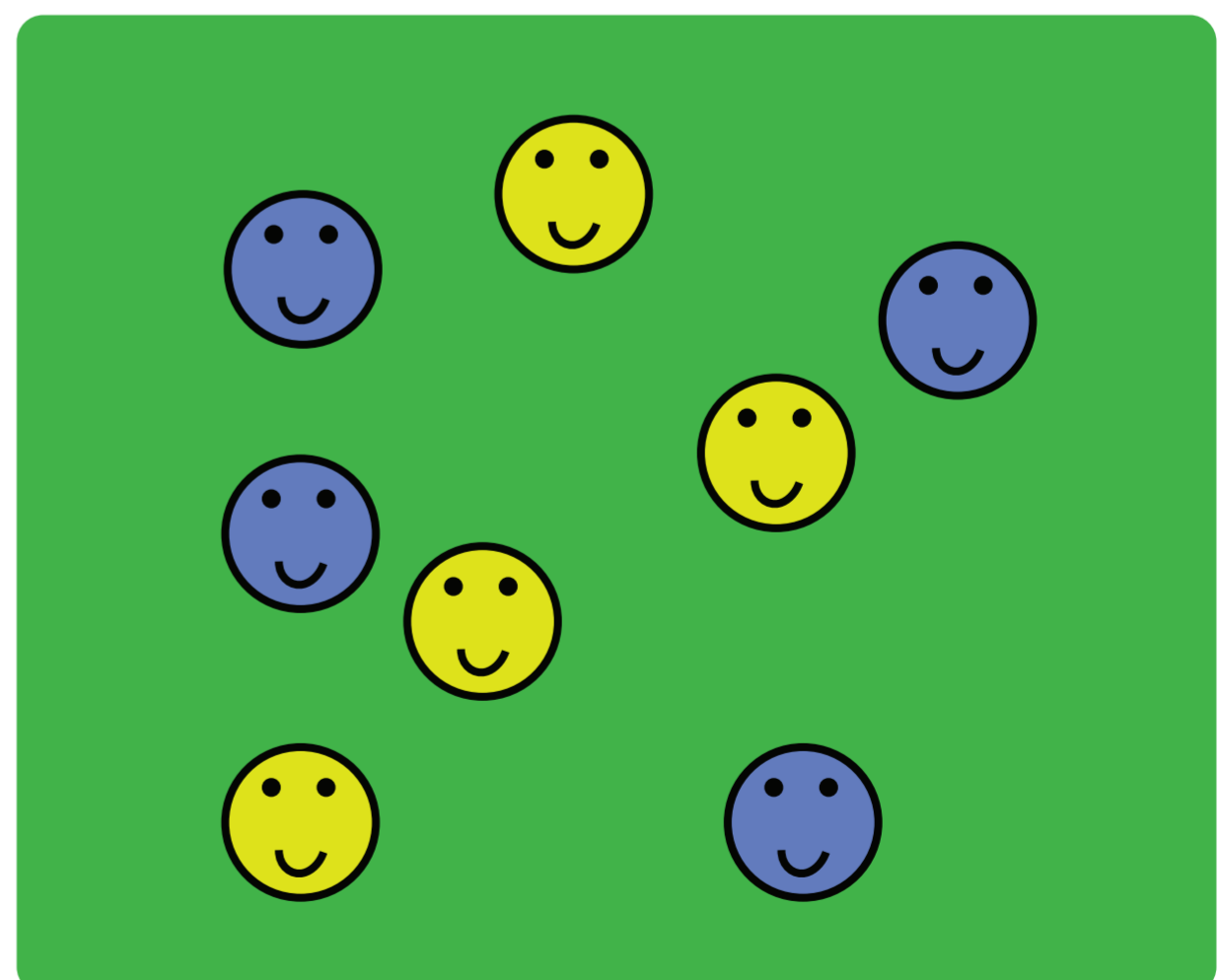


30METER PASS GAME

10-20min

Hurling & Football

Mark out a grid with four cones 60m x 60m. Two teams. Full playing rules apply. Score awarded for a successful 30 metre pass. After a score, the reciever places the ball on the ground for the opposition. First team to score 5 passes wins



Develops: Accurate kick-passing, vision, spatial awareness and decision making.

Progression: Two extra defenders or must deliver 3 handpasses before a kickpass.

