

SAFFRON ÓG



Summer Camps



2011

Coaching Manual

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Monday


- Gaelic Start Stations
- The DENI coach will bring along the Gaelic Start Resource pack to operate the stations on this day.

Tuesday

Today's focus will be on ball Handling skills.

SESSION ONE

Game One: Pick Up Set Down

<div style="border: 1px solid black; padding: 5px; text-align: center; margin-bottom: 10px;"> HANDLING: Week 1 Game 1: Pick Up & Set Down </div> <div style="border: 1px solid black; padding: 10px; text-align: center; margin-bottom: 10px;">  </div> <div style="border: 1px solid black; padding: 5px;"> FOCUS <ul style="list-style-type: none"> ▪ Challenge children to stop and pick up a stationary ball </div>	RULES – HOW TO PLAY <ul style="list-style-type: none"> ▪ Spread different sized balls, bean bags etc. out in a designated area ▪ Children lift 1 item at a time ▪ Half the group then proceed to carry the ball and place it in a new area (space) ▪ Repeat process for certain length of time then allow other group to repeat <p>N.B. If space is adequate allow all to lift & set down at the same time</p> <ul style="list-style-type: none"> ▪ Challenge children to lift as many different balls as possible in 10 seconds
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HARDER <ul style="list-style-type: none"> ▪ Repeat with player moving and picking up a stationary ball ▪ Challenge them to pick up a moving ball ▪ Make space smaller ▪ Whole group work at the one time EASIER <ul style="list-style-type: none"> ▪ Introduce more equipment and allow a few children at a time ▪ Greater space 	
COACHING POINTS HEAD <ul style="list-style-type: none"> ▪ Head over the ball when lifting, watching for other children and new spaces ▪ Look for free 'Pieces of Floor' to place ball down HANDS <ul style="list-style-type: none"> ▪ Spread fingers around the sides of the ball when lifting and setting down ▪ Cup hand to lift small pieces of equipment FEET <ul style="list-style-type: none"> ▪ Bend knees when lifting and setting down equipment ▪ Keep feet one foot in front of the other and to the side for easier lifting 	EQUIPMENT: Large Balls x 5 Medium Balls x 5 Small Balls x 5 Hoops Quoits

Skill: 'Picking a Ball Up'

WEEK 1: SKILL CARD 1: Pick Up – Stationary & Moving



KEY COACHING POINTS

HEAD

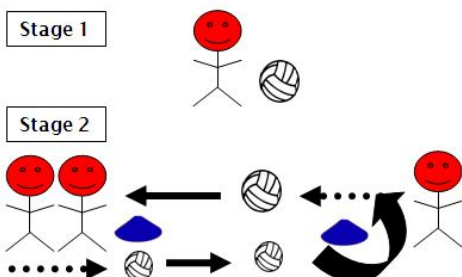
- Head down and keep eyes on the ball all the way into the hands
- Look about to see where to move to next

HANDS

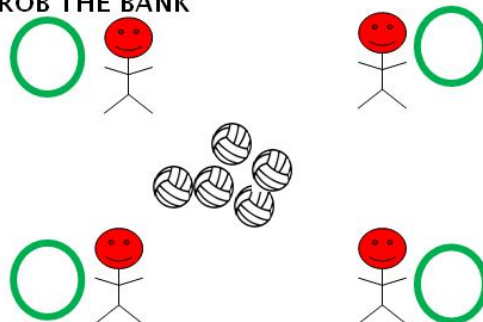
- Reach down and grip ball with big hands around the sides of the ball
- Spread your fingers in order to get a better grip
- Bring ball to body quickly

FEET

- Bend knees when setting down and picking up to help bend the back
- Place one foot alongside and slightly in front of the ball
- When picking up ball to your right your left foot should be in front and vice versa for ball on your left



ROB THE BANK



LESS DEMANDING: STATIONARY BALL STAGE 1

- Stationary ball picked off the ground and set in free space
- Use bigger ball

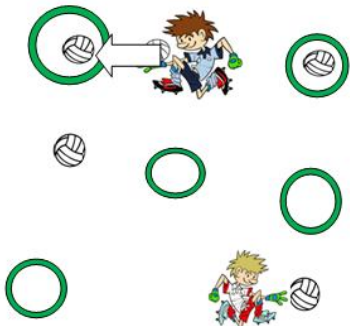
MORE CHALLENGING: ROLLING BALL STAGE 2

- In 2's - Player rolls ball and follows the ball picking it up between 2 domes, runs around far dome and rolls back to partner and returns to start

HOW TO PLAY

- 4 players at each hoop
- 15 balls in the middle
- Players aim to get as many balls in their corner over 30 seconds
- Once all the balls have gone from the middle, players can pick up from other hoops
- No player is allowed to block anyone off from taking their ball

Game: Swop Shop.

<p>HANDLING: Week 1 Game 2: Swap Shop</p>	<p>RULES – HOW TO PLAY</p> <ul style="list-style-type: none"> ▪ Use a large grid and place hoops randomly about the free spaces ▪ Place half the balls in the free spaces and the other half in the hoops ▪ Divide group into two ▪ Aim – One group move about the area lifting footballs from the hoops and places them in a free floor space ▪ Other team lifts the balls from the ground and puts them in the shops (Hoops) ▪ Score – on call to stop check to see how many balls are in the hoops compared to the free spaces ▪ Winner – Where the most balls are
	
<p>FOCUS</p> <ul style="list-style-type: none"> ▪ Players work on their pick-up and set-down skills under pressure 	

HARDER

- Pick up solo and set down while on the run
- Use foot to pick up balls from floor spaces, both right and left
- Set down with one hand and then the other hand
- Introduce defenders to prevent 'pick ups' and set downs

EASIER

- Use more hoops
- Make the teams uneven
- Use more footballs

COACHING POINTS:

HEAD

- Eyes on the ball then look ahead scanning for empty hoops or free spaces

HANDS

- Use big hands around the sides of the ball when lifting and placing the ball down

FEET

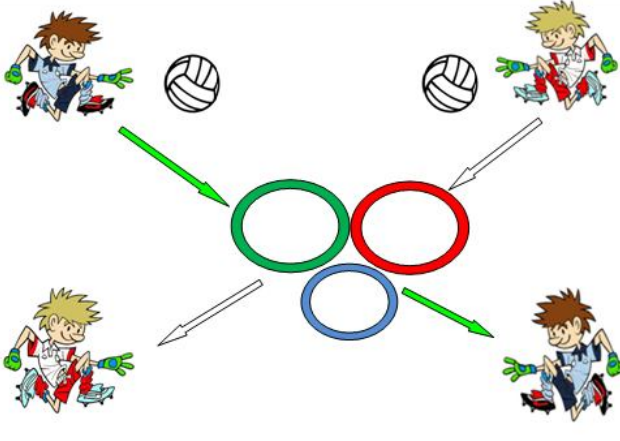
- Put 1 foot along side the ball and 1 behind when picking the ball up
- Bend knees when lifting ball

EQUIPMENT

- Footballs -1 Per child
- Hoops - 1 Per child
- 30 Domes - 5 Different colours

SESSION TWO

Game: Hot Cross Buns

<p>HANDLING: Week 4 Game 1: Hot Cross Buns</p>	<p>RULES – HOW TO PLAY</p> <ul style="list-style-type: none"> ▪ In pairs, 4 children stand around several hoops. (Could also use rope or chalk drawings if no hoops) ▪ Each pair has a ball ▪ The aim is for children to bounce ball to partner across circle ▪ Try not to hit ball being bounced by other group ▪ 1 point for bounce in Red and Green Hoops ▪ 2 points for bounce in Blue Hoop ▪ Which pair can achieve the most consecutive number of successful passes
	
<p>Focus</p> <ul style="list-style-type: none"> ▪ The aim of this game is to bounce the ball into the hoops to your partner ▪ Timing of pass and Judgement of Distance 	

<p>HARDER</p> <ul style="list-style-type: none"> ▪ Stand further away from the Hoops – <i>Judgement of distance</i> ▪ Increase the number of people and add balls accordingly ▪ Only use small hoops ▪ Use side of head/overhead bounce ▪ Introduce defender to prevent passes <p>EASIER</p> <ul style="list-style-type: none"> ▪ Use larger hoop/Stand closer to the hoop – <i>Timing of Pass & Quick Hands</i> ▪ Roll the ball through the circle instead of bouncing 	
<p>COACHING POINTS:</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Look at target while aiming ▪ Keep eyes on ball when receiving <p>HANDS</p> <ul style="list-style-type: none"> ▪ Catch ball with “big hands” (spread fingers) around the sides of the ball ▪ Use Shoulder Throw for better aim i.e. hold ball with one hand in front and one behind in front of the shoulder <p>FEET</p> <ul style="list-style-type: none"> ▪ Place one foot in front of other foot when passing ▪ If right hand is behind the ball left foot should be in front 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ Footballs ▪ Hoops ▪ If no hoops use ropes, chalk drawings etc as a target

Skill: Bounce Catch

WEEK 4: SKILL CARD 4: Bounce Catch



KEY COACHING POINTS

HEAD

- Over the ball
- Eyes on ball at all times

HANDS

1st Bounce Catch: On the way down...

- Let ball fall initially and then place hands under ball as it falls after bouncing

2nd Bounce Catch: Top of Bounce Catch...

- Now try and catch at top of bounce
- Reach and catch with BIG HANDS around the sides of the ball

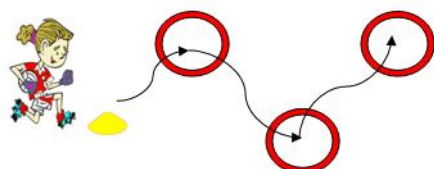
3rd Bounce Catch: On the way up...

- Aim to catch ball as it rebounds up of the ground. This is the more difficult catch

FEET

- Feet apart, knees bent
- Move your feet to near the bounce

BASIC DRILL: Zig-Zag Bounce & Catch



LESS DEMANDING

- Arrange hoops in a straight line
- Reduce the number of hoops
- Allow players to walk through
- Use low bounces

MORE CHALLENGING

- One-Handed bounce - Right hand one hoop then left hand next hoop
- One-Handed catches
- Jog then run using zig-zag course
- Solo between each bounce

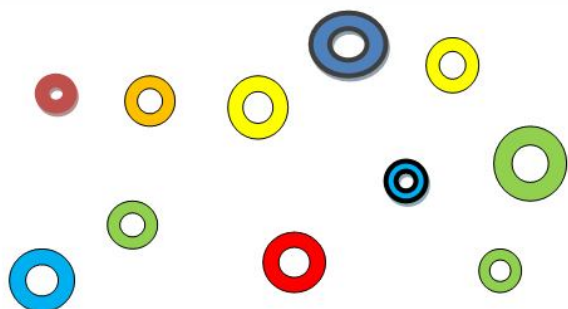
Target Bounce



HOW TO PLAY

- Scatter different targets on the ground e.g. hoops, markers
- Players move about attempting to bounce ball on the targets
- Award points for each target hit
- How many targets can you hit in 5/10 secs.

Game: Hectic Hoop Bounce

<p>HANDLING: Week 4 Game 2: Hoop Bounce</p>	<p>RULES – HOW TO PLAY</p> <ul style="list-style-type: none"> ▪ Scatter hoops throughout hall ▪ Children move about bouncing balls in hoops ▪ Add in a scoring system e.g. 2 points for smaller hoops 1 point for larger hoops ▪ Bounce in 3 Red hoops first, 4 blue hoops first <p>Variations</p> <ul style="list-style-type: none"> ▪ 2's Follow your partner ▪ 2's with 1 ball passing through hoop to partner
	
<p>FOCUS</p> <ul style="list-style-type: none"> ▪ In this activity we are developing the ability to bounce and catch a dropping ball in a number of different sized hoops accurately 	

<p>HARDER</p> <ul style="list-style-type: none"> ▪ Less Hoops, Smaller Hoops, Smaller space ▪ Bounce after every 4 steps ▪ Pairs work together – Follow the Leader or use 1 ball bet ▪ Use low/high bounces – All catches on the way up ▪ Use one hand to bounce and catch, right and left <p>EASIER</p> <ul style="list-style-type: none"> ▪ More Hoops, larger hoops, Bigger space ▪ Stationary while bouncing and catch on the way down or at the top of bounce 	
<p>COACHING POINTS</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Keep head down looking at ball while bouncing and catching ▪ Then lift head up to scan for next hoop and other children <p>HANDS - Catching</p> <ul style="list-style-type: none"> ▪ Way Down: Let ball drop from hands, bounce and catch as it falls towards floor again by placing palms underneath ball (NB This is the easiest catch) ▪ Top Of Bounce: Catch ball at top of bounce ▪ Way Up: Reach for ball on the way up (more difficult catch) <p>FEET</p> <ul style="list-style-type: none"> ▪ Shoulder width apart and to the sides of the hoops when moving about 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ Hoops – Various colours and sizes ▪ Footballs – 1 per child

SESSION THREE

Game: Hoop to Hoop

<p>HANDLING: Week 5 Game 1: Progressive Hoop Pass</p>	<p>Rules: How to play</p> <ul style="list-style-type: none"> ▪ Set up course as shown ▪ Place a cane on 2 cones and place 3 hoops on either side as shown ▪ Children face each other standing either side of the hurdle / cone ▪ Children throw the ball back and forth over the cone ▪ Children start in yellow hoop then move back to the next hoop after a successful pass ▪ Make up your own scoring
<div data-bbox="276 465 895 840" data-label="Image"> </div> <p>FOCUS</p> <ul style="list-style-type: none"> ▪ Handling skills of throwing & catching in a progressively more demanding situation 	
<p>HARDER</p> <ul style="list-style-type: none"> ▪ Move further away from the cone / hurdle ▪ Introduce 1v1 game i.e. who can get back to last hoop first ▪ Use a small ball and throw and catch with one hand ▪ Use hand/fist, kick/punt or strike as means of sending <p>EASIER</p> <ul style="list-style-type: none"> ▪ Use Tummy/Side of Head type of throw ▪ Allow one bounce before collecting the ball ▪ Make grids closer to the barrier larger or cane higher 	
<p>COACHING POINTS</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Keep eyes firmly fixed on the ball when receiving but look up when throwing <p>HANDS</p> <ul style="list-style-type: none"> ▪ Spread fingers and use 'soft hands' to cushion the ball when receiving <p>FEET</p> <ul style="list-style-type: none"> ▪ Get your feet behind the flight of the ball ▪ Stand one foot in front of the other 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ 1 x Ball ▪ 1 x cone/hurdle ▪ 2 x domes ▪ Bats/Hurls

Skill: Body Catch

WEEK 5: SKILL CARD 5: Body Catch



KEY COACHING POINTS

HEAD

- Watch the ball all the way into the hands

HANDS

- Hold your hands out in front
- Palms facing up
- Let ball enter palms before curling hands around the ball and bringing to chest (Imagine your arms the bucket of a digger)

FEET

- Always get in the right position early by positioning your feet behind the flight of the ball
- Feet shoulder width apart
- One foot in front of the other
- Go to meet the ball (Attack the Ball)

Body Catch in 2's



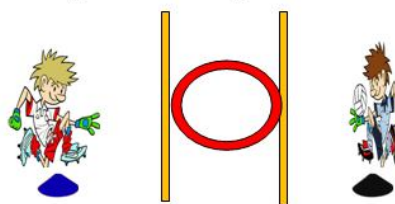
Less Demanding

- 1's Use wall as rebound to practice the Body Catch
- 2's Practice Kneeling & then Standing

More challenging

- Jump to execute the Body Catch
- In 2's Pass & Move
- Solo away, stop and pass
- Pass to a moving receiver
- NB All receiving must be Body Catches

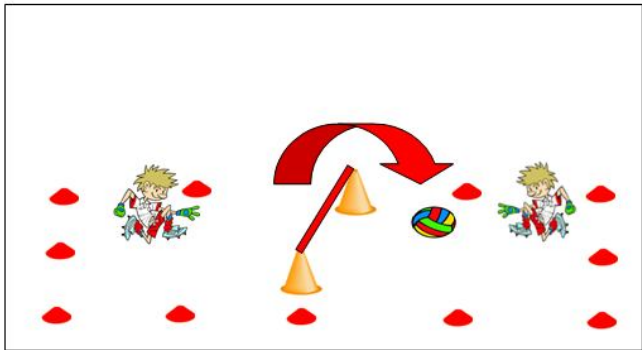
Through The Hoop



How to Play

- Start beside hoop
- Tummy throw ball to partner through the hoop to use Body Catch
- Work in 3's with middle child holding the hoop if you cannot set up on poles
- Move back one step every time you successfully pass ball through hoop
- First back to last cone is the winner
- Can you Hand/Fist Pass?
- Which pair can achieve the most successful passes in a set time?

Game: Over The Bridge

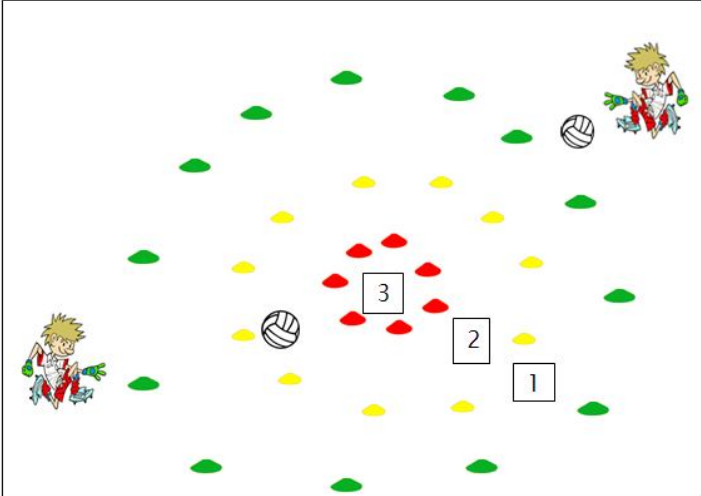
<p>HANDLING: Week 5 Game 2: Over the Bridge</p>	<p>Rules: How to Play</p> <ul style="list-style-type: none"> ▪ Mark out 2 grids 4m x 4 m and 3/4m from a barrier (Use cane on 2 cones or make out another grid 4m x 4m) ▪ Children face each other standing either side of the hurdle / cone ▪ 1 with 1- Children throw the ball back and forth over the cone to each other ▪ 1 v 1- A point is awarded if the ball hits the ground on opponent's side
 <p>FOCUS</p> <ul style="list-style-type: none"> ▪ Children get a chance to practice their sending and receiving skills in a competitive environment 	
<p>HARDER</p> <ul style="list-style-type: none"> ▪ Move further away from the cone/hurdle by making zone next to barrier bigger ▪ Use a small ball and strike with hand ▪ Use hand/fist, punt or striking across with a bat/hurl (Need for bigger grid) <p>EASIER</p> <ul style="list-style-type: none"> ▪ Allow one bounce before collecting the ball ▪ Make cane higher or grids next to barrier bigger 	
<p>COACHING POINTS</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Keep eyes firmly fixed on the ball when receiving ▪ Look up to see where to send ball <p>HANDS</p> <ul style="list-style-type: none"> ▪ Spread fingers and use 'soft hands' to cushion the ball when receiving <p>FEET</p> <ul style="list-style-type: none"> ▪ Move forward when collecting the ball ▪ Get your feet behind the flight of the ball 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ 1 x Ball ▪ 1 x Cone/Hurdle ▪ Dome ▪ Bats/Hurls

Wednesday.

Today's focus is on Kicking Skills

SESSION ONE

Game One: Kick For Bull's Eye.

KICKING – Week 2 Game 1 - Kick for Bull's Eye	RULES – HOW TO PLAY
	<ul style="list-style-type: none">▪ Mark out circles preferably in chalk▪ Radius – 2m/4m 6m▪ Children on the outside aim to kick the Ben Bag/ball into one of the circles▪ Each area is coloured coned and more points should be awarded for ball finishing close to the middle▪ Must kick from outside the cones
FOCUS <ul style="list-style-type: none">▪ Develop feel for kicking skills on the ground	

HARDER

- Challenge child to move further back from cones
- Make the scoring area smaller and add defenders to prevent scores
- Challenge kicking using both feet
- Have more scoring zones so the scoring area is further away from kicking point

EASIER

- Move closer to the cones and use bean bags initially
- Increase the scoring areas
- Increase the number of points awarded for a score

COACHING POINTS

HEAD

- Look at where you want to kick the ball, then keep head down and eyes looking at the ball at all times

HANDS

- Use your arms for balance by swinging the arm on the kicking side out to the side of the body while the other arm moves slightly backwards

FEET

- Support foot (foot not kicking object) should be planted to the side of the ball
- Follow through with your kicking foot towards the target that you are kicking to

EQUIPMENT

- Domes
- Cones
- Hoops

Skill: Dribble and Kick

WEEK 2: SKILL CARD 1: Ground Dribble and Kicking



KEY COACHING POINTS

HEAD

- Eyes on ball or beanbag

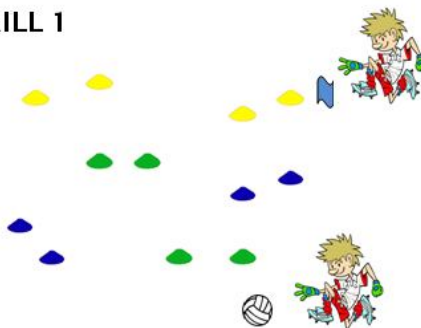
HANDS

- Use arms to balance body as you dribble and kick

FEET

- Use the inside and outside of both feet to dribble the ball/beanbag
- Use the sole of foot to trap/stop the ball

DRILL 1



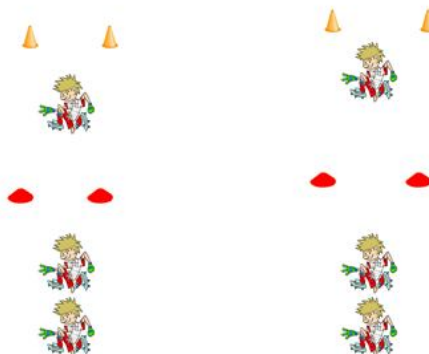
LESS DEMANDING

- Use beanbags
- Have wide gates to dribble through
- Use soft ball if no beanbags

MORE CHALLENGING

- Use both feet
- Use different sized ball
- Pass through gates and trap under foot at the other side

PROGRESSIVE GAME: Dribble & Shoot

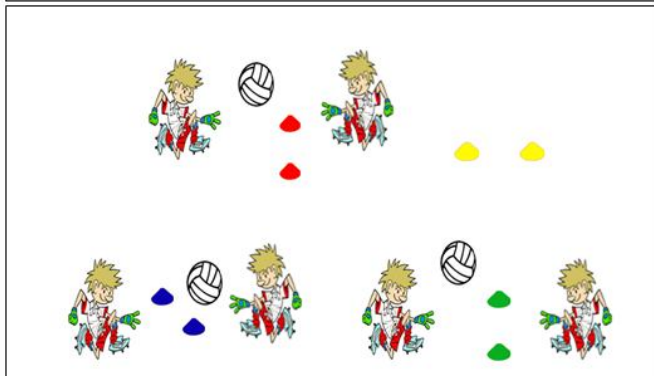


HOW TO PLAY

- Dribble the beanbag through the red domes
- Trap the beanbag and then shoot through the cones

Game: Through the Gates

KICKING: Week 2 Game 2: Through the Gates



FOCUS

- This game focuses on the accuracy of the kick passing and also spatial awareness to see where to move to find the free gates

RULES – HOW TO PLAY

- Players work in pairs
- Begin with players trying to kick or punt to each other through their own set of gates
- Progress to moving about grid kicking the ball through gates
- Target could be either trying to score through all the gates or attempting as many goals in a set time i.e. 30 secs.

HARDER

- Make the goals smaller
- Use their weaker foot
- Introduce a few players to prevent scores

EASIER

- Increase the gates size
- Kick along the ground using slightly deflated balls
- Roll or Hand/Fist pass through the gates

COACHING POINTS

HEAD

- Look up to see where your partner is when not dribbling or kicking
- Keep your eye on the ball when kicking
- Count '1, 2' before lifting head

HANDS

- Use big hands to catch the ball and point to what gate you are travelling to

FEET

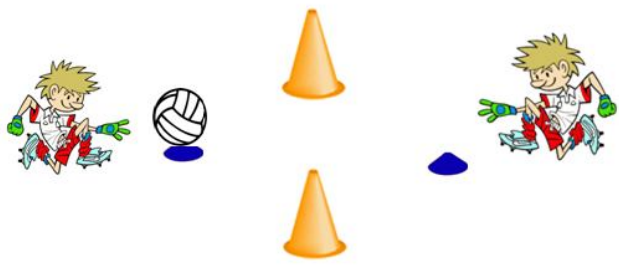
- Kick with the hard part of your foot and follow through
- If kicking with right foot left leg should be forward

EQUIPMENT

- 5 footballs per grid
- 4 Domes per grid
- 10 cones for the gates per grid

SESSION TWO.

Game: Off the Cone.

<p>KICKING: Week 4 Game 1: Off the Cone</p>	<p>RULES – HOW TO PLAY</p> <ul style="list-style-type: none"> ▪ 1 with 1 ▪ Kick ball with hard foot (the top of laces) off the cone ▪ Kick the ball through the gate to partner (1pt) ▪ If partner controls ball first time = 2pts ▪ Add up scores together
	
<p>FOCUS</p> <ul style="list-style-type: none"> ▪ Introduce Ground kicking with hard foot (off the top of the laces) 	

<p>HARDER</p> <ul style="list-style-type: none"> ▪ Move further away from partner after each successful kick ▪ Use non-preferred foot ▪ Kick from the hands using hard foot ▪ Move large cones closer together <p>EASIER</p> <ul style="list-style-type: none"> ▪ Move closer to partner ▪ Move large cones further apart ▪ Use a foam ball and kick from the ground initially before attempting out of the hands 	
<p>COACHING POINTS</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Keep head down count '1,2' before lifting head ▪ Look at a spot on the ball in the centre or slightly below where you hope to make contact ▪ Eyes on sweet spot as you run up <p>HANDS</p> <ul style="list-style-type: none"> ▪ Arms out to the sides to help balance <p>FEET</p> <ul style="list-style-type: none"> ▪ Support foot behind and to the side of the ball ▪ Toe pointing down ▪ Use hard foot / hit off the laces ▪ Follow through in direction of partner 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ Ball for each pair ▪ 2x flat cones ▪ 2x large cones

Skill: Ground Kick with Front of Foot.

WEEK 4: SKILL CARD 4: Ground kick- Front of Foot



KEY COACHING POINTS

HEAD

- Look ahead to where you want to hit the ball
- When kicking keep eyes on the Sweet Spot of the ball (A small circle you hope to contact)
- You should draw a small circle in the middle of the ball to help children where to focus when kicking

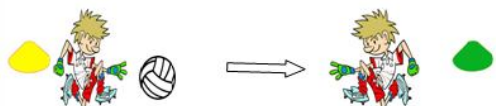
HANDS

- Use your arms for balance...
- Hand on kicking side comes out to side of body while...
- Other arm moves slightly backwards on impact of kick

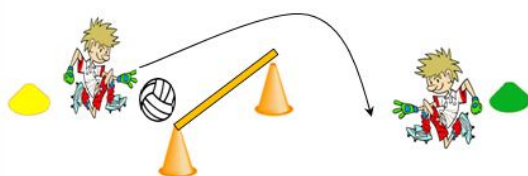
FEET

- Move towards ball and plant standing foot to the side of the ball
- Keep a 'hard foot' (Toe Down Heel Up) and swing your leg fast as you kick through the ball
- Follow through to the direction that you want the ball to go

1)



2)

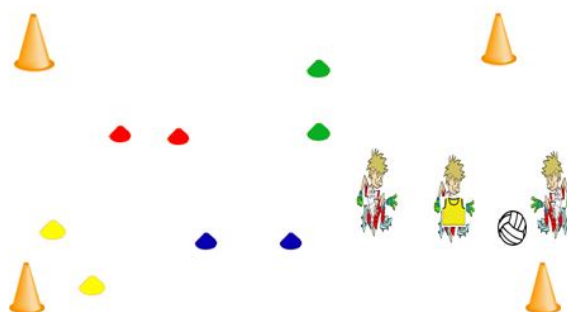


LESS DEMANDING

- Less distance between kickers

MORE CHALLENGING

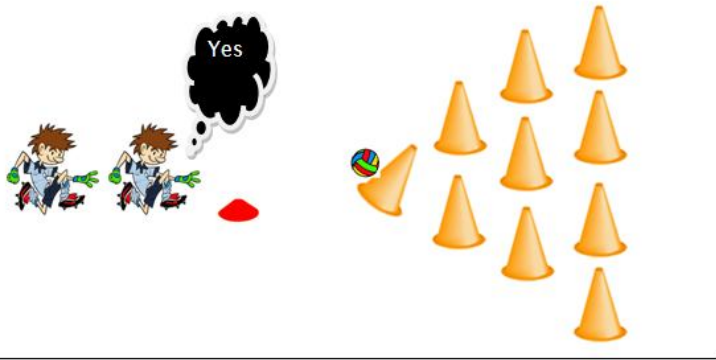
- Double points for kicking over hurdle in front
- Increase kicking distance



HOW TO PLAY

- Teams of 3 in a marked out grid
- One player acts as a goal keeper while the other two try and score through the various domes/cones
- Cones are further apart than domes, therefore more points should be awarded if ball travels through smaller space
- If ball travels over the goal-keepers head then double points should be awarded

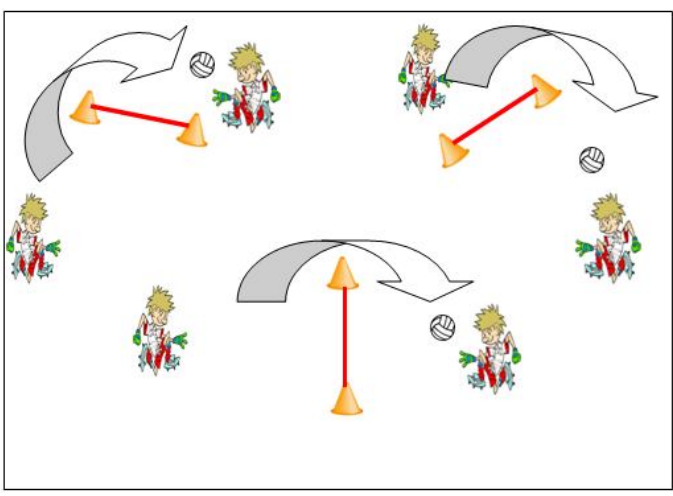
Game: Skittle Knock Down

<p>KICKING: Week 4 Game 2: Skittle Knock Down</p>	<p>RULES – HOW TO PLAY</p> <ul style="list-style-type: none"> ▪ Set up 10 skittles in formation 4, 3, 2, 1 ▪ Using the ground kick see how many skittles you can knock down ▪ Partner then tries to beat it ▪ One partner kicks the other sets up ▪ Score – 1 Point for each cone knocked down ▪ Winner – Most cones knocked down after 5 kicks each
	
<p>FOCUS</p> <ul style="list-style-type: none"> ▪ To challenge accuracy in the ground kick while aiming at targets 	

<p>HARDER</p> <ul style="list-style-type: none"> ▪ Move the ball further away from the skittles ▪ Use less skittles ▪ Use weaker foot <p>EASIER</p> <ul style="list-style-type: none"> ▪ Move closer to the target ▪ Use more skittles 	
<p>COACHING POINTS</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Head down through the strike, with eyes on the ball <p>HANDS</p> <ul style="list-style-type: none"> ▪ Use your arms for balance - swing the arm on the kicking side out to the side of the body while the other arm moves out and slightly back <p>FEET</p> <ul style="list-style-type: none"> ▪ Move towards ball and plant standing to the side of the ball ▪ Keep a hard foot (Toe Down Heel Up) and swing your leg fast as you kick through the Sweet Spot 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ Light large soft ball ▪ Smaller first touch ball ▪ Marking dome ▪ Skittles x 10

SESSION THREE.

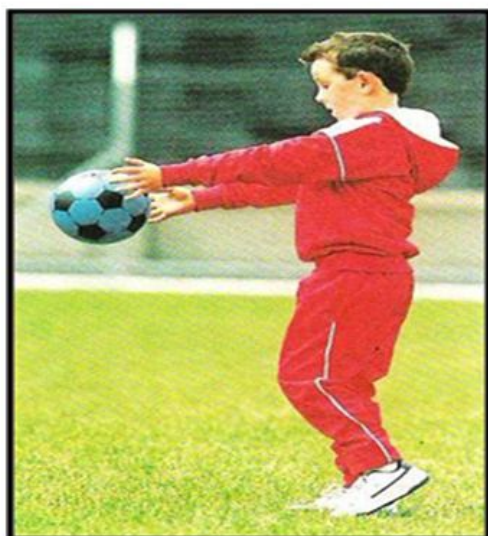
Game: Over the Bridge.

<p>KICKING: Week 5 Game 1: Over the Bridge</p>	<p>RULES – HOW TO PLAY</p> <ul style="list-style-type: none"> ▪ Players with 2 domes and a cane set up bridges as shown ▪ 2 Players each with a ball aim to Punt the ball over the different bridges ▪ Players must be aware of other pairs and look for the free Bridges ▪ Score – 1 Point for punting ball over Bridge and catching
 <p>FOCUS</p> <ul style="list-style-type: none"> ▪ To challenge player's ability at Punting using targets 	

<p>HARDER</p> <ul style="list-style-type: none"> ▪ Punt with non dominant foot ▪ Increase distance between players to punt over and award extra points ▪ Solo between Bridges and Punt ▪ Introduce defenders to prevent scores <p>EASIER</p> <ul style="list-style-type: none"> ▪ Decrease distance between players ▪ Take away bridges (cones and pole) ▪ Allow one bounce pass to chest ▪ Allow player to kick along ground under the Bridge 	
<p>COACHING POINTS</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Head down with eyes on ball when kicking ▪ Keep head down by counting '1, 2' before lifting head <p>HANDS</p> <ul style="list-style-type: none"> ▪ Hold the ball firmly with both hands. release ball from hands onto kicking foot – 'off the shelf' <p>FEET</p> <ul style="list-style-type: none"> ▪ Step forward with non kicking foot in front of kicking foot ▪ As ball drops bring kicking foot through to meet dropping ball ▪ Kick ball off the top of the laces (toe pointed forward) in direction of player 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ 3 multi-markers ▪ 6 cones ▪ 3 poles ▪ 1/2 Footballs

Skill: Punt Kick

WEEK 5: SKILL CARD 5: Punt Kick (2 Hand Drop)



KEY COACHING POINTS

HEAD

- Look at target then focus on the ball
- Watch the ball all the way onto the foot
- Count '1,2' before lifting head

HANDS

- Let the ball roll gently off the finger tips of two hands (Off the Shelf) held well out in front of the body

FEET

- Start by standing one foot in front of the other – Kicking foot behind
- As ball drops bring your kicking foot through to meet the dropping ball
- Keep toe pointing downwards, (Hard Foot) kick through the ball with laces

DRILL: Punt ball to partner



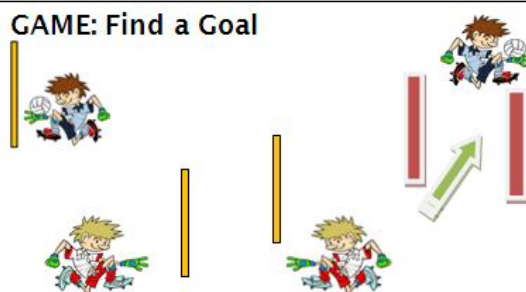
LESS DEMANDING

- Decrease distance between cones
- Allow ball to bounce before attempting to punt on rebound
- Use a larger soft ball or Balzac Balloon

MORE CHALLENGING

- Increase distance between cones
- Use less preferred foot
- Step and Punt
- Pass on the move
- Solo away stop and pass
- Pass to a moving receiver

GAME: Find a Goal



HOW TO PLAY

- Players work in pairs 2v2 or 1v1
- A point is awarded for successfully punt kicking the ball to partner through any of the gates
- Kick must be over distance of 10m.
- Challenger passers by adding defenders, work to dispossess other team
- Play in 30x30m square
- Set up 6/8 small gates inside the square about 2m wide

Game: Over The River.

<p>KICKING: Week 5 Game 2: Over the River</p>	<p>RULES – HOW TO PLAY</p> <ul style="list-style-type: none"> ▪ Mark out 3 Zones as shown (Big zones 10m x 8m with middle zone 3/6m wide depending on ability of players) ▪ Players must stay in their own zones ▪ Players must send the ball over the domes (River) in the middle ▪ Players to use a throw then can progress to hand passing /striking/kicking <p>Scorings Cooperating 1 with 1 or 2 with 2</p> <ul style="list-style-type: none"> ▪ Up to 10 catches without dropping ball gets a score
<div data-bbox="248 443 917 824"> </div> <div data-bbox="248 835 917 1014"> <p>FOCUS</p> <ul style="list-style-type: none"> ▪ Attack and defending space </div>	

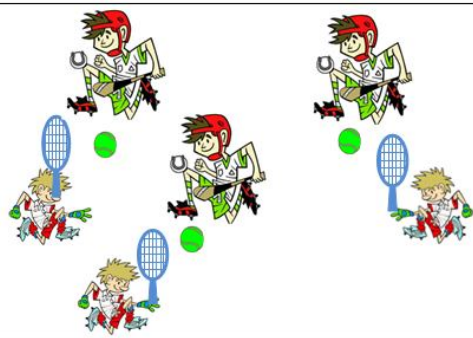
<p>HARDER</p> <ul style="list-style-type: none"> ▪ Ball is not allowed to bounce ▪ When sending use non preferred hand/foot or side if striking ▪ Move from throwing to hand passing to kicking to striking ▪ Make river smaller i.e. less time to receive ball for receivers ▪ Use targets (hoops or goals) at back of court for accuracy <p>EASIER</p> <ul style="list-style-type: none"> ▪ Ball can bounce before it is caught ▪ Ball can be rolled or thrown ▪ Make river bigger for receivers or smaller for senders 	
<p>COACHING POINTS</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Keep eyes on the ball until it is caught ▪ Look for the free spaces to send ball into <p>HANDS</p> <ul style="list-style-type: none"> ▪ Use big hands around the sides of the ball ▪ Don't snatch at ball, use relaxed hands for catching <p>FEET</p> <ul style="list-style-type: none"> ▪ Keep on bent legs with one foot in front of the other ▪ Get your body behind the flight of the ball 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ Ball x1/2 ▪ Cones ▪ Cone and canes to roll ball under if needed for low ability children. ▪ Additional equipment- bean bags and hoops

Thursday

Today's focus is on Striking Skills.

SESSION ONE

Game: Leg Goals.

<p>WEEK 2: STRIKING: Game 1: Leg Goals</p>	<p>RULES – HOW TO PLAY</p>
	<ul style="list-style-type: none"> ▪ Pairs Nos. 1 & 2 - All with a bat and small ball each ▪ Nos. 1's find a free space and stand with legs wide apart to form goals ▪ Nos. 2's aim to dribble balls up to and under the legs of the No. 1's ▪ Change roles after a set time
<p>FOCUS:</p> <ul style="list-style-type: none"> ▪ To challenge their dribbling and striking skills with a bat 	<p>Score</p> <ul style="list-style-type: none"> ▪ 1 point for every goal scored <p>Winner</p> <ul style="list-style-type: none"> ▪ Most points in a set time <p>Variation</p> <ul style="list-style-type: none"> ▪ Have 3/4 defenders attempting to prevent scores

<p>HARDER</p> <ul style="list-style-type: none"> ▪ Make the target smaller, by moving legs closer together ▪ Must strike for goal without stopping ball i.e. First Touch ▪ Try and strike further away from the goals <p>EASIER</p> <ul style="list-style-type: none"> ▪ Stand with legs further apart ▪ Use 2 Touch i.e. First Touch to stop ball and Second Touch to strike ▪ Use a bean bag for more control ▪ Do it at walking pace 	
<p>COACHING POINTS</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Eyes focused on the ball when dribbling and striking but.... ▪ Look up to scan where you hope to go next <p>HANDS</p> <ul style="list-style-type: none"> ▪ Using a firm grip with your dominant hand wrapped well around the handle ▪ Keep thumb over fingers for better grip <p>FEET</p> <ul style="list-style-type: none"> ▪ One foot slightly in front of the other ▪ Knees slightly bent 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ 1 bat per child ▪ 1 ball per pair

Skill: Dribble with Hurls.

WEEK 3: SKILL CARD 3: Dribbling



KEY COACHING POINTS

HEAD

- Eyes on the ball when dribbling but look up to scan for free spaces

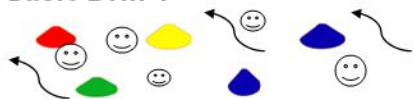
HANDS

- Dominant hand holding top of hurl
- Non-dominant hand down hurl down hurl for easier control

FEET

- Feet shoulder width apart for good balance
- One foot slightly in front of the other i.e. left foot if right hand top
- When dribbling keep one foot in front of the other and shoulder width apart

Basic Drill 1



Basic Drill 2



Basic Drill 3



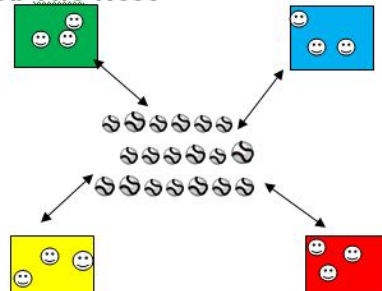
Less Demanding

- Dribble using bigger ball
- Dribbling in & out of cones (Drill 1)
- Introduce traffic lights (Drill 2)

More challenging

- Dribbling through minefield Drill 3
- Players dribble in and out of cones, when get last cone shoot for goal
- Increasing shooting distance
- Decrease size of goals


Rob The Nest



How to Play

- Divide group into 4 teams start in 4 Nests as shown
- Nest of sliotars in middle of grid
- On signal players leave nest and steal the balls in middle of grid
- When no sliotars left in middle of grid, then steal from other nest
- Team with most balls in a set time is the winner
- Have defenders to prevent steals

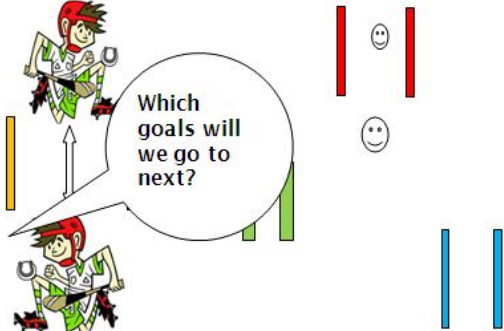
Game: Rob The Bank.

<p>WEEK 2: STRIKING: Game 2: Rob the Bank</p>	<p>RULES – HOW TO PLAY</p> <ul style="list-style-type: none"> ▪ 5 coloured teams ▪ One team (Guards) go to the 'Bank' in the middle ▪ Other teams (Robbers) go to a corner zone each ▪ Robbers attempt to rob balls from the bank and bring them back to their zone ▪ Guards try to defend the bank ▪ Team with most balls in their hideout at the end of set time wins
	
<p>FOCUS</p> <ul style="list-style-type: none"> ▪ To dribble a ball while under pressure from an opponent 	

<p>HARDER</p> <ul style="list-style-type: none"> ▪ Allow guards to go to the 'hideouts' to try and retrieve stolen balls ▪ Allow robbers to rob balls from other teams as well as from the bank ▪ Increase the number of guards ▪ Decrease the size of grid <p>EASIER</p> <ul style="list-style-type: none"> ▪ Reduce the number of guards or no guards at all ▪ Use bigger sliotars or medium size balls ▪ Increase the size of the bank 	
<p>COACHING POINTS:</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Keep eyes on ball especially when dribbling ▪ Look up and be aware of other players <p>HAND</p> <ul style="list-style-type: none"> ▪ Dominant hand at top of hurl, with other hand lower down on the hurl for better control <p>FEET</p> <ul style="list-style-type: none"> ▪ Keep feet behind ball ▪ Use feet to turn body away from guards 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ Cones to mark out zones ▪ First Touch sliotars ▪ Hurls ▪ Helmet

SESSION TWO

Game: Find A Goal

<p>WEEK 4: STRIKING: Game 1: Find a Goal</p>	<p>RULES - HOW TO PLAY</p> <ul style="list-style-type: none"> ▪ Mark out grid with poles/cones/domes as gates ▪ Players work in pairs dribbling the <u>sliotar</u> around the area ▪ Players look for a free 'goal' ▪ Strike the ball through the goal to partner at opposite side to score a point
	
<p>Focus</p> <ul style="list-style-type: none"> ▪ Developing dribbling and ground striking skills using decision making skills 	

<p>HARDER</p> <ul style="list-style-type: none"> ▪ Make the goals smaller ▪ Set a time limit (eg 1 min) / Set a target number to be achieved ▪ Put a defender in to block goals being scored ▪ Strike for goals further out 5/10m etc. <p>EASIER</p> <ul style="list-style-type: none"> ▪ Make the goals larger ▪ Increase the number of goals ▪ Use a bigger ball ▪ Use 2 touch i.e. stop ball before attempting strike at goals 	
<p>COACHING POINTS</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Keep eyes on the ball when dribbling and striking ▪ Look up to find a new goal ▪ Receiving - Watch ball all the way onto bat/bas <p>HANDS</p> <ul style="list-style-type: none"> ▪ Dominant hand at the top of hurl and other hand locked underneath ▪ Shoulder in line with target (eg at partner) ▪ Use short swing initially for striking <p>FEET</p> <ul style="list-style-type: none"> ▪ One foot slightly in front of other ▪ When striking from the right side, left foot should be in front 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ Sliotars ▪ Hurls ▪ Poles ▪ Domes

Skill: Ground Strike.

WEEK 4: SKILL 4: Ground Striking - Dominant Side



Ready Position Lock Position Strike

KEY COACHING POINTS

HEAD

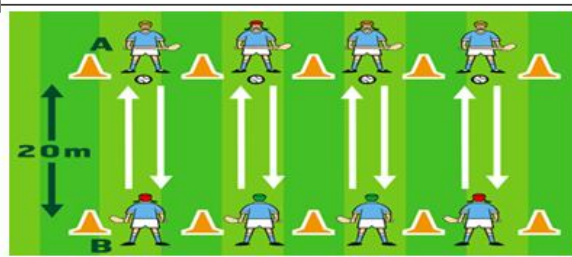
- Eyes on ball

HANDS

- Begin in ready position - see photo
- Slide non-dominant hand into lock position as photo
- Bending the elbows to raise the hurley
- Swing the hurley towards the ground with a wristy action
- Follow through to opposite shoulder

FEET

- Feet shoulder width apart
- Have front foot in line with ball
- Transfer weight from side you are striking from e.g. striking from left, transfer weight from left foot to right foot

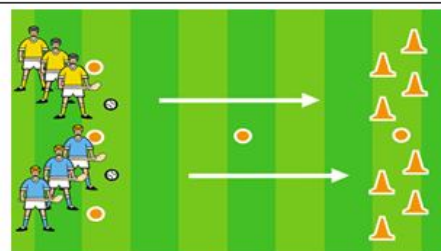


LESS DEMANDING

- 1's Imaginary Striking with no ball as you move about the free spaces
- 1's Striking a tyre or ball on rope
- 2's Using larger ball
- 2's Decrease distance
- Use 2 touch stop & strike

MORE CHALLENGING


- Move and strike the ball first time
- Increase distance of striking
- 1 v 1 Strike for goal
- Above but move about striking into empty goals



HOW TO PLAY

- Players work in teams of 2/3 and play against another team
- Each player gets 1/2 minutes to knock down all the cones
- A point is awarded for each cone knocked down
- First team to knock down all the cones wins/ or whichever team has knocked down the greatest number of cones in allocated time
- Nominate some players to put cones back up
- Place defenders in middle to prevent scores

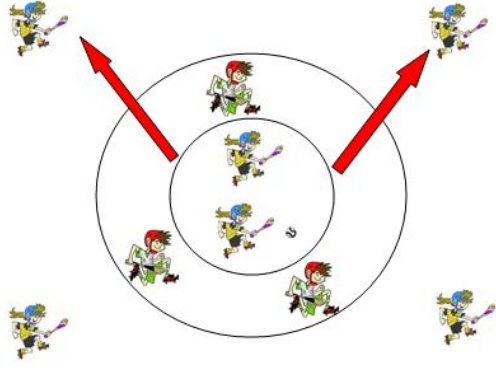
Game: Beat the Goalie.

<div style="border: 1px solid black; padding: 5px; text-align: center; margin-bottom: 10px;"> WEEK 4: STRIKING: Game 2: Beat the Goalie </div> <div style="border: 1px solid black; padding: 10px; text-align: center; margin-bottom: 10px;">  </div> <div style="border: 1px solid black; padding: 5px;"> Focus: <ul style="list-style-type: none"> ▪ Developing dribbling, ground striking, stopping and aiming skills </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> RULES – HOW TO PLAY </div> <ul style="list-style-type: none"> ▪ Set up a number of goals in a large grid 20m x 20m ▪ Select a goalie for each of the goals ▪ Players work in pairs dribbling the <u>sliotar</u> around the area ▪ Strike the ball through the goal to partner at opposite side to score a goal ▪ Move on to next goals
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<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> HARDER <ul style="list-style-type: none"> ▪ Make the goals smaller ▪ Set a time limit or set a target number to be achieved ▪ Add a floating defender who can travel anywhere to stop scores ▪ All shots from 5/10m out </div> <div style="border: 1px solid black; padding: 5px;"> EASIER <ul style="list-style-type: none"> ▪ Make the goals larger ▪ Make more sets of goals ▪ Restrict goalies movement or no goalie at all </div>	
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> COACHING POINTS </div> <div style="border: 1px solid black; padding: 5px;"> HANDS <ul style="list-style-type: none"> ▪ Lift the hurl until it is above the head with the bas horizontally above the left foot (Right hand top) ▪ Bend the arms at the elbows, the right elbow is raised out to the side bringing the left elbow in front of the chest ▪ Swing the hurl downwards in an anticlockwise arc with a 'wristy' action ▪ Strike the <u>sliotar</u> 'flat on' with the bas of the hurl in front of the left foot ▪ It is the hands that generate the speed of the hurl by pulling the hurl through at maximum speed </div>	<div style="border: 1px solid black; padding: 5px;"> EQUIPMENT <ul style="list-style-type: none"> ▪ Sliotars ▪ Hurls ▪ Poles ▪ Domes </div>

SESSION THREE.

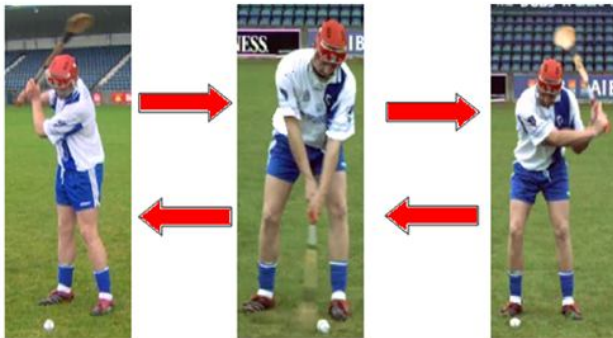
Game: Circle Score

<p>WEEK 5: STRIKING: Game 2: Circle Strike</p>	<p>RULES – HOW TO PLAY</p> <ul style="list-style-type: none"> ▪ Mark out circles with radius of ~ 3m/6m as shown ▪ Teams: 6 attackers v 3 defenders ▪ 2 attackers within inner circle aim to strike ball to 4 attackers on outside ▪ 3 Defenders in outer circle aim to intercept ▪ 1 point for every successful pass
	
<p>FOCUS</p> <ul style="list-style-type: none"> ▪ Aim to develop ground striking skills for passing to unmarked team mates 	

<p>HARDER</p> <ul style="list-style-type: none"> ▪ Add more balls ▪ Pass from outside to inside ▪ One-touch only ▪ Make circles bigger – Harder for defenders or smaller – harder for attackers ▪ Place more defenders in outer circle <p>EASIER</p> <ul style="list-style-type: none"> ▪ Reduce number of defenders ▪ Use bigger ball ▪ Make circles smaller – easier for defenders or bigger – easier for attackers 	
<p>COACHING POINTS</p> <p>HEAD</p> <ul style="list-style-type: none"> ▪ Eyes on the ball when striking but look up to scan for passing opportunities <p>HANDS</p> <ul style="list-style-type: none"> ▪ Slide hands into 'lock' position bending elbows to raise the hurl <p>FEET</p> <ul style="list-style-type: none"> ▪ Shoulder width apart, ball in line with forward foot ▪ When striking with right side, left foot is in front 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ Multi markers ▪ Sliotars ▪ Large Ball ▪ Big Bat/hurl ▪ Small Bat

Skill: Doubling (Return)

SKILL 6: Ground Doubling – Returning



KEY COACHING POINTS

HEAD

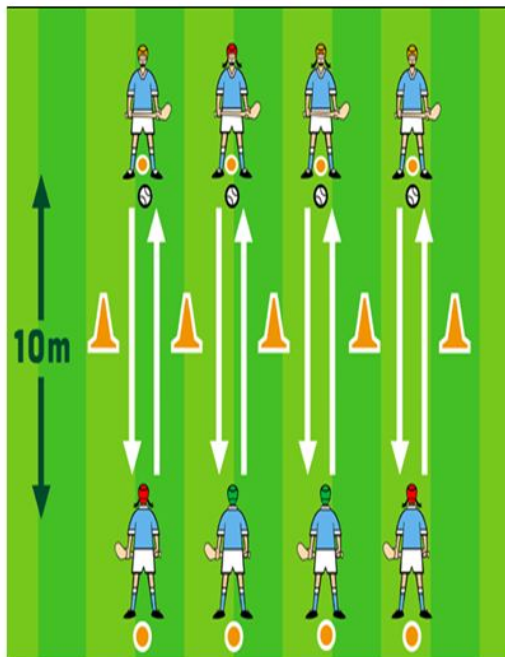
- Keep the head down over the ball

HANDS

- Adopt the ready position
- Slide the non-dominant hand into the lock position
- Bend the elbow to swing and follow through

FEET

- Feet shoulder width apart
- Knees bent slightly when striking
- Move body weight from right foot to left when striking to right and vice versa for striking to left



HOW TO PLAY

- Divide the players into pairs; 10m apart
- Players aim to strike ball through cones to their partner
- Other player aims to send ball back without stopping the ball

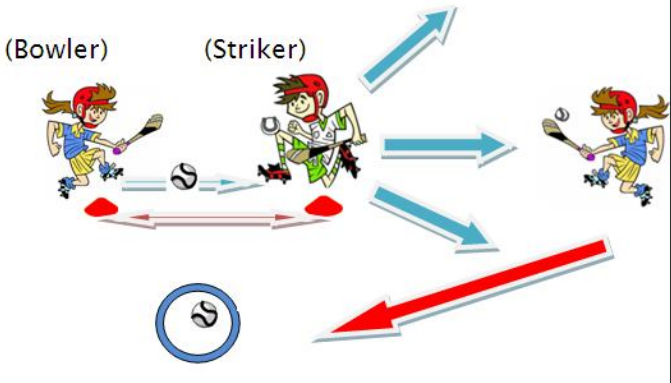
LESS DEMANDING

- Move players closer together
- Move cones further apart
- Use medium size ball or First Touch sliotar

MORE CHALLENGING

- Move players further apart
- Move cones closer together
- Introduce 2 sliotars
- Place goals behind with goalies for players to double on and strike for goal

Game: Rounders.

<p>WEEK 7: STRIKING: Game 2: Rounders</p>	<p>RULES – HOW TO PLAY</p>
	<ul style="list-style-type: none"> ▪ Set up area as shown with 2 domes 5m apart ▪ Teams of 3 with a Bowler, a Fielder and a Striker ▪ Bowler rolls/strikes the <u>sliotar</u> along the ground to the striker ▪ The striker doubles back behind ▪ The fielder retrieves the <u>sliotar</u> and brings it back to the hoop ▪ The striker must run around the red domes scoring a point each time
<p>FOCUS:</p> <ul style="list-style-type: none"> ▪ To be able to double back using a hurl into the space without the sliotar stopping 	

<p>HARDER</p> <ul style="list-style-type: none"> ▪ Throw the ball, so that it is airborne ▪ Use more than one ball ▪ Place coloured goals behind for striker to strike through ▪ Make Striker solo as s/he completes runs <p>EASIER</p> <ul style="list-style-type: none"> ▪ Hit the sliotar from a stationary position ▪ Use a bat instead of a hurl ▪ Make boundary smaller ▪ Use a larger ball ▪ Increase the number of fielders 	
<p>COACHING POINTS</p> <p>Responsibilities of Striker</p> <ul style="list-style-type: none"> ▪ Hit the ball into space ▪ Decide when or not to run ▪ Can stop at a cone, and run when the next Striker strikes <p>Responsibilities of Fielder</p> <ul style="list-style-type: none"> ▪ Bring the ball back to the hoop 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> ▪ 1 hurl per child ▪ 1 ball per 3 ▪ Multi-coloured domes ▪ Helmet ▪ 1 x Hoop

Friday.

Today is a games based competition called 'The Road to Croke'.

Number of participants determines number of games, e.g 24 players, 6 teams of 4 requires three pitches.

Pitch One: Club Venue e.g. 'O'Donnell Park'

Pitch Two: County Ground e.g. Casement Park.

Pitch Three: Croke Park.

If your team wins the game then you move up a venue. i.e. win in casement and you move to Croke Park.

If your team get beat at Casement they would move down to O'Donnell Park.

The games are entirely fun based.

Any game can be played, providing it is appropriate to the ability of the children playing them.