

Where will the  
**gaa superstars**  
of the future be this summer?

# ACTIVITY GUIDELINES BOOKLET **FOOTBALL**



**The Official GAA Summer Camp**  
[www.gaa.ie](http://www.gaa.ie)

**THE IRISH NEWS**

**RTE**

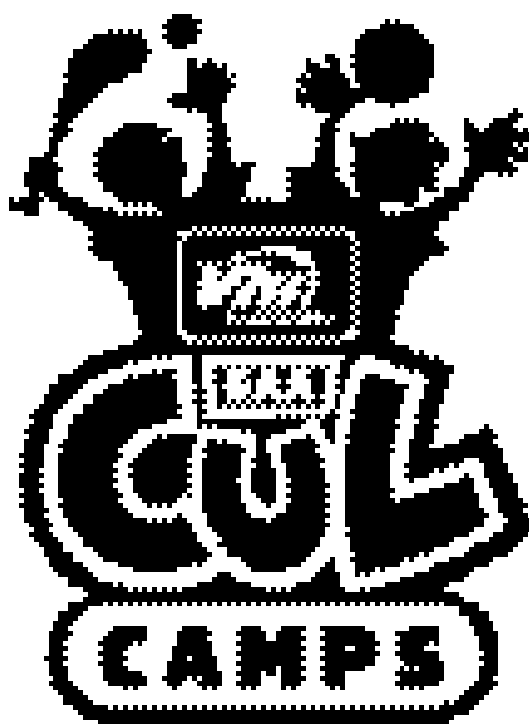
**IRISH DAILY  
STAR**

Cúl Camp Activity Guidelines Booklet



FOOTBALL

# Activity Guidelines Booklet



## Football

## Cúl Camp Activity Guidelines Booklet



FOOTBALL

## Teachtaireacht an Uachtaráin

Is chúis mór áthas dom an deis seo a fháil cupla focail a scríobh ar fhoilsiú an lámhleabhar seo.

This is the first year of this initiative and we are very excited about its potential. Summer camps were first organised on an ad hoc basis in the 1980's and have proved most popular in the intervening years among children throughout Ireland. The huge growth in numbers attending GAA run camps established a need for their organisation on a national basis, thus enabling the promotion of the camps in a more streamlined manner and ensuring that quality of standards and principles of best practice will be observed nationwide.

The VHI GAA Cul Camps have huge potential to increase participation in our games all over Ireland and we are delighted that Vhi Healthcare have joined with us in our endeavours to providing what we feel will become a hugely popular summer activity for children. I think that their involvement will add an extra dimension to the underlying Camp philosophy given their health and safety focus.

While GAA run summer camps have operated successfully for many years, I am confident that through this fresh initiative we will be able to combine our resources to ensure a first class product nationwide and provide for our children a most enjoyable, healthy and memorable summer experience.

Le gach dea-ghuí,

Nioclás O Braonáin,  
UACHTARÁN CLG



## Cúl Camp Activity Guidelines Booklet

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# Introduction

Cúl Camps are a participation and skill development initiative associated with the Fun Do phase of the Pathway to Elite Performance (PEP).

The Fun Do Phase of the Pathway emphasises the development of the skills of the game in a positive playing environment and, providing children with the opportunity to derive maximum enjoyment from their involvement in Gaelic Games. Opportunities for participation that are appropriate to the needs and abilities of children are central in the battle to provide alternatives to the passive and sedentary lifestyles which are increasingly taking root in modern society.

It is important that all coaches of children buy into this child-centred approach. By doing so, they will enable all young participants to experience the sense of achievement and fair play which are critical to this first stage of development. This, in turn, will enable and encourage young players to progress through the other stages as set out in the Pathway to Elite Performance.

This booklet has been designed to help Cúl Camp Coaches deliver an exciting and varied programme of activities for boys and girls in accordance with Best Practice in a fun environment for all participants.

For more information on the Pathway to Elite Performance visit <http://gamesdevelopment.gaa.ie/>

## Philosophy

The greater the sense of achievement experienced by Players, the more they Enjoy their involvement and the greater the Effort they will make to Excel

## Cúl Camp Mission Statement

The GAA is committed to implementing a Cúl Camp programme of skill development activities in a positive playing environment, to providing children with the opportunity to derive maximum enjoyment from their involvement in Gaelic Games with a view to maximising participation and optimising playing standards and to ensuring that Players' needs are catered for in a Balanced and Holistic way.



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# Planning your Cúl Camp

## 1. Format of the Cúl Camp

Cúl Camps should be structured as follows:

- 4 Skill Development Days
- 1 Fun Blitz Day

Skill Development days have **Primary Themes** and **Secondary Themes**.

**Primary Themes** are complementary skills. The following are the recommended combinations for each day:

- Day 1 - Catching and Kicking Skills
- Day 2 – Movement and Passing Skills
- Day 3 – Tackling and Evasion Skills
- Day 4 – Attacking and Defending Skills

**Secondary Themes** focus on those Principles, Values, and Behaviours that are central to making participation in Gaelic Games the most positive experience it can be. The following are the recommended topics for each day:

- Day 1 – The GAA – History, Place, Identity
- Day 2 - Playing Gaelic Games
- Day 3 – Food and Nutrition
- Day 4 – Knowledge of the Playing Rules

The Fun Blitz Day includes Fun Games, Skill Challenges and a Blitz and incorporates a Secondary Theme on the topic of Sportsmanship and Respect



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# 2. Structure of the Day

The Cúl Camp begins at 10a.m. and finishes at 2.30p.m.

### Skill Development Day Structure

|           |   |   |
|-----------|---|---|
| 9.30a.m.  | - | Coordinator and Coaches' Preparation      |
| 10.00a.m. | - | <i>Assembly, Group Organisation, etc.</i> |
| 10.15a.m. | - | Warm-Up                                   |
| 10.30a.m. | - | Fun Game (based on Primary Theme)         |
| 10.45a.m. | - | <i>Secondary Theme Task</i>               |
| 11.00a.m. | - | Coaching Classes (Drills and Fun Games)   |
| 11.45a.m. | - | Modified Game                             |
| 12.00p.m. | - | <i>Lón</i>                                |
| 12.30p.m. | - | <i>Secondary Theme Task</i>               |
| 12.45p.m. | - | Coaching Classes (Drills and Fun Games)   |
| 1.30p.m.  | - | Modified Games                            |
| 2.15p.m.  | - | Cool Down                                 |
| 2.20p.m.  | - | <i>Clean Up and Assembly</i>              |

### Fun Blitz Day Structure

|           |   |   |
|-----------|---|---|
| 9.30a.m.  | - | Coordinator and Coaches' Preparation      |
| 10.00a.m. | - | <i>Assembly, Group Organisation, etc.</i> |
| 10.15a.m. | - | Dynamic Warm-Up                           |
| 10.30a.m. | - | Fun Game                                  |
| 10.45a.m. | - | <i>Secondary Theme Task</i>               |
| 11.00a.m. | - | U-Can Skill Award Challenges              |
| 11.45a.m. | - | Modified Game                             |
| 12.00p.m. | - | <i>Lón</i>                                |
| 12.30p.m. | - | <i>Secondary Theme Task</i>               |
| 12.45p.m. | - | Fun Blitz                                 |
| 2.15p.m.  | - | Cool Down                                 |
| 2.20p.m.  | - | <i>Clean Up and Assembly</i>              |



## Cúl Camp Activity Guidelines Booklet

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### 3. Using this Resource

This booklet has been designed to help Cúl Camp Coaches deliver an exciting and varied programme of activities for boys and girls, in accordance with Best Practice, and in a fun environment for all participants.

However, it is not enough for the coach just to know the game they are coaching. Children develop rapidly between the ages of 7 and 13 and as such it is very important that the varying abilities of the players at each stage of their development are taken into account. As such the activities that follow in this booklet have been divided into three stages as follows:

- Stage 1 - Activities for 7/8 year olds
- Stage 2 - Activities for 9/10 year olds
- Stage 3 - Activities for 11/13 year olds

This booklet does not attempt to prescribe or schedule specific activities for each day of the Cúl Camp. As a Cúl Camp coach select appropriate activities for your group in accordance with the Cúl Camp format and the Structure for each day. How rigidly you adhere to the activities provided in each Stage will be determined by your particular group.

However, when organising activities for children there are definite criteria that should be adhered to.

The activity must:

- Be Fun
- Be appropriate to the players development, i.e. provide opportunity for success while presenting an appropriate degree of challenge
- Be supported by encouragement and positive feedback

The coach should also endeavour to identify the specific needs of each player to help them provide individual coaching inputs and support each child throughout the Cúl Camp.

The over-riding concern of the coaches must be that the Camps are a safe and enjoyable experience for all involved.





## 4. The OTú Coaching Model and the Skill Development Model

The **OTú Coaching Model** is based on the principle that players will achieve their full potential when they have successfully combined and developed the 3 T's and the 3 P's.

### T1 – Technical Proficiency:

The ability to perform the underlying techniques of the game

### T2 – Tactical Prowess:

The ability to weigh up match situations and decide on the best option to take and when to take it

### T3 – Team Play:

The ability to anticipate the movements of teammates and synchronise with them during set play and general play

### P1 – Physical Fitness:

The ability to perform the basic techniques, engage in the physical contests and respond to the stimuli experienced during the game with the least possible expenditure of energy

### P2 - Performance Analysis:

The ability to identify playing strengths and areas where improvements are required and to accept why changes in training, tactics, team lineout, etc. may be required.

### P3 - Psychological Focus:

The ability to maintain attention on the here and now and switch attention as the need arises.

These elements of performance are most effectively developed into a cohesive unit in an environment structured by Coaching and Communication Inputs that emphasis an integrated approach to coaching and support positive feedback and reinforcement.

The **Skill Development Model** outlined here identifies 6 types of activity to guide the coach through a specific progression by which a player will develop Technical Proficiency, Tactical Prowess and Team Play. It is intended as a reference guide and will aid in understanding the manner in which the activities are categorised and named in the activity sections later on.

| Skill Development Model |   |
|-------------------------|---|
| ACTIVITY TYPE           | MAIN FOCUS OF DEVELOPMENT                         |
| ABCs/Have-a-Ball        | Fundamental Movement Skills/ Basic Motor Skills   |
| Technical Drills        | Technical Proficiency                             |
| Ball & Wall Activities  | Technical Proficiency                             |
| Fun Games               | Technical Proficiency/ Tactical Prowess/Team Play |
| Game Play Drills        | Tactical Prowess                                  |
| Games                   | Team Play   |

## Cúl Camp Activity Guidelines Booklet



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**ABCs/Have-a-Ball Activities**

These are activities designed to develop Fundamental Movement Skills (Locomotor, manipulative and stability skills including the ABCs and RJTs of athleticism - Agility, Balance, Coordination and Running, Jumping, Throwing) and Basic Motor Skills (Catching, Passing, Kicking and Striking).

**Technical Drills**

These are activities designed to develop Technical Proficiency by challenging players to perform techniques correctly, consistently and at increasing speeds and under increasing pressure within specific movement patterns

**Ball & Wall Activities**

These are activities designed to develop Technical Proficiency by maximising the amount of Ball Contacts in a Training period by striking/kicking the ball off a wall.

**Fun Games**

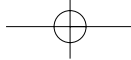
These are activities designed to develop Technical Proficiency while exposing players to limited decision making and team play skills. They also develop an increased awareness of body position and space.

**Game Play Drills**

These are activities designed to develop Tactical Prowess by requiring players to make decisions about what techniques to use and how and when to use them. They are not limited by patterns and are often set up in a grid or channel, simulating match situations.

**Games**

These are those activities that require players to operate as a team in a game governed by a modified version of the rules or the full rules of Football.



## Cúl Camp Activity Guidelines Booklet



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## 5. Equipment and Organisational Guidelines

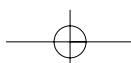
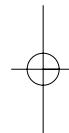
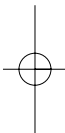
It is important that for every 10 players that there is at least 1 coach.

Each coach will require the following basic equipment (per 10 players)

- 10 cones
- 5 balls (First Touch, Quick Touch, Smart Touch)
- A whistle
- Bibs

To aid organisation use some general rules as follows:

- All activities must stop on the coach's whistle
- Delegate responsibility to the players to gather the equipment after each activity
- Set up a base for your group of players where they must return before each new activity





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## Stage 1 Activities for 7/8 year olds





## The Body Catch

### Key Points

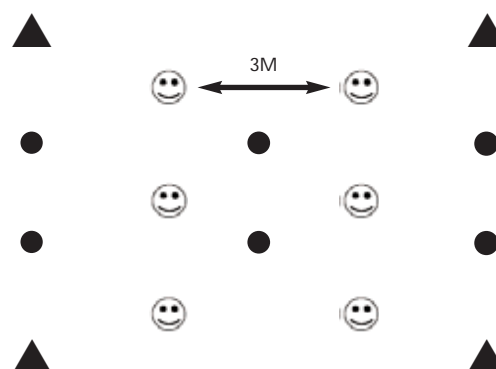
- Head up, keep eyes on the ball.
- As the ball approaches, move to receive it between the arms and the chest.
- Extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up.
- Spread the fingers of both hands to cushion the ball.
- Relax the chest on impact to cushion the ball into a secure position with both hands.



### Technical Drills

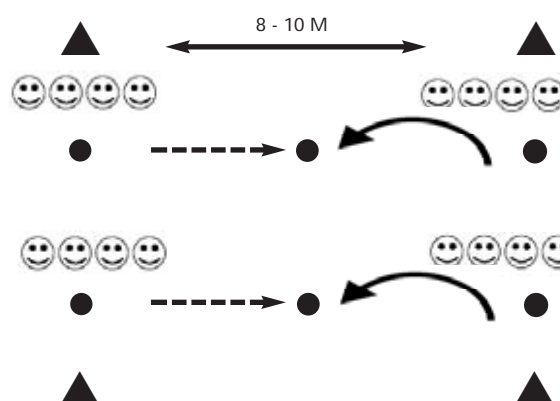
#### Drill 1 - Basic - Touch and Catch

- Divide the group into pairs, one football per pair.
- The players stand approximately 3m apart.
- The player with the ball throws the ball underarm to their partner to body catch, who repeats.
- Move the players further apart as their technique improves.
- Count the number of successful catches in 30 seconds.



#### Drill 2 – Intermediate – Move and Catch

- Divide the players into groups of eight, one football per group.
- Mark out a distance of approximately 8 - 10 meters using cones.
- Place a marker half way between the outer cones.
- Four Players line up at either cone.
- The player in possession throws the ball underarm for the opposite player to run forward and catch at the halfway marker.
- The player in possession then 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.

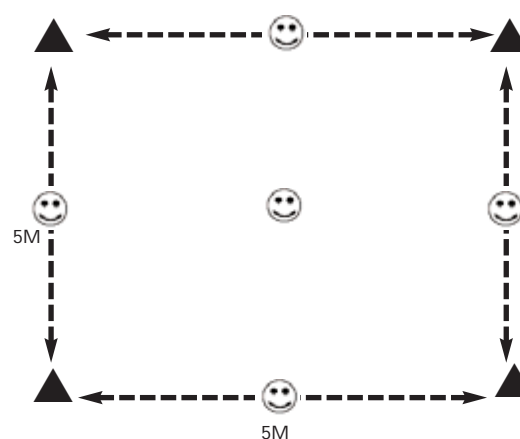




## The Body Catch

### *Fun Game 1 – Piggy in the Middle*

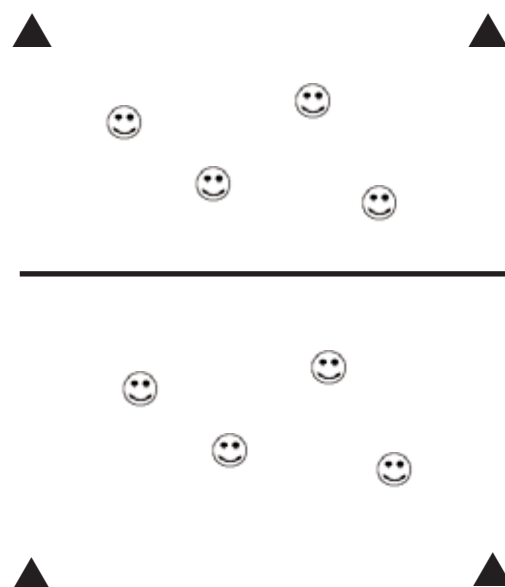
- Mark out a grid 5m x 5m using cones.
- Position one player along each length of the grid.
- Position the fifth player in the middle of the grid.
- The outside players must move along the lengths of the grid throwing the ball to each other to retain possession.
- The ball must be caught using the Body Catch technique.
- The middle player attempts to intercept the ball.
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'.



### *Developing the Skill*

### *Fun Game 2 - Over the River*

- Mark out a grid or 'court' using cones.
- Divide the players into two teams of four, separated by a line of cones or a net.
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch.
- The opposition team must use the Body Catch technique.
- Teams can score 1 point if the opposition fail to catch the ball using the body catch.
- Award 1 point if an opponent drops the ball after catching it.
- Award 1 point to the opposition if the ball is thrown outside the court.





## The Bounce

### Key Points

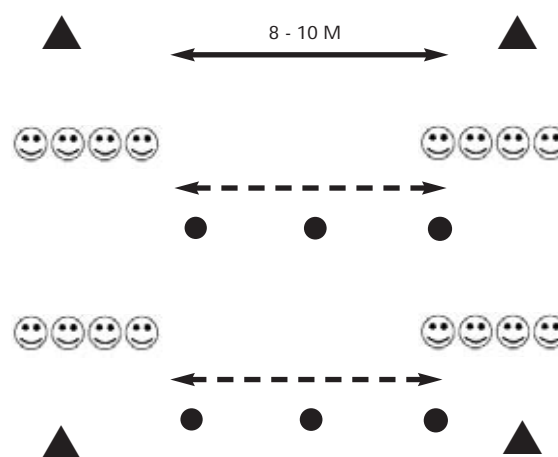
- Walk out four steps.
- Hold the ball with both hands.
- Head down, eyes on the ball.
- Release the ball into one hand, spreading the fingers behind the ball.
- Extend the arm, pushing the ball into the ground with the 'bouncing' hand.
- Extend both arms towards the ball as it returns into the hands.
- Spread the fingers of both hands to create a 'W' shape and cushion the ball into the hands.
- Hold the ball securely with both hands and bring it into the body.



## Technical Drills

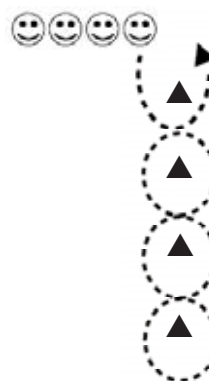
### Drill 1 – Intermediate - Bounce on the move

- Form lines of four players 8 - 10 meters apart.
- Place a marker half way between each line.
- The player in possession walks forward four steps before bouncing the ball and catching it again.
- The Player then walks on and hands the ball to the next player who repeats the drill.
- Each player in turn moves to the back of the opposite line.
- As the players become more proficient, get them to perform the drill while jogging and then to bounce the ball at an angle for their partner to catch.



### Drill 2 - Intermediate – Alternate Bounce

- Place four poles or cones in a line at 2 - 3 metre intervals.
- Line the players up before the first pole.
- The first player in the line runs out, bouncing the ball, rounding each pole on the way out and on the way back.
- The player should use his outside hand to bounce the ball while rounding each pole.
- This will mean using left and right hands alternately for each bounce.
- Each successive player repeats the drill.



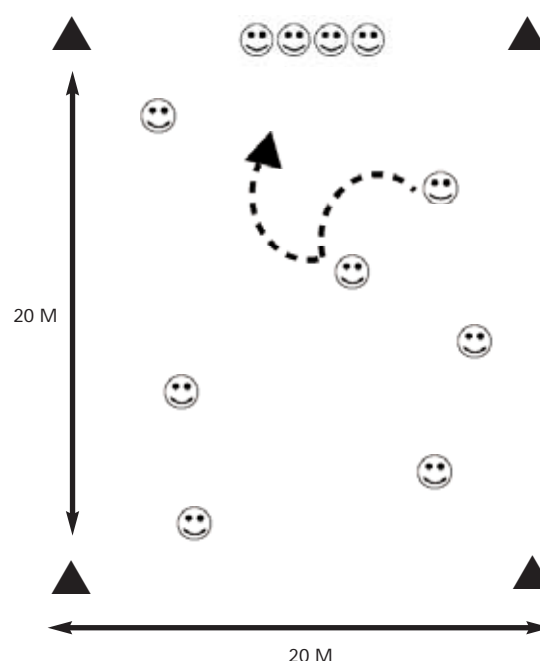


## The Bounce

### Fun Game 1 – Bounce King

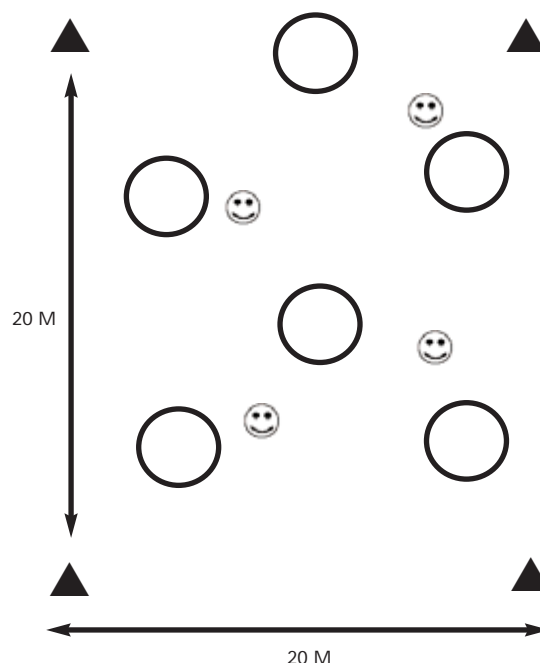
- Mark out a grid 20m x 20m.
- Divide the players into two equal teams.
- One team starts inside the grid with each player having a ball.
- On the whistle, each player lifts the ball and moves around the grid in different directions, bouncing the ball after every four steps.
- After one minute, whistle for team two to enter the grid.
- Each member of team two attempts to dispossess a member of team one.
- Switch the roles after a further minute.
- The team who keeps possession for the longest time wins.

### Developing the Skill



### Fun Game 2 - Bouncing Space Invaders

- Mark out a grid 20m x 20m.
- Place hoops on the ground at various points within the grid.
- On the whistle, each player lifts the ball and moves around the grid in different directions, bouncing the ball after every four steps.
- Players must attempt to bounce the ball in as many hoops as possible in one minute.
- The ball should not be bounced in the same hoop twice in succession.
- The player who bounces the ball in the greatest number of hoops wins!







## The Hand Pass

### Key Points

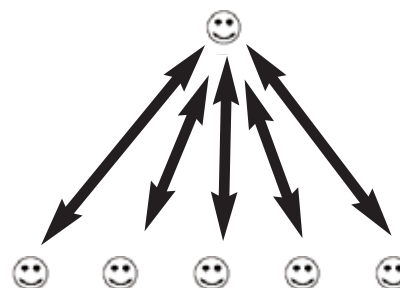
- Support the ball in the palm of one hand in front of the body.
- Face the target.
- Swing back and extend the striking hand.
- Keep eyes on the ball.
- Lean forward and strike through the middle of the ball, with the open hand using mostly the fingertips.
- The supporting hand must remain steady.
- Follow the strike through in the direction of the pass.
- While striking the ball, step forward with the foot on the opposite side.
- Note an openhanded hand pass may be struck underhand, with the hand to the side or overhand.



### Technical Drills

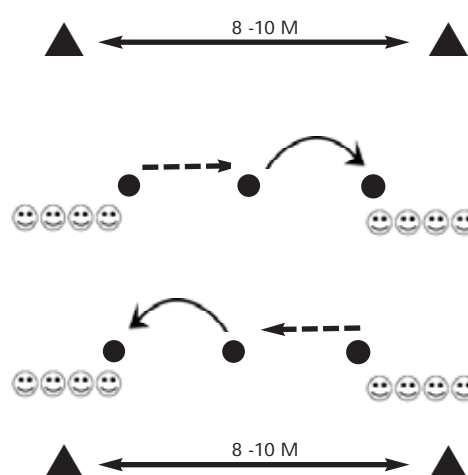
#### Drill 1 – Basic - Corner Spry Hand Pass

- Divide the players into groups of six.
- Five of the players stand in a line 2 metres apart.
- The sixth player stands 3 - 4 metres in front of the line.
- This sixth player hand passes to each player in turn.
- Rotate the front player after each set.
- Continue the drill until each player has been to the front of the line.



#### Drill 2 - Intermediate – Hand Pass While Moving

- Divide the players into groups of eight, one ball per group.
- Mark out a distance of approximately 8 - 10 metres using cones.
- Place a marker half way between the outer cones.
- Four players line up at either cone.
- The player in possession jogs forward, hand passing the ball from the marker to the first player on the far side, who repeats the drill.
- Each player follows on to line up at the back of the opposite line.
- To make this drill more difficult, increase the distance of the pass.



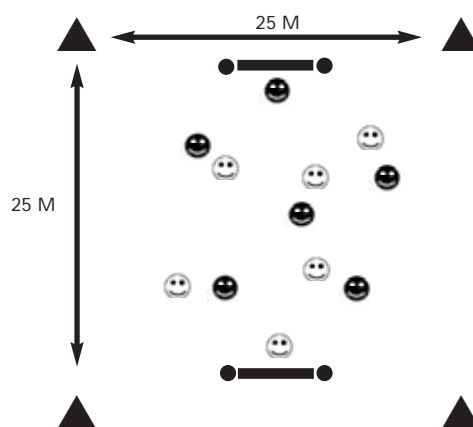


## The Hand Pass

### *Developing the Skill*

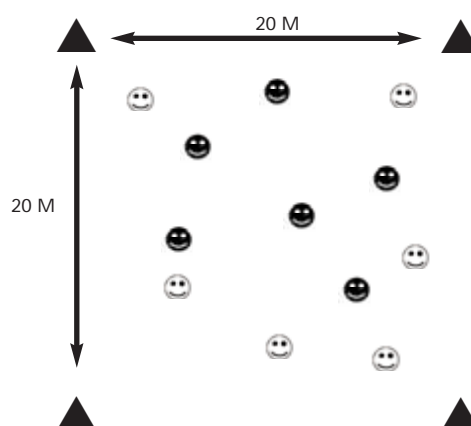
#### *Fun Game 1 – Catching Game Captain Ball*

- Mark out a grid 25m x 25m.
- Mark out a goal area at the centre of each line of the grid.
- Divide the players into equal teams.
- Two players from either team act as goalkeepers on opposite sides of the grid.
- The objective of the game is for the team in possession to hand pass the ball to their goalkeepers.
- Award one point each time the ball is successfully passed to a goalkeeper.
- After each point, the goalkeeper must pass the ball to the opposition to restart the game.



#### *Fun Game 2 - Possession Hand Pass*

- Mark out a grid 20m x 20m.
- Divide the players into equal teams.
- The objective of the game is for the team with the ball to retain possession by hand passing the ball to one another.
- If the ball hits the ground or a pass is intercepted the other team take possession.
- The team with the greatest number of consecutive hand passes wins.





## The Low Catch

### Key Points

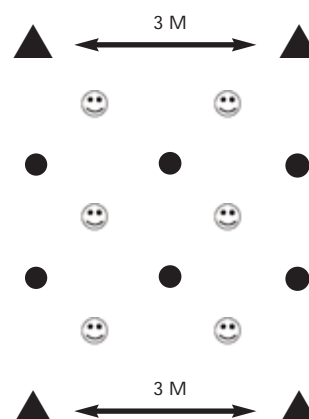
- Head down, eyes on the ball.
- As the ball approaches, get behind the ball, bending the back and knees.
- Extend the arms low with the elbows close together and the fingers pointing to the ground.
- Step forward placing one foot alongside the ball.
- Spread the fingers of both hands to create a 'W' shape and cushion the ball into the hands.
- Hold the ball securely with both hands and bring into the chest.



## Technical Drills

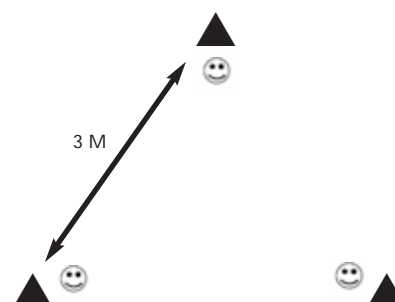
### Drill 1 – Basic – Throw and Body Catch

- Divide the group into pairs, with one football per pair.
- The players stand approximately 3m apart.
- The player with the ball throws the ball to bounce before their partner to low catch, who repeats the drill.
- Move the players further apart as their technique improves.
- Count the number of successful catches in 30 seconds.



### Drill 2 – Basic - Islands

- Divide the players into groups of three, each group in triangle formation approximately 3m apart.
- Ensure each group has adequate space to perform the technique.
- Player A throws the ball low towards the feet of player B.
- Player B then repeats the drill with Player C and so on around the triangle.
- After a set time, change the direction of the drill.



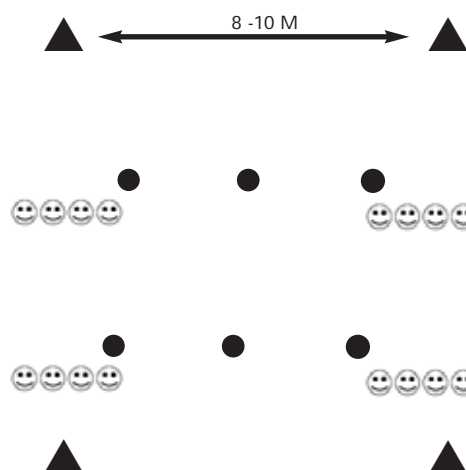


## The Low Catch

### Technical Drills *continued*

#### *Drill 3 – Intermediate – Move and Catch*

- Divide the players into groups of eight, with one ball per group.
- Mark out a distance of approximately 8 - 10 metres using cones.
- Place a marker half way between the outer cones.
- Four Players line up at either cone.
- The player in possession throws the ball underarm for the player opposite.
- This opposite player runs forward and catches the ball at the halfway marker and then 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.

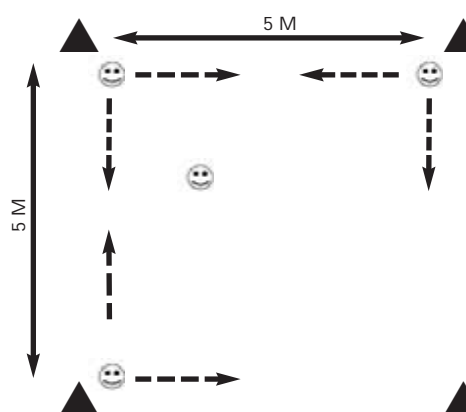


## The Low Catch

### *Developing the Skill*

#### *Fun Game 1 – Low Catch 3 V's 1*

- Mark out a grid 5m x 5m using cones.
- Position one player at each of three corners of the grid.
- Position a further player in the middle of the grid.
- The outside players must throw the ball along the lengths of the grid to keep possession.
- The ball may only be thrown and caught at a cone and it must be caught using the Low Catch technique.
- The middle player attempts to intercept the ball.
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'.
- Change the middle player after a set time.





## The Punt Kick

### Key Points

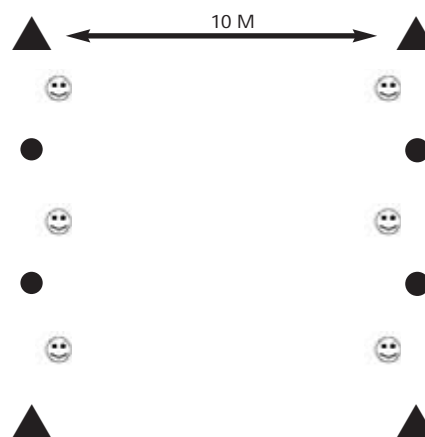
- Hold the ball firmly with both hands.
- Head down, eyes on the ball.
- Step forward with the non-kicking foot.
- Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance.
- Extend the wrist and drop the ball onto the kicking foot.
- Kick the ball with the instep, that is, the laced part of the boot.
- Keep the toes pointed.
- Follow through in the direction of the target.



### Technical Drills

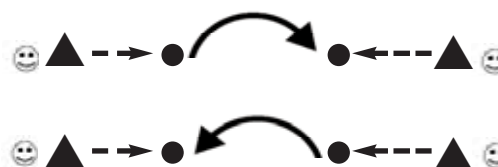
#### Drill 1 – Basic – Punt Kick to Partner

- Divide the group into pairs, one football per pair.
- Mark out a channel for each pair, who face each other approximately 10m apart.
- Each player in turn punt kicks the ball to their partner.
- To kick with the right leg take the first step with the left leg and vice versa.
- It may be necessary to group children on the basis of ability.
- To increase the difficulty of the drill, increase the distance the players are required to kick the ball.



#### Drill 2 – Intermediate – Kick and Move

- Divide the players into groups of eight, with one ball per group.
- Mark out a distance of approximately 20 - 25 metres using cones.
- Place a further marker 5m from each of the outer cones.
- Four Players line up at either cone.
- The player in possession jogs forward and punt kicks the ball for the player opposite to catch while also jogging forward.
- The drill continues over and back, each player following on to line up at the back of the opposite line.
- Encourage players to both kick and catch the ball on the move.



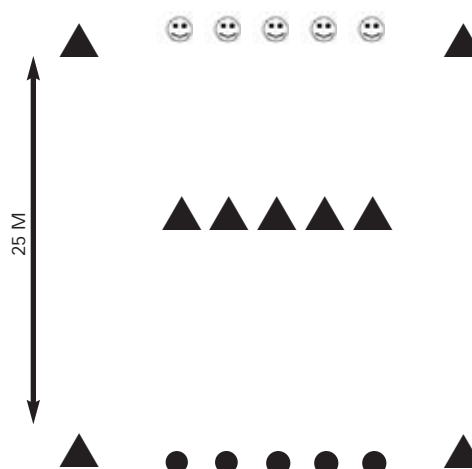


## The Punt Kick

### Developing the Skill

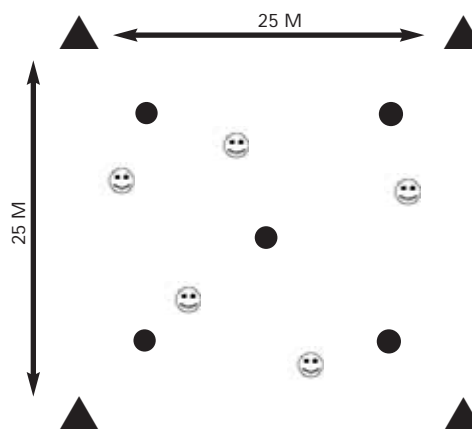
#### Fun Game 1 – Hit the cones

- Mark out a grid 25m x 25m.
- Place a number of cones across the middle of the grid.
- Divide the group into teams of 3-5 players.
- Give 1 or 2 footballs to each team.
- The player in possession attempts to strike one of the cones in the middle of the grid using the punt kick.
- For each successful strike award one point.
- Extra points may be awarded for knocking a cone over or for a clean catch if the ball is struck too far.
- Alternatively points may be awarded for kicking the ball through gaps in the cones.



#### Fun Game 2 - Possession Football

- Mark out a grid 25m x 25m.
- Divide the players into equal teams.
- The objective of the game is for the team with the ball to retain possession by punt kicking the ball to one another.
- If the ball hits the ground or a pass is intercepted the other team take possession.
- The team with the greatest number of consecutive kick passes wins.





## The Side Step

### Key Points

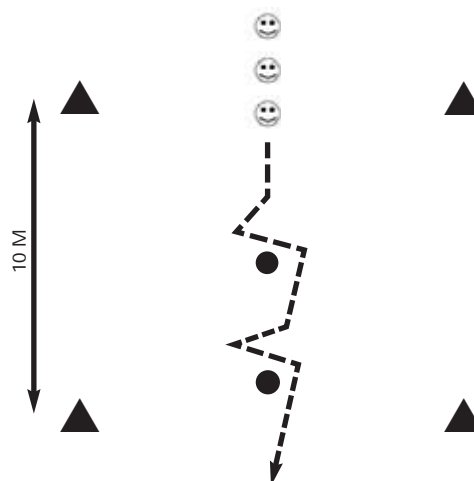
- Run directly towards the opponent.
- When about a metre away from the opponent, plant the forward foot firmly on the ground to one side, transferring the body weight to the foot as you do so.
- Show the ball to the same side.
- Then, push hard off the planted foot to spring to the other side pulling the ball back quickly at the same time.
- Plant the opposite foot and continue forward in the new direction.
- Note that the player should only use 4 steps in which to perform the technique.



## Technical Drills

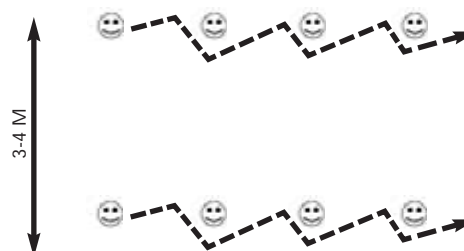
### Drill 1 – Basic – Side Step No Ball

- Mark out a channel approximately 10 m long using cones.
- Place two markers down the centre of the channel.
- The players line up one behind the other at one end of the channel.
- Each player in turn walks forward and side steps the central markers before continuing to the end of the channel and back to the end of the line.
- The players should concentrate on holding the hands to one side as if showing the ball and planting the forward foot firmly to the side of the markers.
- Continue the drill for a set time.



### Drill 2 – Basic – 4 Man Side Step

- Divide the players into groups of four.
- The players form a line approximately 3 - 4 meters apart, the first player facing the others.
- Player A, with ball in hand, side steps each player in turn while walking.
- Once player A reaches the end of the line, all the players move forward and the ball is passed to Player B to repeat the drill.
- As the players become proficient, introduce jogging to increase the speed of the drill.



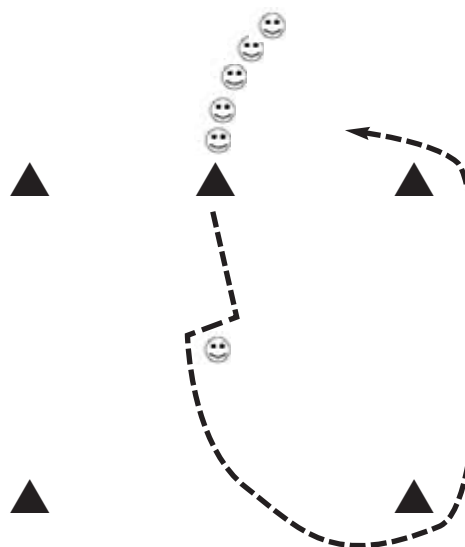


## The Side Step

### Technical Drills *continued*

#### Drill 3 - Intermediate – Side Step Relay

- Divide the players into groups of six, one ball per group.
- Film players line up behind a cone.
- The sixth player from each group takes up position approximately 5 meters from the line of players.
- Each player in turn jogs forward, takes one bounce and side steps the player in the middle, who does not attempt to tackle.
- The jogging player then goes to the end of the channel and returns to the end of the line for the next player to repeat the drill.
- After a set time change the player in the middle.

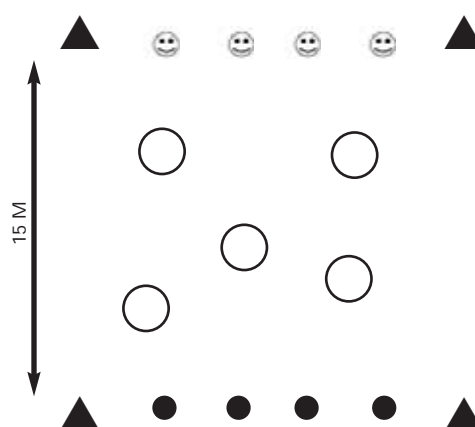


## The Side Step

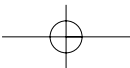
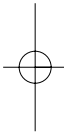
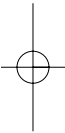
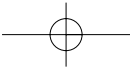
### *Developing the Skill*

#### *Fun Game 1 – Step in Time*

- Mark out a grid 15m long by 10m wide.
- Place a number of hoops or obstacles within the grid.
- Divide the players into two equal teams one at either end of the grid.
- Give each player a ball.
- On the whistle, all the players jog through the grid attempting to avoid the opposing team players and the obstacles.
- If a player touches an obstacle, or a player from the opposing team, they must leave the grid.
- Repeat the drill until all the players have left the grid, or for a set time.
- To increase the difficulty of the drill, allow players to tackle each other.









Cúl Camp Activity Guidelines Booklet

FOOTBALL

## Stage 2 Activities for 9/10 year olds





## The Block Down

### Key Points

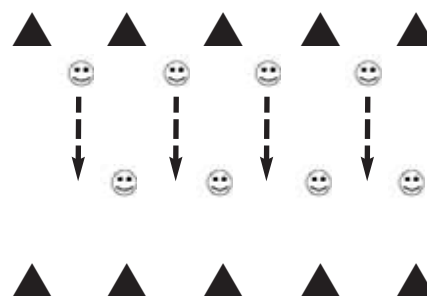
- Stand close to the opponent in the check position.
- As the opponent prepares to play the ball, reach forward with the arms outstretched, the hands close together and the fingers spread apart
- Keep your eyes on the ball.
- Block the ball at the point of contact with the boot.
- Move to regain possession ahead of the opponent.



### Technical Drills

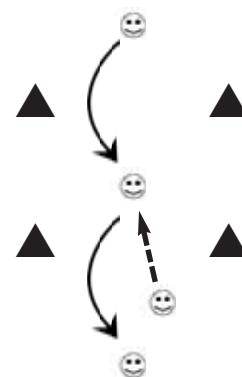
#### Drill 1 – Basic - Block with Partner

- Divide the group into pairs, one ball per pair.
- Ensure each pair has adequate space to perform the technique in a stationary position.
- Player A takes 3 steps in a pre-arranged direction before kicking gently for Player B in a kneeling position to block.
- Increase the strength of the kick as the blocker improves.
- Reverse the roles after a designated time.
- This drill is also effective in improving the confidence of the player in performing the block down.
- As the players improve increase the difficulty of the drill by getting the blocker to take up a standing position.



#### Drill 2 - Intermediate – Hit the Target

- Mark out a grid 2m x 2m using cones.
- On a signal Player A, positioned 10m to one side of the grid, kick passes the ball to Player B, positioned in the grid.
- Player C, beginning 5m to the other side of the grid, attempts to block Player B from passing to player D, 10m to the far side of the grid.
- Run the drill in reverse with the blocker and the player in the grid switching roles.
- After a set number of attempts, switch the middle players with the outer players.



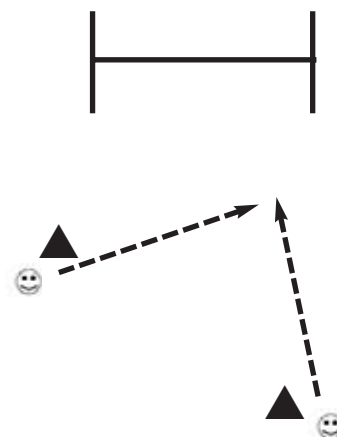


## The Block Down

### Game Play Drill

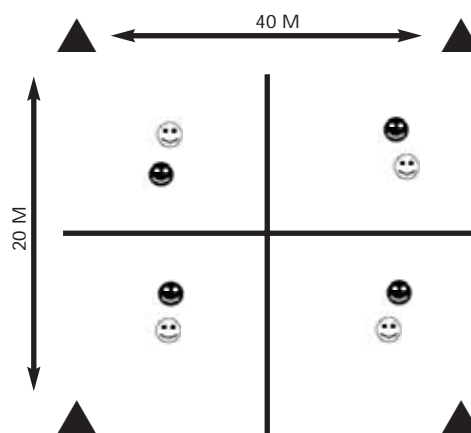
- Place a cone approximately 40m directly out from the goalposts.
- Place a second cone approximately 20m from goal to one side.
- Divide the players into pairs, one defender and one attacker.
- Each attacker in turn solos towards goal shadowed by the defender.
- Once within shooting range the attacker attempts to shoot for a point and the defender attempts to block.
- Reverse the roles after a set number of attempts.

### Developing the Skill



### Fun Game – Possession Football

- Mark out a grid approximately 40m x 20m using cones.
- Divide the grid into four sections.
- Divide the players into pairs, one pair per section.
- One of each pair is a member of the same team.
- The team with the ball attempt to retain possession by kicking the ball from section to section.
- The opposing team attempt to block the kicks of their opponents.
- If the kick is blocked that team gain possession
- If the kick is successful that team must be allowed retain possession.
- Continue the drill for a set period of time.
- The team that retains the ball for the greatest number of passes in sequence is the winner.





## Checking

### Key Points

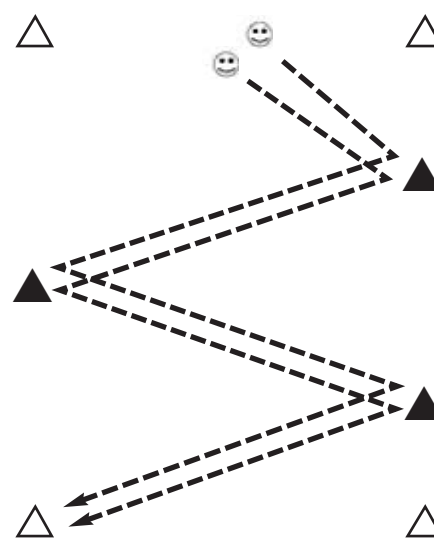
- Position the body between the opponent and the goal.
- Keep the feet wide and bend the knees.
- Lean slightly forward.
- Extend the arms to either side with fingers spread.
- Keep one foot slightly ahead of the other to aid stability and enable a quick change of direction.
- Use short steps to shadow the opponent and avoid crossing the legs.
- Once the ball is in sight, or as the ball is being played, attempt to intercept it with an open hand.



## Technical Drills

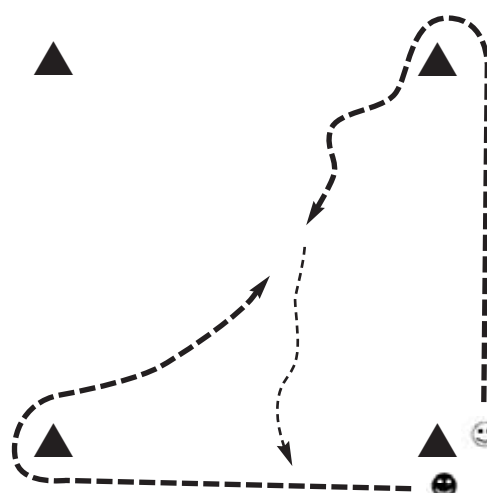
### Drill 1 – Basic – Zig-Zag Solo

- Mark a grid 8 - 10m square using cones.
- Divide the group into pairs.
- Player A runs in a zigzag manner from one side of the grid to the other until they reach the end of the grid.
- Player B facing player A, attempts to maintain the 'check' position throughout.
- Change roles and then repeat the drill.
- The drill should be run without and then with a ball.
- To vary the drill, Player B must attempt to shadow the opponent by turning the inside shoulder into Player A, keeping the inside hand close to the ball and the outside hand high.



### Drill 2 - Intermediate – Check Solo

- Mark out a grid 8 - 10m square using cones.
- Divide the group into pairs; one player is as the attacker, the other the defender.
- On the whistle, each pair race around the near corners of the grid.
- The attacking player must attempt to pass the defender to reach the far end of the grid.
- The defending player attempts to check the player to delay their progress.
- The defending player may not touch the attacking player.
- Change roles and then repeat the drill.



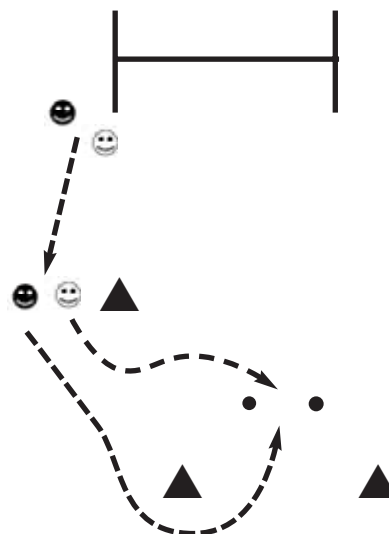


## Checking

### Technical Drills *continued*

#### Drill 3 - Intermediate – 1 V 1 to goal from 30m line.

- Divide the group into pairs; one player is as the attacker, the other the defender.
- Beginning 30m from goal, the attacking player must attempt to round the defender and kick for a score.
- The defending player attempts to check the player to delay their progress and attempt to flick or palm the ball away as the attacking player solos the ball.
- Change roles and then repeat the drill.
- Encourage players to only attempt dispossession when the player in possession is soloing or bouncing the ball.





## The Crouch Lift

### Key Points

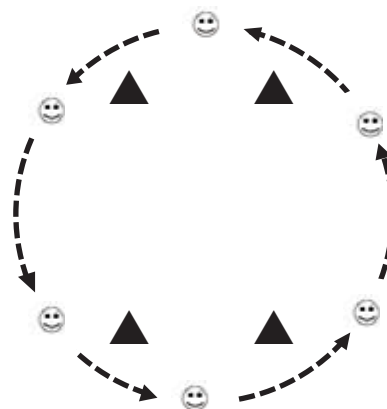
- Move to the ball, placing the supporting foot alongside and a little ahead of it.
- Bend the back and knees.
- Place the hands in front of the ball in a cupped position with the fingers spread.
- Bring the lifting leg forward, scooping the ball forward into the cupped hands.
- Draw the ball into the body to secure possession.



## Technical Drills

### Drill 1 – Basic – Circle Lift

- Mark out a circle using cones.
- Place a number of balls evenly spaced around the circle.
- Ensure each player has adequate space to perform the technique.
- Each player walks around the circle performing the crouch lift.
- After securing possession, players place the ball on the ground in a stationary position.
- Continue the drill for a set time.



### Drill 2 – Intermediate

- Divide the players into groups of three pairs, one ball per group.
- Using cones, mark out a distance of approximately 10 metres.
- Beginning with the first pair, Player A throws the ball out in front, running after it to crouch and lift the ball into the hands.
- Player B provides opposition without physically tackling the player or the ball.
- Player A then passes the ball to the next pair who in turn complete the drill.
- When performing the crouch lift, each player must retain focus on the technique while under simulated pressure from their partner.
- Continue the routine for approximately one minute.

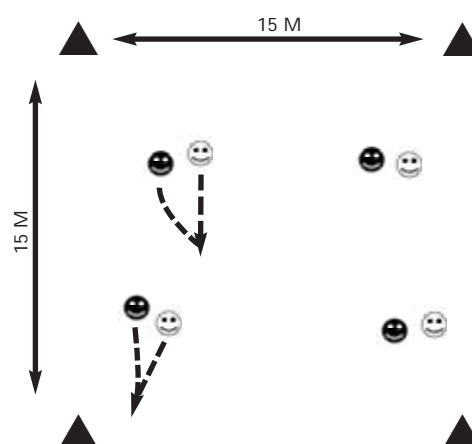




## The Crouch Lift

### Fun Game 1 – Partner Lift

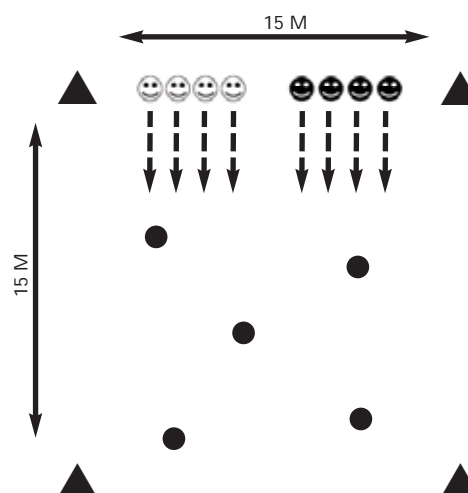
- Mark out a grid 15m x 15m using cones.
- Divide the players into pairs with one ball per pair.
- On the sound of a whistle, the player with possession rolls the ball forward for their partner to chase and pick up using the Crouch Lift technique.
- Encourage constant changes of direction.
- Ensure each player practices securing the ball after the lift, before rolling it for their partner.
- To increase the difficulty of the drill, the second player may attempt to tackle the ball as the first player attempts the crouch lift.



### Developing the Skill

### Fun Game 2 – Crouch Lift Contest

- Mark out a grid 15m x 15m using cones.
- Divide the players into equal teams, one designated the attacking team and one the defending team.
- Place a number of balls randomly throughout the grid.
- On the whistle, the attacking team must pick up as many balls as possible in 30 seconds.
- Each defending player may pressurise the attackers, but may not guard the ball.
- The coach can further heighten the intensity of the game by reducing the number of balls.
- Each team switches roles after 30 seconds.







## The Feint Side Step

### Key Points

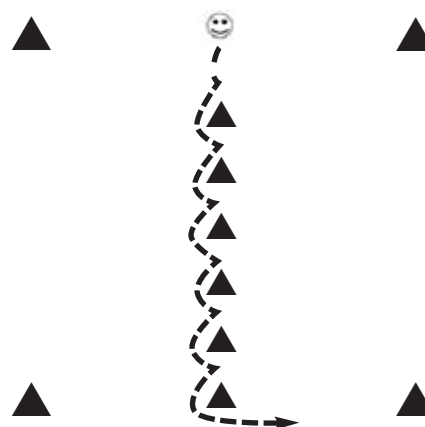
- Face the opponent from a distance of 1 - 2 meters.
- Feign movement to one side by shifting body weight in that direction.
- Accentuate the feint by dropping the shoulder at that side simultaneously.
- Quickly change direction by shifting your body weight back and pushing hard off the planted foot.
- When using a ball, the feint may be further accentuated by showing the ball before pulling the ball back rapidly as you change direction.
- Accelerate quickly away.



### Technical Drills

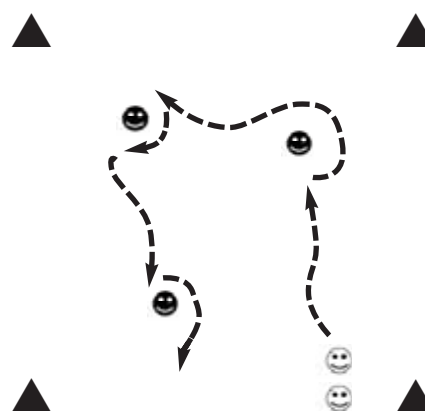
#### Drill 1 – Basic – Feint at Cone

- Mark out six cones 1 - 2 meters apart down the centre of a channel.
- Beginning at one end of the channel each player in turn feints around each cone.
- Over time as the players become more competent the pace should be increased, first to a jog and eventually to running speed.
- At each stage introduce a ball once the players are comfortable performing the technique without a ball.



#### Drill 2 – Intermediate – Feint at Defender

- Mark out a grid 10m x 10m using cones.
- Position three defending players within the grid as shown.
- The remaining players line up outside the grid each with a ball.
- Each player must enter the grid in turn, approach each of the defending players and accelerate away.
- Change the defending players at frequent intervals.
- Continue the drill for a set period of time.



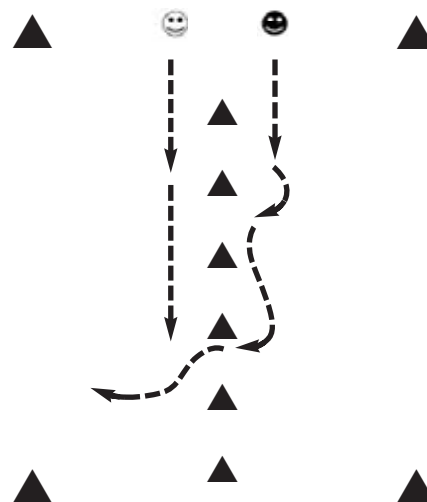


## The Feint Side Step

### Technical Drills *continued*

#### Drill 3 - **Advanced** – Across the line

- Mark out six cones 1 - 2 meters apart down the centre of a channel.
- Divide the players into pairs, one attacker and one defender.
- On the whistle the attacking player moves forward along one side of the cones.
- The defending player shadows the attacker from the other side of the cones.
- The attacking player must feint the defending player and accelerate through the cones to the other side.
- Repeat the drill introducing a ball.
- Reverse the roles after a set number of attempts.





## The Fist Pass

### Key Points

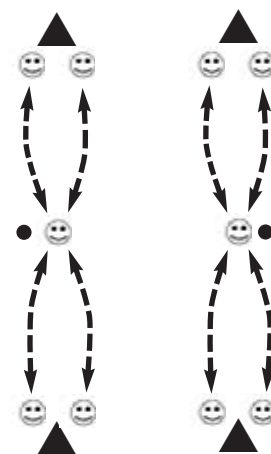
- Support the ball in the palm of one hand in front of the body.
- Face the target.
- Swing back and extend the striking hand.
- Keep the eyes on the ball.
- Lean forward and strike through the middle of the ball with the fist, using the broad surface formed by the middle bones of the fingers, the side of the thumb and the heel of the hand.
- Keep the supporting hand steady.
- While striking the ball, step forward with the foot on the opposite side. Follow the strike through in the direction of the pass.



### Technical Drills

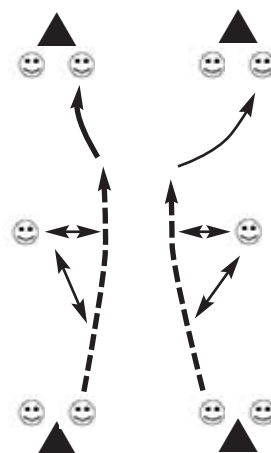
#### Drill 1 – Basic– Directional Fist Passing

- Divide the players into groups of five, one ball per group.
- Mark out a distance of 10m using cones.
- Two players stand at either cone, side by side.
- Position the fifth player, ball in hand in the middle.
- The middle player passes the ball to each of the side players who return it in turn, first to one side and then the other, over and back.
- Continue the drill for a set time, and then rotate the middle player..



#### Drill 2 Intermediate - Fist Pass while Moving

- Divide the players into groups of five, one ball per group.
- Mark out a distance of 10m using cones.
- Two players stand at either cone, side by side.
- Position the fifth player, ball in hand in the middle.
- Player A with the ball, passes to the player in the middle, who returns the pass as Player A moves forward.
- Player A then passes to Player B who plays a one-two with the middle player and so the drill continues.
- Continue the drill for a set time, and then rotate the middle player.



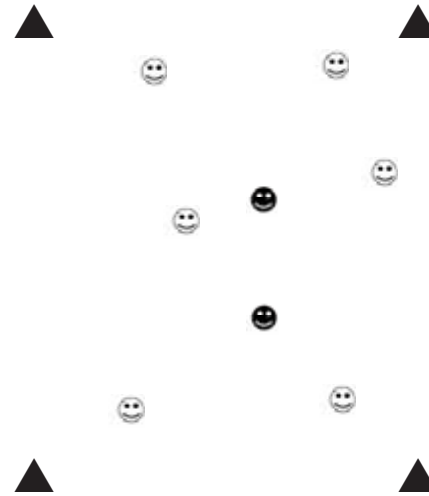


## The Fist Pass

### Fun Game 1 – Fist Pass Dodge Ball

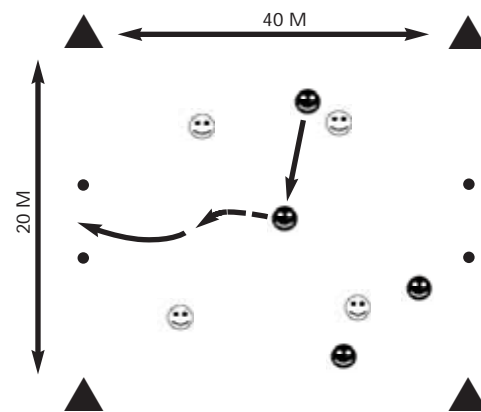
- Mark out a grid 15m x 15m.
- Divide the players into a team of six and a team of two.
- The team of two players each have a ball and must try to score 'hits' on the other team by striking them with the ball using the fist pass.
- The team of six must dodge about to avoid being hit.
- Award one point for each hit, or the player who is hit must leave the game.
- A hit is cancelled if the ball is caught without hitting the ground.

### Developing the Skill



### Fun Game 2 – Fist Pass Game

- Mark out a playing area 20m x 40m.
- Place two poles at either end to form goals.
- Divide the players into equal teams.
- There are 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.





## The Hook Kick

### Key Points

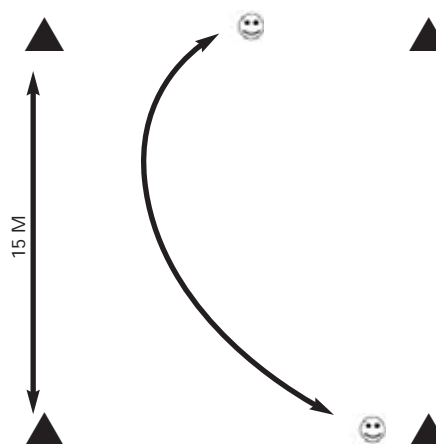
- Hold the ball firmly with both hands.
- Head down, eyes on the ball.
- Point the shoulder towards the target.
- Step forward with the non-kicking foot.
- Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance.
- Extend the wrist and drop the ball onto the kicking foot.
- Kick the ball with the inside of the foot.
- Follow through with the kicking leg across the body in the direction of the target, with the toe pointing upwards.



### Technical Drills

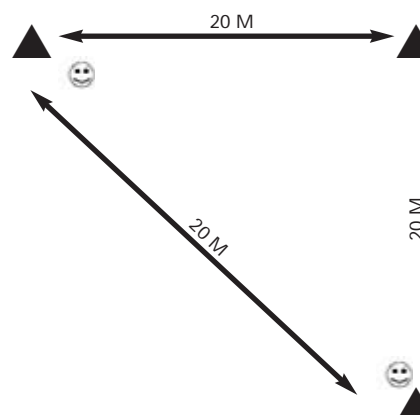
#### Drill 1 – Basic – Hook Kick to Partner

- Divide the group into pairs, one ball per pair.
- Mark out channel 5 metres wide and 15m long for each pair.
- Each player in turn, hook kicks the ball to their partner.
- It may be necessary to group the players on the basis of ability.
- To increase the difficulty of the drill, increase the distance the players are required to kick the ball.
- Repeat the drill getting the players to use the opposite leg.



#### Drill 2 – Intermediate – Triangle Kick

- Place three cones 20m from each other to form a triangle.
- Divide the players into pairs, one ball per group.
- The drill can be adapted to practice kicking the ball in three different situations.
- First, the player in possession hook kicks the ball on the run while moving along a length of the triangle.
- Their partner remains at the far corner of the triangle in a stationary position.
- In the second adaptation of the drill, the player hook kicks the ball from a stationary position to their partner who is moving along the far length of the triangle.



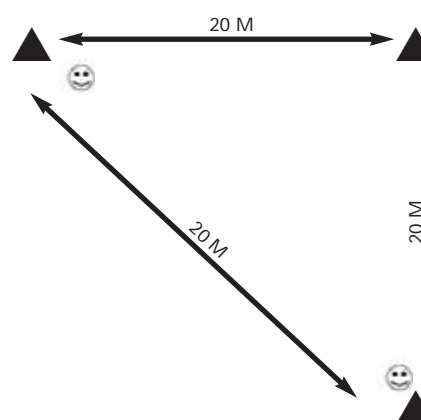


## The Hook Kick

### Technical Drills *continued*

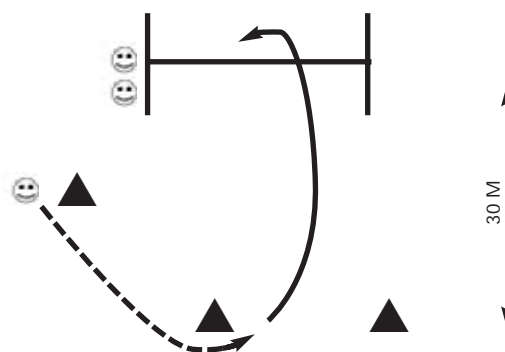
#### Drill 2 – Intermediate – Triangle Kick

- The kicking player must judge the weight of the kick to allow their partner to catch the ball on the run.
- Finally, in the third adaptation, the player in possession hook kicks the ball on the run to their partner who is also moving.
- For each adaptation, change the direction of the movement after a set time and get the players to kick with the opposite leg.



#### Drill 3 – Intermediate -

- Place two cones 6 - 8 meters apart 30m from goal.
- 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 behind the goal solos towards the cone and fist passes to the waiting player, taking over their position.
- That player then 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.
- Change sides to encourage left and right foot kicking.

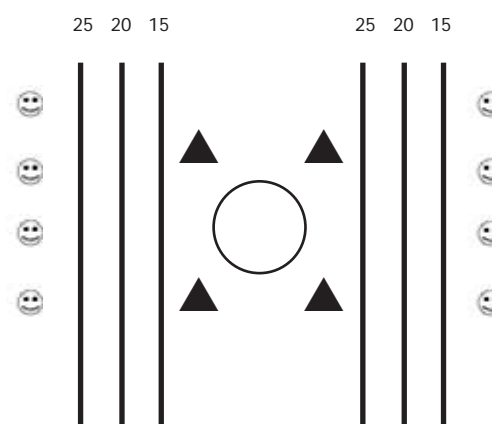


## The Hook Kick

### *Developing the Skill*

#### *Fun Game 1*

- Place four cones in a 10m square formation.
- Inside the 10m mark out a circle.
- Mark out a line of cones 15m, 20m and 25m to either side of the grid.
- Divide the players into two groups, one group at either side.
- Beginning at one side and behind the 15 metre line, the players attempt to land the ball in the square or circle.
- Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle.
- Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient.





## The Reach Catch

### Key Points

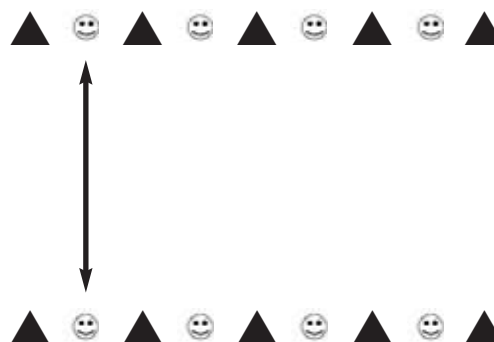
- Head up, keep eyes on the ball.
- As the ball approaches, extend the arms towards the ball and spread the fingers.
- Keep the thumbs behind the ball forming a 'w' shape with the index fingers.
- When the ball approaches from above catch it slightly in front of the head, at its highest point.
- On receiving the ball secure the ball into the chest with both hands.



## Technical Drills

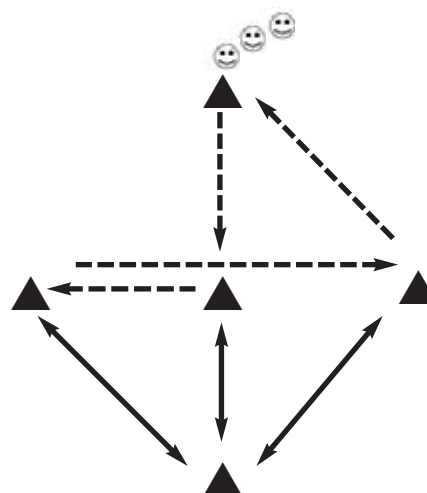
### Drill 1 – Basic – Reach Catch in Pairs

- Divide the group into pairs, one ball per pair.
- Ensure each pair has adequate space to perform the technique in a stationary position.
- Each player in turn fists the ball at or slightly above head height for their partner to perform the reach catch.
- Again continue the drill for a set period of time.



### Drill 2 – Intermediate – In Out Catch

- Mark out a cross using five cones as shown
- A feeder stands at one point of the cross facing the remaining players who line up directly opposite.
- Each player in turn moves to the middle cone and each of the side cones to perform the reach catch as the feeder serves the ball.
- After a set time change the feeder.
- Encourage the players to attack the ball at pace as they become more competent.





## The Reach Catch

### Technical Drills *continued*

#### Drill 6 – **Advanced** – Opposition Catch

- Divide the players into groups of three, one ball per group.
- One player acts as the feeder while the other two must contest to catch the ball.
- Ensure that opponents are equally matched.
- Repeat a set number of times before changing the feeder.

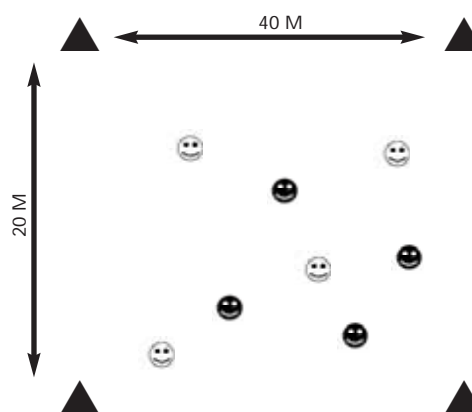


## The Reach Catch

### *Developing the Skill*

#### *Fun Game – Possession Football*

- Mark out a grid 40m x 20m.
- Divide the players into teams of four or five.
- The object of the game is to retain possession by kick or fist passing to a teammate.
- The players should focus on performing the reach catch to receive the ball.
- If the ball is intercepted or a pass hits the ground the other team win possession.
- Award a point for every reach catch performed successfully.
- Alternatively the team who retain possession for the greatest number of passes in sequence wins.







## Side to Side Charge

### *Key Points*

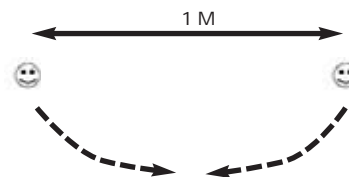
- Move into position alongside the opponent.
- Keep the upper arm tight to the body flexing the elbow to bring the forearm out and across the torso.
- Planting at least one foot on the ground.
- Shift the body weight towards the opponent, charge the opponent side to side.



## Technical Drills

### Drill 1 – Basic –

- Players pair off and stand approximately one metre from their partner side to side.
- On the whistle both players step towards each other and perform the side to side charge in a slow and controlled manner.
- The players switch sides after a set number of goes to practice the charge from the other side.
- As the players become comfortable in the contact situation and more competent at the technique increase the distance between them and allow them to walk into the charge.
- As they develop further increase the pace to a jog.
- It is important to ensure that the players are matched equally and that each takes due care when performing the technique.



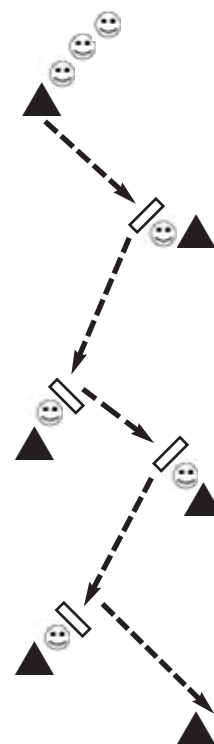


## Side to Side Charge

### Technical Drills *continued*

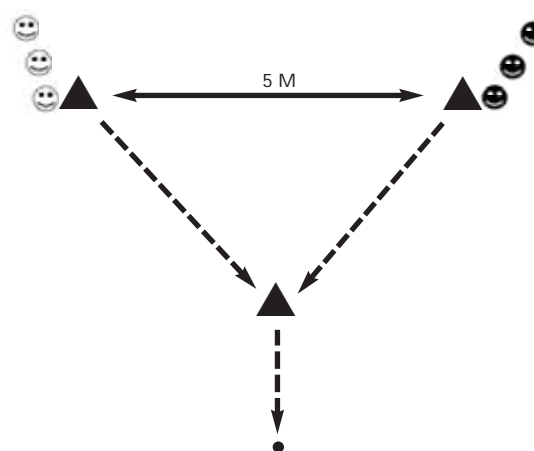
#### Drill 2 – Intermediate – Tackle Bag Charge

- Mark out a zig zag formation using six cones, each approximately 5m apart.
- One player holding a tackle bag is positioned at each of the four 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 side to side charge with the right and left shoulder at each alternate tackle bag.
- Rotate the players after a set time.



#### Drill 3 – Intermediate – Jog and Charge

- Place two cones 5 meters apart.
- Divide the players into pairs, one of each pair lined up behind each cone.
- Place a further cone 5 meters in front and between the players.
- On the whistle each pair jog forward and perform the side to side charge at the cone before returning to the back of the line.
- As the players become more competent place a football 3 - 5 meters beyond the front cone.
- The players must contest a side to side charge at the cone to gain an advantage to win possession of the ball.
- As the players develop further this drill may be adapted by removing the front cone so that the players are required to time and synchronise the side to side charge without any guidance.

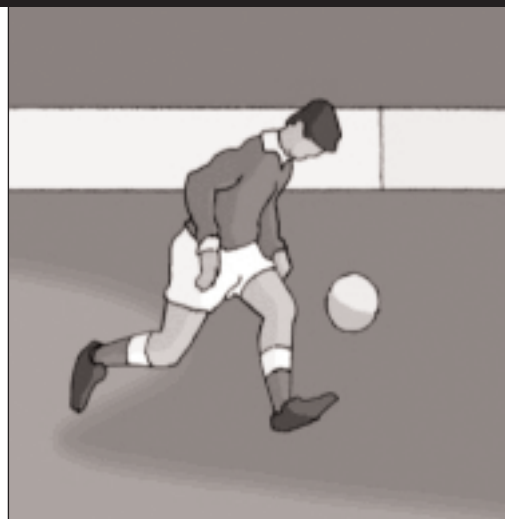




## The Solo

### Key Points

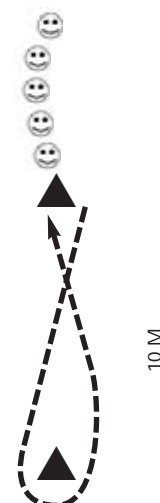
- Hold the ball firmly with both hands.
- Head down, eyes on the ball.
- Step forward with the non-kicking foot.
- Keep the torso upright.
- Release the ball into the hand at the kicking side.
- Extend the wrist and drop the ball onto the kicking foot.
- When the foot impacts the ball, flick the toe upwards towards the body.
- Straighten the leg.
- Extend the arms forward to catch the ball.



## Technical Drills

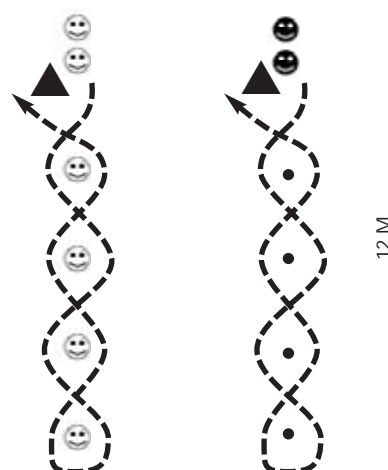
### Drill 1– Intermediate – Toe Tap & Fist Pass

- Mark out a distance of 10m using cones.
- Divide the players into groups of five, one ball per group.
- The players line up behind one of the cones.
- The first player solos out and around the far cone.
- On the way back players they fist pass for the next player.
- Each player in turn repeats the drill and returns to the back of the line.
- Continue the drill for a set time.
- Increase the speed of the drill as the players become more proficient.
- Repeat the drill and get the players to use the opposite foot.



### Drill 2 – Intermediate – Toe Tap Relay

- Divide the players into groups of five, one ball per group.
- Mark a starting point with a cone.
- From the starting point place four poles or cones at equal intervals over a distance of 12m.
- Alternatively, 4 of the players may act as the obstacles.
- The players line up behind the first cone.
- Each player in turn solos the ball out and back between the poles, or their team mates.
- When soloing to the left the players should use their left leg and when soloing to the right the players should use their right leg.
- The first team to complete the drill wins.



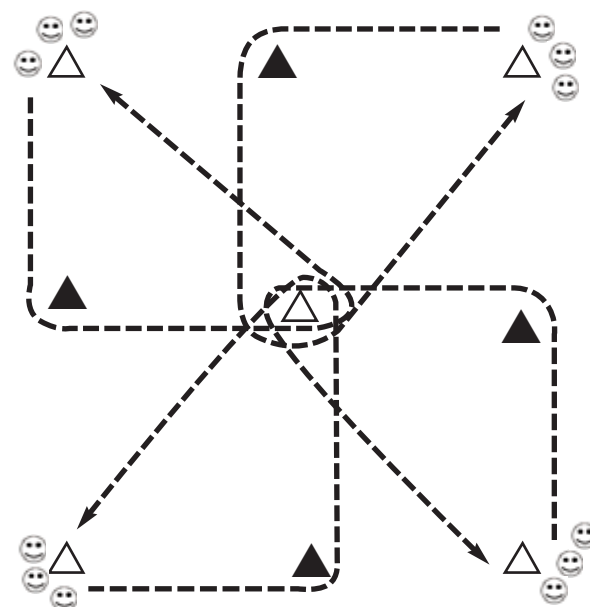


## The Solo

### Technical Drills *continued*

#### Drill 5 – Intermediate – Crazy Solo

- Mark out a grid using cones as shown.
- Place a further cone in the centre of the grid.
- Divide the players into groups of three, one ball per group.
- Each group of 3 line up at a corner cone.
- The first player in each group solos with the ball in an anti-clockwise direction around the next cone, then the centre cone, and back to their corner.
- Each player in turn repeats the drill.
- The players must be aware of each other's movements as they round the centre cone.

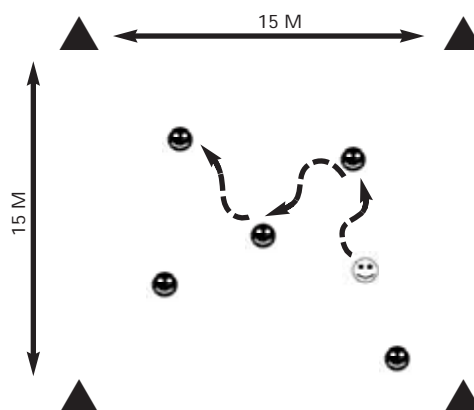


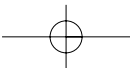
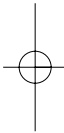
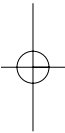
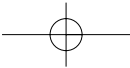
## The Solo

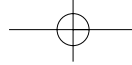
### *Developing the Skill*

#### *Fun Game – Solo Tag Game 1*

- This is a fun game to develop the Solo technique
- Mark out a grid 15m x 15m.
- One player with a ball must solo around and attempt to tag the other players.
- The player must solo at least once every four steps.
- Once a player has been tagged, they must leave the game.
- Change the player with the ball when all the players have been tagged.





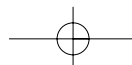


Cúl Camp Activity Guidelines Booklet



FOOTBALL

## Stage 3 Activities for 11/13 year olds





## The Near Hand Tackle

### Key Points

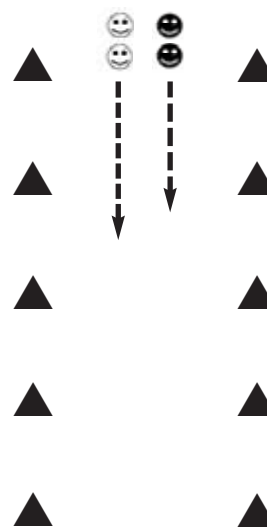
- Move alongside or level with the opponent.
- Eyes on the ball.
- When the opponent's far leg is forward step across their space with the near leg.
- Shouldering the opponent flick the ball away with the hand nearest the opponent when the ball is free in the solo or bounce.
- Knock the ball away from the opponent to gain an advantage.
- Recover the ball to win possession.



### Technical Drills

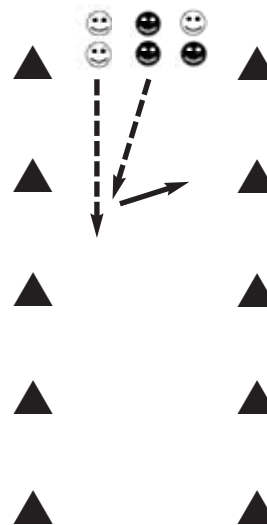
#### Drill 1 – Basic – Pairs

- Divide the group into pairs.
- Mark out a channel approximately 5 metres wide using cones.
- Each pair start walking side by side through the channel with Player A attempting to step across and execute the near hand tackle on an imaginary ball.
- Change roles after a number of attempts.
- To progress the drill as soon as the component elements have been practiced introduce a ball.
- In this case encourage Player A to toe tap or solo the ball on every stride to afford the tackling player a number of chances to practice the tackle.



#### Drill 2 – Intermediate – Tackle in 3's

- Divide the players into groups of three.
- Mark out a channel approximately 5 metres wide using cones.
- This drill is designed to improve the timing of the tackle.
- 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
- To adapt the drill Player B is in possession and Player C attempts to perform the near hand tackle and knock the ball to Player A.
- Increase the pace of the drill as the proficiency of players improves.

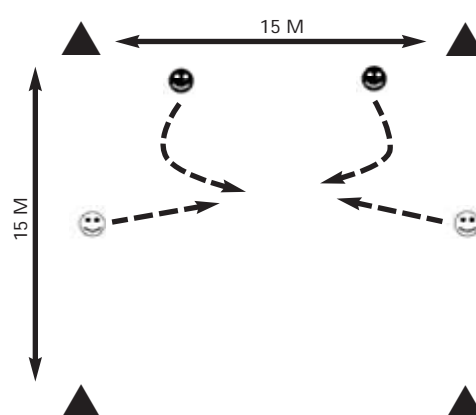




## The Near Hand Tackle

### Game Play Drill 1

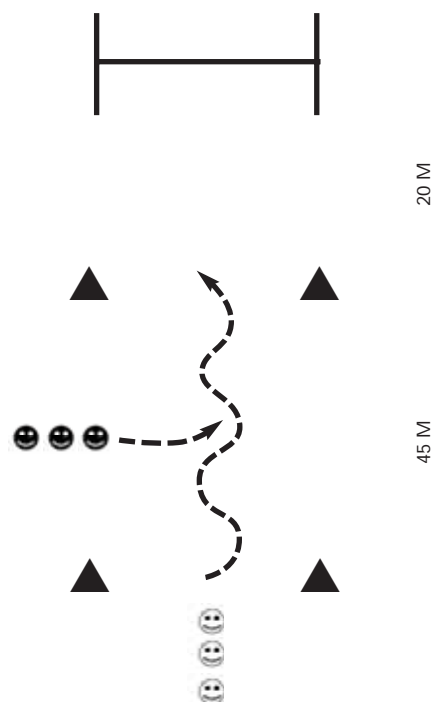
- Mark out a grid 15m x 15m.
- Two players with a ball each enter the grid from one side.
- Two tackling players enter the grid from each adjacent side.
- The players in possession continue to solo around the grid as the tackling players attempt to perform the near hand tackle.
- After a set time reverse the roles.



### Developing the Skill

### Game Play Drill 2

- Mark out a channel using cones from approximately 45 - 20m out from goal and approximately 10m wide.
- Divide the players into defenders and attackers.
- The attackers line up at the beginning of the channel each with a ball.
- The defenders line up to the side of the channel.
- In turn each attacker and defender enter the channel.
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel.
- The defenders may only use the near hand tackle to dispossess the attacker.







## The High Catch

### Key Points

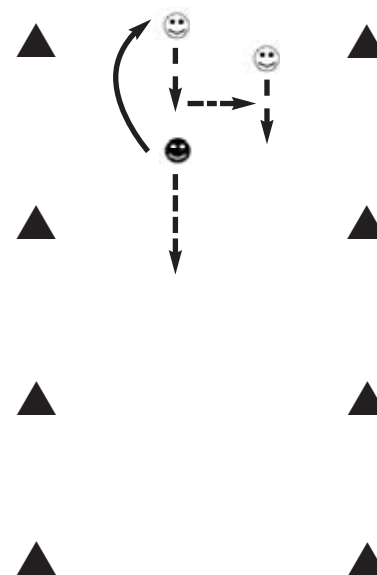
- Adopt a starting position down the line of the oncoming ball.
- As the ball reaches its highest point assess where the ball is going to land.
- Approach the ball as it begins to descend.
- Moving forward plant the jumping foot and extend upwards, swinging the opposite leg forward.
- Extend the arms fully above the head.
- Head up, keep eyes on the ball.
- Reach to field the ball at the highest safest point.
- Spreading the fingers to form a 'w' shape behind the ball, catch the ball slightly in front of the head.
- Cushion the ball and secure to the chest with both hands.



### Technical Drills

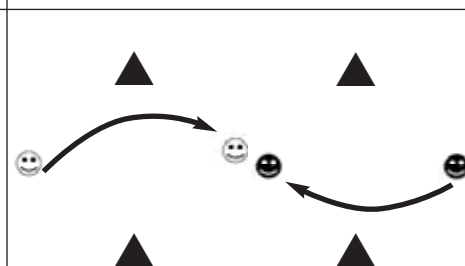
#### Drill 1 – Intermediate - Move and Catch

- Mark out a channel as shown.
- Divide the players into groups of three, one ball per group
- Beginning at one end of the channel Player A jogging backwards throws the ball for player B to move forward and perform the high catch.
- On landing Player B fist passes the ball to Player C who in turn fist passes the ball to the Player A to serve again for Player B and so on until the group have reached the end of the channel.
- Rotate the players and repeat the drill.
- To increase the difficulty of the drill the pace should be increased.
- Adapt the drill by making Player B the server who must throw the ball up for Player A to catch as they jog backwards.
- A further progression is for Player C to provide token opposition to Player B as they attempt to perform the high catch.



#### Drill 2 – Advanced - Opposition Catch

- This is an advanced drill to practice the high catch technique.
- Mark out a grid approximately 10m x 10m.
- Divide the players into groups of four.
- Two players are positioned within the grid.
- The other two players act as feeders and are positioned one to either side of the grid with a ball each.





## The High Catch

### Technical Drills *continued*

#### Drill 2 – Advanced - Opposition Catch (cont.)

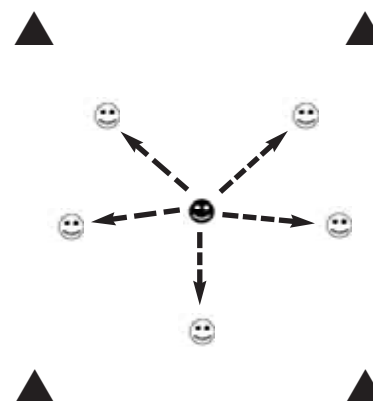
- Each feeder is designated a partner.
- Each feeder in turn throws or kicks the ball for their partner to perform the high catch while the other player provides token opposition.
- As the players become more competent allow both players to contest for the ball.
- Ensure that opponents are equally matched.

## The High Catch

### *Developing the Skill*

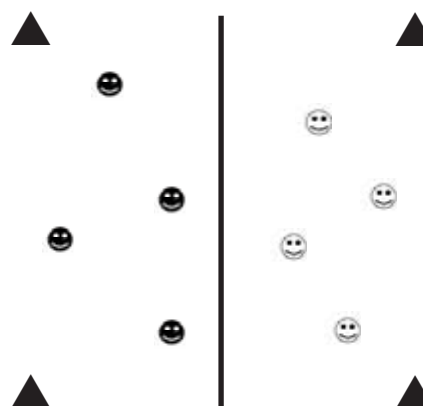
#### *Fun Game 1 – Freeze Ball*

- This is a fun game to develop the high catch.
- Mark out a grid approximately 30m x 20m.
- Divide the players into two equal teams of 5 - 10 players.
- Each players begins with three lives.
- The player in possession kicks, fists or throws the ball up in the air and shouts a number or name.
- The player called has to catch the ball overhead while the other players scatter in all directions.
- On catching the ball the player shouts 'Freeze' and all the other players must stand still.
- From a stationary position the catcher must attempt to hit another player with the ball by fist passing the ball at them.
- If the player is hit that player loses a 'life'.
- The game continues until one player has lost three lives.



#### *Fun Game 2 – High Catch Volleyball*

- Mark out a court using cones.
- Place a net or dividing line to mark the court into two sections.
- Divide the players into two equal teams.
- The objective of the game is to field the ball after it has been kicked into your section of the court by the opposing team.
- The team who reaches 20 high catches first is the winner
- Alternatively if a player drops the ball they must move to the other team.
- Introduce a second ball to increase the intensity of the game.





## Evasion Roll - Off

### Key Points

- Toe tap the ball approaching the opponent.
- Plant the right foot forward towards the opponents left shoulder while transferring the ball to the left side.
- Engage the opponent in a side to side charge.
- Using their shoulder as a hinge roll off by swinging the left leg around and pivoting on the right foot.
- Plant the left foot on the ground and transfer the ball back to the outside of the body, now the right side.
- Bring the right leg around and accelerate away.
- Use a low bounce clearing the opponent.



## Technical Drills

### Drill 1 – Basic – Partner Roll

- Divide the players into pairs.
- Ensure each pair has adequate space to perform the technique.
- One player each pair performs the roll technique off their partner without a ball.
- The technique should be performed at a walking pace initially allowing the players to focus on planting the correct foot and rolling in the correct direction.
- The players should practice the technique off both sides.
- After a set number of attempts reverse the roles.
- As the players become more competent the pace should be increased gradually and a ball introduced.



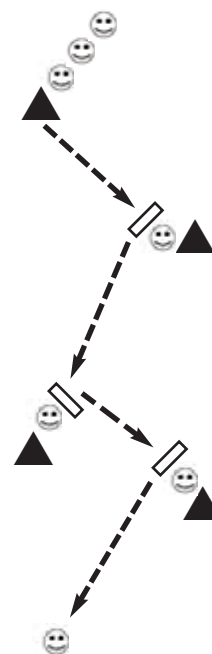


## Evasion Roll - Off

### Technical Drills *continued*

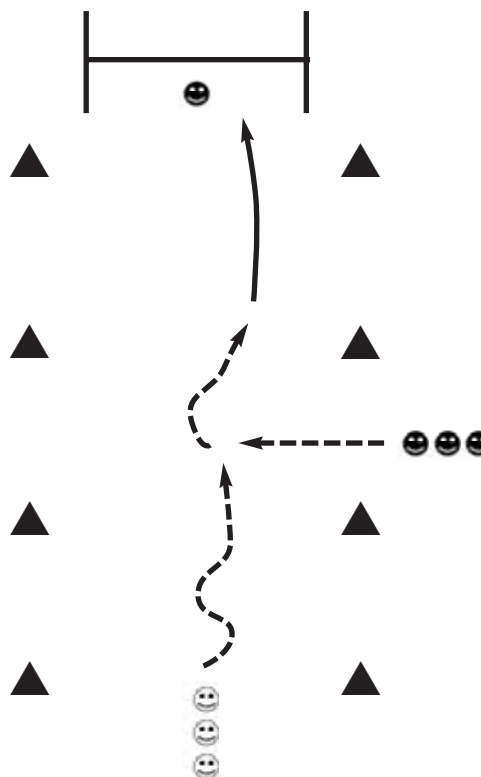
#### Drill 2 – Intermediate – Tackle Bag Roll

- This is an intermediate drill to practice the roll technique.
- Mark out a zig-zag formation using five cones, each approximately 8m apart.
- One player holding a tackle bag is positioned at each of the three 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.



#### Drill 3 – Advanced – Roll and Shoot

- Mark out a channel approximately 10m wide as shown.
- Mark out a goal area at one end of the channel.
- Divide the players into attackers and defenders, with one goalkeeper.
- Each defender enters the grid in turn to be approached by an attacker who must perform the roll before moving away and shooting on goal.
- The defender remains stationary providing token possession initially but may continue to tackle the player to increase the difficulty of the drill.
- Rotate the players after a set number of goes.





## The Punt Kick II

### Key Points

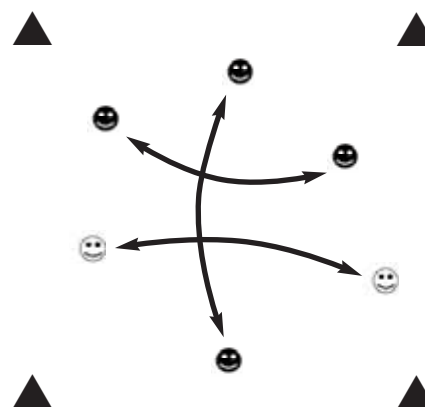
- Hold the ball firmly with both hands.
- Head down, eyes on the ball.
- Step forward with the non-kicking foot.
- Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance.
- Extend the wrist and drop the ball onto the kicking foot.
- Kick the ball with the instep, that is, the laced part of the boot.
- Keep the toes pointed.
- Follow through in the direction of the target.



## Technical Drills

### Drill 1 – Intermediate – Grid

- Mark out four cones in a line each approximately 20m apart.
- One player is positioned at each cone.
- The ball is punt kicked from player to player over and back across the line.
- Initially the kicker kicks from a stationary position to the receiver who is moving towards the ball.
- Adapt the drill by requiring the kicker to pass the ball while moving.
- After a set period of time rotate the outside players with the inside players.
- To increase the difficulty of the drill further introduce an opponent for each player to provide token possession.



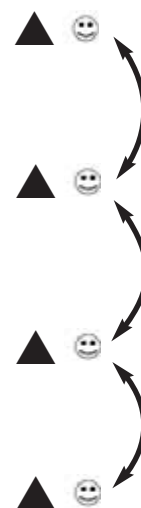


## The Punt Kick II

### Technical Drills *continued*

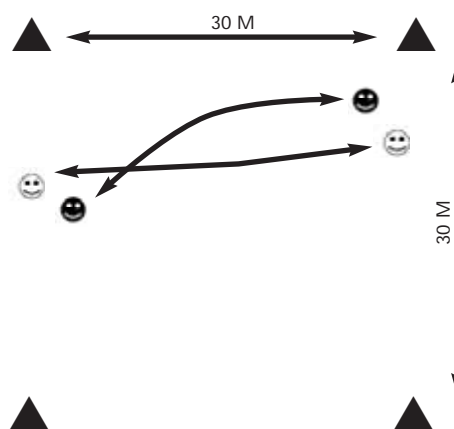
#### Drill 2 - Intermediate - Punt Kick in a Line

- Mark out a grid approximately 20m x 20m
- Divide the players into pairs.
- Each pair must move and punt kick the ball to each other within the confines of the grid.
- As the receiver moves around the grid the kicker must turn to face the receiver each time in order to punt kick the ball correctly.
- This drill can incorporate kicking from a stationary position and while moving and to a receiver who is stationary or moving.
- The drill may also be organised with 3 or more players by increasing the size of the grid.



#### Drill 3 - Advanced - Grid

- Mark out a grid approximately 30m x 30m.
- The players work in two pairs, with one ball.
- The player in possession must kick to their partner in the opposite pair.
- The second player in the opposite pair provides token possession.
- On receiving the pass the ball is transferred to the other player in the pair who in turn punt kicks back to their partner.
- Encourage the receiver to move into different positions to take each pass.
- After a set time reverse the roles of kicker and receiver in each pair.

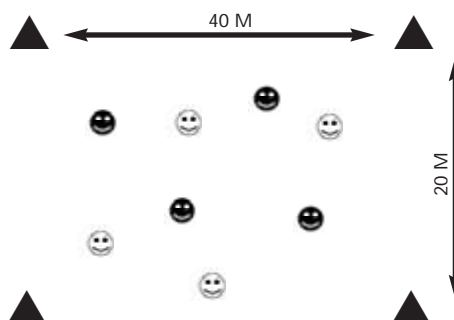


## The Punt Kick II

### *Developing the Skill*

#### *Grid Game – Possession Football*

- Mark out a grid 40m x 20m.
- Divide the players into teams of four or five.
- The object of the game is to retain possession by punt kicking the ball to a teammate.
- If the ball is intercepted or is kicked outside the perimeter of the grid the other team win possession.
- The team who retain possession for the greatest number of passes in sequence wins.

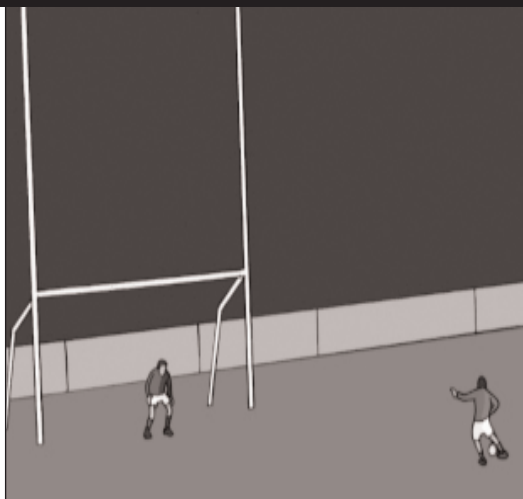




## The Penalty Kick

### Key Points

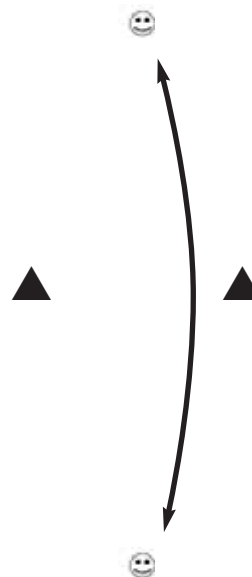
- Goalkeeper takes position on the line.
- Place the ball on the spot and take a decision to go for power or accuracy.
- Take 6-8 paces back and stop.
- Look at the target, head down and begin running forward.
- Place the non kicking foot beside the ball, extending the arm at that side out for balance.
- Strike the ball with the laces of the boot for power or the instep for accuracy.
- Keep the head down.



### Technical Drills

#### Drill 1 - Basic – Penalty Kick to Partner

- Divide the players into pairs, one ball per pair.
- Partners stand approximately 20m apart.
- Mark out a goal approximately 5m wide halfway between each partner.
- In turn each takes a penalty through the goal to the other.
- To increase the difficulty of the drill increase the distance of the players from the goal or reduce the size of the goal.



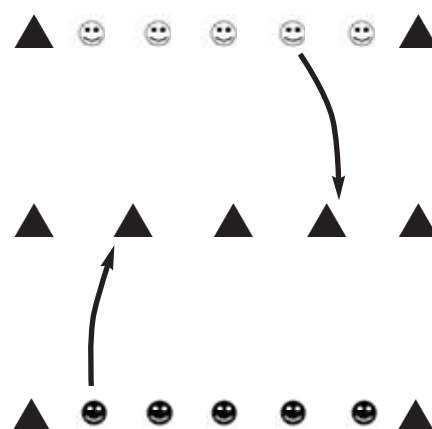


## The Penalty Kick

### *Developing the Skill*

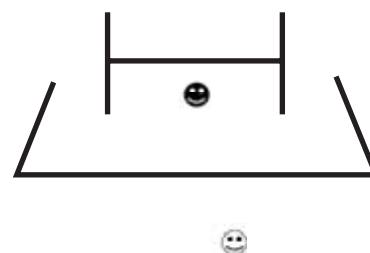
#### Fun Game 1 - Hit the cones

- Mark out a grid 25m x 25m.
- Place a number of cones across the middle of the grid.
- Divide the group into teams of 3-5 players
- Give 1 or 2 footballs to each team.
- The player in possession attempts to strike one of the cones in the middle of the grid using the penalty kick technique.
- For each successful strike award one point.
- Extra points may be awarded for knocking a cone.
- Alternatively points may be awarded for kicking the ball through gaps in the cones.

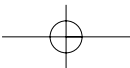
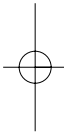
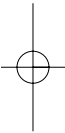
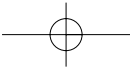


#### Fun Game 2 - Penalty Competition

- Select a goalkeeper.
- The Players take turns taking penalties from the 13m line.
- The player who scores the most penalties wins.









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## Additional Guidelines





## Warming Up

Warm Up activities incorporate brief, mild exercise which is performed in preparation for more vigorous activity.

Warming-up typically involves:

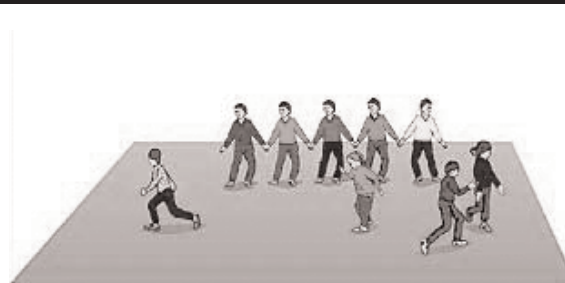
- Pulse Raising – e.g. Walking, Jogging, Hopping, Skipping, Jumping
- Mobilisation – Bringing the joints through their Range of Movement e.g. Arm Rotations, Hip Rotations, etc.
- Stretching – Light, short stretches of the Major Muscle groups

It is good practice to warm up dynamically, that is to incorporate the mobilisation and stretching activities into the overall pulse raising activity. Remember, incorporate the ball into warm-up activities where possible.

Here are some examples of Warm Up Games.

### Daisy Chain Tag

- Choose a Tagger.
- The other players find a free space.
- On the whistle the Tagger attempts to tag the other players.
- Once tagged, hold the Tagger's hand and work together to tag the other free players.
- Everyone, once caught, must join the line but only the players at the ends of the line may tag the remaining free players.



### Copy Cat

- The coach or a chosen player demonstrates an exercise (e.g. jumping, skipping, hopping, animal shapes).
- The other players must copy the exercise.



### Get into Shape

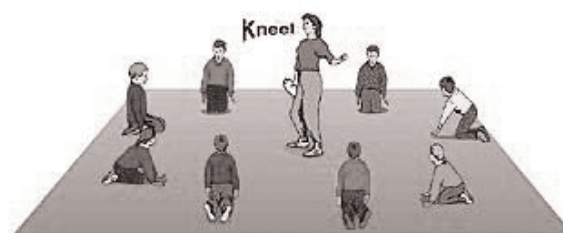
- Divide the players into two teams.
- Each team chooses a leader to follow around the space or grid.
- On the whistle the leader calls a specific shape, e.g. circle, square, triangle.
- The first team to get into the formation earns a point.





## Simon Says

- The Coach acts as 'Simon'.
- Play the normal game of Simon Says but include Pulse Raising, Mobilisation and Stretching exercises.



## Back to Back

- The players run about in the space or grid.
- On the whistle each player must attempt to find a partner and stand back to back.
- On each successive whistle the players must find a different partner.
- Require the players to move about the space using different movements between each whistle.



Here are some examples of stretching exercises.

## Arms Shoulders Chest

- Slowly turn the elbows inwards while straightening the arms behind your back.
- Keeping the chest out and the chin in, lift the arms up until you feel the stretch.



## Lower Back

- Assume a squat position with arms resting on the floor.
- Slowly straighten the legs without locking the knees.
- Hold the stretch and relax.





## Quadriceps (Thigh)

- Hold the top of the right foot with the left hand and gently pull the heel towards the buttock.
- Alternatively hold the top of the left foot with the right hand.



## Hamstring

- On one knee extend the other leg out in front.
- Place the hands on the thigh of the extended leg and slowly stretch the lower leg until a comfortable tension is felt behind the thigh.
- Keeping the back straight lean forward while pointing the toes back towards the upper body to increase the stretch.



## Calf

- Place the right foot forward with hands on hips
- With back straight, lean forward and bend the forward knee while keeping the heel on the ground.
- Alternate with left foot forward.



Stretching exercises should be incorporated into the pulse raising activities where possible during the Warm-Up. In this case it is not necessary to hold each individual stretch for more than 3-5 seconds.

## Cooling Down

Cooling Down is not very important for young children but it may be used to get players into the habit of cooling down, which becomes more important in later years.

Cooling Down should incorporate a gradual reduction in activity from intense (i.e. running, etc.) to moderate (i.e. jogging and walking)

Stretching exercises should be conducted in a more static manner and on the ground where possible. Stretches should be held for 10-15 seconds



## Using Ladders and Hurdles

Ladders and Hurdles provide the environment for legs to prepare for and develop fast footwork patterns. Rapid footwork is an important movement skill that comes from constantly challenging one's reactions, speed and agility. With regular work on the ladders, footwork will improve and assist faster running, quicker side stepping, feinting and changes of direction.


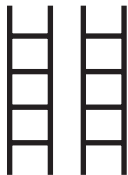

### Here are some pointers to remember when using ladders:

1. Concentrate on Technique and then Speed of Movement
2. Quality is always better than quantity
3. Introduce a ball where possible, once the basic movement technique has been learned

### Technical Points:

- On balls of feet
- Head up
- Use arms
- Keep core/torso strong
- Don't cross feet

Here are some examples of drills using ladders or hurdles.

| Quick Step  |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Run through the ladder, putting both feet in every hole along the ladder length.</li> <li>• Lead with the opposite foot on every alternate attempt.</li> </ul>                       |  |
| Miss-a-hole   |   |
| <ul style="list-style-type: none"> <li>• 2 ladders side-by-side.</li> <li>• Run through, putting the right foot in every alternate hole on the right side, and the left foot in every other hole on the left side.</li> </ul> |  |
| Side Steps  |   |
| <ul style="list-style-type: none"> <li>• Moving sideways lead with the right foot and follow with the left placing each foot in every hole.</li> <li>• Lead with the opposite foot on every alternate attempt.</li> </ul>     |  |



## Cúil Camp Activity Guidelines Booklet

## FOOTBALL

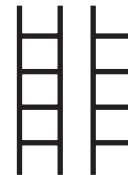
### Double Jumps

- Feet together, jump 2 holes forward, then 1 hole back.
- Repeat pattern up the ladder.
- Spend as little time in contact with the ground as possible.



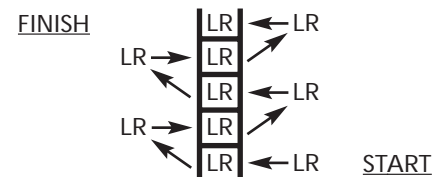
### Bunny Hops

- Stand with feet together.
- Bounce through alternative holes, keeping feet together.



### Double Shuffle

- From start, put left foot into hole, then right foot in.
- Then left foot out and forward (pushing off right foot), followed by right foot.
- Then right foot into hole, followed by left.
- Then right foot out and forward (push off left) followed by left, and so on.



### Cross Steps

- Running forward, put the right foot in every other left hole, and left foot in alternate right holes.





## Cúl Camp Activity Guidelines Booklet

## FOOTBALL

## Guidelines for Running Relays

1. Each player performs the required drill once, unless of course there are unequal numbers in each group, in which case one player may have to go twice.
2. Award four points for a win, three points for second, two for third and one for fourth.
3. Give each group the name of a county team (give them the opportunity to pick their own). Alternatively, the same county name can be given to two teams and if for example the teams finish 1st, 2nd and 3rd during the relay their scores are added together. e.g. 4 points + 2 points = 6 points.
4. Encourage players to support each member of their team during the relay.
5. Having passed the ball to the next player in the line they then go to the back of the line and get down on their hunkers. The first team to have everybody complete the drill and down on their honkers are the winners.
6. A team not in line is disqualified.
7. A team who fails to perform the drill correctly is disqualified.
8. A team is disqualified if a player forgets to go to the back of the line or if any player forgets to go down onto their hunkers.
9. Any form of cheating merits disqualification.





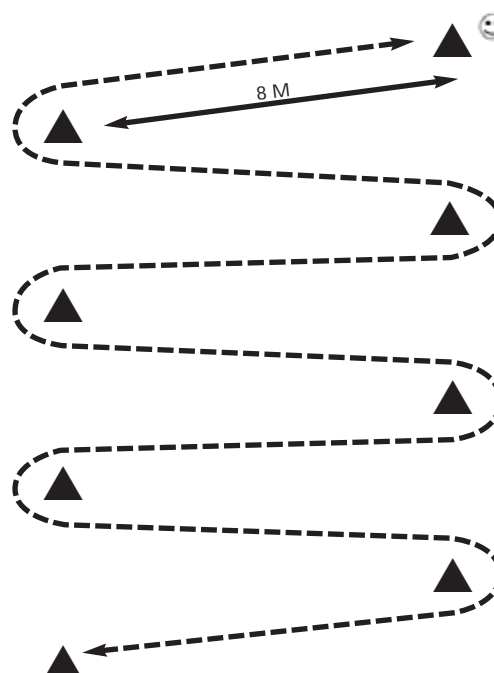
## Skill Challenges

These Skill Challenges have been designed for 12 – 14 Year-Olds.

### Pick-up Zig-Zag Solo Run

Starting at the endline the player must solo in a zig zag manner around each of the cones using the right and the left foot. The player toe taps using the outside foot as he rounds each cone. One bounce is allowed between cones. Reaching the 45m line he/she must turn around the last cone and continue to solo back through the cones to finish at the endline again.

Award 40 points for completing the challenge within 50 seconds. For each second over the allotted time deduct 2 points.



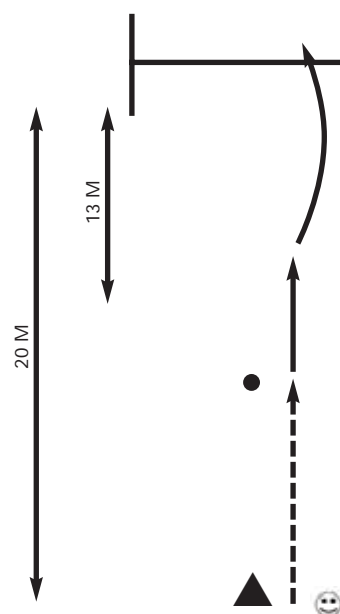
### Pick-up and Fist Pass

The player beginning at a cone on the 20m line runs to crouch lift a ball on the 13m line. Continuing at pace towards goal, he/she must fist pass the ball over the bar from outside the small rectangle.

Returning to round the start cone each time, he/she repeats the challenge with the remaining balls. He/she must use his dominant hand and non-dominant hand twice apiece. The fist pass must be used to score.

10 points are awarded for each point scored, giving a possible total of 40 points.

The time allowed to complete the challenge is 36 seconds. Record the time taken by each player. For each second over the allotted time deduct 2 points.



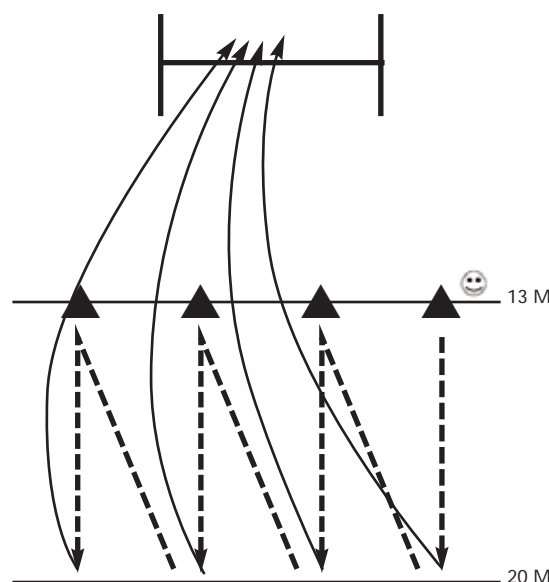


## Hook Kick with Strong Leg

Facing outfield the player begins on the 13m line. On the whistle and starting at one of 4 cones the player sprints out, lifts the first ball and keeping within the rules, hook kicks the ball from outside the 20 metre line to pass over the crossbar. Continuing at pace the player returns to round the next cone at the 13m line before attempting the challenge with the next ball. The player may use his dominant foot for all 4 efforts.

10 point are awarded for each point scored, giving a possible total of 40 points.

The time allowed to complete the challenge is 50 seconds. Record the time taken by each player. For each second over the allotted time deduct 2 points.

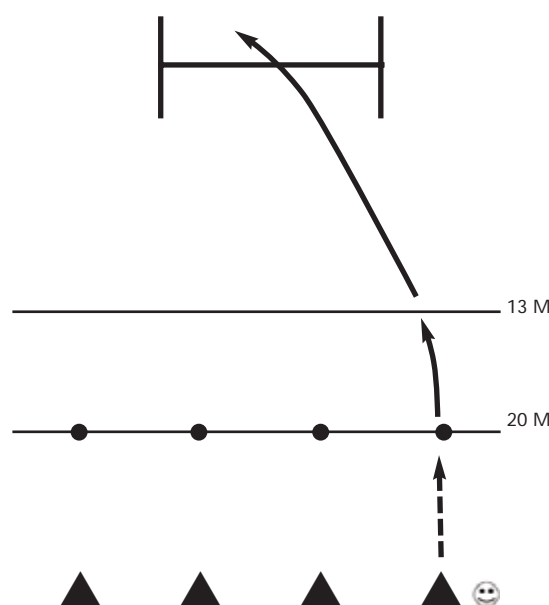


## Punt Kick for a Score

The player begins at a marker 25m from goal. On the whistle the player sprints and lifts the first ball and keeping within the rules, punt kicks the ball from outside the 20 metre line to pass over the crossbar. Continuing at pace the player returns to round the next marker at 25m before attempting the challenge with the next ball. The player must use his right foot when approaching the goal for the 2 efforts from the left and his left leg when approaching the goal for the 2 efforts from the right.

10 points are awarded for each point scored, giving a possible total of 40 points.

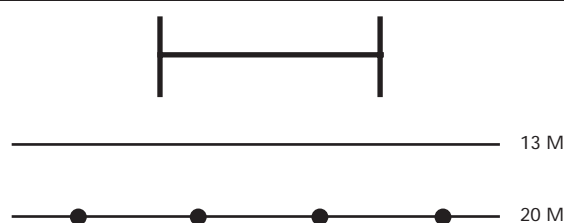
The time allowed to complete the challenge is 50 seconds. Record the time taken by each player. For each second over the allotted time deduct 2 points.



## 20 Metre Free Kick from the Ground

Place 4 balls along the 20m line as follows: 2 balls 5m either side of a point in line with the centre of the goal. A further ball 5metres either side of these 2.

10 points are awarded for each point scored giving a possible total of 40 points.





## Cúil Camp Activity Guidelines Booklet

## FOOTBALL

## Organising Modified Games

### General Guidelines:

- a) No substitutes, Participation for all.
- b) 7 minutes per quarter for 7-8 year olds.  
8 minutes per quarter for 9-10 year olds.  
20 minutes per half for 11-13 year olds.
- c) The modified game should reflect the skill practiced. For example, when coaching kicking skills, the follow on game should focus on kicking skills. This can be achieved by awarding skill points for kicking, or by disallowing fist or hand passing.
- d) Teams should consist of 5-11 players.
- e) Group teams according to ability. Where players are exceedingly strong, condition the game to make it more challenging for them, e.g. a strong player must release the ball immediately or he/she is restricted in his/her role.
- f) When awarding a free, give a brief explanation of what "foul" was committed.
- g) The **skill point** has a much more important role to play in the case of the weaker player. If used properly, it can instill sufficient confidence in the child, encouraging him to try over and over again.
- h) Encourage Respect and Sportsmanship for all by ensuring the ball is returned on the full to the player taking the free when a free is awarded, and by penalising all expressions of poor sportsmanship.



## Cúil Camp Activity Guidelines Booklet

## FOOTBALL

### Examples of Modified Rules:

1. One solo, one hop.
2. All kicks taken from the hands.
3. Referee identifies the players who are to take frees, sidelines, 45s etc. Preferably weaker players.
4. Skill points should be awarded during the course of the league games.

|                          |   |          |
|--------------------------|---|----------|
| Pick-Up                  | : | 1 point  |
| High Catch               | : | 1 point  |
| Good Save                | : | 2 points |
| Block (using two hands)  | : | 5 points |
| Good Foot Pass           | : | 1 point  |
| Good Fist Pass           | : | 1 point  |
| Intelligent support play | : | 1 point  |
| Effective tackling       | : | 1 point  |

### Guidelines for Organising a Blitz:

1. Grade Teams on the basis of ability or Select Teams by Player Gradings
2. Assign a County Name to Each Team
3. Ensure full participation for all Players
4. Award 2 Points for a Win, 1 Point for a Draw
5. Encourage a 'Participation and Play' as opposed to a Win at all costs attitude

### Go Games:

Go Games are modified skill development games for U-8s (First Touch), U-10s (Quick Touch) and U-12s (Smart Touch).

They have been designed to promote:

1. Increased enjoyment
2. Increased number of touches on the ball
3. Increased physical work rate
4. Increased perception of competence

For details on the Go Games refer to The Go Games Booklet or visit <http://gamesdevelopment.gaa.ie>



## Handball Games

### Handball Tennis

This game is similar to tennis but children hit the ball with their hands. It develops good footwork, awareness of positioning, hand eye co-ordination and will also develop both hands. A net is not essential as a line can be drawn on the schoolyard or PE hall. Handball can be played and valuable skills developed without a wall.



### Round Robin

Any number of players can play. All players line up, the first person hits the ball and then runs to the back of the line. The rally continues until someone misses. Weaker players may have three lives, while the stronger players may only have one.

Weak Hand Robin – This is the same game using the weaker hand to hit the ball. Development of the weak side is vital in Gaelic Games.



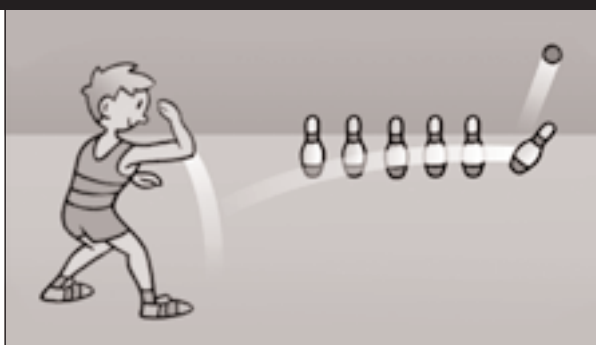
### Keep Rally Going

This is the same as Round Robin, only this time everyone tries their best not to end the rally but to get the greatest number of consecutive hits. Players should aim to improve their score each time. This is a good game to play alone using each hand in turn.



### Target Practice

Various sized objects can be placed at a distance e.g. skittles, plastic bottles. Points are awarded for hitting them or knocking them down. Kids should start off by throwing a ball at the objects and eventually progress to bouncing the ball and hitting it with the palm of the hand towards the targets in a swinging motion. Where there is a section of wall, permanent targets could be painted on. This is a good game for the child who wishes to practice on his or her own.

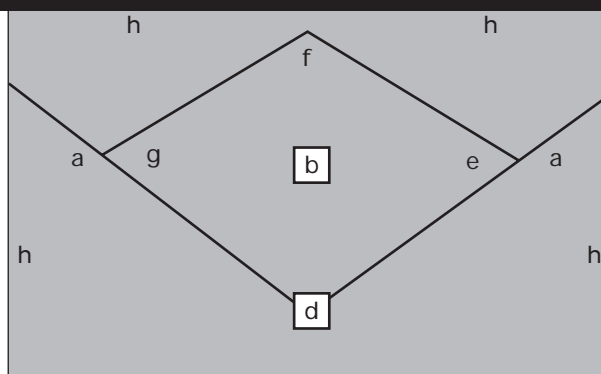




## Rounders

Rounders is another of our National Games. It is a field game where teams take turns to bat a ball in order to gain points by running through four bases (a run). Here are some guidelines for playing Rounders:

- Mark out a field of play as per the diagram.
- Divide the players into equal teams of 9 players each.
- Toss to decide which team will bat first.
- The fielding team line out as follows:
  - A pitcher at the pitcher's stand (b)
  - The catcher in the catcher's box (d)
  - One player adjacent to each base (e, f, g)
  - The remaining 4 players in any position in the outfield



## The Play

The pitcher facing home base should present the ball to the batter. They must take no more than two steps onto the Pitcher's stand and deliver the ball underhand towards Home base.

The ball must pass over home base not lower than the batter's knee or higher than the batter's shoulder. If the ball is outside these limits it will be declared a Bad Ball. A batter may not run, and the call is against the pitcher.

On a bad ball the ball is dead and no play can take place, unless it is the third bad ball in which case the batter goes to first base and all runners advance one base each.

If the pitch is good the batter attempts to strike the ball into the field of play in such a manner as to make it difficult for the fielders to catch.

Once the ball has been struck, the batter, and any teammates on the other bases, attempt to make ground to the next base or home.

A run will be scored provided a runner coming home from third base touches home base. The team, that scores the greatest number of runs wins.

## Cúl Camp Activity Guidelines Booklet



## FOOTBALL

## Introducing Secondary Themes

Secondary Themes focus on those Topics, Values and Behaviours that are associated with a sporting lifestyle and are central to making participation in Gaelic Games the most positive experience it can be. The following are the recommended topics for each day:

- Day 1 – **The GAA – History, Place, Identity**
- Day 2 – **Playing Gaelic Games**
- Day 3 – **Food and Nutrition**
- Day 4 – **Knowledge of the Playing Rules**

The Fun Blitz Day includes Fun Games, Skill Challenges and a Blitz and incorporates a Secondary Theme on the topic of **Sportsmanship and Respect**.

The following provide guidelines for Coaches on introducing Secondary Themes on each of the days.

Use questions, tasks and discussion to help make the players aware of the issues and topics important in each theme.

## On a Rainy Day

Find plenty to do on a rainy day in this summer's **Cúl4Kidz Magazine**. There are facts, figures and interviews to guide you through this year's All-Ireland Championships plus much more!

There are also tasks for a rainy day to print or download from the **VHI Cúl Camp Website**.

<http://www.vhiculcamps.gaa.ie>

Remember the Secondary Themes can be used to supplement indoor activities on a rainy day.

## Day 1 – The GAA – History, Place, Identity

Use the following as questions or to devise tasks:

- Name 5 Clubs in your county.
- Can you identify their colours?
- Name the player(s)/most current players from your Club that play/played for the County Team
- Name the County Ground in your County.
- Do you know where the ground got its name?
- Name 2 of the Stands in Croke Park.
- Where was the GAA Founded?
- Name the Irish for Goal (Cúl), Point (Cúilín), Referee (Réiteoir), Jersey (Geansaí), etc.



## Cúl Camp Activity Guidelines Booklet

## FOOTBALL

### Day 2 - Playing Gaelic Games

Use the following as questions or to devise tasks:

- Who is your favourite player? Why?
- Why do you enjoy playing Football/Hurling/Ladies Football/Camogie/Handball/Rounders?
- Can you list some of the skills involved in Hurling and Football?
- What parts of the body do you use to perform each skill?
- Why do you play Hurling/Football. etc.?
- Name 3 things that playing Hurling/Football, etc. make you better at?

### Day 3 – Food and Nutrition

Use the following as questions or to devise tasks:

- Can you name the 5 different food groups?
  1. Breads, Cereals and Potatoes
  2. Fruit and Vegetables
  3. Milk and Dairy Products
  4. Meat, Fish and Others
  5. Foods containing Fat and Sugar
- Do you know what each type is for?
  1. Carbohydrate for energy to help us Run and Play
  2. Vitamins and Minerals
  3. Protein to grow muscles and bones
  4. Protein to grow muscles and bones
  5. Energy
- Name 5 foods that are really good for you?

### Day 4 – Knowledge of the Playing Rules

Use the following as questions or to devise tasks:

- Name 5 ways you can play the ball in Hurling/Football.
- How many steps can you take before playing the ball?
- What line do you take a penalty from?
- Name three ways you can score a goal in Hurling/Football.
- Which is the higher score, 3 goals and 10 points or 1 goal and 17 points?
- Name all the positions in a Football/Hurling team.
- What number jersey would you be wearing if you were playing Right-Half Forward?

### Day 5 - Sportsmanship and Respect

During the Fun Blitz Day the coach should implement the following to promote Sportsmanship and Respect:

- Ensure the players shake hands with their opponents before and after each game
- Penalise all fouling strictly
- Penalise dissent by moving the ball forward
- When a free is awarded the ball must be given on the full to the player taking the free.





## Cúl Camp Activity Guidelines Booklet

## FOOTBALL

# Vhi Cúl Camp - Staying Cool at Camp

## Notes for Coaches on the importance of fluid for children

Children use up more energy than both adolescents and adults while doing the same activity. In fact children produce twice as much heat for the same level of exertion as adults. This means they can heat up quickly and they can over heat quickly too. To complicate matters they tend to sweat very little and so cannot dissipate heat like adults can. For all of these reasons fluid intake is vitally important as a cooling mechanism for them. Too little fluid leaves children hot, weak and tired and may cause headaches. Regular drinks of water through out the day at camp, not only at lunch but between meals as well, is very important. Regular drinks will ensure they stay cool.

## What are the benefits of being well hydrated?

- Stay cool and avoid dehydration
- Avoid headache and tiredness
- Improved performance
- Improved concentration
- Helps avoid cramp
- Helps avoid stitch

## Cooling active children

- Children, like adults, do not voluntarily drink enough during sport. They need to be reminded to take regular fluid breaks. They should be advised to drink even though they may not be thirsty. They should drink from their fluid bottles and then take another few gulps to ensure they are drinking enough.
- Research shows that children are more likely to drink from their fluid bottles if they like the flavour. Therefore, flavoured drinks (water flavoured with a low calorie squash) is an option to enhance hydration.
- When it is very sunny, frozen juice drinks or ice pops can help cool children.

## Suitable drinks for camp

Water, Water with low calorie squash or Fruit juice with meals (no more than 2/day)

## Are sports drinks a gimmick?

Sports drinks are not gimmicks. They are well researched and are designed to increase fluid intake and performance. However, they contain calories and are expensive. For the serious junior athlete at camp, sports drinks are a suitable fluid option provided the child is of normal weight. However, a homemade sports drink is recommended over commercially available ones on account of cost.

## Home made sports drinks recipes

1. 700ml warm water + 35g sugar (7 teaspoons) + pinch salt + 50ml low calorie squash. Mix and chill.
2. 150ml regular squash + 600ml water + pinch salt. Mix and chill.
3. 350ml fruit juice + 400ml water + pinch salt. Mix and chill.

## Is sports water better than regular water?

Sports water has a role to play in keeping sports people well hydrated. However, its use depends on the type of sport together with the intensity and duration of the sport. They are not recommended as a drink option at camp because of the cost.

## What can the coach do to encourage good hydration habits?

- Recognise the importance of fluid for children and create a supportive environment.
- Ensure the children's names are marked on their fluid bottles.
- Make time for regular fluid breaks during camp.
- Remind children every day to bring their fluid bottles.
- Fluid bottles must be washed out after camp and made up from scratch every day for food safety purposes.
- Encourage children to drink (any type of fluid) after camp when they go home.
- Have a supply of extra fluid bottles (6) in a cooler at camp.

