

FUNdamentals

Catching & Passing

Ulster GAA

Coaching & Games Development

www.ulster.gaa.ie



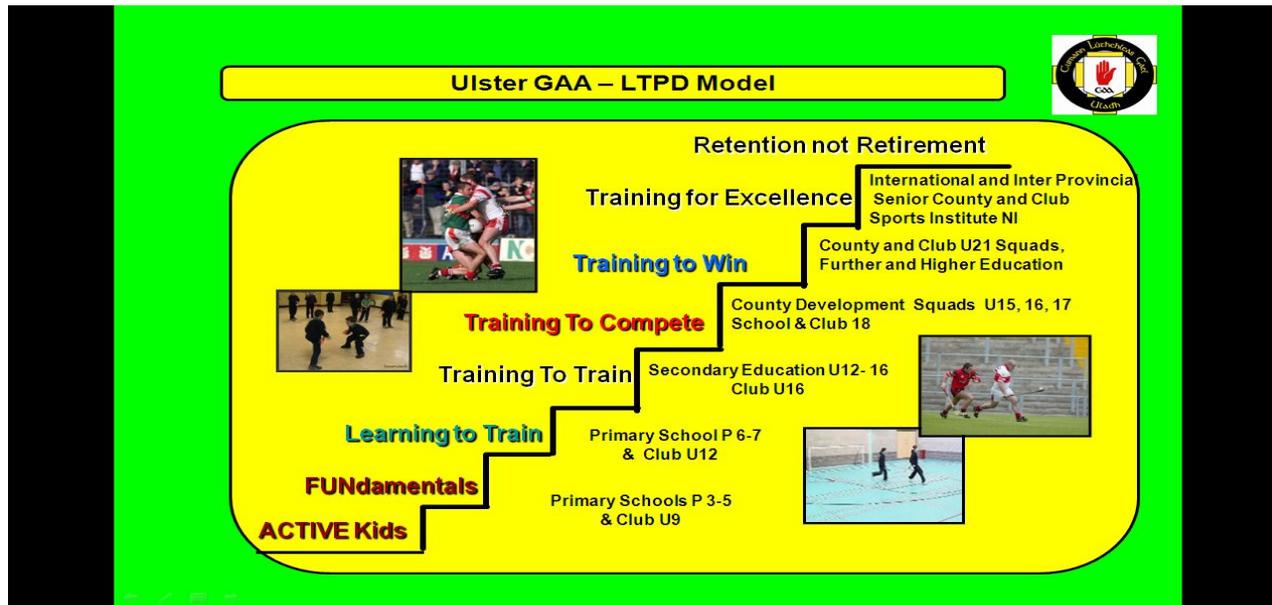
Ulster GAA Coaching Resources



Introduction:

Ulster GAA has, for many years been working at the forefront in the production of resources to develop our players as they progress along the 'Long Term Player Development Pathway' (LTPD).

Our experience has led to the original LTPD model being extended to include development of a younger age group through a Foundation, Key Stage One & Key Stage Two programme that complements the original 'Fundamentals', 'Learn to Train' and 'Train to Train' stages of the player development pathway.





As part of our on going support to teachers and coaches a series of coaching resources from our manuals can now be purchased from the Ulster GAA website www.ulster.gaa.ie to assist with the preparation of classes and coaching sessions that will challenge and improve students and players alike.

The sessions come in a structured format with progression from age 5-6 years through to adult. Rather than having to purchase an expensive manual coaches/teachers can now purchase only those sessions that will be relevant to the age group that they are coaching/teaching.

All sessions are easy to download and can be paid for using the on line Pay Pal account on the Ulster GAA home page. To download a session, simply identify the age group you are working with and the type of sessions that you would like to use to develop your class/team e.g. A teacher working with a group of Primary 3 pupils on handling skills should click on Key Stage One followed by Handling, the sessions will then be automatically downloaded to the teacher's computer following payment of the appropriate fee. Each session can be printed out or retained on the computer where a bank of resources can be built up over time.

Available Resources



Key Stage One - Ages 5-8

Handling Lessons	32 Lessons + End of Stage Tests
Kicking Lessons	32 Lessons + End of Stage Tests
Striking Lessons	32 Lessons + End of Stage Tests

Key Stage Two – Ages 8-11

Football Lessons	25 Lessons + End of Stage Tests
Hurling Lessons	29 Lessons + End of Stage Tests



Gaelic Start – Ages 4-9

Free Introduction – 44 slides	Warm Up Activities - 44 cards
Stretches - 22 cards	Additional Hurling & Football Skills & Games – 30 cards
Stations - 34 cards	Activity Planner - Weekly sessions – 36 weekly sessions for U-6 & U -8
School/Home Activities - 39 cards	Family of Games - 31 cards

Fundamentals – U.6 to U.9

Free Introduction	17		
ABC's – (Agility, Balance & Co-ordination)	37	RJT – (Running, Jumping & Throwing)	45
Kicking Activities	28	Catching & Passing Activities	46
Fundamental Games	41	Striking Activities	38



Learn To Train – U.9 to U.12

Free Introduction	46		
Speed & Aerobic Training & Strength Training	44	Games for better team play & Tactical awareness	26
Nutrition, Hydration & Mental Training	16	Coaching skills & Code of conduct	18
Warm Up & Flexibility Activities	29	The Skills of Gaelic Football	52
Planning for games & Let's Go Games	24	The Skills of Hurling	49



Train To Train – U.12 to U.14

Free Introduction	13		
Conditioning & Core Strength Activities	37	Speed & Stamina Activities	32
Strength & Medicine Ball Running & Jumping	40	Principles of Play, Football Activities with a Purpose & Technical Development (Football)	56
Lifestyle Issues & Mental Skills Training	21	Principles of Play, Hurling Activities with a Purpose & Technical Development (Hurling)	43

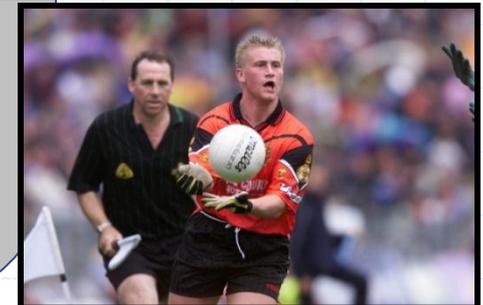
Catching, Passing, Kicking, Striking

INTRODUCTION 1

Age: Females 6-8yrs Males 6-9 yrs.



- ◆ Catching and Passing / Throwing are skills that go hand in hand. These **motor skills** build on the **physical literacy** developed through the ABCs and the Running Jumping Throwing activities.
- ◆ The next phase after **passing** a football or striking a hurling ball is the **catch**. Passes can be made by **throwing, kicking or striking** with the hand or an implement.
- ◆ Use of **different sizes of balls** and different implements to strike the ball. This will help players to become **familiar with different surfaces** and make them more **proficient in the use of equipment** and the future execution of Gaelic Games skills.



Catching, Passing, Kicking, Striking

INTRODUCTION 2

Age: Females 6-8yrs Males 6-9 yrs.



- ◆ You have been asked to take a new group of very young children for some passing and catching activities at your local club. How might you **introduce them to some fundamental throwing/passing and catching** techniques? You have use of a **variety of equipment**- balls of various sizes and types, bean bags, quoits, foam and plastic javelins, medicine balls, rubber shots and hammers.
- ◆ Select **one type of throw** i.e. under, over, sling etc. and show how you would develop it during your session.
- ◆ To finish your session divide your group into smaller groups and organise a **throwing competition** using various types of throws. Include throwing for **accuracy and distance**. Use targets which involves **throwing at, into, through, over, across, onto, between, along** etc. Rotate your group every few minutes.



Pass under Bridge



Roll to Target

Catching, Passing, Kicking, Striking

INTRODUCTION 3

Age: Females 6-8yrs Males 6-9 yrs.



◆ Equipment :

Large Balls - one to each pupil

Small Balls – one to each pupil

◆ Various **types of targets**:

Cones, hoops, skittles and rebound surfaces like walls and benches (gym).

◆ The order for ball throwing progression is as follows:

- A. **Rolling/Fielding or Sending/Gathering** (Receiving)
- B. **Bouncing**
- C. **Airborne**

NB. When introducing throwing use equipment **which does not roll** like bean bags etc. before using **various sizes of balls** for developing throwing and catching.



Pick up Rolling Ball



Pick up Airborne Ball

Catching and Passing

CPKS



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



ROLLING/FIELDING:

❖ Throwing/Sending Big Ball:

Two Hand Underhand Rolling Scoop Throw

Two Hand Underhand Bowling Throw

❖ Throwing/ Sending Small Ball:

One Hand Underhand Throw

❖ Catching/Receiving Big Ball:

Two Hand Underhand Scoop Pick Up

Two Hand Underhand Kneeling Pick Up

❖ Two Handed Underhand Walking/Running Pick Up

Catching/Receiving Small Ball:

❖ One Hand Underhand Catch:

On coming ball – **ball rolls up fingers** into palm off hand.

Ball travelling away from body – **place hand over top of ball** i.e. over hand grip.



Pick up Rolling Ball

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Pick Ups: Ball Stationary

The group stand in a free piece of ground with a ball at their feet. On signal i.e. call from coach the ball is picked off the ground, held above the head and placed back on the ground. Repeat a number of times.

❖ Tips:

Use “Big Hands” around the ball to grip it tightly.

To encourage a good grip the coach should move among the group attempting to knock the balls out of their hands.

Show the players the W position of the thumbs and nearest two fingers for proper gripping technique.

The thumbs should not be too close together and the hands should be placed symmetrically around the ball.

❖ Equipment:

Use suitable size of ball i.e. size 3.

See which child can pick the ball off the floor and hold above their heads five times first?



Hold ball above head to finish



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Swop Shop

Each player has a ball and goes to a space. The balls are placed on the ground. On signal the group move about picking up balls and placing them in any available free spaces. Who can pick up the most balls in a set time?

Use various pieces of equipment to **set balls in**, on etc. e.g. place balls in empty hoops or set on top of domes. Who can **pick up and set the most balls** in a set time?

Take the equipment away and now **challenge the players to find a free piece of ground to pick the ball up and set down**. This type of exercise encourages good use of space awareness, a vital games skill.



Swop Shop



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Rolling/Fielding Skills: Ball Moving

Start by challenging them to **sit and roll a big ball with hands on top**, from the **tips of their fingers to the heel off their hands** . Can they roll ball from one hand to the other? Stop your ball before you roll it back (two touch).

❖ Progress to knelling, roll your ball around your body.

❖ Kneel on one knee – roll ball **under knee** with one hand and stop with the other before rolling it back.

❖ Standing roll ball around both feet, if successful **make a figure of eight** as you roll your ball in and out about your feet. Who can make three figure of eights first?



Rolling



Kneeling

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Wall Rebounds:

With very young children allow them to **sit with legs apart opposite a wall**. Ask them to use the wall as a **rebound surface to roll the ball against**. Encourage them to **stop the ball with both hands** - this is the first stage of receiving / catching a moving ball.

❖ Scoop Pick up: Then ask them to allow the ball to **roll up their hands** onto their arms and finally **cuddle against their body** i.e. Body Catch.

❖ Scoop Roll: Knelling on both knees – **two hand underhand throw**. Use two hands at either side of the ball.

❖ Knelling on one knee - two hand underhand **bowling type of throw**.

❖ Tips: Hold ball with **throwing hand behind the ball** while the other hand helps to support the ball in front. When throwing with the **right hand kneel on the left knee**. Swing the ball **alongside your body** and release it in front of your body.



Target Pass to Hoop



Scoop Pick Up

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Target

Use **chalk numbers on the bench** to aim at. Devise a scoring system suitable to the player's ability.

❖ Scoop Roll: Standing – repeat above.

- ❖ Tips: When throwing initially allow the children to stand with both feet about shoulder width apart. They hold the ball in **both hands between their legs** with the ball on the floor.



Bowling Roll, Throw or Kick

❖ Bowling Throw:

Those children who **show good technique** at this task should be challenged to use the **more advanced two handed bowling** type of throw.

- ❖ Tips: Here the child stands one foot in front of the other. Hold the **ball in two hands**. The throwing hand is behind the ball while the other hand supports the ball in front. The **opposite foot to the throwing hand** should always be in front to help balance the body. Swing the **ball along your side** and release the ball in front off your body.

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Rolling Pick Ups:

❖ Ball coming towards body.

Aim- using general space, ask the children to explore different ways of **rolling balls gently into the free spaces**, and then **walking/running in front of the ball** and letting it roll up their hands into their arms – **scoop pick up**.

❖ Safety: Allow **half the group** to do the task while the other half observe.

❖ Ball travelling away from the body.

The children who find this pick up easy can attempt the **walking and then the running pick up**. Here they **roll their ball gently into a free space** before **walking/running along side it** in an attempt to **pick it up**.



Rolling Pick up



Airborne Pick up

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Rolling Pick Ups:

Tips: Keep your feet, **one in front of the other**, along side the ball.

1. The **foot** that is **nearest to the ball** should be **behind the front foot** to allow a clear pick up.
2. **Bend down** near the ball and use **both hands** to pick the ball up.
3. When working well always **challenge the players** under pressure e.g. who can pick up the most balls in a set time or who can pick up five balls first.
4. Always get the winner to **hold the ball above their head** to help identify who was first.

The next stage would be **the foot pick up** as used in Gaelic football. Here the **foot is used** to scoop the ball up into the hands. Use a **stationary ball** initially before challenging them to pick up a moving ball.

Tip: The foot that picks the **ball up** becomes the next stride.



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Bridge Ball:

Group divide **into pairs**. Number them one and two.

Half the group **No. 2's** stand with their legs astride (**Bridges**) while the **No. 1's** attempt to roll balls **under their legs**. Who can achieve 10 rolls first?

Tips:

Look for the **free "Bridges"** to roll your ball under.
Don't roll your ball **too Hard** (weight of pass).



Bridge Roll



Bridge Ball

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.

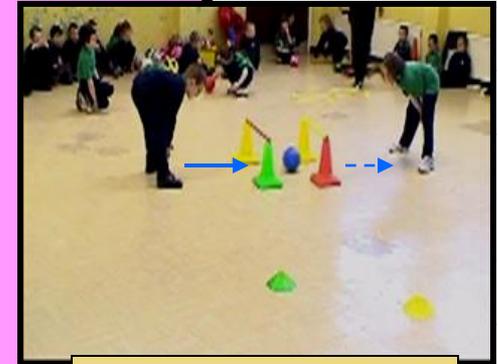


❖ Partner Roll Ball:

NB. This is the first stage of passing.

1. Players **get into pairs** and number themselves No. 1 and No. 2
2. No. 1 gets a **ball** and **stands 3/4m in front of No. 2.**
3. Thrower/Passer: Use a two handed underhand **throw to roll ball to partner.**
4. Start with **Scoop Roll** and then challenge pairs to attempt the **more difficult Bowling Roll.**
5. Receiver: Let the **ball roll up your hands into your arms.** Use the **scoop** pick up initially before attempting the **more difficult bowling type pick up.**

- ❖ Which pair **can achieve 10 rolls first?**
- ❖ Always make the **pair finished first hold ball above head.** This indicates who is finished first.



Partner Roll



Partner Roll on Move

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



Target Games

❖ Target Rolls

After introducing a new task always **challenge their newly acquired skills** by testing them out **against a target** or someone.

❖ Target Games are the first type of games that should be used to challenge children's skills.

❖ **Challenge pairs** further by asking them to use **various pieces of equipment** to roll ball **between, at or through**. Targets could be two cones placed close together.

❖ The target may be made more difficult by **placing the markers closer together** or moving the pairs further apart.

❖ Encourage the children to **make up their own scoring systems** and how they might get an eventual winner.

❖ Children should be **constantly encouraged to practice newly coached skills** at home in a safe environment.

❖ The children should then **be awarded certificates etc. for achieving success**, this helps to motivate them to even more success.



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ BOUNCING:

The **bouncing progression** follows the same format as rolling/fielding i.e. sitting, kneeling, standing, walking and finally running.

There are **three ways of catching a bouncing ball:**

1. **Sitting:** Catching on the way down.
2. Catching the ball **at the top of the bounce**
3. Catching the ball **on the way up after bouncing.**

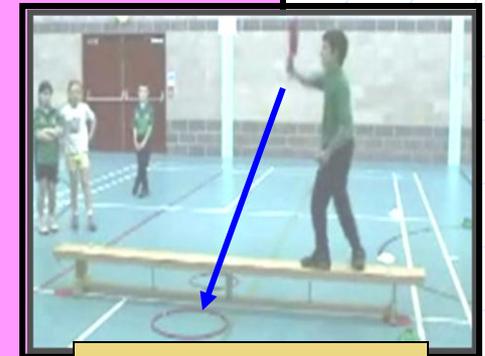
❖ Sitting: Catching on the way down.

Tips: Let your ball drop from your hands, bounce and then move your hands under dropping ball to catch as it falls. Bring ball into your body after catching i.e. Body Catch. This is the easiest means of catching a bouncing ball.

❖ Repeat above kneeling and then standing.



Ball Bounce off bench



Ball Bounce on bench

Catching & Passing TASKS

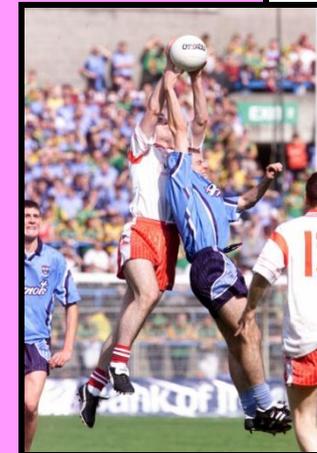
Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Catching ball at the top of the bounce.
Tips: Throw your ball down into the floor and catch at top of bounce. Use Big Hands to grip ball. Don't snatch at your ball but use relaxed hands.
- ❖ Repeat above from a knelling position and then standing.
- ❖ Catching ball on the way up after bouncing.
- ❖ **Kneeling/Standing:** Bounce your ball into the floor and attempt to catch as it ascends.
- ❖ **Tips:** Keep your hands slightly over the top of the ball. Watch the ball all the way into your hands. Watching the ball all the way into the hands is the key coaching tip for successful catching off a moving ball.
- ❖ Repeat above walking and jogging. When walking and jogging bounce the ball slightly in front of your body.
- ❖ Use four step rule i.e. players must bounce their ball every four steps. Encourage them to change their pathway every time they bounce their ball.



Partner Bounce



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Who can bounce their ball five times first?

- ❖ NB. A **change of pathway** differs from a change of direction in that in this case we mean a **different track on the ground** for a pathway change as opposed to **direction** which refers to the **body part leading the movement** i.e. if the shoulder leads the direction then the direction is sideways etc. It is important to distinguish the two types of bounces used in Gaelic Football i.e. the low and high bounce.

❖ The high Bounce:

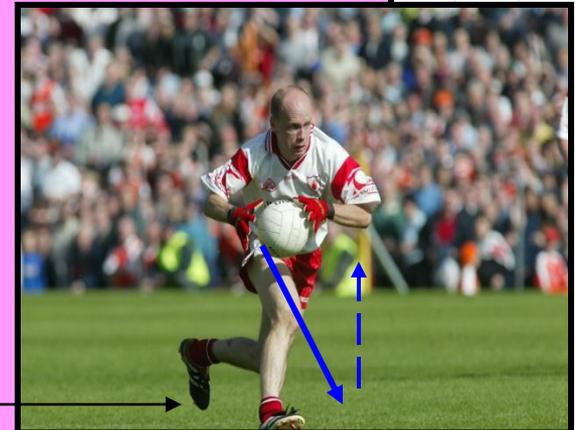
- ❖ Here the ball is **taking high above the shoulder** and **released with one hand, hard into the ground well in front of the body** in order to make as much ground as possible between each toe tap.

❖ The Low Bounce:

- ❖ This bounce is **used when closely marked** and is useful in **evading opponents**.

❖ Target Bounces:

- ❖ Use **scattered hoops** as targets to bounce ball in. Who can bounce ball in a set number of hoops first?



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ AIRBORNE – Big Ball

Airborne Throwing/Catching is the eye tracking ability. It should only be introduced after a good foundation of rolling and bouncing development.

❖ The progression is as follows:

1. Two Hand Underhand Tummy Throw/Catch
2. Two Hand Overhead Throw and Body Catch
3. Two Hand Sling (Rugby) Throw and Reach Catch
4. Two Hand Chest Push and Reach Catch
5. Two Hand Side Off Head/Shoulder Throw and Reach Catch



Crouch Catch

When players can achieve the latter throw they are ready for using the hand and fist passes.

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Two Hand Underhand Tummy Throw:

All the following involves Passing in a stationary position before involving movement of the passer and receiver.

- ❖ A pass is a 'visual agreement' between the passer and the receiver.

Thrower:

Stand **one foot in front** of the other 4/5 steps apart

Hold **ball at your tummy** with both hands around the ball. Use a **two handed under hand throw** to send the ball over to your partner. Aim for your partners' hand

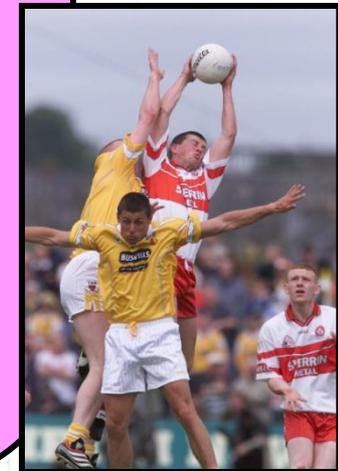
Catcher/Receiver:

Hold your **hands out in front** of your body, **palms facing up**
Watch the ball all the way into your hands, Let the ball **come into your hands** and then **bring ball to body** (body catch)

Encourage players to **practice all these skills at home** against a wall or with a friend.



Two Hand Under hand Tummy Throw



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Two hand overhead throw

Pairs – One ball between two

Stand one foot in front off the other

Hold ball above your head with both hands

Step forward as you throw your ball to your partner

Use gentle throws initially

Always coach a new task with Passer and Receiver in a stationary position.

If successful challenge the Passer to make a move into a free piece of ground after passing. This is an essential games skill for later team play.



Two hand overhead
throw



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Two Hand Sling Throw

This is the **easiest throw** to use for players on the move.

Pairs – One ball between two

Stand 3/4 steps apart **both facing the direction you hope to walk in.**

Both **walk down the hall/field swinging the ball across the front of their bodies.**

Passer: **Aim your throw in front of your partner** so s/he may walk onto it.

❖ **Repeat** above jogging and then running.

❖ **Receiver:** **Reach across your body for the ball, take in two hands and then bring ball to other side off body, before bringing back across body again to release.**



Two Hand Sling Pass



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Two Handed Chest Push

This is more of a **push** than a throw

Stand **one foot in front of the other**

Passer: Hold ball in front off chest with both hands evenly placed around the sides off the ball.

As you release, **bring ball towards your chest** and then move hands in an anticlockwise direction so that your hands end up behind the ball.

To release use a **pushing action** and finish with your fingers pointing towards your partner.

Receiver: Show your partner **your hands** where you expect to catch the ball.

Use **relaxed hands** to receive the ball.



Chest Pass



Player in middle

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Throwing a Small Ball:

A small ball is easier to throw but harder to catch. A big ball is easier to catch but harder to throw. Use rolling/fielding skills initially before introducing bouncing and finally air bourn throwing.

❖ Rolling/Fielding (catching) A Small Ball:

❖ One Handed Underarm bowling Throw:

❖ Tip: Stand one foot in front of the other when throwing. Swing your arm alongside your body and release ball in front of opposite leg.

❖ Use one handed pick up i.e. palm of hand over top of ball, before using the more difficult under hand pick up i.e. back of hand goes under the ball. Use weaker hand for throwing and catching a small ball.

❖ The Spider and Kosh balls are ideal for introducing rolling skills as they don't roll too far.

❖ Challenge their rolling skills by asking them to roll at or between targets. Walls are ideal for practicing all skills.



Small Ball



Small Ball

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Bouncing using a small ball:

Bouncing a small ball is the next progression from rolling /fielding.

Tennis balls and mini -striker (9cm) balls are suitable for bouncing development out doors while the foam balls are ideal for indoors.

❖ Two handed bounce and two handed catch:

Stationary – Use **two hands** to bounce your ball into ground and two hands to catch ball.

❖ Aim to catch your ball on the way down initially before attempting the more difficult catch at the top of the bounce with cupped hands and finally on the way up (see earlier progression with a large ball).

❖ Repeat above while walking and then jogging.



Off a Bounce



Body Catch

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ One handed throw and one handed catch:

Throw your ball down using an over arm throw and catch using an underhand catch.

Repeat above using an over arm throw and an over hand catch.

Tip:When catching after bouncing let the ball fall into the palm of your hand before closing your fingers on the ball i.e. under hand catch. If successful use the more difficult over hand catch i.e. back of hand faces up.

Tip:Let the ball enter hand before closing fingers. Don't snatch at the ball.

❖ Repeat above using alternating hands i.e. bounce with one hand and catch with the other.

❖ The key coaching point for catching all sizes of ball is to watch the ball all the way into hands. Use relaxed hands for catching i.e. don't tense your hands while catching or snatch at the ball. Always keep your feet near the ball.



Flick and Catch



Over head Catch

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Airborne Throwing:

One small ball to each child. In own space use **an underhand throw to send ball up** in front of your face. Use an **underhand catch as ball descends**.

❖ Tip: Move your hand under the falling ball. Let it **drop into your hand** before closing your fingers on the ball.

❖ Repeat above on the move. Look ahead for **free pieces of floor/ground** to walk/run into.

If successful **throw ball higher** to catch but if it drops use a lower throw.

❖ Challenge the children to **clap their hands before catching**. Who can clap the most times before catching? Can you **keep clapping and catch ball just before it hits the ground**. If successful with the above **attempt the more difficult** underhand throw and overhand catch.



Throw to Wall and Catch



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ **Throw:** Use an underhand throw to send your ball up in front of your face.
- ❖ **Catch:** Reach up with **palm facing upwards** and **fingers well spread out** to grasp falling ball. Let the ball come in contact with your palm before **closing your fingers** on the ball.
Throw underhand with one hand and **catch overhand** with the other hand and vice versa using opposite hands etc.
- ❖ **Tips:** **Move your feet** under the dropping ball.
Watch the ball all the way into the hands.
Place your **hand under the dropping** ball.
The fingers should **be well spread out to receive the falling ball** and pointing upwards.
Don't snatch at the ball but use relaxed hands to close your fingers on the dropping ball.



Bounce and Catch

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ Partner Throws:

Pair, one ball between two.

Thrower – stand one foot in front of the other.

Use an **underhand throw** and aim to **lob the ball into** your partner's hand.

Receiver – **present your hand in front of your body** for your partner to aim for.

Use an **underhand grip** i.e. palm facing upwards to catch ball.

- ❖ Repeat above using **weaker hands**.
- ❖ Repeat above using **overhand throw and overhand catch**.
- ❖ Repeat above using **weaker hand**.

The above **skill is quite difficult and takes a lot of practice**.

As it is used in many sports e.g. athletics, games etc. time should be spent acquiring this skill.



Chest Catch



Partner Swop

Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Allow players a **set number of throws** before having a whole group competition to see who can throw the furthest.
- ❖ Each player **takes one throw with either hand to see who can throw the furthest** i.e. they pick up implement after first throw and use other hand for second throw.

GROUP	IMPLEMENT	THROW TYPE
1	Bean Bag	One hand under arm
2	Big Ball	Two hand under arm
3	Big Ball	Two hand over arm
4	Bean Bag	One hand over arm
5	Foam Javelin	One hand over arm
6	Medicine Ball	Two hand push throw
7	Quoits/Foam Discus	One hand sling throw



Catching & Passing TASKS

Age: Females 6-8yrs Males 6-9 yrs.



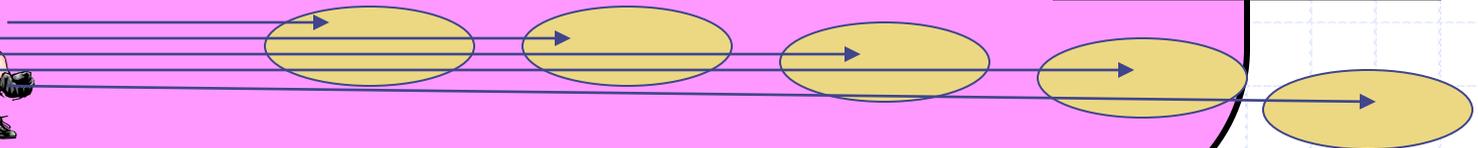
- ❖ Use other pieces of equipment like **small medicine balls** to develop further throwing techniques.
- ❖ The 1kg rubber medicine balls are ideal for developing throwing skills. The following tasks could be attempted:
 1. Seated: Hold ball **above head** and see how far you can throw.
 2. Kneeling – **two and one knee**: Repeat above.
 3. Standing: Repeat above.
 4. Laying Down: From a **laying position sit up and throw your ball** as far as possible.



Seated



Standing



Catching & Passing

KEY POINTS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ When passing is working well while both are stationary, make the passer **move to a different space after passing.**
- ❖ Explain **SPACE – POINT** out a **free piece of ground** where no one is standing.
- ❖ Ask **WHERE IS THE SPACE** to test their special awareness.
- ❖ **Passer Travelling:** passer moves with the ball to a free space, stops faces the receiver and then passes. Challenge the passer to perform some old skills as they move e.g. rolling or bouncing the ball as they move to a new space.
- ❖ **Passer Stationary:** while sending to a moving receiver. Use a rolling ball initially then a bouncing ball and finally an airborne ball. The receiver walks and then jogs slowly to receive the moving ball as skill improves.
- ❖ **Progress to both passer and receiver moving.** The easiest pass is the sling /rugby pass (See Above).



Catching & Passing

KEY POINTS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Coaches should always use the “**Head, Hands and Feet**” technique to spot and correct faults.
 - ❖ Is the head in the right place, are the feet in the right position and are the hands in a good position to catch or throw the ball.
 - ❖ This allows the **coach to focus in on one aspect of the body** and give proper guidance to help improve faulty technique.
 - ❖ The next **progression could be throwing the ball from one hand to the other**. Start close and then move the hands further apart.
- This task helps **improve peripheral vision** a vital games component.
- ❖ A **wall should now be used as a rebound surface** to further challenge **airborne skills**.
 - ❖ Children should be challenged to **come up with their own ideas** on making various activities using the wall, it takes **numerous ball contacts** for skills to become permanent.



AGE: 5 – 6
Young- ones

ROLLING

During the session children will **develop the skills of rolling a ball**. These motor skills form the basis of ball handling in GAA. Teaching points include keeping their eyes on the ball when rolling, using the finger tips for control and using left and right sides.

For this session you will need

				
50 mins	5	12	20	0



Warm-up 🕒 15min

Whistle Drill: Within the grid (10m x 10m) the children **run around and stop when the coach blows the whistle**. Continue with children skipping, hopping and walking backwards. The last child to stop when the whistle blows is out of the game.

Individual Rolling: Children lay on their back and roll left and right. Children **lay on their back and tuck their knees** into their chest and roll left and right.

Partner Rolling: Partners lay on the ground heel to toe and **roll over each other** left to right. One child lays on their back while their partner **rolls them left and right**. Swap roles.

Group Activity: Divide children into two groups. Both groups lay on their back side by side. **First child in the line rolls over the rest of the group**. Repeat until every child has had a turn.

Skill Activities 🕒 25min

Circuit Game

Use cones as separate activity stations. Divide children into **four groups and spend five minutes at each station**. Rotate through all activities.

1. Child **rolls a ball around a cone** and returns to the end of the line.
2. Using inside of **foot, child dribbles a ball between the cones** and returns.
3. Child walks backwards while weaving around the cones, using their **fingertips to roll a ball**.
4. Using fingertips, child **rolls a football around a cone and dribbles the ball back** to next in the line.

TUNNELL RELAY

Children stand in a **single line behind each other with legs shoulder width apart**. Children roll a ball **between their legs** using their hands, with the **last child running the ball back to the front** of the line. Repeat with the ball travelling under and over.

Challenge to Coach

- ◆ Make the session enjoyable by making it fun, with lots of variety and appropriate challenges.

Games 🕒 10min

ROLLERBALL

Create a rectangle with four cones.

Divide children **into 2 teams A and B.**

Split Team A placing half on one side of the rectangle and half on the opposite side.

Team B **stands on one of the free sides.**
They must **run across** the rectangle and **avoid the balls** as members of team A roll the ball to each other.

If **touched by the rolling ball you sit out.**

Safety Tips

- ◆ Remove all jewellery from children
- ◆ Encourage children to be aware of others moving in their space (spatial awareness)

Coaching Tips

- ◆ Eyes on the ball
- ◆ Maintain control
- ◆ Go slow to start
- ◆ Use the finger tips
- ◆ Use left and right hands and feet

Key Questions

Have the children explored different ways of **rolling their bodies**?

Did they use their **finger tips** for control?

Did they keep their **head up** to be aware of other children?

Did the children use the **inside and outside** of the foot to dribble?

Did the children **operate within the rules**?

WHAT THE SYMBOL MEANS



Time of Session



No of Footballs



No of Cones



No of Children



Coach

AGE: 5 – 6
Young- ones

CATCHING

During the session the children will develop their catching skills. This fundamental motor skill is central to both hurling and football. Teaching points include lining the body up with the path of the ball, eyes on the ball, fingers spread (cup hand – w shape).

For this session you will need

				
50 mins	5	12	20	0



Warm-up 🕒 15min

Partner Activity – The child throws the ball **underarm** to a partner who catches. This is repeated. Try this activity while sitting, kneeling, hopping, laying down.

Tag: - Select five children as taggers. They try to **tag the other children** who, once tagged become the taggers.

Scarecrows – A progression from Tag – once the children are tagged the **stand with their feet shoulder width apart**. The taggers continue to tag but those tagged can come back into the game if the some one passes under their legs.

Pass the bucket – Children line up in groups of 5 with a ball at the end. The **ball is passed along the line to the last child** who collects and runs back to the start of the line. The game continues,

Skill Activities 🕒 25min

Split you children into pairs for each of the activities

Activity 1: - Children stand in line with their partner **Opposite (2m away)**. They throw the pall **underarm** to the partner who **lets it bounce once** before catching it.

Activity 2: - In groups of 5 one child stands in the middle with the ball. They **pass the ball underarm to each child in the circle**. Change the size of the ball and change the person in the middle frequently.

Activity 3 – Similar to activity 2 except when the ball is passed, the **passer follows the pass and goes behind** that cone / person who receives.

Activity 4 – In groups of 5 – the **child at the front of the line** passes the ball to the first person, who passes back. The first person sits down. The passer **passes to the second person who passes back** and sits down etc.

Activity 5: - In groups of 5, the children **form a ziz-zag line**. The ball is passed up and down the line.

Challenge to Coach

- ◆ Make the exercises challenging – set targets
- ◆ Introduce movement when catching

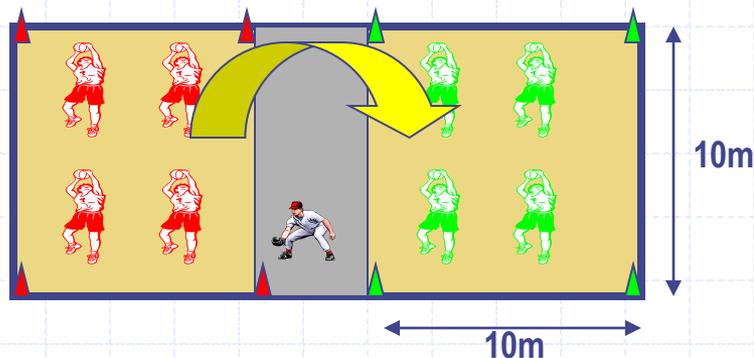
Games ⌚ 10min

CATCHBALL

In the grids children **pass the ball around** until they make a required number of catches.

CATCH AND THROW

The ball is **thrown across into the opposite** grid where it is caught – in the grid the group make **two throws before throwing** it back. (Develop with 2 balls – one starting on each side of grid).



Safety Tips

- ◆ Remove all rings and jewellery
- ◆ Use **soft balls** initially to build confidence
- ◆ Organise **groups / pairs** to avoid collisions

Coaching Tips

- ◆ **Eyes** remain on the ball throughout
- ◆ **Move feet** to get into the flight path
- ◆ Hands **move to meet the ball**.
- ◆ Fingers are spread and **palm of the hands up** for the bucket catch.

Key Questions

Have the children **progressed through** the rolling stage?
Did the children **watch the ball**?
Did you provide **appropriate equipment** depending on their ability?
Did you **spot** the problems **and fix** them?
Did the **session progress** as you wished?
What **other activities** could you have used?

WHAT THE SYMBOL MEANS



Time of Session



No of Footballs



No of Cones



No of Children



Coach

AGE: 5 – 6

Young ones

PASSING

During the session the children will begin to develop that motor skills that enable the child to develop basic co-ordination and tracking skills. These are fundamental to the various forms of passing in GAA. Teaching points, aim, step to target, follow through.

For this session you will need

				
50 mins	5	12	20	0



Warm-up 🕒 15min

Tunnels – Children line up in groups of 5. The child at the back has a small round ball. They **leap frog over the children** in the line, then roll the ball **back through the legs** of the children and the next child repeats.

Decision Final – The coach introduces three referees decisions: **over carrying** (rotate one arms around the other), **point** (arms straight up) and **square ball** (forearms crossed). The children run around but **on the appropriate signal the child** jogs, jumps, bends to touch gourd.

Carry the Can – The coach divides the group into **teams of 4** – two children facing two 5 m apart. The first child begins to **run towards the opposite group** carrying the ball across. He meets the next child **at the half way mark** and hands it to him. This is repeated.

Skill Activities 🕒 25min

Activity 1 – In pairs sitting on the ground, **bounce pass the ball** to your partner. Repeat on the knees and standing up. See who can do this without fumbling.

Activity 2 – One child **bounces passes** the ball to his partner while the other child **chest passes** back.

Activity 3 – Place two rounders posts or tall cones in the middle **as a goal**. Pass the ball **through the goal** using a chest pass or underarm pass.

Activity 4 – Place **a post** across two tall cones. One child passes the ball **over the obstacle** and one **under the obstacle**.

Activity 5 – Place a tall cone 5m from the group. Pass the ball out **to hit the cone**. First team to five hits wins.

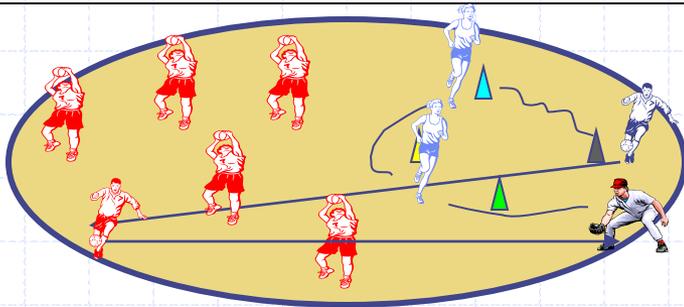
Challenge to Coach

Progress from **on the ground to airborne** passing
Use different **types of balls**
Encourage **chest, underarm and overhead** passing

Games 🕒 10min

ROUNDERS

Children are divided into 2 teams. **Team A** is in the field and their job is to **get the ball back to the coach**. **Team B** – first player **kicks the ball into the field** and then **picks up a second ball** and **passes it to the child at then 1st cone** who runs and **passes to player at the 2nd cone** etc. When the ball is returned to the coach the running stops. See how many balls can be worked around the rounders circuit.



Safety Tips

Use soft / sponge balls initially to **build confidence**
Make sure children are **not wearing jewellery**.
Organise drills to **avoid collisions**.

Coaching Tips

Look up at the target and **take aim**
Step towards the target
Follow through with the throwing arm towards the target
Chest pass – push with the finger tips
Under arm – push with palm of the hands and finger tips

Key Questions

Have the children passed the ball **along the ground**?
Have they passed it **through the air**?
Have they **stepped towards** the target?
Did the **follow through** in the direction of the pass?

WHAT THE SYMBOL MEANS



Time of Session



No of Footballs



No of Cones



No of Children



Coach

AGE: 5 – 6 Young ones ROLLING & STOPPING

During the session the children will continue to develop their body management skills and motor skills fundamental to stopping and throwing. Coaching points are to keep the eyes on the ball, get into the pathway it is travelling on and stop it cleanly.

For this session you will need

				
50 mins	8	4	10	4



Warm-up 🕒 15min

- Partner Roll** - Child lies on his side and **tucks the knees and arms** into the body tight. The partner rolls the child left to right.
- Emergency 'One Two' Stop** – Children jog about the designated area and on command they **stop and balance - one foot in front** of other.
- Scoot Stop** – Children jog about designated area - on command they take a **small jump and land both feet shoulder width apart**, legs bent and arms out to maintain perfect balance.
- Map Reference** – Two locations are identified on the pitch (Cork and Belfast) and on command the **children go to that city**. Increase the number of cities and locations gradually. Introduce local sites of interest or international destinations.
- Front Roll** – Children start on knees and with outstretched arms - **fall forward using hands and bent elbows to absorb impact**, turning head to the side - finishing flat on the chest.

Skill Activities 🕒 25min

Circuit Games – each child spends 5 mins on each

- Activity 1** – With a partners about 2 m apart – **roll a ball to the partner**. Encourage child to stop the ball before returning it. Return it with the left and right hands and with both hands. Increase the distance apart.
- Activity 2** – Children roll a ball with the finger tips **in and out of the line of cones**. When they get to the end they roll the ball back to next in the line.
- Activity 3** – Children are asked to roll the ball around a cone 2m away **using different body parts** (elbows, head, knees) exclude hands and feet .
- Activity 4** – Set up Targe Area 2m square. Children must **roll the ball into a target zone and then retrieve** the ball. Focus on **weighting of the pass** so it lands in the area. Increase distance from or decrease size of area to challenge children.

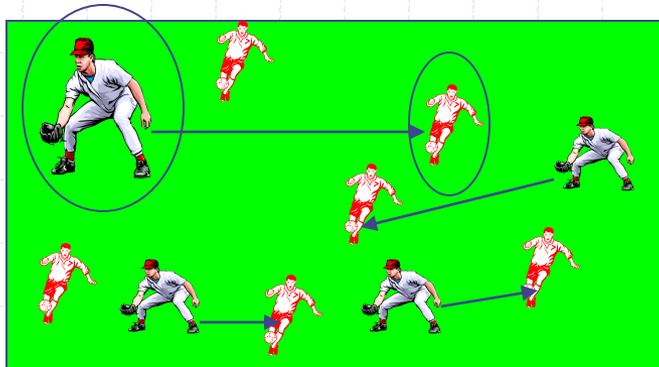
Challenge to Coach

Use various **types of targets and sizes of balls**.
Challenge the children to **make up** rolling games.
Introduce a **bounce before the ball rolls** to target

Games 🕒 10min

Ground Hog

In teams of ten in a grid 20m x 20m. Four children have round ball each. The other children must **walk quickly about the grid**. One foot must be in contact with the ground at all time. The Ground Hogs must **roll the ball along the ground and touch the players on the move**. The first player to four hits wins



Safety Tips

Ball must be **rolled underarm** for the Ground Hog Game.
Ensure the **area is the required size**.
No ball contact above the knee

Coaching Tips

Use a **bowling** action when throwing
Use **finger tips** to direct the ball
Step **towards the target** when rolling
Encourage **one two and scoot** stops.
Have the **throwers work in pairs** in game.
After tagged in game **player must roll** to get free.

Key Questions

Have you **explained how to roll** the ball?
Have you coached the **two stops**?
Have you **challenged** yourself and the children?
Did you introduce **airborne passing that transfers into a roll** along the ground?
Did the children **stop the ball effectively**?
What is the importance of **good first touch**?
Did you highlight the need to **weight the pass**?

WHAT THE SYMBOL MEANS



Time of Session



No of Footballs



No of Cones



No of Children



No of bibs

AGE: 6 – 7

CATCHING & PASSING

During the session catching and passing skills are extended. These motor skills are fundamental stepping stones to catching and passing skill in Gaelic Games. Coaching points – get into flight path, eyes on ball, arms and hands extended, catch on fingers and hands and pull into the chest.

For this session you will need

				
50 mins	20	12	8	4 and 4



Warm-up 🕒 15min

Roll around the ground – child stands feet shoulder width apart and **rolls the ball around their feet** using the finger tips.

Figure of Eight – using the same stance the child rolls the ball **around the feet in a figure of 8**. Change the direction in which the ball is travelling.

One foot Roll – same idea but roll ball around **one foot only**.

Air Ball – repeat the activities above but with the **ball off the ground**.

Cradle Ball – throw the ball in the air, **let it bounce twice and catch it** in the basket (arms out, elbows close and hands cupped to secure the ball)

Repeat Cradle ball but let the ball **bounce only once**.

Fire Ball – throw the ball up – let it bounce and as it comes back up, **put the hands under it** and throw it up again as if the **ball is hot**.

Skill Activities 🕒 25min

Activity 1 – Children line up 5 m from the coach. Child runs towards the coach who **lobs the ball letting it bounce once**. The child **moves forward to catch the ball** and returns it to the coach as they move around his and return to the line. Take bounce out to challenge the children.

Activity 2 – 8 children form a circle. Two children with a ball each **run around the outside and pass to the stationary children**. One child chases the other. Change the runners frequently.

Activity 3 – Set cones out in a **zig-zag pattern**. Place a child at each cone. The first child runs a zig-zag pattern **making a pass to each child** on cone. He **rolls ball back down middle** to next child.

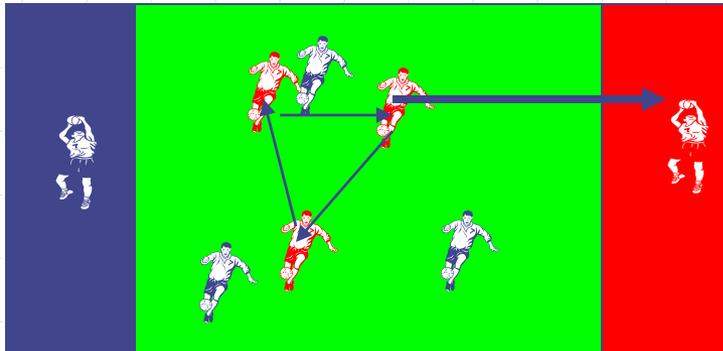
Activity 4 – Each child has a ball. They **toss it up and clap the hands** once and catch. Increase number of catches gradually as confidence grows.

Challenge to Coach

Progress the activities at the correct rate
Making **activities easier and harder.**
Working with **different abilities**

Games 🕒 10min

Touch Down – Children make **three passes** in the green zone (roll or chest) and then pass to the player in **either of the end zones** to score.
Progress this by allowing them to score **only in their own end zone.**
Develop further so that the player who **makes the pass goes into the ends zone** and the receiver comes out to start a new three pass phase.



Safety Tips

Ensure all **jewellery is removed.**
Use the correct **size and weight** of equipment
Take a bounce before the catch – encourage the child to catch **the ball on the way up** initially

Coaching Tips

Keep the **eyes on the ball.**
Move the feet to get into the **flight path** and get the **body in line with the ball.**
Extend the arms keeping the **elbows close.**
Spread the fingers palms up and cradle the ball into the arms and chest.

Key Questions

Have you selected the **right equipment.**
Is the **activity suitable** for the ability of group?
Are the children **threatened by the ball?**
Can you **decrease the threat** by using soft balls?
Make the **game easier by having 3v1** or 3v2 in the green zone.
Can you **use those with better abilities** in different ways?
Are the children **having fun or standing** in lines?

WHAT THE SYMBOL MEANS



Time of Session



No of Footballs



No of Cones



No of Children



No of bibs