FUNdamentals

Kicking

Ulster GAA
Coaching & Games Development

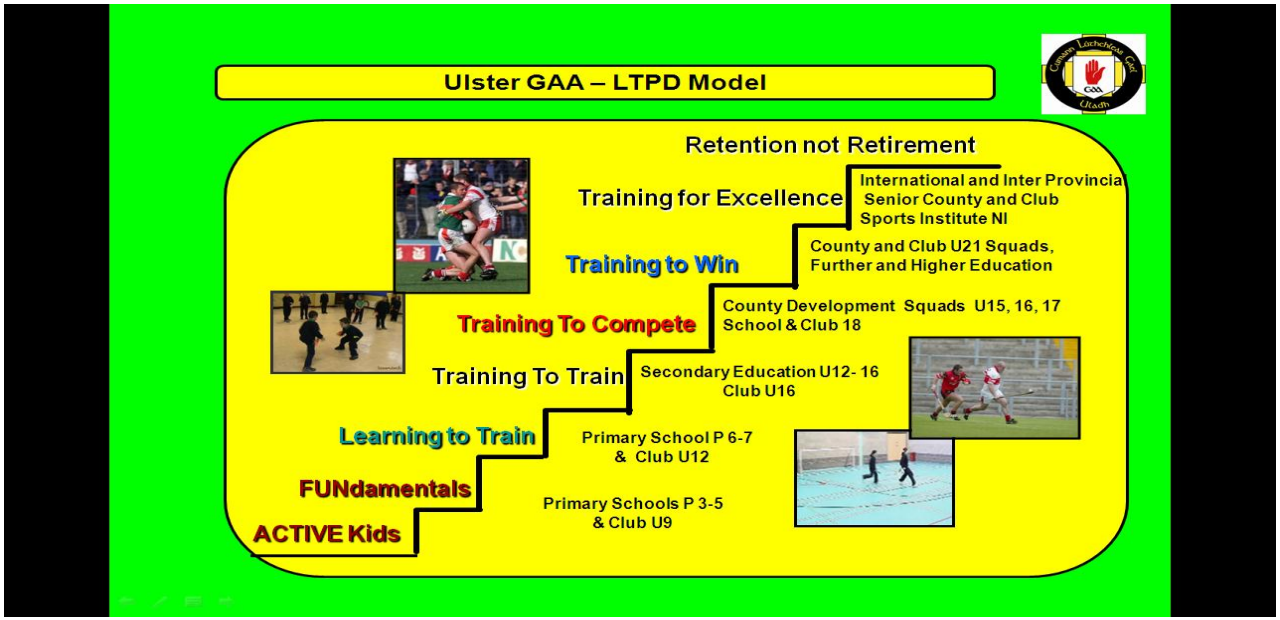
www.ulster.gaa.ie

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

Kicking

CPKS

Kicking
INTRODUCTION 1 Age: Females 6-8yrs Males 6-9 yrs.

- Kicking skills would follow handling i.e. throw/catch skills as it is much easier to handle a ball than kick it.
- The children at this stage should have built up a good movement skills to make the transition to kicking skills much easier.
- The initial development might involve equipment like bean bags that do not roll too much when kicked.
- Large balls with some of the air taken out are easier to kick than light large balls with a lot of air in them.

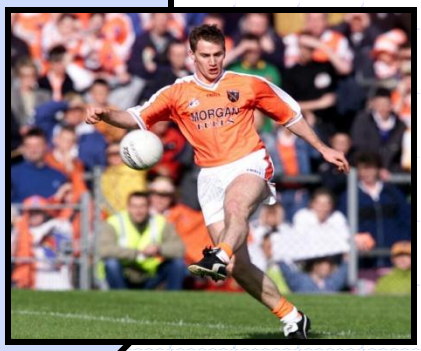
Equipment:

For kicking with:Bean bags, Large Balls, Balzac Balloons, Medium Size Balls and Small Balls. Kicking – between, at, through and under. Domes, Cones, Canes, Poles, Walls, Hoops, and lines or other markings on the floor or ground.

Kicking
INTRODUCTION 2 Age: Females 6-8yrs Males 6-9 yrs.

The following progression could be used to develop kicking skills:

1. Dribbling skills using the insides and out sides of the feet.
2. Kicking skills using the insides of the feet – ball on ground.
3. Rolling Ball – using the bottom of the feet.
4. Dribbling skills using the insides and outsides of the feet.
5. Kicking skills using the insides of the feet – ball on ground.
6. Kicking on the ground using front part of foot i.e. laced part of foot.
7. Punting using Balzac balloons i.e. balloon dropped from hands to meet foot.
8. Punting large ball dropped from the hands – using front part of foot i.e. laced part of foot.



Kicking
TASKS

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

- The following progressive tasks could be used to develop fundamental kicking skills. Children should always work individually before Introducing partner activities.
- Dribbling skills using the insides of both feet

- Bean Bag Dribble: (Indoors Only)

  Tip: Use the insides of your feet to tap the bag about the floor.

  Tap the bean bag gently and don't kick your bean bag.

  Look for the free parts of the floor to tap the bean bag into.

- Keep Your Points:

  Use spaced out markers like domes or cones to dribble in and out off. Give each child five points, if they touch a marker they loose a point. Who can keep their points?

Kicking TASKS

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

- **Color Bean Bag Race:**
  Who can dribble to three different colors first?
  Tip: Make the first player finished, hold the bag above their heads as this helps to identify who is finished first?

Bean bag dribble

- **Stop The Bag:**
  On signal, attempt to stop your bean bag with the bottom of your foot. Stop bean bag in identified areas or on specific lines nominated by the coach. Use the outside of your foot as well as the inside. Use both feet.

- **Scoring:** Each child has five points. They loose a point if they fail to stop the bag on the signal or in/on an area/line specified.

Kicking
TASKS

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

- **Kick The Bag into Free Space:**

  Tip: Support Foot – behind and to the side of the ball.
  Kicking Foot – Use the insides of the feet.
  Head – keep your head down and watch the bean bag.
  Arms – keep your arms out to the sides to help balance.

Free Spaces

- **Over The Line:**

  Group divides up into two, one half going to one side of the hall and the other half to the opposite side. Each player has a bean bag and on signal attempts to dribble over opposite side. One group goes at a time and then allow both groups to go at the same time.

Tip: Keep your bean bag close to your feet when dribbling and get head up when not touching bag in order to see where you are going.

Kicking TASKS

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

- **Trap It:**
  Drop your bean bag and as it touches the floor try and place your foot on it i.e. trap. Tip: Watch the bag all the way down and have one foot lifted ready to step on bag. This helps to improve hand, eye and feet coordination.

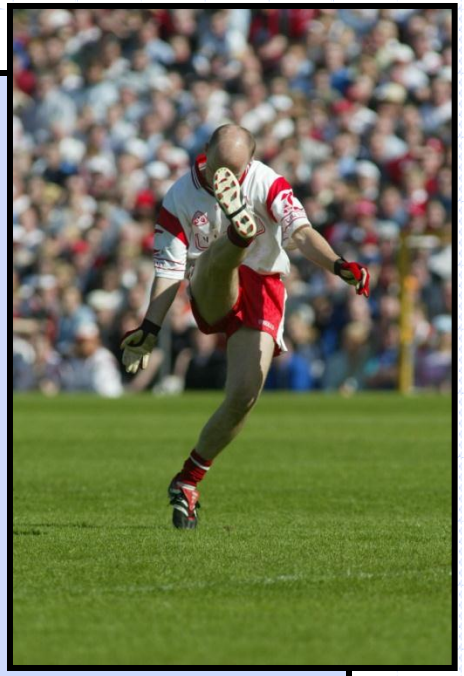
- **Trap Dribble and Kick:**
  Trap your bean bag, dribble it off into a free space and then kick it between two spaced out markers etc. Tip: Challenge your players to combine them as above. This builds their vocabulary of skills upon which later sport specific skills will be built.

- **Kick Away:**
  Every one dribbles their bean bag about the free spaces. Protect your own bean bag but try and kick other bean bags out of the area.

Trap It

Trap, dribble & kick

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



- **Partner Development:**
  Partner work should always follow individual familiarization and development.
- **Bean Bag Shadow:**
  Pairs each with a bean bag. No. 1 and No. 2. Aim – No. 2 attempts to follow (shadow) No. 1 by remaining as close as possible. On signal they change roles.

- **Pass The Bean Bag:**
  This is the first stage off passing development. Pairs with one bean bag between two. Aim – to pass the bag over to your partner using your feet.
  Tip:Look up before kicking but look down when kicking. Use the insides of your feet for passing and not your toe.
- Use a two touch sequence i.e. first touch to stop the bag and the second to pass. Repeat above using one touch only i.e. you must return the bag without stopping it.

Kicking
TASKS

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

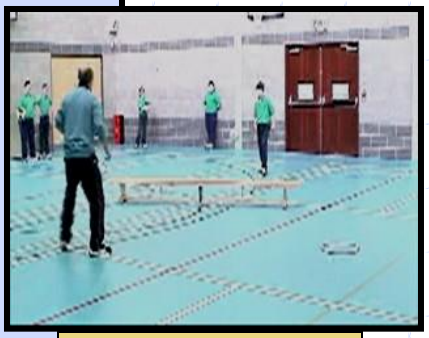
- **Through The Gap:**
  Various pieces of equipment like domes, cones etc. could now be used as targets to challenge the children's previously acquired skills.

  These are known as 'Target Games' and are the first 'Family' used to develop and refine technical skills.

- Pairs with one bag between two.Aim: To kick the bag between two markers e.g. cones, domes etc.

- These tasks may be made more or less challenging by decreasing or increasing the gap between the markers or making the players stand closer or further away from the markers. Let the children make up their own rules and scoring.

Through the Gap



Over the Bench

Kicking TASKS

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

- Rolling Ball

- Foot Roll:

  The children should now be ready for ball kicking skills. Most of the bean bag skills should now be repeated with a medium or large ball.

  The first simple task involves placing the foot on top of the ball and attempting to roll the ball back and forward with the foot.

- Hop Ball

  On signal, change feet. Decrease the time between feet changes so the players' have to change so quickly they end up just touching the ball on each command.

  Tip:

  Keep your balance by holding arms out to the sides.

Rolling Ball

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

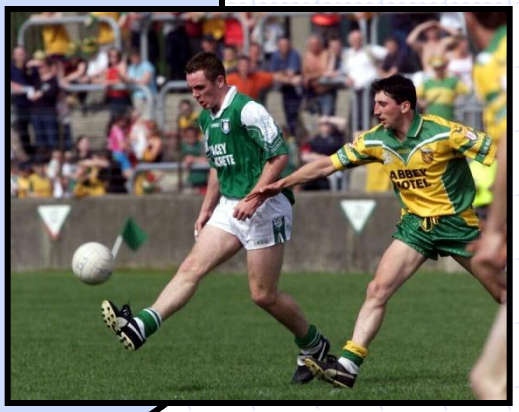
- ‘Walkies’ - Dribble Ball:

  Same task as dribble the bean bag above. A heavier slightly deflated ball is much easier to dribble than a light hard ball.

  Tip: Use very gently taps to move your ball into the free spaces. If your ball goes out of control place your foot on top off the ball to bring it under control as soon as possible. Use the insides and outsides off both feet.

Knee taps

- Only use one coaching point at a time and only when and where appropriate.
- Challenge players to trap the ball on signal. Give them five ‘lives’, they loose a ‘life’ if they fail to trap the ball on signal. Who can keep all their ‘lives’ the longest?



Kicking
TASKS

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

- **Hoop Dribble:**

  Use spaced out hoops to challenge their previously acquired dribbling skills.

  Aim:

- Dribble around the outside off hoop- the inside off your foot?
- Change on signal.
- Can you dribble your ball in and out off all the hoops?
- You must use the inside and outside of one foot only to negotiate the hoops.
- On signal dribble your ball inside one off the hoops and trap the ball. Who can trap their ball first? (Put your hand up).

Use most off the dribbling bean bag skills with a large ball i.e. Keep Your Points, Color Bean Bag Race, Stop The Bag, Keep Clear, Trap It, Kick Away.

Hoop Dribble

Kicking TASKS

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

- **Dribbling Traffic Lights:**

  Here the coach walks about the playing area holding up different colored domes.

  The players meanwhile dribble about the free spaces keeping an eye on the coach.

  If the coach holds up a red dome every one must stop. When a green dome is held up they all move about but if a yellow dome is shown everyone dribbles the ball from foot to foot on the spot.

- **Wall Rebounds:**

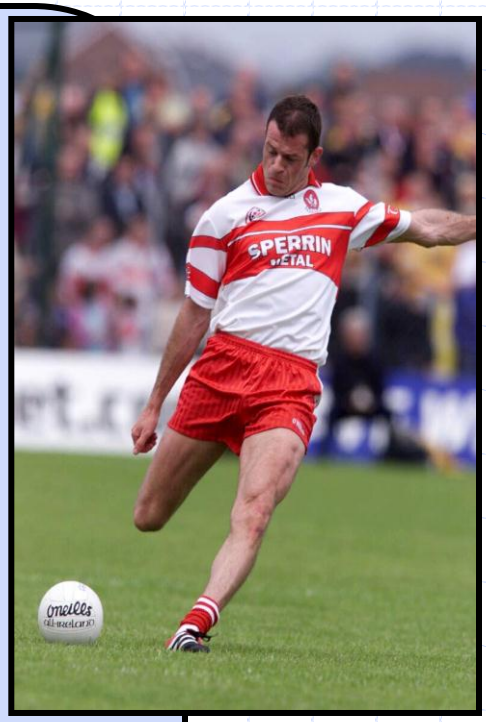
  Use a wall to develop kicking skills. Thousands of kicks to develop any proficiency in kicking technique. Encourage players to practice their newly coached skills and to use a 'two touch' kicking sequence initially then attempt the 'one touch' kick.

Hit Target Hoop

Bench Rebounds

Kicking TASKS

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



- Ground Kicking Skills: Individual Development

The kicking order for kicking a stationary ball is as follows:

1. Step back and around to the side off the ball. If right footed move round to the left side off the ball.
2. Look up to where you want to kick the ball against the wall.
3. Look at the ball and don't take your eye off the ball as you move in to kick.
4. Last step before kicking should be planted to the side and slightly behind the ball.
5. Your kicking leg should be bent at the knee and as you kick straighten your leg.
6. Use the inside part off your foot to kick.
7. Follow through in the direction you want the ball to go and don't let your leg swing across the mid line off your body.
8. Keep your head down even after you have kicked the ball.

Kicking
TASKS

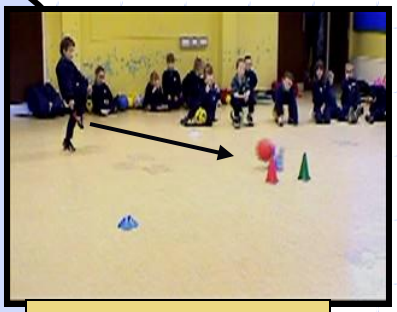
Age: Females 6-8yrs Males 6-9 yrs.

- To kick a ball with power and accuracy is a very difficult skill and takes years to perfect. If young children do not learn these early fundamental skills with both feet they will struggle when being coached the later sport specific skills.

- When the child can manage the 'two touch' format introduce the more difficult 'one touch' task. When successful with 'good' foot always challenge them to work on their weaker foot.

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

- **Knock It Down:**
  Each child attempts to knock down a skittle by kicking the ball at it. Encourage them to move back from the marker if they are successful. Use alternative feet after every kick.
- **Keep It Clear:**
  Divide group up into two equal halves.
  Group A each have a ball each while the other half go to the opposite half.
  On signal aim to keep your half clear by kicking any ball into the other half.
  Score – on signal every one must stop and the balls in each half are counted. The team with the least balls in their half is the winner.
  Safety – balls must be kept low so aim your kick at the middle of the ball and not underneath. Start with fewer balls.



Hit Cones

Kick over the middle pair

Kicking TASKS

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

- **Partner Kicking Development:**
  Use the same partner activities as the bean bag progressions e.g. Bean Bag Shadow,
- **Pass The Bean Bag** – this is the first progression in kick passing where both the passer and receiver are stationary.

- **Dribble and Run:**
  This is the second stage in passing progression.
  Pairs with one ball between two.
  Aim – 'The Passer' dribbles off to a free space, traps the ball, turns to face his/her partner and passes.
  The 'Receiver' now dribbles off to a free space stops and passes etc.
  Start with a few pairs and as skill level improves introduce more pairs.

Player in Middle

Over the bench

Kicking TASKS

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

- **Through The Domes:**
  Repeat above but the 'Passer' must pass through two domes to the 'Receiver'.

- **Pass To The Moving Receiver:**
  Stationary Passer kicks to a moving receiver who walks slowly into a free space to receive a pass from the Passer. Increase challenge i.e. jogging and finally running.

- **On The Move Passing:**
  Final stage of passing development. It shows the skill progressions involved in passing development. If any of these progressions are left out players will struggle later.

- **Passer and receiver are both moving.** More skillful children will learn this faster. The coach needs to introduce the appropriate task at the right time.

Kick over the Barrier

Pass to a Receiver

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

- **Under The Arch:**
  This activity involves dribbling, trapping and kicking skills.
  Pairs No. 1 and No. 2., No. 1's get a ball, No. 2's go to a free space and stand with their legs apart making an 'Arch'.
  The No. 1's aims to dribble the ball up to the 'Arches', stop the ball and pass it under the 'Arch'.

Pass under Bridge

Tip – Look for the free 'Arches' - Keep your ball close to your feet.
Scoring: Who can pass their ball under the most 'Bridges' in a set time?

- **Through The Gap: See Bean Bag Partner Development (h).**
  In pairs aim to pass a ball between two markers.

Kicking TASKS

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

- **Over The Bridge**

  In Pairs with a ball between two. Aim to 'chip' the ball over an obstacle e.g. a cane on two cones.

  Tip – aim your big toe underneath the ball. Don't kick it too hard. Receiver - catches the ball and places on ground to return.

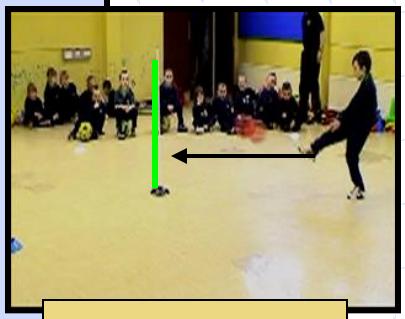
  A variation on this activity is for the receiver to roll the ball under the cane for the 'kicker' to chip it back over the cane etc.

Over the obstacle

- **Watch The Thief:**

  Pairs with a ball between two. One member (Dribbler) attempts to keep the ball off his/her partner (Thief).

  Tip – 'Dribbler' keep your back to the 'Thief'. This is known as 'screening' and is used by attacking players as a means of defending the ball. 'Thief' - try and get around in front of your partner. Safety - No pushing or pulling.



Hit the Pole

Kicking
TASKS

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

- Kicking using the front part of the foot i.e. laced part.
  Much more power may be imparted using this part.
  Partners or a wall can be used to develop this technique.
  Tip – Keep your head, knee and foot in a line over the top of the ball when kicking.
  Use a 'Hard Foot' i.e. toe down-heel up technique to kick with.
  You might find that the players find it easier to tee the ball up on domes when kicking as this allows them to use the top of the lace to kick through the ball.
  These skills are developed as above i.e. using a wall and then a partner. Use 'two touch' initially and then introduce 'one touch'.

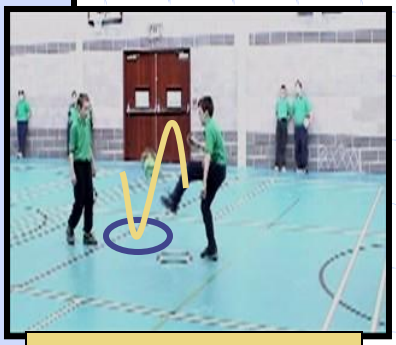
Move into space

- The real power comes from the top part of the foot rather than the middle or further down the lace.

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

- **Punting using Balzac balloons:**
  The Balzac balloons are ideal for introducing punting i.e. balloon dropped from hands onto up coming foot.
- **On The Shelf Through The Gate:**
  One Balzac balloon or large ball between each pair. Pairs stand about 3/4mt apart between two rounder poles.
  Aim – to drop balloon from both hands and punt through the two poles.
  Tip: Stand one foot in front of the other with your kicking foot behind. Hold balloon with two hands under the balloon.
  Let the balloon roll gently off your hands. Here the child imagines the balloon is rolling off a shelf, hence the term 'off the shelf'. As the balloon drops keep your eye on the balloon.
- **'Through The Gate'** – here the player imagines s/he is kicking the balloon through a gate i.e. the two poles.

Balzac Balloon



Kick to drop in hoop

Kicking TASKS

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

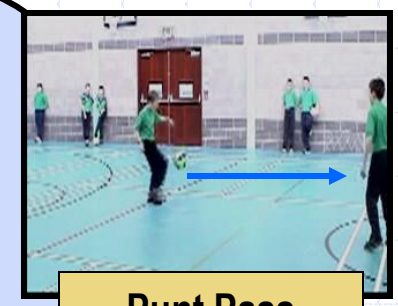
- **Punting large ball:**

  The players should be coached how to use different parts of the foot i.e. front, inside of the instep and the outside of the foot.

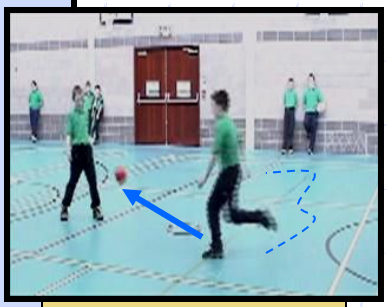
  The progression of passing should follow the format used above.

PASSER		RECEIVER
1. Stationary	→	Stationary
2. Travel with ball and then pass	→	Stationary
3. Stationary	→	Receives ball while on move
4. Moving	→	Moving

- Encourage use of 'match movement activities' rather than monotonous linear drills
- These include the use of multi- directional or chaotic runs i.e. they move into any available free spaces.



Punt Pass Stationary



Punt Pass On Move

Session 3

AGE: 5 – 6
Young ones

KICKING

During the session the children will develop the skills of kicking the ball. This is a essential motor skill in Gaelic Games. Teaching points include look up at the target, head down and look at ball, step forward

For this session you will need

50 mins	5	12	20	0

Warm-up 15min

Bridges and Rivers: - Split the group in 2 – All the number 1's are bridges and the 2's rivers. Tell the kids that once the go under a bridge, then they make a bridge. See how many different bridges they can go under.

Hit the Bench / Wall – Individually stand in front of the wall. Place ball on the ground and kick pass to the wall.

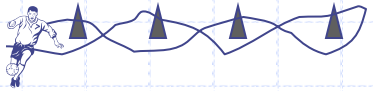
Partner Strike – In pairs face each other 5 m apart. Pass the ball striking it with the instep. Change to the outside of the foot. Change to striking with the laces of the shoe.

Pinkie and Perky – As partner strike but encourage children to strike the ball with the weak foot.

Skill Activities 25min

Activity 1 – In pairs children kick the ball to one another – encourage them to put different spins on the ball. What happens to the ball as it spins in different direction? Does it move faster / slower/ higher/ lower?

Activity 2 – Child dribbles the football using the inside and outside of the boot around the cones and back. Child freezes when told to stop.



Activity 3 - Four children form a semi circle around a 5th child. They kick pass the ball to the child in the middle. Change the middle child.

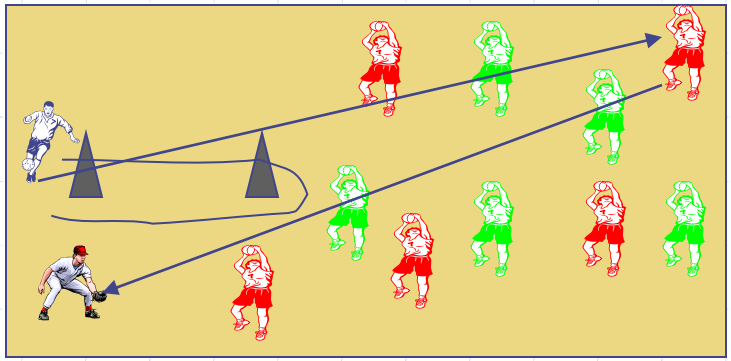
Activity 4 – Two children face two 5 m apart. One ball is used – ball is kicked to person at the top of the line to allow it to bounce once in front of the receiver. The receiver catches the ball. The drill continues.

Challenge to Coach

Start by using kicking and striking from the ground before going into airborne activities.
Make the activities interesting and challenging

Games 10min

CRICKET
Divide the children into three teams. Teams A and B are fielding and C is Kicking. Set out 2 cones 6m apart. The child in team C kicks the ball and must run around the cone and back before the ball is returned to the coach. If the ball has not returned he keeps running. Each child gets 2 innings. Switch teams.



Safety Tips

Use appropriate footballs / equipment.
Organise the group to kick in the same direction.
Avoid unnecessary obstacles on the ground.
Start children off close and work back.

Coaching Tips

Look up at the target then keep the head down
Focus on the ball and the follow through
Step into the kicking action
Drop the ball with the same hand as the kicking foot
Point the toe in the direction of the target
For a punt pass: Keep the toe down – top spin
For a high kick: Point the toe up

Key Questions

Have you progressed from ground striking to airborne striking?
Did you sue appropriate equipment?
Did you introduce any of your own activities ?
Were the kids challenged?
Did they execute good technique?

WHAT THE SYMBOL MEANS	Time of Session	No of Footballs	No of Cones	No of Children	Coach

AGE: 6 – 7 Young ones — KICKING & STOPPING

Session 9

During the session the children will continue the development of kicking and stopping. These are fundamental in hurling and football. Coaching points include keeping your eye on the ball, placement of non kicking foot – striking with the instep/ laces– hard foot

For this session you will need

50 mins	6	5	12	6 and 6

Warm-up 15min

Ground hit – using a soft ball partners kick/ strike the ball off the ground keeping it low. Receiver focuses on path of ball and moves the feet to get into position to stop the ball.

Over carrying signal – the coach explains and demonstrates the over carrying signal. Children hop around the designated area and when the coach makes the signal they stop.

Air strike – using a soft ball with a partner they drop the ball from the hand and strike it with (foot or hurl) to a partner 5m away. Increase the distance gradually. Allow for those with less ability.

Yellow Card – Encourage players to avoid the yellow card signal by stopping and collecting the ball correctly (toe or hurl).

Skill Activities 25min

Activity 1 – Using a wall or rebound surface (or a partner) kick the ball against the target and stop it as it returns.

Activity 2 – Dribble the ball out around a cone and kick it back to a partner – who stops it before going on the next dribble.

Activity 3 – Repeat 2 but ask the child to run, hop, skip or move sideways on the way back after they have struck the ball.

Activity 4 – With a partner construct a target (two cones or agility poles) and pass the ball through the target. Start close and work your way back or decrease the size of the gaol.

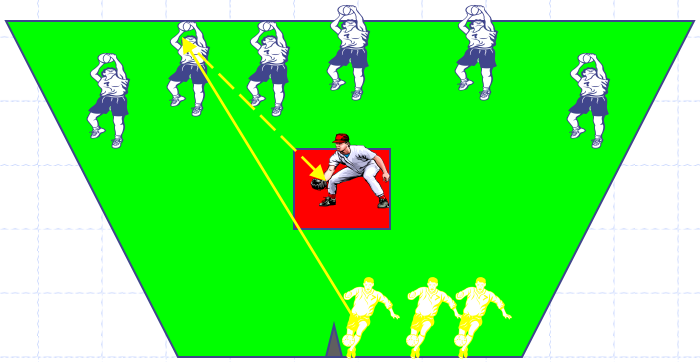
Activity 5 – Repeat 4 but use a number of cones that the players target and knock over with their kicks.

Challenge to Coach

Come up with different types of targets
Make it harder and easier for ability groups
Integrate other activities (rolling, jumping etc)

Games 10min

Square Ball - Coach rolls a ball and the player at the top of the line kicks it into the field. It is retrieved to the coach as the kicker makes a run to the square. If the ball is back first the kicker is out. Each person gets a kick.
Advance this by throwing an airborne ball – kick of one bounce.
Advance again by allowing the kicker to kick from the hands.



Safety Tips

Maintain discipline and control and keep the group organised
Organise the playing space keep in mind the nature of the activity – avoid players clashing.

Coaching Tips

Stopping the ball – provide a big surface – instep / front of the thigh / chest/ forearms.
Strike with the strong and weak sides.
Eye the target, then head down
Step towards the target and drop the ball from the hand on the same side as the kicking foot.
Keep the knee up and the toe down (hard foot) strike with the laces.
Point the toe in direction of the pass.

Key Questions

Have you identified and corrected faults?
Have you praised good technique?
Have you / child demonstrated good technique?
Have you progressed the activities?
Were the activities appropriate?
Did you integrate related activities (catching)?

WHAT THE SYMBOL MEANS	Time of Session	No of Footballs	No of Cones	No of Children	No of bibs