



Age Group: Under 14	Session Learning Outcomes		
Session No: 3	Technical		
Period: Q1	Bilateral Handpassing		
No. of Players:	Tactical	Physical	Character
Squad:	Vision (Scanning)	Conditioning	Coachability

Session Aims

1. Develop handpassing on both left & right hand
2. Refresh on Solo, Bounce and Kicking on both left & right side

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	Meath AMSC Set 3 plus Ball Work	Preparation for playing Gaelic Games & injury prevention including ball work
Skill (Random)	14m	Bilateral Handpassing	Practice handpassing on both left & right side in combination with solo, bounce & kicking
Skill (Blocked)	8m	Handpassing Circle	Practice targeted hand passing with a partner on both left & right hand. Look for accurate passes over short distances
Skill (Blocked)	8m	Pass & Move	Practice handpassing on both sides while working in sync at speed with a partner
Small Sided Game	15m	Diagonals Game	Practice handpassing on both left & right sides at game tempo. Players should be aware of space and lines of running and quick transitions between scoring zones
Conditioning	5m	60m Run Conditioning	Develop player's run conditioning over 60m distance

Coaches Reflective Questions

1. How did we address inconsistencies when we sensed them?
2. Did the activities challenge the players? Which ones and why?

Players Reflective Questions

1. What is key to developing handpassing technique on the non-dominant side?
2. In the SSG, how many contacts did you have, and how many on the non-dominant side?

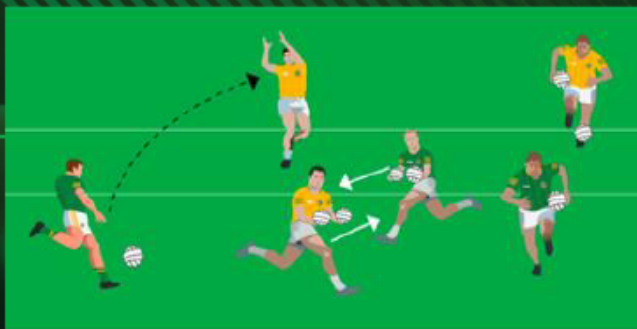


ACTIVITY NAME & AIM

Meath AMSC Warm Up w/- Ball – This Warm-Up activity combines Athletic Movement Skills with some ball work. AMSC is used to develop mobility, stability and movement skills, increase leg and trunk strength to prepare for playing gaelic games and help reduce injuries to the groin, hamstring, knee and ankle. Ball work allows players to maximise touches within the session.

EQUIPMENT

20m or 40m Grid
Footballs
All players
2 Set of Bibs
20m minutes



ORGANISATION

Part A – Ball Work

- Handpassing in pairs with 1 ball left & right
- Bounce ball in front of partner, partner attacks at space takes ball and turns with pass back to partner
- Solo Left, 4 Steps, Solo Right, turn and hand pass to partner and repeat

Part C – Ball Work

- Kicking in pairs with 1 ball kicking left & right
- High catching in pairs work for 45 seconds rest for 15 seconds and repeat
- Swerve kicking in pairs with 1 ball kicking left & right

Part B – Athletic Set 3

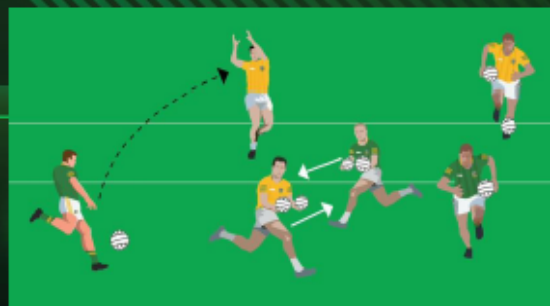
- Mobility / Stability**
 - World's Greatest Stretch
 - Toe Tap Squat
 - Shoulder Taps
- Movement / Strength**
 - Sumo Squat
 - Drop Squat
 - Stork - Upper/Lower
 - Tension Push Up
- Jump – Hop – Plyo**
 - DL Snapdown & Jump
 - DL Pogo Jump (x10)
 - DL Deep Tier (x10+)
 - Pogo / DeepT (x1)
- Locomotor Development**
 - Linear March 101
 - Linear Skip 101
- Locomotor Application**
 - 2-Point Starts – practice (x3)
 - Accel – Obstacle Course
 - Partner Figure 8 – 13m Line (x3)

ACTIVITY NAME & AIM

Bilateral – Handpass. This activity helps develop bilateral technique in Handpassing in combination with Kicking, Solo and Bounce. Emphasis is placed on both using left & right hand and working with intensity throughout the activity

EQUIPMENT

Working in 2's or 3's
2 x footballs per group
15 minutes



ORGANISATION

- Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, handpass right to partner, hand pass left to partner. Player 2 continues the sequence. 1 minute on x 2 with 30 second recovery - no step kick passing in pairs. Alternate left and right foot.
- Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drop 1st ball; 4 steps bounce left, 4 steps solo right drop 2nd ball. Partner picks up 2 balls 1 with left foot one with right foot and continues cycle. 1 minute on x 2 with 60 second recovery.
- Recovery 60 seconds - Handpassing in pairs where player 1 starts with 2 balls in hand throws 1 up high overhead, hand passes other ball to partner, receives ball back from partner and catches ball 1 overhead. Rotate roles after 30 seconds.
- Kicking in pairs. Player 1 takes 4 steps, kicks ball 1 with right foot instep to player 2, take's 4 steps kicks ball 2 with left foot instep to player 2. Player 2 continues cycle. 1 minute on x 2
- Recovery 60 seconds. each pair have 2 footballs. Player 1 bounces 2 footballs at the same time one with right hand and one with left hand then swaps over to player 2 after 30 seconds
- 2 v 1 Keep Ball - 2 Attackers keep ball from 1 Defender for 30 seconds. No play of ball as in bounce or solo just allowed to handpass left or right. No loopy or handpasses on ground. Make sure attackers pass and move no fouling their handpass. Rotate player in middle if defender intercepts the ball. 1 minute on by 3.
- Recovery for 60 seconds. Set up small triangle of 3 players. Pass 2 balls around triangle using outside left hand going one way and on coach's whistle change direction use the outside right hand passing ball around.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in the direction of pass
- Watch for throwing the ball; using wrong part of the hand



ACTIVITY NAME & AIM

Handpassing Circle - The aim of this blocked practice is to develop hand passing on both left and right sides. Players should focus on accurate hand passes to a partner over short distances, while partner should on timing of support run.



EQUIPMENT

- 5 x Footballs
- 10 players per grid
- 12 x Space Markers
- 30m & 12m Concentric Circles
- 2 x Bib Sets

ORGANISATION

- Set up circle using 6 cones 30m diameter with a smaller 12m diameter inside the large circle.
- Partner players up. Place 5 players on the cones on outside circle with a further 5 players inside small circle with each player inside small circle with 2 footballs in hand.
- On whistle, the 5 players in small circle take 4 steps on the move bounce football 1 with left/right hand take another 4 steps solo football with right/left foot and handpass both footballs to partner using right and left hand.
- Player 2 on receiving 2 footballs will solo/bounce back to inner small circle with 2 footballs using alternate right and left foot/hand.
- On reaching the inner circle he will continue the routine with a 2 hand passes back to Player 1 to continue cycle. Activity can run for 3 minutes with 1 minute recovery for spot and fixing technique.
- Run this activity for 3 x 3 mins with 1 minute recovery between each running of activity

VARIATION (STEPR)

- Make circle bigger or smaller based on ability of players
- Use different numbers of players to run this activity

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in direction of pass*
- Watch for throwing the ball; using wrong part of the hand*

ACTIVITY NAME & AIM

Pass & Move - The aim of this blocked practice is to develop hand passing on both left and right sides. Players should focus on correct technique and working in sync at speed with partner



EQUIPMENT

- 1 x Footballs per pair
- Full Pitch – Sideline to sideline
- 8 Minutes

ORGANISATION

- Divide players into pairs on side line of pitch. Ensure 2m separation between pairs.
- Player 1 of pair stands on side line with ball in hand, while Player 2 stands 4m in front.
- On whistle, Player 1 hand passes the ball to Player 2, receive return pass from Player 2, again passes with to Player 2 and then sprints 4m past the player they have just passed ball to. All hand passes using right hand and on the move.
- They now take up position of facing partner to receive the hand pass from Player 2. Player 2 repeats what Player 1 has did and the activity continues to opposite side line.
- Players repeat activity on way back using left hand for handpass.
- Activity will run for 2 minutes with 60 seconds recovery between each rep.
- Complete 3 x 2 minutes reps with 1 minute off between reps.

VARIATION (STEPR)

- Allow play of the ball between handpasses

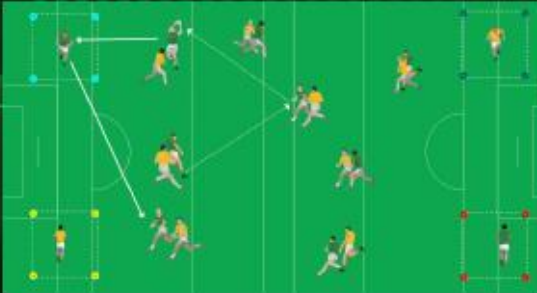
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in direction of pass*
- Watch for throwing the ball; using wrong part of the hand*



ACTIVITY NAME & AIM

Diagonals Game - The aim of this Small Sided Game is to develop hand passing on both left and right sides. Players should be aware of space and support lines of running. Look for quick transition between scoring boxes.



EQUIPMENT

- 1 x Football
- 10 or 12 players per grid
- 16 x Space Markers
- 40M x 30m Grid
- 2 x Bib Sets

ORGANISATION

- Set up with even teams 5 v 5 or 6 v 6.
- Ball starts with one team playing a possession game, they score by passing into either box that their teammate is in, he then leaves the box (he's replaced by the teammate who passed to him), and attacks on the diagonal trying to get the ball to other box.
- Play no touches, if the ball is turned over and the opposition can attack either of their two boxes. Cannot score in the same box consecutively there must be a breakdown first. Only nominated player allowed into box and can't be tackled inside. 1 point per pass into box.
- Hand pass with both left & right hand within game
- Set up as many grids as necessary to accommodate all players

VARIATION (STEPR)

- Allow one touch
- Must score within a set number of passes

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Quick transition from score to next attack.
- How best to support player in possession?
- What type of hand pass to use to the player in box?

ACTIVITY NAME & AIM

60m Run Conditioning - This activity is used to develop the player's speed endurance and conditioning.



EQUIPMENT

- 60m Grid
- 8 x Space Markers

ORGANISATION

- Set up 60m Grid.
- Players complete 60 metre run in 15 sec, repeat on 30 seconds
- Perform 8 repetitions
- Intensity level at 75% (¾ pace)
- Perform World's Greatest Stretch. 3 Reps

VARIATION (STEPR)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check foot alignment
- Check for opposite arm, opposite leg movement