



Age Group: Under 14	Session Learning Outcomes		
Session No: 1	Technical		
Period: Q1	Bilateral Kicking		
No. of Players:	Tactical	Physical	Character
Squad:	Vision (Scanning)	Conditioning	Hard Working

Session Aims

1. Develop kicking on both left & right foot
2. Refresh on Solo, Bounce and Handpassing on both left & right side

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	Meath AMSC Set 1 plus Ball Work	Preparation for playing Gaelic Games & injury prevention including ball work
Skill (Random)	14m	Bilateral Kicking	Practice kicking on both left & right foot in combination with solo, bounce & handpass
Skill (Blocked)	8m	Kicking Circle	Practice targeted kicking with a partner on both left & right foot
Skill (Blocked)	8m	On The Loop Shooting	Practice kicking (shooting) on both left and right side. Players should be aware of timing and lines of support running to move ball into more advantage area for a shot.
Small Sided Game	15m	Long Pass Short Pass Game	Practice kicking on both left & right sides in conjunction scanning for open players both close and far.
Conditioning	5m	60m Run Conditioning	Develop player's run conditioning over 60m distance

Coaches Reflective Questions

1. Did the session flow as you anticipated? How would you improve the flow?
2. How did the players respond to questions during review periods?

Players Reflective Questions

1. What is key to develop kicking technique on non-dominant foot?
2. How do you deliver an advantage ball?



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

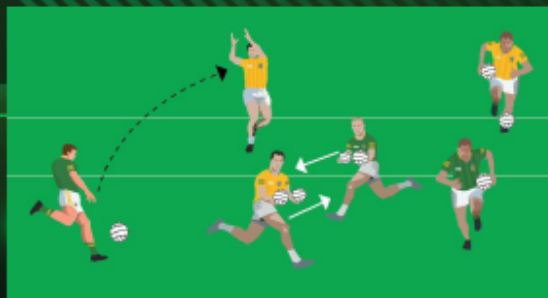
- Roll to partner pick up, 4 steps away solo and turn roll to partner
- Blocking in pairs work for 45 seconds rest for 15 seconds and repeat
- Kicking in pairs with 1 ball kicking left & right

Part B – Athletic Set 1

- **Mobility / Stability**
 - Bear to Squat
 - Duck Walks
 - Crab Crawl, Bridge
 - Alligator Squat
- **Movement / Strength**
 - Bodyweight Squat
 - Split Squat - Prisoner/OH
 - Drop Squat
 - Tension Push Up
- **Jump – Hop – Plyo**
 - DL Snapdown & Jump
 - DL Pogo (x10)
 - DL Deep Tier (x10+)
 - Pogo / DeepT (x1)
- **Locomotor Development**
 - Linear March 101
 - Linear Skip 101
- **Locomotor Application**
 - Kneeling Starts - Linear
 - Positional Accelerations – Race
 - Lying / Seated – 13m Line (x3)

ACTIVITY NAME & AIM

Bilateral Kicking. This activity helps develop bilateral technique in kick passing in combination with Handpassing, Crouch Lift, Solo and Bounce.



EQUIPMENT

Working in pairs
2 x footballs per pair
2 x Tennis Ball per pair
13 minutes

ORGANISATION

1. Player 1 with 2 balls takes 4 steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, handpass right, hand pass left to partner. Player 2 continues sequence. 1 minute on with 30 seconds recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3
2. Player 1 with 2 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 sequence. 3 minutes on.
3. Recovery for 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
4. 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 the cycle. 1 minute on with 30 second recovery. Repeat by 3.
5. Recovery for 30 seconds. Each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time for 30 seconds.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Head down, eyes on the ball; drop ball from hand on kicking side; Kick with instep; toes pointed down, follow thru to target
- Watch out for ball drop height, dropping with opposite hand, lifting the head!!!

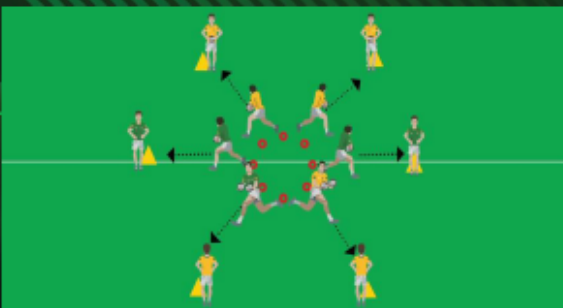


ACTIVITY NAME & AIM

Kicking Circle - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players should focus on direct kick to partner over short distances.

EQUIPMENT

- 12 x Footballs
- 12 x players
- 12 x Space Markers
- 2 x Bib Sets
- 30m Circle (6m inner circle)
- 8 Minutes



ORGANISATION

- Set up circle using 6 cones 30m diameter with a smaller 6m diameter inside the large circle.
- Partner players up. Place 6 players on the cones on outside circle with a further 6 players inside small circle with 2 footballs in hand.
- 6 players in small circle take 4 steps on the move, kick football 1 with left foot to their partner, take another 4 steps and kick football 2 with right foot to partner and run at pace to where partner was standing.
- Player 2 on receiving 2 footballs will solo back to inner small circle with 2 footballs using right and left foot.
- On reaching the inner circle he will continue the routine with two kick passes back to Player 1 to continue sequence.
- Activity runs for 2 minutes with 1 minute recovery for spot and fixing technique.
- 3 x 2 mins repetitions with 1 minute recovery between each repetition

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)

- Ensure kicking of both left & Right foot
- Check for balance and composure when taking the kick

ACTIVITY NAME & AIM

On The Loop Shooting - The aim of this activity is to develop shooting (kicking) on both left and right sides. Players should be aware of timing and lines of support running to move ball into more advantageous area for a shot.

EQUIPMENT

- 12 x Footballs
- 12 x players
- 4 x Space Markers
- 2 x Bib Sets
- 1 x Goals
- 8 Minutes



ORGANISATION

- Activity works from both sides. Cones set up on end line 10m from each goal post with two corresponding cones on 20m line.
- Set up on both sides of goals and even number of players at each cone.
- On LHS, players on end line with ball, take 4 steps solo right, 4 steps solo left, hand pass to coach or feeder, take return pass and turn around cone before shooting for point with right foot.
- On RHS, players on end line with ball, take 4 steps solo left, 4 steps solo right, hand pass to coach or feeder, take return pass and turn around cone before shooting for point with left foot.
- Players collect football and switch to opposite side of goals. Switch feeder after 2 minutes

VARIATION (STEPR)

- Players take 4 steps and kick pass to Feeder take shot from both sides of the pitch
- Introduce GK and take a shot for goal.

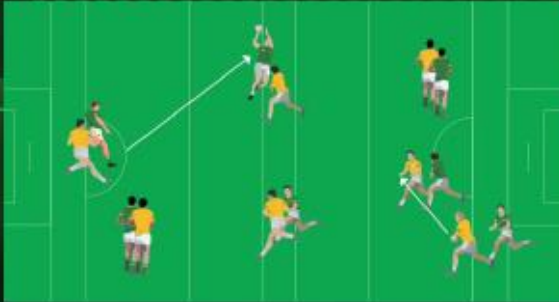
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for timing of support runs to receive pass
- Where is the advantageous area for taking a shot?
- Check for balance and composure when taking the shoot



ACTIVITY NAME & AIM

Long Pass Short Pass Game - The aim of the activity is to improve kick passing, hand passing and first touch during match conditions. Heads up scanning for open players both close and far. Execute accurate pass to teammate.



EQUIPMENT

1 x Footballs
6/8 players per team
2 sets of Bibs
8 x Space Markers
Between 45m Lines or 80m x 60m grid

ORGANISATION

- Two even teams with 6 to 8 players. No GKs.
- Play keep ball possession game with one condition. The sequence of passing should be long pass (over 20m) followed by short pass (5 – 10m).
- Teams should kick long and hand pass short. No plays of the ball allowed
- Award a score for 6 consecutive passes
- Adjust grid size depending on the number of players per team.

VARIATION (STEPR)

- Make teams uneven or change grid size.
- Allow play of the ball (hop or solo).
- Change of possession on bad first touch

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Where to provide support when player in possession has to pass short? (ABB)
- What is needed to receive long pass? (move into space)

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