



Age Group: Under 14	Session Learning Outcomes		
Session No: 6	Technical		
Period: Q1	Bilateral Kicking		
No. of Players:	Tactical	Physical	Character
Squad:	Shadowing	Repeat Speed	Positive Attitude

Session Aims

1. Develop Kicking on both left & right side
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 plus Ball Work Set 6	Preparation for playing Gaelic Games & injury prevention including ball work
Skill (Random)	14m	Bilateral Kicking	Practice Kicking on both left & right side in combination with kicking, solo, bounce & handpass
Skill (Blocked)	8m	4 Player 2 Ball Kicking	Practice Kicking on both left & right foot. Focus should be on direct kick to partner through chaos
Skill (Blocked)	8m	Angled Shooting	Practice kicking in conjunction with a focus on timing of support runs and composure when kicking for scores
Small Sided Game	15m	Switch The Lanes Game	Practice Kicking on both left & right sides in combination with handpassing at game tempo. Players focus on finding players in space using diagonal passing.
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

Coaches Reflective Questions

1. How well did we use PEAQ in the session (Praise, Exploration, Affirmation Questioning)?
2. What would we do more of, less of, or differently moving forward in respect of Bilateral skills

Players Reflective Questions

1. What are the best ways to make yourself open to receive a kick pass in the attacking area?
2. What do players need to consider when deciding whether to pass or shoot?





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, dummy solo, beat partner and turn & roll to partner
- Handpass to partner, 4 steps, dummy bounce, beat partner, turn & hand pass to partner
- Kicking in pairs with 1 ball kicking left & right

Part B – Athletic Set 6

- Mobility / Stability**
 - Bear to Squat
 - Duck Walks
 - Crab Crawl, Bridge, Reach
 - Alligator Crawl
- Movement / Strength**
 - Bodyweight Squat
 - Split Squat - Prisoner/OH
 - Drop Squat
 - Tempo Push Up
- Jump – Hop – Plyo**
 - DL Jump & Land (V/H)
 - DL Pogo Hop (x10)
 - DL Deep Tier (x10+)
 - Pogo/DeepT (x2)
- Locomotor Development**
 - March - OH/Arms
 - Skips - OH/Arms
- Locomotor Application**
 - Falling Starts (x3)
 - Accel w/- Obstacle Course - Race
 - Run-Leap-Step Over – 13m Line (x3)

ACTIVITY NAME & AIM

Bilateral Kicking. This activity helps develop bilateral technique in kick passing in combination with Handpassing, Solo and Bounce. Players focus on kick passing in pairs and in groups of 4, interspersed with handpassing and Solo & Bounce.



EQUIPMENT

Working in pairs
2 x footballs per pair
2 x Tennis Ball per pair
14 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, hand pass left to partner. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.
- 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. 2 x minute on followed by 60 second recovery as per point 3.
- 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 secs.
- Kicking in a group of 4. Ball starts with player 1 who kicks to player 2 who kicks to player 3 who kicks to player 4 and back to player 1. 20m distance between all kicks. 60 seconds all on left, 60 seconds, all on right side.
- Kicking in pairs. Player 1 with two balls takes 4 steps, kicks ball 1 with right foot instep to player 2, takes 4 steps kicks ball 2 with left foot instep to player 2. Player 2 continues the sequence. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.

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!!!

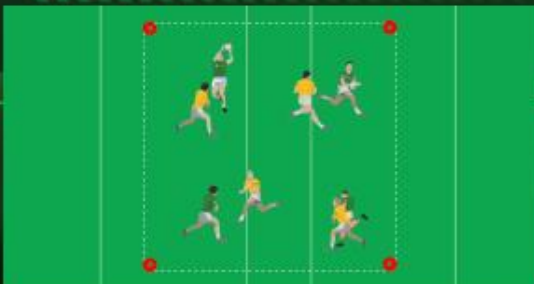


ACTIVITY NAME & AIM

4 Player – 2 Ball Kicking - 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

- 2 x Footballs
- Groups of 4 players
- 2 x Bib Sets
- Use Full Pitch
- 8 Minutes



ORGANISATION

- Divide players into groups of 4 players with 2 footballs per group. In each group coach will give player a number between 1 and 4.
- Player 1 and Player 3 will have footballs in hand. Players keep 20m distance between them.
- Player 1 will kick football with right foot to Player 2, while Player 3 using right foot will kick to player 4
- Players will now keep 2 footballs moving in sequence 1-2-3-4-1. Run activity for 2 minutes with 1 minute recovery x 3.
- Alternate using both feet kicking football

VARIATION (STEPR)

- Increase kicking distance
- Ensure groups of 4 players are interspersed

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

Angled Shooting - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players should focus on timing of support run and composure when kicking for scores.

EQUIPMENT

- 1 x Football
- 3 players
- 3 x Space Markers
- 1 x Goals
- Half Pitch
- 8 Minutes



ORGANISATION

- Divide players into groups of 3 as shown in diagram 25 m from the goal posts.
- Player 1 will start with ball in hand and solo with right foot towards player 2 who is coming in at an angle to meet player 3.
- On receiving the football player 2 will pass the football with right hand to player 3 who will attempt to score a point with right foot from an angle out wide.
- Continue activity for 3 minutes take 1 minute recovery and swap to opposite side of pitch and use left hand and left foot on this side

VARIATION (STEPR)

- Add player 1 as defender?
- Change to fisted score

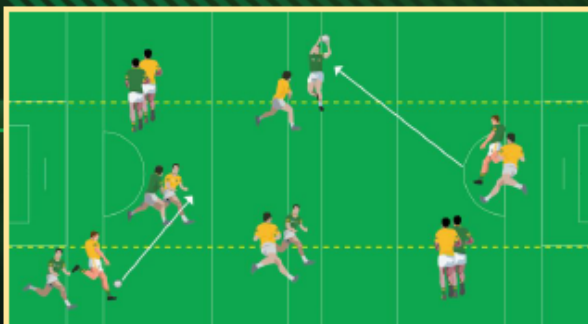
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Ensure kicking of both left & Right foot
- Check for communication between players
- Look for timing and angle of the support runs



ACTIVITY NAME & AIM

Switch The Play Game - The aim of this Small Sided Game is to develop kick passing on both left and right sides. Players should be aware of space and diagonal lines of running and accurate foot passing.



EQUIPMENT

- 1 x Football
- 14 or 16 players per grid
- 20 x Space Markers
- 80m x 60m Grid
- 2 x Bib Sets
- 2 x Goals
- 15 minutes

ORGANISATION

- Set up even teams (7 v 7 or 8 v 8).
- Set up grid with 3 long lanes marked out with space markers
- Kick passing only. Players cannot pass to a teammate in the same lane.
- If player passes to a teammate in the same lane, free awarded to opposition
- Encourage diagonal runs and accurate passing
- Adjust size of grid for age and number of players available. Set up extra grids as necessary to cater for numbers in training squad

VARIATION (STEPR)

- Allow play of the ball (Solo or Bounce).
- Play with non-dominant foot only
- Must pass to a player in each lane before shooting

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Play 3 x 4 min games and review with players
- How best to support player in possession?
- Encourage last pass to end up in front of goals

ACTIVITY NAME & AIM

20m Repeat Speed - This activity is used to develop the player's speed and acceleration.



EQUIPMENT

- 20m Grid
- 8 x Space Markers

ORGANISATION

- Set up 20m Grid.
- Players complete 20 metre sprint, repeat on 20 seconds
- Perform 8 repetitions
- Intensity level at 100%
- 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