



Age Group: Under 14	Session Learning Outcomes		
Session No: 7	Technical		
Period: Q1	Bilateral Pick-Up		
No. of Players:	Tactical	Physical	Character
Squad:	Vision (Scanning)	Conditioning	Coachability

Session Aims

1. Develop Pick-Up on both left & right foot
2. Refresh on Solo, Bounce, Catching and Kicking on both left & right side

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	Meath AMSC Set 7 plus Ball Work	Preparation for playing Gaelic Games & injury prevention including ball work
Skill (Random)	14m	Bilateral Pick-Up	Practice Pick-Up in combination with solo, bounce, handpassing & kicking
Skill (Blocked)	8m	Chip Lift Circle	Practice targeted hand passing with a partner on both left & right hand. Look for accurate passes over short distances
Skill (Blocked)	8m	Pick-Up & Shoot	Practice pick-up with both feet and transition to scoring attempt from scoring zone
Small Sided Game	15m	Grubber Game	Practice Crouch & Chip Lift on both left & right sides at game tempo. Players should be aware of space and support for player in possession facilitate pass for the pick-up
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?

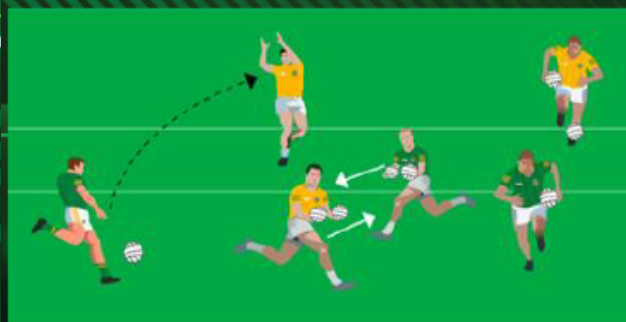
Players Reflective Questions

1. What is key to developing Pick-Up 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

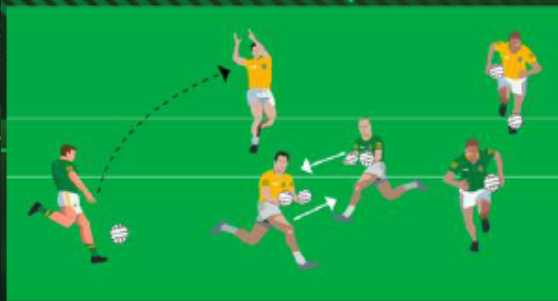
- Kicking in pairs with 1 ball kicking left & right
- High catching in pairs work for 45 seconds rest for 15 seconds and repeat
- Swerve kicking in pairs with 1 ball kicking left & right

Part B – Athletic Set 7

- Mobility / Stability**
 - Bear to Squat
 - Duck Walks
 - Crab Crawl, Bridge, Reach
 - Alligator Crawl
- Movement / Strength**
 - Bodyweight Squat
 - Split Squat - Prisoner/OH
 - SL Balance – Hold/Reach - Fwd, Lat
 - Tension Push Up
- Jump – Hop – Plyo**
 - DL Snap down & Jump
 - DL Pogo Jump (x10)
 - DL Deep Tier (x10+)
 - Pogo/DeepT (x2)
- Locomotor Development**
 - March - OH/Arms
 - Skips - OH/Arms
- Locomotor Application**
 - 2-Point Starts (x3)
 - Positional Acceleration
 - Kneeling/Standing - 13m Line (x3)

ACTIVITY NAME & AIM

Bilateral – Pick-Up. This activity helps develop bilateral technique in Pick-Up (Crouch & Chip Lift) in combination with Kicking, Handpassing, Solo & Bounce. Emphasis is placed on both using left & right side throughout the activity



EQUIPMENT

Working in pairs
2 x Footballs per pair
1 x Tennis Ball per pair
13 minutes

ORGANISATION

- Player 1 with a ball takes 4 steps, solo left, 4 steps turns and rolls ball back to player 2, who crouch lifts on right. Player 2 repeats. Alternate for 1 minute on.
- Player 1 with a ball takes 4 steps, solo right, 4 steps turns and rolls ball back to player 2, who crouch lifts on left. Player 2 repeats. Alternate for 1 minute on.
- Recovery 60 seconds – hand passing in pairs with 2 balls left and right hand.
- Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drops ball 1, then takes 4 steps bounce left, 4 steps solo right, drops ball 2. Player 1 shadows picks up 2 balls 1 with left foot one with right foot and continues cycle. 2 minutes on
- Recovery 60 seconds – handpassing in pairs-player 1 starts with 2 balls in hand throws 1 up high over his head, hand passes other ball to partner, receives ball back from partner and catches ball 1 from overhead. Swap roles after 30 seconds
- Player 1 & 2 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. Player 2 continues the cycle. 2 minutes on.
- Recovery 60 seconds - each pair have a tennis ball and a football. Player bounces football and throws up tennis ball at the same time. 1 player works for 30 seconds then swap over.

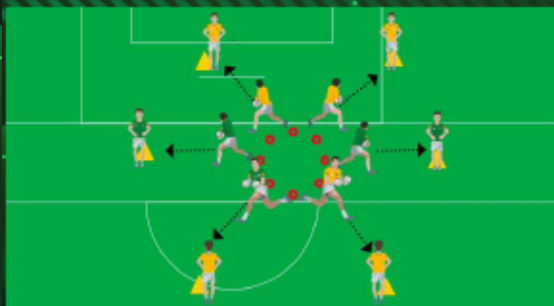
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Crouch Lift** - Supporting foot beside the ball. Hands in front of ball. Fingers spread. Bring lifting foot forward scooping ball in the hands. Draw ball into body.
- Chip Lift** - Approach ball at pace. Wedge toes on lifting foot under the ball to chip upwards. Extend hands downwards to receive ball and draw it into the chest
- Look for correct skill execution on both feet.



ACTIVITY NAME & AIM

Chip Lift Circle - The aim of this blocked practice is to develop the Chip Lift on both left and right sides. Players should focus on timing & accuracy roll pass to a partner to facilitate the chip lift over short distances. Also, players should show good acceleration after lifting both footballs.



EQUIPMENT

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

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 then proceed to roll both footballs to partner using right and left hand.
- Player 2 will move forwards and chip lift the 2 footballs using right & left foot and then proceed 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 rolling the 2 footballs back to Player 1 to chip lift & 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)

- Look for the player approaching ball at pace. Wedge toes on lifting foot under the ball to chip upwards. Extend hands downwards to receive ball and draw it into the chest
- Look for correct skill execution on both feet for each skill (Chip Lift, Solo & Bounce)
- Ensure activities executed at pace

ACTIVITY NAME & AIM

Pick-Up & Shoot - The aim of this activity is to develop the pick-up and shooting on both left and right sides. Players should focus on correct execution of crouch lift and chip lift be aware of timing and moving the ball into a 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, roll ball forward, follow and crouch lift with left foot, take 4 steps, roll ball forward, follow and chip lift with left foot, turn around cone before shooting for point with right foot.
- On RHS, players on end line with ball, roll ball forward, follow and crouch lift with right foot, take 4 steps, roll ball forward, follow and chip lift with right foot, and turn around cone before shooting for point with left foot.
- Players collect football and switch to opposite side of goals.

VARIATION (STEPR)

- At LHS cone, players perform dummy solo on right and take shot on left side.
- At LHS cone, players perform dummy solo on right and take shot on left side.
- Introduce GK and take a shot for goal.

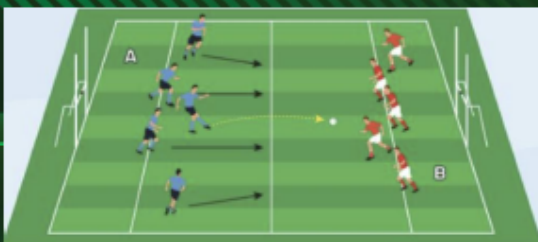
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for correct technique when performing crouch lift and chip lift
- Check for balance and composure when taking the shot
- Where is the advantageous area for taking a shot?



ACTIVITY NAME & AIM

The Grubber Game – The aim of this Small Sided Game is to develop both Crouch Lift and Chip Lift on both left & right feet. Emphasis is on using chip lift to gain possession and triangular support to break gain line. Looking for timing and angle of support runs.



EQUIPMENT

- 1 x Football
- 4 x Poles
- 10 Players (5 v 5)
- 2 x set of Bibs
- 10 minutes

ORGANISATION

- Set up 40m x 30m grid with 5m zone at each end and poles for goals. Two teams A and B facing start in end zones facing each other 30m apart. Team A performs grubber kick to Team B. Dotted line for ball movement, solid line for player movement.
- Team A starts with the ball and grubber kicks the ball as hard as possible to opposing team (Team B). As soon as the ball is kicked, team A advance quickly.
- Team B look to Chip Lift the ball and advance using triangular support, with one player on the ball supported by another two players, one positioned on the left, another on the right.
- They look to make runs to help advance the ball, break the gain line and create a score.
- Score by catching ball thru goal posts inside end zones. When a goal is scored, two restart options - scoring team keeps ball, or other team restarts.

VARIATION (STEPR)

- Add time limit on score attempt.
- Alternate to crouch lift to gain possession

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on gaining possession using Chip Lift to encourage fast break and transition to scoring opportunity.
- Encourage passing triangles to be formed for support the fast break
- Defending as a group, decision on whether to press or sit deep.
- How do you commit defenders to create scoring opportunities?

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