



Age Group: Under 14	Session Learning Outcomes		
Session No: 4	Technical		
Period: Q1	Bilateral Solo & bounce		
No. of Players:	Tactical	Physical	Character
Squad:	Shadowing	Repeat Speed	Competitive

Session Aims

1. Develop Solo & Bounce on both left & right side
2. Refresh on Kicking, Handpassing & Tackling on both left & right side

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	Meath AMSC Set 4 plus Ball Work	Preparation for playing Gaelic Games & injury prevention including ball work
Skill (Random)	14m	Bilateral Solo & Bounce	Practice solo & bounce on both left & right side in combination with kicking & handpass
Skill (Blocked)	8m	Solo Box Game	Practice Solo & Bounce with a partner on both left & right foot, with focus on the correct technique and taking the 4 steps
Skill (Blocked)	8m	Dummy Solo/Bounce Score	Practice Solo & Bounce with a partner on both left & right foot, with focus on the correct technique and taking shot form within scoring zone
Small Sided Game	15m	4 Goals Game	Practice Solo & Bounce in a small sided game where players should be aware of space and support lines of running
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

Coaches Reflective Questions

1. How much did we talk versus how much did we listen?
2. How much were the players engaged in the session?

Players Reflective Questions

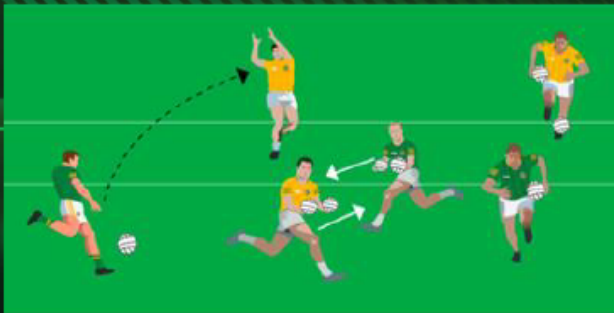
1. What is key to developing dummy solo & bounce techniques on non-dominant foot?
2. What do players need to consider when deciding on whether to run with the ball or pass?





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

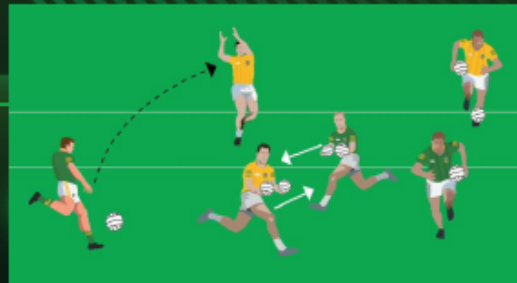
- Roll to partner, chip lift, 4 steps away bounce and turn roll to partner
- Throw ball high to partner and follow throw. Partner attempts to knock/flick ball right or left into their path.
- Kicking in pairs with 1 ball kicking left & right

Part B – Athletic Set 4

- Mobility / Stability**
 - Back-to-Back Squat - Linked/Free
 - Partner Squat - Two/One Hand
 - Wheel-Barrow - Walks, Taps, Handstand
- Movement / Strength**
 - SL Hinge - Supported
 - SL Airplane
 - Rev Lunge
 - Tension – Push Up
- Jump – Hop – Plyo**
 - DL Jump & Land (V/H)
 - DL Pogo Hop (x10)
 - DL Deep Tier (x10+)
 - Pogo / DeepT (x1)
- Locomotor Development**
 - March - OH/Arms
 - Skips - OH/Arms
- Locomotor Application**
 - Kneeling Starts–Lat – Practice (x3)
 - Positional Accelerations – Race
 - Lying / Seated – 13m Line (x3)

ACTIVITY NAME & AIM

Bilateral – Running with the Ball. This activity helps develop bilateral technique in Solo and Bounce in combination with Kicking and Handpassing. 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
2 x Wristbands

ORGANISATION

- Player 1 with two balls takes 4 Steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, Kick pass right to partner, hand pass left to partner. 1 minute on with 30 second recovery – hand passing in pairs with 2 balls left and right hand. Repeat x 2.
- Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drop ball, 4 steps bounce left, 4 steps solo right drop ball 2, partner picks up 2 balls, one with left foot, one with right foot and continues cycle. 2 minutes on with 60 second recovery as per point 3.
- Recovery 60 seconds - 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. Swap roles after 30 seconds.
- Player holds one ball above head in left hand. 4 steps Solo on right side, 4 steps bounce on right, kick pass to partner who has a ball. Player 2 continues sequence for 1 minute. Repeat holding ball in right hand and solo on left side for 1 minutes followed by 60 second recovery as below.
- Recovery 60 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. Player 2 continues the cycle.
- Player 1 with two balls takes 4 Steps dummy bounce right, 4 steps dummy solo left, 4 steps dummy bounce left, 4 steps dummy solo right, Kick pass right to partner, hand pass left to partner. 1 minute on with 30 second recovery - each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time. Repeat by 2

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Solo – dropping ball from hand on kicking side, eye on the ball; toes pointed towards body; straighten leg. Watch out for soloing ball too high, dropping form opposite hand
- Bounce – eyes on the ball, push ball towards ground, secure ball into body. Watch out for bouncing with two hands or bouncing ball too hard or too softly. Take the 4 steps!!!



ACTIVITY NAME & AIM

Dummy Solo Bounce Score - The aim of this blocked practice is to develop Solo and Bounce on both left and right sides. Players should be aware of correct technique and taking 4 steps between plays and ensure that shot at goals is taken in the scoring zone.

EQUIPMENT

- 1 x Football per pair
- 12 or 14 players per grid
- 8 x Space Markers
- 2 x Bib Sets
- Full Pitch & Goalpost
- 8 Minutes



ORGANISATION

- Divide squad into pairs. Player 1 will be the feeder and Player 2 will be the scorer. Player 1 will take up position on end line with football in hand and player 2 will take position up on 20m line opposite partner.
- On whistle, Player 1 will kick pass with left foot to Player 2 who will perform a dummy solo or bounce before attempting a kick with left foot for a score. Player 2 will attempt this with 6 footballs before changing roles with Player 1 who then becomes the scorer.
- Players to alternate kicking foot on each attempt (kick pass, dummy solo or bounce, shot).
- Run this activity for 4 minutes with 1 minute rest and repeat activity again. Challenge players to see how many scores a pair can get in a certain time

VARIATION (STEPR)

- Increase the length of kick

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

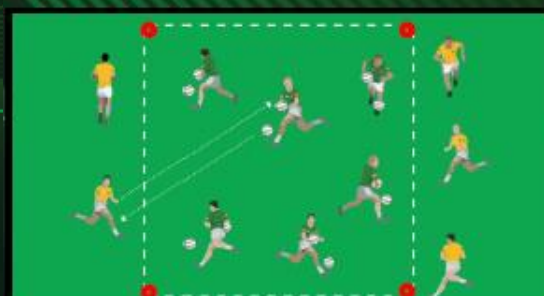
- Check for correct technique on both left and right side.
- Where is the most advantageous area to shoot from?

ACTIVITY NAME & AIM

Solo Box Game - The aim of this blocked practice is to develop Solo and Bounce on both left and right sides. Players should be aware of taking 4 steps and using the correct technique.

EQUIPMENT

- 2 x Football per pair
- 12 or 14 players per grid
- 16 x Space Markers
- 30 x 30m with inner 10m x 10m Grid
- 2 x Bib Sets
- 8 Minutes



ORGANISATION

- Set up a 30m x 30m square with a 10m square inside the square.
- Divide up all players with half the players inside small square and the rest of players in various positions on outside square.
- Players in the inside square all have 2 balls in hands. On whistle players in the inside square will take 4 steps bounce right, take 4 steps solo left, take 4 steps bounce left, take 4 steps solo right before moving to outside and bouncing the 2 balls in front of any outside player.
- On receiving 2 balls the outside players will continue the cycle of bouncing and soloing into inside square and back to outside player.
- Run activity for 3 minutes with 1 minute recovery x 2

VARIATION (STEPR)

- Change size of grids
- Roll footballs to partner for pick-up on left & right foot
- Introduce random tackler

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look for correct technique on Solo & Bounce. Check for 4 steps between plays of the ball
- How to protect the ball from tackler?



ACTIVITY NAME & AIM

4 Goal Game - The aim of this Small Sided Game is to develop Solo and Bounce on both left and right sides. Players should be aware of space and support lines of running. Look to use scanning to identify opportunities to run with the ball.

EQUIPMENT

- 1 x Football
- 12 or 14 players per grid
- 8x Space Markers
- 40M x 30m Grid
- 2 x Bib Sets
- 8 x Poles (for Goals)



ORGANISATION

- Set up 5 v 5 or 6 v 6 teams.
- Each team has two sets of goals to score in.
- Normal rules (kick passing, hand passing, solo & bounce etc) apply
- Score by carrying the ball (Solo or Bounce) across the goal line.
- Award extra point for successful execution of dummy solo or dummy bounce techniques,
- 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)

- Hand passing only or kick passing only
- Play with non-dominant foot only.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Quick transition from score to next attack.
- How best to support player in possession?
- Look to switch play

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