



Age Group: Under 14	Session Learning Outcomes		
Session No: 2	Technical		
Period: Q1	Bilateral Tackling		
No. of Players:	Tactical	Physical	Character
Squad:	Shadowing	Repeat Speed	Positive Attitude

Session Aims

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

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	Meath AMSC Set 2 plus Ball Work	Preparation for playing Gaelic Games & injury prevention including ball work
Skill (Random)	14m	Bilateral Tackling	Practice tackling on both left & right side in combination with kicking, solo, bounce & handpass
Skill (Blocked)	8m	2 v 1 Tackling	Practice tackling on the ball on both left and right side and decision making in closing down space or blocking passing channels
Skill (Blocked)	8m	1 v 1 – 2 Ball Tackling	Practice tackling on the ball on both the left & right sides. Players should look to shadow player in possession and time tackle on the ball
Small Sided Game	15m	Delay The Touchdown Game	Practice tackling on both left & right sides at game tempo. Players should look to deny space and pressure player in possession
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

Coaches Reflective Questions

1. Are we as coaches focusing more on the negative/challenges or the positive/possibilities?
2. What worked particularly well for this U-14 group. How do we know this?

Players Reflective Questions

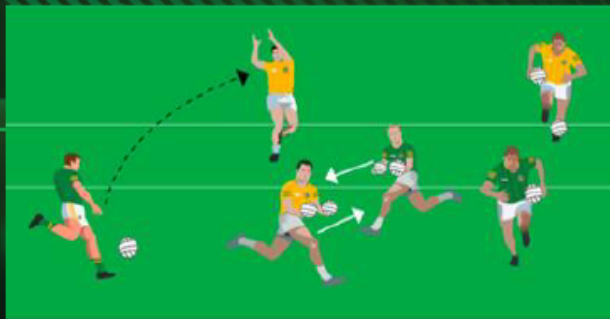
1. What is needed when defending in pairs as opposed to as an individual?
2. What are the main technical points to watch out for when using the near hand tackle?





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 2

- Mobility / Stability**
 - Inchworm Walks
 - Calf – Groiner – Pigeon
 - Support – Front, Side, Back
- Movement / Strength**
 - Narrow Squat
 - Lateral Squat
 - Lateral Slide
 - Tension Push Up
- Jump – Hop – Plyo (Jump Circuit x 1)**
 - DL Jump & Land (V/H)
 - DL Pogo Hop (x10)
 - DL Deep Tier (x10+)
 - Pogo/DeepT (x1)
- Locomotor Development**
 - Linear March 101
 - Linear Skip 101
- Locomotor Application**
 - Falling Starts – Practice (x3)
 - Accel w/- COD – Relay
 - 5-10-5 Agility – 13m Line (x3)

ACTIVITY NAME & AIM

Bilateral – Tackling. This activity helps develop bilateral technique in Tackling 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
2 x Wristbands
13 minutes

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. 2 minutes 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. Partner 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.
- Player 1 starts with 2 balls in hand soloing or bouncing every 4 steps while partner tries to knock one of the balls away with a tackle on ball. If he knocks one away let player 1 pick up ball and activity continues. Player with footballs must change direction every 4 steps. 4 minutes on with role swap every 60 seconds.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- How to perform a tackle on the ball?
- Look for focus on the task, communication between players.
- Look for correct skill execution on both sides.



ACTIVITY NAME & AIM

2 Ball Tackling - The aim of this blocked practice is to develop tackling both left and right sides. Players should look to shadow player in possession and tackle the ball.



EQUIPMENT

- 2 x Footballs
- 2 players per grid
- 8 x Space Markers
- 15m x 15m Grid
- 2 x Bibs

ORGANISATION

- Set up 15m x 15 m square with 2 players and 2 footballs in each square.
- Player 1 starts with 2 footballs in hands and will attempt to keep footballs from player 2 who will be attempting to dispossess player 1.
- Player 2 will take 4 steps each time and solo ball with either right or left foot but using alternate foot each time and taking 4 steps between each solo.
- If player 2 dispossess a ball from player 1 they get 1 point for each ball dispossessed. On dispossession of a ball, allow player to pick up ball to continue activity with 2 footballs in hands.
- Activity will run for 1 minute with 30 seconds recovery between each game. Rotate roles of players each time. Run this activity for 4 x 1 minute.

VARIATION (STEPR)

- Change size of grid

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each play. What went well, what to improve?
- What type of tackle to use?

ACTIVITY NAME & AIM

2 v 1 Tackling - The aim of this blocked practice is to develop tackling on the ball. Players should be look to deny space and block passing channels.



EQUIPMENT

- 1 x Football
- 3 players per grid
- 8 x Space Markers
- 15m x 15m Grid
- 2 x Bib Sets

ORGANISATION

- Set up of 15m x 15 m square with 3 players and 1 football in each square.
- Player 1 and Player 2 will attempt to keep football from Player 3 while staying in the square.
- Player 1 and Player 2 are allowed 1 play only between each pass and can only use hand pass to pass to partner.
- Player 3 must attempt to intercept or tackle football to get it back. If Player 3 intercepts he will swap positions with the player who lost ball and activity continues.
- Activity will run for 1 minute with 30 seconds recovery between each game. Rotate roles of players each time and run this activity for 4 x 1 minute on with 30 seconds off after each minute.

VARIATION (STEPR)

- Change size of grid
- Add more players (e.g. 3 v 1)

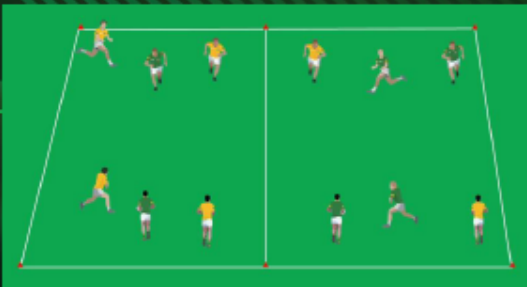
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each plays. What went well, what to improve?
- What type of tackle to use?
- Close down space or pressure the ball?



ACTIVITY NAME & AIM

Delay The Touchdown Game - The aim of this Small Sided Game is to develop tackling on both left and right sides. Players should be look to deny space and provide cover and depth as part of the defending.



EQUIPMENT

- 1 x Football
- 6 players per grid
- 6 x Space Markers
- 60m x 30m Grid
- 2 x Bib Sets

ORGANISATION

- Set up 60m x 30m grid with 3 v 3 teams.
- Each team is positioned at each end of the grid. Ball starts with one team in possession
- Team has a limited time to work the ball across the grid and over opposition end line, (count down from 10 to 0 seconds called out by the coach)
- Team without the ball drops off one player from this play leaving two to defend three (2 v 3).
- Rotate roles and repeat
- Players to solo & bounce with both left & right side within game.
- Tackling on the ball only.
- Set up number of grids as necessary

VARIATION (STEPR)

- Add more players (e.g 4 v 3)
- Reduce time to transition the ball over opposition end line

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after two plays. What went well, what to improve?
- What type of tackle to use - Near Hand or Frontal?
- What is the role of communication in this activity?

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