



Age Group: Under 16	Session Learning Outcomes		
Session No: 5	Technical		
Period: Q1	Kicking		
No. of Players:	Tactical	Physical	Character
Squad:	Decision Making	Conditioning	Hard Working

Session Aims

1. Develop skills for Kicking for Goalkeepers
2. Emphasise good decision making in the delivery of the kick pass

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	10m	Goalkeeper Warm Up	Preparation for playing Gaelic Games & injury prevention
Skill (Blocked)	10m	React & Restart	GKs collect football within target grid and delivers kick pass to a Receiver on the move.
Skill (Blocked)	10m	Target Practice	GK attempts to deliver an accurate kick pass to designated zone, while defender looks to intercept the pass. Use both left & right foot.
Skill (Blocked)	10m	Hit The Blue	GKs looks to deliver an accurate kick pass on a designated call using both left & right foot.
Skill (Blocked)	10m	3 & Out	GKs looks to deliver an accurate driven pass from different distances. Use both right & left foot.
Conditioning	5m	60m Run Conditioning	Develop player's run conditioning over 60m distance

Coaches Reflective Questions

1. How was the session adapted based on the goalkeepers' performance and feedback?
2. Did the goalkeepers make effective decisions during the activities. Give examples?

Players Reflective Questions

1. What a key differences in delivering short kick outs as opposed to long kick outs?
2. Were there any situations where you hesitated or made a decision you would change in hindsight?



ACTIVITY NAME & AIM

Athletic Warm Up. The activity is used to develop movement, cutting, acceleration and deceleration mechanics. Also work with the ball to simulate catching and diving to prepare for playing gaelic games. All activities should be done at game intensity.



EQUIPMENT

4 x Cones
8 x Footballs
10m Grid
10 Minutes

ORGANISATION

- Scatter the 8 footballs around the grid. Goalkeepers move around grid using the footballs as cones and incorporating change of directions.
- Goalkeepers perform different movements.
 - Side to Side and Forwards & Backwards.
 - High Knees and Heel Flicks.
 - Dynamic Stretches.
 - At ball, bunny hops, and over and back.
- On call, goalkeepers drop on nearest ball and up quickly. Next drop on right side, left side and up quickly. Then drop on two footballs (1 right / 1 left).
- Goalkeepers in turn rotate between cone 1 and cone 2.
 - Touch two balls and take a ball from the Coach
 - Rotate movements (as above) and take a variety of serves from the coach (high, middle, low & dive)

VARIATION (STEPR)

- Increase the size of grid.
- Bilateral Skills – Solo, Bounce, Fist Pass

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on importance of proper warm-up / preparation.
- Perform movements at game intensity
- Concentration. Focus on tasks.
- Not crossing feet on Side to Side
- Focus on SET position - Head, Hands, Feet

ACTIVITY NAME & AIM

React & Restart - The aim of this blocked practice is to develop kicking technique. Goalkeepers collect footballs within target grid and deliver kick pass off the ground to Receivers on the move.



EQUIPMENT

1 x Goals
4/5 Footballs
4 x Cones
2 x Receivers

ORGANISATION

- Set up 4 cones in a 5m x 5m grid pattern, 5m from goal line. Ball placed at each cone. 2 Receiver positioned outside the D. Cones designated a number 1 to 4. (Use different coloured cones).
- Goalkeeper (GK) start in goals. Coach calls number (or colour) and GK touches cone and collects football and moves towards 20m line.
- As the GK collects the football, Receivers start their run and GK looks to deliver an accurate kick pass off the ground to one of the players on the move.
- Repeat sequence using different cones and receivers moving in different directions.

VARIATION (STEPR)

- Coach calls 2 numbers (or colours), GK touches the two cones, collects two balls and delivers passes to both receivers moving in different directions.
- GK deliver kick pass using both left & right foot.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Sharp reactions. Speed to the Tee.
- Scan options. GK to use scanning ability to predict where a receiver will be when the ball arrives.
- Body shape when kicking.
- Comfortable distance on run up.



ACTIVITY NAME & AIM

Target Practice - The aim of this Goalkeeping activity is to develop kicking skills. GK attempts to deliver an accurate kick pass to designated zone, while defender looks to intercept the pass. Use both left & right foot.



EQUIPMENT

- 1 x Goals
- 4/5 Footballs
- 16 x Cones
- 1 x Defender

ORGANISATION

- GK on goal line with supply of footballs.
- Set up 4 zones (10m x 10m) marked A, B, C, D in different parts of the pitch 30m to 50m from the GK midway to sidelines.
- Use different colour cones for each zone A,B,C & D.
- Defender positioned outfield protecting the zones.
- Coach calls a letter (cone colour), GK hits zone with kick out from the ground before being intercepted by defender.
- Repeat with each goalkeeper.

VARIATION (STEPR)

- GK executes kick pass on both left & right foot.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- 1 - 2 step kickout. Comfortable kicking distance.
- Open body stance.
- Use both feet and listen to coach's call.
- React to call. Quick scan. Commit to kickout

ACTIVITY NAME & AIM

Hit The Blue - The aim of this blocked practice is to develop kicking technique. Goalkeeper looks to deliver an accurate kick pass on call.



EQUIPMENT

- 1 x Goals
- 5 x Cones (3 Blue / 2 Red)
- 6 x Poles
- 4/5 Footballs

ORGANISATION

- Set up 5 sets of Gates along 13m line. Gates are 3m wide. Position 2 red cones and 3 blue cones in centre of each gate
- Goalkeeper (GK) positioned outside of D.
- Coach calls - Left, Middle, Right, GK strikes ball thru blue gates??
- Time Limit of 60 seconds - how many successful kicks?
- Work the GK on both sides.

VARIATION (STEPR)

- Change distance from the gates.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on body shape for kick (hip range, knee bend, firm foot).
- Split second decision on direction of kick.
- Comfortable kicking distance from ball / run up.
- Open body stance.



ACTIVITY NAME & AIM

3 & Out - The aim of this blocked practice is to develop kicking technique. Goalkeeper looks to deliver an accurate driven pass from different distances. Use both right & left feet.



EQUIPMENT

12 x Footballs
2 x Cones

ORGANISATION

- Set up 1st cone approx. 13m from goals in centre of the goals and a 2nd cone 1m-2m behind.
- Place 6 balls beside 1st cone, and another 6 balls at 2nd cone
- Goalkeeper (GK) positioned at 1st cone facing goals. GK takes 3 kicks at goals targeting just under crossbar at the left, middle and right of goals.
- GK then moves to 2nd cone and repeats the 3 kicks. Miss 2 kicks & move back in.
- Set time limit of 60 seconds. How many ?
- Repeat sequence with all GKs

VARIATION (STEPR)

- GK takes 3 kicks using non dominant foot at each cone.
- Change distance from the goals

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on body shape while kicking (hip range, knee bend, firm foot ...).
- Process – contact area on ball, ball on tee.
- Comfortable kicking distance from ball / run up.
- Open body stance.

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