



Age Group: Under 16	Session Learning Outcomes		
Session No: 1	Technical		
Period: Q1	Bilateral Kicking		
No. of Players:	Tactical	Physical	Character
Squad:	Vision (Scanning)	Conditioning	Hard Working

Session Aims

1. Develop kicking on both left & right foot
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 Set 1 plus Ball Work	Preparation for playing Gaelic Games & injury prevention including ball work
Skill (Random)	14m	Bilateral Kicking	Practice kicking on both left & right foot in combination with solo, bounce & handpass
Skill (Blocked)	8m	Kicking Mechanics	Practice targeted kicking with a partner on both left & right foot
Skill (Blocked)	8m	Off The Shoulder Runs	Practice to improve kick passing while focusing on first touch, good support play and timing of the support run.
Small Sided Game	15m	Switch The Play	Practice 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.
Conditioning	5m	65m Run Conditioning	Develop player's run conditioning over 65m distance

Coaches Reflective Questions

1. Did the session flow as anticipated? How would you improve the flow?
2. How did the players respond to questions during review periods

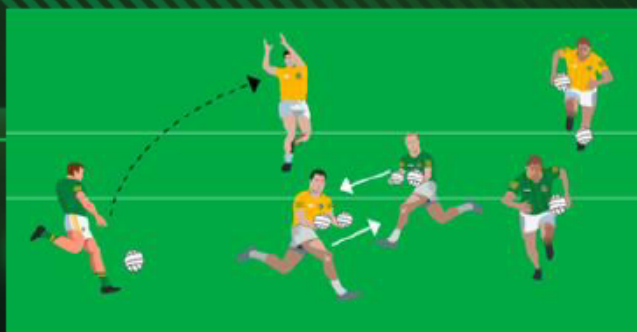
Players Reflective Questions

1. What is key to develop kicking technique on non-dominant foot?
2. How do you deliver an advantage ball?



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

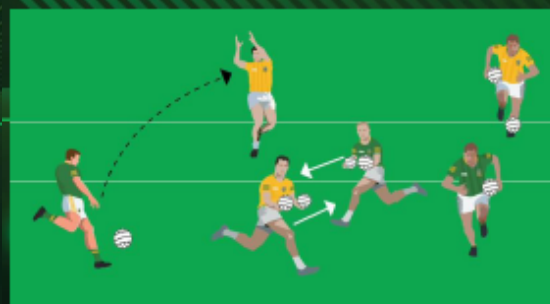
- Roll to partner pick up, 4 steps away solo and turn roll to partner
- Blocking in pairs work for 45 seconds rest for 15 seconds and repeat
- Kicking in pairs with 1 ball kicking left & right

Part B – Athletic Set 1

- Mobility / Stability**
 - Inchworm Toe Tap
 - Shoulder Taps
 - Calf - Groiner - Pigeon
 - Bear to Squat
- Movement / Strength**
 - Bodyweight Squat
 - Split Squat - Prisoner/OH
 - Drop Squat
- Jump – Hop – Plyo**
 - DL Snapdown & Jump
 - SL Snapdown
 - DL Pogo
 - DL Deep Tier – On Spot
 - Pogo / DeepT (x1)
- Locomotor Development**
 - Linear March 101
 - Linear Skip 101
- Locomotor Application**
 - Kneeling Starts - Linear
 - Positional Accelerations – Race
 - Lying / Seated – 13m Line (x3)

ACTIVITY NAME & AIM

Bilateral Kicking. This activity helps develop bilateral technique in kick passing in combination with Handpassing, Crouch Lift, Solo and Bounce.



EQUIPMENT

Working in pairs
2 x footballs per pair
2 x Tennis Ball per pair
13 minutes

ORGANISATION

- Player 1 with 2 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. Player 2 continues sequence. 1 minute on with 30 seconds recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3
- Player 1 with 2 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 sequence. 3 minutes on.
- Recovery for 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 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 to player 2. Player 2 continues the cycle. 1 minute on with 30 second recovery. Repeat by 3.
- Recovery for 30 seconds. Each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time for 30 seconds.

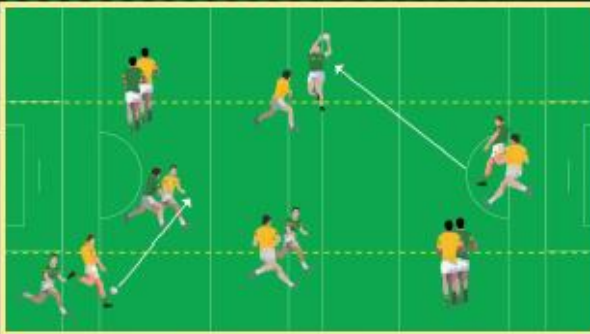
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- 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

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

65m Run Conditioning - This activity is used to develop the player's speed endurance and conditioning.



EQUIPMENT

- 65m Grid
- 8 x Space Markers

ORGANISATION

- Set up 65m Grid.
- Players complete 65 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