



Age Group: Under 16	Session Learning Outcomes		
Session No: 6	Technical		
Period: Q1	Bilateral Kicking		
No. of Players:	Tactical	Physical	Character
Squad:	Shadowing	Repeat Speed	Positive Attitude

Session Aims

1. Develop Kicking on both left & right side
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 6 plus Ball Work	Preparation for playing Gaelic Games & injury prevention including ball work
Skill (Random)	14m	Bilateral Kicking	Practice Kicking on both left & right side in combination with solo, bounce & handpass
Skill (Blocked)	8m	Catapult Passing	Practice Kicking on both left & right foot while focusing on first touch, good support play (give & goes) and timing of the support run.
Skill (Blocked)	8m	Pressure the Pass	Practice kicking while focusing on first touch, kicking under pressure and hard running to pressure the kick pass.
Small Sided Game	15m	Netball Kicking Game	Practice Kicking on both left & right sides at game tempo. Players focus on communication, scanning and players moving into space for kick pass.
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

Coaches Reflective Questions

1. How well did we use PEAQ in the session (Praise, Exploration, Affirmation Questioning)?
2. What would we do more of, less of, or differently moving forward in respect of Bilateral skills

Players Reflective Questions

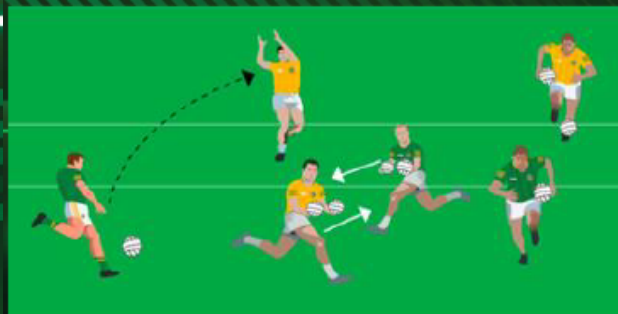
1. What are the best ways to make yourself open to receive a kick pass in the attacking area?
2. What do players need to consider when deciding whether to pass or shoot?





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 6

- Mobility / Stability**
 - World's Greatest Sketch
 - Toe Touch Squat
 - Duck Walk
 - Crab Crawl, Bridge, Reach
- Movement / Strength**
 - Bodyweight Squat
 - Split Squat - Prisoner/OH
 - Drop Squat
- Jump – Hop – Plyo**
 - DL Jump & Land (V/H)
 - SL Snap down
 - DL Pogo
 - DL Deep Tier – On Spot
 - Pogo/DeepT (x2)
- Locomotor Development**
 - March - OH/Arms
 - Skips - OH/Arms
- Locomotor Application**
 - Falling Starts (x3)
 - Accel w/- Obstacle Course - Race
 - Run-Leap-Run-Duck – 13m Line (x3)

ACTIVITY NAME & AIM

Bilateral Kicking. This activity helps develop bilateral technique in kick passing in combination with Handpassing, Solo and Bounce. Players focus on kick passing in pairs and in groups of 4, interspersed with handpassing and Solo & Bounce.



EQUIPMENT

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

ORGANISATION

- Player 1 with two 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. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.
- Player 1 with two 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 cycle. 2 x minute on followed by 60 second recovery as per point 3.
- Recovery 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 secs.
- Kicking in a group of 4. Ball starts with player 1 who kicks to player 2 who kicks to player 3 who kicks to player 4 and back to player 1. 20m distance between all kicks. 60 seconds all on left, 60 seconds, all on right side.
- Kicking in pairs. Player 1 with two balls takes 4 steps, kicks ball 1 with right foot instep to player 2, takes 4 steps kicks ball 2 with left foot instep to player 2. Player 2 continues the sequence. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.

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!!!

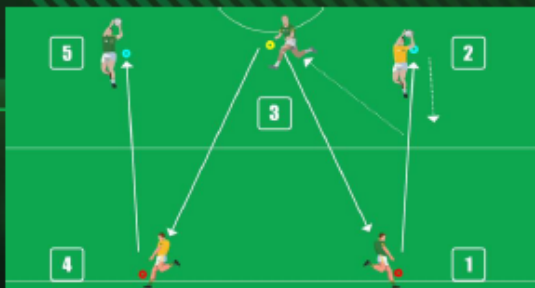


ACTIVITY NAME & AIM

Catapult Passing - The aim of this activity is to improve kick passing while focusing on first touch, good support play (give & goes) and timing of the support run.

EQUIPMENT

- 1 x Football
- 5 x Players
- 5 x Space Markers
- W Shape Grid with 20 - 30m lines
- 8 minutes



ORGANISATION

- Groups of 5. Set-up as per diagram.
- Player 1 kick passes to player 2 and follows his pass. Player 2 hand passes back to player 1 and moves to cone 1. Player 2 in turn hand passes to Player 3 and takes position at cone 2.
- Player 3 in turn kick passes using left foot to player at cone 4 and returns to his original position at cone 3.
- Player 4 now kick passes to player 5 and follows his pass. Player 5 hand passes back to player 4 and moves to cone 4. Player 4 in turn hand passes to Player 3 and takes position at cone 5.
- Player 3 in turn kick passes using right foot to player at cone 1 and returns to his original position at cone 3.
- Activity continues in this sequence. Continue for 90 secs and then change player at cone 3.
- Set up number of grids to accommodate all players

VARIATION (STEPR)

- Kick using non dominant foot.
- Use two footballs?

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

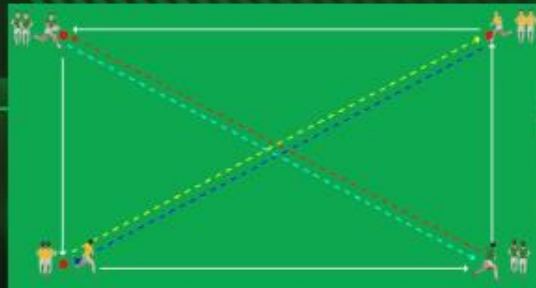
- Focus on connection passing, working on give and goes, kick passing of both feet and timing of runs

ACTIVITY NAME & AIM

Pressure The Pass - The aim of this blocked practice is to improve kick passing while focusing on first touch, kicking under pressure and hard running to pressure the kick pass.

EQUIPMENT

- 2 x Footballs
- 12 x Players
- 4 x Space Markers
- 40m x 40m Grid



ORGANISATION

- Ball starts with Green player (Station 1) who kick pass in clockwise direction to Yellow player at Station 2.
- Yellow player then kick passes to Green player - at Station 3, who kicks passes to Yellow player at Station 4, who then kicks to next Green Player at Station 1.
- Each Player must sprint across grid (as shown by dotted arrows) after his kick pass to put pressure on or block the kick pass at that station.
- Restart sequence where a block is executed, or a pass goes astray.

VARIATION (STEPR)

- Kick using non dominant foot.
- Kick pass in anti-clockwise direction.
- Add 2nd ball at Station 3.

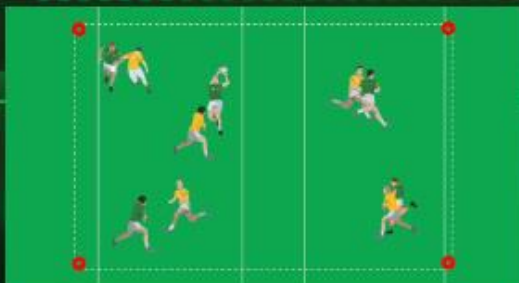
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look for accurate kick passing and good first touch
- What does an accurate kick pass allow in this activity?
- Look for good intensity in run and pressure on kick



ACTIVITY NAME & AIM

Netball Game – Kicking. This Small Sided Game is used to develop bilateral kicking, and also requires players to communicate, with player in possession scanning for player in space, and players moving into space to provide options to the passer for kick pass.



EQUIPMENT

- 1 x Football
- 8 Cones for 30m grid
- 2 x Teams
- 2 x Bib Sets
- 15 minutes

ORGANISATION

- Play 5 v 5 in 30m grid.
- Player in possession is not allowed to move
- Other players must move in grid to provide options to player on the ball
- Use different kicks to pass the ball short & long.
 - 1 Iron – Ball is kicked direct at waist height into partner
 - 5 Iron – Ball is kicked direct at head height into partner
 - 9 Iron – Ball is chipped (lobbed) into partner

VARIATION (STEPR)

- Alternate kick on dominant and non-dominant leg.
- 5 v 4 in favour of the team in possession. Keep possession for set period (3 mins)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Good communication, Support, Movement*
- *Where do you provide support to player in possession? – Triangular Passing patterns*

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*