



Age Group: Under 18	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	3 and 1 Shooting	Practice kicking on both left & right foot. Players encouraged to take shots from different angles and distances.
Skill (Blocked)	8m	In & Out Shooting	Practice kicking (shooting) on both left and right side. Players encouraged to make angled runs and take shots on goals.
Small Sided Game	15m	Retain to Score Game	Practice kick passing, by retaining possession & then transition to shooting opportunity.
Conditioning	5m	70m Run Conditioning	Develop player's run conditioning over 70m 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?

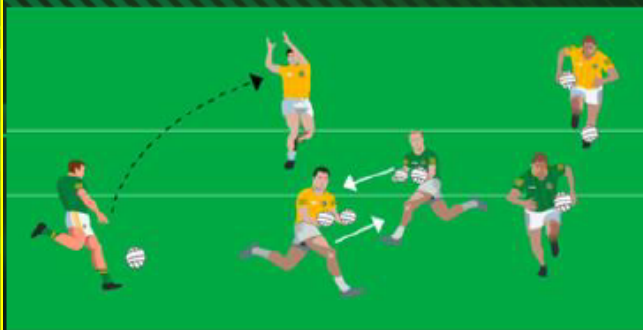
Players Reflective Questions

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

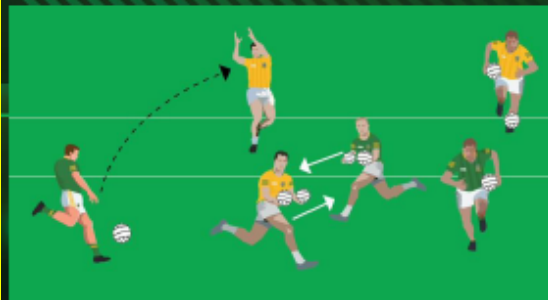
- Roll to partner pick up, 4 steps away solo and turn roll to partner
- Blocking in pairs work for 45 seconds rest for 15 seconds and repeat
- Kicking in pairs with 1 ball kicking left & right

Part B – Athletic Set 1

- Mobility / Stability**
 - Inchworm Toe Tap
 - Calf - Groiner - Pigeon
 - Alligator Crawl
 - Mini Band Series
- Movement / Strength**
 - Bodyweight Squat
 - Split Squat - Prisoner/OH
 - Drop Squat
- Jump – Hop – Plyo**
 - DL Snap down & Jump
 - SL Snap down
 - 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

3 in 1 Shooting - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players encouraged to take shots from different angles and distances.



EQUIPMENT

- 15 x Footballs
- 18 players
- 15 x Space Markers
- 3 x Bib Sets
- 8 Minutes

ORGANISATION

- Set up 3 shooting station on half pitch working into one goal. 3 players at each station and all players take a shot. 6 static stations manned by 6 players with a supply of balls support the 3 stations.
- Groups of 3 players position at cones in each shooting station.
 - 1 - Ball starts on 65m line and is kick passed direct to Full Forward position. FF feeds one of the runners who shoots. Other two runners peel off to static players, collect ball and shoot.
 - 2 - Ball starts at centre cone in station. Players runs to corner, offloads in a wrap, late runner collects ball and shoots. Other two runners peel off to static players, collect ball and shoot.
 - 3 - Three-man weave with centre player shooting. Other two runners peel off to static players, collect ball and shoot.
- All players rotate to different stations.

VARIATION (STEPR)

- Kicking of left side only

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Ensure kicking of both left & Right foot
- Check for balance and composure when taking the kick

ACTIVITY NAME & AIM

In and Out Shooting - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players encouraged to make angled runs and take shots on goals.



EQUIPMENT

- 6 x Footballs
- 8 players
- 4 x Space Markers
- 2 x Bib Sets
- 8 Minutes

ORGANISATION

- Set up 4 stations on half pitch working into one goal. 1 player (feeder) at centre station nearest goal. 2 or 3 players at other stations. Players at wide stations with footballs
- Ball is played from one of the wide players to bounce in front of the middle player, the deep centre player times his run to collect from middle player and shoot for goal.
- Player making bounce pass moves to centre station and replaces feeder. Feeder moves deep centre station. Shooter return to opposite wide station.
- Next ball comes from opposite wide station.
- Make sure first ball is played into the ground first before really upping the speed of touch and transition.

VARIATION (STEPR)

- Add a tracker on the shooter to put pressure on receiver.
- Alternate shot on goals between left & right foot

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for balance and composure when taking the shot.
- What type of shoot? Power or placement. Shooting technique

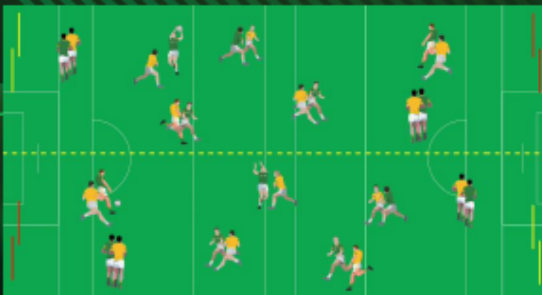


ACTIVITY NAME & AIM

Retain to Score Game - The aim of the activity is to improve kick passing, by retaining possession and then transition to take shooting opportunity.

EQUIPMENT

- 2 x Footballs
- 5/6/7/8 players per team
- 4 sets of Bibs
- 8 x Space Markers
- 45m x 90m pitch



ORGANISATION

- Set up 2 pitches 45m x 90m wide with 2 small goal posts/poles on each pitch.
- Divide players into teams of 5 v 5, 6 v 6, 7 v 7 or 8 v 8 on each pitch.
- Game starts with both teams playing a possession game with no play allowed and only kick passing used to retain possession.
- After 1 minute ball retention coach blows whistle and team that has ball attack the opposition goals to score point or goal. Full play of the ball is allowed to attack oppositions goals, but score must be with foot.
- Conditions can be varied in this game as shown below.
 - All right foot kick passing to retain ball and score
 - All left foot kick passing to retain ball and score
 - Left or right foot kick passing to retain ball and score
- Each game to be played for 3 minutes on with 1 minute off for recovery and feedback from coach.

VARIATION (STEPR)

- Simplify by allowing play of the ball (hop or solo) between kick pass
- Change of possession on bad first touch

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Where to provide support when a player is in possession? (ABB)
- What is needed to transition to a scoring opportunity? (move into space)

ACTIVITY NAME & AIM

70m Run Conditioning - This activity is used to develop the player's speed endurance and conditioning.

EQUIPMENT

- 70m Grid
- 8 x Space Markers



ORGANISATION

- Set up 65m Grid.
- Players complete 70 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