



THE  
CAMOGIE  
ASSOCIATION

# LEARNING RESOURCE







### Underlying Concept and Constructs Devised by

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**GIVE  
RESPECT  
GET  
RESPECT**  
Our games. Our choice.

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## Welcome to the GAA Go Games Learning Resource.

GAA Go Games are Hurling/Camogie and Gaelic Football - small-sided versions of the adult equivalents - for children up to and including 11 years of age. Go Games is national policy of the GAA since 2010.

The purpose of this learning resource is to assist Coaches, Teachers and support personnel in understanding what Go Games are, how to organise them and why we do so.



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# WHAT ARE GAA GO GAMES?

**GAA Go Games are Hurling/Camogie and Gaelic Football for children up to and including 11 years of age, where every child gets to play (a Go) in every game, for the full game.**

For too long the practice in sport has been to identify and cultivate talented players and elite teams at younger and younger ages. There is a tendency to nurture the perceived best and neglect the rest. This has contributed to adult training and playing conditions being imposed on young players. Training and competition are geared for outcome and not for the process of development. For children's games, coaches must reassess the balance between the need to win games and cups versus the need to develop players and recognise the importance of fair play; i.e., provide full participation within an environment where participants are encouraged to achieve their full potential.

Children participate in Gaelic games for a number of reasons – to have fun, to play with friends, parental encouragement, etc. Lack of fun, lack of perceived competence and an over-emphasis on competitive outcomes (which usually come from coaches and parents) are major reasons for dropout.

Players can generally learn the basic skills of Football and Hurling/Camogie with relative ease. The better players who practise more often, come on faster than those who only participate in collective coaching sessions. However, players find it more difficult to develop the ability to make the right decisions – when to pass, whom to pass to, where to run, etc. – in full-sided games. Through small-sided games the aim is to optimise their decision-making and at the same time enhance their technical development.

Recent research conducted at DCU sheds light on the error of imposing traditional competitive models on young players who, during their formative years, are particularly susceptible to dropout.

The study looked at the activity patterns and responses of children when playing small-sided games and 15-a-side games. The study found that, when participating in small-sided games, the children worked harder (as measured by heart rate), had more touches on the ball (catches, passes, lifts and scoring attempts), and expressed a greater level of enjoyment and perceived competence as compared with participation in 15-a-side games.





GoGames is national policy of the GAA under its Official Guide:

## DEFINING GAA GO GAMES

Go Games are small-sided versions of Hurling and Gaelic Football which have been devised for children up to and including 11 years of age. The following are the key underpinning principles of Go Games:

**All participants play in the full game.**

- Participant needs are catered for, where possible, on the basis of two-year age cohorts – Under-7, Under-9 and Under-11 – in a manner consistent with the ethos of Go Games.
- Activities are structured in a manner which optimises the level of fun, friendship, fair play and achievement derived by participants.
- Participants train and play in a safe, supportive and stimulating environment where they are encouraged to risk error, to learn and to derive maximum enjoyment from their involvement.
- Players master the basic skills of Hurling and Gaelic Football and experience the sense of accomplishment, which derives from acquiring playing proficiency on the left and the right hand sides of the body.
- Everybody involved in Go Games, whether as players, parents/guardians, spectators, mentors, teachers, officials, etc. should adhere to the key underpinning principles and give expression to the GAA 'Give Respect, Get Respect' initiative.

## GO GAMES REGULATIONS

- Go Games are subject to general rules of the Association.
- Go Games may be organised on a blitz basis. Go Games may be organised by a Club, Primary School or at an Approved GAA Centre on an internal (i.e. single unit) or external (i.e. multiple unit) basis.
- Teams shall be a maximum of 7-a-side at Under-6 & 7, 9-a-side at Under-8 & 9 and 11-a-side at Under-10 & 11 age levels.
- Participants may play up one age grade – Under 7 may play at Under-9 level; Under-9 may play at Under 11 level; Under-11 may play at Under-12 & U.13 age levels.
- No provision is made to publish scores, to play on a knock-out basis nor to include semi-finals, finals, etc.
- No provision is made to present trophies, cups, etc. Where certificates/medals are presented in lieu of participation, the same certificate/medal must be presented to every participant.

## SANCTIONS

- Non-compliance with this and wider Association policy by a unit within a County may result in the subsequent reduction of Games Development funding for the County concerned.
- Non-compliance with this and wider Association policy by a unit may result in exclusion of that unit from Games Development Activity Days (county, provincial or national), Exhibition Games and the U.14 Féile na nGael competitions.

## GO GAMES PLAYING RULES

The following playing rules for Go Games Hurling and Gaelic Football are provided by way of best practice recommendations and can be adapted to meet localised needs. Where units from different counties play a game, these playing rules should be used.

## RECOMMENDED HURLING/CAMOGIE PLAYING RULES

ITEM	UNDER 6 & 7	UNDER 8 & 9	UNDER 10 & 11
<b>1. Team sizes/ Participation</b>	Maximum 7-a-side A club/school/community team with 10 or more players should make two or more teams to play in games, where possible Where a club/school/community team has 9 players or less, then each sub should play a minimum of a full half in each game Coach/mentor encouraged to rotate positions at half-time	Maximum 9-a-side A club/school/community team with 14 players or more players should make two or more teams to play in games, where possible Where a club/school/community team has 13 players or less, then each sub should play a minimum of a full half in each game Coach/mentor encouraged to rotate positions at half-time	Maximum 11-a-side A club/school/community team with 16 or more players should make two or more teams to play in games, where possible Where a club/school/community team has 17 players or less, then each sub should play a minimum of a full half in each game Coach/mentor encouraged to rotate positions at half-time
<b>2. Pitch Dimensions</b>	45m x 30m Make pitch smaller, if appropriate	65m x 40m Make pitch smaller, if appropriate	90m x 40-50m; Make pitch smaller, if appropriate
<b>3. Zones</b>	2 Zones - Pitch split with cones across at half-way	None	None
<b>4. Duration</b>	Minimum 6min to maximum 12min per half	Minimum 8min to maximum 15min per half	Minimum 10min to maximum 20min per half
<b>5. Goalposts</b>	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft Training Poles or cones are optional	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft Training Poles are optional	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft
<b>6. Sliotar</b>	Size 1	Size 2	Size 3
<b>7. Commence</b>	With Puck Out from hand or ground All other players must stand 10m away from player taking	With puck out from the hand or ground All other players must stand 10m away from player taking	With throw-in at half-way mark All other players must stand 10m away from player taking
<b>8. Outfield Play</b>	All on the ground No kicking the ball	<b>Full rules except:</b> One hop of ball on hurley is permitted No kicking the ball	<b>Full rules except:</b> Solo run up to 10m permitted
<b>9. Goalkeeper</b>	Catch, lift into the hand and strike or Ground Strike at all times No kicking the ball May use leg to block/save	Catch, lift into the hand and strike or ground strike at all times No kicking the ball May use leg to block/save	Catch, lift into the hand and strike or ground strike at all times May use leg to block/save Ball may be kicked once, but not in succession
<b>10. Frees/'65's'/ Sideline--' Nearest Player</b>	No hop/solo All taken off the ground All opposing players should be at least 8m from player taking Free pucks should be no closer than 10m from opposing end line  <b>Nearest Player</b> <b>Frees:</b> Player who is fouled or nearest fouled ball takes the free <b>Sideline:</b> Player nearest ball when crosses line takes the free <b>'65's':</b> Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line takes the free Referee chooses player nearest/last struck to take free	One hop of ball on hurley is permitted Strike from the hand or lift and strike (Frees & '65's') Sideline puck taken off the ground All opposing players should be at least 8m from player taking Free pucks should be no closer than 20m from opposing end line  <b>Nearest Player</b> <b>Frees:</b> Player who is fouled or nearest fouled ball takes <b>Sideline:</b> Player nearest ball when crosses line takes <b>'65's':</b> Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line takes the free Referee chooses player nearest/last struck to take free	Strike from the hand or lift and strike (Frees & '65's') Sideline puck taken off the ground All opposing players should be at least 10m from player taking Free pucks should be no closer than 20m from opposing end line  <b>Nearest Player</b> <b>Frees:</b> Player who is fouled or nearest fouled ball takes <b>Sideline:</b> Player nearest ball when crosses line takes <b>'65's':</b> Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line takes the free Referee chooses player nearest/last struck to take free
<b>11. Scoring</b>	1 point for over crossbar and 1 point for goal	2 points for over crossbar and 3 points for goal	1 point for over crossbar and 3 points for goal
<b>12. Other</b>	Shoulder charge is not permitted but incidental contact is permitted	Shoulder charge is not permitted but incidental contact is permitted No rectangle rules apply	Shoulder charge is permitted, as standard No rectangle rules apply



## RECOMMENDED GAELIC FOOTBALL PLAYING RULES

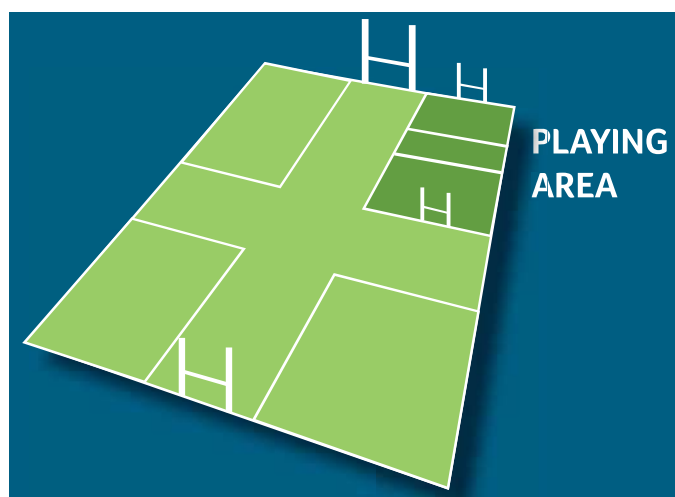
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<b>2. Pitch Dimensions</b>	45m x 30m Make pitch smaller, if appropriate	65m x 40m Make pitch smaller, if appropriate	90m x 40-50m Make pitch smaller, if appropriate
<b>3. Zones</b>	2 Zones - Pitch split with cones across at halfway	None	None
<b>4. Duration</b>	Minimum 6min to maximum 12min per half	Minimum 8min to maximum 15min per half	Minimum 10min to maximum 20min per half
<b>5. Goalposts</b>	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft Training Poles or cones are optional	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7ft Training Poles are optional	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7ft Training Poles are optional
<b>6. Football</b>	Size 1	Size 2	Size 3
<b>7. Commence</b>	With kick out from the hands or ground The player may advance 10m for kick out All other players must stand 10m away every side when taken	With kick out from the hands or ground The player may advance 10m for kick out All other players must stand 10m away every side when taken	With throw-in at halfway mark, between 2-4 players on opposing teams
<b>8. Outfield Play</b>	<b>Full rules except:</b> No solo (hop or toe-tap) allowed No fist/hand pass Pick up and crouch lift allowed	<b>Full rules except:</b> Restricted Solo; one hop & one toe-tap No fist/hand pass Pick up and crouch lift allowed	<b>Full rules except:</b> Restricted Solo; one hop & one toe-tap Fist/hand pass allowed Pick up and crouch lift allowed
<b>9. Goalkeeper</b>	Restart play with kick out from hands or on ground from 10m line	Restart play with kick out from hands or on ground from 10m line	Restart play with kick out from hands or on ground from 10m line
<b>10. Frees / '45's / Sideline- 'Nearest Player'</b>	All taken from the hand All opposing players should be at least 8m from player taking Free kicks should be no closer than 10m from opposing end line <b>Nearest Player</b> <b>Frees:</b> Player who is fouled or nearest fouled ball takes <b>Sideline:</b> Player nearest ball when crosses line takes <b>'45's:</b> Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line Referee chooses player nearest/last struck to take free	All taken from the hand Sideline puck taken off the ground All opposing players should be at least 8m from player taking Free kicks should be no closer than 20m from opposing end line <b>Nearest Player</b> <b>Frees:</b> Player who is fouled or nearest fouled ball takes <b>Sideline:</b> Player nearest ball when crosses line takes <b>'45's:</b> Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line Referee chooses player nearest/last struck to take free	All taken from the hand All opposing players should be at least 10m from player taking Free kicks should be no closer than 20m from opposing end line <b>Nearest Player</b> <b>Frees:</b> Player who is fouled or nearest fouled ball takes <b>Sideline:</b> Player nearest ball when crosses line takes <b>'45's:</b> Player who last strikes the ball on attacking team takes from halfway line in line where ball crosses end line Referee chooses player nearest/last struck to take free
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# ORGANISING A GO GAMES BLITZ

GAA Go Games are organised on a blitz basis by a Club, Primary School or at an approved GAA centre. A blitz is a games event that involves two or more teams and can run on an internal (single unit) or external (multiple unit) basis, usually played at one venue.

Coordinating a Go Games Blitz involves running and planning of all the people, teams and features that come together to create this event. The steps involved can be:

1. Develop a blitz overview
2. Select blitz event management team
3. Designate key roles, responsibilities & tasks
4. Develop a blitz event checklist and management related documentation
5. Develop reporting & communications process
6. Develop and conduct a post-event review process



A particular challenge for Blitz Coordinators is to facilitate full participation; i.e., to work with Coaches to ensure that every child gets an opportunity to play (a Go) in every game, for the full game.

As playing rules can be modified, here are some potential challenges and solutions:

Challenge	Solution
Clubs show up with uneven numbers of players	Mix the players from different clubs
When teams are divided up, the number of players is uneven	<ul style="list-style-type: none"> <li>• Play with a 'fly-goalie'</li> <li>• The team with the extra player swaps to the other team for the second half</li> </ul>
Some Coaches and Parents want to play finals and/or present winners with trophies/cups	Remind them that it is GAA national policy not to have finals or present trophies. Every child participating in the blitz can receive the same medal, certificate, etc.

When planning a blitz, it would be important to consider the following:



## PROGRAMME OF ACTIVITIES

Issued for event helpers, team coaches, etc.



## WEATHER

If it is suitable for children to play in.



## GAMES

Pitch sizes, playing surface suitability, referees, light availability, pitch coordinators, etc.

Equipment- goals, cones, footballs / sliotars



## FACILITIES

Drinking water, toilets, dressing rooms.



## PARKING

Bus, car and bike



## BRIEFINGS

Emergency evacuation meeting point



## MEDICAL

First Aid equipment and personnel



## SAFETY Walks of all areas



## CONTACT LIST

Ensuring everyone involved knows who to contact





GAA

**GO**  
**GAMES**

# HURLING/CAMOGIE

## SAMPLE SKILLS AND ACTIVITIES



**THE**  
**CAMOGIE**  
**ASSOCIATION**

### Activity Icons



Basic  
Drill



Intermediate  
Drill



Advanced  
Drill



Ball  
Sense



Fun  
Routine



Fitness  
Exercise



Full  
Game



Challenge

**Build PE Lesson Plans and Sessions at [learning.gaa.ie/planner](https://learning.gaa.ie/planner)**

[gaa.ie/gogames](https://gaa.ie/gogames)



[@GoGamesGAA](https://twitter.com/GoGamesGAA)

# STRIKE ON THE GROUND

## KEY TEACHING POINTS



Adopt the Ready Position



Place the feet shoulder width apart, with the ball in line with the forward foot



Slide the non-dominant hand into the Lock Position, bending the elbows to raise the hurley



Bend the knees slightly and swing the hurley down with a wristy action



Strike the ball 'flat on' with the bas of the hurley



Keep the head down. Follow through to at least shoulder height with the swing



Transfer body weight from the dominant to the non dominant leg as the swing is completed



On the non-dominant side, raise the hurley to the non-dominant shoulder, transfer body weight to the dominant leg



## COMMON ERRORS



Positioning the feet too close together. This can influence balance and the ability to strike through the ball



To correct, adopt the ready position and place the feet shoulder width apart. The ball should be in line with the forward foot



Not standing close enough to the ball. This may result in reaching for the ball and poor contact on impact



To correct, hold the hurley in the dominant hand; place the bas of the hurley beside the ball while standing upright



Lifting the head to follow the ball before completing the strike



To correct, keep the head down, looking at the ball's original position until the follow through is complete





## 1: IMAGINARY STRIKING



### ORGANISATION

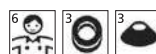
- Line up the players side by side leaving at least two hurley lengths between them
- On the whistle they strike an imaginary ball in front of them
- Alternate between striking on the dominant and non-dominant sides
- Ensure all the players strike to the same side on each attempt

### VARIATION

- As the players become more proficient, challenge them to strike three times in succession to the same side on each signal



## 2: TYRE STRIKE

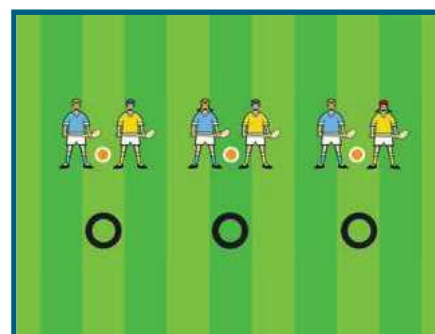


### ORGANISATION

- Divide the players into pairs; one pair per tyre
- Standing one to each side, each player in turn strikes the tyre
- After a set time or number of strikes, the players change sides

### VARIATIONS

- Allow the non-striking player to count the number of strikes the striking player makes in a set time. Challenge each player to beat the total of their partner
- As the players progress, use a fixed ball, such as the ball and pin apparatus



## 3: STRIKING IN PAIRS

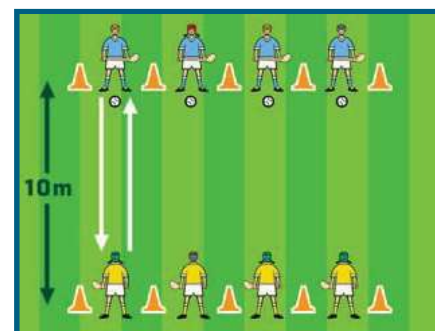


### ORGANISATION

- Divide the players into pairs 10m apart, one ball per pair
- Each player in turn strikes the ball to their partner, who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides

### VARIATIONS

- To increase the challenge: increase the distance between the players
- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball



## 4: STRIKING IN PAIRS: ACCURACY

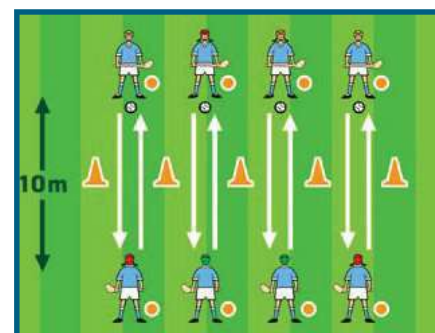


### ORGANISATION

- Divide the players into pairs 10m apart; one ball per pair
- Place two cones midway between both players
- Each player in turn strikes the ball through the cones to their partner who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides
- A score may be awarded for every successful strike between the cones

### VARIATIONS

- To increase the challenge: reduce the distance between the middle cones
- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball



# ROLL LIFT

## KEY TEACHING POINTS

## COMMON ERRORS



Adopt the Ready Position



Holding the hurley with the 'toe' facing inwards. This may lead to difficulty rolling the ball onto the hurley



Place the non-dominant foot alongside the ball

Bend the knees and back to bring the head over the ball. This is the Lifting Position



To correct, the hurley is turned to face the 'toe' away from the body when adopting the Lifting Position



The toe of the hurley should be pointed away from the body to the dominant side  
Note that both thumbs should be pointing towards the bas of the hurley



Holding the hurley at too great an angle. This may lead to difficulty rolling the ball onto the hurley, or the ball being thrown forward during the lift



Ensure the hurley is almost parallel to the ground before performing the lift



To correct, the hurley is almost parallel to the ground when adopting the Lifting Position



Place the hurley firmly on the ball, roll the ball towards the body and slide the toe of the hurley underneath to lift it



Attempting to catch the ball at the end of the lift by grabbing or snatching with a downward motion. This may result in a failed catch



Release the non-dominant hand from the hurley into a cupped position allowing the ball to fall into it



To correct, the non-dominant hand is released from the hurley into a cupped position to allow the ball to 'fall' into it





## 1: STATIONARY ROLL LIFT

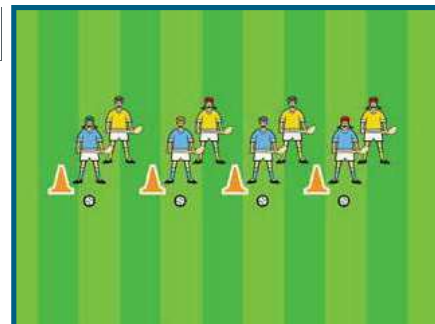


### ORGANISATION

- Divide the players into pairs, one ball per pair
- One player in each pair Roll Lifts the ball repeatedly for 1 minute
- The second player in each pair counts successful attempts by their partner
- After 1 minute the players switch roles
- Encourage players to beat their own record on repeat attempts

### VARIATION

- Each player Roll Lifts the ball in turn. Challenge each pair to perform as many Roll Lifts as possible in 1 minute



## 2: ROLL LIFT AND MOVE

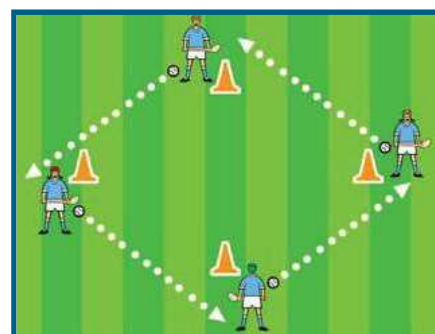


### ORGANISATION

- Mark out a square or circle using cones
- Position one player and one ball at each cone
- Players Roll Lift the ball at each cone repeatedly before moving to the next cone

### VARIATION

- The players carry the ball to the next cone after completing each Roll Lift. They then move on to the next cone and repeat



## 3: AGILITY ROLL LIFT

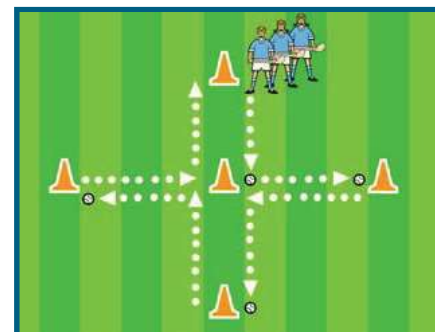


### ORGANISATION

- Place five cones in a cross formation, 3m between each outer cone and the centre cone
- The players form a line behind one of the outer cones
- Place a ball at each of the other cones
- The first player jogs to the centre cone, Roll Lifting and replacing the ball at the cone
- They continue to each outer cone in a clockwise motion, returning to the centre cone each time
- Once returning to the first cone, the next player repeats the drill

### VARIATION

- As the players develop, the coach randomly nominates the cone they must move to



## 4: ZIG-ZAG ROLL LIFT

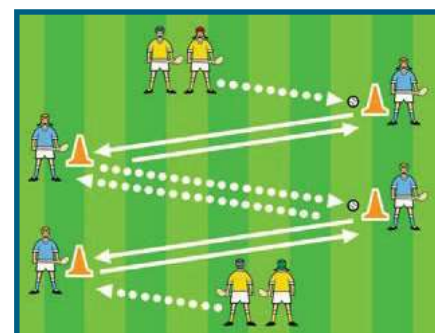


### ORGANISATION

- Place 4 cones in a zig-zag formation 5-8m apart
- A line of players is positioned at each end
- A further player is positioned at each of the four cones. Place one sliotar at the first and third cones
- The front player in the near line moves forward and Roll Lifts the ball at the first cone, carrying it and placing it at the second cone; repeat at cones three and four
- The front player in the far line repeats in the other direction

### VARIATIONS

- Initially the opposing players provide token opposition. To increase the challenge the opposing players provide partial and eventually full opposition



# JAB LIFT

## KEY TEACHING POINTS

## COMMON ERRORS



Stride towards the ball



Holding the hurley with the 'toe' facing inwards; this may lead to difficulty in sliding the hurley under the ball



Adopt the lifting position, bending the knees and back to bring the head over the ball



To correct, the hurley is turned to face the 'toe' away from the body



The toe of the hurley should be pointed away from the body to the dominant side  
Note that both thumbs should be pointing towards the base of the hurley  
Ensure the hurley is almost parallel to the ground before performing the lift



Holding the hurley at too great an angle to the ground



To correct, bend the knees and back to ensure the hurley is almost parallel to the ground



Slide the toe of the hurley under the ball to lift it from the ground



Catching the ball in the dominant hand; this may lead to difficulty when attempting to strike the ball



Release the non-dominant hand from the hurley into a cupped position allowing the ball to fall into it



To correct, ensure that the non-dominant hand is released to catch the ball



## 1: CROSS RUNNING JAB LIFT

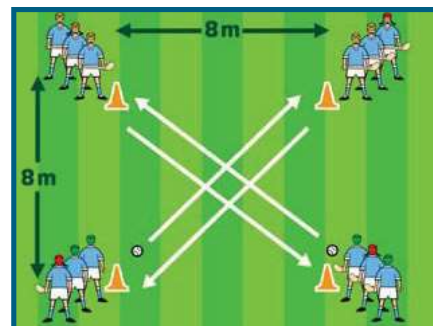


### ORGANISATION

- Divide the players into four equal groups
- Mark out a grid 8m X 8m using cones
- One group lines up behind each cone
- The front players in two of the four groups run and Jab Lift the ball before placing it on the ground for the front player at the opposite corner to repeat
- The players should focus on Jab Lifting the ball at pace, accelerating through the centre and placing the ball for the next player

### VARIATION

- To increase the challenge, introduce a second ball to each line



## 2: JAB LIFT WITH OPPOSITION

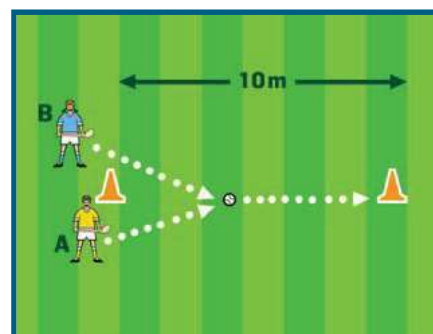


### ORGANISATION

- Divide the players into pairs; one ball per pair
- Mark out a distance of 10m using cones
- Place a ball midway between cones
- On the whistle, Player A runs forward to Jab Lift the ball
- Player B runs alongside or just behind Player A to provide token opposition
- Player A replaces the ball in the centre and the roles are reversed

### VARIATION

- To increase the challenge, allow Player B to challenge for the ball



## 3: GRID SWAP



### ORGANISATION

- Divide the players into equal teams
- Mark out four grids 5m X 5m, with a distance of 5m between each grid. Each team is assigned two grids
- Place the same number of balls in each of the near grids
- The first player in each team Jab Lifts each ball in turn and transfers it to the other grid
- Each player in turn transfers the balls in the opposite direction
- The team who completes the drill in the quickest time wins

### VARIATION

- Use two grids and assign one to each team. Each team in turn must transfer the balls to the other team's grid



## 4: MUSICAL CHAIRS

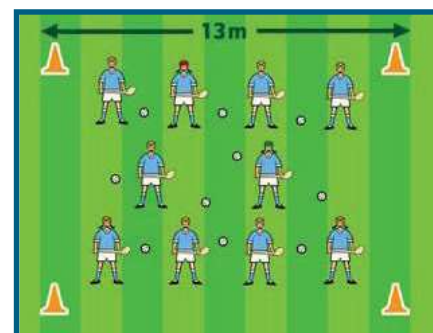


### ORGANISATION

- Mark out a grid 13m X 13m
- Ten players and 10 balls are positioned randomly throughout the grid
- The players jog slowly around the grid
- On the whistle, the players move to the nearest ball to Jab Lift it into their hand
- One ball is taken away and the game continues
- On the next whistle, the player who fails to Jab Lift a ball leaves the game
- Continue until only one player remains
- Players may compete for the ball

### VARIATIONS

- To increase the challenge, reduce the number of players by two after each contest





# STRIKING FROM THE HAND

## KEY TEACHING POINTS

- ✓ Hold the ball in the non-dominant hand with the elbow slightly bent. The shoulders and feet should be in line with the target.
- ✓ Toss the ball from the cupped hand to shoulder height; keep eyes on the ball.
- ✓ Slide the non-dominant hand into the Lock Position, bending the elbows to raise the hurley.
- ✓ The hurley should be upright in front of the non-dominant shoulder with the bas above head height.
- ✓ Step forward with the lead foot and swing the hurley downward with a wristy action; strike the ball between knee and hip level.
- ✓ Transfer the body weight from the dominant leg to the non dominant leg as the swing is completed.
- ✓ On the non-dominant side, raise the hurley to the non-dominant shoulder; transfer body weight to the dominant leg.

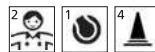


## COMMON ERRORS

- ✗ Missing the ball completely!
- ✓ To correct, hold the hurley short initially before gradually moving to hold it at full length.
- ✗ Placing the non-dominant hand above the dominant hand on the hurley; this may not affect the player's ability to strike the ball but may limit their ability to adapt the strike in a game situation.
- ✓ To correct, place the non-dominant hand below the dominant hand in the lock position.
- ✗ Lifting the head to follow the ball before completing the strike.
- ✓ To correct, continue to keep the head down, looking at the point of impact until the follow through is complete.
- ✗ Tossing the ball up too high or too far in front; this may lead to missing the ball as it drops, or delaying the swing and affecting the timing of the strike.
- ✓ To correct, practise simply tossing the ball up to shoulder height and catching it.



## 1: KEEP IT WIDE

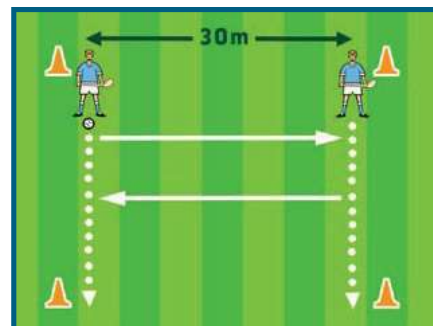


### ORGANISATION

- Divide the players into pairs, one ball per pair
- Mark out a distance 30m wide using cones
- The players strike the ball back and forth across the distance as they move up the field
- When all pairs have reached the far end, they repeat the drill in the opposite direction, striking the ball from the other side

### VARIATION

- To increase the challenge, increase the distance between the players



## 2: STRIKE AND SCORE

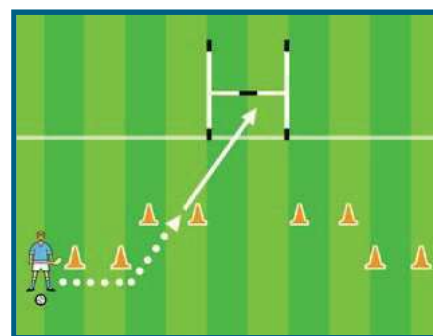


### ORGANISATION

- Place two cones on the 20m line, 20m to each side of goal
- Place two more cones 1m apart, between the outer cones and the goal
- The players line up behind one of the outer cones; one ball per player
- Each player solos through the inner cones and strikes for a point on the 13m line
- The players should run directly for goal once they pass through the inner cones
- Repeat the drill from either side recording how many times players score

### VARIATIONS

- To increase the challenge, increase the distance from which the players shoot
- Use a goalkeeper and challenge players to shoot for goal



## 3: HIT THE CONES

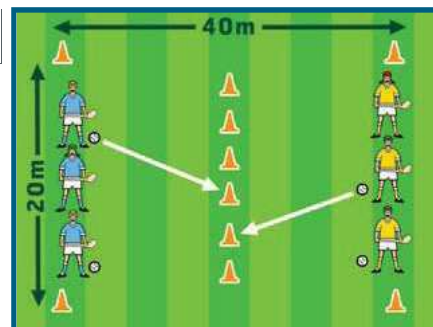


### ORGANISATION

- Mark out grid 40m long by 20m wide
- Place a number of cones across the middle of the grid
- Divide the players into groups of three to five players, one or two balls per team
- The players in possession attempt to strike the cones in the middle of the grid
- For each successful strike, award one point

### VARIATION

- To reduce the challenge: reduce the distance from the players to the cones



## 4: KEEP BALL

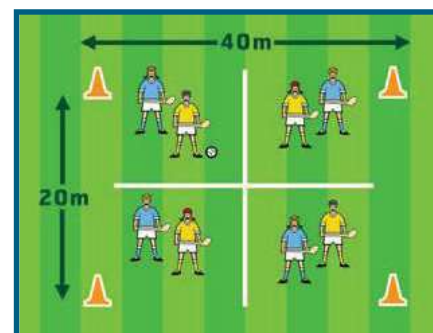


### ORGANISATION

- Mark out a grid approximately 40m X 20m using cones
- Divide the grid into 4 sections
- Divide the players into two teams of four, one player per section
- The players attempt to retain possession by striking the ball from section to section
- The opposing team attempt to block the strike attempts. If the strike is successful, that team must be allowed to retain possession
- Continue the game for a set period of time

### VARIATIONS

- Initially allow the sliotar to be struck either clockwise or anticlockwise; as the players progress, allow the sliotar to be struck in any direction











# FOOTBALL

## SAMPLE SKILLS AND ACTIVITIES



### Activity Icons



Build PE Lesson Plans and Sessions at [learning.gaa.ie/planner](https://learning.gaa.ie/planner)


[gaa.ie/gogames](https://gaa.ie/gogames)





@GoGamesGAA

# BODY CATCH

## KEY TEACHING POINTS

- 


As the ball approaches, move to receive it between the arms and the chest  
Head up, keep eyes on the ball
- 

Extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up  
Spread the fingers of both hands to cushion the ball
- 

Relax the chest on impact to cushion the ball into a secure position with both hands




## COMMON ERRORS

- 


Closing the eyes: this may result in the player failing to catch or fumbling the ball



- 


To correct, keep the head up and eyes open as the ball approaches



- 


Leaning back as the ball approaches: this may result in the ball bouncing off the player's chest



- 


To correct, move to receive the ball between the arms and the chest, relaxing the chest on impact



- 

Keeping the arms and hands too far apart: this may result in the ball falling between the arms



- 

To correct, extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up



## 1: CROSS RUNNING CATCH

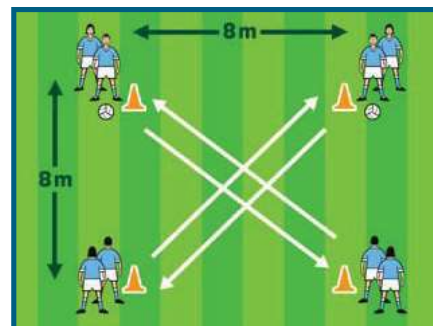


### ORGANISATION

- Using cones, mark out a grid approximately 8m X 8m
- Two players line up at each cone
- Each player in turn moves forward and throws the ball for the front player at the opposite corner to attack and catch
- Each player follows their throw to take position at the back of the opposite line
- Encourage the catching players to move forward and jump into the ball as it approaches

### VARIATIONS

- To increase the intensity of the drill reduce the space between the cones
- Introduce a second ball to each diagonal as the players technique improves



## 2: STAR DRILL

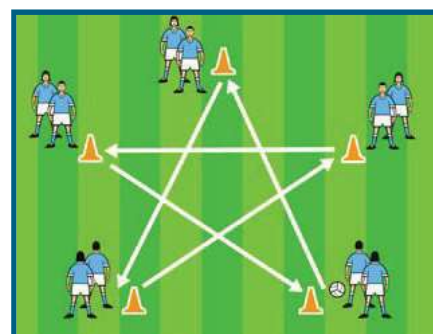


### ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

### VARIATION

- To increase the difficulty of the drill introduce a second ball



## 3: PIGGY IN THE MIDDLE

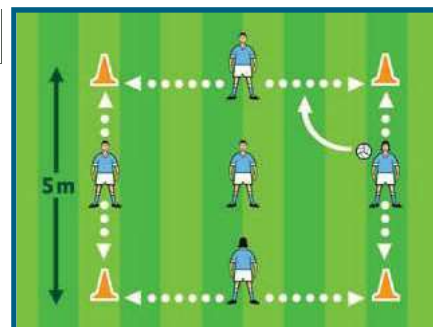


### ORGANISATION

- Mark out a grid 5m X 5m using cones
- Divide the players into groups of five
- Position one player along each length of the grid, with the fifth player in the middle of the grid
- The outside players must move along the lengths of the grid throwing the ball to each other to retain possession
- The ball must be caught using the Body Catch technique
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

### VARIATION

- To increase the difficulty, increase the size of the grid



## 4: OVER THE RIVER



### ORGANISATION

- Mark out a grid or 'court' using cone
- Divide the the players players into two teams of 4
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch
- The opposition team must use the Body Catch technique
- 1 point is awarded if the opposition fails to catch the ball using the Body Catch, or the ball is dropped
- Award 1 point to the opposition if the ball is thrown outside the court

### VARIATIONS

- reduce the number of players on each team to provide more touches on the ball
- To increase the difficulty, introduce a second ball





# PUNT KICK

## KEY TEACHING POINTS

- 

Hold the ball firmly with both hands  
Head down, eyes on the ball
- 

Release the ball into the hand, at the kicking side and extend the opposite arm away from the body to aid balance
- 


Step forward with the non-kicking foot  
Extend the wrist and drop the ball onto the kicking foot
- 

Kick the ball with the instep, that is, the laced part of the boot
- 

Keep the toes pointed  
Follow through in the direction of the target




## COMMON ERRORS

- 


Lifting the head too early: this can lead to miskicking the ball and sending the ball in the wrong direction



- 


To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete



- 

Dropping the ball from the opposite hand to the kicking foot: this can lead to the player kicking the ball with the inside of the foot and misdirecting the pass or shot



- 


To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance



- 

Not keeping the toes pointed and not following through in the direction of the target



- 

To correct, keep the toes pointed throughout the kick, following through in the direction of the target



## 1: CROSS RUNNING CATCH

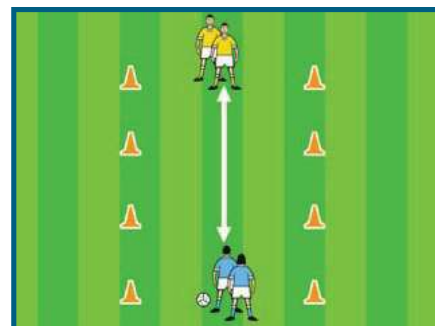


### ORGANISATION

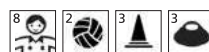
- Mark out a channel approximately 10–15m long and 2m wide for each group
- Two players line up at each end of the channel
- Each player in turn moves forward and Punt Kicks the ball to the next player at the far end of the channel
- After kicking the ball the player moves out of the channel and follows on to line up at the far end
- Allow the players to move as far along the channel as necessary to kick the ball accurately

### VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves



## 2: SIX STAR DRILL

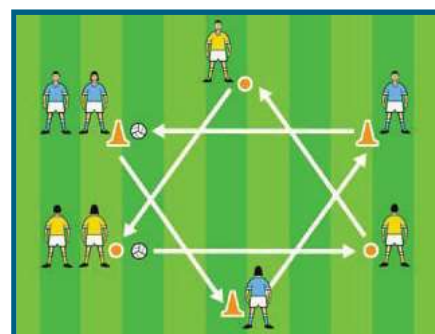


### ORGANISATION

- Place 3 cones and 3 markers as shown to make two overlapping triangles
- 4 players play each triangle; 2 at one cone/marker, the first with a ball, and 1 at each of the other cones/markers
- The player in possession passes the ball to the player on the second cone/marker to their right
- They receive the ball before passing to the player on the second cone/marker to their right, and so on
- Each player follows their pass to take position at the far cone/marker
- Encourage the receiving player to move forward into the ball as it approaches

### VARIATION

- Challenge the players to play the ball low to bounce, or at chest height or high to catch overhead



## 3: EMPTY THE CIRCLE



### ORGANISATION

- Mark out a circle using cones
- Divide the players into uneven teams
- Position the team with the greater number of players outside the circle and the other inside
- The players inside the circle must attempt to keep the circle clear by Punt Kicking each ball from the circle
- The outside players must retrieve the balls and place them back in the circle
- Switch the roles of the players after a set time

### VARIATION

- Fill the Circle: the outside team must Punt Kick to land in the circle; the inside team clear the circle by rolling the balls away



## 4: HIT THE CONES

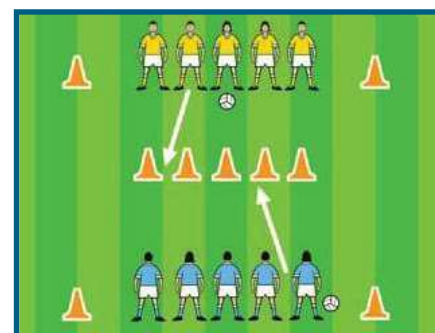


### ORGANISATION

- Mark out a grid 25m X 25m
- Place a number of cones across the middle of the grid
- Divide the group into teams of 3–5 players
- Give 1 or 2 footballs to each team
- The player in possession attempts to strike one of the cones in the middle of the grid using the Punt Kick
- For each successful strike award one point
- Extra points may be awarded for knocking a cone over or for a clean catch if the ball is struck too far

### VARIATION

- Alternatively points may be awarded for kicking the ball through gaps in the cones



# SOLO

## KEY TEACHING POINTS

## COMMON ERRORS



Hold the ball firmly with both hands  
Keep the torso upright



Release the ball into the hand at the  
kicking side  
Head down, eyes on the ball



Step forward with the non-kicking  
foot  
Extend the wrist and drop the ball  
onto the kicking foot



When the foot impacts the ball, flick  
the toe upwards towards  
the body  
Straighten the leg



Extend the arms forward to catch the  
ball



Dropping the ball with both hands or  
dropping the ball to the foot with the  
wrong hand: this may lead to difficulty  
keeping control of the ball, particularly,  
when attempting to Solo at speed



To correct, drop the ball toward  
the kicking leg with the  
hand at the same side



Throwing the ball to the kicking foot



To correct, the ball is dropped and  
not thrown from the  
release hand



Not using a straight leg to flick the  
ball upwards towards the  
body: this may result in the player  
failing to control the ball



To correct, kick the ball at the end  
of the stride, flicking  
the toe upwards to bring the ball  
back into the body



Soloing the ball too high



To correct, ensure the ball is  
cushioned back by flicking the  
toe upward on impact





## 1: STATIONARY TOE TAP



### ORGANISATION

- Each player has a ball
- Ensure each player has adequate space to perform the technique in a stationary position
- On the whistle, the players Solo the ball on the spot
- The players count how many times they can Solo the ball successfully in 30 seconds
- Start again if the ball is dropped or if the ball goes above the head
- Set a target for each player depending on their ability
- Players repeat the drill using the opposite leg

### VARIATION

- Organise the drill in pairs with the partners counting for each other



## 2: TOE TAP, TURN AND PASS

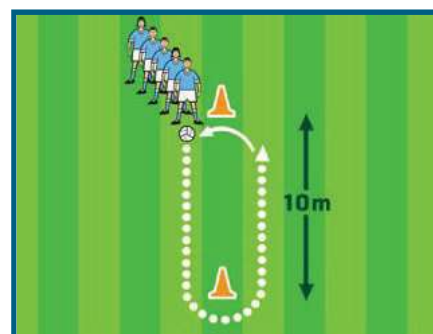


### ORGANISATION

- Mark out a distance of 10m using cones
- Divide the players into groups of 5, one ball per group
- The players line up behind one of the cones
- In turn each player Solos out and around the far cone, fist passing for the next player as they return to the back of the line
- Continue the drill for a set time
- Repeat the drill using the opposite foot

### VARIATION

- Increase the speed of the drill as the players become more proficient



## 3: TOE-TAP TAG

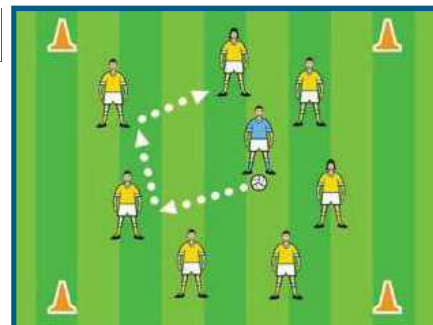


### ORGANISATION

- Mark out a grid 15m X 15m
- One player with a ball must Solo around and attempt to tag the other players
- The player must Solo at least once every four steps
- Once a player has been tagged, they must leave the game
- Change the player with the ball when all the players have been tagged

### VARIATION

- Increase the number of 'taggers' to reduce the difficulty of the game



## 4: PASS THE GUARD

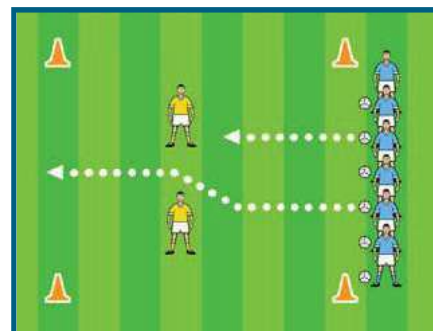


### ORGANISATION

- Mark out a grid 15m X 15m
- Six players attempt to Solo across the grid
- Two players act as defenders and attempt to tag the soloing players
- Once a player has been tagged they must leave the game
- The soloing players continue over and back until all have been tagged
- Rotate the defenders and repeat the game

### VARIATION

- Increase the width of the grid to reduce the difficulty for the soloing players



# HOOK KICK

## KEY TEACHING POINTS

✓ Hold the ball firmly with both hands  
Point the shoulder towards the target



✓ Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance



✓ Step forward with the non-kicking foot  
Extend the wrist and drop the ball onto the kicking foot



✓ Kick the ball with the inside of the foot



✓ Follow through with the kicking leg across the body in the direction of the target, with the toe pointing upwards



## COMMON ERRORS

✗ Not pointing the shoulder towards the target: this may lead to inaccuracy in the pass or shot



✓ To correct, point the shoulder to the target before taking the kick



✗ Dropping the ball from the opposite hand to the kicking foot: this can lead to the player over hooking the ball and misdirecting the pass or shot



✓ To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance



✗ Lifting the head too early: this can lead to miskicking the ball and sending the ball in the wrong direction



✓ To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete



## 1: PARTNER KICK

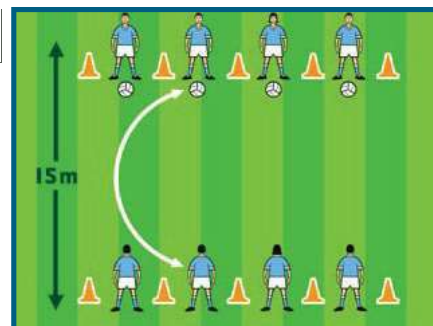


### ORGANISATION

- Divide the group into pairs, one ball per pair
- Mark out a channel 5m wide and 15m long for each pair
- Each player in turn Hook Kicks the ball to their partner
- It may be necessary to group the players on the basis of ability
- Repeat the drill getting the players to use the opposite leg

### VARIATION

- To increase the difficulty of the drill, increase the distance between the players



## 2: AROUND THE SQUARE



### ORGANISATION

- Set up a formation as shown using 8 cones
- Position one player at each cone
- Player A Hook Kicks the ball to player B at the furthest cone to one side
- Player B Fist Passes the ball to Player C alongside
- Player C then Hook Kicks the ball to Player D and so the drill continues
- Rotate the kickers and receivers after three rounds
- Continue the drill in a clockwise direction for a set time before changing direction and requiring the players to use the opposite leg

### VARIATION

- To increase the intensity of the drill, introduce more footballs



## 3: BULL'S EYE



### ORGANISATION

- Place 4 cones in a 10m square formation
- Inside the 10m mark out a circle
- Mark out a line of cones 15m, 20m and 25m to either side of the grid
- Divide the players into two groups: one group at either side
- Beginning at one side and behind the 15m line, the players attempt to land the ball in the square or circle
- Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle

### VARIATIONS

- Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient



## 4: HOOKED

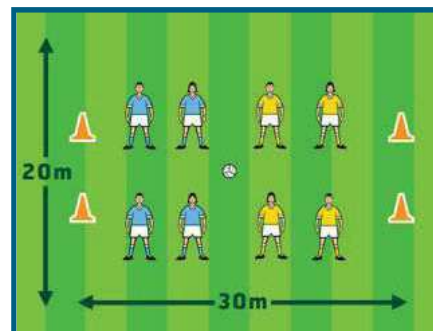


### ORGANISATION

- Mark out a playing area 20m X 30m
- Mark out a goal area at either end
- Divide the players into two equal teams
- A permanent goalkeeper is not allowed
- The players may only Solo and Hook Kick the ball
- A score is awarded only when a player Hook Kicks the ball through the cones

### VARIATIONS

- Divide the playing area into zones to prevent crowding; players must stay within their designated zones
- Allow players to Fist Pass and Punt Kick to pass the ball; scores must be with a Hook Kick





# MORE LEARNING RESOURCES



[learning.gaa.ie/primary-school](http://learning.gaa.ie/primary-school)

## GAA ACTIVITY PLANNER

The GAA Activity Planner has been designed to help Teachers and Coaches to identify activities suitable for players/pupils and to build sessions and PE lessons from these activities. It contains hundreds of activities for developing Movement Skills, Hurling, Gaelic Football, Handball and Rounders. You can save sessions/lessons on a pdf document. Most of the activities also have a brief instructional video which can be shown on the class whiteboard.

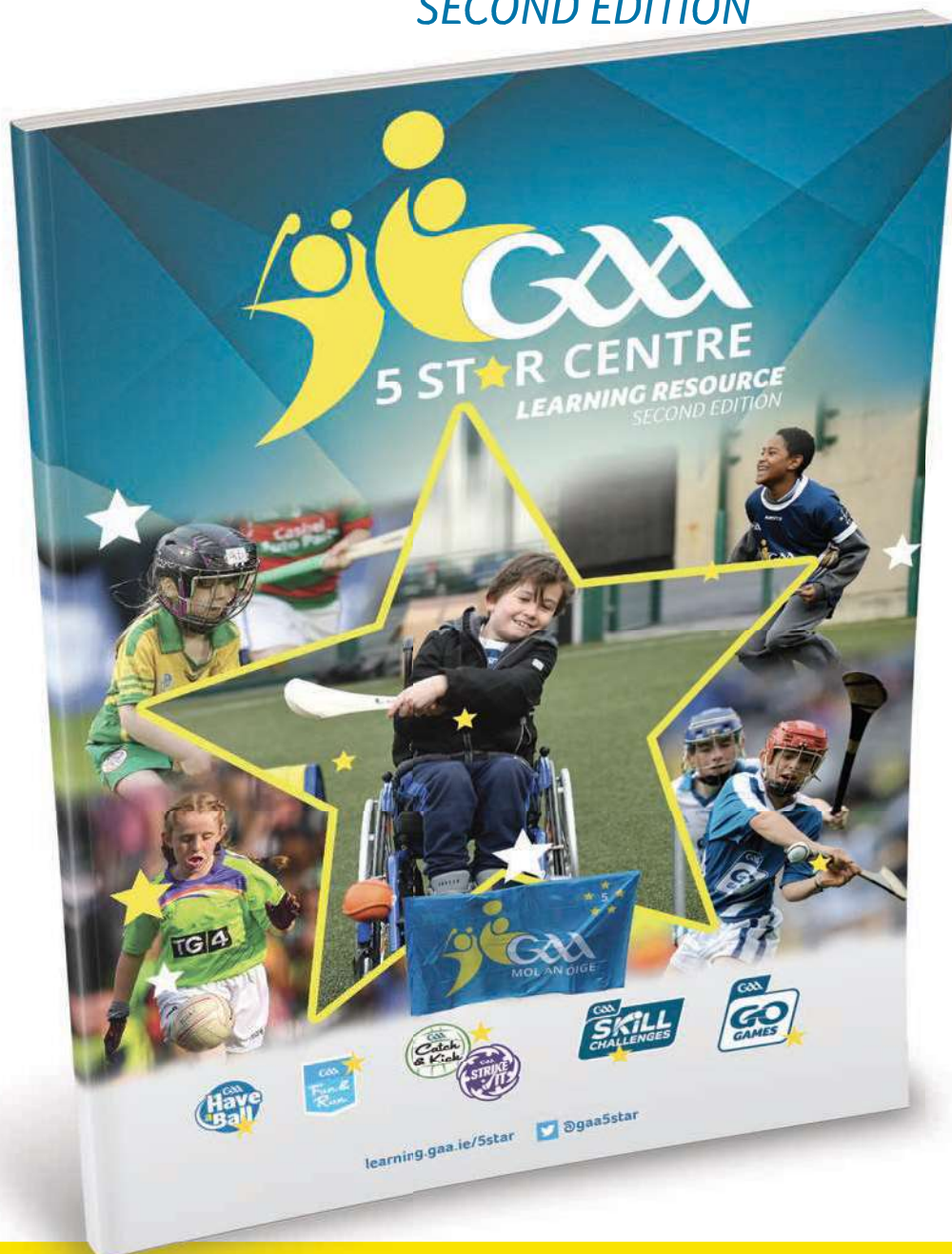
You can access this and many other resources for free by registering on the GAA Learning & Development Portal

<http://learning.gaa.ie/planner/>





## **LEARNING RESOURCE** SECOND EDITION



The GAA 5 Star Centre initiative aims to support and recognise Primary Schools that provide pupils with 60 minutes of moderate to vigorous Gaelic Games activity per week in a manner that ensures the children will experience fun, friendship, fairness and ultimately improve their fitness.

The purpose of the learning resource is designed to assist Teachers/Principals and support personnel to organise and deliver the activities that make a Primary School a GAA 5 Star Centre.

[learning.gaa.ie/5star](http://learning.gaa.ie/5star)



@gaa5star





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