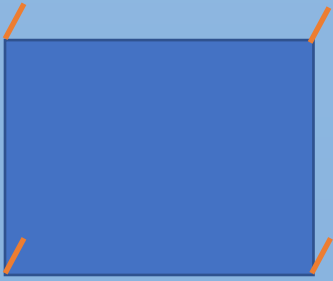

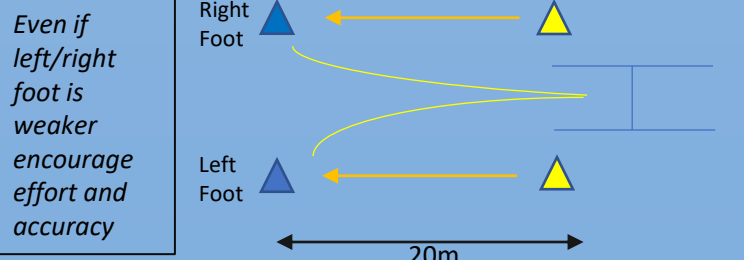


Activity	Description of activity	Diagram
<p><b>Warm Up (10/15 mins)</b></p> <ul style="list-style-type: none"> <li>Agility Balance Coordination</li> <li>Physical Capacities – e.g. speed, strength</li> </ul> <p>4 groups with 4 different colour bibs</p>	<p><b>Warm Up 2:</b> with approx. 12 players inside a 20m x 20m square (2 sets of bibs)</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Child Screen Movement exercises x 3 i.e. Toe Touch, Overhead squat, Single leg balance, Lunge</li> <li>2 games –</li> <li><b>Tag</b> – 2 catchers, one saver per group</li> <li><b>Zig Zag Relay Race</b> – with the ball, first team with leader to the top wins</li> </ul>	<p>Required Equipment: - 8 poles/cones</p> 
<p><b>Skill Development #1 (10 mins)</b></p> <ul style="list-style-type: none"> <li>Solo</li> <li>Bounce</li> </ul> <p>Set up this drill X 4 (1 colour bib 1 drill)</p>	<p><b>Solo &amp; Bounce Drill (2 plays max between cones)</b></p> <ul style="list-style-type: none"> <li>Solo &amp; Bounce travelling 6-8 metres,</li> <li>Hand Pass to team mate</li> </ul> <p>Aim is to ensure the players master solo, bounce &amp; continue to practice handpass</p> <p><b>Rules of GO Games is 2 plays MAX</b></p>	 <p>Approx 6 players per drill (2 on blue cone, 1 on yellow) player at blue cone travels out (1 solo, 1 bounce) and hand passes to player on yellow cone and so on. - 6-8 meters between cones</p>
<p><b>Skill Development #2 (15 mins)</b></p> <ul style="list-style-type: none"> <li>Shooting</li> <li>Tackling</li> </ul> <p>Set up this drill X 2 on one pitch(1 colour bib 1 drill)</p>	<p><b>1. Practice shooting right foot and left foot (uncontested)</b> Player at yellow cone kick passes to player at blue, player at blue then shoots off right foot or left foot</p> <p><b>2. Shooting/Tackling/block</b> As 1. but player giving kick pass now applies pressure on the shooter.</p>	<p><i>Even if left/right foot is weaker encourage effort and accuracy</i></p> 
<p><b>Game 3 (20mins)</b></p> <ul style="list-style-type: none"> <li>Go Games – 2 x small sided 6-8 a side</li> <li>Conditions: Only 2 plays</li> <li>Encourage support of team mate</li> </ul>	<p>Key now is preparation for upcoming GO Games, helping the kids to understand positioning, awareness of support for team mates &amp; tackle the ball <b><u>NOT THE PLAYER</u></b></p>	<p>Pitch Size for 6-8 a side should be approx. 40m x 25m – lets go with 2 pitches of this size and see how it works out <b>For 8 a side we will have 1 GK(rotated), 3 DEFENDERS, 1 MF &amp; 3 FORWARDS</b></p>
<p><b>Cool Down/Group Discussion on Session (5 mins)</b></p>	<p>Ask the players how session went and what to practice at home for the week</p>	

# Warm Up - Child Screen Movements

## [Child Screen]

Galway GAA Athletic Development



- **Over Head Squat**
- The child stands with feet shoulder width apart and toes turned (slightly) out to the side
- The child raises both arms overhead
- The child squats down all the way whilst keeping their arms above the head
- The coach is looking to see if the child can perform a full deep squat with their heels on the ground and their hands overhead without pain or discomfort.



## [Child Screen]

Galway GAA Athletic Development



- **Single Leg Balance**
- The child stands with feet together, toes pointing forward and arms extended down by (but not touching) the sides
- The child lifts the right leg up until the hip and knee are both at 90 degrees
- As the child lifts the knee, they move their arms away from the body up to shoulder height and hold them in that position
- The child maintains good posture and balance for at least 10 seconds
- Repeat on the other leg.



## [Child Screen]

Galway GAA Athletic Development



- **Toe Touch**
- The child stands with feet together and toes pointing forward.
- Next, the child bends forwards from the hips and tries to touch the tips of their toes without bending the knees.



- Lunges:**
- Body straight
  - Head looking forward
  - Knee touching the ground
  - Do it on both left & right