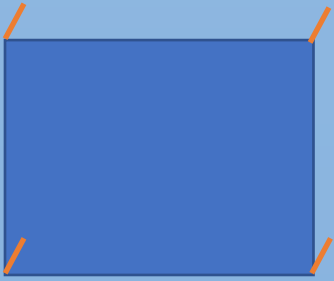
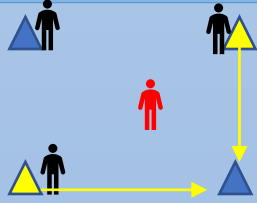
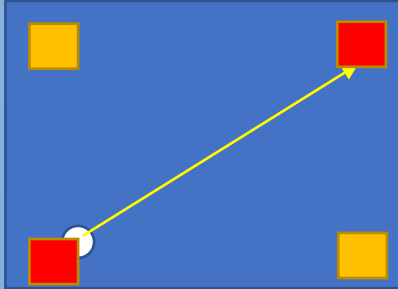


Activity	Description of activity	Diagram
<p>Warm Up (10/15 mins)</p> <ul style="list-style-type: none"> Agility Balance Coordination Physical Capacities – e.g. speed, strength <p>4 groups with 4 different colour bibs</p>	<p>Warm Up 2: with approx. 12 players inside a 20m x 20m square (2 sets of bibs)</p> <p>Activities: SRETCH-GAME-STRETCH-GAME</p> <ul style="list-style-type: none"> Child Screen Movement exercises x 3 i.e. Toe Touch, Overhead squat, Single leg balance, Lunge 2 games – Tag – 2 catchers, one saver per group Zig Zag Relay Race – with the ball, first team with leader to the top wins 	<p>Required Equipment: - 8 poles/cones</p> 
<p>Skill Development #1 (15 mins)</p> <ul style="list-style-type: none"> Support Play & Team work Handpass Support Play 	<p>Handpass & Support Play</p> <ul style="list-style-type: none"> The grid is a square 5m x 5m 4 players 3 players occupy 4 cones, moving to the spare cone to support their teammates Player in the middle tries to intercept the passes 	
<p>Skill Development #2 (10 mins)</p> <ul style="list-style-type: none"> Support Play & Team work Handpass Bounce <p><u>Set up this drill X 2 (2 teams per drill)</u></p>	<p>Handpass & Bounce Mini Game (1 play max)</p> <ul style="list-style-type: none"> The pitch is a square approx 20m x 20m Each team(6-8 players) has 2 scoring zones Each team has 1 player in each of their scoring zones i.e. red score in red zone and vice versa To score the team have to work the ball handpassing only into the scoring zone Swap the player in the scoring zone every minute 	 <p>This game is to encourage teamwork & support play Once a team score in one zone they continue in possession and try to score in the opposite zone</p>
<p>Game 3 (15mins)</p> <ul style="list-style-type: none"> Go Games – 2 x small sided 6-8 a side Conditions: Only 2 plays Encourage support of team mate 	<p>Key now is preparation for upcoming GO Games,</p> <ul style="list-style-type: none"> understand positioning, awareness of support for team mates & tackle the ball <u>NOT THE PLAYER</u> Defensive awareness 	<p>Pitch Size for 6-8 a side should be approx. 60m x 25m – lets go with 2 pitches of this size and see how it works out</p> <p>For 8 a side we will have 1 GK(rotated), 3 DEFENDERS, 1 MF & 3 FORWARDS</p>
<p>Cool Down/Group Discussion on Session (5 mins)</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

Warm Up - Child Screen Movements

Balance:



Single leg body part touch



Single leg throwing and catching

Speed:

