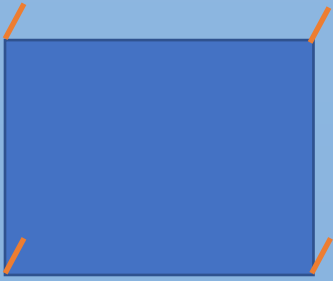
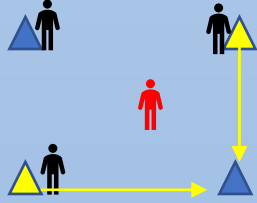
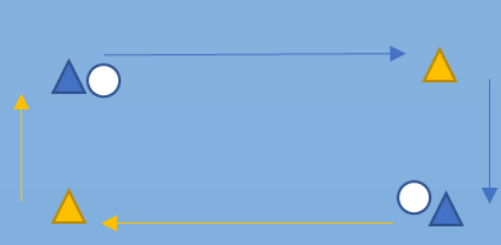


Activity	Description of activity	Diagram
<p>Warm Up (10/15 mins)</p> <ul style="list-style-type: none"> Agility, Balance, Coordination, Speed Physical Capacities – e.g. speed, strength <p>4 groups with 4 different colour bibs</p>	<p>Warm Up Activities: SRETCH-GAME-STRETCH-GAME</p> <ul style="list-style-type: none"> Child Screen Movement exercises x 3 i.e. Toe Touch, Overhead squat, Single leg balance & touch toe, Single leg balance & ball throw, Lunge 2 games – Tag – 2 catchers, one saver per group Relay Race – with the ball, first team with leader to the top wins – Roll ball through legs of group 	<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 #1 (15 mins)</p> <ul style="list-style-type: none"> Kick Pass Hand Pass 	<p>Kick Passing & Hand Passing Drill</p> <ul style="list-style-type: none"> Kick Pass 10-15 metres, Hand Pass 3-5 metres <p>Aim is to ensure the players master both skills but also to understand when to handpass & when to kick pass</p>	<p>Approx 6 players per drill (2 on blue cone, 1 on yellow)</p> <p>kick pass long side , hand pass short side, follow your pass</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 (ensure players mark opposition at restarts) 	<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

Balance:



Single leg body part touch



Single leg throwing and catching

Speed:



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