

An Mhaigh Tír na nÓg G.A.C.

Gaelic Football Drills

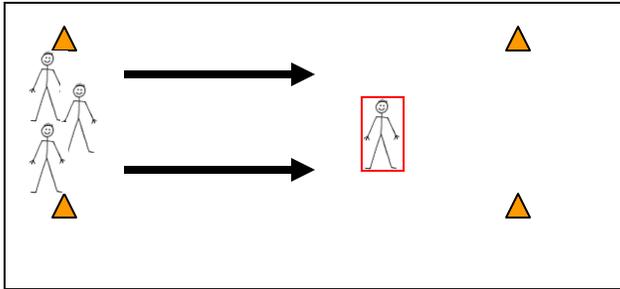
U8 & U10 Coaching



Lesson 1

Drill 1 – Irish Bulldog

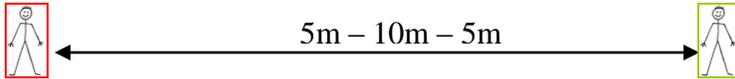
- Organize players as in diagram.
- The player who is on calls a name.
- This person must attempt to make it over to den without being touched or running outside the area. If the runner is successful all other players can run simultaneously.
- If a person is caught they are also on. When 4 players are caught they must link hands and work together as a unit in the manner of a net to catch runners. However if the chain is broken all runners are allowed pass through.
- Occasionally player 1 or the coach may call “IRISH BULLDOG”. In this case all players must run.



Lesson 1

Drill 2

Basic practice – one ball between two; punt kick to each other.



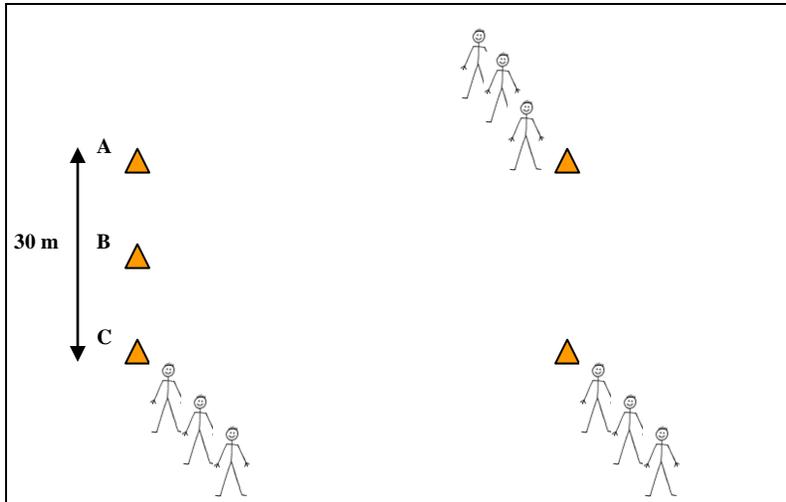
Begin at 5m apart and increase after 2mins to 10 and so on. Allow for equal time on each foot.

Coaching Tips

- Punt kick: straight on kick.
- Aim: face target.
- Ball dropped to foot – beware child throwing up to kick.
- Eyes on ball at all times.
- Knee bent, toe pointed out like ballerina.
- Contact on laced part of boot. Follow through.
- Try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- if a child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot; left hand left foot”.

Lesson 1

Drill 3

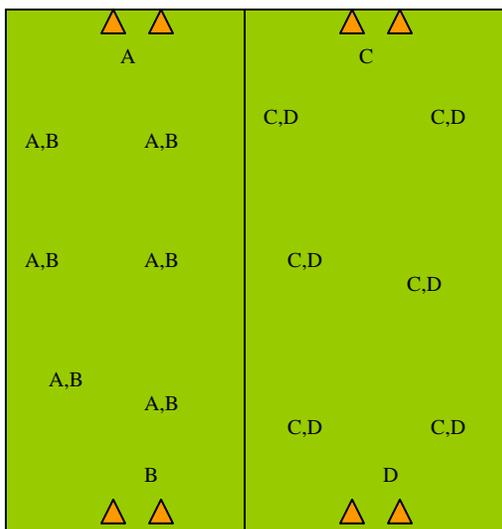


1. Drill in groups of 3s/4s.
2. Set out as above three cones 15m apart.
3. Player runs out around cone B bouncing/soloing the ball every 4 steps. Around the cone and hand-pass back to next player.
4. Progress to going out around cone C and punt kicking back to cone A. Join the back of group.
5. Drill on right hand side. 3 players at each end with two footballs. Player takes four steps and then kicks to group at other end. Follow your kick and join back of group.

PRACTICE ALL DRILLS USING BOTH SIDES OF THE BODY

Lesson 1

Game



Match 4 teams of 7/8.

Modified rules:

No solo allowed.

One bounce only – encourage players to take it after 4 steps then take another 4 steps and release.

Teams must make 3 passes before shooting.

Lesson 2

Drill 1

- Revision of last weeks' skill – punt kicking
- Ball between 2 kicking over and back to each other 15m apart.
- Remember to practice using both left and right foot

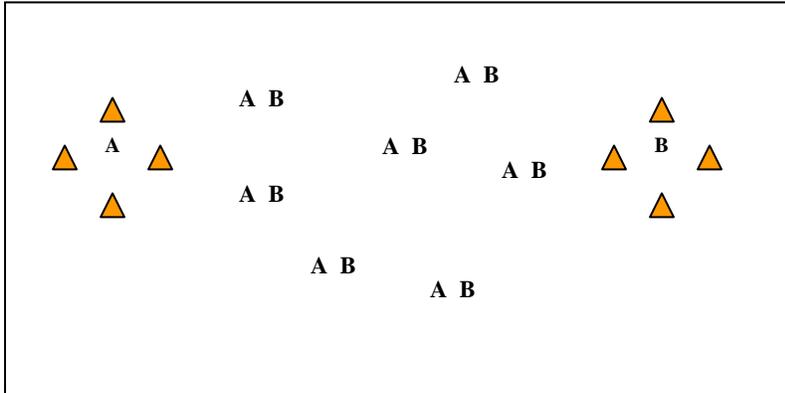
Lesson 2

Drill 2 – Hand passing

- In 2s starting 2m apart hand passing over and back.
- Step forward to make the pass, hand holding the ball stationary, striking hand open with fingers firm and extended.
- Striking hand comes back and strikes through the middle of the ball like a pendulum.
- Don't forget to follow through.

Lesson 2

Drill 3



Four teams, two pitches (7 v 7 approx.)

Aim of game – work ball back to your own goalie. Goalie must remain in his/her goals – four orange cones. Each time the ball is worked back = goal.

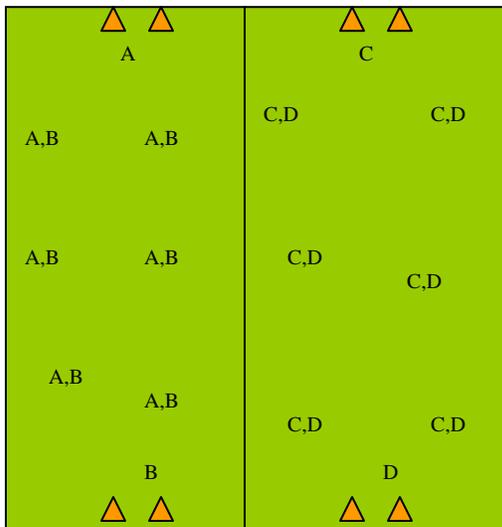
Opposition then starts off with ball at their opponents’ goal working back towards their own.

Hand pass only allowed – no kicking.

No solo or bounce – take four steps and then hand pass.

Lesson 2

Game



Match 4 teams of 7/8.

Modified rules:

Team must make 3 hand passes before a kick is taken.

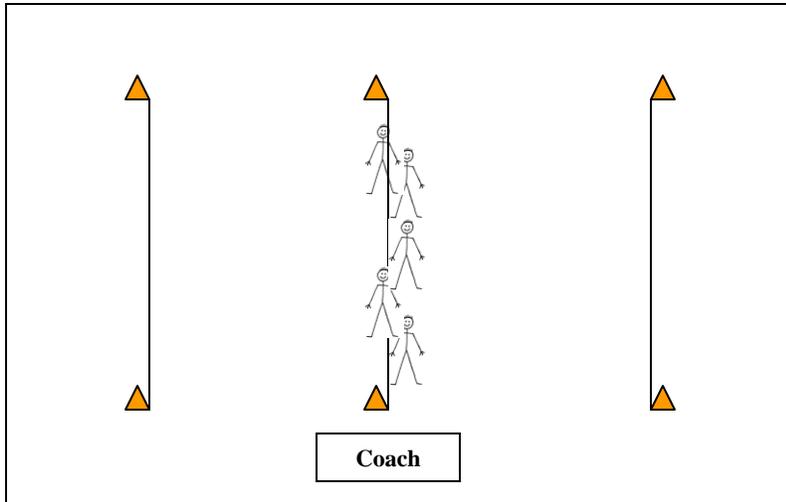
Work on hand pass.

Begin with hand passes points only to start with.

Then after 5mins, allow kicking of goals and points.

Lesson 3

Drill 1-Switch Go Stop



- Set up grid as shown on diagram.
- Players line up on centre line and face coach.
- Coach calls out instructions:
- GO = players run to their right, touch line with foot and retreat to centre line.
- STOP = players run to their left, touch line with foot and retreat to centre line.
- SWITCH = players on centre line face opposite direction.
- Change rules so that go = run left & stop = run right.

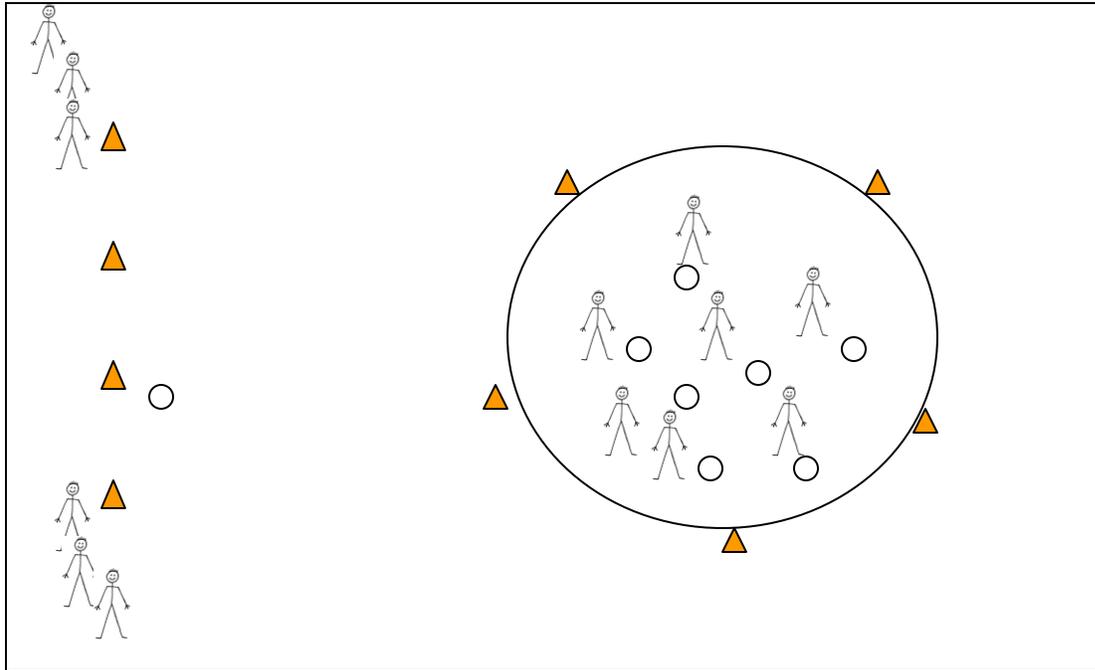
Lesson 3

Drill 2

- Revision of last weeks' skill – hand passing
- Ball between 2; hand passing over and back to each other 2-4m apart.
- Remember to practice using both the left hand and right hand.
- Step into hand pass each time.

Lesson 3

Drill 3 - Crouch Lift

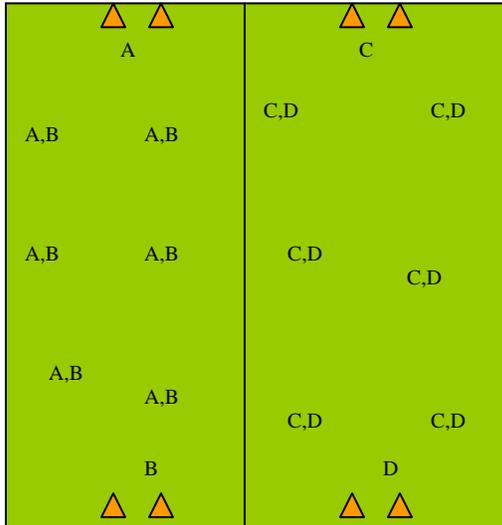


Cones set up as above 5m apart. Pick up ball at one cone and place at next. Slow down approaching ball, place standing foot beside ball, crouch over the ball (back bent), two thumbs of hands touching, raise ball with toe into hands and proceed to place ball. Practice on both feet.

Circle game – how many footballs can you pick up in 30 seconds? You can not pick up a ball twice in a row.

Lesson 3

Game



Match 4 teams of 7/8.

Modified rules:

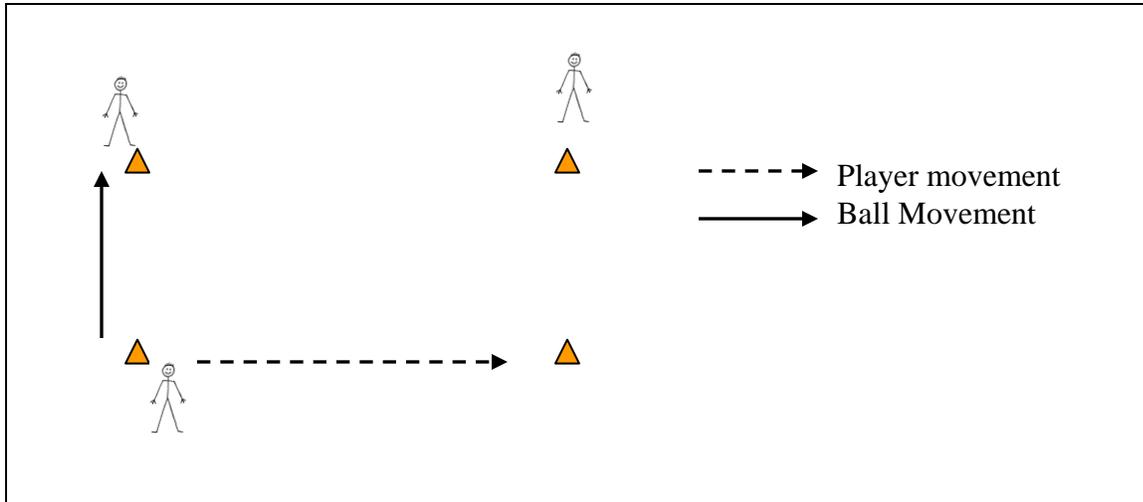
Teams must crouch lift the ball.

First 5 minutes no hand passing, soloing or bouncing – kick after 4 steps only.

Rest of match: one solo, one hop are the only restrictions

Lesson 4

Drill 1 – Fill the corner



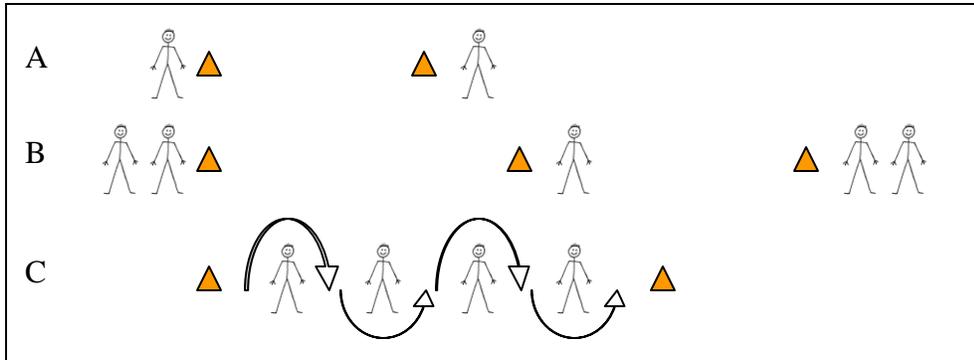
- Players work in groups of 3
- Square playing-area marked with cones
- Aim to pass to partner and run to spare cone

Tips

- Time the run
- Passer – decide who to pass to and know where the empty corner is!

Lesson 4

Drill 2 – Solo



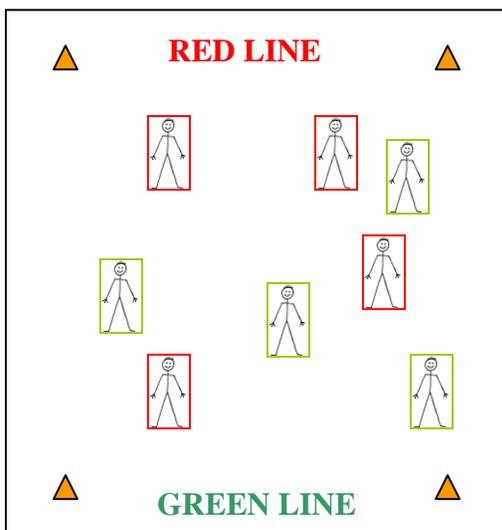
A: solo and hand-pass to partner. Solo drop ball to toe, toe pointed up, light flick back up to hand. Hand-pass to partner.

B: solo out to man in middle at halfway, hand pass to middle person, receive return, solo on to end and hand-pass to next player waiting.

C: solo caterpillar race. Solo ball through your teammates in a zigzag fashion. When Ball gets to top pass ball back to man at back under legs/over head/around the Side/rolled back. First team to reach cone is winner.

Lesson 4

Drill 3 – Gaelic Rugby



Rule No.1 – no rugby tackles!

Aim of game – work the ball over the oppositions line within the rules of gaelic football.

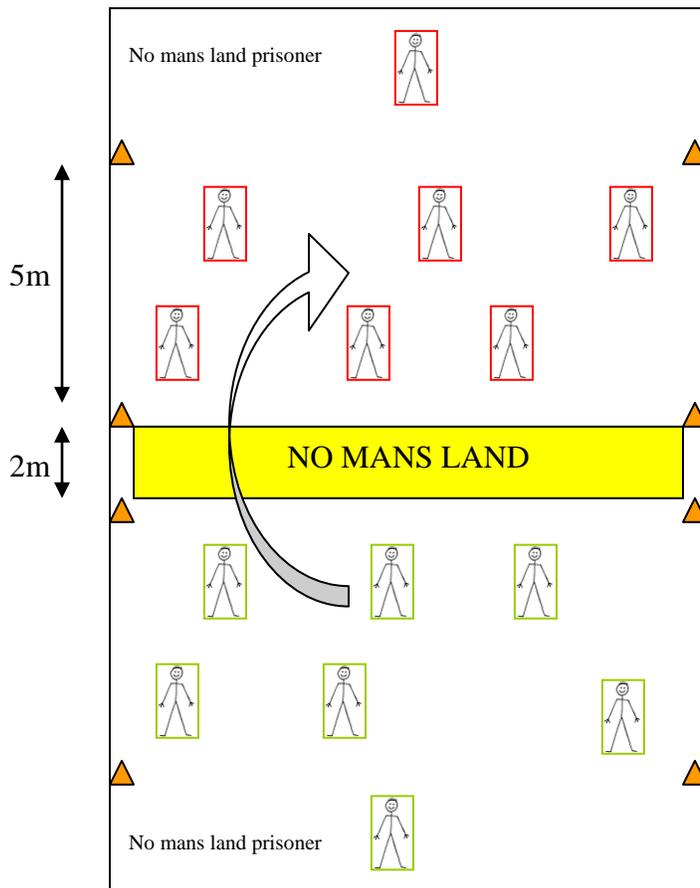
EG – hand passing, kicking, soloing, bouncing, one-hand tackling

Rule No.2 – no lodging inside opponents' line

Vary game by restricting kicking to one kick per possession

Lesson 4

Drill 4 – No Mans Land



- Set the pitch out as shown opposite.

- Two teams one in each zone either side of no mans land.

- Aim of game – kick ball above head height (catchable) over no mans into the other teams zone.

- Points for catching, if the ball hits ground point for kicking team or point to catching team if ball lands in no mans land or outside of the court.

Alternative – no mans land prisoner

- When a person kicks ball out of court or drops a ball they go to far end of court. They can be brought back into their own zone if they catch a ball kicked over by their own team

Lesson 5

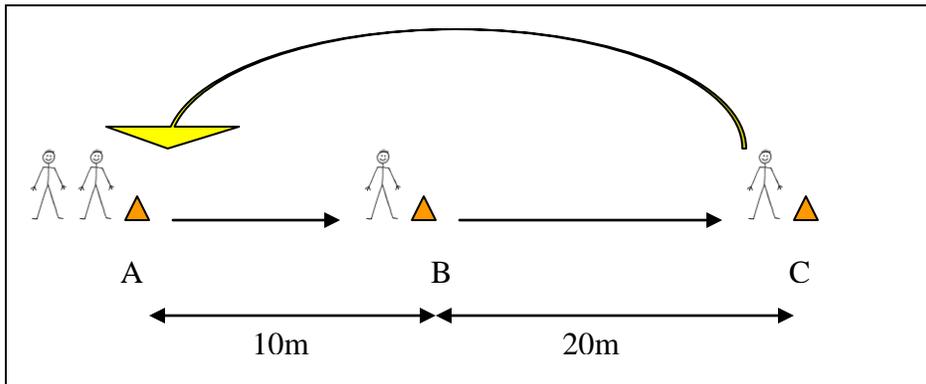
Drill 1

Warm Up: Groups 2/3 with ball 2m apart

- Begin throwing and catching in triangle
- Progress to rolling, bouncing, low throwing, high throwing, throwing to either side of body, one touch foot passing on ground, hand batting, hand passing to each other
- Advance to piggy in the middle in small area

Lesson 5

Drill 2



Drill

Groups of 4

Player at cone A solos ball to player at cone B and takes his/her place.

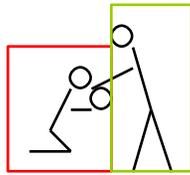
Player at cone B punt kicks ball to player at cone C and takes his/her place.

Player at cone C hook kicks ball all way back to next player ready at cone A and takes his/her place at back of line at cone A.

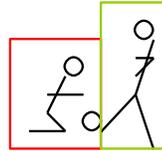
Lesson 5

Drill 3 – Block-down

Situation A



Situation B



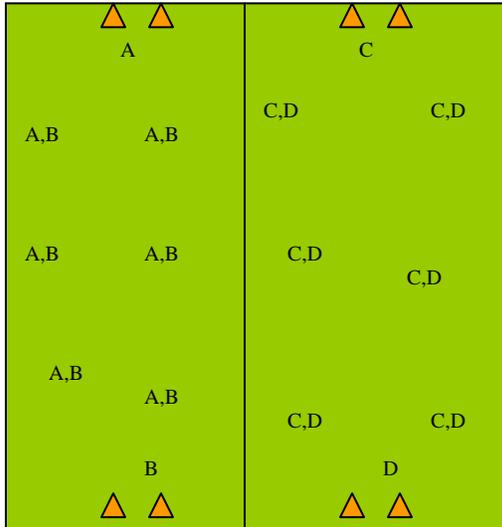
Technique – keep eyes open; get in close to kickers supporting leg, hands held stiffly with fingers close together.

Situation A – begin with blocker (Green) on their feet with ball thrower (red) on their knees. Ball thrower gently throws ball up from a kneeling position for the blocker to step in and block with two hands. Allow blockers confidence grow and begin to make throws stronger as blocker improves.

Situation B – blocker on knees, ball kicker on feet. Kicker 3 steps in a pre-arranged direction before kicking ball gently. Blocker on their knees will know where the block will take place. Keep eyes open on ball and kicking foot of kicker. Blocker to get in as close as possible to kickers supporting leg and block ball as it leaves the foot of kicker.

Lesson 5

Game



Match 4 teams of 7/8.

Modified rules:

No bouncing, soloing or hand passing.

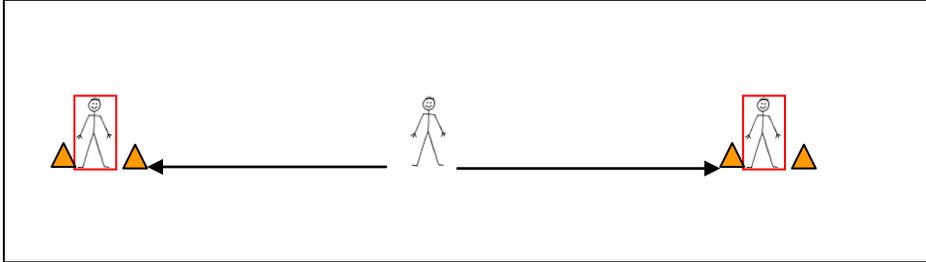
Kicking all the time to increase number of opportunities to block.

Goals = 3 points

Block = 5 points

Lesson 6

Drill 1 – Block Down



Groups of 3

2 cones 5m apart

Put one player between each set of cones & one player in the middle.

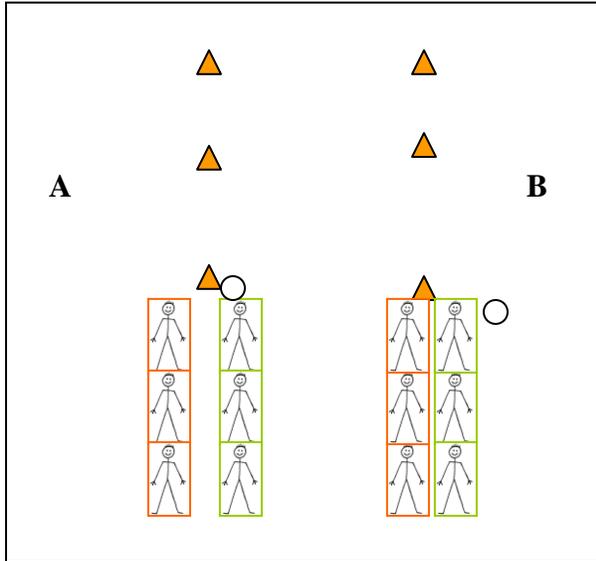
Players at cones have to try and play ball to each other by whatever means throwing, kicking, rolling, bouncing.....

Player in the middle can move in between the two cones and has to try and block the ball down.

Whoever plays the ball last before getting blocked goes in the middle.

Lesson 6

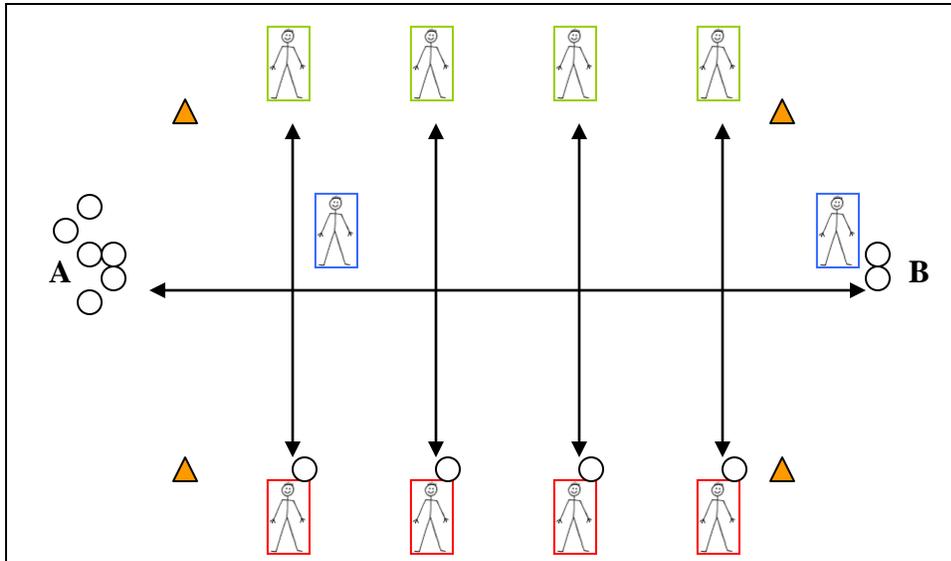
Drill 2 - Tackling



- As in group A – in pairs – one with ball one without.
- Player with ball begins to walk and bounce ball every 4 steps towards furthest cone away.
- Player without ball walks along and attempts to slap ball away with his/her closest hand.
- Player in possession must walk in a straight line.
- The tackling hand must be held open and not as a closed fist.
- The nearest hand is used to dispossess, as referees will usually give a free when they see one arm coming across the body of the player in possession.
The player in possession can also drag the defender to the ground and still get a free.
- Progress to a jog and progress further to running. Swap roles after each run.

Lesson 6

Drill 3 – Run the gauntlet



Set out drill as above.

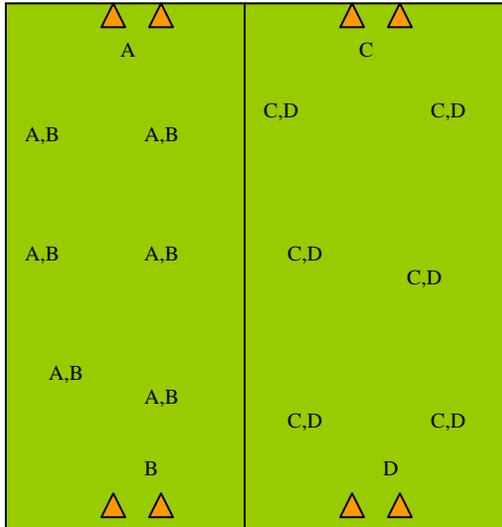
Rectangle with paired players lined up opposite each other on the lengths of the rectangle. These players are hand passing or kicking the ball over and back to each other (Green and red).

The players in the middle (blue) have to transfer all the footballs from point A to point B, one ball at a time, by crouch lifting and soloing.

Blue players must avoid being hit by passers. Passers have to get as many passes in as possible in the time it takes for all footballs to be moved point to point.

Lesson 6

Game



Match 4 teams of 7/8.

Modified rules:

One solo one hop.

Goal = 3 points

Point = 1 points

Block = 5 points

Tackle = 7 points