

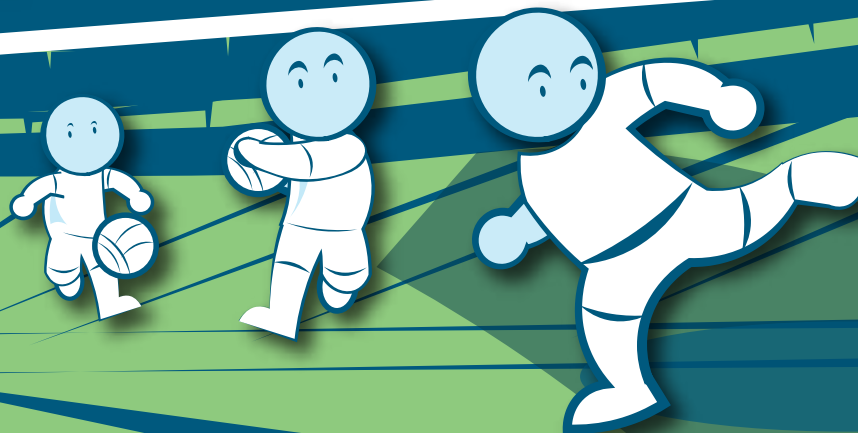
# FOOTBALL



*Kellogg's*

GAA  
**CUL**  
CAMPS

## CAMP ACTIVITIES FOR COACHES





# CAMP ACTIVITIES FOR COACHES

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# CAMP ACTIVITIES FOR COACHES



## AGE 6-7

# CÚL CAMP DAILY TIMETABLE

TIME	ACTIVITY NAME
10am – 10.10am	MORNING ROLL CALL
10.10am – 10.25am	ACTIVITY 1
10.30am – 11am	ACTIVITY 2
11am – 11.20am	BREAK
11.20am – 11.40am	ACTIVITY 3
11.40am – 12pm	ACTIVITY 4
12pm	BREAK
12.20pm	AFTERNOON ROLL CALL
12.20pm – 12.40pm	ACTIVITY 5
12.40pm – 1pm	ACTIVITY 6
1pm – 1.15pm	BREAK
1.15pm – 2.20pm	GAMES/MATCHES



# Day 1

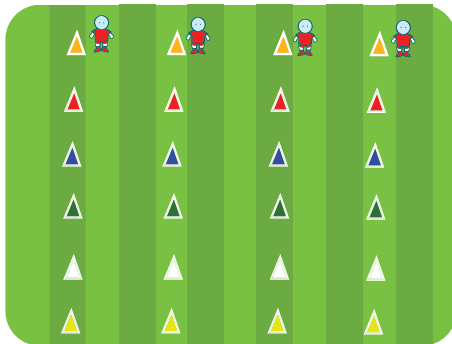
# AGE 6-7



**GAA**  
Learning

## BASELINE

1



Set out 6 lines of cones, 2 meters apart.

1 line Red, Blue, Green, Orange, White Yellow.

Start kids on first line, when coach calls a colour they must run to that line but only if the coach blows the whistle (like Simon says).

To confuse the kids call a colour and point in a different direction.

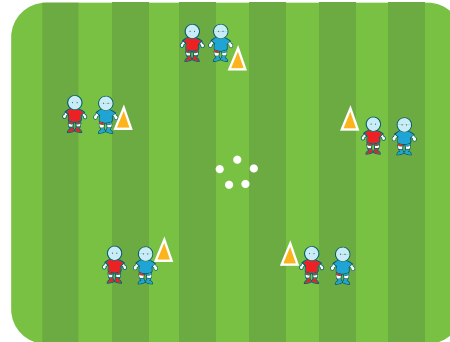
Couple of practice rounds then elimination.

Progression use fruits or counties instead of colours.

10.10AM – 10.25AM

## ROB THE NEST

2



Set up 5 groups of two in a pentagon shape

All groups are facing in to "the nest" in the middle which is made of cones/bibs

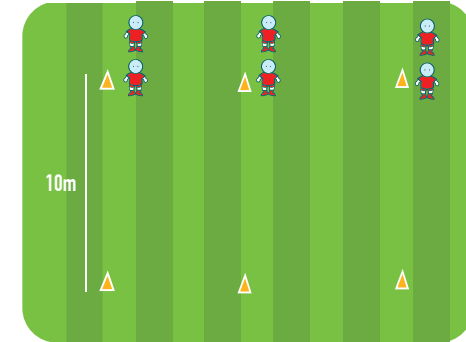
Kids have to bounce + catch ball in to the nest and rob 1 item and bring it back to their group

Idea of this is to see which pair can rob the nest from the rest

10.30AM – 11AM

## SKILL DEVELOPMENT- BOUNCE & CATCH

3



Start by putting the kids in pairs at cones facing a cone 10m out

Each pair has a ball

Start with a bounce of the ball after every 4 steps until they reach the cone and run back in

Use a two-handed bounce; then progress to a one-handed bounce

Finally dribble bounce the ball continuously while moving out to the cone. Start with two hands and progress to one handed.

11.20AM – 11.40AM



# Day 1

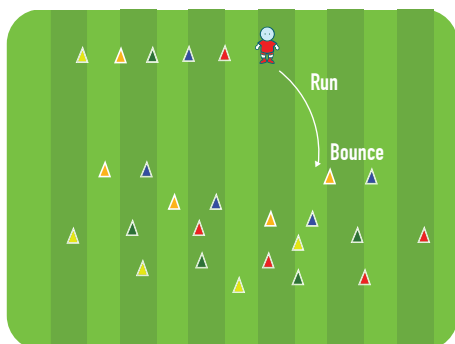
# AGE 6-7



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Learning

## COLOUR DASH

4



5 teams each have a different colour cone.

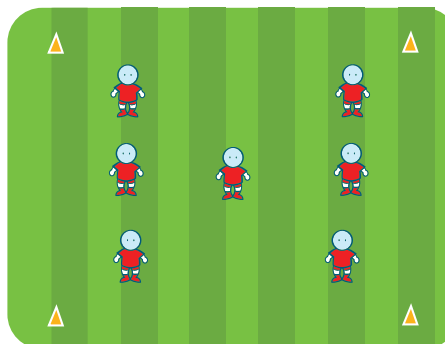
Rd(1) players take turns , run out Red team bounces ball at Red cone and back in. How many in 30 seconds.

Rd (2) Players take turns: player must bounce at 3 of their colour and back in.

11.40AM – 12PM

## WARM UP – CHAOS TAG

5



Key Coaching Points:

Keep the head up to watch out for other players  
Hands out ready to catch  
Feet moving all the time

Mark out a grid 15x5m

No equipment is needed only cones to mark the space

Every player is a catcher

If you are caught you sit down until the person that caught you is tagged and sitting down

Then you are free and can get back up

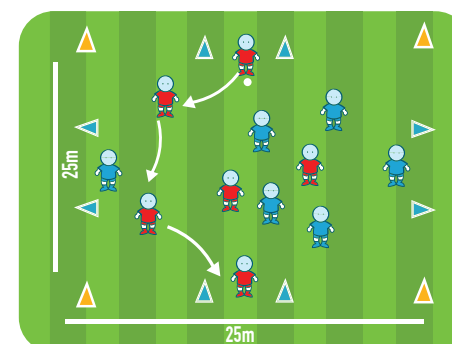
If 2 players catch each other at the same time you do – rock, paper, scissors

Whoever wins stays up, the other player sits down

12.20PM – 12.40PM

## 5,4,3,2,1

6



Spread cones out randomly in a circular shape, 1 cone per child.

Each child stands beside a cone and the coach calls out an exercise to be completed.

On the whistle the whole group runs clockwise around the outside of the cones. On the second whistle you must make it back to YOUR CONE.

Each round pick a different exercise and allow 5 seconds to get back the first time ,4, 3, 2, 1 etc.

No eliminations.....

Exercises

Explosive star jumps

Squats

Lunges

Heel flicks

High Knees

Use any Exercises you like and throw in a practice round and a beat the World Record Round.

12.40PM – 1PM



# Day 2

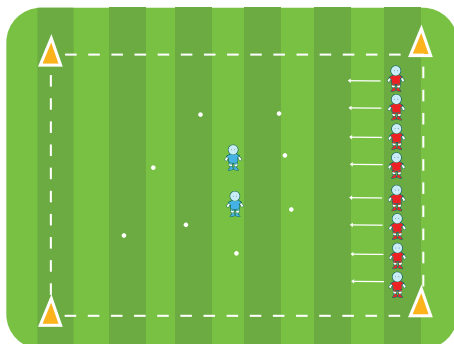
# AGE 6-7



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Learning

## CATS AND MICE

1



Set out a defined grid using cones. 2 safe areas at either end.

Every player gets a bib and hangs it out of the back of their shorts. (mouse)

Select 2 players to be catchers in the middle (cats)

On the whistle try to make it across from one side to the other whilst retaining your bib. No holding onto bibs and catcher can only pull the bib.

When you're caught you become a cat.

Keep going till only 1 or 2 left.

**Progression**

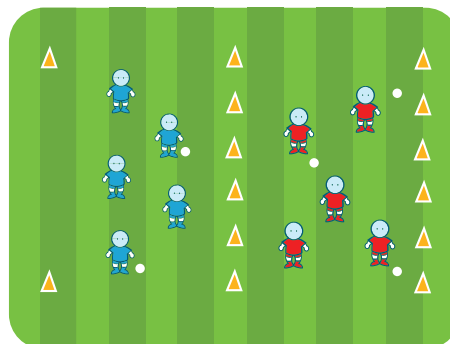
second round throw out a line of footballs, and this time you must make it across and pick up a ball along the way and retain your bib.

Round 3. ball each and the player must solo across to the other side and retain bib also.

**10.10AM – 10.25AM**

## DODGEBALL

2



Set up 2 small squares 10m x 10m.

Both teams have 2/3 balls each

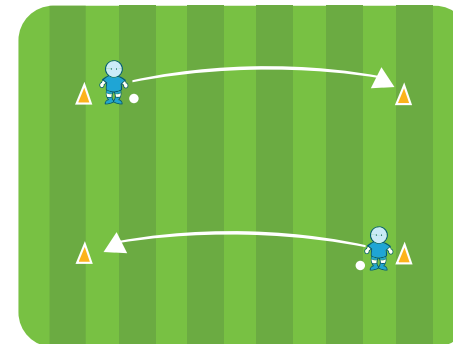
Idea is for the kids to throw and try and hit a player on the opposition team on the legs **ONLY**

Players can attempt to catch the ball also. If they get a catch without it bouncing they get the point/eliminate the opposing player.

**10.30AM – 11AM**

## SKILL DEVELOPMENT- THROW AND CATCH

3



Set up cones 10m apart and kids in pairs facing each other.

Start by getting the kids to throw to each other from a kneeling position.

Once you feel kids are comfortable with this get them to throw with only one knee on the ground.

Finally move them on to standing throwing and catching. Make sure all kids are underarm throwing.

Finish by putting a target in between the kids for example a small square with 4 cones where they have to throw the ball in to and their partner has to catch it.

**11.20AM – 11.40AM**





# Day 2

# AGE 6-7



**GAA**  
Learning

## CONE CATCHER

4



5 players on the outside at a cone. Their partner runs into middle and stands beside any cone.

Outside player throws ball into them, if they catch it they can pick up cone and bring it back to your pile.

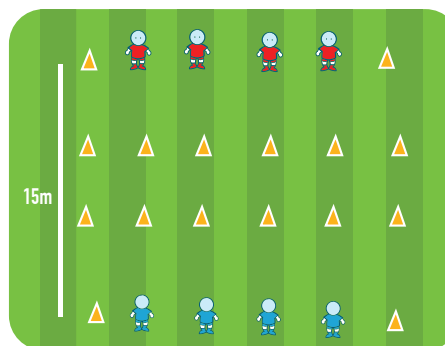
Switch thrower and catcher every time. Keep going until all cones are gone. Distance of throws will vary.

Progression you can only pick your teams colour.

11.40AM – 12PM

## HIGH CATCH – OVER THE RIVER

5



### Organisation

Mark out a grid or 'court' using cones

Divide the 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 fail to catch the ball using the body catch, or if the ball is dropped  
Award 1 point to the opposition is if the ball is thrown outside the court

### STEP Variation

Players at beginning – Reduce the number of players on each team to provide more touches on the ball

Head – keep eyes on the ball when catching

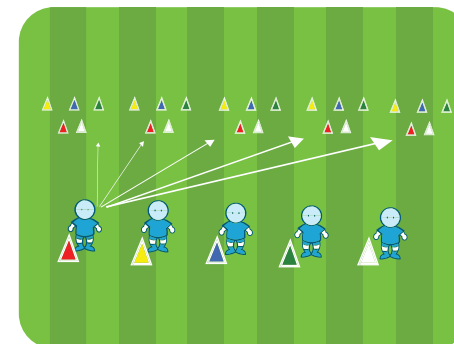
Hands – in the W shape tight grip with fingers bring the ball down into the chest

Feet – apart ready to move for the ball

12.20PM – 12.40PM

## RAINBOW RUN

6



5 players each assigned 1 colour cone.

5 groups of cones with 1 of each colour per group.

Players stand beside their cone and on the whistle must run out and collect their cones from the 5

Groups. You can only pick up 1 cone at a time and must return it to your pile.

Whoever picks up all their cones first is the winner.

Have a couple of practice rounds and then a final.

5 players on/ 5 players off they will need the rest in between.

12.40PM – 1PM



# Day 3

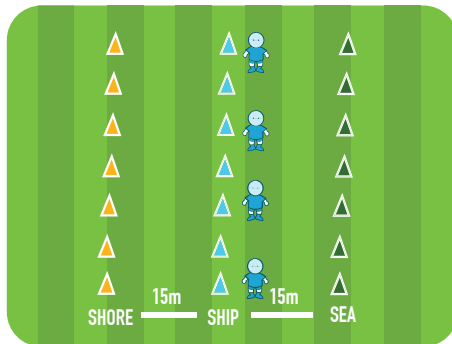
# AGE 6-7



**GAA**  
Learning

## SHIP, SEA, SHORE

1



Set up 3 lines of cones 15m inbetween each

Kids start on the ship in the middle

Coach can call shore or sea

Kids must run to whatever coach calls

Last 3 people must do a star jump

Or last 2 people knocked out to see who is last person left on ship

10.10AM – 10.25AM

## KING OF THE CASTLE

2



Set up a small circle allowing for plenty of space around the circle

The idea is for the 2 kids inside the circle to kick the ball as far away from the circle or "castle" as possible

Everyone outside must retrieve the balls and roll them back into circle. No kicking outside circle

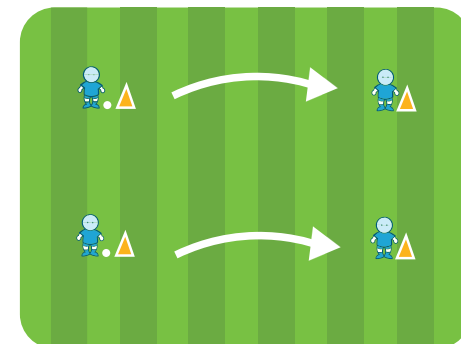
Each kid gets a turn in the castle

See what pair has the least amount of footballs in their allotted time.

10.30AM – 11AM

## KICKING IN PAIRS

3



Set up the grid to allow kids to kick pass in pairs. Roughly 15m apart

Start with kicking from the ground

Move on to one bounce + kick

Then kicking from the hands

Lastly put a target inbetween the pairs for example 3 cones stacked like a pyramid and have the kids attempt to knock it over

Always give the kids and inactive to kick to partner ie. if partner catches you get 2 points

11.20AM – 11.40AM



# Day 3

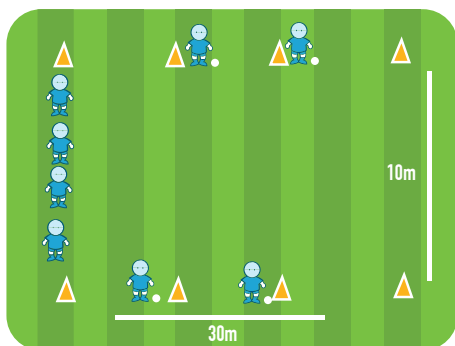
# AGE 6-7



GAA  
Learning

## COWBOYS & INDIANS

4



Aim of game is for "cowboys" standing on green to throw ball and try and hit "Indians" below the waist.

Indians have to run from one end to the other and get a break to allow cowboys retrieve their ball

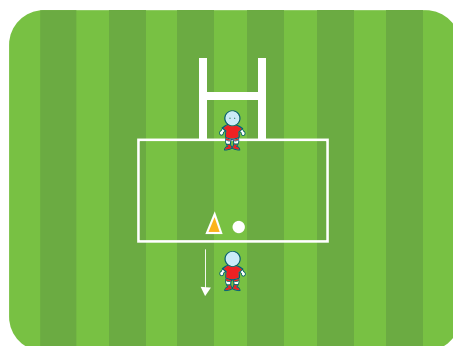
If the cowboy hits the indian with the ball they swap.

Alternatively after a few rounds it could result in indian being knocked out.

11.40AM – 12PM

## PENALTY KICKS

5



The player kicks the ball off the ground  
Starting by kicking from just outside the square and can move it back each round to make it harder  
Alternate the goalkeeper each round to give everyone the opportunity to go in goals

### Key Coaching Points

Head – keep your eye on the ball

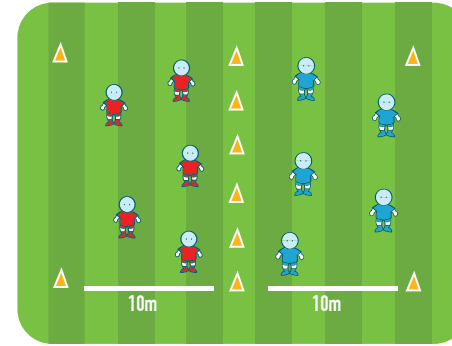
Hands – hands by your side for balance

Feet – give yourself some space and even a small run up to the ball

12.20PM – 12.40PM

## EMPTY THE YARD

6



Set up two 10m x 10m squares with a dividing line in the middle

Aim of the game is to get kids moving again after lunch

Both teams have to attempt to empty their squares by throwing the balls into the other teams square

Play for 2 minutes and re-set

Play 3/4 rounds

12.40PM – 1PM



**Day 4**

**AGE 6-7**



**GAA Learning**

**PARTY HATS**

1



Set up square 20m x 20m

Scatter cones around square (Make sure there is enough for everyone at start)

Kids run freely in square

Coach shouts "Party hats"

Kids must put 1 cone on their head

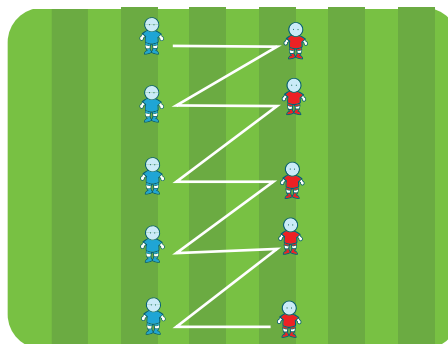
Remove a cone or two to add competition

Also take 1 cone out each round to see who is last person standing

**10.10AM – 10.25AM**

**CATERPILLAR**

2



2x lines of 5 players 2 metres apart.

Rd (1) ball starts at front of line, each player must pass the ball to the person behind them.

First player must run to the back of the line and when they receive the ball their Team wins. First round pass the ball waste high.

Rd (2) Overhead

Rd (3) Through the legs

Rd(4) Bounce then turn and pass

Rd (5) Roll the ball back and everyone must touch it

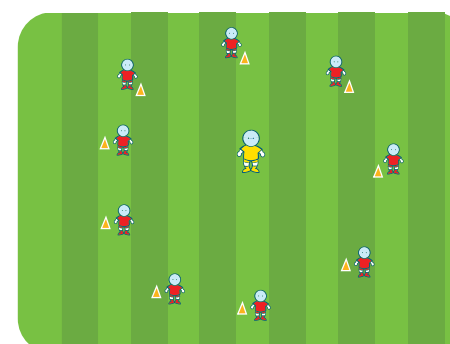
Rd(6) bring both teams as one and set time to beat, pass ball zig zag between the teams without dropping it.

Set as many different conditions as you want.

**10.30AM – 11AM**

**SKILL DEVELOPMENT:  
HANDPASS**

3



Set up a big circle with all kids on the cone

You as the coach starting handpassing to each child.

(If you have a helper get them to do the same so 2 balls are going)

Do this until you feel every child is comfortable hand passing

Once you've done this pair kids off whilst still standing at their cone: They now handpass in their pairs

Finish with fun game hand passing around the circle. If you drop the ball you sit down last person standing

**11.20AM – 11.40AM**



# Day 4

# AGE 6-7



## BINGO

4



One player at each numbered cone.

When number called, players runs to ball and passes it up the line.

First team to get their ball on cone at the other end scores the point.

11.40AM – 12PM

## STOP THE BUS

5



Place lots of different colour cones out on the grass.

All players stand around the outside.

On the whistle all must jog around through the cones being careful not to step on any.

Coach turns their back to the kids and shouts stop the bus.

Players must stand beside the cone they next to.

Coach then calls out a colour if you are beside it you get a point.

Progression use a player to call out Stop the Bus.

Use different exercises whilst moving through the cones like bunny hop, on one leg etc.

12.20PM – 12.40PM

## DOT TO DOT

6



2 players per row.

Player1 moves the ball onto the first cone, runs back then player 2 runs out and moves it onto the next cone. Ball must be moved all the way out and back in 1 cone at a time.

Rd(2) must bounce the ball between the cones then move on.

Rd(3) must throw up and catch between the cones then move on.

Rd (4) make figure of 8 through the legs between the cones then move on.

Rd (5) hold the ball out in front and move it round your back into other hand between the cones then move on.

Rd(6) throw up in the air and clap

Rd (7) no ball, run out pick furthest cone up and run back in. Repeat until all cones collected.

12.40PM – 1PM



**Day 5**

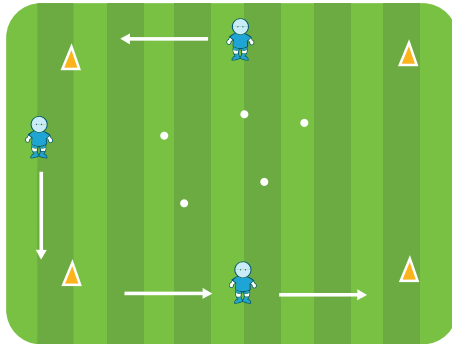
**AGE 6-7**



**GAA Learning**

**MUSICAL FOOTBALLS**

**1**



Set up square 20m x 20m square

Scatter footballs inside square

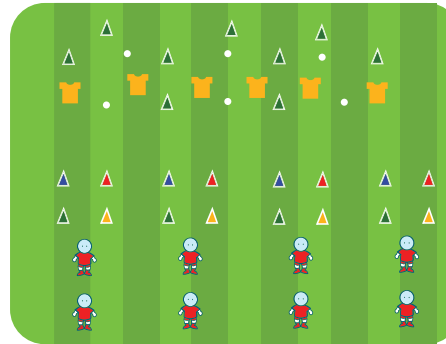
Kids jog around outside. (Coach can alter this depending on kids tiredness ie. walk, skip, etc.)

Coach blows whistle and kids must run in and sit on a ball.

**10.10AM – 10.25AM**

**REACTION RUN**

**2**



Coach sets out 3 groups of 4 cones the same colours in each.

Blue, Green, Red and orange.

Further out then spread out cones, footballs and bibs.

Line up players behind each group of cones.

Coach then calls out sequence of colours eg. Red, blue, green orange.

Player must touch each cone in sequence then sprint out and pick up 1 item.

Take turns until all items are collected.

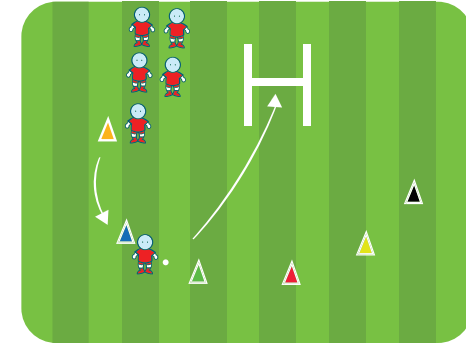
Progression put different values on items eg football = 5 points.

Introduce conditions- bibs must be worn back in, football must be bounced and cone must be carried on your head.

**10.30AM – 11AM**

**KICKING KING**

**3**



Start by setting up a semi circle around a goals. (If there is no goals use poles/cones)

Kids line up one side of the goals with a ball each

Kids try one by one to score from each of the 5 colour cones. You can only move to the next cone if you score.

Do it from the left side of the goals until someone completes all 5 then go from the right side.

After this have a penalty shoot-out making

**11.20AM – 11.40AM**



**Day 5**

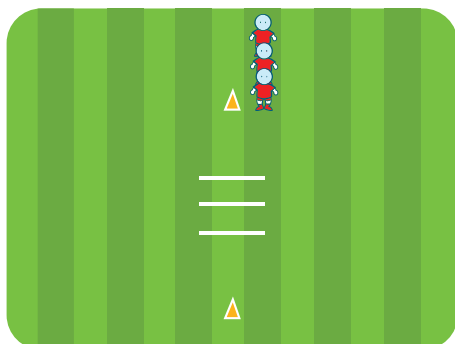
**AGE 6-7**



**GAA Learning**

### STICKS

4



Kids line up one end with 3 sticks laid horizontally in front of the cones.

Idea is for each child to only put one foot inbetween each stick and jog to far end

Each round the gap between the sticks gets slightly bigger

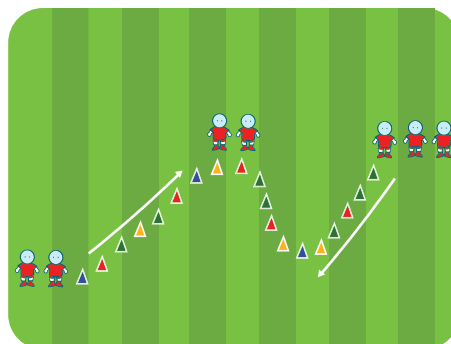
If a kid touches a stick they are out

Keep going till one person wins

**11.40AM – 12PM**

### ROCK PAPER SCISSORS SNAKE.

5



Lay out lots of cones in a snake shape.

2 teams 1 @either end

On the whistle first player from both teams bunny hops in along the snake until they meet in the middle.

When yo meet Rock Paper Scissors. Winner keeps going loser jumps out of way and runs to back of the line.

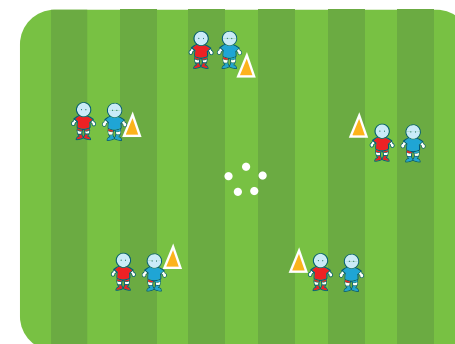
Encourage next player in the group to bunny hop out the second their team mate jumps out of the way.

If a player makes it all the way to opposite side they win a point for their team.

**12.20PM – 12.40PM**

### ROB THE NEST

6



Set up 5 groups of two in a pantagon shape

All groups we facing in to "the nest" in the middle which is made of cones/bibs

Kids have to bounce + catch ball in to the nest and rob 1 item and bring it back to their group

Idea of this is to see which pair can rob the nest from the rest

**12.40PM – 1PM**



# CAMP ACTIVITIES FOR COACHES



## AGE 8-10



# CÚL CAMP DAILY TIMETABLE

TIME	ACTIVITY NAME
10am – 10.10am	MORNING ROLL CALL
10.10am – 10.25am	ACTIVITY 1
10.30am – 11am	ACTIVITY 2
11am – 11.20am	BREAK
11.20am – 11.40am	ACTIVITY 3
11.40am – 12pm	ACTIVITY 4
12pm	BREAK
12.20pm	AFTERNOON ROLL CALL
12.20pm – 12.40pm	ACTIVITY 5
12.40pm – 1pm	ACTIVITY 6
1pm – 1.15pm	BREAK
1.15pm – 2.20pm	GAMES/MATCHES



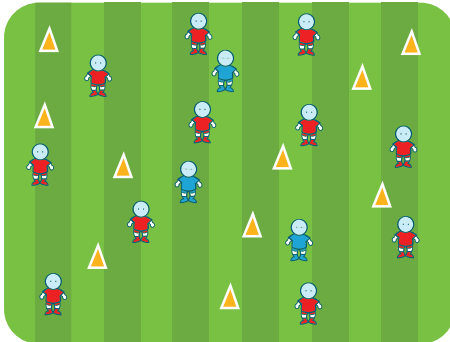
# Day 1

# AGE 8-10



## SHARK ATTACK FUN WARM UP

1

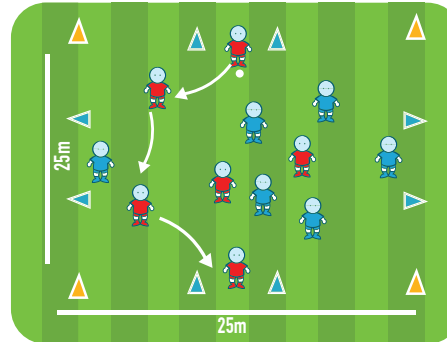


- Mark out a playing area that players must stay inside
- 2 catchers to start with that will be known as the sharks
- A number of cones to be placed inside the square
- Players cannot touch cones until the coach shouts 'shark attack'
- When this is called they must get to a cone before getting caught
- If they don't get a cone or are caught they then become catchers (sharks)
- Coach will remove cones during each round until there is none left
- Players need to be on their toes
- Heads up to look for a cone and watch out for sharks

10.10AM – 10.25AM

## CAPTAIN BALL HAND PASSING

2

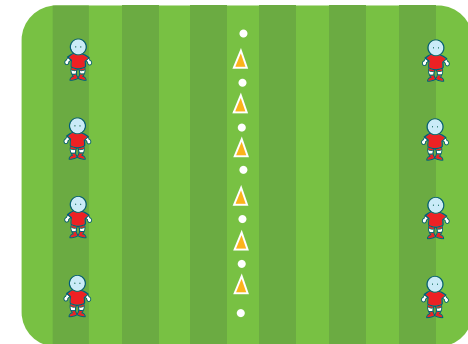


- Mark out a playing area approximately 25m by 25m, with a goal in the centre of each line
- Divide the players into even teams; two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by hand passing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score, the goalkeeper must pass the ball to the opposition to restart the game
- Space - Increase the area to challenge the players fitness
- Task - Allow players to solo the ball to maintain possession
- Equipment/Players - Use only two goals, and two goalkeepers

10.30AM – 11AM

## DODGEBALL CATCHING

3



- Mark out a playing area with a line of cones splitting down the middle of the grid
- Players to be split into two teams
- A row of footballs in the middle
- On coaches call players run out to get the footballs and throw at opposite team
- If you get hit from chest down you are out
- If a player catches the ball the player that threw it is out and one of their own team mates comes back in
- You need to keep your head up as the footballs can come from all directions
- You need to be on your toes to move out of the way of the ball
- Hands need to be ready to catch so out in front with hands open

11.20AM – 11.40AM



# Day 1

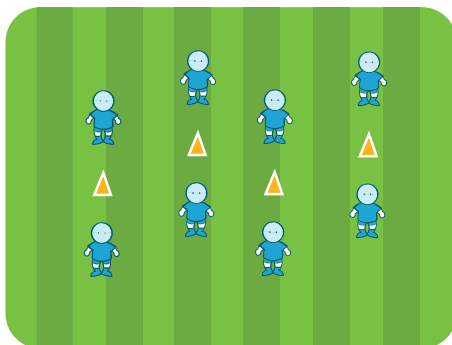
# AGE 8-10



**GAA**  
Learning

## CATCH THE CONE.

4



### Key Teaching Points:

**Head** – Keep head up, looking straight ahead.

**Hands** – Elbows by your side with your hands out in front.

**Feet** – Player is on their toes at all times.

In pairs, players face each other with a cone on the ground between them.

Players begin jogging on the spot.

Coach calls a variety of movements and the players perform them.

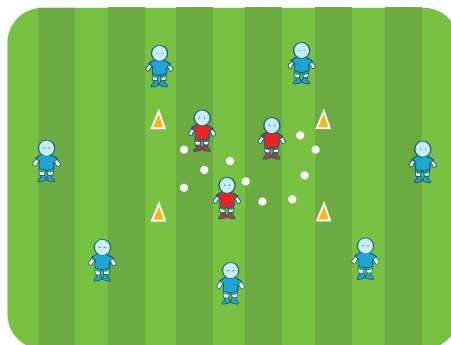
When the coach shouts 'Cone', the players must attempt to grab the cone before their partner.

Sample coach calls (High knees, flick heels, hop on one foot, sit down, lie on your belly, lie on your back, jump in the air, spin around, star jump).

11.40AM – 12PM

## CLEAN THE HOUSE.

5



### Key Teaching Points:

**Head** – Head down, eyes focused on the ball.

**Hands** – Player holds the ball in the same hand as the foot they are kicking with (right hand, right foot).

**Feet** – Point toes straight at the target, follow through with your leg.

Mark out a grid 15m x 5m.

Players are divided into two unequal teams (6 v 4, 5 v 3).

The team with less players starts inside the grid with all the footballs.

Their aim is to pick up a ball and punt kick it out of the grid.

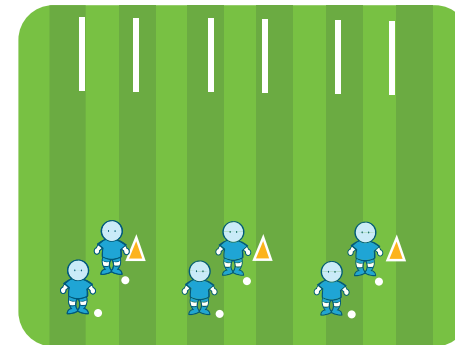
The larger team on the outside must retrieve the balls (one at a time) and run back and place them back inside the grid.

After a set period of time switch the players in the grid.

12.20PM – 12.40PM

## HIT THE NET

6



### Key Teaching Points:

**Head** – Head down, eyes focused on the ball.

**Hands** – Player holds the ball in the same hand as the foot they are kicking with (right hand, right foot).

**Feet** – Point toes straight at the target, follow through with your leg.

Players are divided into teams (max of three per team).

The aim is for each team to build as many points as possible in a set time period.

A point is scored by kicking your ball through two poles or into a goals without it touching the ground.

Each player must retrieve their own football.

Goals can be placed at a variety of distances with each one worth more points.

12.40PM – 1PM



# Day 2

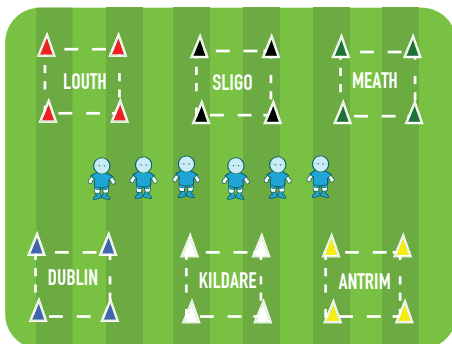
# AGE 8-10



**GAA**  
Learning

## FIND THE COUNTY.

1



### Key Teaching Points:

Head – Head on a swivel, scanning the area.

Hands – Elbows by your side with your hands out in front.

Feet – Light on your toes, ready to explode in any direction.

Players start in a straight line facing the same direction.

The players are surrounded by a number of coloured zones.

Each zone is 5m x 5m and represents a different county.

If zone is made of red cones name it Louth, if made of blue cones name it Dublin etc.

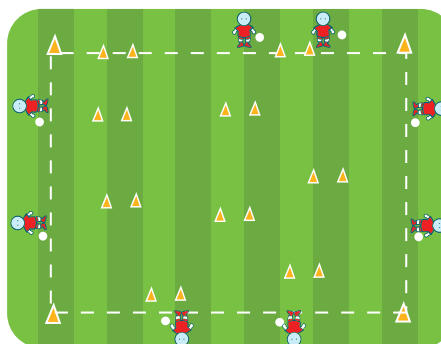
When coach calls a county, players must react and get to that grid as fast as possible.

To progress you could call use a county players names rather than the county, a number, or a combination of all three.

10.10AM – 10.25AM

## SOLO A GOAL.

2



### Key Teaching Points:

Head – Head down, eyes focused on the ball.

Hands – Hold the ball in the same hand as the foot you are soloing with (right hand, right foot). Drop ball to foot.

Feet – Toes pointed up to the sky. Gently kick the ball to yourself.

In a tight environment players must identify space and learn to exploit it. A large square is set up (25m x 25m) with a variety of small goals randomly placed around the inside (see diagram). Players start on the outside of the square with a ball each. On the whistle players must try solo the ball through as many of the goals as possible to gain points.

Each of the goals should be made using as many different coloured cones as possible. Players must go for a different coloured goal each time. After 30 seconds players count up their scores. Repeat the exercise with the opposite foot.

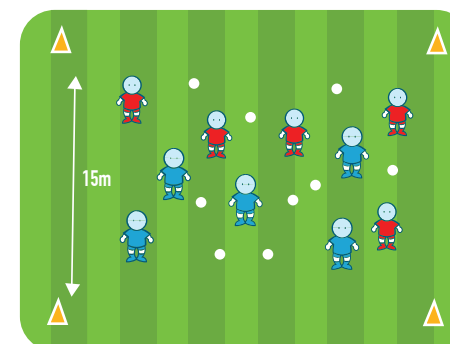
### Progression:

Coaches can move around the square and block off certain goals. This will force players to look up and also encourage change of direction. Players can knock someones ball away while they solo. If successful that person must step out and perform 5 solos before rejoining. If tackle is unsuccessful the tackler must step out and do the same.

10.30AM – 11AM

## COPS AND ROBBERS.

3



### Key Teaching Points:

Head – Head down over the ball, eyes on the ball.

Hands – Hands in front of the ball. Fingers spread and thumbs touching.

Feet – Non kicking foot placed beside the football. Gently kick the ball into your hands with opposite foot.

Players are divided into two even teams.

Both teams start outside of a 15m x 15m grid that has all the footballs randomly placed inside it.

One team is the 'Robbers' and they get a point each time they successfully perform a crouch lift and carry the ball for four steps to get a point.

The second team are the 'Cops', they must distract and shadow the robbers (they are not aloud touch or tackle).

If a 'Robber' fails to pick a ball up on their first attempt they must leave that ball and go find another one before.

Switch roles after 30 seconds.

11.20AM – 11.40AM



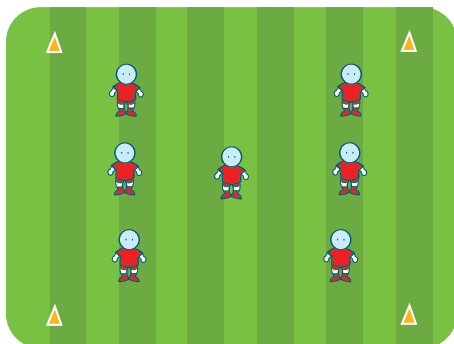
# Day 2

# AGE 8-10



## WARM UP – CHAOS TAG

4



### Key CoachingPoints:

Keep the head up to watch out for other players  
Hands out ready to catch  
Feet moving all the time

Mark out a grid 15x5m

No equipment is needed only cones to mark the space

Every player is a catcher

If you are caught you sit down until the person that caught you is tagged and sitting down

Then you are free and can get back up

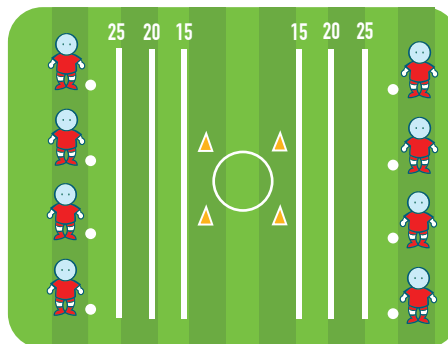
If 2 players catch each other at the same time you do – rock, paper, scissors

Whoever wins stays up, the other player sits down

11.40AM – 12PM

## BULLS EYE – HOOK KICK

5



### 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 15 metre 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

### STEP Variation

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

Head – Head down, eyes on the ball.

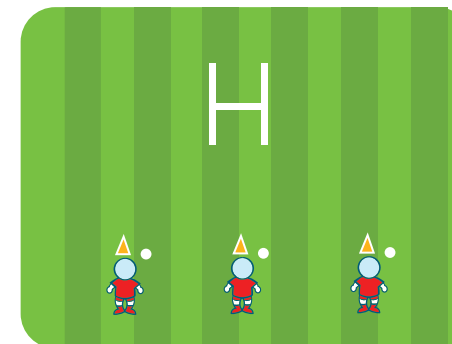
Hands – hold the ball in the same hand as the foot they kick with.

Feet – for this skill players are kicking with the inside of their foot

12.20PM – 12.40PM

## SKILL CHALLENGE- POINTS CHALLENGE

6



### Key Coaching Points:

Head – Head down, eyes on the ball.

Hands – hold the ball in the same hand as the foot they kick with.

Feet – Point toes at the target, follow through with your leg.

Set up cones starting about 10m out from goals

3 kicking spots

Move distance further after each round

Players need to kick the ball from their hands and try hit the crossbar

12.40PM – 1PM



## Day 3

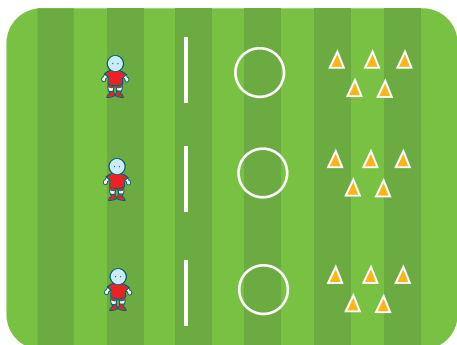
## AGE 8-10



GAA  
Learning

### WARM UP – OBSTACLE COURSE

1



#### Organisation

Place different obstacles, for example a tunnel, cones and jumps around the playing area

The players negotiate the course as quickly as possible

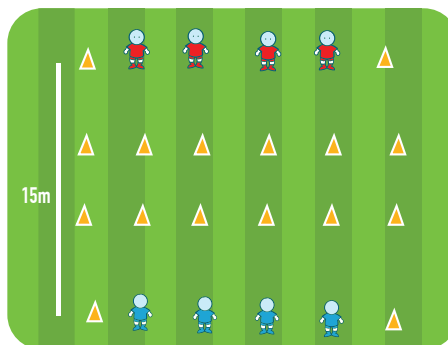
#### Key Coaching Points

Ensure the players have enough room to move around safely

10.10AM – 10.25AM

### HIGH CATCH – OVER THE RIVER

2



#### Organisation

Mark out a grid or 'court' using cones

Divide the 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 fail to catch the ball using the body catch, or if the ball is dropped

Award 1 point to the opposition if the ball is thrown outside the court

#### STEP Variation

Players at beginning – Reduce the number of players on each team to provide more touches on the ball

Head – keep eyes on the ball when catching

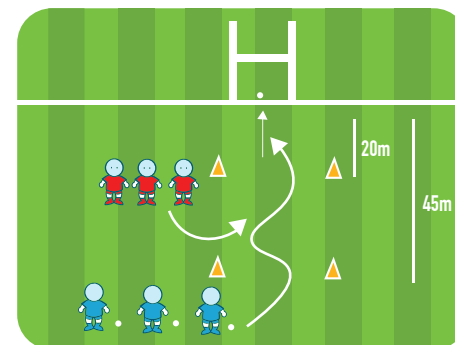
Hands – in the W shape tight grip with fingers bring the ball down into the chest

Feet – apart ready to move for the ball

10.30AM – 11AM

### TACKLING – LAST MAN STANDING

3



Mark a channel from approximately 45 to 20m out from goal and approximately 10m wide

Divide the players into defenders and attackers

The attackers line up at the beginning of the channel each with a ball

The defenders line up to the side of the channel

In turn each attacker and defender enter the channel

The attacker attempts to get past the defender to take a shot at goal from the end of the channel

The defenders may only use the near hand tackle to dispossess the attacker

#### STEP Variation

Players at beginning – Increase the number of defenders on each go to reduce the difficulty of the drill

Head – all players need to play with their head up

Hands – defenders must ensure to tackle with hand closest to the attacker. Attacker must keep a tight grip to the ball inside the tackle

Feet – defenders must stand strong and attackers need to keep feet moving

11.20AM – 11.40AM



# Day 3

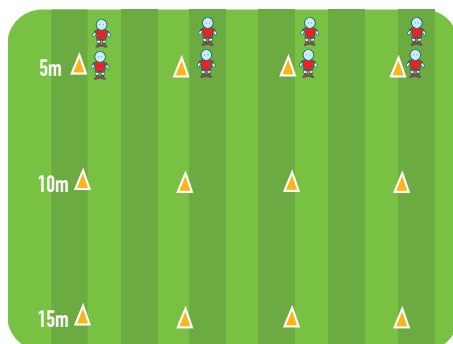
# AGE 8-10



**GAA**  
Learning

## SPRINTERS CHALLENGE

4



### Key Teaching Points:

**Head** — Looking straight ahead.

**Hands** — Keep elbows tucked, drive arms straight (not across body).

**Feet** — Drive knee forward.

### Activity Description:

Players begin behind allocated cones (2 pair cone).

In front of each group there will be three coloured cones (eg. red at 5m, blue at 10m and yellow at 15m).

The coach will call a colour at which point the player at the front of each group must sprint around that cone and back to the start (focus on technique).

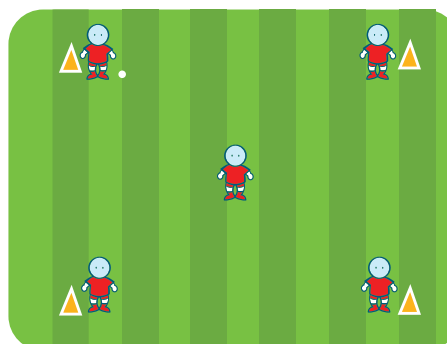
To advance the drill the coach can call multiple colours, at this point the players must get to the first colour and back to the start and then the second colour and back to the start.

Finally, to further advance the activity the players must touch the coloured cone in a different groups line each time.

11.40AM – 12PM

## KEEP AWAY

5



### Key Teaching Points:

**Head** — Eyes looking at the ball and then the target.

**Hands** — Strike the ball with the palm of your hand. The tips of your fingers should finish pointing at the target area.

**Feet** — Place the opposite foot to the hand you are striking with out in front.

### Activity Description:

Players divide into two groups (either of 4 or 5).

Players stand at a cone each and one player in the middle.

The outer players must keep the ball away from the person in the middle.

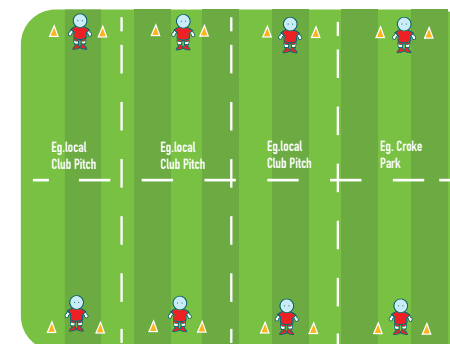
After a set period of time rotate the person in the middle.

To advance the drill further you can allow the players on the cone to move between two designated cones.

12.20PM – 12.40PM

## SKILL CHALLENGE- ROAD TO CROKER

6



### Key Teaching Points:

**Head** — Head down over the ball, eyes on the ball.

**Hands** — Same hand, same foot.

**Feet** — Follow through, point toes.

### Activity Description:

Players face off against a partner in a small sized pitch.

Players must take turns taking shots on one another so players act as both a shooter and a keeper.

One team is the 'Robbers' and they get a point each time they successfully perform a crouch lift and carry the ball for four steps to get a point.

Players must kick out of their hands and keep their shots low.

Players cannot enter the opponents half.

After a minute the winner moves on to the next match.

If a draw, coach gets players to complete rock, paper, scissors.

12.40PM – 1PM





# Day 4

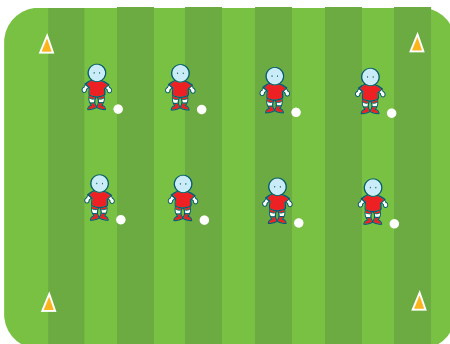
# AGE 8-10



**GAA**  
Learning

## SIMON SAYS

1



### Key Teaching Points:

Head – Scanning the area.

Hands – Hands out for balance.

Feet – Fast feet.

### Activity Description:

Players spread out in a 15m x 15m area (preferably with a ball each).

Players jog around taking a play of their ball every 4 steps.

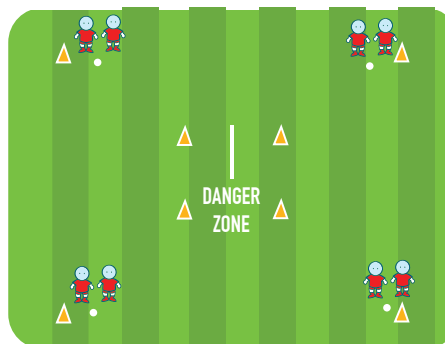
Coach can call any action they want (either involving or not involving the ball, be as creative as possible).

If you perform the wrong activity or go when you are not supposed to you must drop the ball and sprint around the outside of the grid before you can join back in.

10.10AM – 10.25AM

## DANGER ZONE

2



### Key Teaching Points:

Head – Eyes on ball. Scan the area.

Hands – Same hand, same foot.

Feet – Point toes up.

### Activity Description:

Players are divided into teams of two.

Each team has a football.

Players must solo their ball around the pole at the centre of the danger zone and back to their starting point.

While in the 'danger zone' you can try knock someone else's ball away.

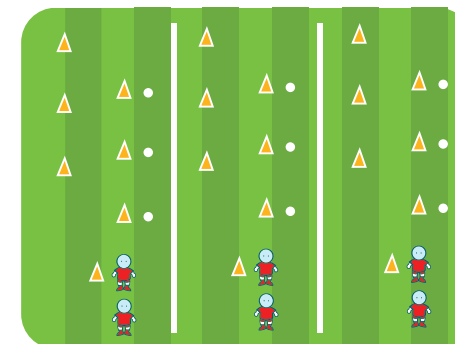
Each team starts with 3 lives and each time you drop a ball you lose a life.

Use both left and right foot.

10.30AM – 11AM

## RACE AGAINST TIME

3



### Key Teaching Points:

Head – Head down over the ball, eyes on the ball.

Hands – Hands in front of the ball. Fingers spread and thumbs touching.

Feet – Non kicking foot placed beside the football. Gently kick the ball into your hands with opposite foot.

### Activity Description:

Players divide up equally behind the starting cones.

6 cones are placed in front of each group with balls at cone 1, 3 and 5.

On the whistle the first player must sprint out and perform a pick up at 1 and place it at 2, perform a pick up at 3 and place it at 4 etc.

When they sprint back to the start and tag their partner the next person must start by performing a pick up at 6 and moving it to 5 etc.

Perform these races with right and left foot.

Start with cones in straight lines and develop the activity by having players change direction.

11.20AM – 11.40AM





# Day 4

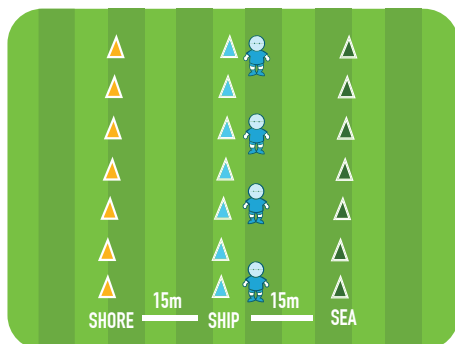
# AGE 8-10



GAA  
Learning

## SHIP, SEA, SHORE

4



Set up 3 lines of cones 15m inbetween each

Kids start on the ship in the middle

Coach can call shore or sea

Kids must run to whatever coach calls

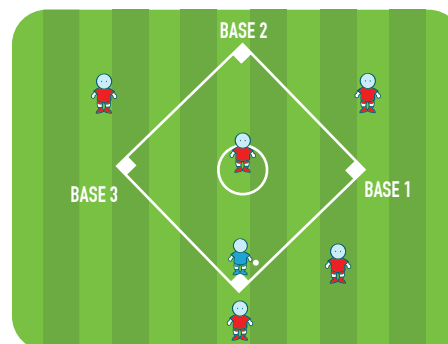
Last 3 people must do a star jump

Or last 2 people knocked out to see who is last person left on ship

11.40AM – 12PM

## SKILL – KICKING AND CATCHING – ROUNDEERS

5



### Organisation

Form groups of five or six

The fielding team are placed as in the diagram

The kicker must hit the ball and reach a base before the opposite team tag the base or the kicker

Once 3 players off the kicking team are out the teams change over

A home run brings a player that is out back into the game

### Rules

The kicker must hit the ball to run

Unless the bowler has given 3 bad passes then they get an automatic walk on

Home run is worth 3 points if kicker stops and waits for next run and gets home they get 1 point

If you are on the kicking team you are not allowed pass out another runner from your team

If you pass out a player then they are out

Head – watching the ball when kicking and watching the players when fielding

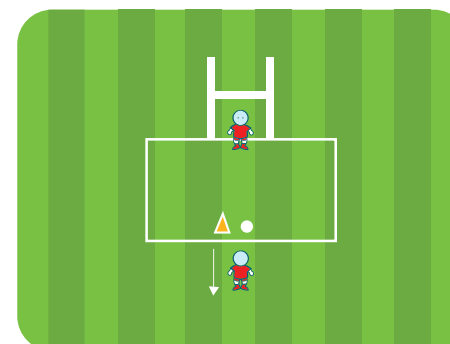
Hands – the fielders having hands ready to catch and pass to team mates or tag a base

Feet – the kicker standing sideways to receive the ball

12.20PM – 12.40PM

## SKILL CHALLENGE – PENALTY KICKS

6



The player kicks the ball off the ground

Starting by kicking from just outside the square

and can move it back each round to make it harder

Alternate the goalkeeper each round to give everyone the opportunity to go in goals

### Key Coaching Points

Head – keep your eye on the ball

Hands – hands by your side for balance

Feet – give yourself some space and even a small run up to the ball

12.40PM – 1PM



# Day 5

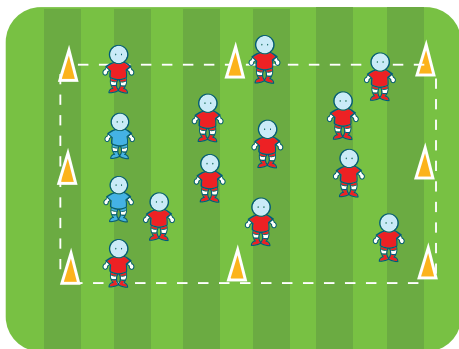
# AGE 8-10



GAA  
Learning

## WARM UP – SOLO TAG

1



Runners (RED) maintain the ball while evading taggers (BLUE) for a set period of time.  
All players must play ball every 4 steps.  
If tagged, you are out.

**\*\* A tag is when the chaser presses the ball against a runner.**  
When a player is tagged, he freezes and completes 5 solos before returning to the game.

### Participant Feedback

How will you know where the other players are in the grid?  
Head up, scan to see the taggers

What should you do to protect your ball?  
Carry ball in 2 hands between plays  
Take 4 steps between plays

When performing the toe tap with the right foot, what hand should you drop the ball with?  
Right hand

10.10AM – 10.25AM

## SNATCH THE BACON

2

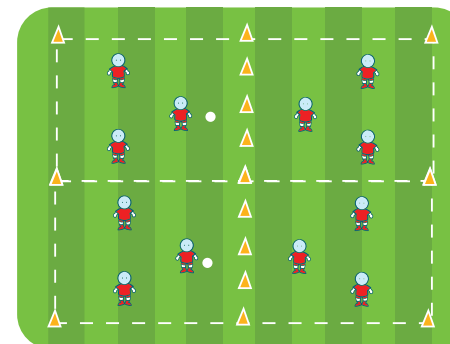


- Split the group in to two teams. Line up facing each other about 5m apart. Each player is given a number.
  - Place one football in the middle between the two groups.
  - The coach calls out a number, e.g. "1", the number 1's from both teams have to run out and try to pick up the ball and bring it back to their team.
  - Players try to pick the ball and run back to their team to score.
  - The coach can call out 2 numbers. Now it becomes a 2 v 2.
  - Encourage the players to tag the other player if they don't get the ball first.
- If they catch them before they get back to their team the other team win the point.
- You could add in two goals. Now the greens score one side and the oranges score into the other goal. And instead of tagging they have to tackle the person with the ball

10.30AM – 11AM

## JAIL BALL

3



This is a fun game that rewards players for performing a high catch. (Set up as many grids as possible to avoid large teams).  
A grid is set up 20 x 10m with a line of cones across the middle.  
Players are divided into two teams (max 3 or 4).  
The team who starts with the ball must kick it high into the air with the aim of trying to land it in the opposition zone.  
If it lands on the ground in the opposition zone whoever is closest to it must go to jail and perform 10 high catches with the coach before they can join their team again.  
If the ball is caught with a high catch that team gets a point.  
If the ball lands outside the zone the kicker must go to jail.

### Variation:

If players are struggling to keep kicks inside the zone you can allow them to throw the ball into the air.

### Progression :

A second ball can be added to make players have to think and work more.  
The area can be made larger so players have to cover more space in order to perform the catch.

11.20AM – 11.40AM



# Day 5

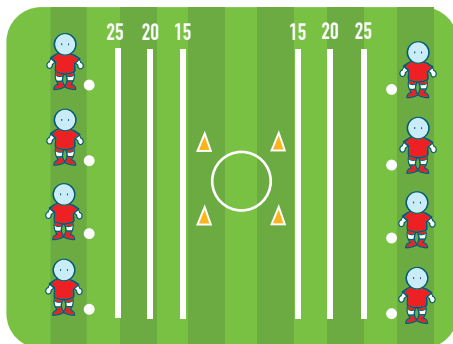
# AGE 8-10



**GAA**  
Learning

## BULLS EYE

4



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 15 metre line, the players attempt to land the ball in the square or circle

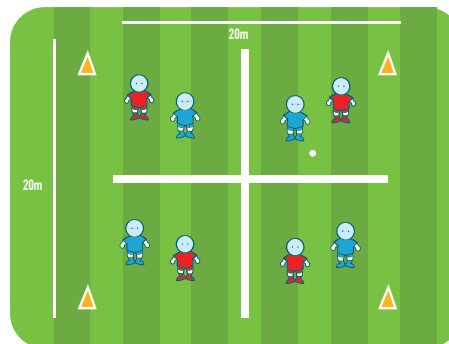
Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle.

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

11.40AM – 12PM

## BLOCK BALL

5



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 kicking the ball from section to section

The opposing team attempt to block the kick attempts

If the kick is successful, that team must be allowed to retain possession

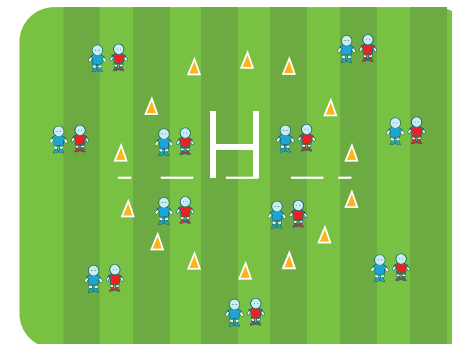
Continue the game for a set period of time

Task – Initially allow the ball to be passed either clockwise or anti-clockwise; as the players progress, allow the ball to be played in any direction

12.20PM – 12.40PM

## AROUND THE GOAL

6



Players are divided into two even teams.

Players pair off with someone on the opposite team.

A circle of cones is placed around the goals.

Half the players must stay at the front of the goals and half at the back.

You score by kicking the ball over the bar from outside the circle of cones.

Players cannot cross to the opposite side of the goals, you can however pass the ball over to your teammates.

12.40PM – 1PM



# CAMP ACTIVITIES FOR COACHES



## AGE 11-13

# CÚL CAMP DAILY TIMETABLE

TIME	ACTIVITY NAME
10am – 10.10am	MORNING ROLL CALL
10.10am – 10.25am	ACTIVITY 1
10.30am – 11am	ACTIVITY 2
11am – 11.20am	BREAK
11.20am – 11.40am	ACTIVITY 3
11.40am – 12pm	ACTIVITY 4
12pm	BREAK
12.20pm	AFTERNOON ROLL CALL
12.20pm – 12.40pm	ACTIVITY 5
12.40pm – 1pm	ACTIVITY 6
1pm – 1.15pm	BREAK
1.15pm – 2.20pm	GAMES/MATCHES



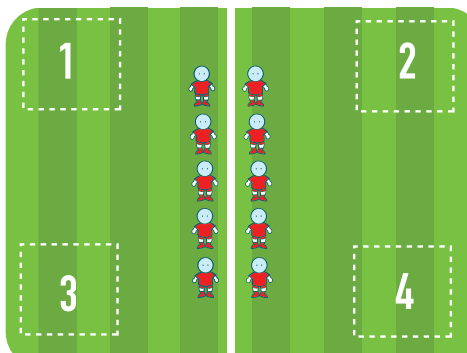
# Day 1

# AGE 11-13



**GAA**  
Learning

## WARM UP



This activity works on players reactions and also their listening ability.

Players face their partner with one standing either side of the halfway line.

Whatever body part/action the coach calls the players must touch/do.

After a couple of seconds coach calls a number and players must all run to that corner (compete against your partner).

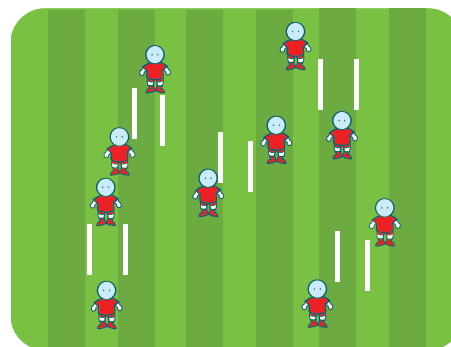
**Progression:**

To make it more challenging you can change the name of each corner (use numbers, colours, counties).

**10.10AM – 10.25AM**

1

## FIND A GOAL



In Pairs try to hook kick the ball through a goal to your partner standing 10-15m the far side of the poles

You get a score for every completed hook pass through the goal to your partner.

Pairs must score in a different goal every time.

Play for 2 mins

**Progress**

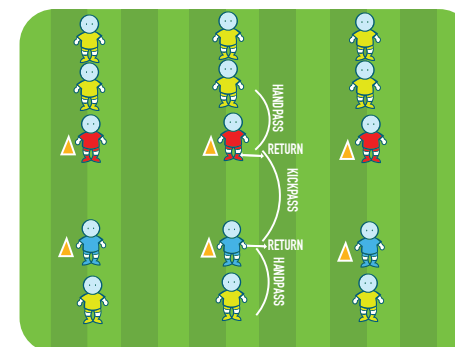
2 points for a clean catch, 1 point for a 1 hop catch, 3 points for weaker foot

Move further or closer away from your partner  
Use weaker Foot

**10.30AM – 11AM**

2

## PRACTICE THE SKILL



Groups of 5.

Ball starts at the end with 2 players. Red and Blue players stay on their cones. Yellow players are moving.

First yellow player plays hand pass to red.

Red returns to same yellow player who kicks to blue and continues his run to receive back off blue.

He finishes by hand passing to next yellow player who does the same coming back down.

Rotate the red and blue players.

**11.20AM – 11.40AM**



# Day 1

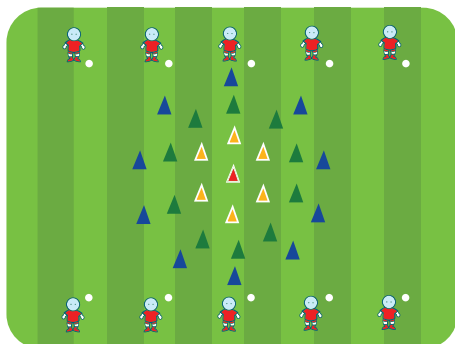
# AGE 11-13



**GAA**  
Learning

## SKILL DEVELOPMENT- BULLSEYE

4



### Progression 1

Individual scoring  
-Kick to score  
Ball Bounces First

Red = 10 Orange = 5 Green = 3 Blue = 1

### Progression 2

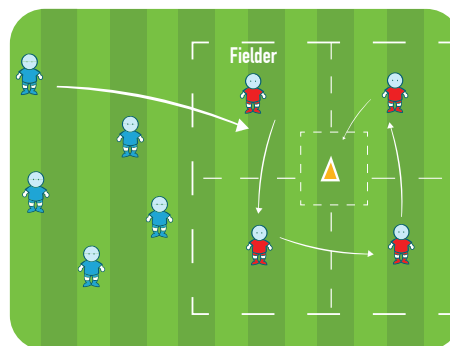
Team scoring

Team 1 vs Team 2

11.40AM – 12PM

## FOOTBALL ROUNDERS

5



2 teams a kicking team and a fielding team  
Kicking team is broke in 1 Kicker and 4 base activity players  
Fielding team is split into 4 catchers who must stay in their grid and 1 finisher.  
Kicker kicks the ball into the Fielding area and runs as fast as they can around each base to get a home run.  
All other base activity players do an activity on the base while their teammate is trying to get a home run. EG balance on 1 leg.  
Fielding team catch the ball and must pass the ball to all catchers and then pass to the finisher in the middle. The finisher must knock the cone in the middle before the kicker makes a home run.  
Kicking team then rotate with each other so now there is a new kicker and new activity players.  
Swap teams after everyone has had 2 opportunities

### Key Points

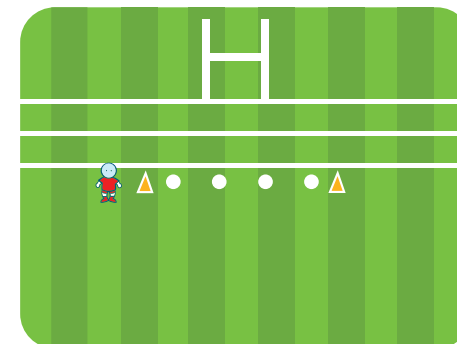
Scores for a home run or a player being knocked out.  
Kicker can get multiple runs  
Extra scores for activity players doing the activity  
Progress to 2 footballs being kicked  
Catching team must use hand pass/solo/kick pass  
Kicker and Catching team to use weakside

Base Activity Ideas – Jumping Jacks – Balance on 1 leg – Four point plank – Tuck Jumps

12.20PM – 12.40PM

## SKILL CHALLENGE - POINT SCORING

6



### Shooting for Points

4 kicks

Player moves across 21m line taking 4 shots

2 attempts

1 x Right

1 x Left

12.40PM – 1PM



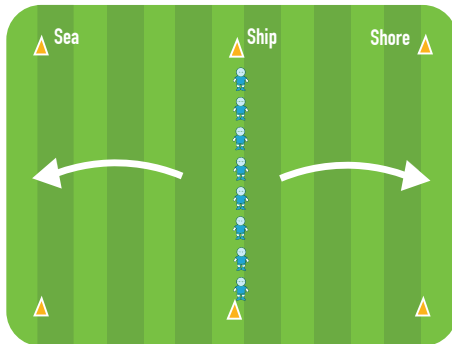
## Day 2

## AGE 11-13



### SHIP SEA SHORE WITH THE BALL

1



Players line up on ship as in diagram with a football each

When coach calls Ship, Sea or Shore the players travel with their football as fast as they can to that area

Coach tries to trick players by point out one way and calling another.

Quickest player gets a point and it is the first to 5 points

#### Progressions

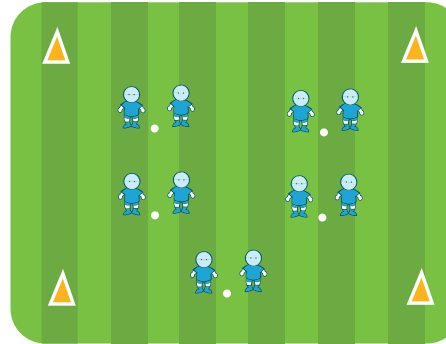
Vary the way players travel with the ball solo, hop, throw catch, ball between legs

Let players use 2 footballs for bouncing and soloing options

10.10AM – 10.25AM

### 2 BALL COORDINATION WORK

2



Players are in pairs with a ball each

They pass the ball to each other using different variation

1 player passes high the other passes low

Player does figure 8 with ball before they pass

Player have to circle ball around the ankles, knee and neck then pass the ball

Alternate bounce pass and chest pass

Players hand pass ball to each other at same time but alternating hands every time.

#### Key Points

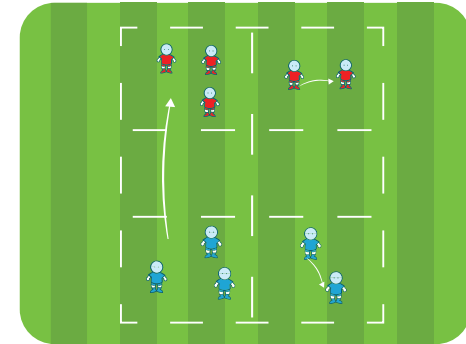
Use different ball types tennis balls, size 3 ect.

All passes and catches and throws done with one hand.

10.30AM – 11AM

### SKILL DEVELOPMENT CATCHING

3



All activities done in grid formation as in diagram

Players throw the ball to themselves to high catch the ball and then progress to throw the ball to a teammate on their side to catch the ball.

#### Progression

Apply token pressure

Take catch on the run and 4 steps

First to 10 High Catches wins

#### Possession Catching Game

Players must throw the ball to teammates in their grid to high catch the ball but now there is a blocker in to stop them. EG 4 v1 in each area. Keep swapping the blockers.

Players can use hop, solo, evade to get away from the blocker.

11.20AM – 11.40AM





# Day 2

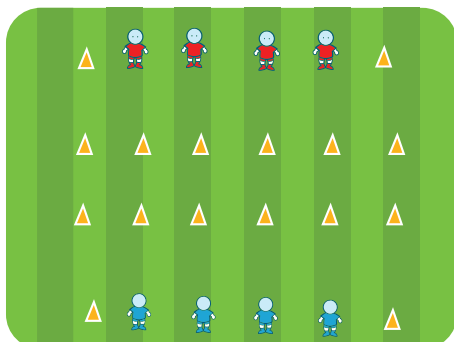
# AGE 11-13



GAA  
Learning

## HIGH CATCH – OVER THE RIVER

4



Teams kick the ball high across to the other grid. Point is scored if the ball is caught. Put a defender in to make it harder to catch and compete, so it becomes 4 v1 in each grid

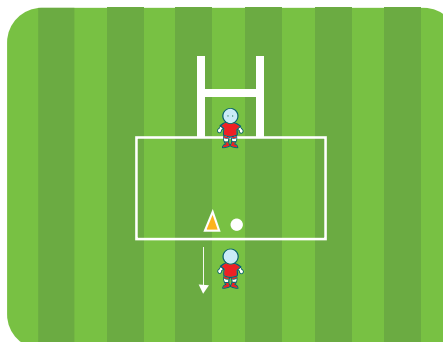
### Progressions

- Use multiple Footballs
- Add another blocker
- Place poles in the river to make sure ball is kicked high
- Move to 3v2 in grids Teams have to pass the ball 4 times before they can kick it over
- Change to 5 v 5
- Add in 4 goals in the corners of each grid
- Play games with 3 zones (2 -1-2 formation)

11.40AM – 12PM

## PENALTY KICKS

5



The player kicks the ball off the ground Starting by kicking from just outside the square and can move it back each round to make it harder Alternate the goalkeeper each round to give everyone the opportunity to go in goals

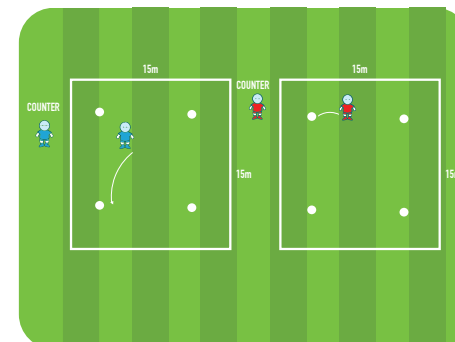
### Key Coaching Points

- Head – keep your eye on the ball
- Hands – hands by your side for balance
- Feet – give yourself some space and even a small run up to the ball

12.20PM – 12.40PM

## CHALLENGE - CROUCH LIFT

6



Place 4 footballs scattered around in the square Player has 30 seconds to crouch lift as many footballs as possible including using the 4 steps. Each player gets 2 chances each.

### Progression

- Weak foot pick up only
- Players must solo towards one of the corner cones do a trick and then leave the ball down in the square and head for another ball.
- Coach rolls the ball in for the player to a chip lift the ball.
- All players must get 1 go at each of the challenges.
- Set up 2 squares for 10 players
- Use 2 players to count in each square

12.40PM – 1PM



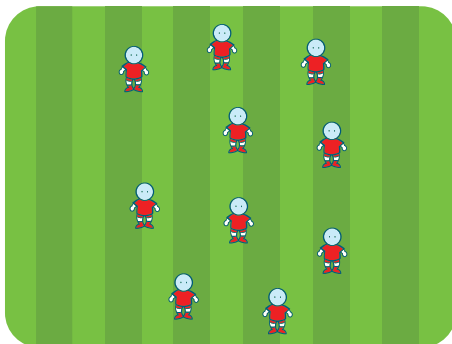
# Day 3

# AGE 11-13



## WARM UP- SOLO TAG

1



Every player has a ball

2 taggers + 8 runners

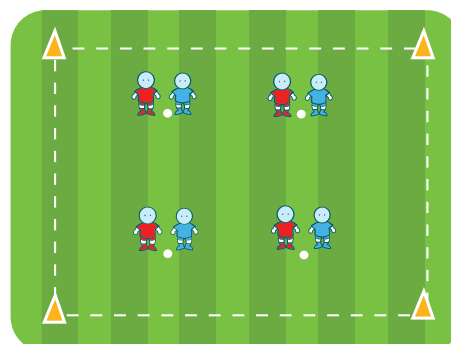
solo every 4 steps

Taggers tag runners by pressing ball against them

10.10AM – 10.25AM

## SOLO PRESSURE

2



A drill that replicates soloing the ball in multiple directions while under pressure.

A grid is set up 25m x 25m.

Players are paired up with one player getting a ball.

On the whistle the player with the ball must move around the square without getting dispossessed by their partner.

After 30 seconds reverse roles and see who can get more dispossessions.

Progression:

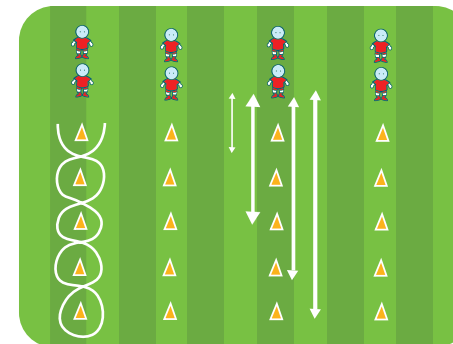
The size of the grid can be made smaller.

Two players can tackle player with the ball.

10.30AM – 11AM

## SOLO/STAMINA

3



Progression 1

Solo with ball up the line weaving left + right

Progression 2

Home - Cone 1 - Back

Home - Cone 2 - Back

Home - Cone 3 - Back

Home - Cone 4 - Back

11.20AM – 11.40AM



# Day 3

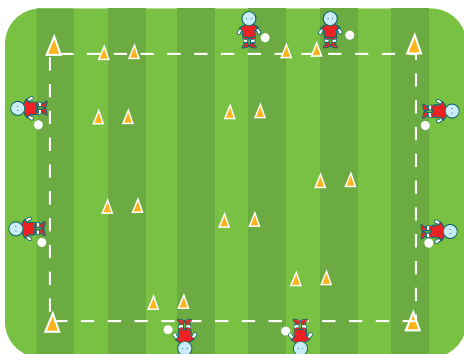
# AGE 11-13



**GAA**  
Learning

## SOLO A GOAL

4



In a tight environment players must identify space and learn to exploit it.

A large square is set up (25m x 25m) with a variety of small goals randomly placed around the inside (see diagram). Players start on the outside of the square with a ball each. On the whistle players must try solo the ball through as many of the goals as possible to gain points.

Each of the goals should be made using as many different coloured cones as possible. Players must go for a different coloured goal each time.

After 30 seconds players count up their scores.

Repeat the exercise with the opposite foot.

**Progression:**

Coaches can move around the square and block off certain goals. This will force players to look up and also encourage change of direction.

Players can knock someones ball away while they solo. If successful that person must step out and perform 5 solos before rejoining. If tackle is unsuccessful the tackler must step out and do the same.

**11.40AM – 12PM**

## CÚL CAMP OLYMPICS

5

### Olympics

Each event is assigned a maximum of 10-12 minutes to complete all heats.

All groups compete as their blitz team therefore there should be 4 teams per age group and each team should have 5, 6, 7 or 8 players. Each player gets to compete in each event. E.g. if you have 4 X 7 aside teams in your group then you will have 4 kids competing in each heat and you will have 7 heats per event.

1 point awarded for every heat won by a team. Total points for each team added from all events and given to camp coordinator.

### Long Kick

Everyone in the heat has to kick the same way. Wherever the ball bounces 1st is the length of the kick. The longest kick should be marked with a cone until each heat is over. The ball must stay inside a defined zone.

### Long Throw

As per long kick but youngest group should use a first touch (big & soft) sliotar and older kids should use a football. Kids can throw with 1 or both arms. The ball must stay inside a defined zone.

### Long Puck

Younger kids to hit a first touch sliotar off a cone with a hurl. Ensure no other child is near to the swinging hurl. Older kids should throw the ball up and strike like a puck out. The ball must stay inside a defined zone. Wherever the ball stops is the marked distance.

### Sprint

30 meters (13 – 45) for youngest kids, 50 meters (13 – 65) for middle kids and 65 meters (end line – 65) for oldest kids

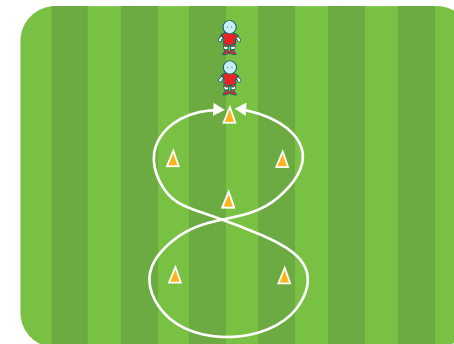
### Obstacle Course

Set up as per coordinator.

**12.20PM – 12.40PM**

## SKILL CHALLENGE- SOLO THE TRIAL

6



Solo figure of 8 as fast as possible

**Progression**

Use 2 balls

Alternate with bounce and solo

**12.40PM – 1PM**



**Day 4**

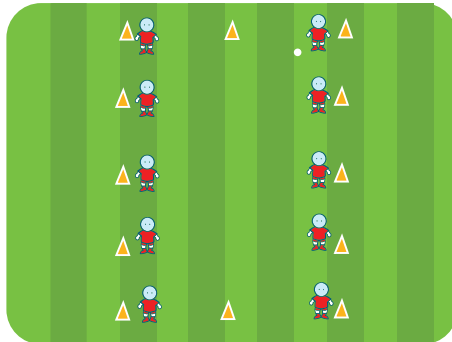
**AGE 11-13**



**GAA Learning**

### BACK TO THE START

1



Players line up at a cone with a ball facing their partner

On a signal players travel into the square and move around

On a second signal, players race back to their cone

#### Progression

Have a competition where last 2 back are out

Let those act as the referee and make sure players are not out for a long period.

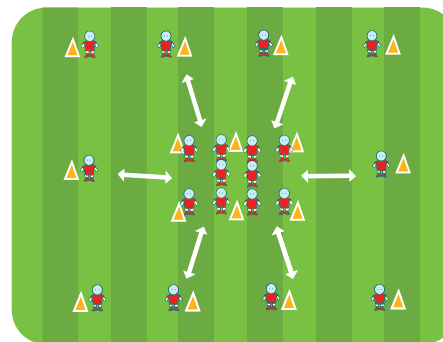
While players are waiting at cones balance on 1 leg

Game can be done bounce only, dribble ball on the ground, alternate solo and bounce or practice dummy all when moving with the ball.

**10.10AM – 10.25AM**

### OUT AND IN

2



Half the players in the inner grid with a ball each.

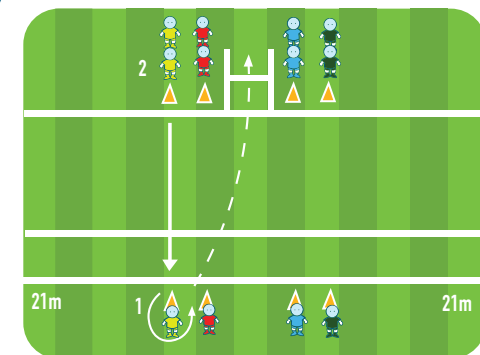
Half the players on the outer grid without a ball

For 1 minute, inner grid players move out and pass to outer grid player. Outer grid player returns the pass. Inner grid player moves back through inner grid before playing to another player.

**10.30AM – 11AM**

### AROUND THE CORNER

3



2 kick passes to 1 and travels out around 1

1 hand passes back to 2 who then kicks for a point

#### Progression

-Race to see who is first to score

-Group Race

- Let player 1 put token pressure on player 2

- Let player 1 try to block player 2 after the pass

**11.20AM – 11.40AM**



# Day 4

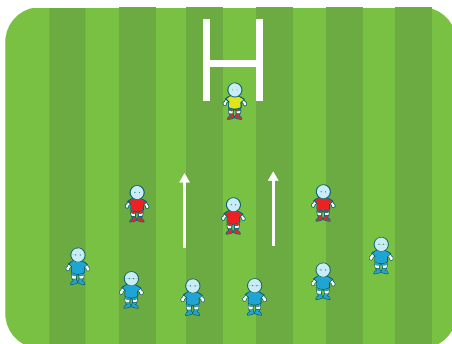
# AGE 11-13



**GAA**  
Learning

6 v 3

4



Backs and forwards.

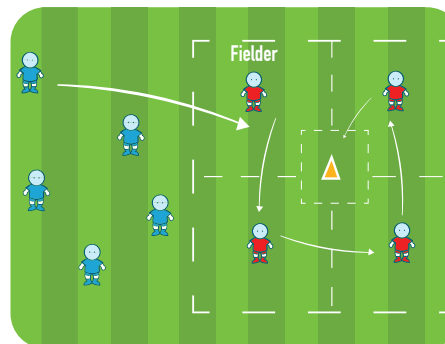
6 v 3 plus 1 goalkeeper

Rotate the players

11.40AM – 12PM

**FOOTBALL  
ROUNDERS**

5



2 teams a kicking team and a fielding team  
Kicking team is broke in 1 Kicker and 4 base activity players  
Fielding team is split into 4 catchers who must stay in their grid and 1 finisher.  
Kicker kicks the ball into the Fielding area and runs as fast as they can around each base to get a home run.  
All other base activity players do an activity on the base while their teammate is trying to get a home run. EG balance on 1 leg.  
Fielding team catch the ball and must pass the ball to all catchers and then pass to the finisher in the middle. The finisher must knock the cone in the middle before the kicker makes a home run.  
Kicking team then rotate with each other so now there is a new kicker and new activity players.  
Swap teams after everyone has had 2 opportunities

**Key Points**

Scores for a home run or a player being knocked out.  
Kicker can get multiple runs  
Extra scores for activity players doing the activity  
Progress to 2 footballs being kicked  
Catching team must use hand pass/solo/kick pass  
Kicker and Catching team to use weakside

Base Activity Ideas – Jumping Jacks – Balance on 1 leg – Four point plank – Tuck Jumps

12.20PM – 12.40PM

**CÚL CAMP OLYMPICS**

6

**Olympics**

Each event is assigned a maximum of 10-12 minutes to complete all heats.

All groups compete as their blitz team therefore there should be 4 teams per age group and each team should have 5, 6, 7 or 8 players. Each player gets to compete in each event. E.g. if you have 4 X 7 aside teams in your group then you will have 4 kids competing in each heat and you will have 7 heats per event.

1 point awarded for every heat won by a team. Total points for each team added from all events and given to camp coordinator.

**Relay race**

Set up as per coordinator.

**Nearest to the Ball**

Each child gets to throw a sliotar towards a football, whoever is closest wins.

**3 Legged race (Social distancing issue)**

**Welly throwing (Social distancing issue)**

Each Child throws the Welly from a line. They are attempting to land it in a scoring zone (3 points for inner circle, 1 point for outer circle).

**Ball Move**

Set up two zones an appropriate distance apart, put 20 – 30 objects (balls, cones, bibs, etc NOT poles) in one zone. Each team is timed in turns as to how long it takes to move all objects from one zone to the other – kids can only move 1 object at a time and they cannot throw/kick the object into the zone.

**Walk The Plank (Social distancing issue)**

Set up a 1M wide channel using cones for each competing team. All participants must walk through the channel blindfolded. The team with the individual who gets the furthest without going outside the line of cones wins that heat.

12.40PM – 1PM



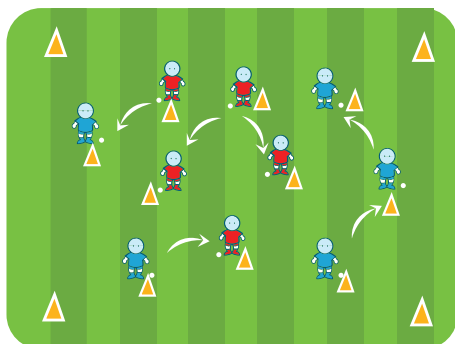
**Day 5**

**AGE 11-13**



**GAA Learning**

### STEPPING STONES



Players must use the cones as stepping stones to get around the area using different jumping / hopping techniques

Two Footed Jump

One Leg hop

Feet together side to side

Jump off 1 foot land on another

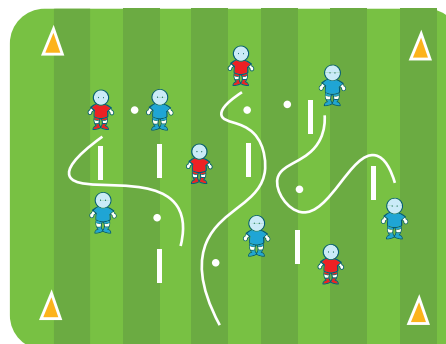
Two footed jump spin and land

Balance on 1 leg at stepping stone and catch or pass a ball to another players

**10.10AM – 10.25AM**

**1**

### MINEFIELD WITH THE BALL



Players have to travel around the minefield with the ball dodging the objects in their way.

Players must use 4 steps , bounce and solo to travel.

Progression

Use weak side only

Use 2 footballs per player

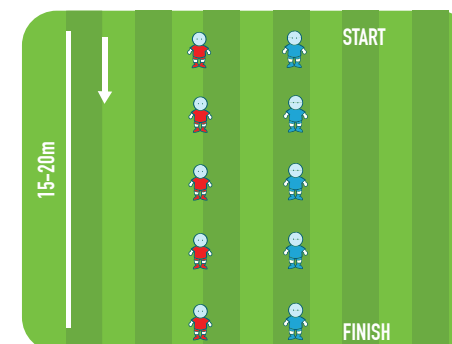
Players must perform a trick skill when a certain colour cones

e.g Dummy solo when they get to a blue cone.

**10.30AM – 11AM**

**2**

### RELAY RACE HAND PASS BATON



Teams race against each other in a relay fashion around a grid while passing the ball to each other as a baton.

Use different skills to pass or travel with the ball

Run no hop or solo

4 steps solo

Solo only

2 ball solo

Throw and high catch on the move

Ball between the legs

Rotate

Do a figure 8 with the ball as you move

**11.20AM – 11.40AM**



# Day 5

# AGE 11-13



**GAA**  
Learning

## CIRCLE SCORE

4



- Score is awarded when a ball is kicked over the bar from outside the circle

- No side lines in the game
- No stopping after scores, play just continues

### Game A

All players have a football and move around and kick as many scores as they can in 1 minute

### Game B

Allow 2 footballs per team of 5

First team to score 20 points wins

### Game C

1 ball in Game Teams play against each other to score 5 points to win the Game

Progression

Use weak foot

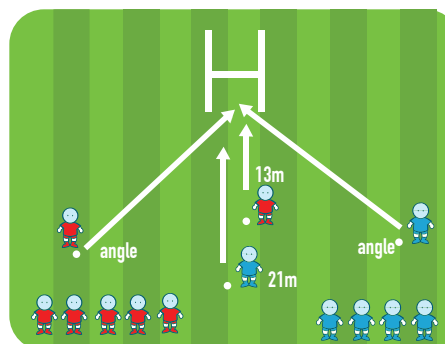
Set game up as 6 v 4

Add Gk and play 6 v 3 with goals only

**11.40AM – 12PM**

## CROSS BAR CHALLENGE

5



Players have to attempt to hit the cross bar to get score in different scenarios

A – 13m

B – 21m

C – from an angle

See different scenarios

From Ground

From Hands

Drop Kick

Back Heel drop kick

**12.20PM – 12.40PM**

## HIT THE NET

6



Players shoot from 5m, 10m, 15m, 20m  
Player receives 3 points for every shot that hits the net without bouncing

**12.40PM – 1PM**

# CÚL CAMP RACES



**Races to be used as a filler to introduce fun with minimal set up. Try to use all variations during the week. Use pair, individual, group and different race layouts with variations below or join up variations in 1 race. Minimal gear needed only footballs, poles, cones.**

**Players race through up and back 20m doing different variations and layouts.**

- CARRY BALL
- SOLO 1 BALL
- SOLO 2 BALLS
- HOP AND SOLO 2 BALLS
- BALL ROUND THE BODY KNEES AND NECK
- FIGURE 8
- ROLL BALL AND PICK UP
- HIGH CATCH AND RUN
- CHIP LIFT AND RUN
- CARRY BALL BETWEEN THE LEGS
- PARTNER HANDPASS
- PARTNER BOUNCE PASS
- PARTNER OVERHEAD PASS
- 1 HANDED PASS
- WEAKSIDE VARIATIONS
- ADD TARGETS INTO RACE SUCH AS GOALS, KNOCK THE CONE, BULLSEYE







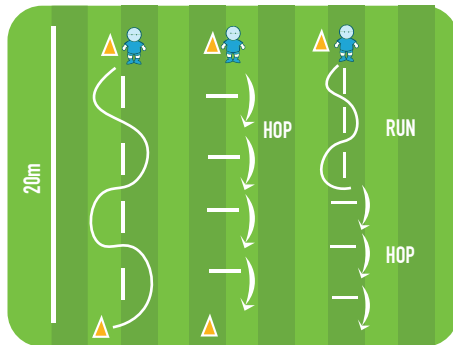
# CÚL CAMP RACES



GAA  
Learning

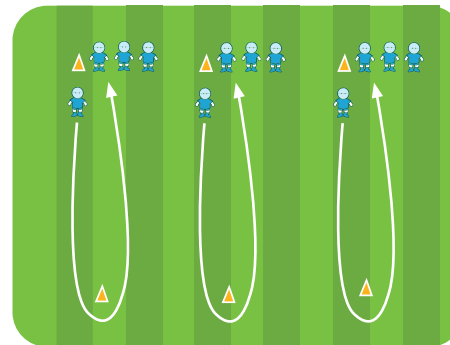
## RACE TYPE 1 INDIVIDUAL

1



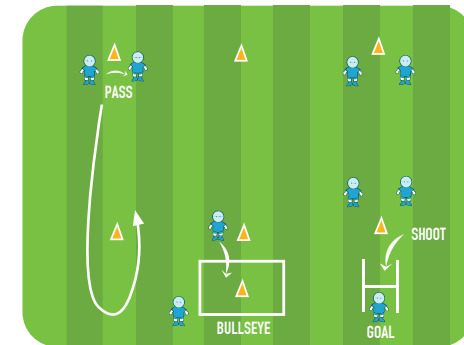
## RACE TYPE 2 GROUP RACE

2



## RACE TYPE 3 PAIRS

3



**VENUE:**42

**VENUE:**

\_\_\_\_\_

43





# GROUP ATTENDANCE RECORD



COACH NAME:

AGE GROUP:

VENUE:

NAME:	Mon AM	Mon PM	Tue AM	Tue PM	Wed AM	Wed PM	Thu AM	Thu PM	Fri AM	Fri PM	Notes

**VENUE:**46



# GROUP ATTENDANCE RECORD



COACH NAME:

AGE GROUP:

VENUE:

NAME:	Mon AM	Mon PM	Tue AM	Tue PM	Wed AM	Wed PM	Thu AM	Thu PM	Fri AM	Fri PM	Notes



Coaching Sessions developed by  
the following  
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Paddy O'Connor — Longford GAA



Robert Sansom — Carlow GAA



Ian O'Shea — Graphics/Design



LEINSTER





# NOTES



A white rectangular box with horizontal lines for writing notes. The box is positioned in the center of the page, below the 'NOTES' header. It contains 20 horizontal lines, providing a space for the user to write their notes.



**TURAS**  
**CHILD** COACH RESOURCE