

PRIMARY SCHOOLS

GAA

3rd Class
4th Class



5th Class
6th Class



1st Class
2nd Class



JUNIOR INFANTS
SENIOR INFANTS

FOOTBALL



TEACHER COACHING RESOURCE





PRIMARY SCHOOLS

(FOOTBALL) CONTENTS

JUNIOR/SENIOR INFANTS

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TURAS

ABOUT

TURAS is a coach development program

TURAS is the Irish word for Journey and was purposefully chosen to reflect the journey that is coach and player development. The main aim of TURAS is to provide club, school and talent academy coaches with regular and meaningful coach development opportunities. TURAS is based on five key principles that when applied will positively improve coach and player performance:

COACHING PRINCIPLES

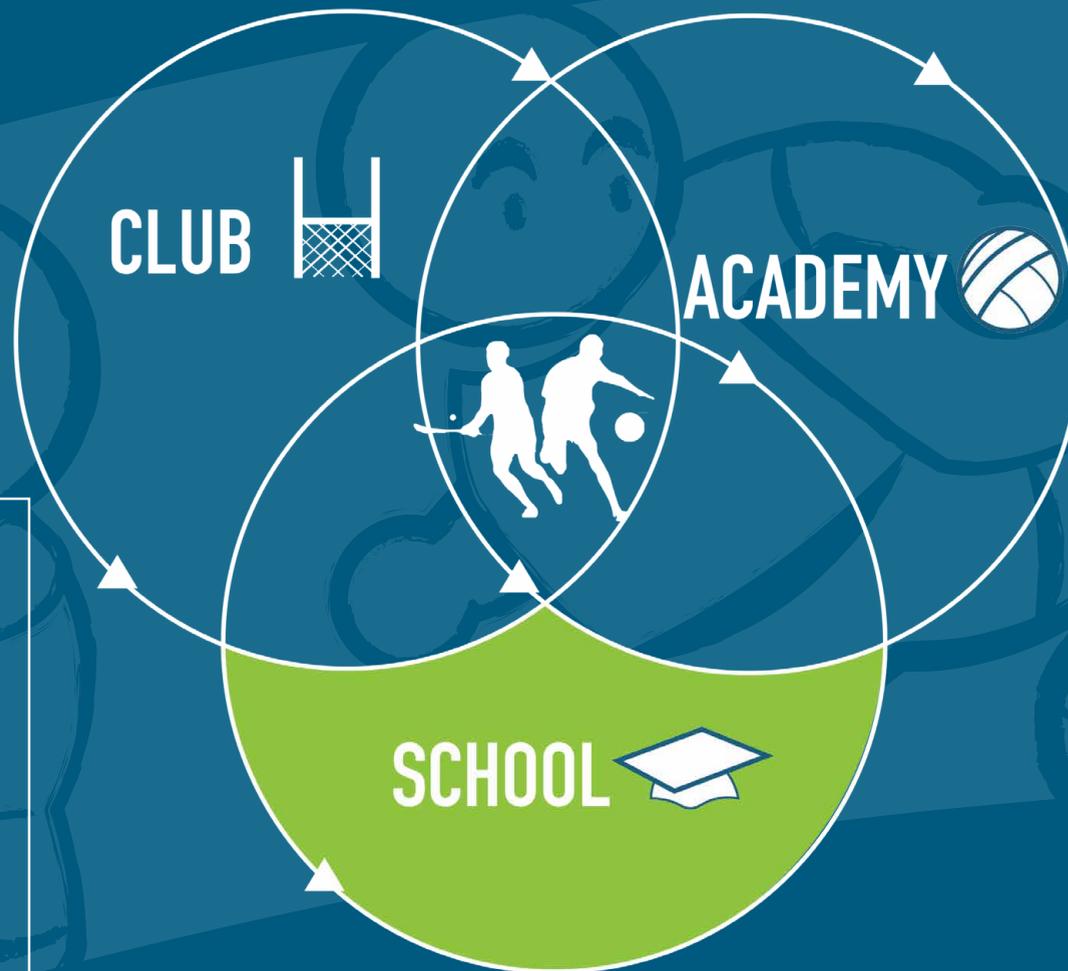
Testing and Challenging: all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

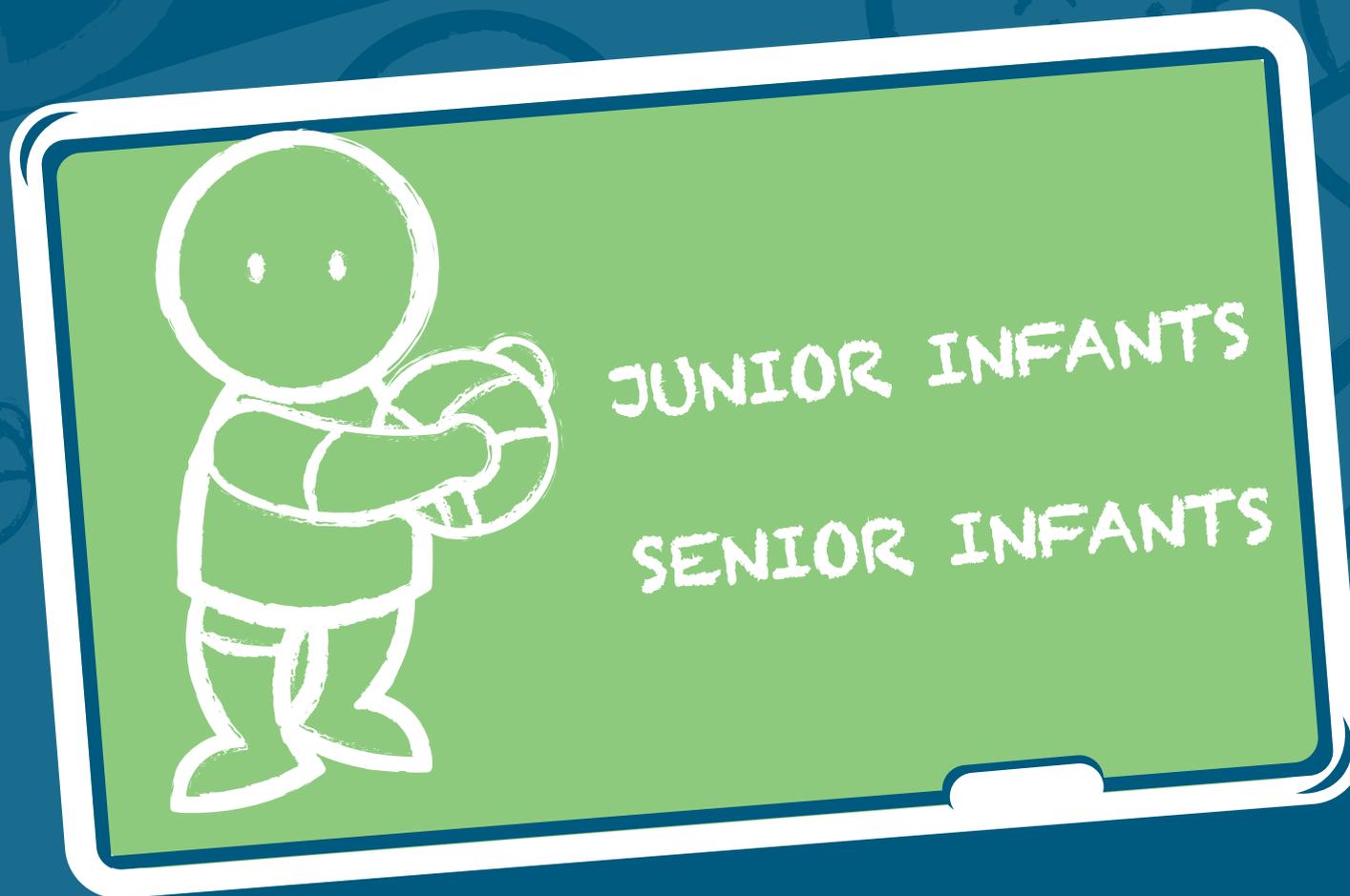
Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience



TURAS PRIMARY SCHOOLS



TURAS

PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

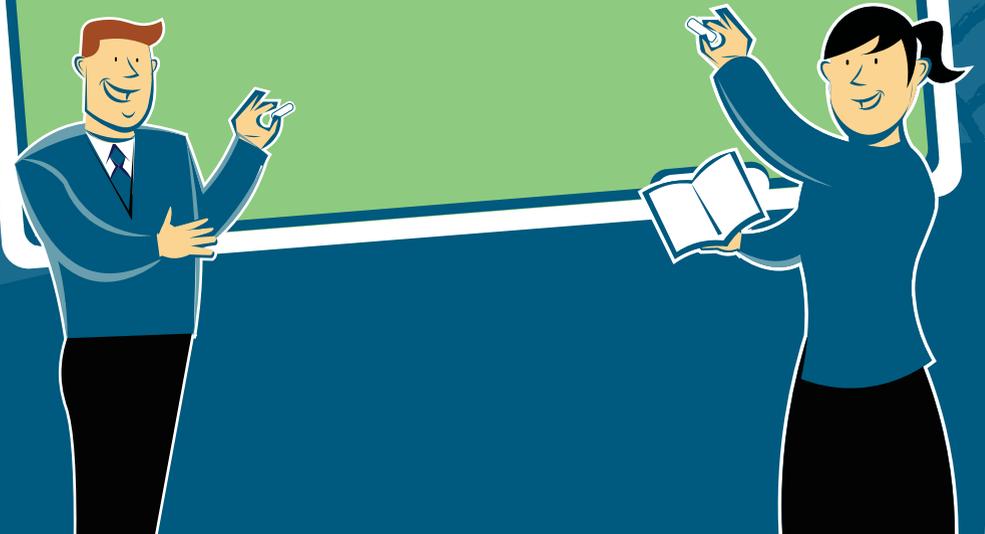
Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience ✓

PRIMARY SCHOOLS

All my activities in today's session will be designed for pupils to have as much fun as possible. The sound of laughter will tell me if I'm successful!!

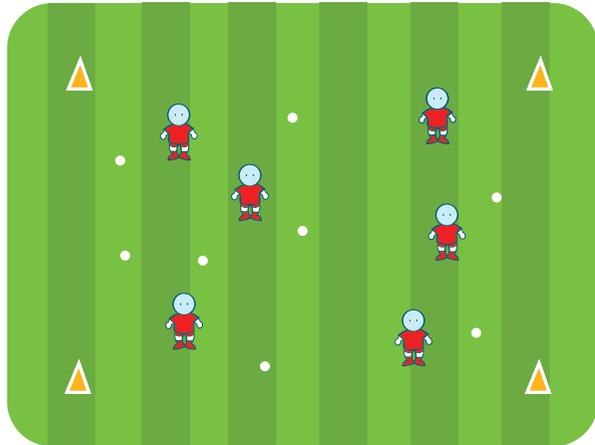




JUNIOR/ SENIOR INFANTS Week 1 (Catching)

Party Hats

1



- Mark out a big square as seen in diagram to allow kids to run freely with plenty of space
- Small blue dots are cones that represent the "Party Hats"
- Kids run freely around the square and teacher shouts "Party Hats" and kids must place cone on their head.
- For the first couple of rounds make sure there is a cone for everyone
- After this take away 5/6 cones and whoever doesn't have a cone will have to do 10 star jumps for example to get back in

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking Dodging Hopping Skipping Side stepping	Balance	

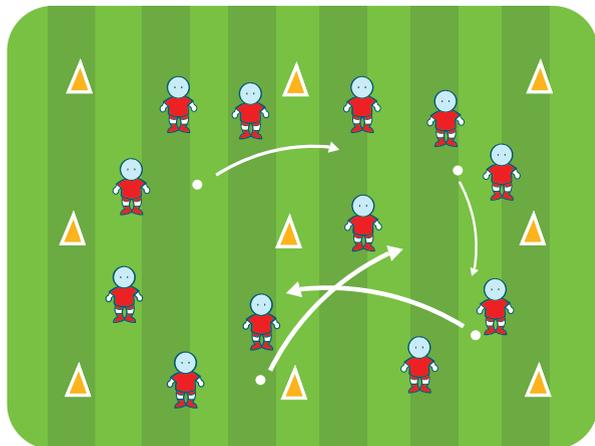
CURRICULUM LINK

Irish- Teacher could shout party hats in Irish as a progression



Clean The Classroom

2



- Mark out 4 equal squares as seen in the diagram
- Divide the class in to 4 teams
- Each team has their own square or "Classroom"
- Idea for each team is to clean their classroom by throwing the footballs into any of the other 3 teams classrooms
- Do this for 60 second rounds
- Alternatively you could play 1 team against the other and the can only throw the ball into the opposing teams square. Allow all 4 teams to play each other

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking		Throwing Catching Striking with the hand

CURRICULUM LINK

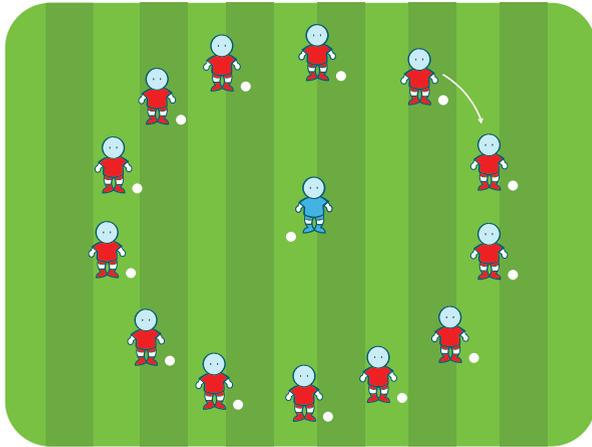
Geography: Each team can be called province/county



PRACTISING THE SKILL

3

FUNDEMENTAL MOVEMENT SKILLS



- Set up a circle with each child standing on a cone
- Coach/Teacher standing in the middle
- Start off by getting the kids to throw one ball around the circle to their left.
- If you drop the ball you must do a lap of the circle before the ball comes back to you
- Teacher in the middle of the circle has a ball too and can throw it to anyone at any time
- Teacher can have smaller balls, sponge balls, bean bags etc.
- After a couple of minutes pair the kids off whilst remaining at their cones
- In pairs get the kids throwing the ball back and forth. Use regular gaa ball, tennis balls and bean bags.
- Make sure each pair is working on their throwing and catching.
- Alternate between the fun game and partner throwing and catching for the remainder of the lesson

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Jumping	Balance	Catching Throwing Striking with the hand

CURRICULUM LINK

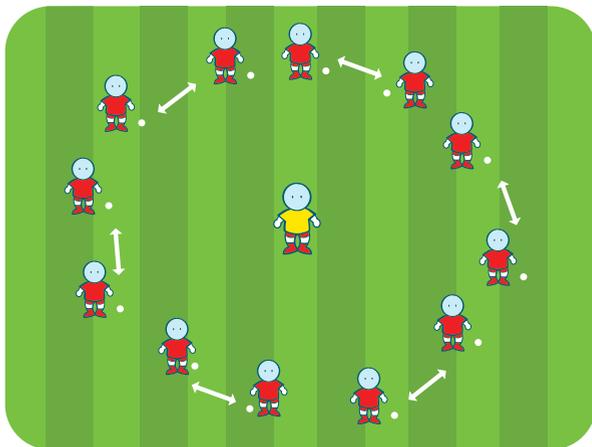
Numeracy- How many catches can we get in a row?
- How many seconds does it take to do a lap of the circle



PARTNER THROWING & CATCHING

4

FUNDEMENTAL MOVEMENT SKILLS



- Continue with the same circle as Act.3 only this time put the kids in pairs
- In pairs get the kids throwing the ball back and forth. Use regular gaa ball, tennis balls and bean bags.
- Make sure each pair is working on their throwing and catching.
- Make sure kids get to throw with the different objects.
- If the teacher wants, they can alternate between the fun game and partner throwing and catching for the remainder of the lesson

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Jumping	Balance	Throwing Catching Striking with the hand

CURRICULUM LINK

Numeracy – How many catches can pairs do in a row?



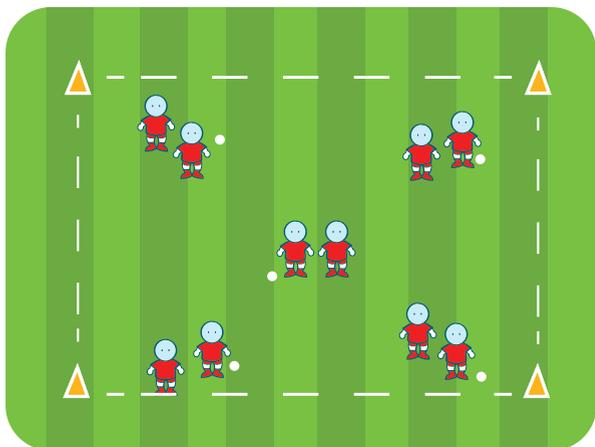


JUNIOR/ SENIOR INFANTS

Week 2 (Bounce and Catch)

CRAZY CARS

1



- Set up a big square to allow kids run freely around.
- Put the kids in pairs acting as the "cars"
- One with a football is the driver and the other is the passenger.
- Driver has to move around the square whilst the passenger has to stay as close to them as possible.
- Teacher has 3 colour cones
- GREEN = GO
- ORANGE = WALK
- RED = STOP

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking Dodging Side stepping		Throwing Catching Tackle

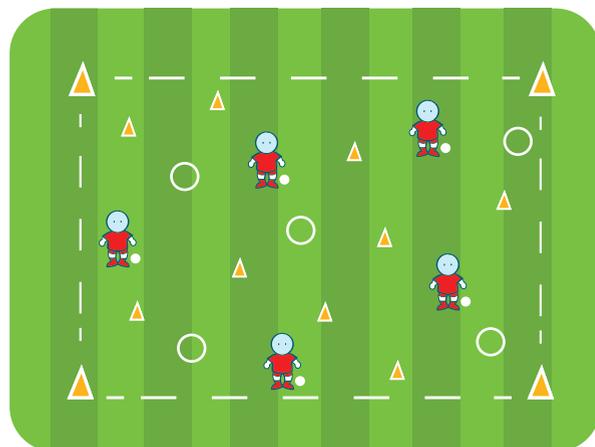
CURRICULUM LINK

Alphabet- As a progression get the "driver" of the car to spell out their name as the run around

A B C

MINEFIELD

2



- Keep previous big square that has been set up. This time add in loads of cones and hula hoops to act as minefields
- A ball for everyone
- The kids have to run around the square using their 4 steps bounce and catch.
- If their ball hits a cones or hula hoop they are eliminated for 10 seconds before they are allowed back in.
- Alternatively they might have to do 10 star jumps to be allowed back in or 10 catches.

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking Skipping Dodging	Balance	Catching Bouncing

CURRICULUM LINK

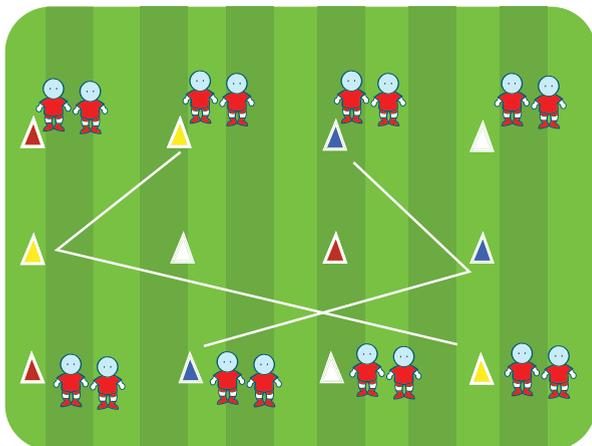
Solar System? Planets. Hula Hoops can be called planets



Chaos Run

3

FUNDEMENTAL MOVEMENT SKILLS



- Players get into pairs with 1 ball between 2
- Player A must move around grid bouncing the ball basketball style with player B attempting to knock the ball away/touch the ball.
- Avoid tackler making contact with ball carrier body (poor tackling)
- Depending on numbers and equipment you may play the game with 3 or 4 chasers against the rest of players who all have footballs (May be a progression)
- Add in 4 steps solo hop as next step

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking Side stepping Dodging		Dribble Ground Strike Tackle

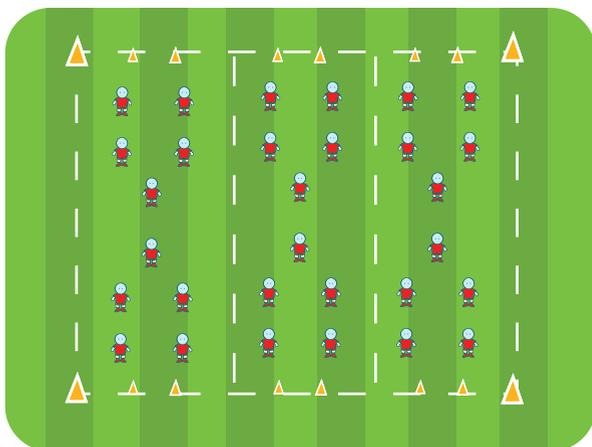
CURRICULUM LINK
Numeracy – Counting 4 steps before each bounce and catch



Mini Games

4

FUNDEMENTAL MOVEMENT SKILLS



- Finish off today's session by setting up 3 mini pitches to allow for a maximum 5 v 5
- Rules:
- Two goals either end of the pitch. No goalkeeper. All players outfield.
 - Kids can kick, throw, handpass through the gates to score. (Major emphasis on fun)
 - Bonus points for anyone using 4 steps bounce and catch
 - Teams should be in bibs for example blue v red.
 - Each blue team plays each red team so everyone gets 3 matches lasting 5 mins each.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking Dodging Hopping Jumping Side stepping	Balance Landing	Dribble Ground Strike Tackle

CURRICULUM LINK
Geography: Teacher could give team names as counties/provinces

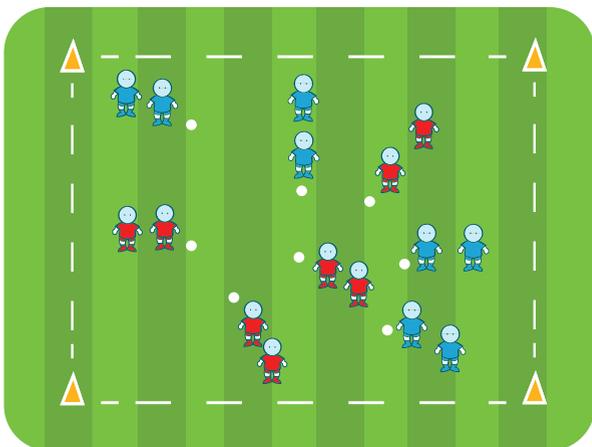




JUNIOR/ SENIOR INFANTS

Week 3 (Evasion & Throwing)

CHASING CARS



- Layers are in pairs – “cars”
- One player is the driver the other is the passenger.
- The ball is the steering wheel.
- Use calls:
- Red = STOP
- Orange = READY TO STOP
- Green = GO

Progression:

- Some of the pairs act as Trucks
- They try and bump into the “cars”
- The “cars” use agility to avoid a crash

1

FUNDEMENTAL MOVEMENT SKILLS

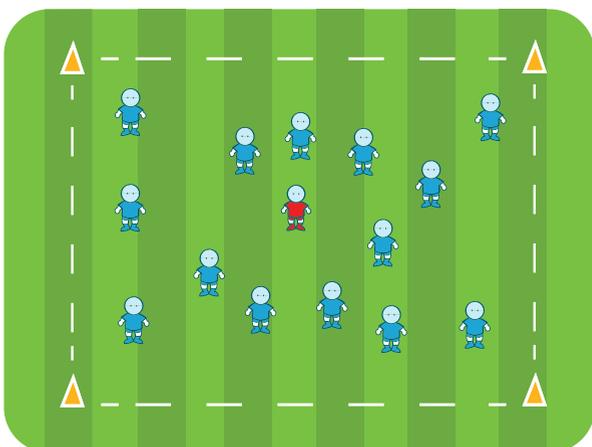
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Crawling Dodging Hopping	Double leg Balance Single Leg Balance	Pushing and pulling Lifting Throwing Volleying (a ball back and forth to another person, either with the hands or a racquet) Bouncing

CURRICULUM LINK

Numeracy



Bean Bag Tag



How to play

- Player tries to touch any player inside the grid.
- If the player is carrying a bean-bag they cannot be tagged.

Progression:

- add or reduce the size of the grid
- add or reduce no. of bean bags

2

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking Dodging Hopping Skipping Side stepping	Double leg Balance Single Leg Balance	Lifting Throwing Kicking or rolling (a ball) Volleying (a ball back and forth to another person, either with the hands or a racquet) Bouncing Catching Dribbling (moving a ball with the feet)

CURRICULUM LINK

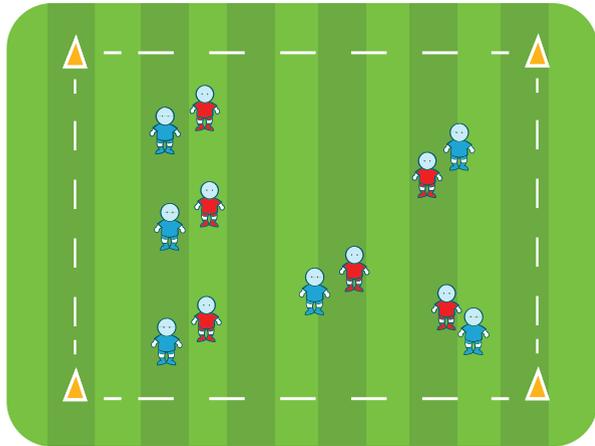
Numeracy



Shadow Running

3

FUNDEMENTAL MOVEMENT SKILLS



How to play

- Players work in pairs for 30 second periods
- The lead player runs for 30 seconds with multiple changes of direction while the partner attempts to follow him/her.
- 30 seconds break after each bout of work.
- Players perform each role 3 times, i.e. 3 x leading & 3 x following

Progression:

- Get the lead player to carry a ball

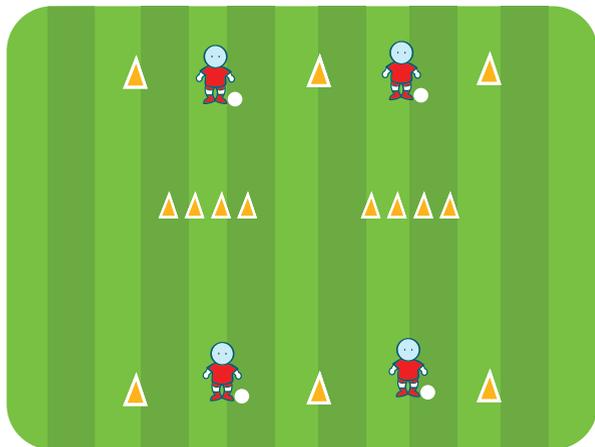
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running	Double leg	Lifting
Walking	Balance	Kicking or rolling (a ball)
Dodging	Single Leg	Bouncing
Hopping	Balance	Catching
Skipping		Dribbling (moving a ball with the feet)
Side stepping		

CURRICULUM LINK + -
Numeracy X ÷

SKITTLES

4

FUNDEMENTAL MOVEMENT SKILLS



- Two players face each other with a set of cones in between.
- Players stand a designated distance back and try to knock the cones with the ball/sliotar.
- Award one point if skittle is hit, 2 if it is moved and 3 if it is knocked down.
- Players must replace skittle if it's knocked over.

Progression:

- Increase the distance
- Reduce the number of cones

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running	Double leg	Kicking or rolling (a ball)
Walking	Balance	Bouncing
Dodging	Single Leg	Catching
Hopping	Balance	Dribbling (moving a ball with the feet)
Skipping		Hand Eye
Side stepping		Cordination

CURRICULUM LINK + -
Numeracy X ÷



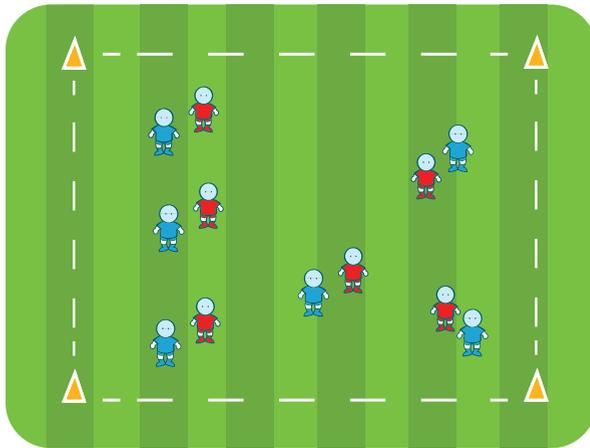


JUNIOR/ SENIOR INFANTS

Week 4 (KICKING & PICK UP)

WALK LIKE AN ANIMAL

1



- The players mimic the movements of common animals such as the dog, the limping dog, the crab, the snake and the rabbit
- To further progress these exercises get the players to change from mimicking one animal to another on a signal or once they have reached a marker or cone
- Introduce animal relay races to further challenge the players

Key Points

- Ensure the players have enough room to move around safely
- Change pathways to avoid other players
- No bumping

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running	Double leg Balance	Catching
Dodging	Single Leg Balance	

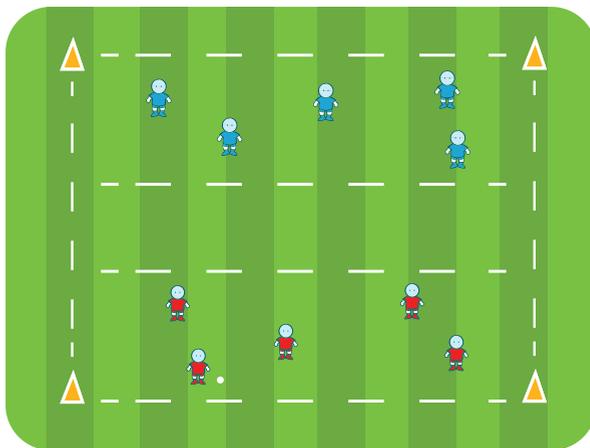
CURRICULUM LINK

Numeracy



Over the River

2



- Players are split into 2 teams.
- They must punt kick "over the river" into the opposition's area.
- The team receiving the punt kick are aiming to complete a clean catch.
- Implement a scoring system for catches i.e. 2 points for overhead catch, 1 point for standard catch, -1 point for a ball that hits the ground

Progression

- Increase the size of the playing area including the river

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running	Double leg Balance	Kicking or rolling (a ball)
Walking		Bouncing
Dodging	Single Leg Balance	Catching
Hopping		Dribbling (moving a ball with the feet)
Skipping		Hand Eye Coordination
Side stepping		

CURRICULUM LINK

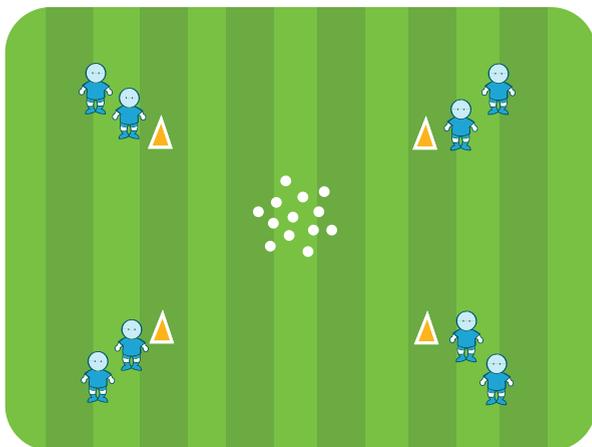
Numeracy



Rob The Nest

3

FUNDEMENTAL MOVEMENT SKILLS



How to play

- 12 players split into 4 teams of 3.
- In 60 seconds dribble as many footballs as possible from the centre to your own area.
- When the centre is empty, take slotars from other teams' areas & move clockwise back to own area.
- Only collect one ball at a time.
- Do not tackle other players.
- Count which team has most footballs after 60 seconds.

Progression:

- Reduce the number of footballs
- Modify the size of the area

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking Dodging Hopping Skipping Side stepping	Double leg Balance Single Leg Balance	Lifting Throwing Kicking or rolling (a ball) Volleying (a ball back and forth to another person, either with the hands or a racquet) Bouncing Catching Dribbling (moving a ball with the feet)

CURRICULUM LINK

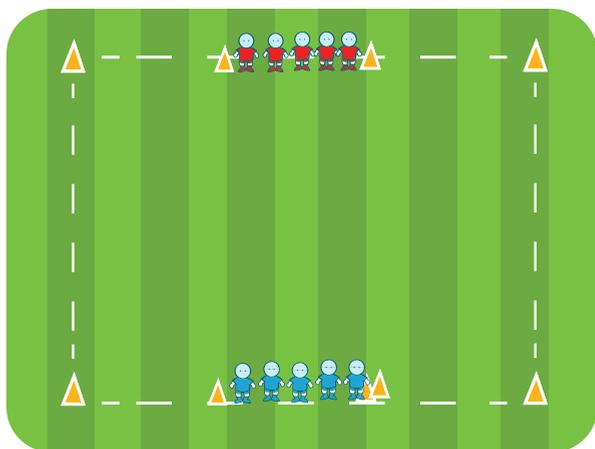
Numeracy



Catching Game

4

FUNDEMENTAL MOVEMENT SKILLS



- All players are inside the square & moving in all directions without touching off each other.
- 3 coaches stand outside the square holding bean-bags.
- They call players names & throw a bean-bag to them to catch.
- Players throw the bean-bag back to the coach they got it from.

Progression:

- Players must give the bean bag back to a different coach than the one they got it from

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking Dodging Hopping Skipping Side stepping	Double leg Balance Single Leg Balance	Lifting Throwing Kicking or rolling (a ball) Bouncing Catching Dribbling (moving a ball with the hands and feet)

CURRICULUM LINK

Numeracy



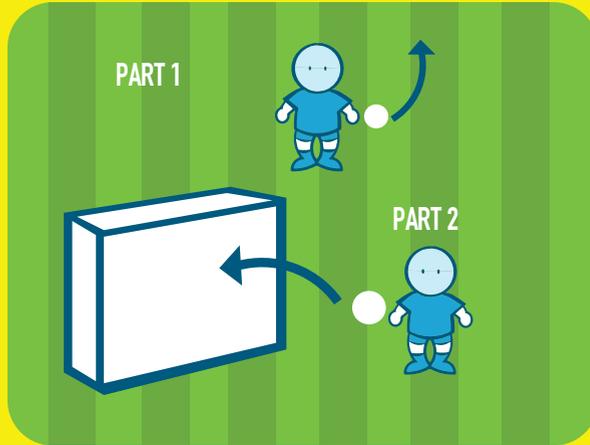


HOMEWORK CHALLENGES



1

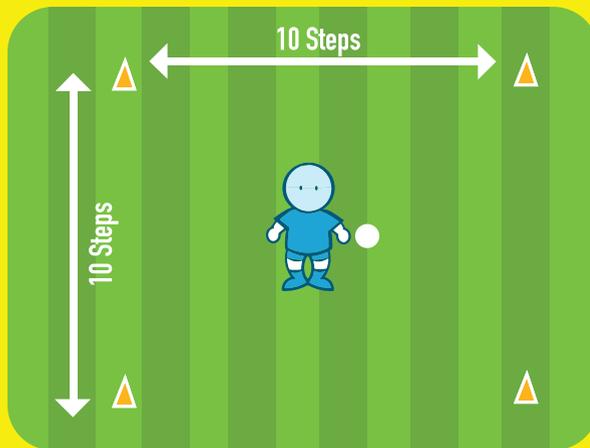
Week 1



- For this week's homework students will need a pair of socks and a football
- Part 1: Can they do 25 catches in a row using a pair of socks? Socks must be thrown higher than their heads.
- Part 2: Can they do 25 catches throwing the ball off a wall?

2

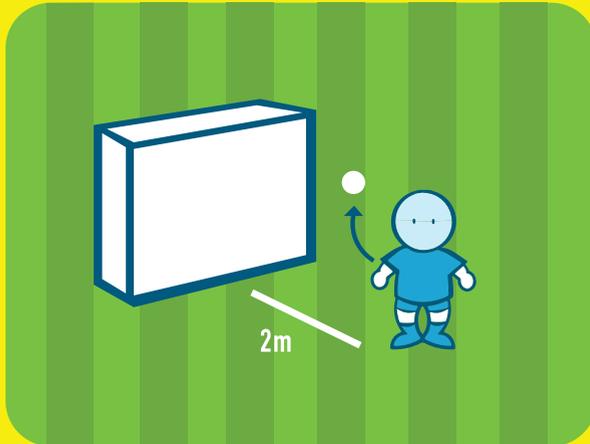
Week 2



- For this week's homework students will need to mark out a square 10 steps long by 10 steps wide.
- It's a race against the clock as students have to see how many 4 steps bounce and catches they can do in 60 seconds. Encourage students to try and beat their score every evening.

3

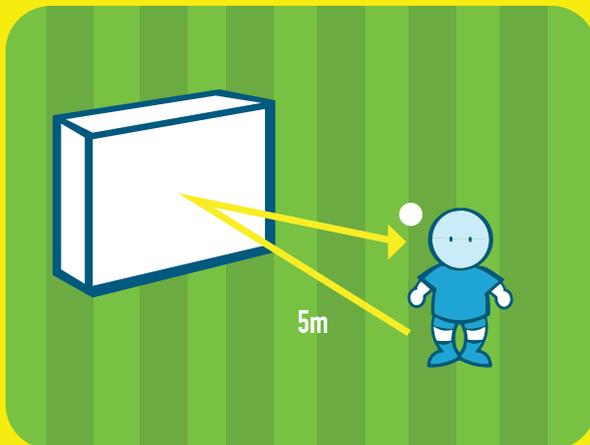
Week 3



- Throw the football overhead & catch x 10 or as many as you can before dropping
 - Throw the football overhead & clap your hands before you catch the ball x 10 or as many time as you can before dropping
 - Stand 2m back from wall, throw ball overhead. Run and touch the wall before attempting to catch the ball x10 or as many time as you can before dropping
- Scoring
- 5 points for every successful catch
 - 10 points for every successful catch
 - 12 points for every successful catch

4

Week 4



- Hand Pass the football overhead & catch x 10 or as many as you can before dropping
 - (Hand Pass the football overhead & clap your hands before you catch the ball x 10 or as many time as you can before dropping
 - Stand 2m back from wall, Hand Pass ball overhead. Run and touch the wall before attempting to catch the ball x10 or as many time as you can before dropping
- Scoring
- 5 points for every successful catch
 - 10 points for every successful catch
 - 12 points for every successful catch

TURAS PRIMARY SCHOOLS



1st Class
2nd Class

TURAS

PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions ✓

Should be an enjoyable, developmentally appropriate & holistic GAA experience

PRIMARY SCHOOLS

Today all pupils will have a ball each for lesson. The best way for pupils to improve is to ensure they get plenty of ball contacts and improve their skill.



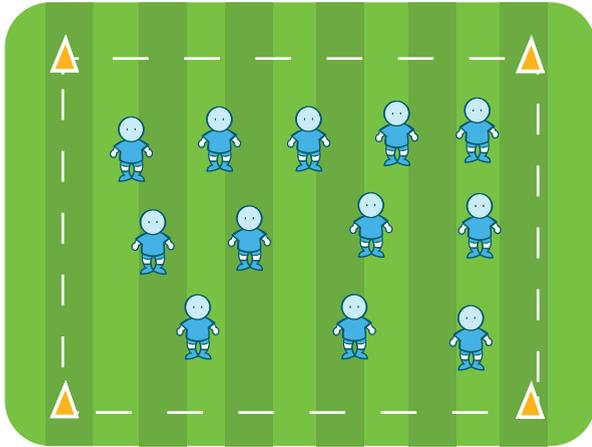


1st/2nd CLASS

Week 1 (TRAVELLING WITH THE BALL)

FLUSH THE TOILET

1



- Focus: Warm-up
- Stuck in the mud based fun game.
- Inside a large square, a number of kids start as the chasers. When caught the child stands with arms out. To free someone, a child who hasn't been caught pushes the arms down.

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking Running Side stepping Dodging	Balance	

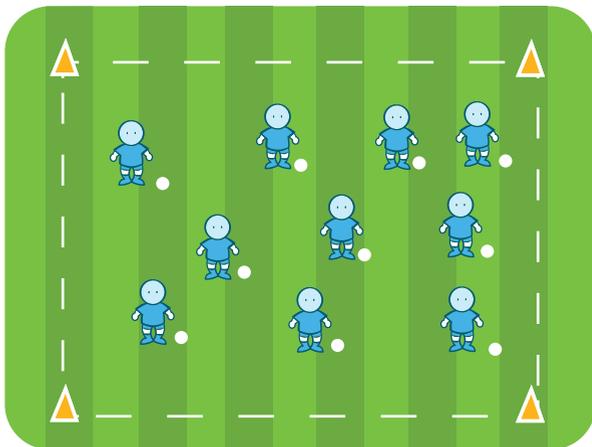
CURRICULUM LINK

Numeracy



INTRO BOUNCE & SOLO

2



- Explain teaching points and demonstrate skill.
- Give every child a ball, or have them in pairs, practicing the skill.
- Progress: Bounce/solo after 4 steps while jogging. Get children to count.
- Pass to someone else when a bounce and solo are completed. Emphasize taking 4 steps.

FUNDEMENTAL MOVEMENT SKILLS

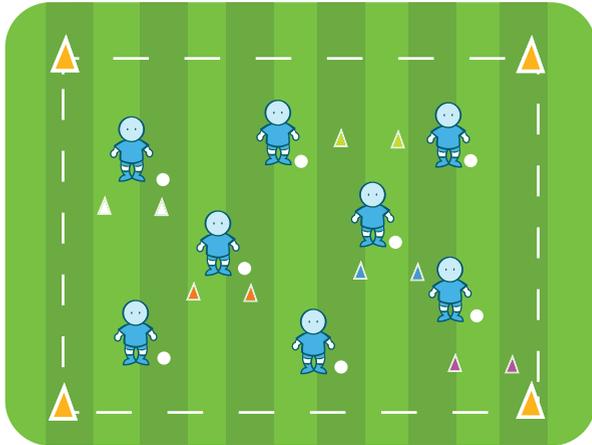
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking Running Side stepping Dodging	Balance	Kicking Catching Bouncing

CURRICULUM LINK

Numeracy - counting steps



Solo a goal



- Focus: Using bounce & solo
- Inside a square, lay out cones 1m apart in various areas. These are the goals. Goals are different colours.
- Progress: Start on the outside while jogging around, on the whistle they run in and bounce/solo to a goal. Last child to score is out, remove goals as numbers reduce.

3

FUNDEMENTAL MOVEMENT SKILLS

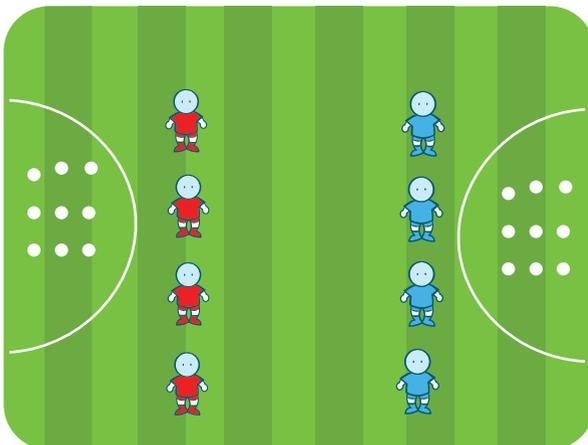
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Side stepping Dodging	Balance	Kicking Catching Bouncing

CURRICULUM LINK

Numeracy - count your score



Rob the nest



- Focus: Using bounce & solo in game.
- Using a rectangle, two teams (A&B) have a "nest" at each end. Half the footballs in each nest.
- The aim is for team A to steal the balls from the nest of team B and put them back in their nest, and vice versa.
- Players must use bounce & solo while running with ball.
- No tackling or guarding the nest.

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Side stepping Dodging	Balance	Kicking Throwing Catching Bouncing

CURRICULUM LINK

Numeracy - count score & steps



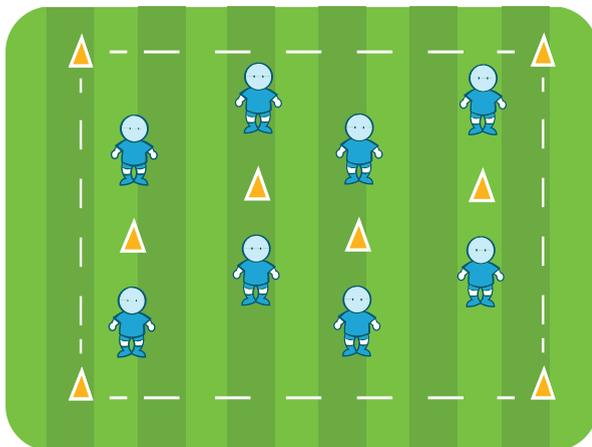


1st/2nd CLASS

Week 2 (Pass and Catch)

CATCH THE CONE

1



- Players get into pairs with 1 ball between 2
- Player A must move around grid bouncing the ball basketball style with player B attempting to knock the ball away/touch the ball.
- Avoid tackler making contact with ball carrier body (poor tackling)
- Depending on numbers and equipment you may play the game with 3 or 4 chasers against the rest of players who all have footballs (May be a progression)
- Add in 4 steps solo hop as next step

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Hopping	Balance landing	Catching
Jumping for height		

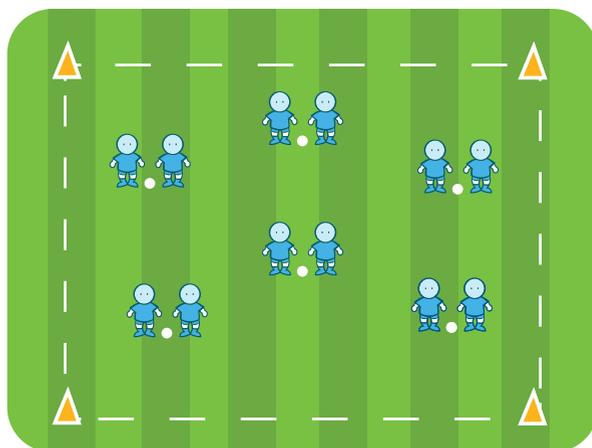
CURRICULUM LINK

Numeracy



ACTIVITY 2

2



- Focus: Intro hand-pass and chest catch
- Explain teaching points and demonstrate skill.
- Assign groups of 2/3, practicing the skill for 5 mins. Encourage left & right hand passes.
- Progress: Moving around inside large rectangle passing and moving. Can't get pass from person you just passed to.

FUNDEMENTAL MOVEMENT SKILLS

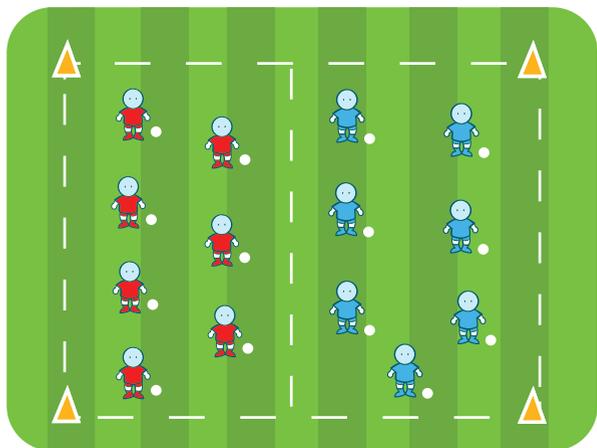
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking	Balance	Striking with the hand
Running	Landing	Throwing
Side stepping		Catching
Jumping for height		
Dodging		

CURRICULUM LINK

Numeracy - how many passes can you get?



CLEAR THE YARD



- Focus: Using hand pass
- Inside a rectangle, lay out cones across halfway.
- Assign two teams (A&B).
- Place half the footballs on each side.
- The aim is for Team A to hand-pass the footballs across to the other side and vice versa.
- Team with least footballs on their side (kitchen) wins.

3

FUNDEMENTAL MOVEMENT SKILLS

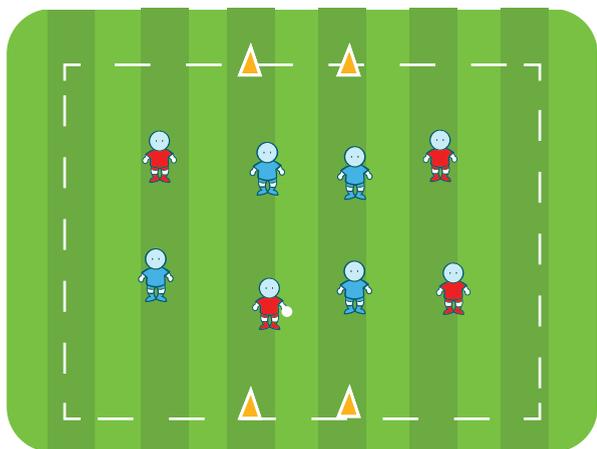
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking Running Jumping for height Side stepping Dodging	Balance Landing	Throwing Striking with the hand Catching

CURRICULUM LINK

Numeracy - count the balls



STUCK IN THE MUD



- Focus: Using hand-pass and catch in game
- Using a rectangle, two teams (A&B) with goals at either end.
- When player receives the ball, they must stop in possession. Hand-pass to teammate before they can move again.
- Hand-pass into goals/off basketball backboard to score.
- Players must use bounce & solo while running with ball.
- No tackling person in possession.

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking Running Jumping for height Jumping for distance Side stepping Dodging	Balance Landing	Striking with the hand Throwing Catching

CURRICULUM LINK

Numeracy - count the score



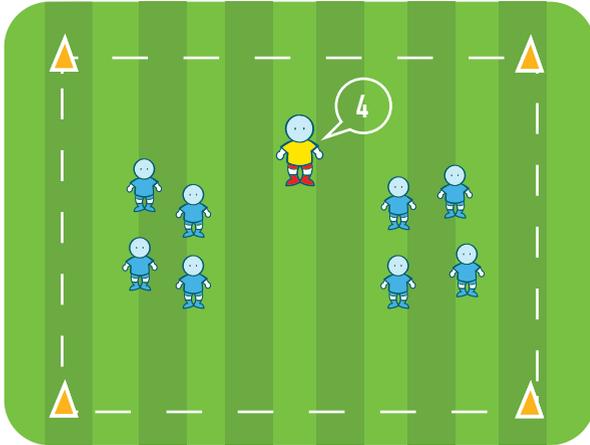


1st/2nd CLASS

Week 3 (Evasion & Tackle)

Numbers game

1



- Focus: Warm-up
- Inside square, coach calls number and players must get in group of that number.

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Walking Side Stepping Dodging	Balance Landing	

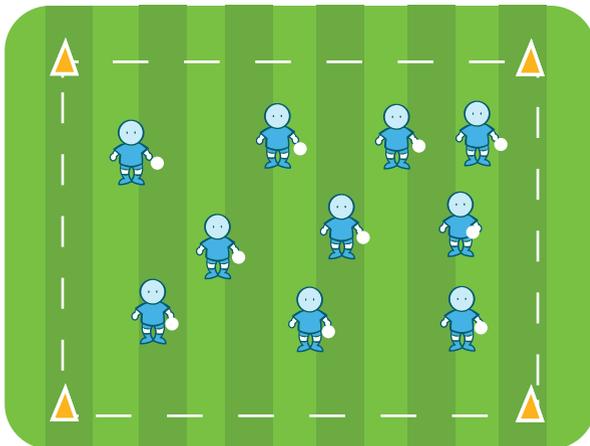
CURRICULUM LINK

Numeracy (Irish) Call numbers out in Irish
- Communication Verbal or Non-verbal during activity.



SHARKS AND FISH

2



- Focus: Intro to evasion & tackling
- Inside a rectangle, a number of players are sharks (2-4) and rest are fish.
- Sharks are tacklers and fish have football. If a player loses their football, they become a shark.

FUNDEMENTAL MOVEMENT SKILLS

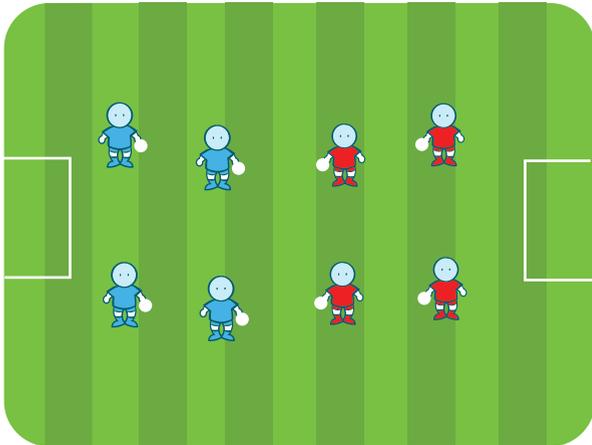
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Walking Side stepping Skipping	Balance Landing	Dribble Ground Strike Tackle Catching

CURRICULUM LINK

Geography – Each week use a different sea to describe setting.



Heads or Tails



- Using tackle and evasion
- 4 teams: 2 teams on 2 teams off.
- Players loosely put bib in bottoms as a "tails" or top "heads".
- Each player is holding a ball.
- Aim is for one team to steal the bibs from the other team.
- Progress: Steal the ball from the other team using near hand tackle.

3

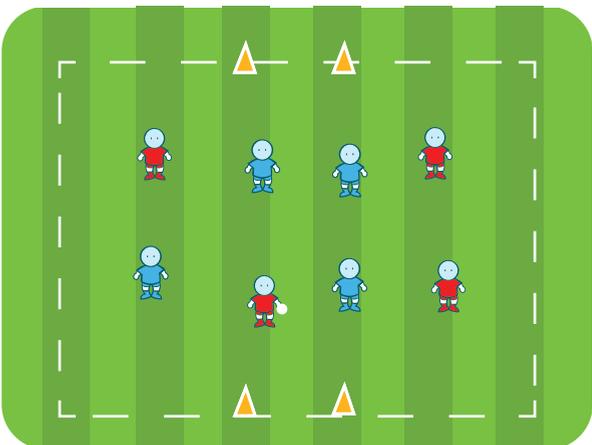
FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Walking Hopping Jumping for distance Side stepping	Balance Landing	Throwing Striking with the hand Catching

CURRICULUM LINK



Regular game



- Focus: Using evasion and tackling in game
- Regular game setup, 2 teams, each have a goals.
- No kicking.
- Extra score for tackle.

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping for height Jumping for distance Side stepping	Balance Landing	Tackle Catching Striking with the hand Throwing

CURRICULUM LINK

Numeracy Scoring System Goal=1 Point = 2 Tackle =3





1st/2nd CLASS

Week 4 (Punt Kick)

COUNTY

1

FUNDEMENTAL MOVEMENT SKILLS



- Focus: Warm-up
- Inside a rectangle, designate 4 areas with different coloured cones. These are the counties.
- Players inside running around performing various movements until coach calls a county, players then run to that zone.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Walking Hopping Skipping Dodging Side stepping	Balance landing	

CURRICULUM LINK

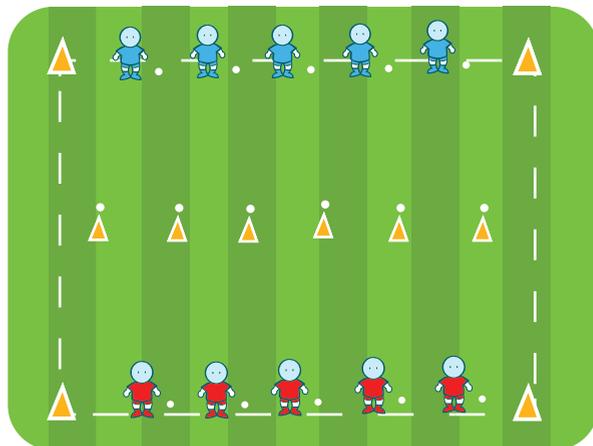
Geography —Level 1 County Level 2 Cities Level 3 Towns in Ireland



HIT THE BALLS

2

FUNDEMENTAL MOVEMENT SKILLS



- Focus: Kicking
- Two teams on either side of a square.
- Cones across halfway with footballs sitting on them.
- Aim is to knock the footballs off the cones.
- Winner knocks the most over.

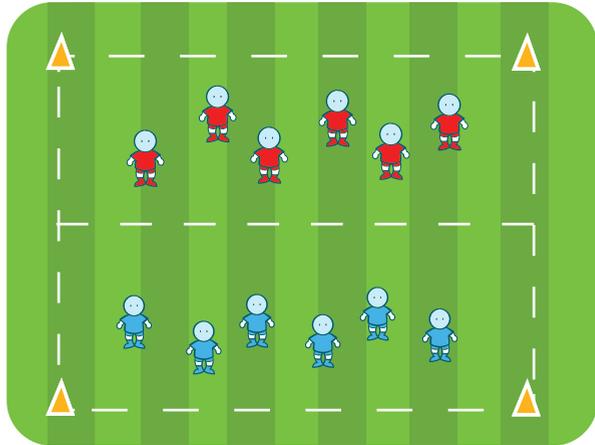
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking	Balance landing	Kicking Catching Throwing

CURRICULUM LINK

Concentration/Sequence (Skill) – Head
Hand Foot

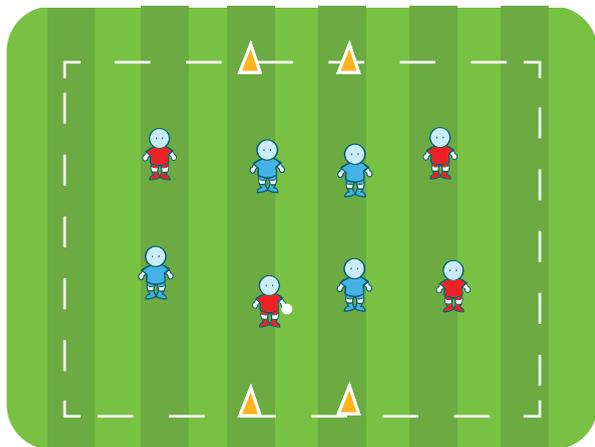


Over the River



- Focus: Kicking and catching game
- Two teams either side of a line of cones (river)
- Players kick over the river and try to make it hit the floor the other side.
- Other team tries to catch and return the kick.
- Score for each time they hit the floor.
- Must be high kick.

Regular match play



- Focus: All skills in game
- Bonus score for kick pass that is caught.

3

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping for height Jumping for distance Side stepping	Balance Landing	Dribble Strike Kicking Catching

CURRICULUM LINK
Geography – River



4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Walking Skipping Jumping for height Jumping for distance Side stepping Dodging	Balance landing	Dribble Ground Strike Tackle Catching Kicking Throwing

CURRICULUM LINK

Numeracy Scoring System Reward the Kick pass





HOMWORK CHALLENGES



1

Week 1

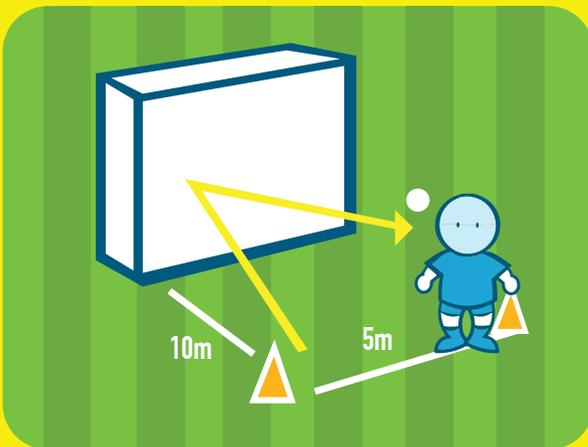


KICK-PASS FITNESS TEST

- Using 2 footballs, aim to execute as many bounces and solos off right side and off left side in 1 minute, while jogging.
- Solo right, solo left, bounce right, bounce left.
- How many can you get?

2

Week 2

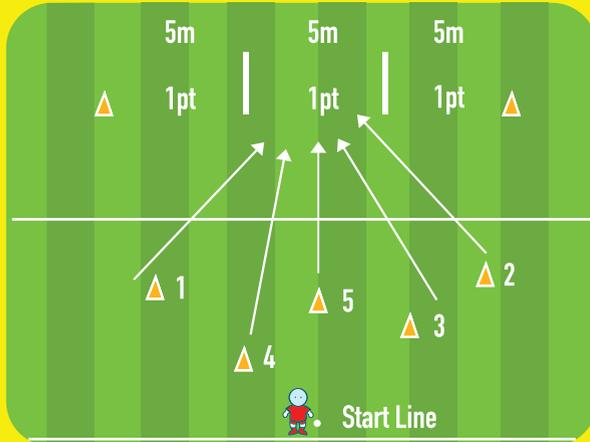


SHUFFLE PASS

- Set cones up at 10 steps from a wall, 5 steps wide.
- Set a timer for 1 minute.
- The aim is to hand-pass while at one cone, side shuffle and receive at the other cone and pass back.
- Repeat for 2 mins or until a ball is dropped.
- How many can you get?

3

Week 3

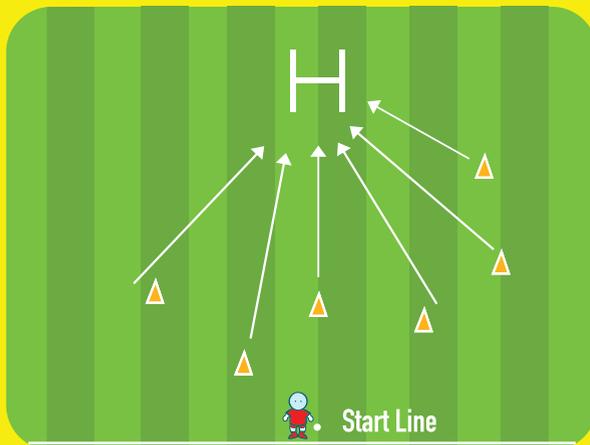


KICK-PASS FITNESS TEST

- Player has five Kick-Passes through poles while on the move.
- two points if he is successful and one point if he Kick-Passes between outer cones.
- the ball cannot bounce before the 5 MTR. Line.
- The player follows numbered cones 1-5.
- To place a little pressure on the player the five passes have to be completed within thirty seconds.
- **MAXIMUM POINTS; 10 Points**

4

Week 4



- Player makes six attempts to score points, three with his left foot and three with his right foot.
- Player can choose any route to complete his test.
- To place a little pressure on the player he has thirty-five seconds finish.
- **MAXIMUM POINTS; 6 Points**

TURAS PRIMARY SCHOOLS



3rd Class
4th Class

TURAS

PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

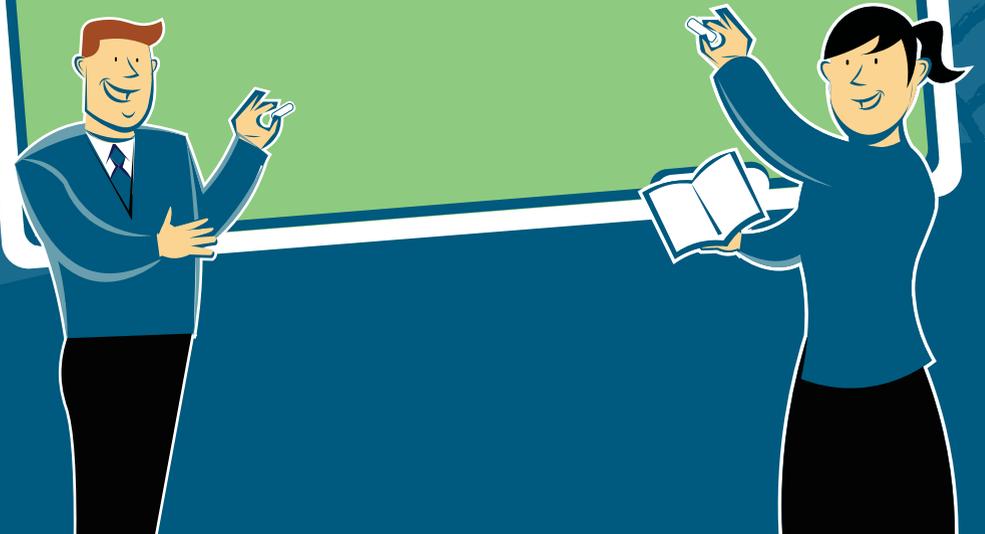
Resembles the game (games based) ✓

All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience

PRIMARY SCHOOLS

Today all my activities will be based around a game. I will avoid straight line drills and any activities that wouldn't be considered a game. This is the best way to bring all the skills of the game into my lesson.





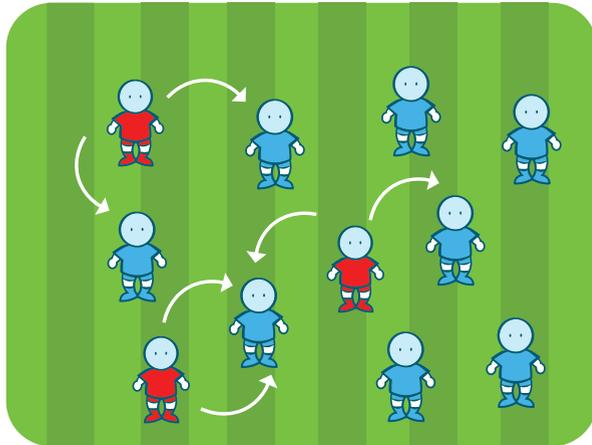
3rd/4th CLASS

Week 1 (Handpass)

Step Chase Game

1

FUNDEMENTAL MOVEMENT SKILLS



- Coach chooses 4 players to be chasers (wearing bibs).
- Remaining players run around 30 x 30m square doing various exercises while moving
- When the coach calls stop all players freeze and the chasers can take 1 leap in any direction to try and tag any player.
- Change chasers after period of time

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Hopping Jumping for distance Dodging Side stepping	Balance Landing	

CURRICULUM LINK

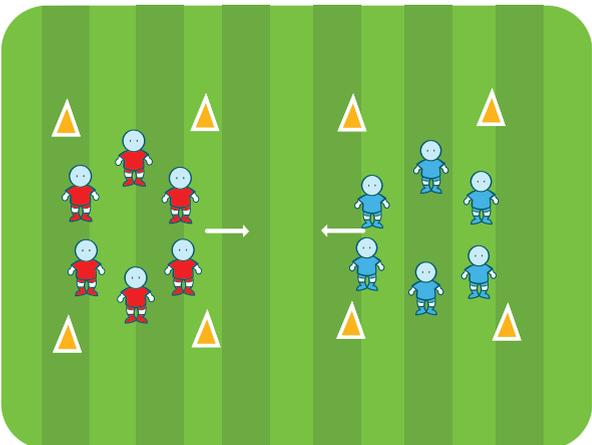
Listening Skills



Raiders- Fun game WORKING ON HAND PASS UNDER PRESSURE

2

FUNDEMENTAL MOVEMENT SKILLS



- Mark out two squares 15x15M and divide players into two teams one in each square
- One player is selected from each team at the invader
- Players begin handpassing the ball and moving around inside the square
- On the teachers signal the invader moves into the other square and tries to intercept a pass
- Whichever invader gets the ball first gets a point for their team
- Can progress this by adding more invaders going in eg. two at a time or one on the first signal and another on the next signal

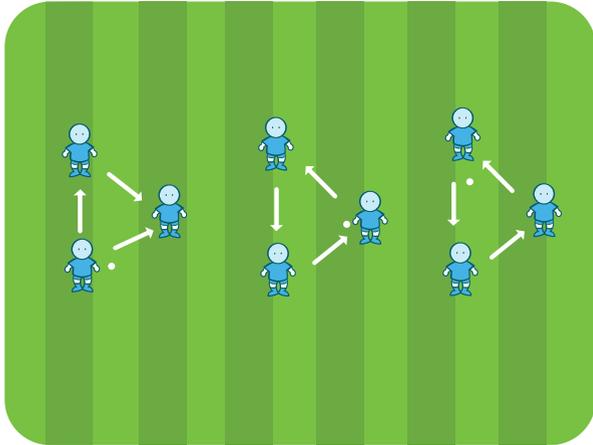
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping Jumping for height	Balance	Striking with the hand Catching

CURRICULUM LINK

Communication/Teamwork



SKILL DEVELOPMENT HAND PASS



- Depending on number of footballs get players into groups of 2/3
- Players handpass the ball to each other encourage the use of both hands
- Progress by adding competition to the game
- Race between groups to get 10 passes each with right and left
- Also add in if a group drops their football they are out, last group standing is the winner

3

FUNDEMENTAL MOVEMENT SKILLS

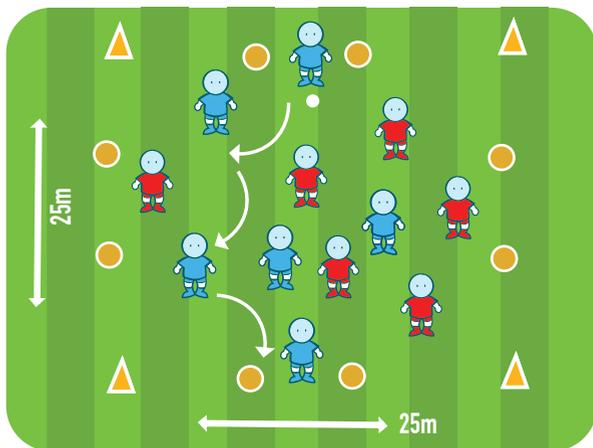
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Jumping for height Walking	Balance Landing	Striking with the hand Catching

CURRICULUM LINK

Numeracy as gaeilge



CAPTAINS BALL 15 mins



- Divide group into 4 teams
- Create 2 pitches of 25m square
- Place 1 goals on each side of the pitches (4 goals per pitch)
- Two players from each team act as goalkeepers
- Possession game with hand passing to your goalkeeper to score point
- Give opposition the ball after score
- Rotate goal keepers after each score

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping Side stepping	Balance Landing	Catching Striking with the hand

CURRICULUM LINK

Communication/Teamwork



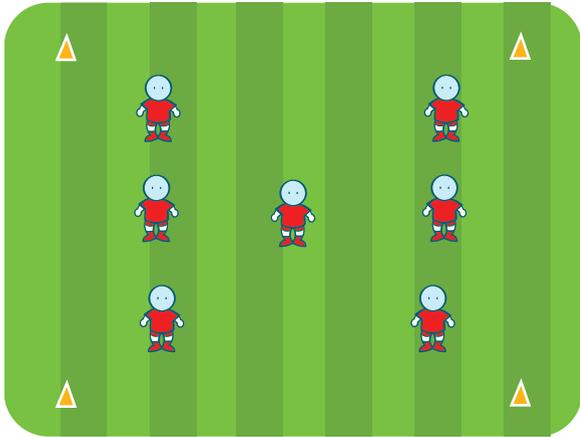


3rd/4th CLASS

Week 2 (CROUCH LIFT)

GET INTO SHAPE-10 mins

1



- Set out square area 30 x 30m
- Players jog in grid moving in various ways and directions
- Players also do various exercises (high knees, heels up, skipping, jogging backwards etc.)
- Teacher/coach then calls different body patterns (thin as a pin, tall as a house, small as a mouse, wide as a gate)
- Teacher/coach can use these terms as gaeilge (tanai mar bhiorain, ard mar teach, beag mar luch, leathan mar gheata)

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Hopping Skipping Jumping Side stepping	Balance Landing	

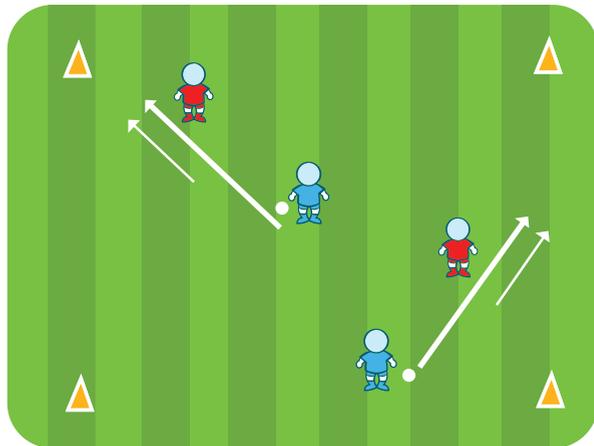
CURRICULUM LINK

Labhair as gaeilge



PARTNER PICK UP-10 mins

2



- One football between 2 players
- One player stands still in space with legs wide apart
- Their partner rolls the ball under their legs from behind so that they can chase and crouch lift as it moves away
- Player then moves around into space and repeats
- Switch after 1 minute
- Encourage player to practise using both feet

FUNDEMENTAL MOVEMENT SKILLS

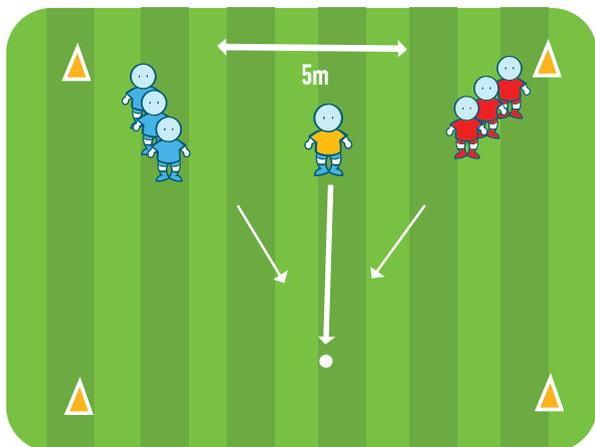
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping	Balance Landing Crouching	Catching Crouch Lift

CURRICULUM LINK

Concentration/Teamwork



Tussle and LIFT-10 mins



- Divide group into pairs and line up 5m apart at a cone
- On signal coach rolls ball forward from behind between each pair who chase and contest for the crouch lift
- Ask players to close eyes and only open them on whistle to further challenge their awareness and reaction speed

3

FUNDEMENTAL MOVEMENT SKILLS

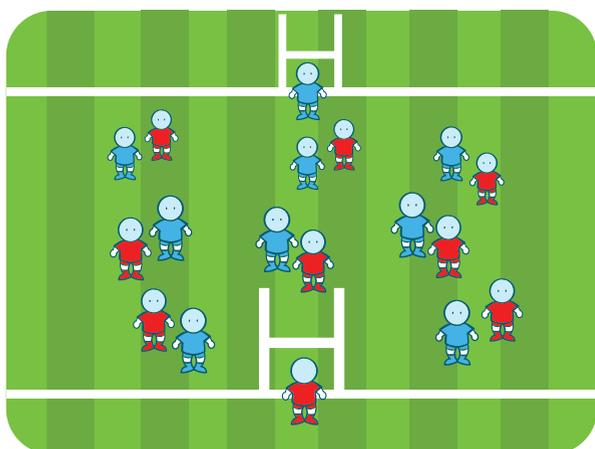
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping	Balance Landing Crouching Lifting Contact with team-mate	Catching Crouch lift

CURRICULUM LINK

Listening/Concentration



Pick Up Fever-15 mins



- Usual game scenario with 2 teams playing and 2 goals
- If large numbers present have 3 or 4 teams and alternate
- Two rules for the game are as follows:
- Any player who completes crouch lift cannot be tackled for 4 seconds
- Any player who chip lifts the ball in play gains a point for their team
- Ask player to count out 1, 2, 3, 4 loudly when they perform crouch lift
- Encourage players to use both feet and hands

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping Side stepping	Balance Landing Contact with other players	Striking with the hand Tackling

CURRICULUM LINK

Numeracy



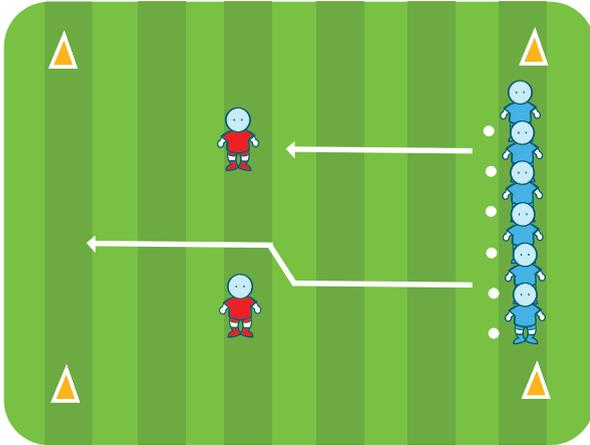


3rd/4th CLASS

Week 3 (Kick Pass)

Solo Tag -Evasion Game

1



- Set out square area 20 x 20m
- Place 6/7 players on each side of grid
- Two centre players act as taggers and attempt to dispossess other players as they solo across grid
- Teacher/coach calls NORTH,SOUTH,EAST or WEST to determine which group is called to solo across.

FUNDEMENTAL MOVEMENT SKILLS

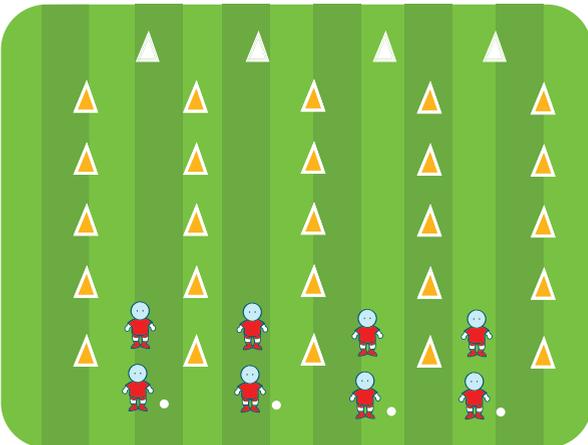
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping Side stepping	Balance Landing Contact with other players	Soloing Catching Bouncing

CURRICULUM LINK
Geography-Points on compass



MIRROR LANES- DRILL TO WORK ON FOOTWORK

2



- Set up 3/4 lanes 5M wide 20M long depending on numbers max 6 per group
- Players work in pairs
- One player stands at start of lane with football while the other is 2/3 steps in front
- On the teachers call the player with ball begins to move forward
- Opposite player must follow their movements and try stay in front of their partner
- Encourage player with the ball to move from side to side and use skills eg dummy solo
- Once they reach end of lane they swap the ball and come back down the lane
- Emphasis on staying on toes and watch the attackers feet when moving

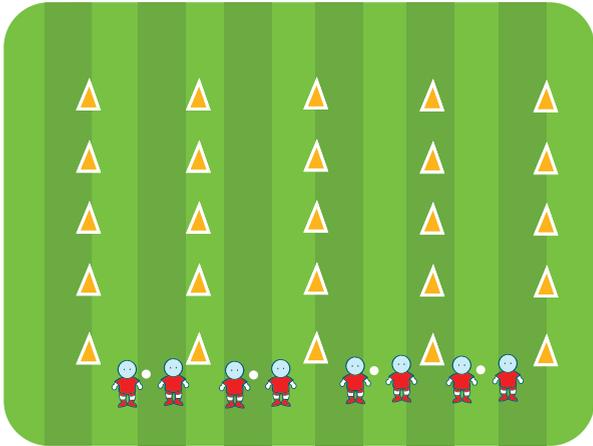
FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping Moving back-wards Skipping	Balance	Solo Bouncing Catching

CURRICULUM LINK
Geography/Counties of Eire



1v1 Lanes- Fun Game to work on near hand tackle



- Set up 3/4 lanes 5M wide 20M long depending on numbers max 6 per group
- Players work in pairs
- Both players start side by side one player has the football
- On teachers call players move forward through the lane
- Player without the ball is trying to knock the ball away using the near hand
- Once they reach the end of the lane they then swap the ball and work back
- Emphasis on near hand and waiting for attacker to take the play before tackling

3

FUNDEMENTAL MOVEMENT SKILLS

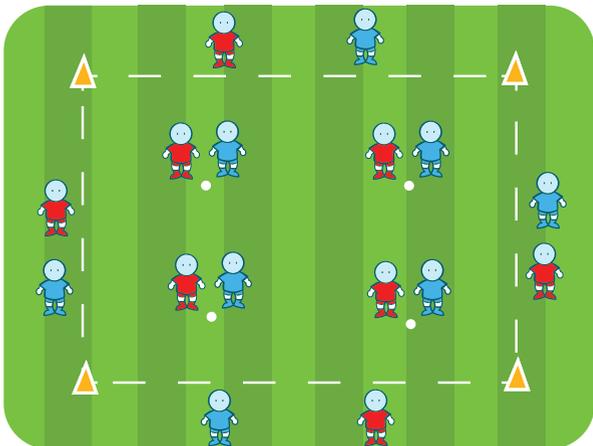
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping	Balance Contact with other player	Solo Bouncing Near hand tackle Catching

CURRICULUM LINK

Listening/concentration/anticipation



Group Invasion -10 mins



- Divide group into two teams with one positioned in 20 x 20m sq
- This team moves inside square while also soloing and hopping the ball
- The other team begin jogging around the outside of the square
- On whistle outside players run in and attempt to dispossess opposite team
- Teacher/coach times this activity until all players are dispossessed
- Switch roles and team to have completed task in quickest time are the winners

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping Side stepping	Balance Landing	Soloing Bouncing Near hand tackle

CURRICULUM LINK

Communication/working as a team



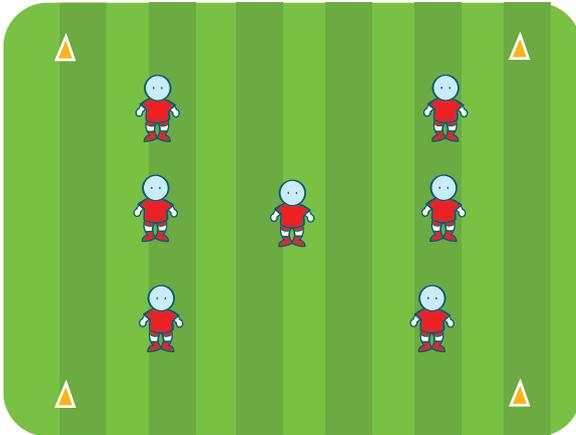


3rd/4th CLASS

Week 4 (KICKING)

Catch The Tails-10 mins

1



- Set out square area 30 x 30m
- Each player has a bib tucked into the back/side of their shorts/tracksuit
- On whistle players run and try grab other players bib
- Continue playing even if your bib is taken, player with most bib at end of 1min is winner
- Teacher/coach calls different movement patterns during activity (high knees, heel flicks, skipping, running sideways)

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping Jumping Reaching	Balance Landing	Catching Reaching for bib

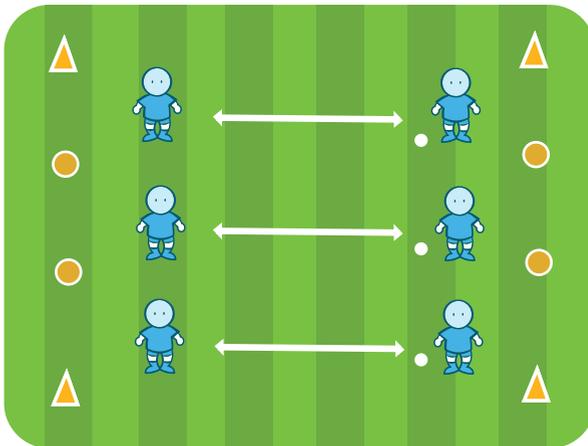
CURRICULUM LINK

Numeracy/listening



Kicking Kings-10 mins

2



- One football between 3 players
- Players punt or hook kick the ball to each other
- Teacher/coach uses simple maths equations to determine how many kicks need to be completed without the football hitting the ground (addition, multiplication, division and subtraction)
- On whistle players to practise using opposite foot

FUNDEMENTAL MOVEMENT SKILLS

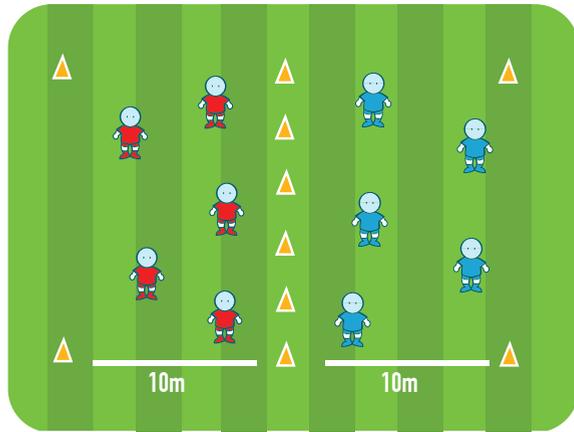
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Jumping for height Jumping to reach	Balance Landing	Kicking Catching Using both feet

CURRICULUM LINK

Numeracy



EMPTY THE YARD -10 mins



- Divide group into two teams in a 40 x 40m square which is divided in two
- Players keep their yard empty by punt kicking the ball to the opposition side
- Coach counts down from 10 seconds and team with the fewest footballs in their yard are the winners
- Coach can choose punt kick, hook kick, outside of boot etc

3

FUNDEMENTAL MOVEMENT SKILLS

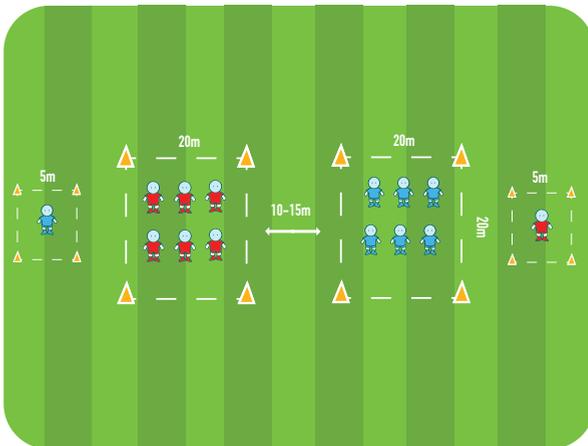
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping Side stepping	Balance Landing	Kicking Catching Using both feet

CURRICULUM LINK

Numeracy as gaeilge



PRISON BOX



- Players are divided into two teams both in a box 20x20m with a small gap between the two teams
- Behind the teams box is a smaller box which is called the prison box
- Each player must choose a county before the game starts one player per county
- The game works similar to no mans land when the ball is kicked and lands in the other teams box they get to guess a county, if they guess correctly that player must go into the prison box
- If the ball lands outside the box or the other team catch it the other team guesses a county
- To get players out of the prison box you must kick over the other teams square and get a clean catch in the prison box, once out players can change their counties

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping Jumping for height Jumping to reach	Balance Landing	Kicking Catching Using both feet

CURRICULUM LINK

Geography/ Team work

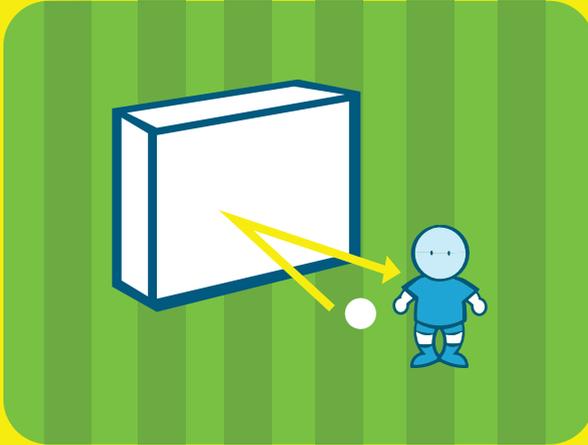


HOMework CHALLENGES



1

Week 1

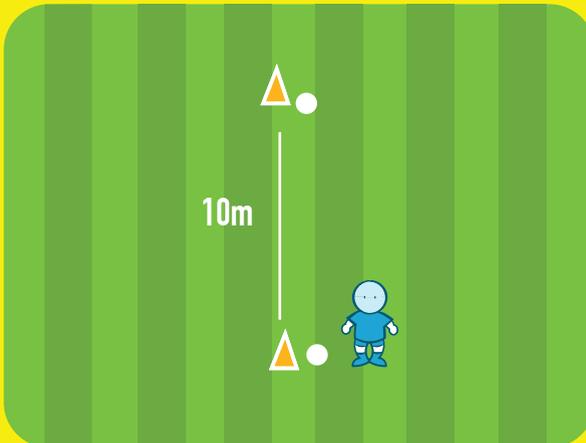


Hand pass

- Player has a football standing four steps away from a wall
- The player has 30 seconds to complete as many hand passes as possible using their right hand and thirty seconds using their left hand
- Pass must be caught in order for it to count

2

Week 2

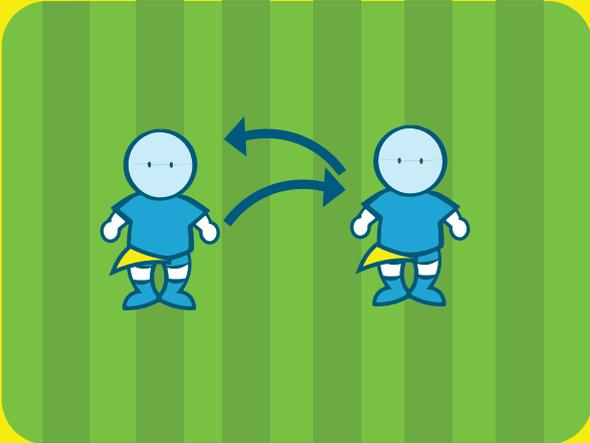


Crouch Lift

- Student places two cones or whatever they have available at home 10m apart.
- Place a football at each cone.
- Any type of ball will work.
- He/she must crouch lift the ball correctly and run to place it beside second cone.
- They then crouch lift the second ball and drop it back at first cone. Continue for 30 seconds and count how many crouch lifts in total.
- Try opposite foot for next 30 seconds.

3

Week 3

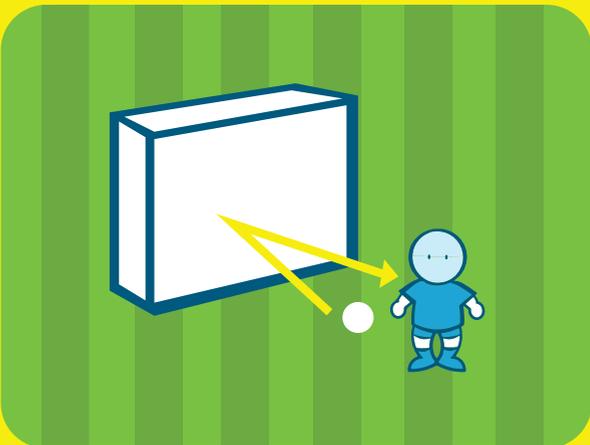


Footwork-Hand In/Hand Out

- Players work in pairs with parent/brother/sister/friend
- Both players have a bib/top tucked into the back of their shorts
- On the signal the players try and grab the opposite players bib/top out
- They have one minute to see how many points they can get

4

Week 4



Kicking King/Queen

- Players stand 6 steps away from a wall with a football
- They have one minute to complete as many kick passes as possible
- The player must use both right and left foot
- Pass must be caught in order for it to count
- Make sure to record score at the end of the minute

TURAS PRIMARY SCHOOLS



5th Class

6th Class

TURAS

PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience

PRIMARY SCHOOLS

In today's lesson I will try to give 4 pupils individualised coaching on a skill they are performing. I will ask them to work on this coaching point during their GAA homework and will ask for feedback on how they felt it improved their game.





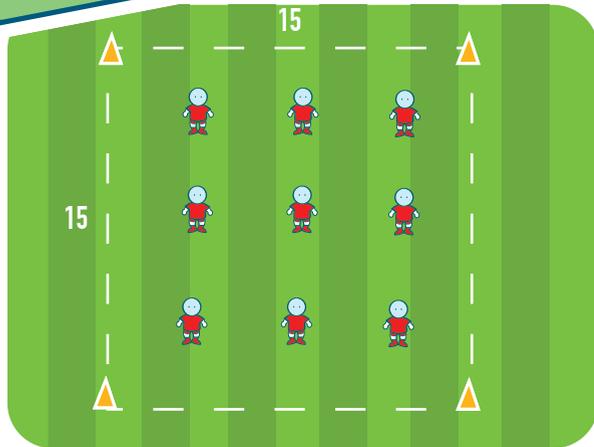
5th/6th CLASS

Week 1 (kicking)

Warm Up (7 –10 Min)

1

FUNDEMENTAL MOVEMENT SKILLS



- Incorporating fundamental movement skills
- Set up a square 15m X 15m
- Jog around the square in all different directions. Coach calls different instructions. Groups of 3 (get in groups of 3) etc.
- Coach does some light stretching
- Coach labels the sides of the square North South East and West so the square represents Ireland
- Then introduces different instructions eg Counties, Rivers, Mountains etc.
- Coach calls Donegal (players run to the top left corner of the square) or the River Lee (players run to bottom of the square)

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side Stepping	Balance	

CURRICULUM LINK

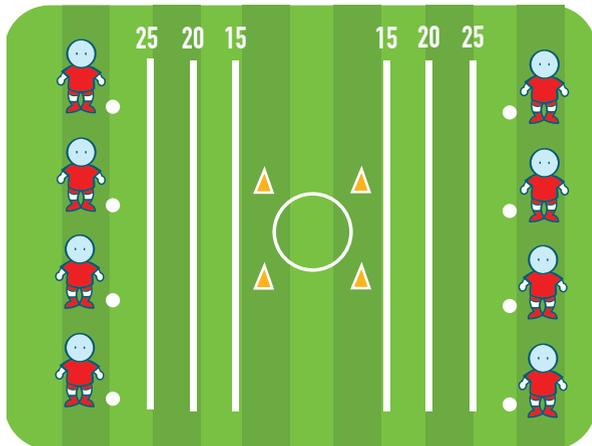
Numeracy



Bulls Eye (10/12 Min)

2

FUNDEMENTAL MOVEMENT SKILLS



- This is a target game to develop the Hook Kick
- 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
Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient

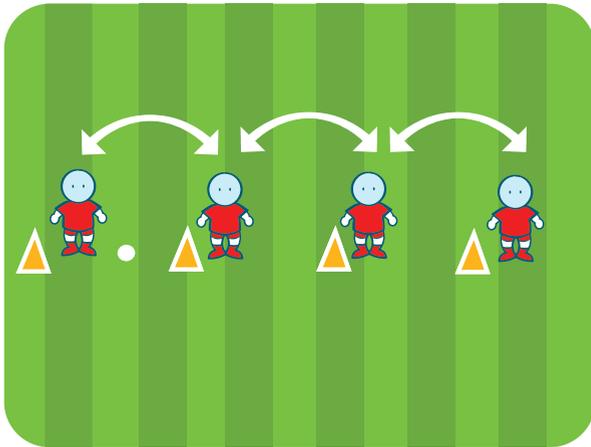
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking	Balance	Kicking

CURRICULUM LINK

Numeracy



ACTIVITY 2 (10 Min)



- This is a drill to practice the kicking technique
- Mark out 4 cones in a line each approx 20m apart
- One player is positioned at each cone
- The ball is punt kicked from player to player over and back across the line
- Initially the kicker kicks from a stationary position to the receiver who is moving towards the ball
- Adapt the drill by requiring the kicker to pass the ball while moving
- After a set period of time rotate the outside players with the insideplayers
- STEP Variation
Relay race. Player kicks to player on the cone and runs to receive a hand pass from player 1 and then kicks to player 2 etc.

3

FUNDEMENTAL MOVEMENT SKILLS

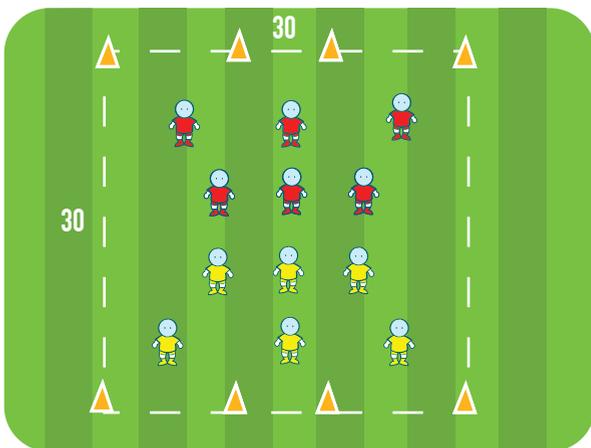
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging	Balance	Kicking

CURRICULUM LINK

Numeracy



Fun Game (10/15 mins)



- Fun Game (10/15 mins)
- Set up a square 30m X 30m
- Set up even teams. Reds V Yellows (6 V 6)
- Keep ball in the square by throwing or hand passing
- To score you must get a successful kick pass
- Game lasts 2 minutes and the next 2 teams are in

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping Side Stepping	Balance Landing	Kicking Catching Striking with the hand

CURRICULUM LINK

Numeracy-Physical Activity



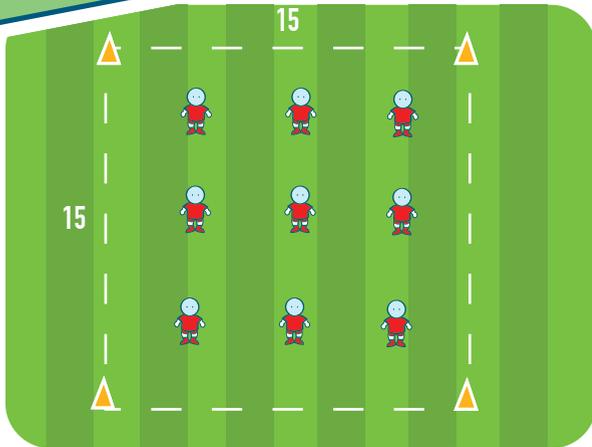
5th/6th CLASS

Week 2 (TRAVELLING WITH THE BALL)



Warm Up (7 –10 Min)

1



- Incorporating fundamental movement skills
- Set up a square 15m X 15m
- Jog around the square in all different directions. Coach calls different instructions. Groups of 3 (get in groups of 3) etc.
- Coach does some light stretching
- Coach asks the players to get in pairs and take a cone between them
- Players face each other with the cone between them
- Coach calls instructions and the players react (Head, shoulders, sit down hop on 1 leg etc.)
- Coach calls cone and player must pick the cone before their partner to win.

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Hopping Jumping	Balance Landing	

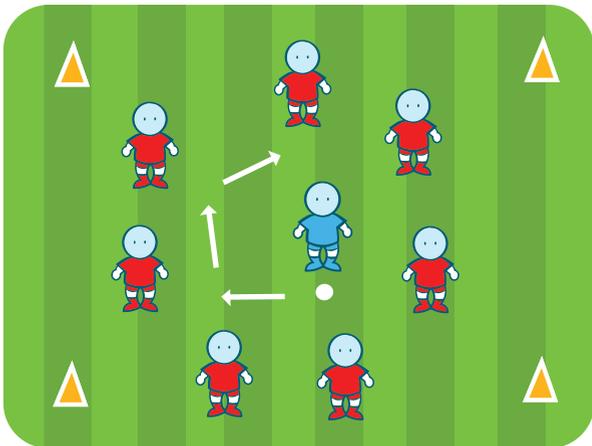
CURRICULUM LINK

Numeracy



Solo Tag

2



- This is a fun game to develop the Solo
- Mark out a grid 15m x 15m
- One player with a ball must solo around and attempt to tag the other players
- The player must solo at least once every four steps
- Once a player has been tagged, they must leave the game
- Change the player with the ball when all the players have been tagged

STEP Variation

- Players at the beginning –Increase the number of ‘taggers’ to reduce the difficulty of the game

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping Side Stepping	Balance Landing	Throwing

CURRICULUM LINK

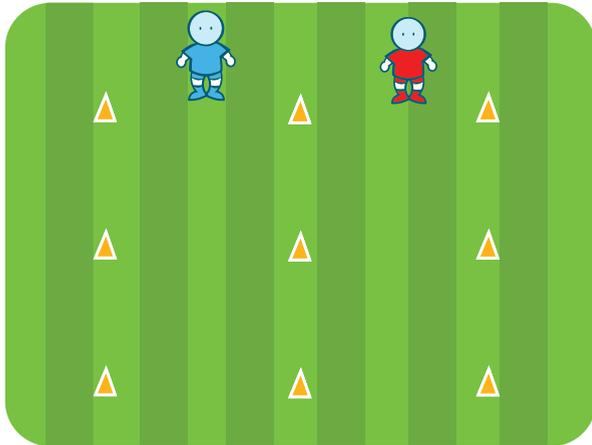
Numeracy-Physical activity



Noughts & Crosses

3

FUNDEMENTAL MOVEMENT SKILLS



- Set out 2 grids of 9 coloured cones all 2 meters apart to make a 3 X 3 grid (as below)
- Divide teams into 2 teams 4 V 4
- Each team has 3 bibs
- Player 1 places a bib on a cone while running back to base to tag a teammate
- To win the team must get 3 bids in a row in any direction

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping	Balance	Throwing

CURRICULUM LINK

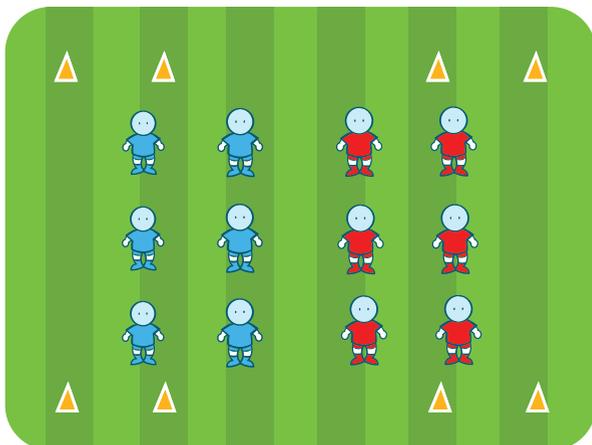
Numeracy-Physical activity



Gates Galore

4

FUNDEMENTAL MOVEMENT SKILLS



- This is a fun game to develop the Solo
- Set up a square 30m X 30m with a gate on each corner (as below)
- Set up even teams. Reds V Yellows (6 V 6)
- Possession game
- To score you must solo through the gate and you can't go through the same gate twice.
- Game lasts 2 minutes
- Next 2 teams are in

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping Side Stepping	Balance Landing	Throwing Kicking Striking with the hand

CURRICULUM LINK

Numeracy-Physical activity



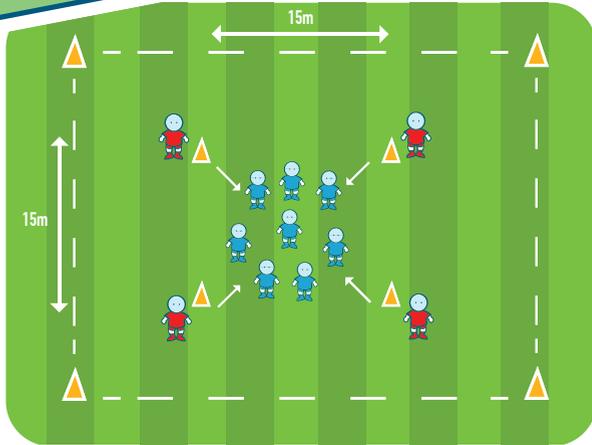


5th/6th CLASS

Week 3 (Hand-Pass)

Warm Up (10 Min)

1



Incorporating fundamental movement skills

- Set up a square 15m X 15m
- Foxes & Rabbits. 4 Foxes(Bibs) start at each cone to catch rabbits and bring them back to their den(cone)
- Freeze & Statues. Coach blows whistle players run around in different directions when coach blows whistle again players freeze and advance on to freezing as a funny statue

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Jumping Side step	Landing Balance	

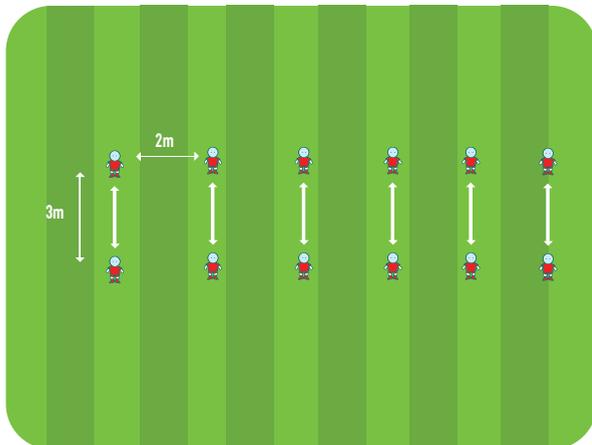
CURRICULUM LINK

Numeracy



PARTNER DRILL

2



- All Skills Partner Drill
- Each player to have skill buddy
- Cones 3m away
- Practice Throwing & Catching, High Catch, Hand-pass, Bounce Catch, Solo, Pick-Up, move back 10m for Kick-pass

STEP Variation

- Time – End of each skill see how many passes/skills they can do in 30 seconds, try to improve that score next week

FUNDEMENTAL MOVEMENT SKILLS

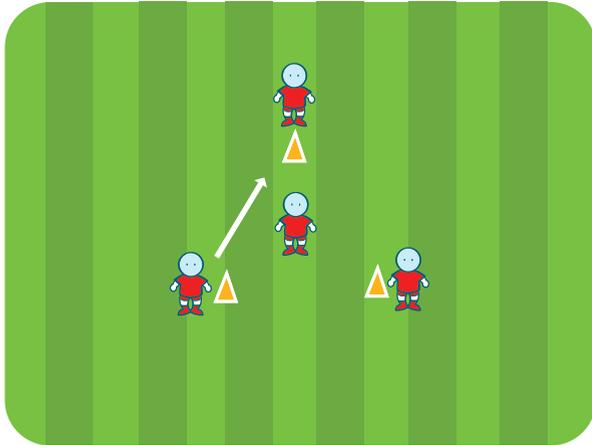
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking Jumping	Landing Balance	Catching Throwing Striking with the hand Bounce

CURRICULUM LINK

Numeracy



Keep Ball



- This is a drill to practice the Hand-Pass
- All players remain with skill buddy and practice hand-pass (Teacher giving key teaching points of skill. (1min Left 1 min Right hand)
- Mark Out 3 cones 5m apart in a tri-angle shape, 1 player at each cone, 1 player in middle, Players on cones trying to pass ball to each other using hand-pass and player in middle trying to intercept the pass. (Play for 45seconds and change player in middle)
- Set Up 5 Squares 10m X 10m, 3 V 3 players to count passes out loud every hand-pass is a score. Play 2X 1min games

3

FUNDEMENTAL MOVEMENT SKILLS

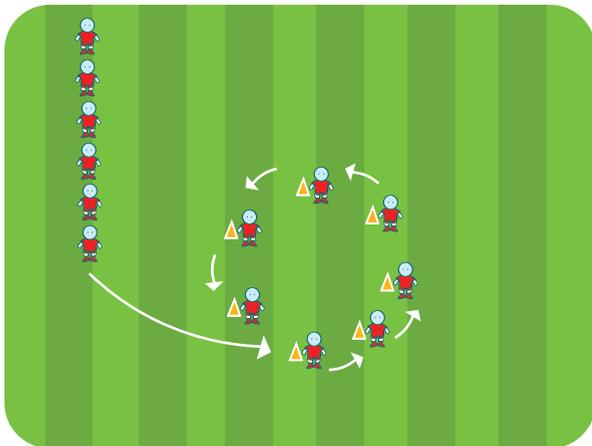
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking Running Jumping Side Step	Landing Balance	Kicking Catching Striking with the hand,

CURRICULUM LINK

Numeracy



Fun Game (10 mins)



- Set up a Circle with 7 cones,
- Player on each cone.
- 7 players lined up behind a separate cone, who have to run around circle then next player goes until all finished, players on cones are hand-passing ball around the circle see how many passes they can get before all other team completes run around circle, change positions give other team a chance.

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running	Balance	Catching Striking with the hand,

CURRICULUM LINK

Numeracy





5th/6th CLASS

Week 4 (High Catch)

Warm Up (10 Min)

1



- Incorporating fundamental movement skills
- All players with a ball, Tricky tricks players are encouraged to do tricks with ball and try at home. 6mins
- Crawling, Hopping, Jumping on 1 leg, Running 30 secs each X2

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking Jumping Crawling Hopping	Landing Balance	Catching Throwing Bounce

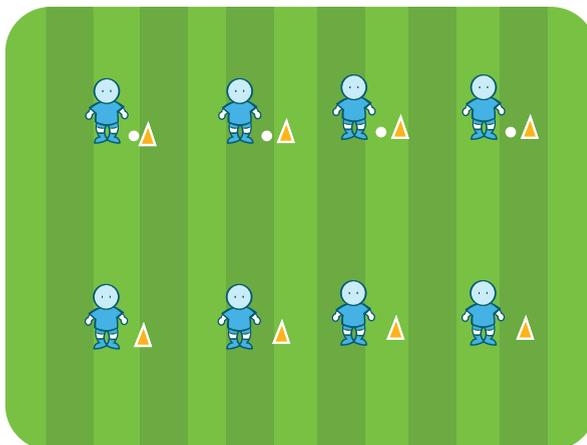
CURRICULUM LINK

Numeracy



Partner Drill

2



- All Skills Partner Drill
- Each player to have skill buddy
- Cones 3m away
- Practice Throwing & Catching, High Catch, Hand-pass, Bounce Catch, Solo, Pick-Up, move back 10m for Kick-pass

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking Jumping	Landing Balance	Catching Throwing Striking with the hand Bounce

CURRICULUM LINK

Numeracy



High Catch



- This is a drill to practice the High Catch
- All players remain with skill buddy and practice high catch (Teacher giving key teaching points of skill.)
- Groups of 3 similar sizes in height, 1 player throws ball up between 2 players trying to get the ball using the high catch. Rotate player throwing
- Mark out 2 squares 10m X 10m and 8m apart, 3 v 3 full possession game in 1 square after 30 seconds kick high ball across river to 3 v 3 in other square & continue

3

FUNDEMENTAL MOVEMENT SKILLS

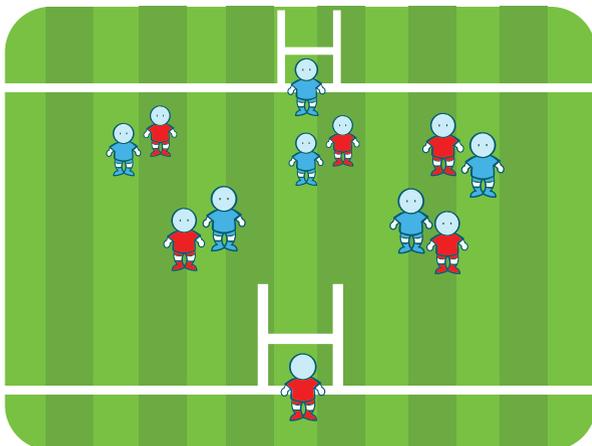
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking Running Jumping	Landing Balance	Throwing Catching Kicking

CURRICULUM LINK

Numeracy



High Catch



- 5 v 5 game 1 point for high catch

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking Running Jumping- Side-step, Dodging	Landing Balance	Throwing Catching Kicking Striking with the hand

CURRICULUM LINK

Numeracy

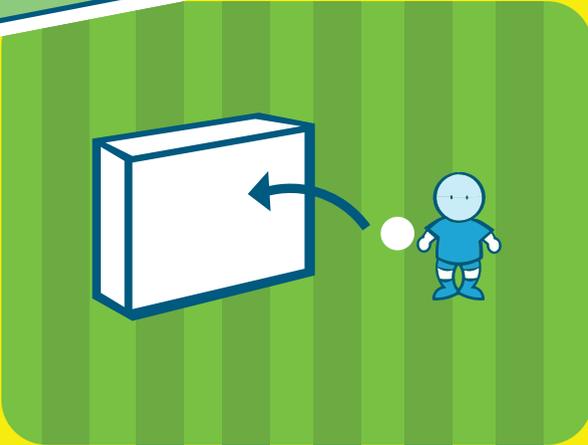


HOMEWORK CHALLENGES



1

Week 1



- Set up goals approx 1m, stand 5m back handpass ball through the goals 5 times right & left

2

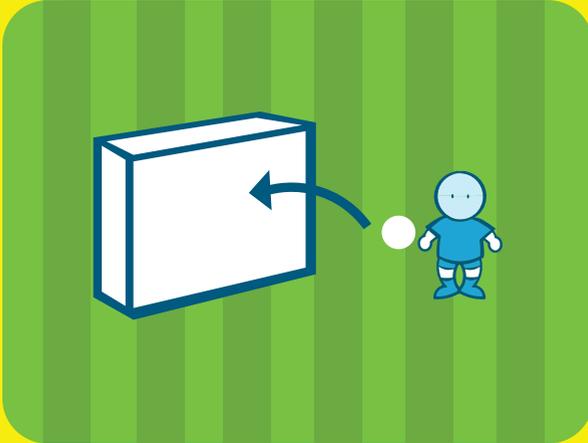
Week 2



- Throw Ball straight up in air as high as possible and catch at highest point 10 times

3

Week 3



- 30 punt kick off the wall with the left foot
- 30 punt kick off the wall with the left foot
- 30 hook kick off the wall with the left foot
- 30 hook kick off the wall with the left foot

4

Week 4



- 30 solos with the football right foot
- 30 solos with the football left foot
- 30 solos with a tennis ball right foot
- 30 solos with a tennis ball left foot

Notes



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PRIMARY SCHOOLS

ALL ACTIVITIES CREATED BY THE FOLLOWING LEINSTER GAA STAFF:

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Ian O'Shea - GRAPHICS & DESIGN

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