

# **SUPER COACH**

**AN EPIC  
COACHING  
ADVENTURE!**



**LEINSTER**



# INTRODUCTION

## THE STORY BEGINS

**AS A COACH, HOW MUCH IMPORTANCE DO YOU PLACE IN CHILDREN HAVING FUN AT YOUR SESSIONS?**

**THE LEINSTER GAA COMIC BOOK RESOURCE AIMS TO BRING OUT THE CHILD IN ALL OUR COACHES, ASSISTING THEM WITH IDEAS ON HOW TO MAXIMISE THE FUN ELEMENT OF THEIR COACHING SESSIONS. THERE ARE 29 DIFFERENT ACTIVITIES INCLUDED THAT CAN BE USED AT ALL STAGES OF COACHING SESSIONS, WARM UPS, SKILL DEVELOPMENT AND GAMES. AS THIS COMIC BOOK WILL SHOW, FUN IS THE MAIN PRIORITY IN DESIGNING THESE ACTIVITIES, BUT ALL AREAS OF PHYSICAL AND SKILL DEVELOPMENT WILL BE ENHANCED IN YOUR PLAYERS IN THE COURSE OF THESE GAMES. OUTLINED THROUGH THE USE OF OUR TURAS COACHING PRINCIPALS THESE ACTIVITIES WILL ASSIST THE COACHES IN CHALLENGE PLAYERS TO IMPROVE ALL PARTS OF THEIR GAME IN A FUN ENVIRONMENT.**

**SO, LET THE ADVENTURE BEGIN BY LOOKING AT ALL THIS COMIC BOOK HAS TO OFFER AND BRAVELY GO WHERE YOU'VE NEVER GONE BEFORE. . .**



# TURAS COACHING PRINCIPLES

**T**ESTING & CHALLENGING, ALL PLAYERS SHOULD BE CHALLENGED TO IMPROVE AT THEIR LEVEL.

ARE PLAYERS RECOGNISED FOR EFFORT MORE THAN OUTCOME - ENCOURAGE TO TRY THINGS

ARE THE PLAYERS ENGAGED IN THE TASK OR ARE THEY DISTRACTED?

DO YOU SET TARGETS FOR PLAYERS DURING ACTIVITIES

**U**NDERSTAND THE PLAYER IS AT THE CENTRE OF THE GAME AND PROVIDES INDIVIDUALISED DEVELOPMENT (PLAYER CENTRED).

DID YOU USE DIFFERENT CONDITIONS FOR DIFFERENT PLAYERS WITHIN ACTIVITIES?

HOW DID YOU DECIDE ON YOUR PAIRINGS/GROUPINGS

DID YOU TRY TO ENGAGE ONE TO ONE WITH AS MANY PLAYERS AS POSSIBLE?

**R**ESEMBLES THE GAME (GAME BASED).

WHAT PART OF THE GAME DID YOUR ACTIVITIES SEEK TO DEVELOP

WERE THE PLAYERS MOTIVATED TO COMPLETE THE ACTIVITY

DID YOU COMMUNICATE TO THE PLAYERS WHY THEY WERE DOING THE ACTIVITY

**A**LL PLAYERS INVOLVED, ALL OF THE TIME. LOTS OF TOUCHES, LOTS OF DECISIONS.

WHAT PERCENTAGE OF YOUR SESSION INCLUDED GAMES

DID YOUR GROUP/TEAM SIZES ALLOW PLAYERS MAXIMUM TOUCHES

DID YOU USE QUESTIONS TO FACILITATE THINKING PLAYERS

**S**HOULD ALWAYS BE ENJOYABLE, DEVELOPMENTALLY APPROPRIATE & HOLISTIC GAA EXPERIENCE.

WERE THE PLAYERS SHOWING SIGNS OF ENJOYING THE SESSION? I.E. POSITIVE BODY LANGUAGE

WERE THE ACTIVITIES AGE APPROPRIATE?

DID YOU DEVELOP THE PERSON AS WELL AS THE PLAYER?



# FEEDBACK



OUR STRONGEST  
SUPERPOWER IS  
FEEDBACK!



## BUILD CONFIDENCE...



GREAT JUMP  
TOM!

I'M  
GREAT  
AT  
JUMPING!

## LET'S GIVE POSITIVE FEEDBACK!



I'M PROUD OF  
YOU ALL!

COACH IS  
PROUD OF  
US!



I CAUGHT THAT  
BALL WONDER IF  
COACH SAW IT?

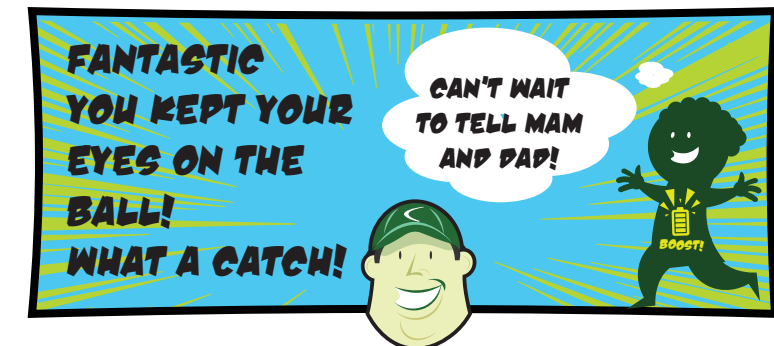
NOW! HOW DID YOU  
CATCH THAT BALL?

WELL  
DONE!



YOU WORKED  
REALLY HARD  
TODAY MARY!

COACH  
SAID I WORKED  
HARD!



FANTASTIC  
YOU KEPT YOUR  
EYES ON THE  
BALL!  
WHAT A CATCH!

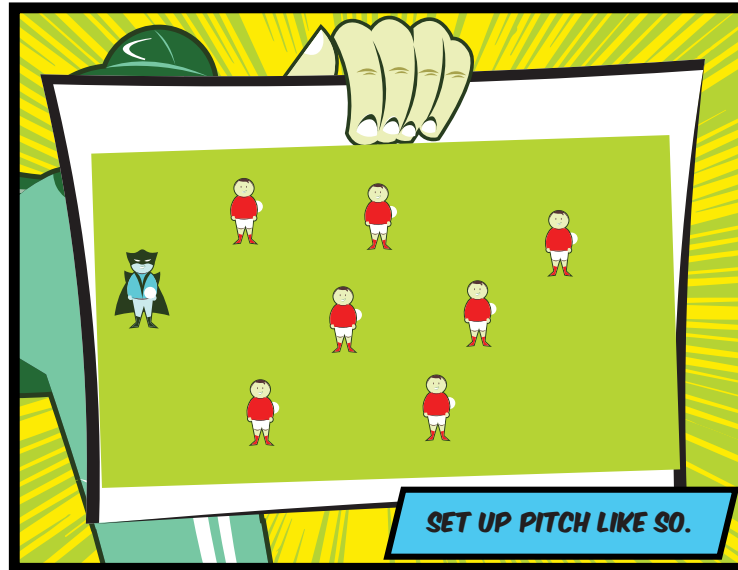
CAN'T WAIT  
TO TELL MAM  
AND DAD!

YOUR MANNER MAKES THE MESSAGE

# ANT AND THE ANTEATER.



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

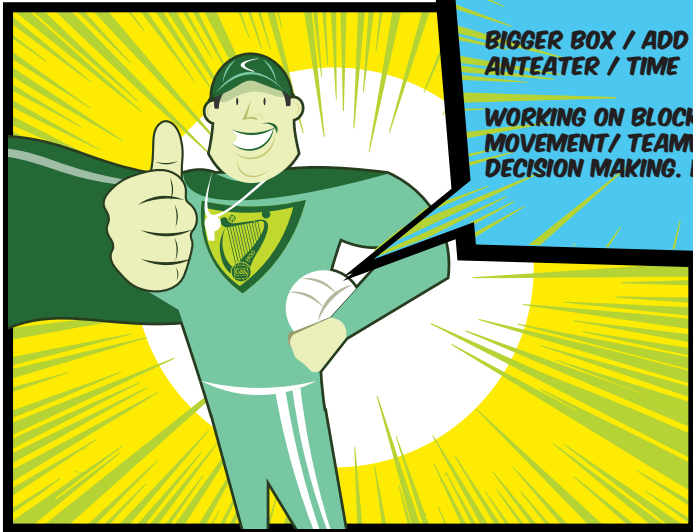
- THE ANTS PUT THEIR BALL BEHIND THEIR BACKS HOLDING THE BALL WITH TWO HANDS ON EITHER SIDE OF THE BALL AND RUN AROUND INSIDE THE BOX.
- IF THE ANT GOES OUTSIDE THE BOX THEY ARE ON. THE ANTEATER HAS THEIR BALL IN THEIR HANDS AND HAS TO RUN BESIDE THE ANTS AND KNOCK THEIR BALL OUT OF THEIR HANDS.
- IF YOUR BALL GETS STRUCK OUT OF YOUR HANDS OR YOU DROP IT YOU TURN INTO AN ANTEATER AND YOU ARE ON TOGETHER.
- LAST PERSON WITH THEIR BALL ON THEIR BACK IS THE WINNER.



## PROGRESSION

BIGGER BOX / ADD A HOP? SOLO FOR ANTEATER / TIME

WORKING ON BLOCKING/ TACKLING/ DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE / DECISION MAKING. FUNDAMENTAL MOVEMENT



**GREAT WORK!** TOM



**TURAS** PRINCIPLES IN ACTION

**R** ESEMBLES THE GAME (GAME BASED).

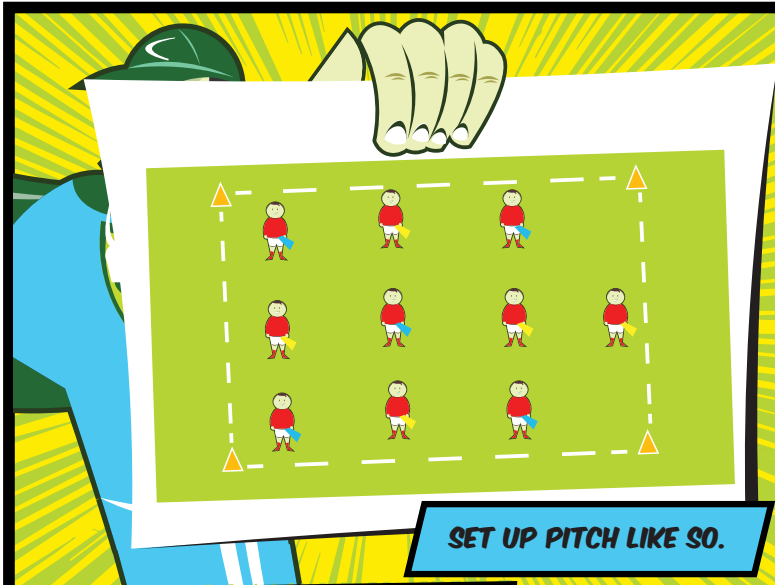
LOTS OF MOVEMENTS PATTERNS HERE ARE SIMILAR TO HOW PLAYERS WILL MOVE IN A GAME.



# TAG WARS



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- 4 TEAMS, EACH TEAM IS A DIFFERENT COLOUR .
- EACH TEAM GETS THEIR COLOUR BIB AND STICK IT INTO THEIR SHORTS. THE CHILDREN HAVE TO TRY AND KEEP THEIR BIB AS THEY RUN AROUND INSIDE THE BOX.
- OTHER TEAMS HAVE TO TRY AND STEAL EVERYBODY ELSE'S BIBS BUT THEIR OWN COLOUR TEAMS' BIBS.
- IF THEIR BIB IS TAKEN, THEY ARE OUT AND GO TO THE SIDE AND HELP BY TALKING TO THEIR TEAM.
- WHEN A BIB IS ROBBED IT MUST BE PUT OUTSIDE THE BOX ON THE GROUND. THE TEAM WITH THE MOST AMOUNT OF BIBS LEFT WIN. (E.G., IF YOU HAVE 1 BIB YOU GET 1PT 2 BIBS YOU GET 2PTS)



## PROGRESSION

ADD IN A BALL / MAKE BOX BIGGER OR SMALLER / USE ONLY LEFT / RIGHT HAND / JUMP / HOP ON ONE FOOT.

WORKING ON NEAR HAND TACKLING / DODGING / TEAMWORK / ENDURANCE / DECISION MAKING / FUNDAMENTAL MOVEMENT



# SUPER JOB!

MARY

**TURAS** PRINCIPLES IN ACTION

**A**LL PLAYERS INVOLVED, ALL OF THE TIME. LOTS OF TOUCHES, LOTS OF DECISIONS.

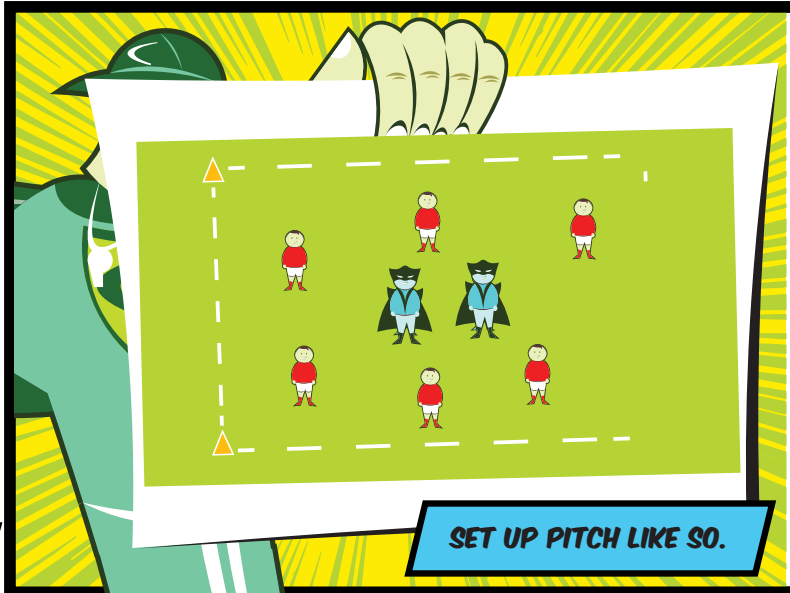
PLAYERS WILL MAKE A HUGE RANGE OF DIFFERENT INDIVIDUAL DECISIONS HERE IN EVASION & CHASING.



# STUCK IN THE MUD



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.



- EVERY OTHER CHILD MUST RUN AROUND INSIDE THE BOX AND TRY NOT TO GET TAGGED BY THE 2 CATCHERS.
- IF YOU GET CAUGHT YOU MUST THEN STAND UP WITH YOUR LEGS APART. TO BE FREED ANOTHER CHILD MUST CRAWL UNDER YOUR LEGS. CHILD MAY THEN RUN AROUND AGAIN.
- THIS GAME IS CONTINUOUS SO AFTER A WHILE SWAP THE CATCHERS FOR 2 NEW ONES.



AWESOME!

5 STARS!



ORAN



## PROGRESSION

PROGRESSION ... ADD IN MORE CATCHERS / ADJUST BOX SIZE

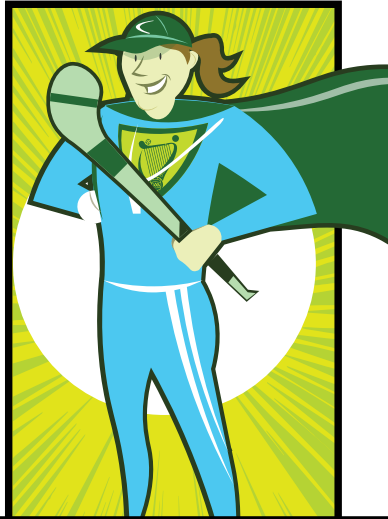
WORKING ON DODGING/ TEAMWORK/ DECISION MAKING/ ENDURANCE/ FUNDAMENTAL MOVEMENT

**TURAS** PRINCIPLES IN ACTION  
SHOULD ALWAYS BE ENJOYABLE,  
DEVELOPMENTALLY APPROPRIATE  
& HOLISTIC GAA EXPERIENCE.

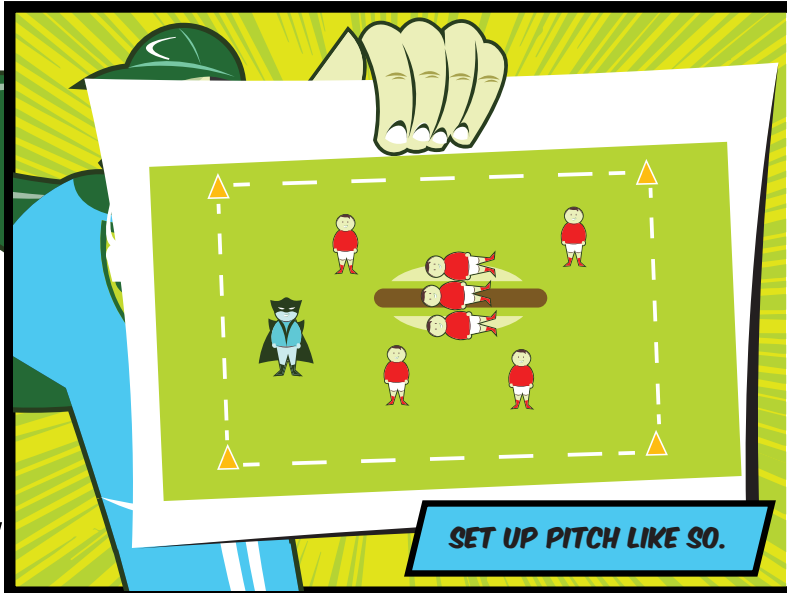
ENCOURAGE FUN AND LAUGHTER  
THROUGHOUT THIS GAME.



# HOT DOG



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- MAKE OUT A BOX. 2 CHILDREN ARE CATCHERS (KETCHUP) THE REST OF THE CHILDREN (BUNS) ARE RUNNING AROUND INSIDE THE BOX.
- IF YOU GET CAUGHT YOU TURN INTO A SAUSAGE AND LIE DOWN ON THE GROUND.
- TO BE FREED YOU HAVE TO GET TWO BUNS TO LIE DOWN EITHER SIDE OF YOU (2 OTHER CHILDREN) WHEN THE THREE ARE LYING TOGETHER THEY SHOUT HOT DOG AND RUN AROUND AGAIN.
- THIS GAME IS CONTINUOUS SO SWAP THE CATCHERS.



**GREAT WORK**

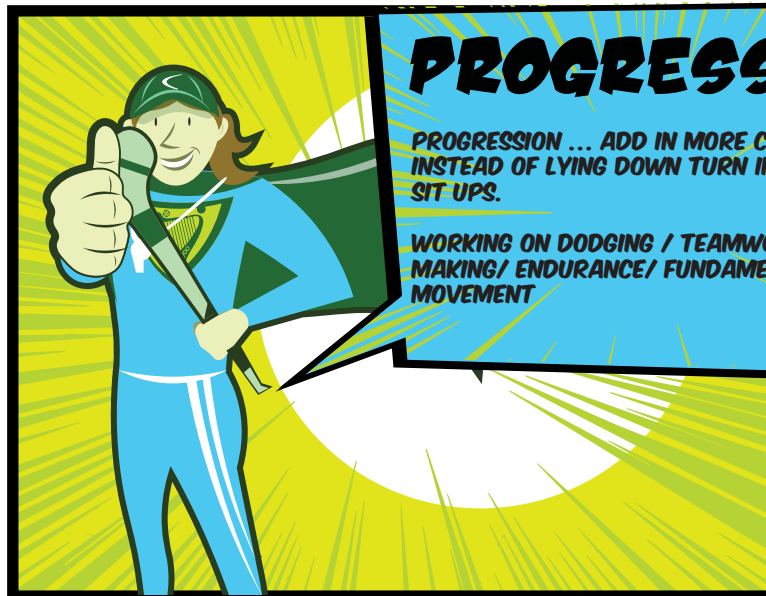


**EWIN**

## PROGRESSION

PROGRESSION ... ADD IN MORE CATCHERS / INSTEAD OF LYING DOWN TURN INTO PLANK OR SIT UPS.

WORKING ON DODGING / TEAMWORK / DECISION MAKING / ENDURANCE / FUNDAMENTAL MOVEMENT



**TURAS** PRINCIPLES IN ACTION

**T**ESTING & CHALLENGING, ALL PLAYERS SHOULD BE CHALLENGED TO IMPROVE AT THEIR LEVEL.

ALTERNATE THE LENGTH OF TIME YOU PLAY THE GAME BETWEEN 30 SECONDS & 1 MINUTE TO TEST PLAYERS ABILITY TO STAY MOVING.

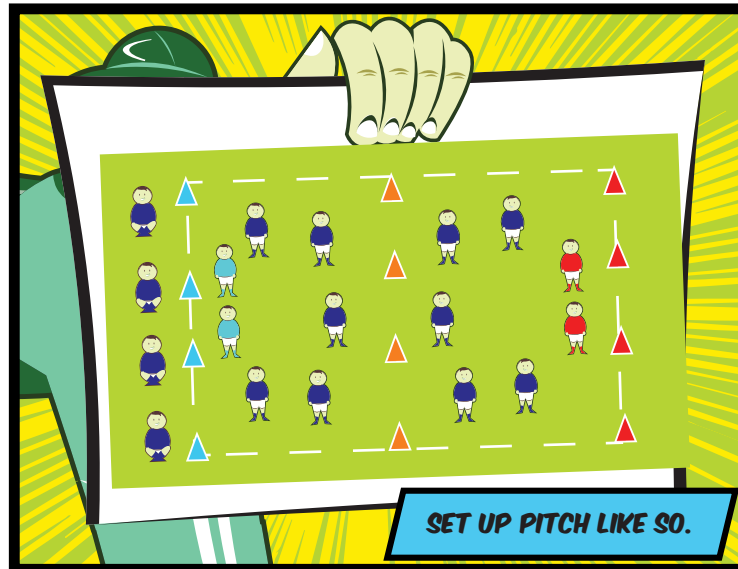




# SPIDERMAN AND FLY



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- MAKE OUT A BOX WITH A LINE OF CONES GOING ACROSS THE MIDDLE OF THE BOX. AT EACH END OF THE BOX HAVE ONE END RED AND ONE END BLUE. YOU WILL NEED 2 RED AND 2 BLUE BEAN BAGS.
- PICK 4 CHILDREN TO BE ON AS SPIDERS. 2 GO TO THE RED END AND 2 GO TO THE BLUE END.
- THE REST OF THE CHILDREN ARE RUNNING INSIDE THE BOX THEY CAN GO ANYWHERE INSIDE THE BOX. THE CATCHERS ARE ONLY ALLOWED TO STAY ON THEIR SIDE OF THE BOX.
- THE CATCHERS MUST UNDERARM THROW THE BEANBAGS AT THE FLY'S AND IF A FLY GETS HIT BY A BLUE BEANBAG, THEY MUST SIT DOWN BEHIND THE BLUE END LINE AND IF YOU GET HIT BY RED BEANBAG YOU MUST GO TO RED END LINE AND SIT DOWN.
- THE SPIDERS WITH THE MOST FLY'S CAUGHT ARE THE WINNERS. IF A SPIDERS BEANBAG GOES ON THE OTHER SIDE OF THE MIDDLE, THEY CAN GO GET THEIR BEANBAG BUT MUST RETURN TO THEIR SIDE TO THROW AGAIN. PLAY AGAIN BUT SWITCH SPIDERS.



## PROGRESSION

PROGRESSION ... ADD IN MORE CATCHERS / ADJUST BOX SIZE/ TIME

WORKING ON DODGING / TEAMWORK/ DECISION MAKING/ ENDURANCE/ FUNDAMENTAL MOVEMENT



GREAT WORK! SARAH



TURAS PRINCIPLES IN ACTION

RESEMBLES THE GAME (GAME BASED).

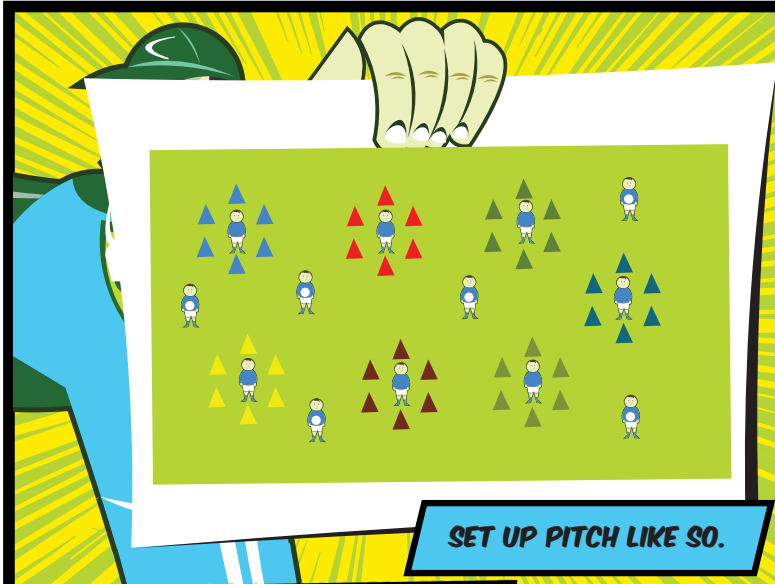
PLAYERS ARE RELIANT ON OTHER PLAYERS TO BE SUCCESSFUL WITHIN THE GAME.



# SHOPKEEPER



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- PUT OUT 6 CIRCLES MADE OF DIFFERENT COLOUR CONES (SHOPS) SPREAD APART.
- EACH SHOP NEEDS A SHOPKEEPER. EACH CHILD HAS A BALL EXCEPT FOR THE SHOPKEEPERS. TO MAKE A TRANSACTION YOU MUST HANDPASS THE BALL TO A SHOPKEEPER, BUT WHEN YOU PASS TO THE SHOPKEEPER YOU THEN YOU BECOME A SHOPKEEPER AND WAIT UNTIL A CUSTOMER HANDPASSES THE BALL.
- ONLY ONE CUSTOMER IS ALLOWED IN THE SHOP AT ONCE. SO CALLING FOR THE BALL IS VERY IMPORTANT.



## PROGRESSION

PROGRESSION ... HANDPASS WITH LEFT AND RIGHT / ADD A SOLO OR HOP / CHALLENGE HOW MANY SHOPS THEY CAN VISIT.

WORKING ON DODGING / TEAMWORK / DECISION MAKING / ENDURANCE / VISION / FUNDAMENTAL MOVEMENT



**SUPER  
JOB!**  
**CLAIRE**

## TURAS PRINCIPLES IN ACTION

**U**NDERSTAND THE PLAYER IS AT THE CENTRE OF THE GAME AND PROVIDES INDIVIDUALISED DEVELOPMENT (PLAYER CENTRED).

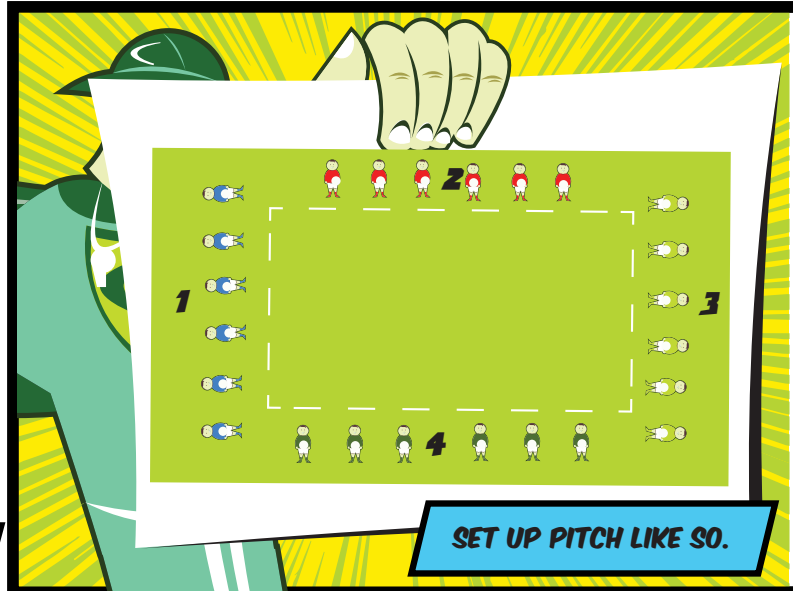
PICK OUT AN INDIVIDUAL PLAYER FOR THE DURATION OF THE GAME AND WATCH FOR THEIR HANDPASSING, MOVEMENT & ABILITY TO SEE SPACE.



# KEEP MOVING



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.



- MAKE OUT A BOX WITH CHILDREN IN EQUAL TEAMS ON EACH SIDE OF THE BOX. EACH CHILD HAS A BALL.
- EACH TEAM HAS A NUMBER 1 TO 4. WHEN THE COACH CALLS THE NUMBER OF THE TEAM THE WHOLE TEAM HOPS THE BALL ALL THE WAY OVER TO THE OPPOSITE SIDE AND BACK TO WHERE THEY STARTED.
- COACH CAN CALL AS MANY NUMBERS AS THEY WANT TO MAKE IT HARDER. FOCUS ON KEEPING HEAD UP! CAN I GET BACK WITH MY BALL SAFELY?



## PROGRESSION

PROGRESSION ... ADD IN SOLO/PICK UP/ HIGH CATCH/LEFT AND RIGHT/ NEAR HAND TACKLE/ SPEED

WORKING ON DODGING / TEAMWORK/ DECISION MAKING/ ENDURANCE/ VISION/ TACKLING / MOVEMENT/LISTENING/CONCENTRATION / FUNDAMENTAL MOVEMENT

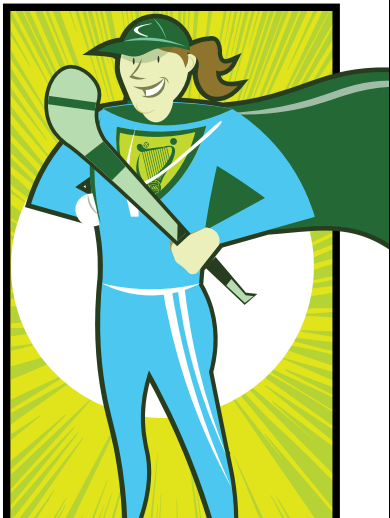
**TURAS** PRINCIPLES IN ACTION

**A**LL PLAYERS INVOLVED, ALL OF THE TIME. LOTS OF TOUCHES, LOTS OF DECISIONS.

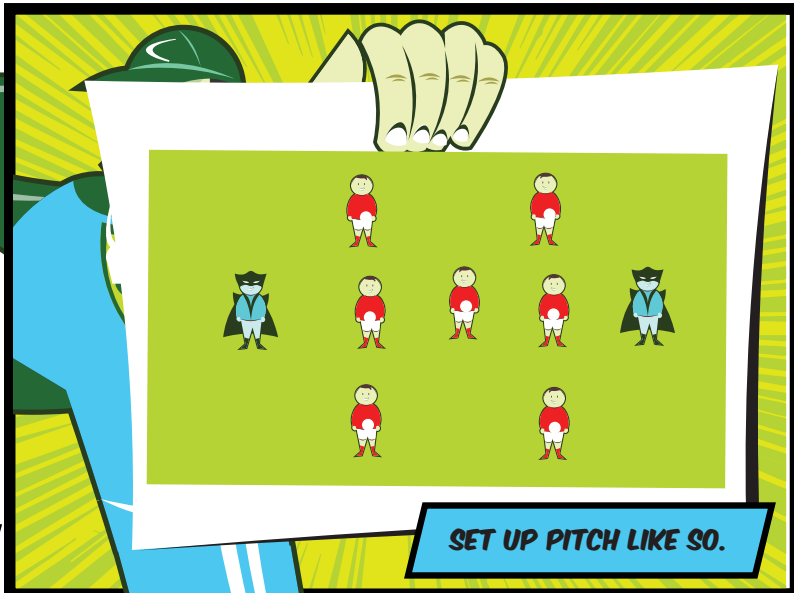
ONE BALL NEEDED PER PLAYER AND LOTS OF TOUCHES & DECISIONS REQUIRED.



# NEAR HAND TACKLE



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

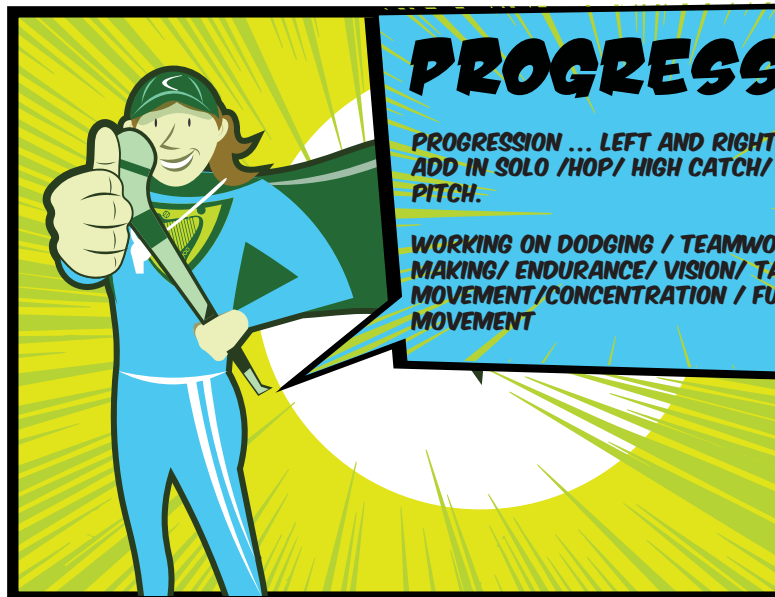
- MAKE OUT A BOX. 2 CHILDREN ON. EVERY OTHER CHILD HAS A BALL AND IS MOVING AROUND INSIDE THE BOX.
- THE CATCHERS MUST NEAR HAND TACKLE THE OTHER CHILDREN. IF YOU GO OUTSIDE THE BOX OR GET DISPOSSESSED YOU ARE THEN ON. THE LAST PERSON WITH THE BALL IS THE WINNER.
- GIVE EVERYONE A BALL EACH AND NEAR HAND TACKLE THE WHOLE GROUP. EVERYONE VS EVERYONE. HOW MANY TACKLES CAN YOU GET IN 30/ 60 SECONDS?



## GREAT WORK



EOIN



## PROGRESSION

PROGRESSION ... LEFT AND RIGHT TACKLE/  
ADD IN SOLO /HOP/ HIGH CATCH/ ADJUST PITCH.

WORKING ON DODGING / TEAMWORK/ DECISION MAKING/  
ENDURANCE/ VISION/ TACKLING / MOVEMENT/CONCENTRATION / FUNDAMENTAL MOVEMENT

**TURAS** PRINCIPLES IN ACTION

**T**ESTING & CHALLENGING, ALL PLAYERS SHOULD BE CHALLENGED TO IMPROVE AT THEIR LEVEL.

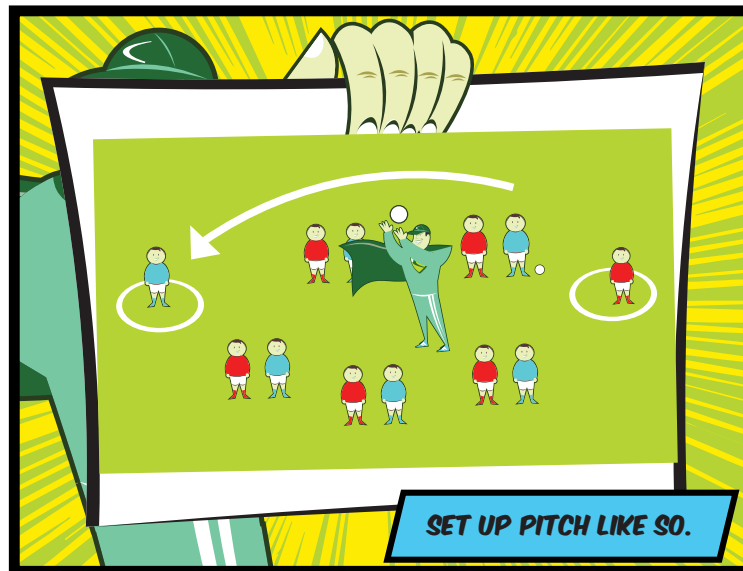
SET PLAYERS INDIVIDUAL TASKS TO TACKLE A CERTAIN NUMBER OF PLAYERS IN THE TIME ALLOWED



# HOOP GOAL



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- MAKE OUT A SMALL PITCH WITH 1 HOOP AT EITHER END (GOALS) 2 TEAMS 5 ASIDE
- 1 PERSON IN HOOP AS THE KEEPER. ONE TEAM MUST PASS THE BALL AND TRY AND GET THE BALL TO THEIR KEEPER AT THE OTHER END OF THE PITCH IN THE HOOP.
- YOU MUST COMPLETE AT LEAST 2 PASSES BEFORE TO PASS TO YOUR KEEPER. WHEN THE BALL IS CAUGHT BY THE KEEPER, HIS / HER FEET MUST BE INSIDE THE HOOP.
- IF ONE FOOT IS OUTSIDE THE HOOP THE BALL IS THEN TURNED OVER TO THE OTHER TEAM.
- IF THE PASS IS COMPLETED THE PERSON WHO SCORES BECOMES THE KEEPER AND GETS A POINT FOR THEIR TEAM. AFTER EACH SCORE COACH MUST RETURN THE BALL TO THE MIDDLE AND THROW IT IN.



## PROGRESSION

PROGRESSION ... NO SOLOS/ HOPS/ EXTRA POINTS FOR LEFT OR FOR MORE PASSES.

WORKING ON DODGING / TEAMWORK/ DECISION MAKING/ ENDURANCE/ VISION/ TACKLING / MOVEMENT/CONCENTRATION / THROW INS/ FUNDAMENTAL MOVEMENT



**GREAT WORK!** TOM



**TURAS** PRINCIPLES IN ACTION

**R** ESEMBLES THE GAME (GAME BASED).

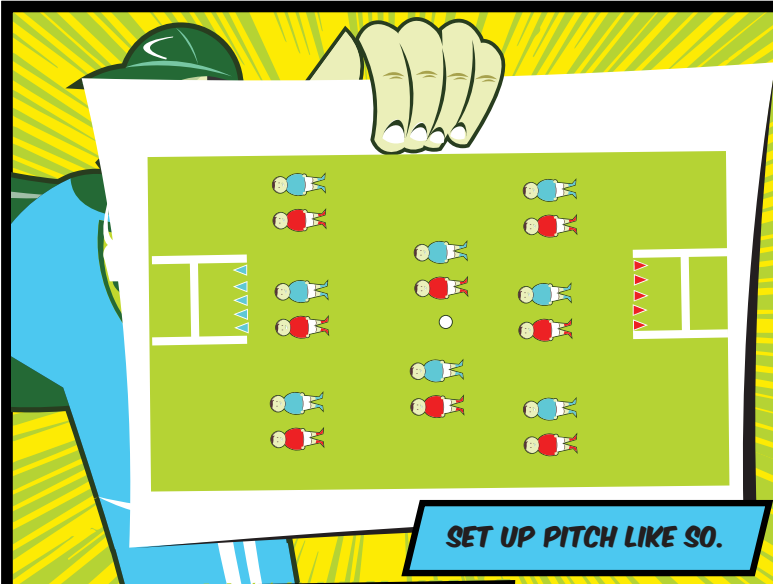
LOTS OF SKILL DEMANDS, TEAMWORK & MOVEMENTS PATTERNS HERE ARE SIMILAR TO HOW PLAYERS WILL MOVE IN A GAME.



# ROB THE CONE



LETS HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- MAKE OUT A PITCH WITH 2 GOALS EACH END. INSIDE THE GOALS ON THE GROUND PLACE 5 RED IN ONE GOAL AND 5 BLUE CONES IN THE OTHER GOALS.
- 1 TEAM WITH RED BIBS ON AND OTHER TEAM WITH BLUE BIBS.
- COACH THROWS UP THE BALL AND STARTS THE MATCH. EACH TEAMS TRYING TO GET AS MANY CONES BACK TO THEIR GOALS BY SCORING A GOAL/ POINT.
- IF PLAYER SCORES, THEY MUST TAKE THE SAME COLOURED CONE AS THEIR BIB FROM THE OPPOSITIONS GOAL AND RUN ALL THE WAY BACK TO THEIR GOAL AND PLACE IT IN THE NET.
- THE PLAYER THAT SCORES IS NOT ALLOWED TO SCORE AGAIN UNTIL SOMEONE ELSE SCORES. THE TEAM THAT GETS ALL THEIR CONES BACK INTO THEIR GOALS FIRST WINS.



## PROGRESSION

PROGRESSION ... GOALS/POINTS ONLY/ HAND PASS ONLY/ ADJUST PITCH. ALLOW PLAYER TO GRAB OTHER COLOUR CONE AND BRING IT BACK TO GOAL INSTEAD OF OWN COLOUR.

WORKING ON DEFENSE/ OVERLAP/TACKLING/ TEAMWORK/DECISION-MAKING/ MATCH/ SKILLS/ FUNDAMENTAL MOVEMENT



**SUPER JOB!**

**MARY**

**TURAS** PRINCIPLES IN ACTION

**A**LL PLAYERS INVOLVED, ALL OF THE TIME. LOTS OF TOUCHES, LOTS OF DECISIONS.

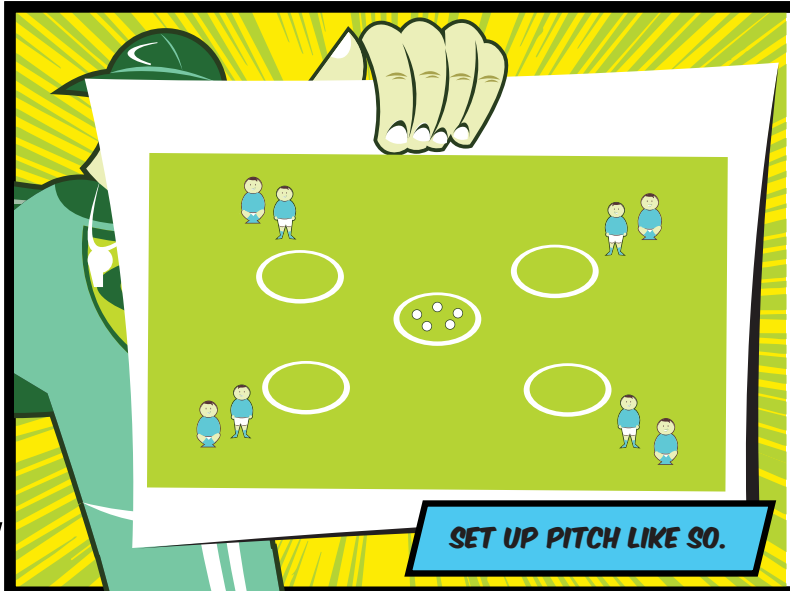
DECISIONS ON WHERE TO GO AND WHAT BALL TO TARGET WILL DECIDE THE WINNER OF THE GAME. COMMUNICATION BETWEEN PLAYERS IS KEY!



# ROB THE NEST.



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.



- PLACE 5 HOOPS ON THE GROUND. 4 HOOPS ON THE OUTSIDE 1 HOOP IN THE MIDDLE. IN THE MIDDLE HOOP PLACE 5 BALLS. THERE WILL BE 4 TEAMS OF 2.
- EACH TEAM OF 2 GO BEHIND EACH HOOP ON THE OUTSIDE. ONE PLAYER SITS ON THE GROUND AS A COACH AND THE OTHER HAS TO TRY AND GET 3 BALLS INTO THEIR HOOP BEFORE THE OTHER TEAM GETS 3 IN THEIRS.
- YOU ARE ONLY ALLOWED TO GET ONE BALL AT A TIME FROM THE MIDDLE HOOP. WHEN ALL THE BALLS ARE GONE FROM THE MIDDLE HOOP THEN YOU CAN START STEALING FROM THE OTHER TEAMS' HOOPS (REMEMBER ONLY ONE AT A TIME).
- WHOEVER GETS THREE BALLS IN THEIR HOOP IS THE WINNER. THEN SWITCH TO OTHER PARTNER FOR THEIR GO. IF YOU FIND THEY ARE TAKING A LONG TIME TO GET 3 ADD IN ANOTHER 1 OR 2 BALLS TO THE MIDDLE HOOP.



## PROGRESSION

PROGRESSION ... ADD MORE TEAMS AND BALLS. BEST TO 5 WINS/ ADD IN SOLO/HOP/ PICK UP

WORKING ON ... TEAMWORK/DECISION-MAKING/ COMMUNICATION/SKILLS/ FUNDAMENTAL MOVEMENT

## TURAS PRINCIPLES IN ACTION

ALL PLAYERS INVOLVED, ALL OF THE TIME. LOTS OF TOUCHES, LOTS OF DECISIONS.

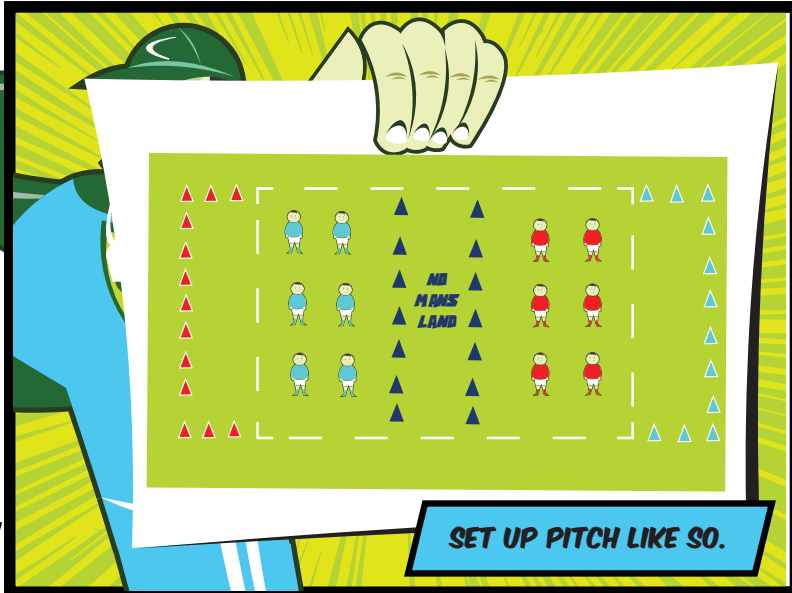
DECISIONS ON WHERE TO GO AND WHAT BALL TO TARGET WILL DECIDE THE WINNER OF THE GAME. COMMUNICATION BETWEEN PLAYERS IS KEY!



# NO MANS LAND 2.0



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- 2 TEAMS ON EITHER SIDE OF THE NO MAN'S LAND INSIDE A RECTANGULAR PITCH MADE OF CONES. YOU MUST TRY AND KICK THE BALL OVER NO MAN'S LAND AND TRY AND KNOCK OUT THE OTHER TEAMS' PLAYERS.
- THE WINNING TEAM IS THE ONES WHO KNOCK OUT ALL THE OTHER TEAMS' PLAYERS. THE BALL MUST GO OVER HEAD HIGH. IF YOU DROP THE CATCH YOU MUST RUN DOWN TO THE OTHER END OF THE COURT, TO GET BACK IN, YOUR TEAM MATE MUST KICK A LONG BALL DOWN TO YOU, IF YOU CATCH IT YOU ARE BACK IN, IF YOU DROP IT THE PERSON WHO KICKED IT JOINS YOU AT THE END LINE.
- IF YOU CATCH THE BALL OVER YOUR HEAD (HIGH CATCH) YOU CAN GET YOUR FULL TEAM BACK. IF THERE IS ONLY ONE PERSON LEFT ON THE COURT THE PLAYER WITH THE BALL CAN TRY AND KICK THE BALL ANYWHERE INSIDE THE COURT AND KNOCK THE PLAYER OUT.
- WAYS TO GET SENT TO THE END LINE; DROP THE BALL/ KICK BALL INTO NO MAN'S LAND/ NOT HEAD HIGH/ KICK OUT OF COURT/ BALL LANDS BESIDE YOU ON THE COURT.



**GREAT WORK**

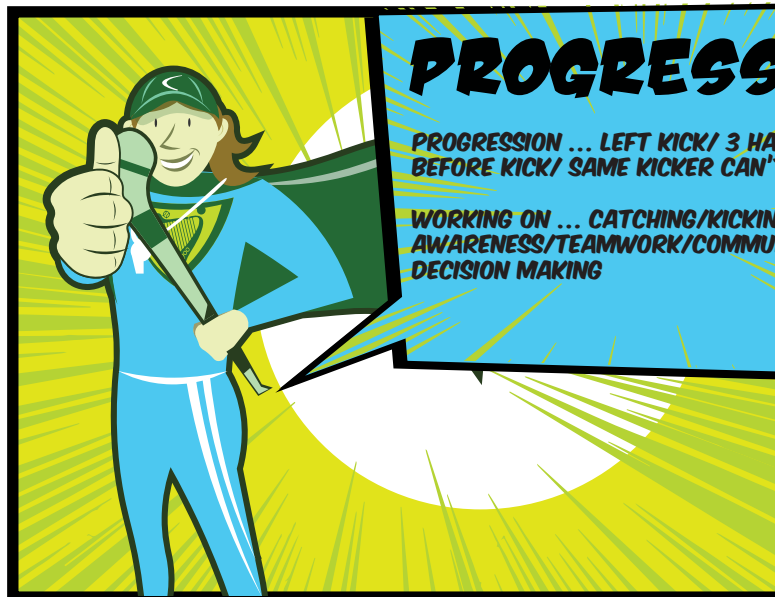


**EWIN**

## PROGRESSION

PROGRESSION ... LEFT KICK/ 3 HAND PASSES BEFORE KICK/ SAME KICKER CAN'T KICK TWICE.

WORKING ON ... CATCHING/KICKING/SPATIAL AWARENESS/TEAMWORK/COMMUNICATION/DECISION MAKING



**TURAS** PRINCIPLES IN ACTION

**T**ESTING & CHALLENGING, ALL PLAYERS SHOULD BE CHALLENGED TO IMPROVE AT THEIR LEVEL.

MULTIPLE SKILLS REQUIRED UNDER PRESSURE .

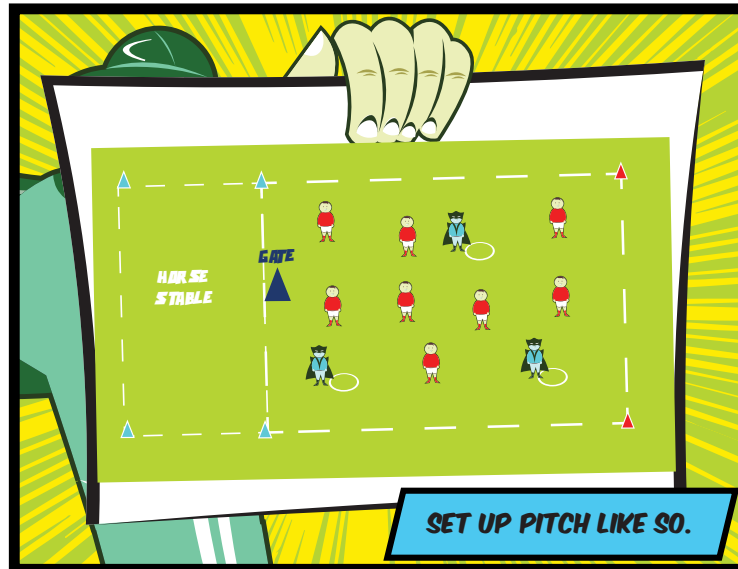




# HORSE PLAY



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- MAKE OUT A BIG SQUARE. AT THE TOP OF THE SQUARE PUT ANOTHER BOX OUTSIDE IT. (HORSE STABLE) IN FRONT OF THE HORSE STABLE PUT A TALL CONE.
- EACH PLAYER IS RUNNING AROUND INSIDE THE SQUARE. THERE ARE 3 COWBOY/GIRLS WITH HOOPS, THEY HAVE TO RUN AFTER THE HORSES AND TRY AND GET THE HOOPS AROUND THEM.
- WHEN YOU ARE CAUGHT YOU MUST GO TO THE HORSE STABLE. WHEN IT COMES DOWN TO THE LAST 4 HORSES THE HORSES THAT HAVE NOT BEEN CAUGHT CAN RUN AND KICK DOWN THE TALL CONE TO OPEN THE GATES AND FREE ALL THE HORSES FROM THE STABLE. CONTINUOUS GAME UNLESS ALL THE HORSES GET CAPTURED.



## PROGRESSION

PROGRESSION ... ADD A BALL /SOLO/HOP/  
INSTEAD OF KICKING THE CONE YOU HAVE TO  
KICK THE BALL AT THE CONE. LAST 4 HORSES  
GET 5 CHANCES EACH TO KNOCK THE CONE.

WORKING ON ... DODGING / TEAMWORK  
/ENDURANCE /DECISION MAKING/  
FUNDAMENTAL MOVEMENT



**GREAT WORK! SARAH**



**TURAS** PRINCIPLES IN ACTION

**SHOULD ALWAYS BE ENJOYABLE,  
DEVELOPMENTALLY APPROPRIATE  
& HOLISTIC GAA EXPERIENCE.**

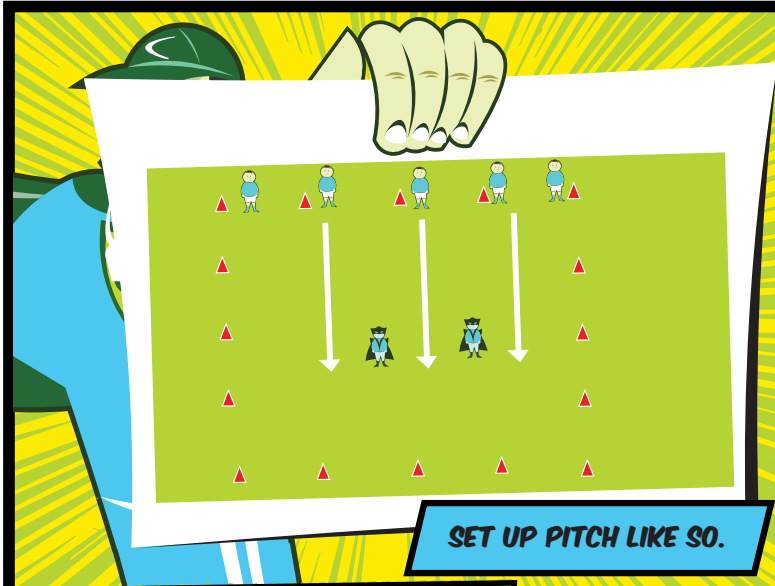
PLAYERS SHOULD REALLY ENJOY THIS  
GAME - ENCOURAGE FUN AND LAUGHTER  
THROUGHOUT THIS GAME



# SHARK AND FISH



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- MAKE OUT A LARGE RECTANGULAR BOX WITH CONES. 1 PLAYER IS A SHARK AND HAS TO NEAR HAND TACKLE THE FISH. PLAYERS LINE UP AT ONE END OF THE BOX. PUT A FOOTBALL IN EACH CHILDS HANDS EXCEPT THE SHARKS.
- WHEN THE COACH BLOWS THE WHISTLE ALL OF THE PLAYERS HOP THE BALL TO THE OPPOSITE SIDE. EACH TIME PLAYERS GET TO THE LINE THE COACH BLOWS THE WHISTLE AND THE PLAYERS GO BACK TO THE SIDE THEY STARTED FROM.
- KEEP CONTINUING UNTIL THE LAST PLAYER IS LEFT. IF YOU GET DISPOSSESSED BY THE SHARK YOU MUST FREEZE AND STAY IN THE SAME SPOT THAT YOU GOT CAUGHT, WHILE YOU ARE STANDING THERE YOU CAN REACH OUT AND CATCH PLAYERS RUNNING BY. LAST PLAYER AT THE LINE WINS. .



## PROGRESSION

PROGRESSION ... GIVE ALL PLAYERS A BALL, SOLO BALL FROM END TO END. SHARKS NEAR HAND TACKLE

WORKING ON ... DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE / DECISION MAKING/ FUNDAMENTAL MOVEMENT



**SUPER JOB!**

**CLAIRE**



**TURAS** PRINCIPLES IN ACTION

**A**LL PLAYERS INVOLVED, ALL OF THE TIME. LOTS OF TOUCHES, LOTS OF DECISIONS.

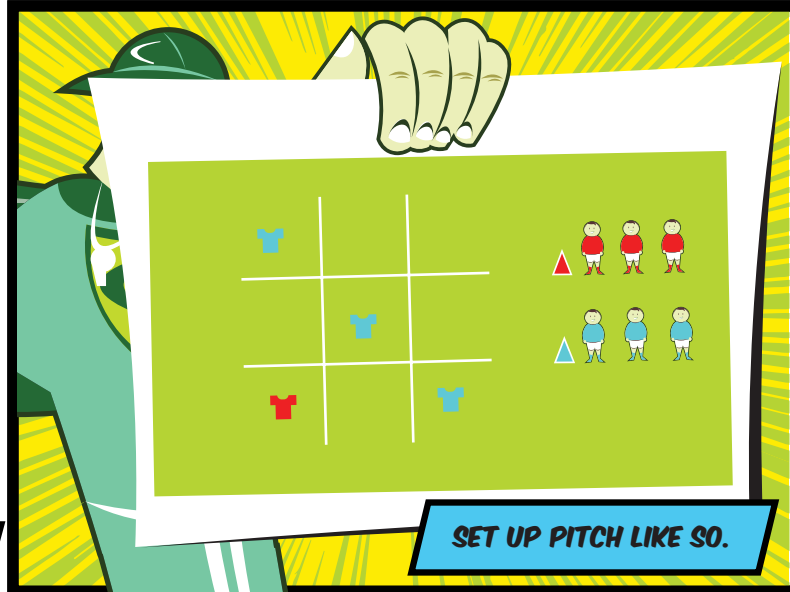
PLAYERS MUST KEEP CONTROL OF THEIR BALL WHILE OF MAKING A RANGE OF EVASION DECISIONS.



# Xs & Os



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.



- PUT OUT 6 CONES AS MARKERS. 2 TEAMS OF 3 AT EACH STATION. MAKE OUT AS MANY STATIONS AS PER NUMBER OF PLAYERS.
- SIX BIBS PER TEAM OR 6 BALLS PER TEAM. THE AIM OF THE GAME IS TO GET 3 BIBS/ COLOURED BALLS. IN A ROW.
- PLAYERS RACE OUT WITH BIB/ COLOURED BALL AND PLACE IT BESIDE A CONE. ONE PLAYER CAN ONLY GO AT A TIME.
- WHEN THEY RETURN THE NEXT PLAYER GOES. IF 3 IN A ROW DOES NOT OCCUR YOU CAN RUN OUT AND MOVE ANY ONE BIB/ COLOURED BALL. AND TRY AND GET THE 3 IN A ROW.

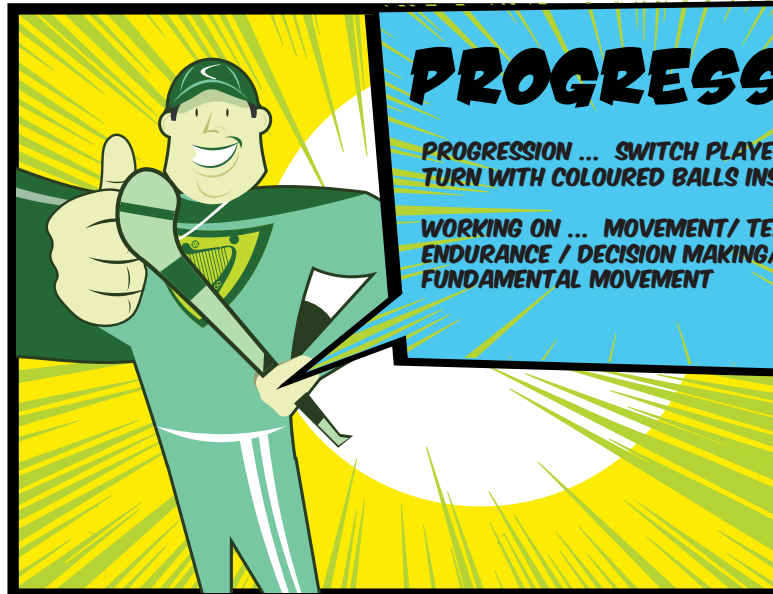


## AWESOME!

5  
STARS!



ORAN



## PROGRESSION

PROGRESSION ... SWITCH PLAYER TO HAVE A TURN WITH COLOURED BALLS INSTEAD OF BIBS.

WORKING ON ... MOVEMENT/ TEAMWORK/  
ENDURANCE / DECISION MAKING/  
FUNDAMENTAL MOVEMENT

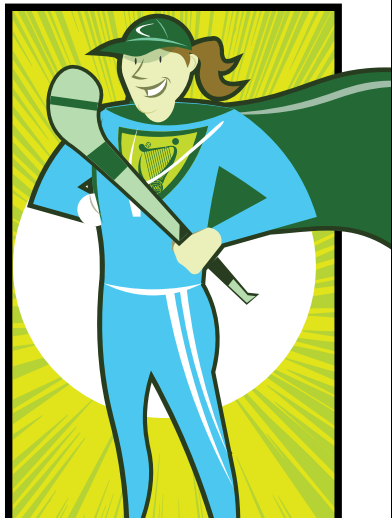
**TURAS** PRINCIPLES IN ACTION

**S**HOULD ALWAYS BE ENJOYABLE,  
DEVELOPMENTALLY APPROPRIATE  
& HOLISTIC GAA EXPERIENCE.

PLAYERS SHOULD REALLY ENJOY THIS  
GAME - ENCOURAGE FUN AND LAUGHTER  
THROUGHOUT THIS GAME



# TARGET MANIA



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- SET UP 8 HOOP PYRAMIDS OR TALL CONES SCATTERED AROUND THE PITCH. EACH HOOP PYRAMID / TALL CONE HAS A COLOUR MATCHING THE TEAMS COLOUR. EACH PLAYER HAS A BALL.
  - PLAYERS MUST TRY AND KNOCK DOWN THE OTHER TEAMS' TARGETS. PLAYERS CANNOT DEFEND AND MUST KEEP MOVING.
  - PLAYERS CAN FIX THEIR TARGETS IF KNOCKED DOWN. COACH TIMES FOR 40 / 60 SECONDS.
- TEAMS GET POINTS FOR THE ONES THAT ARE STANDING.



## GREAT WORK

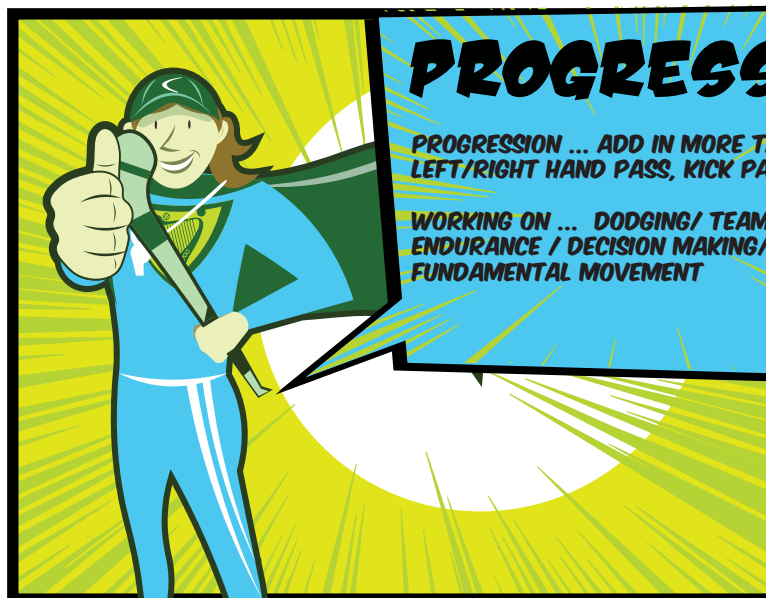


EOIN

## PROGRESSION

PROGRESSION ... ADD IN MORE TARGETS/  
LEFT/RIGHT HAND PASS, KICK PASS

WORKING ON ... DODGING / TEAMWORK /  
ENDURANCE / DECISION MAKING /  
FUNDAMENTAL MOVEMENT



**TURAS** PRINCIPLES IN ACTION

**T**ESTING & CHALLENGING, ALL PLAYERS SHOULD BE CHALLENGED TO IMPROVE AT THEIR LEVEL.

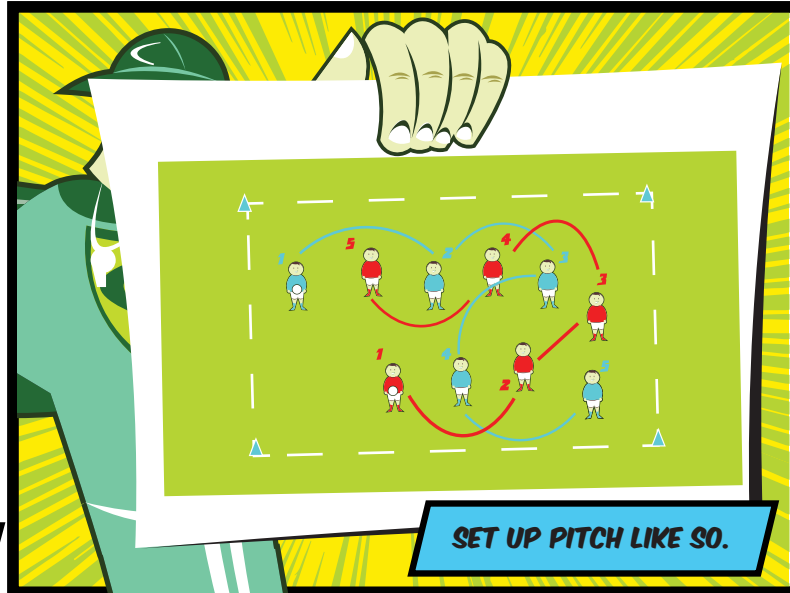
GIVE INDIVIDUAL FEEDBACK AS PLAYERS COMPETE WITHIN GAME FOR PLAYERS TO IMPROVE



# 12345 RACE



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.



- SET UP SMALL BOXES. 2 TEAMS OF 5 PLAYERS IN EACH BOX, ONE TEAM WITH RED BIBS AND OTHER TEAM BLUE BIBS. ONE BALL FOR EACH TEAM. THIS GAME IS A RACE.
- WITH THE TWO TEAMS, GIVE ALL THE FIVE PLAYERS A NUMBER FROM 1 TO 5.
- PLAYER 1 STARTS WITH THE BALL AND HAND PASSES IT TO 2, 2 HAND PASSES IT TO 3 AND SO ON. WHEN IT REACHES 5TH PLAYER.
- ALL THE PLAYERS MUST RUN OUTSIDE THE BOX TO GET A POINT.
- FIRST TEAM OUTSIDE THE BOX GETS A POINT FOR THEIR TEAM. ALL PLAYERS MUST TAKE FOUR STEPS AND KEEP MOVING.

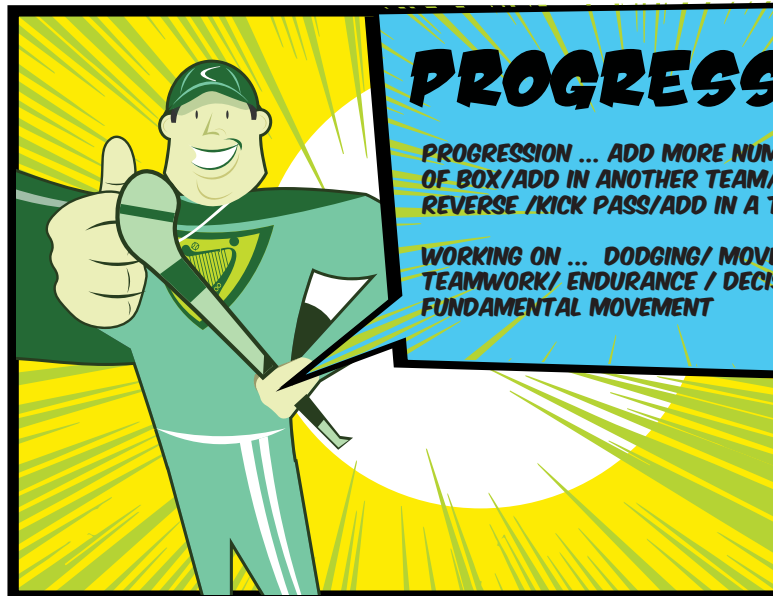


**AWESOME!**

**5 STARS!**



**ORAN**



## PROGRESSION

PROGRESSION ... ADD MORE NUMBERS/ SIZE OF BOX/ADD IN ANOTHER TEAM/ NUMBERS IN REVERSE /KICK PASS/ADD IN A TACKLER

WORKING ON ... DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE / DECISION MAKING/ FUNDAMENTAL MOVEMENT

## TURAS PRINCIPLES IN ACTION

**U**NDERSTAND THE PLAYER IS AT THE CENTRE OF THE GAME AND PROVIDES INDIVIDUALISED DEVELOPMENT (PLAYER CENTRED).

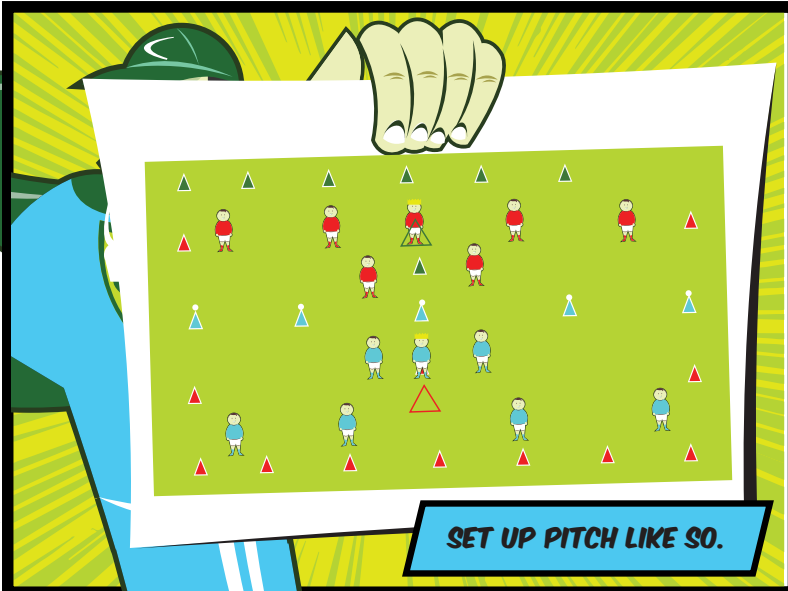
BETWEEN GAMES BRING THE PLAYERS TOGETHER AND ASK QUESTION ON HOW THEIR INDIVIDUAL DECISIONS CAN HELP THEIR TEAM TO IMPROVE AND COMPLETE THE GAME QUICKER



# KINGS AND QUEENS



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- SET OUT A LARGE BOX WITH 8 CONES IN THE CENTER OF THE BOX. PUT 8 SOFT BALLS ON THE CONES IN THE MIDDLE. AT EACH END PUT A HOOP PYRAMID.
- THE HOOP PYRAMID IS THE CASTLE.
- SPLIT INTO 2 TEAMS. ONE TEAM AT EACH END OF THE BOX. ONE PLAYER IS PICKED TO BE THE KING OR QUEEN.
- THEY MUST STAND IN FRONT OF THE HOOP PYRAMID, THEY MUST BLOCK THE BALL FROM HITTING THE CASTLE.
- ON THE WHISTLE ALL PLAYERS FROM EACH SIDE RUN IN AND TRY THROW THE BALL AT THE CASTLE. EITHER TEAM CANNOT CROSS THE LINE OF CONES IN THE MIDDLE. FIRST TEAM TO KNOCK DOWN THE CASTLE WINS.



**GREAT WORK**

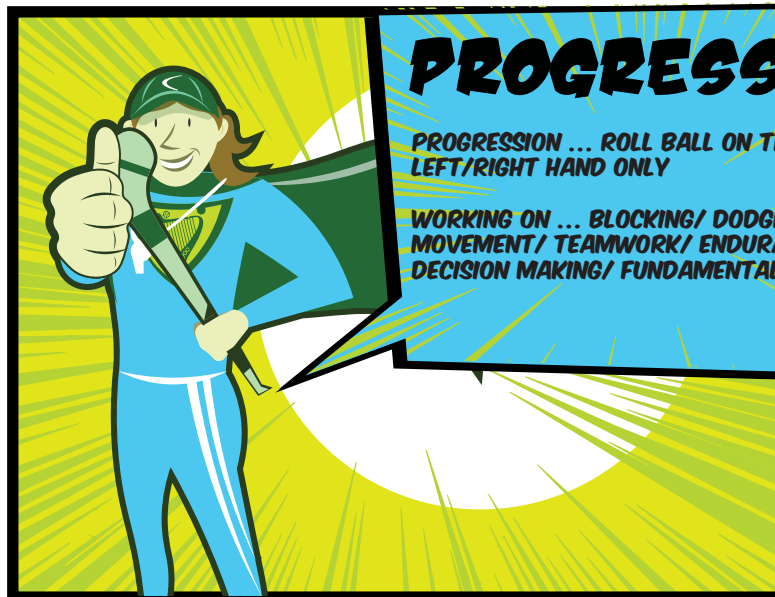


**EWIN**

## PROGRESSION

PROGRESSION ... ROLL BALL ON THE GROUND/  
LEFT/RIGHT HAND ONLY

WORKING ON ... BLOCKING/ DODGING/  
MOVEMENT/ TEAMWORK/ ENDURANCE /  
DECISION MAKING/ FUNDAMENTAL MOVEMENT



**TURAS** PRINCIPLES IN ACTION

**A**LL PLAYERS INVOLVED, ALL OF THE TIME.  
LOTS OF TOUCHES, LOTS OF DECISIONS.

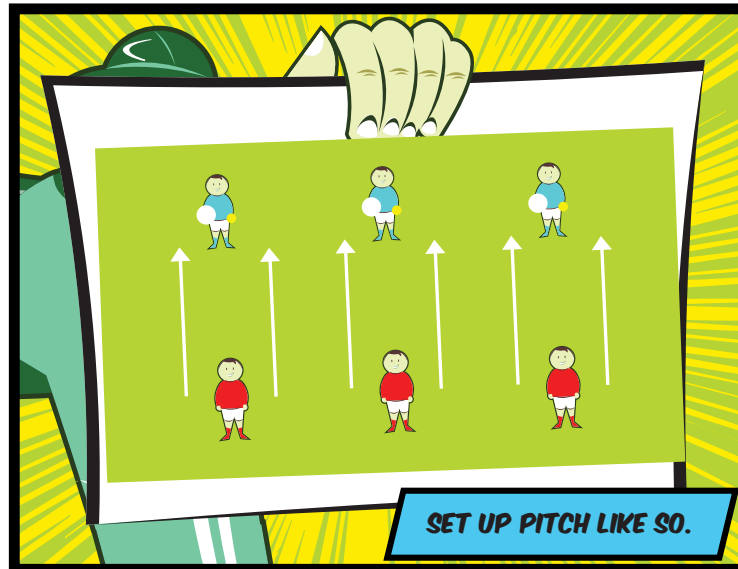
ASK PLAYERS TO KEEP THEIR HEAD UP AND  
LOOK TO MAKE THE BEST POSSIBLE DECISION  
FOR THEIR TEAM



# REACTION BALL



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- EVERYONE IN PAIRS. ONE PARTNER WITH ONE FOOTBALL AND ONE TENNIS BALL IN EACH HAND WITH THEIR ARMS HELD OUT STRAIGHT.
- THE OTHER PARTNER TAKES 5 STEPS BACK FROM THEIR PARTNER. THE PLAYER WITH THE BALL SHOUTS OUT FOOTBALL OR TENNIS BALL AND DROPS THE TWO BALLS WHILE THE PARTNER CATCHES THE ONE THAT WAS SHOUTED OUT.



## PROGRESSION

PROGRESSION ... TAKE MORE STEPS BACK/  
SAY COLOURS INSTEAD OF OBJECT/ CHANGE  
PARTNER AFTER EACH GO.

WORKING ON ... TEAMWORK/ DECISION MAKING/  
REACTIONS/FUNDAMENTAL MOVEMENTS



**GREAT  
WORK!** TOM

## TURAS PRINCIPLES IN ACTION

**U**NDERSTAND THE PLAYER IS AT THE CENTRE  
OF THE GAME AND PROVIDES INDIVIDUALISED  
DEVELOPMENT (PLAYER CENTRED).

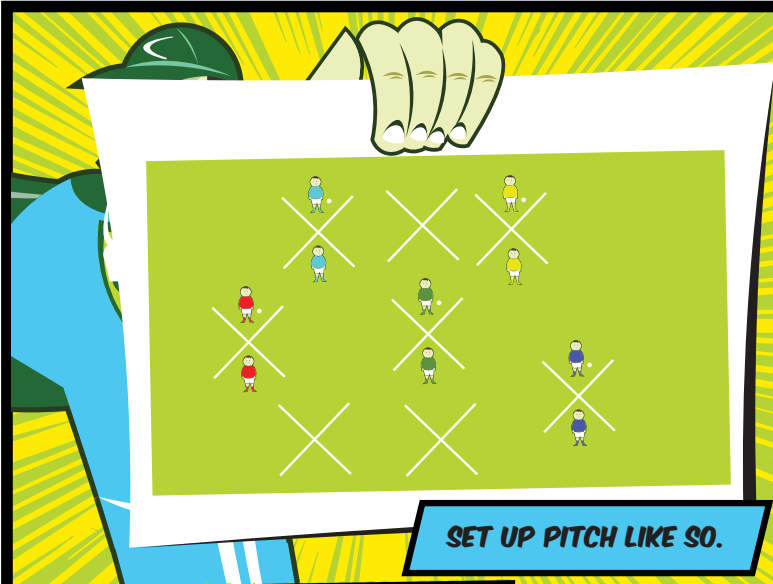
ALLOW PLAYERS PLENTY OF OPPORTUNITY  
TO SUCCESSFULLY COMPLETE GAME BY  
CATCHING THE BALL.



# XMARKS THE SPOT



LETS HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- EACH GROUP HAS A BALL AND STANDS EITHER SIDE OF THE POLES WITH THEIR PARTNER.
- THE CHILDREN TRY ROLLING THE BALL UNDER THE X AND THE SECOND TIME THEY THROW OVER THE X WITH AN UNDERARM THROW.
- WHEN THEY GET A GO OF UNDERARM AND ROLLING EACH, THEY MOVE ONTO AN EMPTY X. THEY KEEP GOING TO SEE HOW MANY THEY CAN GET IN 60 SECONDS THIS IS WORKING ON ROLLING THROWING AND CATCHING.



## PROGRESSION

PROGRESSION ... KICK THE BALL UNDER AND OVER. PUNT KICK / HOOK KICK, LEFT AND RIGHT HAND/ FOOT.

WORKING ON ... CATCHING/KICKING/DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE / DECISION MAKING/ FUNDAMENTAL MOVEMENT



# SUPER JOB!

MARY



## TURAS PRINCIPLES IN ACTION

**T**ESTING & CHALLENGING, ALL PLAYERS SHOULD BE CHALLENGED TO IMPROVE AT THEIR LEVEL.

PARTNER PLAYERS UP WITH OTHER PLAYERS THAT MAY EITHER TEST THEM TO BE AT THEIR BEST OR ALLOW THEM ENCOURAGE AN OTHER PLAYER TO IMPROVE

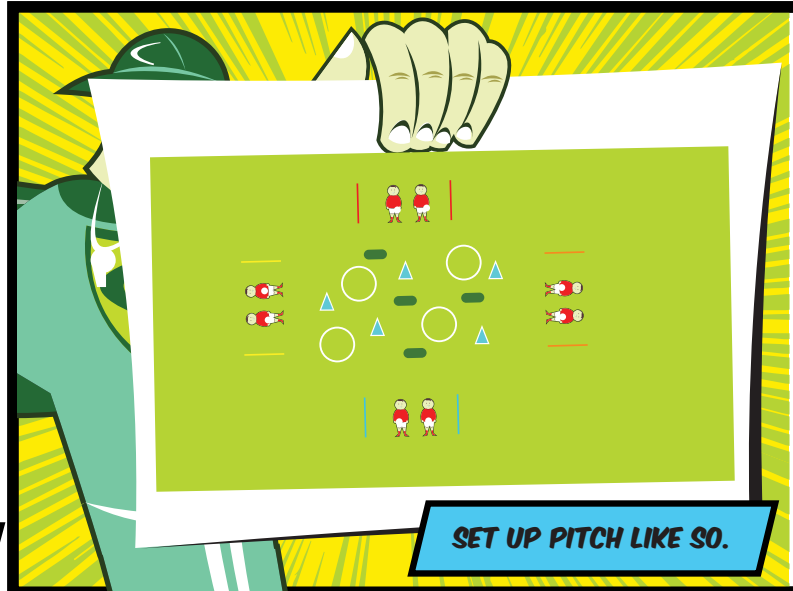




# MIND FIELD



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.



- EACH CHILD HAS A FOOTBALL. THERE ARE FOUR DIFFERENT COLOURED GOALS.
- IN THE MIDDLE THERE ARE CONES, BEAN BAGS AND HOOPS CHILDREN MUST SOLO/HOP THROUGH THE MINEFIELD AND STRIKE TO SCORE A GOAL.
- WHEN YOU SCORE IN ONE GOAL YOU MUST THEN SCORE IN ANOTHER COLOURED GOAL. HOW MANY CAN YOU GET IN 60 SECONDS?



**AWESOME!**

**5 STARS!**



**ORAN**



## PROGRESSION

PROGRESSION... IF YOU SCORE WITH YOUR RIGHT SIDE YOU MUST TRY AND SCORE THE NEXT WITH YOUR LEFT SIDE. ALSO PUNT/HOOK KICKING. ADD IN HANDPASS OVER THE BAR.

WORKING ON ... DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE / DECISION MAKING/ FUNDAMENTAL MOVEMENT

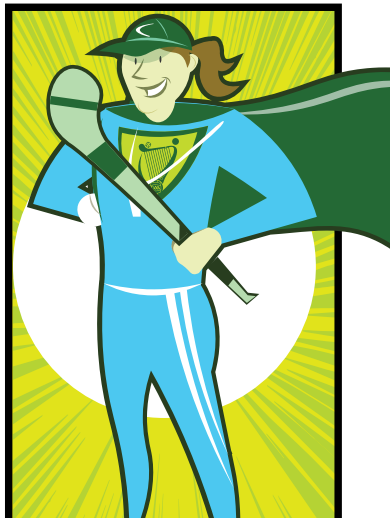
**TURAS** PRINCIPLES IN ACTION

**R** ESEMBLES THE GAME (GAME BASED).

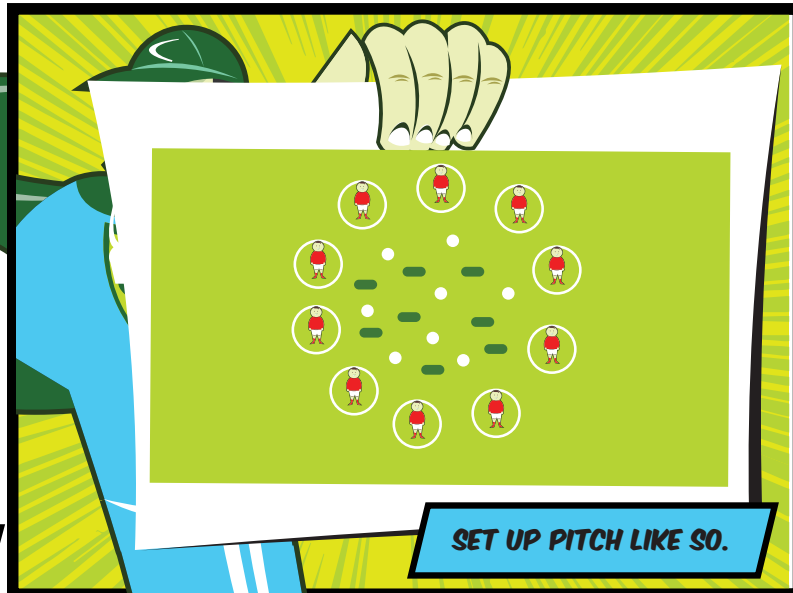
JUST LIKE A GAME, THE PLAYING AREA IS FULL OF PLAYERS AND EACH PLAYER MUST PLAY WITH THEIR HEAD UP.



# SHOP TILL YOU DROP



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

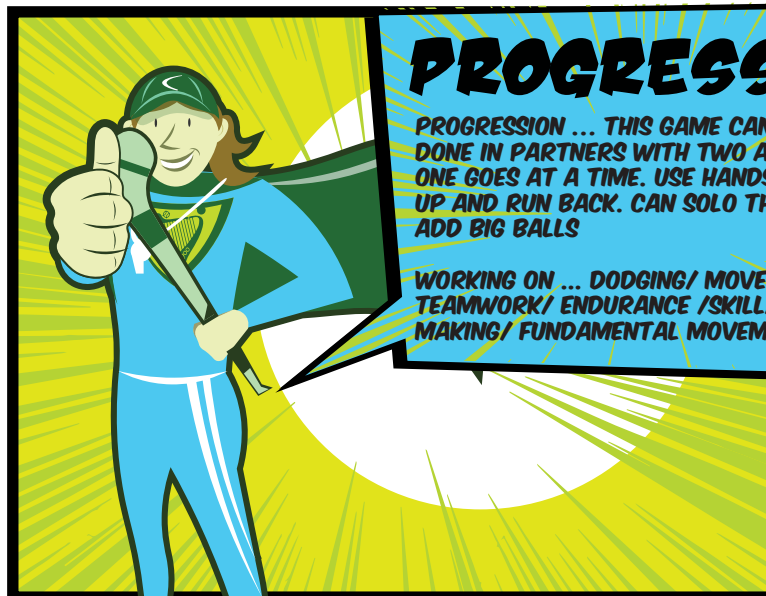
- EACH CHILD MUST RUN INTO THE SHOP AND GRAB ONE ITEM AND BRING IT BACK TO THE HOOP AND THEN GO GET ANOTHER.
- IF A CHILD GETS A BALL THEY MUST HOP/SOLO THE BALL BACK TO THEIR HOOP USING THEIR 4 STEPS, IF THEY GET A BEANBAG THEY MUST PUT THE BEANBAG BETWEEN THEIR FEET AND HOP BACK TO THE HOOP.
- MAKE SURE TO SQUEEZE THE BEANBAG BETWEEN FEET.



## GREAT WORK



EOIN



## PROGRESSION

PROGRESSION ... THIS GAME CAN ALSO BE DONE IN PARTNERS WITH TWO AT EACH HOOP ONE GOES AT A TIME. USE HANDS AND PICK UP AND RUN BACK. CAN SOLO THE BALL BACK. ADD BIG BALLS

WORKING ON ... DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE /SKILL/ DECISION MAKING/ FUNDAMENTAL MOVEMENT

**TURAS** PRINCIPLES IN ACTION

SHOULD ALWAYS BE ENJOYABLE, DEVELOPMENTALLY APPROPRIATE & HOLISTIC GAA EXPERIENCE.

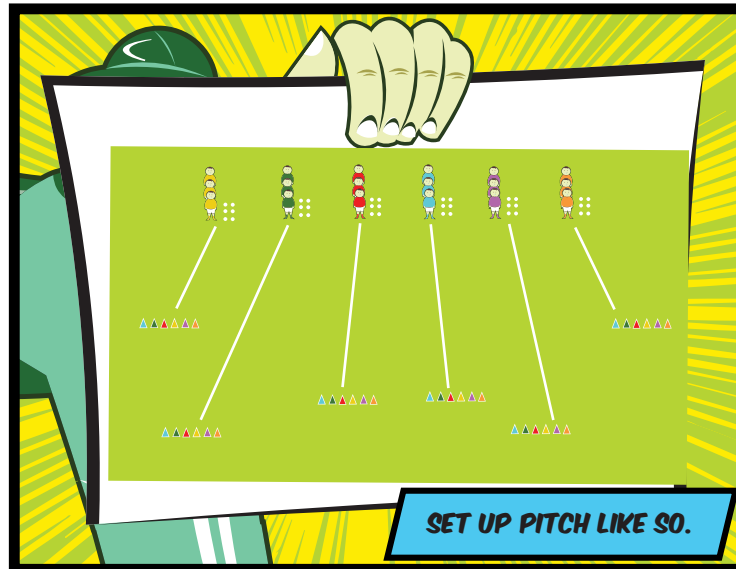
PLAYERS SHOULD REALLY ENJOY THIS GAME - ENCOURAGE FUN AND LAUGHTER THROUGHOUT THIS GAME



# RELAY RACE



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- SET UP 6 DIFFERENT COLOURED CONES X6 IN A LINE BESIDE EACH OTHER IN DIFFERENT PLACES ALL OVER THE HALF OF THE PITCH.
- AT THE END LINE OF THE PITCH PUT THE COLOURED CONES WELL SPACED OUT WITH 6 BALLS AND PUT EQUAL TEAMS BEHIND EACH COLOUR.
- ON THE WHISTLE ONE PLAYER RUNS OUT TO THEIR SAME COLOURED CONE PLACES THE BALL ON TOP OF THE CONE RUNS BACK AND HIS NEXT PLAYER TO GO.
- FIRST TEAM TO GET ALL 6 BALLS ON THE CONE AND BACK BEHIND THEIR CONE WINS 6 POINTS AND 2ND GET 5PTS AND 3RD GETS 4PTS ECT FOR THEIR TEAM.
- PART 2 TEAMS MUST RACE TO BRING ALL BALLS BACK IN TO GET POINTS.
- PART 3 TEAMS MUST GET ALL THEIR COLOURED CONES BACK TO GET POINTS.



## PROGRESSION

PROGRESSION ... DO ALL THREE ACTIVITIES AT ONCE NO BRAKE, WINNER TAKES ALL. SOLO BALL OUT. LEFT / RIGHT HAND. HOP/ JUMP TO CONES

WORKING ON ... DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE / DECISION MAKING/ FUNDAMENTAL MOVEMENT



GREAT WORK! SARAH



**TURAS** PRINCIPLES IN ACTION

SHOULD ALWAYS BE ENJOYABLE, DEVELOPMENTALLY APPROPRIATE & HOLISTIC GAA EXPERIENCE.

PLAYERS SHOULD REALLY ENJOY THIS GAME - ENCOURAGE FUN AND LAUGHTER THROUGHOUT THIS GAME



# ROB THE FLAG



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- MAKE OUT A PITCH WITH TWO GOALS EITHER END. ON EACH SIDE LINE THERE ARE 5 COLOURED CONES.
- THE FIRST COLOURED CONE HAS A FLAG IN IT.
- 2 TEAMS 5 ASIDE. TEAMS MUST TRY AND SCORE A POINT.
- EACH TIME A PLAYER SCORES THEY MUST RUN TO THE FLAG AND PLACE IT AT THE NEXT CONE.
- THEY MUST TRY AND GET THE FLAG TO THE LAST CONE TO WIN!



## PROGRESSION

PROGRESSION ... IF OTHER TEAM SCORES THEY MAY CHOOSE TO BRING OTHER TEAMS' FLAG BACK A CONE OR BRING THEIRS FORWARD. LEFT/ RIGHT FOOT. GOALS ONLY, KEEPERS IN/OUT.

WORKING ON ... BLOCKING/ TACKLING/ DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE / DECISION MAKING/FUNDAMENTAL MOVEMENT



**SUPER JOB!**  
**CLAIRE**

**TURAS** PRINCIPLES IN ACTION

**R** ESEMBLES THE GAME (GAME BASED).

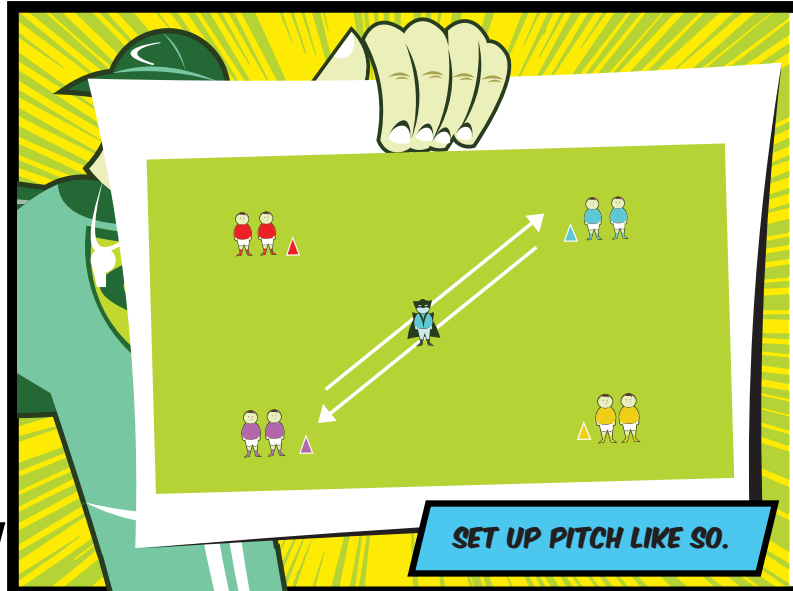
FREEZE THE GAME EVERY SO A COUPLE OF TIME AND ASK PLAYERS ABOUT INDIVIDUAL DECISIONS THEY MAY HAVE MADE



# FOXES CORNER



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.



- CHILDREN DIVIDED INTO GROUPS BEHIND EACH COLOURED CONE. THE COACH CALLS OUT GREEN TO YELLOW AND CHILDREN FROM THE GREEN TO YELLOW SWAP.
- THEN COACH CALLS TO DIFFERENT COLOURS AGAIN. WHEN THE CHILDREN GET THE IDEA. THE COACH CAN ASK ONE CHILD TO BE THE FOX. THE FOX THEN STANDS IN THE MIDDLE AND TRIES TO CATCH THE OTHER CHILDREN AS THEY RUN PAST.
- IF YOU GET CAUGHT YOU HELP THE FOX AND THEN THE LAST CHILD WILL BE THE WINNER! YOU CANNOT CATCH THE CHILD IF THEY ARE BEHIND THEIR CONE.

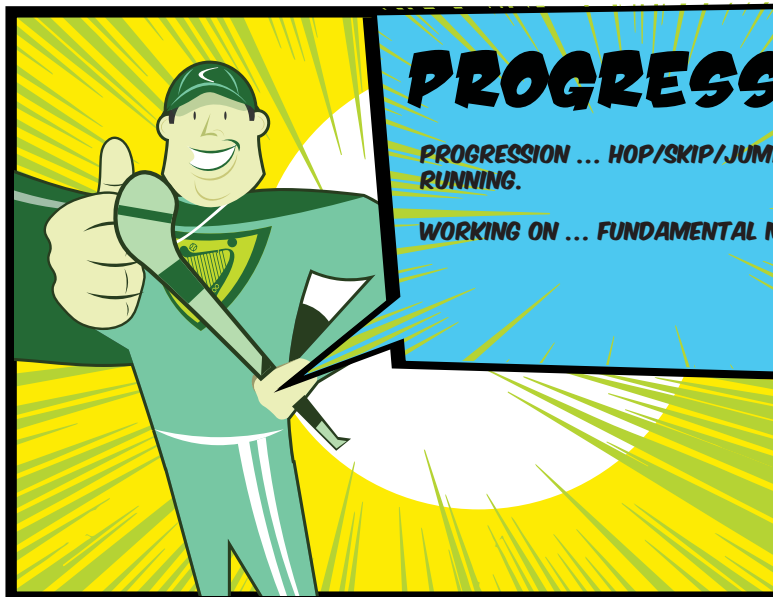


**AWESOME!**

**5 STARS!**



**ORAN**



## PROGRESSION

PROGRESSION ... HOP/SKIP/JUMP INSTEAD OF RUNNING.

WORKING ON ... FUNDAMENTAL MOVEMENT

**TURAS** PRINCIPLES IN ACTION

**SHOULD ALWAYS BE ENJOYABLE, DEVELOPMENTALLY APPROPRIATE & HOLISTIC GAA EXPERIENCE.**

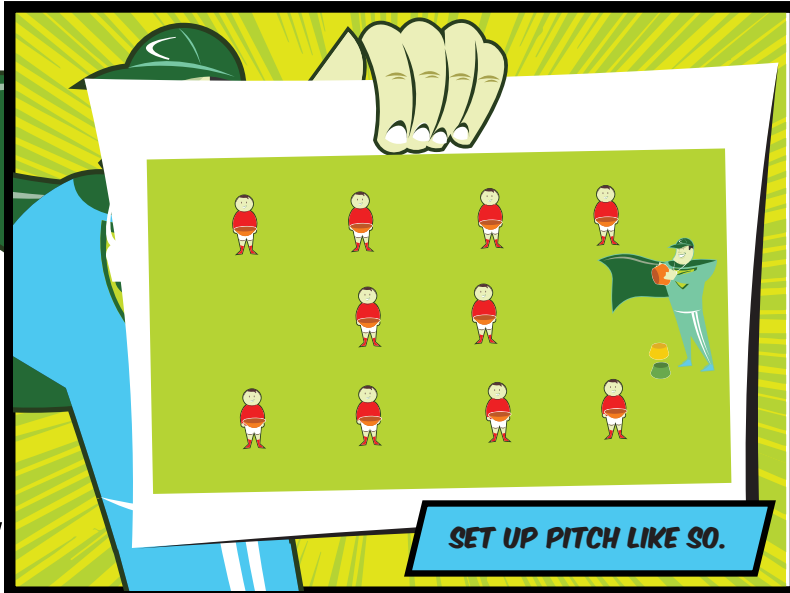
WHILE THIS AN ACTIVE GAME AND PLAYERS WILL TIRE, FUN IS STILL THE MAIN FOCUS THAT THE COACH MUST ENCOURAGE



# DRIVING SCHOOL



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- EACH CHILD HAS A HOOP OR A CONE. THE COACH HAS RED, GREEN, ORANGE CONES.
- WHEN THE COACH SHOWS GREEN YOU DRIVE. WHEN THE COACH SHOWS ORANGE, YOU MUST HOP ON ONE FOOT AND WHEN THE COACH SHOWS RED YOU MUST STOP. EACH CHILD GETS 5 LIVES.
- IF YOU CRASH INTO SOMEBODY OR DON'T STOP AT THE LIGHTS YOU LOSE A LIFE. IF THEY LOSE ALL OF THEIR FIVE LIVES, THEY MUST GO TO DRIVERS' SCHOOL AGAIN.
- IF THEY HAVE MORE THAN ONE LIFE, THEY PASS THEIR DRIVING TEST. PROGRESSION... YOU CAN PUT CONES OR HOOPS ON THE PITCH THEY CAN BE POTHOLES IF YOU RUN INTO THE POTHOLES YOU GET A FLAT TIRE.



**GREAT WORK**

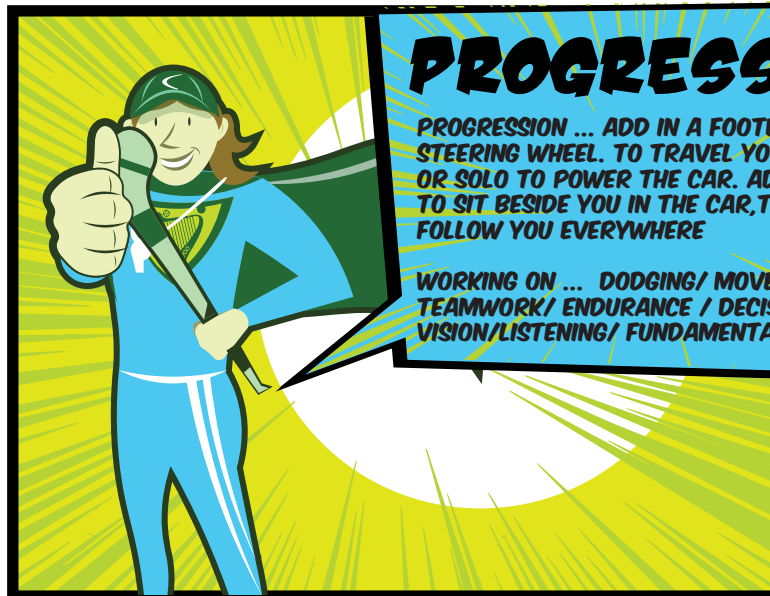


**EWIN**

## PROGRESSION

PROGRESSION ... ADD IN A FOOTBALL AS STEERING WHEEL. TO TRAVEL YOU MUST BOUNCE OR SOLO TO POWER THE CAR. ADD A PASSENGER TO SIT BESIDE YOU IN THE CAR, THEY MUST FOLLOW YOU EVERYWHERE

WORKING ON ... DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE / DECISION MAKING/ VISION/LISTENING/ FUNDAMENTAL MOVEMENT



**TURAS** PRINCIPLES IN ACTION

**A**LL PLAYERS INVOLVED, ALL OF THE TIME. LOTS OF TOUCHES, LOTS OF DECISIONS.

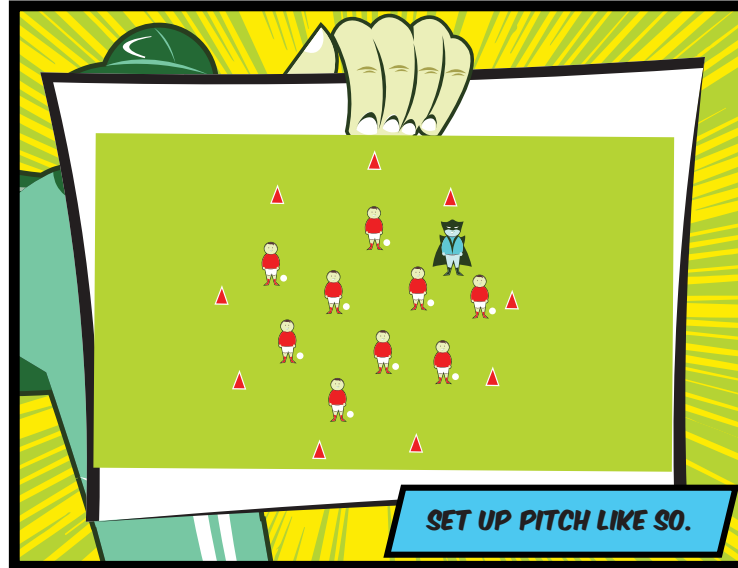
JUST LIKE WE NEED TO LOOK AROUND DRIVING A CAR, PLAYERS MUST KEEP THEIR HEADS UP AND LOOK TO MAKE THE BEST POSSIBLE DECISION WHILE ON THE MOVE



# VILLAINS



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

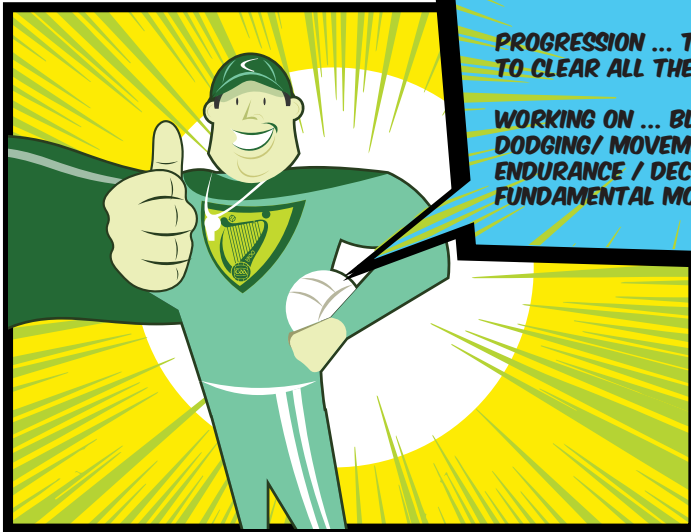
- MAKE OUT AN AREA WITH CONES. CHILDREN CANNOT GO OUTSIDE OF THE AREA. ALL OF THE CHILDREN EXCEPT FOR ONE HAVE A SLIOTAR/ FOOTBALL INSIDE THE AREA.
- THEY ARE DRIBBLING THE BALL ON THE GROUND TRYING TO KEEP IT. WHEN THE COACH BLOWS THE WHISTLE THE CHILD OUTSIDE RUNS IN AND TRIES TO TAKE ALL OF THE BALLS OF THE OTHER CHILDREN BY STRIKING/KICKING THEM OUTSIDE THE AREA.
- IF A CHILD'S BALL GETS HIT OUTSIDE THE AREA, THEY CAN TURN INTO THE POACHER TOO AND HELP. THE LAST CHILD WITH THE BALL IN THE END IS THE WINNER. SWITCH THE PERSON THAT WAS OUTSIDE AND GO AGAIN ANOTHER FEW TIMES.



## PROGRESSION

PROGRESSION ... TIME IT. HOW LONG IT TAKES TO CLEAR ALL THE BALLS.

WORKING ON ... BLOCKING/ TACKLING/ DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE / DECISION MAKING/ FUNDAMENTAL MOVEMENT



**GREAT WORK!** TOM



**TURAS** PRINCIPLES IN ACTION

**A**LL PLAYERS INVOLVED, ALL OF THE TIME. LOTS OF TOUCHES, LOTS OF DECISIONS.

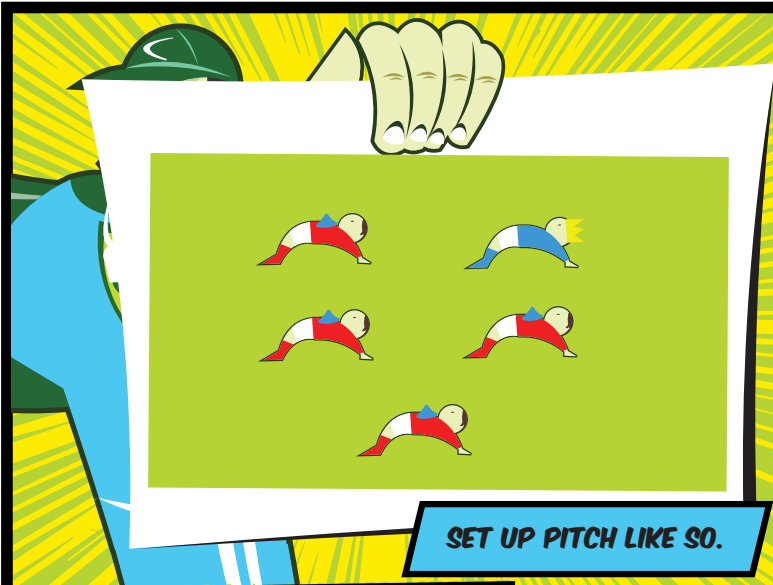
EVERY PLAYER HAS A BALL AND MUST MAKE LOTS OF DECISION ON THE BALL SO AS NOT TO BE DISPOSED



# KING CRAB



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.

- EACH CHILD GETS INTO CRAB WALK POSE.
- EACH CHILD HAS A BIB ON THEIR TUMMY WITH THE COLOUR OF THEIR TEAM.
- THERE IS ONE KING CRAB AND THAT KING CRAB MUST ROB THE BIBS.
- IF YOUR BIB IS ROBBED YOU TURN INTO A KING CRAB. LAST CRAB THAT SURVIVES GETS A POINT FOR THEIR TEAM.



## PROGRESSION

PROGRESSION ... HAVE TWO TEAMS WITH BIBS ON THEIR TUMMYS. SEE WHAT TEAM CAN KEEP THEIR BIBS. IF YOU BIB IS TAKEN YOU ARE OUT. IF YOU FALL OUT OF CRAB STANCE OR SIT DOWN YOU ARE OUT.

WORKING ON ... BLOCKING/ TACKLING/ DODGING/ MOVEMENT/ TEAMWORK/ ENDURANCE / DECISION MAKING/FUNDAMENTAL MOVEMENT



# SUPER JOB!

MARY

**TURAS** PRINCIPLES IN ACTION

SHOULD ALWAYS BE ENJOYABLE, DEVELOPMENTALLY APPROPRIATE & HOLISTIC GAA EXPERIENCE.

WHILE THIS AN ACTIVE GAME AND PLAYERS WILL TIRE, FUN IS STILL THE MAIN FOCUS THAT THE COACH MUST ENCOURAGE

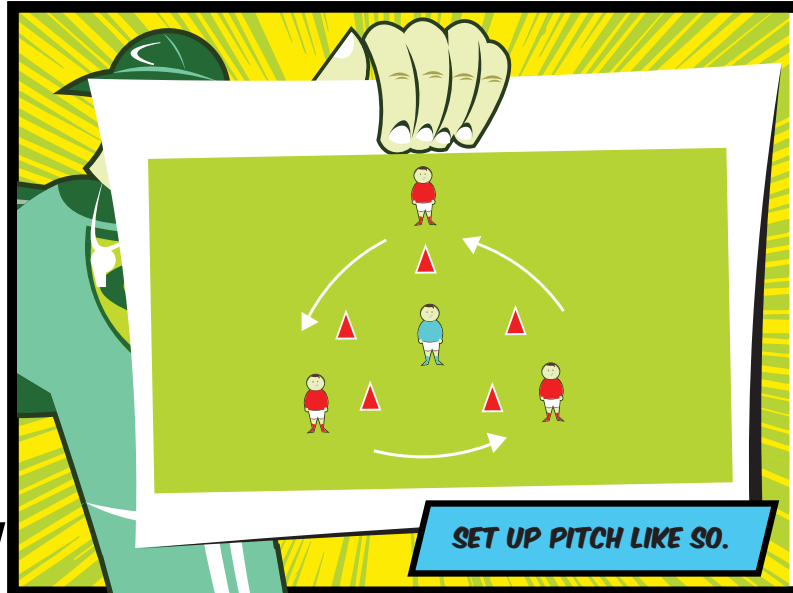




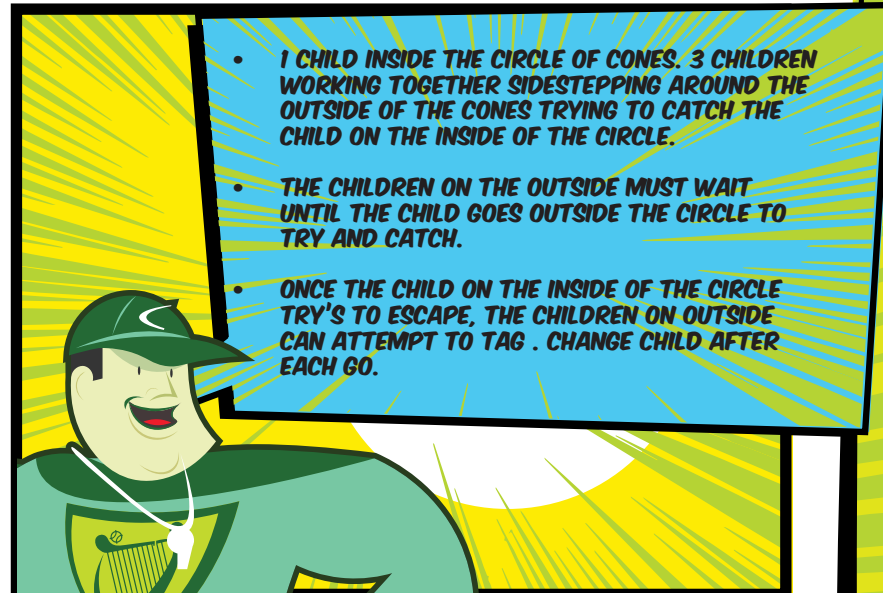
# ESCAPE



LET'S HAVE A FUN SESSION...



SET UP PITCH LIKE SO.



- 1 CHILD INSIDE THE CIRCLE OF CONES. 3 CHILDREN WORKING TOGETHER SIDESTEPPING AROUND THE OUTSIDE OF THE CONES TRYING TO CATCH THE CHILD ON THE INSIDE OF THE CIRCLE.
- THE CHILDREN ON THE OUTSIDE MUST WAIT UNTIL THE CHILD GOES OUTSIDE THE CIRCLE TO TRY AND CATCH.
- ONCE THE CHILD ON THE INSIDE OF THE CIRCLE TRY'S TO ESCAPE, THE CHILDREN ON OUTSIDE CAN ATTEMPT TO TAG . CHANGE CHILD AFTER EACH GO.



**AWESOME!**

**5 STARS!**



**ORAN**



## PROGRESSION

PROGRESSION: ADD IN 2 CHILDREN IN THE INSIDE OF THE CIRCLE.

WORKING ON... DODGING/MOVEMENT/TEAMWORK/ ENDURANCE/DECISION MAKING/FUNDAMENTAL MOVEMENTS

## TURAS PRINCIPLES IN ACTION

**T**ESTING & CHALLENGING, ALL PLAYERS SHOULD BE CHALLENGED TO IMPROVE AT THEIR LEVEL.

ADAPT THE SIZE OF THE CIRCLE FOR EACH PLAYER TO TEST AND CHALLENGE THEM EITHER MORE OR LESS AS REQUIRED.



# THE FINAL CHAPTER

**AS A COACH OF OVER 18 YEARS, I HAVE ALWAYS LOVED THE IDEA OF KEEPING MY SESSIONS FUN AND CHALLENGING. ALSO ALWAYS LOOKING FOR INNOVATIVE METHODS OF TEACHING COACHES AND CHILDREN ALIKE.**

**ONE EVENING I WAS SITTING DOWN AND I STARTED PUTTING PEN TO PAPER AND THEN IT HIT ME!! WHAT WOULD I LOVE AS A NEW COACH / EXPERIENCED COACH?? I WANTED TO CREATE A FUN WAY OF COACHING AGAIN! A SIMPLE WAY OF COACHING. NOTHING COMPLICATED NOTHING TO WORD HEAVY.**

**I LEARN VISUALLY ... I HAVE ALWAYS FOUND WHEN I AM READING A LONG PARAGRAPH, I TEND TO FORGET WHAT I HAD JUST READ, BUT IF I HAD VISUALS AND SMALL TEXT, I WOULD TAKE IN THE INFORMATION MUCH QUICKER AND REMEMBER WHAT I HAD JUST SEEN. I HAVEN'T GROWN UP YET, SO WHEN I GO OUT COACHING, I TRY TO BE AS IMAGINATIVE AS I CAN AND GIVE AS MUCH INDIVIDUAL FEEDBACK AS POSSIBLE! I TRY TO GET DOWN TO THE CHILDREN'S LEVEL AND MAKE THE SESSION AS FUN AS POSSIBLE.**

**SO, THIS IS WHEN I DECIDED TO MAKE THIS COMIC BOOK FOR COACHES, MAKING IT EASIER FOR COACHES TO SEE THE LAYOUT OF A GAME AND BRING THEM BACK TO THEIR CHILDHOOD AND BACK TO BECOMING A CHILD AGAIN! BACK TO FUN, IMAGINATION AND CREATIVITY! WHEN WE AS COACHES ARE HAVING FUN, THE CHILDREN WILL DEFINITELY BE HAVING FUN. HELPING COACHES TO GIVE POSITIVE FEEDBACK INDIVIDUALLY TO EACH CHILD TO HELP CREATE CONFIDENCE AND A POSITIVE LEARNING ENVIRONMENT. CREATING PLAYER RETENTION.**

**SO, ALL I ASK OF YOU IS TO REMEMBER WHEN YOU GO OUT TO COACH BECOME THAT CHILD AGAIN, ENJOY YOUR SESSION... THEY WILL COME BACK FOR MORE!**

**NOREEN SHERIDAN**  
– MEATH COACHING AND GAMES





LEINSTER