



Senior Inter County Panel



U-20's Squad



Wicklow Combined Schools



U-17 Squad



U-16 Academy



U-15 Academy



U-14 Academy

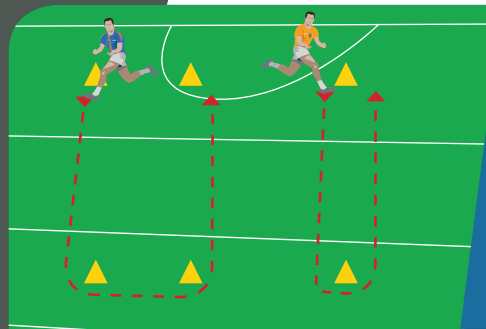


U-13 Football Rising Stars Program



CONNECTING
CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY



ORGANISATION

The **GAA 15** can be taken as a standardised warm up before training & games.

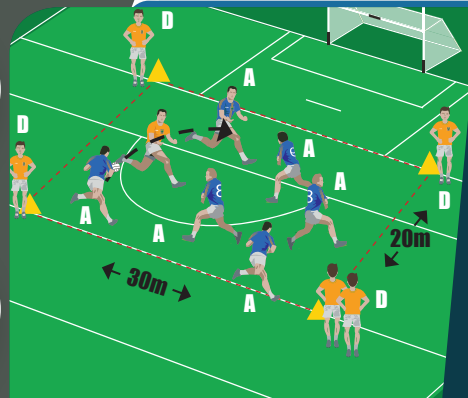
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Incorporate fun through games or partner tasks.

Involve the football as much as possible.

More information available at learning.gaa.ie/Gaelic15

ACTIVITY 1

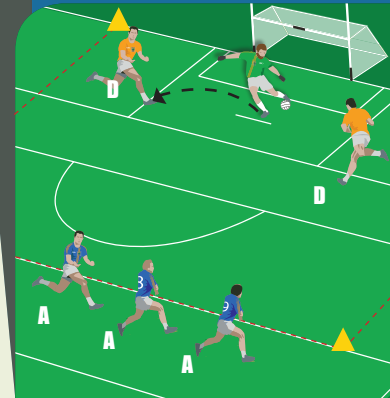


ORGANISATION

AIM: To improve decision making from non pressure situation to full pressure situation
Set up: Activity as shown in diagram

- 6 attackers start with football in grid 30m x 20m.
- On coaches whistle 1 defender enters and tries to dispossess the 6 attackers.
- Every 20 seconds an additional defender enters the grid until all 6 defenders are in the grid with the 6 attackers.
- If defenders win the ball at any point the activity stops and defenders and attackers rotate with next time defenders starting with football.

ACTIVITY 2

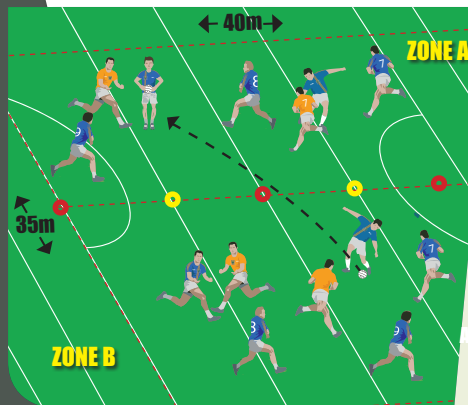


ORGANISATION

Aim: To improve decision making for defenders and attackers in a 3v2 game based situation
Set up: As shown with 3 attackers v 2 defenders with goalkeeper

- Goalkeeper starts activity with kick to any of 3 attackers.
- At the same time that goalkeeper kicks out the football 2 defenders will run out from end line to defend the incoming attackers.
- The 3 attackers attempt to score a goal.
- This will create a 3 v 2 situation in front of the goals.

ACTIVITY 3

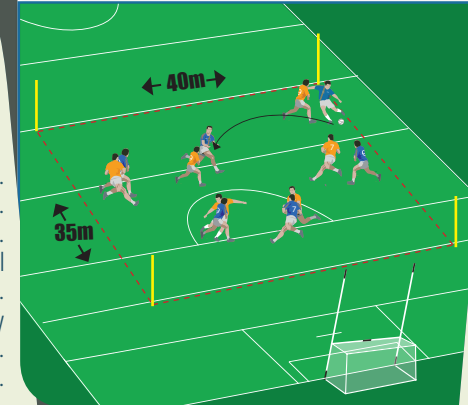


ORGANISATION

AIM: To improve decision making on and off the ball
Set up: grid as shown and divide grid into 2 zones

- Coach places 5 attackers and 2 defenders in each zone.
- All players are restricted to designated zone.
- Attackers start activity each time with ball.
- Score is awarded to attacking team who kicks ball to attacker in opposite zone who must catch the ball.
- Hand passing is allowed in zones but only kick passing across zones.
- Rotate players so they play as defenders and attackers.

ACTIVITY 4



ORGANISATION

AIM: To improve decision making in a game based situation
Set up: Game as shown in diagram

- This game can be played with number of 6v6 to 10v10
- Full game rules apply but a score is only awarded for a successful 20m kick pass to player on same team.
- The kick pass must either land one bounce away or go straight into players chest for score to be recorded



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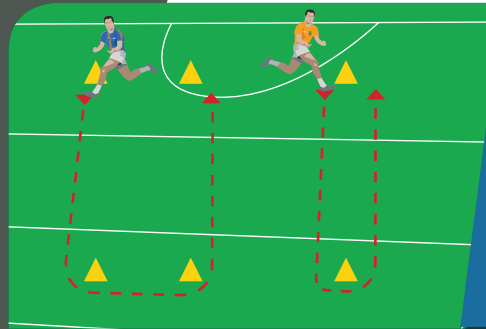
Academy Coach

Club Coach

Post Primary School Coach

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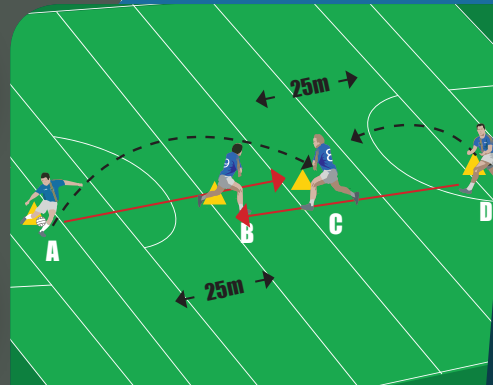
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ACTIVITY 1



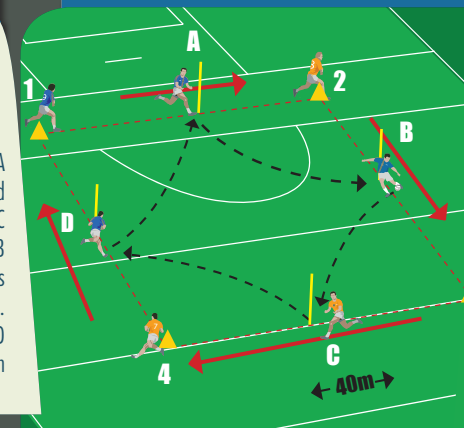
ORGANISATION

AIM: To improve kick passing distance on the run

Set up: Activity as shown in diagram

- The activity starts with Player A with football in hand
- Player A kick passes to Player C but runs to cone B
- Player C hand passes to Player B who has moved off cone B to receive football.
- Player B kick passes to Player D
- Activity continues in opposite direction

ACTIVITY 2



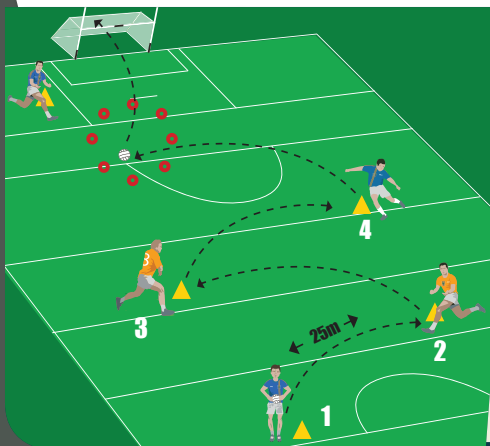
ORGANISATION

AIM: To improve kicking distance for player to receive football on the mover

Set up activity as shown in diagram with a group of players at each corner.

- Player 1 kick passes towards Pole B for player 2 to run and receive
 - Player 2 kick passes toward Pole C for player 3 to run and receive
 - Player 3 kick passes toward Pole D for player 4 to run and receive
 - Drill continues in clockwise direction
- Player that kick passes football each time runs to next corner of square.

ACTIVITY 3



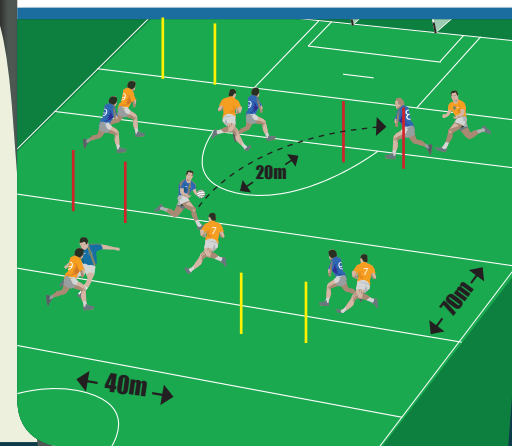
ORGANISATION

AIM: To improve kicking distance and accuracy on the move

Set up activity as shown in front of goals.

- Player 1 kick passes the football to Player 2
- Player 2 kick passes the football to Player 3
- Player 3 kick passes the football to Player 4
- Player 4 kick passes the football into scoring circle for Player 5 to receive and attempt score
- Players must follow kick pass at pace every time

ACTIVITY 4



ORGANISATION

AIM: To improve kicking distance and accuracy in a game based situation

Set up game as shown in diagram with 2 scoring poles, set up randomly in area

- Divide players into 2 teams using numbers 6 v 6 to 10 v 10
- Normal rules apply with a team scoring by completing a 20m kick pass between any 2 poles on pitch to player on same team.



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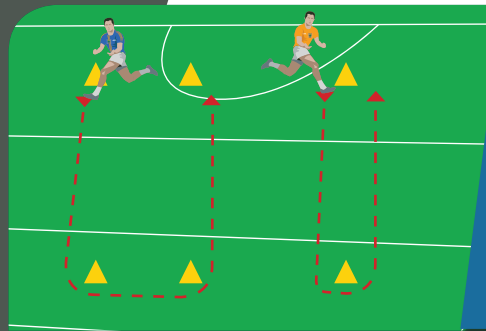
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Club Coach

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WARM UP ACTIVITY



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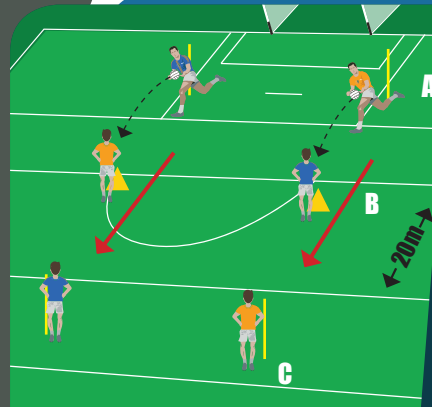
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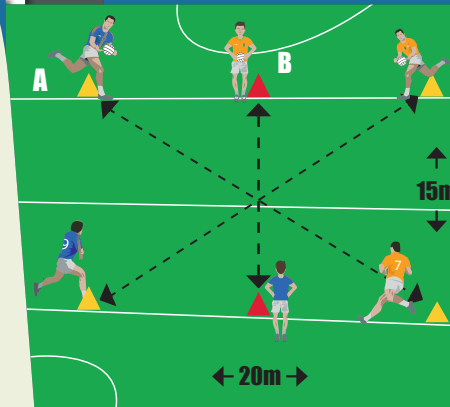


ORGANISATION

AIM: To improve players ability to hand/fist pass the ball on the move

- Football starts with Player 1 at Cone A with a stationary Player at Cone B.
- Player 1 runs and hand passes the football to player at cone B.
- Player 1 on passing the football continues the run to get ball back from player at Cone B and passed to Player at Cone C
- Player at cone C repeats the activity the opposite way
- Rotate Player at Cone B at regular time intervals

ACTIVITY 2



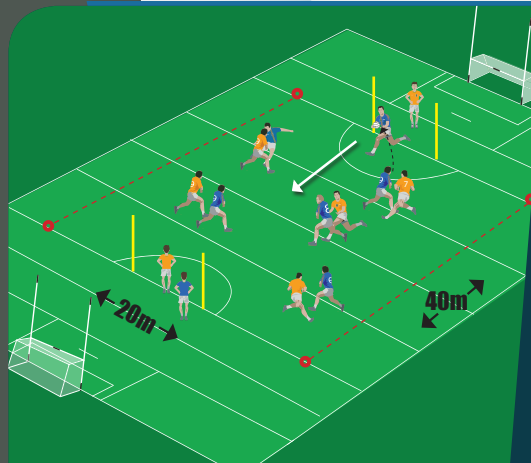
ORGANISATION

AIM: To improve hand/fist passing on the move while evading traffic

Set up as shown in diagram with players divided on the 6 starting cones. Footballs are placed at cone A, B and C

- On coaches whistle players at cone A, B and hand pass the football in the directions shown.
- Players at opposite cones move to receive the pass and pass to the next oncoming player.
- Rotate players to different starting cones at regular time intervals.

ACTIVITY 3



ORGANISATION

AIM: To improve hand passing in a game based situation

Set up pitch as shown in diagram with 2 players from each team in opposite goals. Numbers can be 6 v 6 to 10 v 10

- The objective of the game is for team with football to pass football to any of their team mates in either goals.
- On receiving the football the player in goals will come out with football and attacking team will attempt to score in opposite goals.
- Coach awards 1 point for each successful pass to player in goals
- Condition - HAND PASS ONLY

ACTIVITY 4



ORGANISATION

AIM: To improve hand/fist passing distance in a game based situation.

Set up as shown in diagram numbers can be 6 v 6 to 10 v 10

- Hand/fist pass only in game

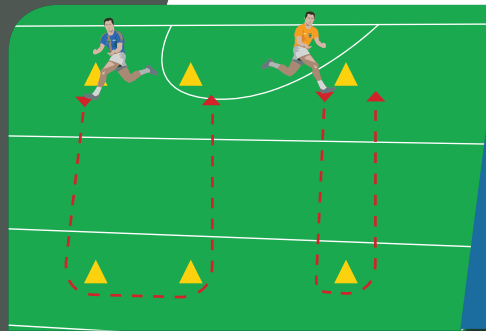
- A score is awarded by coach for every successful hand/fist pass over distance of 5m to a team mate on same team

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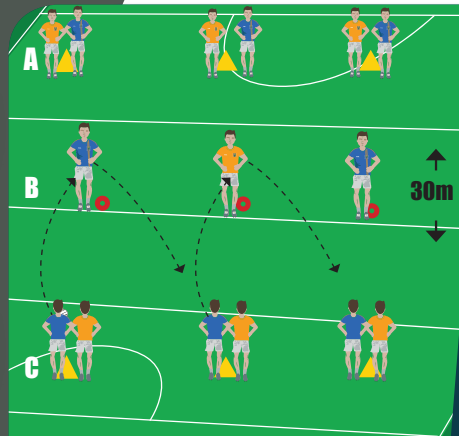
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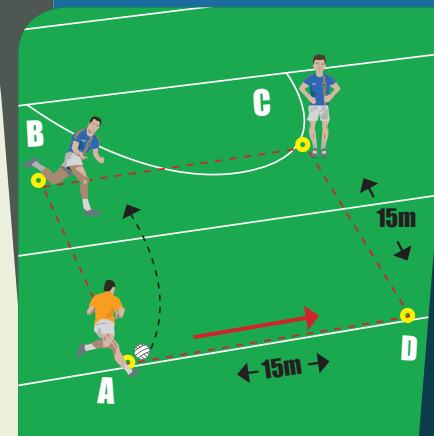
ORGANISATION

AIM: To improve timing of runs and support play

Set up activity as shown in diagram with players going in pairs

- Activity starts in pairs with player 1 hand passing football to stationary player in middle with supporting player 2 running to receive football from stationary player.
- Both players continue their run out and pass to pair on opposite side. These pair continue activity in opposite direction.
- Support runner and passer change every second run.
- Coach rotates stationary players at regular time intervals

ACTIVITY 2



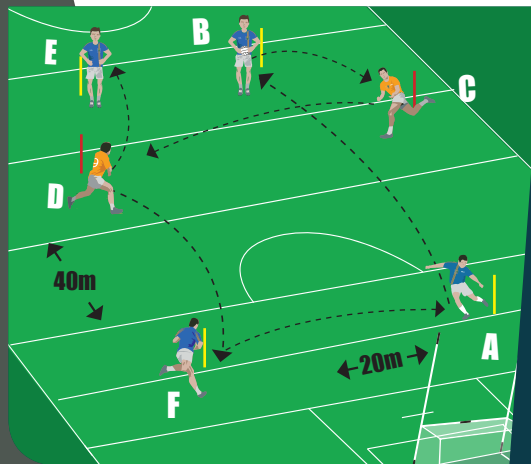
ORGANISATION

AIM: To improve player's movement after passing football

Set up grid as shown in diagram with 3 players on each corner with a corner free

- Activity starts with player in corner A with football in hand
- On coaches whistle player at corner A kicks football to player at corner B.
- On kicking football player at corner A sprints to corner D.
- Player at corner B on receiving the football now kicks the football to player at corner C and sprints to corner A.
- The activity continues in clock wise direction.
- Coach encourages players to move at pace when kicking the football

ACTIVITY 3



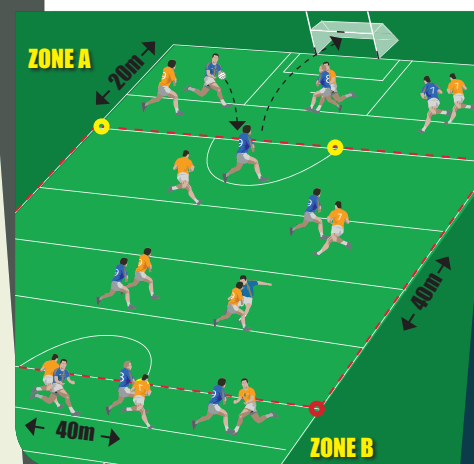
ORGANISATION

AIM: To improve support player after a player receives a kick or hand pass

Set up diagram as shown using 6 Poles with players divided at each cone

- Football starts at Pole A who kick passes long to player at Pole B.
- Player B gathers the football and hand passes to Player C who has timed their run.
- Player C then hand passes the football to Player D who hand passes to player E.
- Player E kick passes the football to Player at Pole F
- The activity repeats.
- Coach adds in extra footballs to activity when desired.

ACTIVITY 4



ORGANISATION

AIM: To encourage players to kick and follow pass in order to create overlaps to score

Set up pitch as shown in diagram. with a 4 v 4 in middle grid 3 defenders v 3 attackers in each end zone. Please note the 3 defenders and 3 attackers in each end zone are restricted to these end zones

- Coach starts activity with game starting in middle grid.
- The aim of the game is to get the football into end zone and for kicker or any attacking team mate to follow pass in and score from the end zone.
- Players in end zone must pass the ball to support player at least once before they can score.
- Coach rotates players in zones at regular time intervals.
- After each shot/score ball is thrown up in middle of pitch again by the coach.



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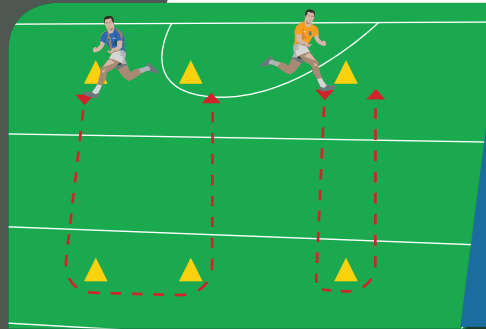
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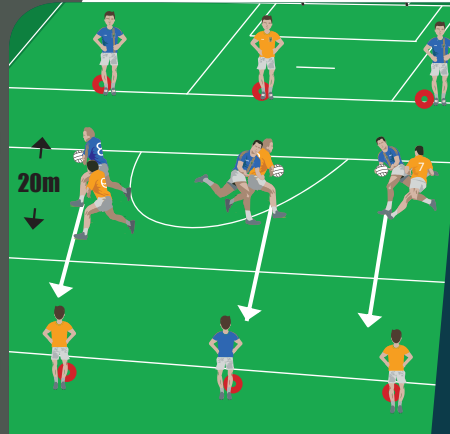
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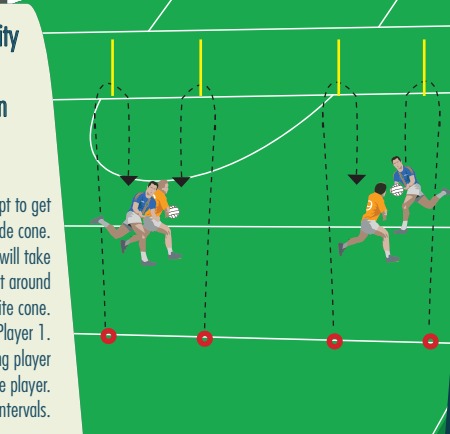
ORGANISATION

AIM: To improve player's tackling ability in a 1 v 1 situation

Set up: as shown with 2 players between cones and 2 players standing on outside cones.

- Player 1 will start with football and attempt to get around Player 2 to pass football to player on outside cone.
- On passing to player on outside cone Player 1 will take football back from outside player and attempt to get around player 2 and pass football to outside player on opposite cone.
- Player 2 will attempt to tackle and get football from Player 1.
- If they gain ball they become the attacking player and the other player becomes the defensive player.
- Rotate inside and outside players at regular intervals.

ACTIVITY 2



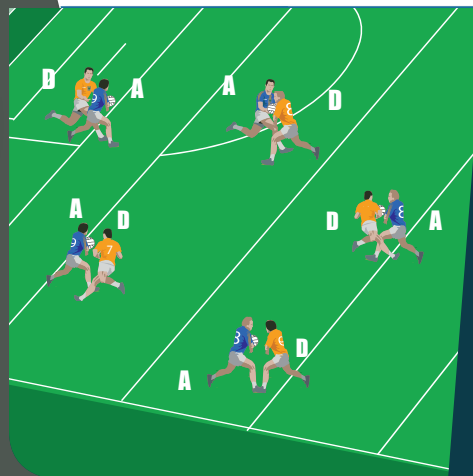
ORGANISATION

AIM: To improve players ability to execute the near hand tackle.

Set up activity as shown in diagram with players divided into attackers and defenders at starting cones.

- On coaches whistle attacker solos to opposite Pole and attempts to solo down channel in straight line to get back to starting cone.
- At the same time defenders runs to opposite Pole and attempts to get a near hand tackle on attacker before the attacker gets back to starting cone.
 - Activity continues with next pair.
- Coach rotates attacker and defender roles at regular intervals.

ACTIVITY 3



ORGANISATION

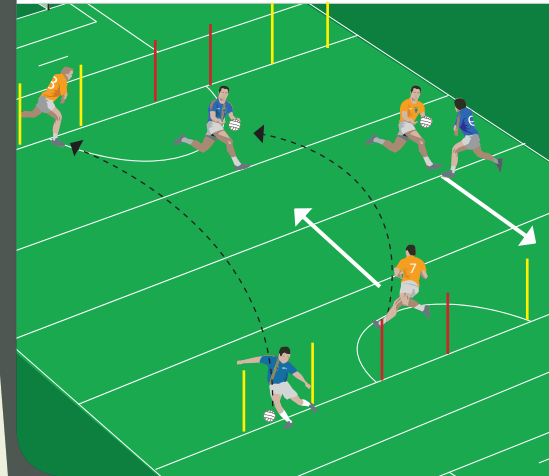
AIM: To improve players tackling ability focusing on body, feet and hands.

Set up: Coach divides the group into pairs defender and attacker starts with football.

- On coaches whistle attackers try to evade defenders changing direction every 4 steps.
- Coach will put the below conditions on the defenders at regular intervals.

- 1 Defenders must try to shadow the attacker but must have hands behind back while doing so.
- 2 Defenders must try to shadow the attacker but must only use right hand tackling
- 3 Defenders must try to shadow the attacker but must only use the left hand tackling
- 4 Defenders must try to shadow the attacker and can use both hands tackling

ACTIVITY 4



ORGANISATION

AIM: To improve tackling player on the move

Set up activity as shown with coach dividing player into pairs

- On coaches whistle player 1 kicks the football to player 2 at opposite poles and follows pass.
- On receiving ball at opposite poles player 2 receives football and now attempts to get by player 1 to get through poles.
- Coach switch roles of defenders and attackers at regular time intervals.



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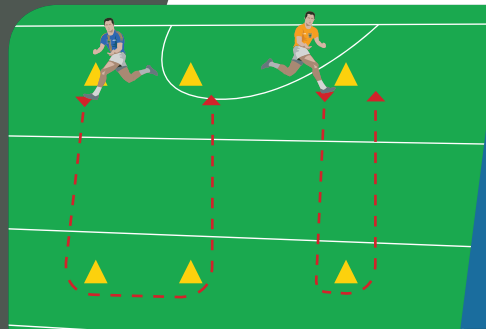
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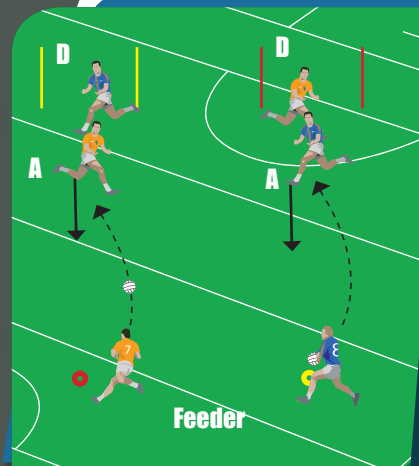
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ACTIVITY 1



ORGANISATION

AIM: To improve players first touch on the move under pressure.

Set up: as shown in diagram with attackers starting in front of defender.

- On coaches whistle the attacker moves towards the feeder player who throws the football high, low or towards the body of attacker.
- The attacker moves towards the feeder player the defenders moving to attempt to deny the attacker winning the football.
- Coach rotates attackers and defenders at regular time intervals.
- Rotate feeders during activity.

ACTIVITY 2



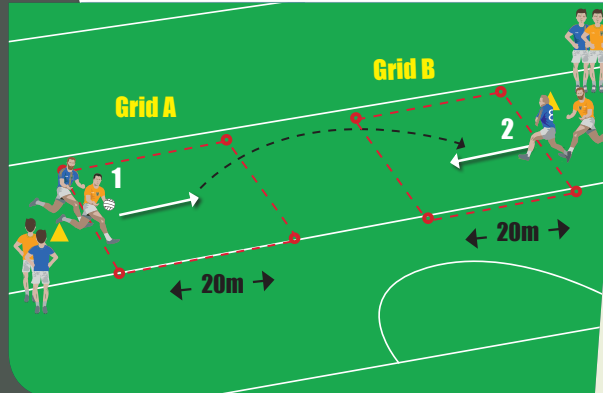
ORGANISATION

AIM: To improve first touch on the run to kick for score

Set up: as shown with defenders behind attacker paired up on end line. Coach places 3 feeder players on 40m line away from goals.

- On coaches whistle attacker and defender run towards the feeder player.
- The feeder player attempts to kick football towards the attacker using a high, low or body kick pass.
- If attackers receive ball and first touch on football is good they can attempt a kick for a score. Defenders must attempt to stop attacker getting a good first touch on football and attempting to stop attacker scoring.
- Rotate attackers and defenders at regular intervals.

ACTIVITY 3



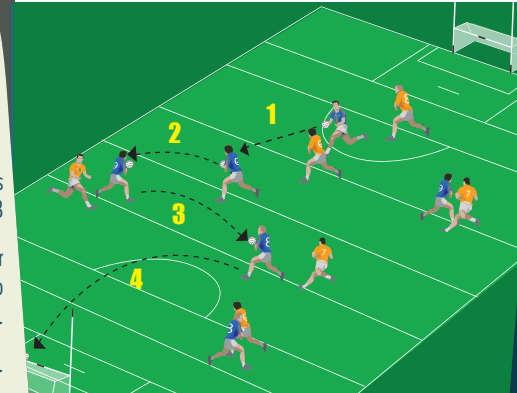
ORGANISATION

AIM: To improve player ability to gather ball first time with slight pressure from opponent.

Set up: players as shown in diagram.

- Ball begins with player 1 who enters Grid A and kick passes football to Grid B
- Player 2 moves into Grid B to gather football followed by opponent who apply's slight pressure on catch.
- Repeat activity from Grid B to Grid A.

ACTIVITY 4



ORGANISATION

AIM: To improve players first touch in game based situation

Set up: as shown in diagram

- Playing numbers can be 6 v 6 up to 10 v 10
- Full rules apply with a condition that the team who is attacking must complete 3 good consecutive first touches before they can attempt a score

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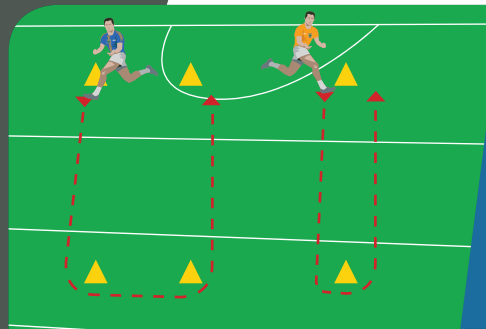
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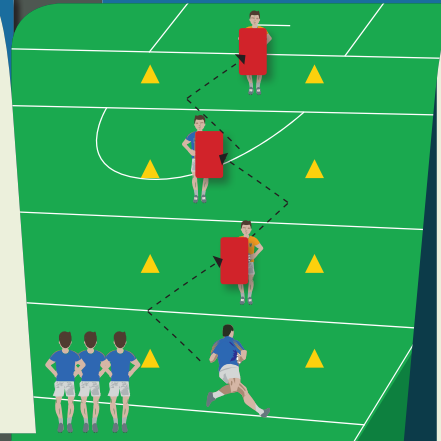
ORGANISATION

AIM: To improve players ability to use side step to evade opponent

Set up: as shown in diagram with attackers starting in front of defender

- Player line up behind cone A.
- On coaches whistle player 1 will run towards pole and will attempt to do use a side step followed by a sprint through poles on opposite side.

ACTIVITY 2



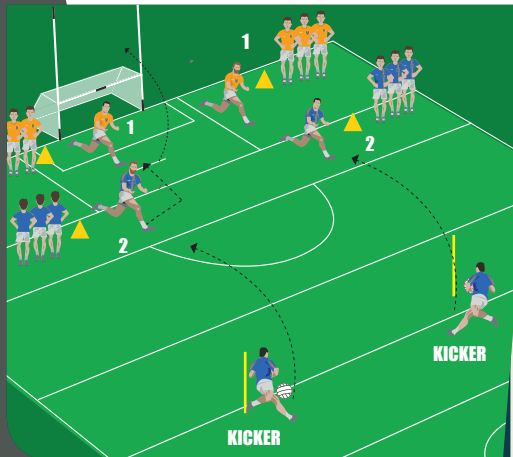
ORGANISATION

AIM: To improve players evasion skills using the roll off

Set up: activity as shown in diagram with coach setting up a number of similar channels depending on numbers

- Player 1 starts off with football in hand and runs towards first player with tackle bag. Player 1 attempts the roll off to left to evade player with tackle bag. Player continues with football towards second player with tackle bag and attempts the roll off to right to evade player with tackle bag. On completing this player returns to starting cone. A new player goes on coaches whistle every time. continues with 2 new players.
- Coach rotates feeder players at regular time intervals.

ACTIVITY 3



ORGANISATION

AIM: To improve a players ability to evade a defender and attempt to shoot for a score

Set up: activity in front of goals as shown in diagram with defenders set up at cone 1 and attackers set up at cone 2

- On coaches whistle the attacker makes a run looking for the football followed by defender at the same time.
- The feeder player will attempt to kick football to attacker who will attempt to gather football, attempt feint/side step to evade defender and attempt a kick for score.
- Coach rotate feeder players at regular intervals.
- Activity continues

ACTIVITY 4



ORGANISATION

AIM: To improve players ability to evade players in a game based situation.

Set up pitch as shown in diagram

- Normal rules apply but coach will reward a point to the team who's player evades a opposition player with a side step/feint or roll off during the game.



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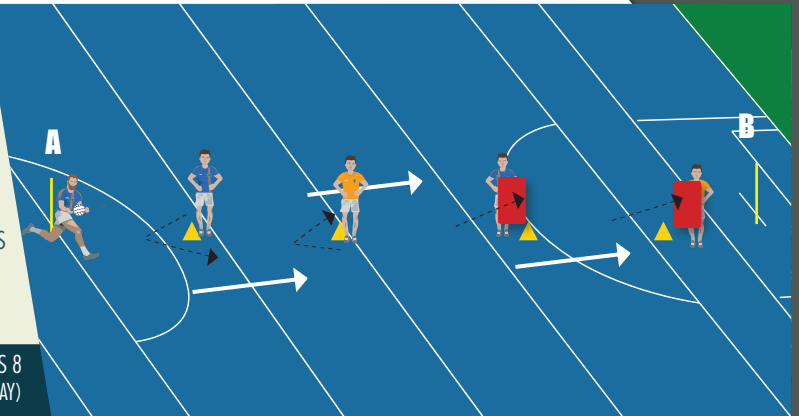
TEST 1 - TRAVELLING/SOLOING

Set up Test as shown

- PLAYER STARTS AT POLE A
- RUNS TOWARDS PLAYER 1 TAKING A PLAY.
- JUST BEFORE MEETING PLAYER 1 THEY USE A FEINT OR SIDE STEP AND ACCELERATES PAST PLAYER 1.
- PLAYER THEN CONTINUES TOWARDS PLAYER 2 WHERE THEY REPEAT BUT THIS TIME USE A FEINT OR SIDE STEP PASS PLAYER 2.
- AFTER THIS THE PLAYER TRAVELS TOWARDS PLAYER NO 3 WHO IS HOLDING A TACKLE BAG. THE PLAYER ON BALL NOW ATTEMPTS TO MAKE CONTACT WITH TACKLE BAG USING LEFT SHOULDER AND ACCELERATE TOWARDS PLAYER 4.
- THE PLAYER REPEATS THE SAME ON PLAYER 4 BUT THIS TIME MAKING CONTACT WITH TACKLE BAG USING THE RIGHT SHOULDER. PLAYER COMPLETES TEST AT POLE B

TOTAL POINTS IS 8

2 POINTS GIVEN AT EACH STANDING PLAYER (1 FOR SIDE STEP/FEINT/ROLL OFF AND 1 FOR THE ACCELERATION AWAY)



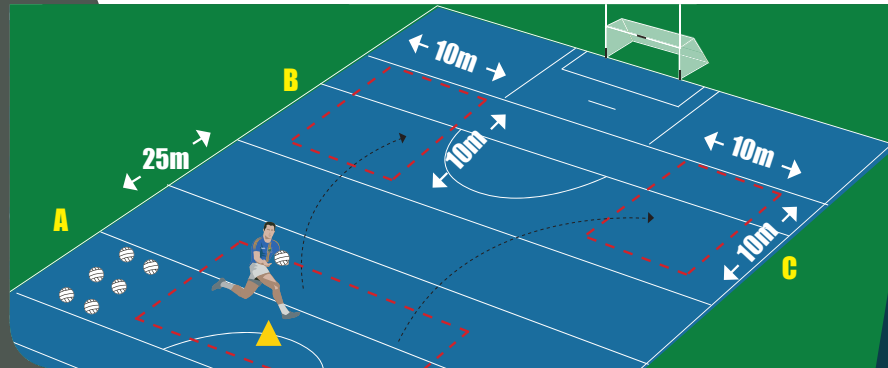
TEST 2 - KICKING ON THE RUN

Set up Test as shown

- PLAYER 1 STARTS AT CONE A PICKS UP THE FOOTBALL AND RUNS INTO SQUARE.
- ON THE RUN THE PLAYER MUST KICK THE FOOTBALL OFF THE RIGHT FOOT IN SQUARE B WHICH IS 25M AWAY.
- PLAYER COMPLETES THIS 3 MORE TIMES USING RIGHT FOOT. ON COMPLETION OF THE FIRST 4 KICKS WITH RIGHT FOOT PLAYER WILL NOW COMPLETE 4 KICKS WITH LEFT FOOT INTO SQUARE C.

TOTAL POINTS IS 8

1 POINT FOR EACH SUCCESSFUL KICK THAT LANDS IN SQUARES



Set up Test as shown

- COACH PLACES 2 FOOTBALLS AT CONE A, B AND C 20M FROM GOAL POSTS, WITH 3 MORE POLES ARE SET UP 5M IN FRONT OF GOAL POSTS AS SHOWN IN DIAGRAM.
- PLAYER STARTS AT POLE A AND TRAVELS TO CONE 1 TO ATTEMPT TO HAND PASS THE FOOTBALL OVER THE CROSSBAR USING THE LEFT HAND. ON COMPLETION OF ATTEMPT PLAYER RETURNS TO CONE A AND PICKS UP THE FOOTBALL AND REPEATS ANOTHER LEFT HAND PASS OF FOOTBALL OVER THE CROSS BAR.
- PLAYER NOW MOVES OVER TO CONE B AND CONTINUES THE ACTIVITY BUT THIS TIME TRAVELS TO POLE 2.
- CAN USE EITHER HAND TO HAND PASS THE FOOTBALL OVER THE CROSS BAR AND CONTINUES ACTIVITY TRAVELLING TO POLE 3
- PLAYER THEN COMPLETES TEST BY MOVING TO CONE C AND COMPLETING 2 HAND PASS ATTEMPTS OVER CROSS BAR USING THE RIGHT HAND.

TOTAL POINTS 6

1 POINT FOR EACH SUCCESSFUL HAND PASS OVER THE CROSS BAR

TEST 3 - HAND PASSING ON THE RUN

