

**Senior Inter County Panel**

**U-20 Squad**

**Wicklow Combined Schools**

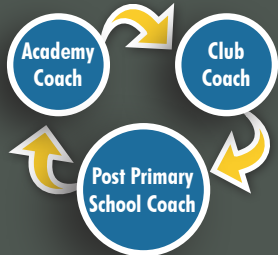
**U-17 Squad**

**U-16 Academy**

**U-15 Academy**

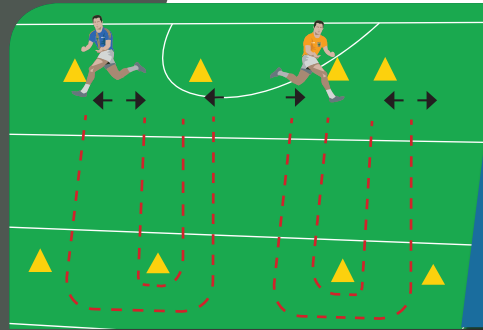
**U-14 Academy**

**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.

Use variety within the warm up so that it does not become repetitive for players.

Incorporate fun through games or partner tasks.

Involve the football as much as possible.

More information available at [learning.gaa.ie/Gaelic15](http://learning.gaa.ie/Gaelic15)

## ACTIVITY 1



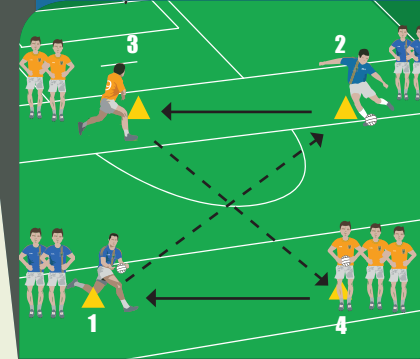
## ORGANISATION

**AIM: PUNT / HOOK / OUTSIDE**  
**Kicking Accuracy with variety of kicks and distance**

**Set up:** Cones 10m apart

- Player 1 punt kicks to Player 2
- Player 2 punt kicks back to Player 1
- Time 3 minutes
- Players repeat the above using Hook Kick and Outside Foot Kick

## ACTIVITY 2



## ORGANISATION

**AIM: Kicking Accuracy**  
**Set up:** 25m x 25m Square

- Equal number of players at each cone
- Player 1 kicks to Player 2
- Player 2 kicks to Player 3
- Player 3 kicks to Player 4
- Player 4 kicks to Player 1
- Player to receive ball at cone
- Coach to decide kicking style at different intervals

## ACTIVITY 3



## ORGANISATION

**AIM: Kicking Accuracy and Distance**

**Set up:** As shown in diagram

- Divide group equally behind cone A + B
- Player at Cone A kicks through poles and continues to cone B
- Player at Cone B runs and receives pass and continues to cone A
- Coach encourages variety of kicks

## ACTIVITY 4



## ORGANISATION

**AIM:**  
**To improve Kick Passing in a game situation**

**Set up:** Small pitch 6 v 6

- Conditions kick pass and solo only
- Coach encourages different types of kicks throughout game



Senior Inter County Panel



U-20 Squad



Wicklow Combined Schools



U-17 Squad



U-16 Academy



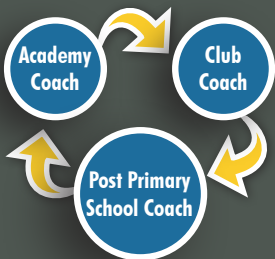
U-15 Academy



U-14 Academy

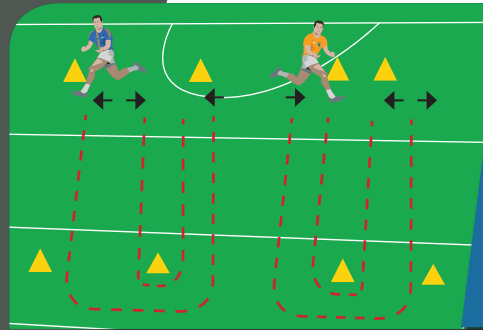


U-13 Football Rising Stars Program



**CONNECTING**  
CLUBS, SCHOOLS & COUNTY

## WARM UP ACTIVITY



## ORGANISATION

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

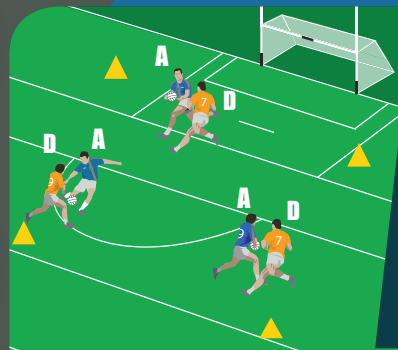
Use variety within the warm up so that it does not become repetitive for players.

Incorporate fun through games or partner tasks.

Involve the football as much as possible.

More information available at [learning.gaa.ie/Gaelic15](http://learning.gaa.ie/Gaelic15)

## ACTIVITY 1



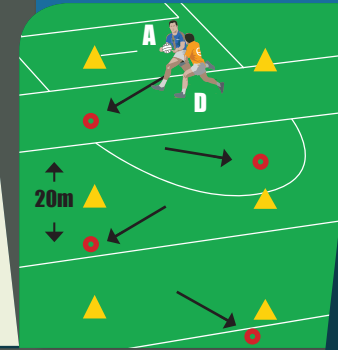
## ORGANISATION

**AIM:**  
To Shadow Player and always be elbow tight

**Set up:** square 20m x 20m

- Players are divided into Attackers & Defenders
- Attackers objective is to evade defender changing directions every 4 steps
- Activity can be ran, with or without football for selected time, roles can be reversed.

## ACTIVITY 2



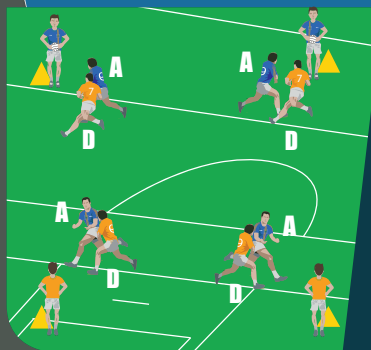
## ORGANISATION

**AIM:**  
To show correct tackling body position and to shadow attacking player

**Set up:** channel 20m Long, 5m Wide

- Attacking player starts with football and solos in direction of markers
- Defender in front shadows the forwards movement while keeping correct body tackling position and correct footwork

## ACTIVITY 3



## ORGANISATION

**AIM:**  
Defensive position to stop attacking player receiving ball

**Set up:** 4 Attackers v 4 Defenders in a 25m x 25m Square with 4 players on outside corners with footballs

- Defender shadows to try and deny forward ball. Attacker attempts to evade defender to get possession of football.
- If forward wins ball they pass back to any outside player and continue to another cone. Rotate roles with inside and outside players

## ACTIVITY 4



## ORGANISATION

**AIM:**  
Shadow Attacker and deny Attacker the ball

**Set up:** 25m x 25m square in front of the goals

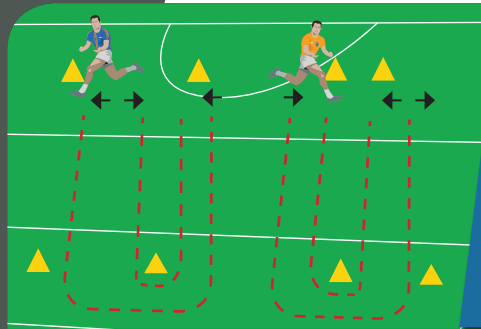
- Defender shadows Attackers who try to evade defender for a period of time.
- After period of time coach attempts to get ball to attacker, if attacker wins the ball they try score
- If defender wins the ball they work it back to coach.

- Senior Inter County Panel
- U-20 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.

Use variety within the warm up so that it does not become repetitive for players.

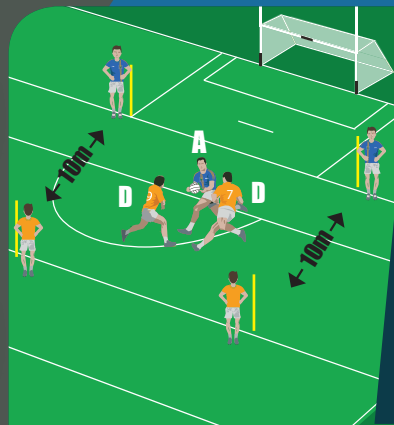
Incorporate fun through games or partner tasks.

Involve the football as much as possible.

More information available at [learning.gaa.ie/Gaelic15](http://learning.gaa.ie/Gaelic15)

## ACTIVITY 1

## ORGANISATION



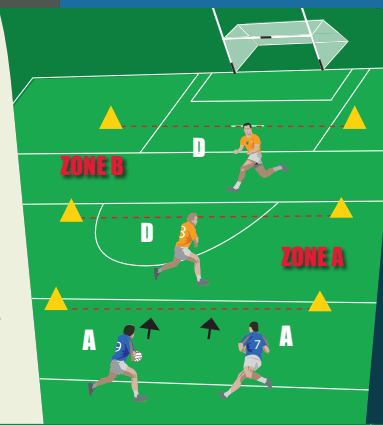
**AIM:** To improve decision making on and off the ball in a 2 v 1 situation

**Set up:** 10m x 10m square as shown

- 2 defenders will attempt to keep the ball from 1 attacker. The 2 defenders must move on and off the ball to keep possession of the ball from the attacker.
- Encourage passer of the ball to go in different direction of pass.
- Players can only hand pass in this activity there is no play of ball. Rotate players to attacker and defender at different time intervals
- Roles can be reversed.

## ACTIVITY 2

## ORGANISATION



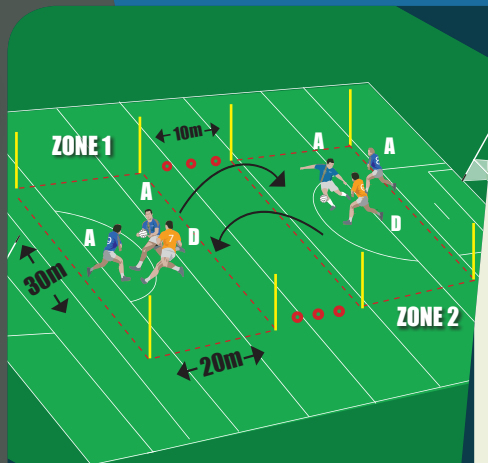
**AIM:** Decision making to get a score

**Set up:** 30m x 10m channel in front of goalposts

- Divide channel into 2 areas with a defender allocated to each area. Defenders are not allowed leave their specific areas.
- 2 attackers set up at top of channel with football and attempt to get through the channel evading the defenders to get a score.
- Attackers can only hand-pass ball and if defender intercepts the ball or gets a hand on attacker the forwards returns to starting point.
- Rotate defenders and attackers

## ACTIVITY 3

## ORGANISATION



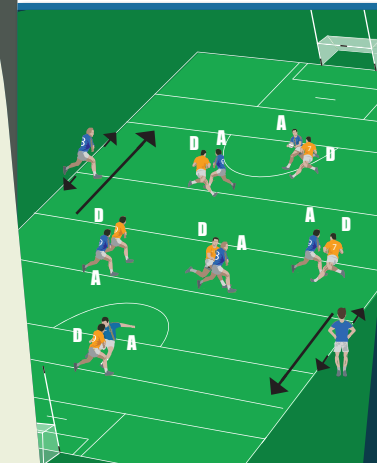
**AIM:** Decision making using the kick pass

**Set up:** See diagram - 10m distance between 2 zones

- On coaches first whistle the 2 attackers in Zone 1 attempt to keep the ball from the 1 defender while in Zone 2 the 2 attackers are trying to evade the 1 defender off the ball and find space.
- On coaches second whistle attackers in Zone 1 must attempt to kick ball to attacker in Zone 2 when the pass is on.
- Activity continues with the 2 attackers in Zone 2 now trying to keep ball from 1 defender and attackers in Zone 1 work off the ball to find space. Rotate defenders and attackers at different time intervals

## ACTIVITY 4

## ORGANISATION



**AIM:** Decision making in Game Based Situation

**Set up:** Small sided pitch as shown with 1 player set up on each side line

- This player can play for either teams during the game but can only play along outside of pitch.
- This player cannot score and must pass ball back in within 20 seconds
- Players in pitch can not tackle this player.
- Attacking team can decide to use outside players if they need to assist them creating width and space to get a score for their team.
- This game can be set up 6v6 7v7 8v 8v 9v 9 10 v10
- Full rules apply



**Senior Inter County Panel**

**U-20 Squad**

**Wicklow Combined Schools**

**U-17 Squad**

**U-16 Academy**

**U-15 Academy**

**U-14 Academy**

**U-13 Football Rising Stars Program**

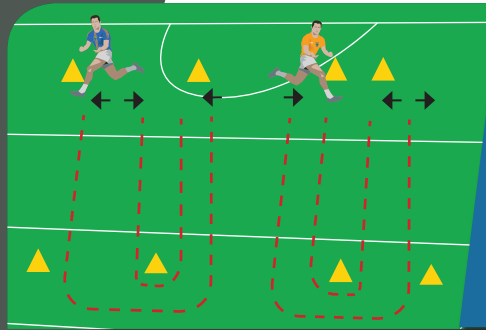
Academy Coach

Club Coach

Post Primary School Coach

**CONNECTING**  
CLUBS, SCHOOLS & COUNTY

## WARM UP ACTIVITY



## ORGANISATION

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

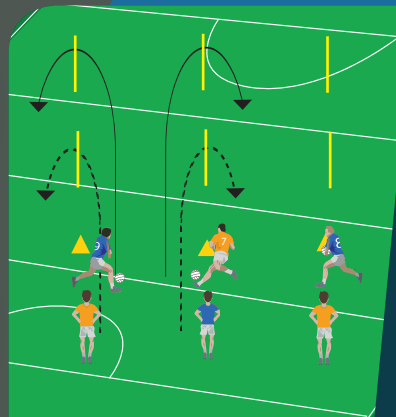
Use variety within the warm up so that it does not become repetitive for players.

Incorporate fun through games or partner tasks.

Involve the football as much as possible.

More information available at [learning.gaa.ie/Gaelic15](http://learning.gaa.ie/Gaelic15)

## ACTIVITY 1



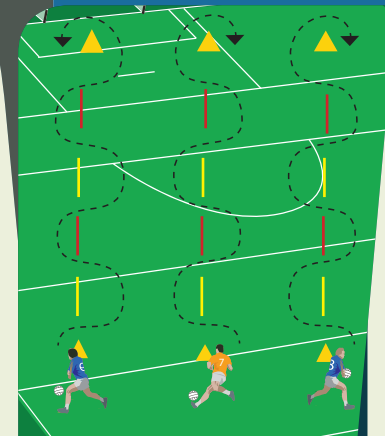
## ORGANISATION

**AIM:** To allow players to solo ball at pace using both feet

**Set up:** 2 poles 10 m apart with starting cone 5m from first pole

- Divide players into groups of 3
- First player at starting cone solo's to first pole, continues around it and returns to starting cone.
- Player then solo's to second pole before returning to starting cone and passing ball to the next player.
- Players are encouraged to use right on their first attempt and left on their second attempt.

## ACTIVITY 2



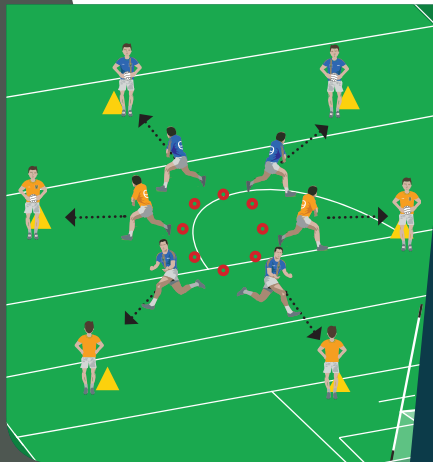
## ORGANISATION

**AIM:** To allow players solo the ball at pace using both feet to evade obstacles

**Set up:** 4 poles in a line 5 m apart with a cone at either end a further 5m away

- Divide players into groups of 3 and set up at starting cone.
- First player in group runs to the right of first pole, solos's with right foot, runs to the next pole go left of pole and solos with left foot.
- Repeat sequence to far cone 5m away from poles and return to starting cone going through poles on the way back. Rotate defenders and attackers

## ACTIVITY 3



## ORGANISATION

**AIM:** To solo ball at pace and evade oncoming traffic

**Set up:** Large circle using 6 cones 30m diameter with a smaller 6m diameter inside the large circle. Place 6 players on the cones on outside circle with a further 6 players inside small circle with 6 footballs.

- On coaches whistle the 6 players in small circle solo to any outside player at pace and pass ball off to oncoming player. On passing the ball they now replace the player on the outside circle position on cone.
- The player receiving the ball now solos at pace through the inner circle to pass to player on the outside circle.
- Activity continues at regular time intervals

## ACTIVITY 4



## ORGANISATION

**AIM:** To allow players solo ball at pace in a game based pressure situation

**Set up:** Pitch as shown in diagram. Number can be from 5 v 5 to 10 v 10

- The objective of the game is to score by soloing through the opposition teams gates. On scoring the team will defend the other teams attempt to score.
  - Attacking team can score by soloing through either of the oppositions gates.
- Conditions are kick passing and solo only.
- Activity continues at regular time intervals.





Senior Inter County Panel



U-20 Squad



Wicklow Combined Schools



U-17 Squad



U-16 Academy



U-15 Academy

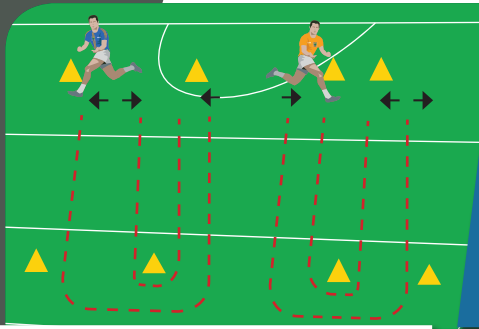


U-14 Academy



U-13 Football Rising Stars Program

## WARM UP ACTIVITY



## ORGANISATION

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

Use variety within the warm up so that it does not become repetitive for players.

Incorporate fun through games or partner tasks.

Involve the football as much as possible.

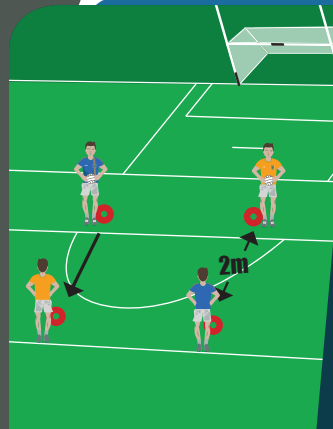
More information available at [learning.gaa.ie/Gaelic15](http://learning.gaa.ie/Gaelic15)



**CONNECTING**  
CLUBS, SCHOOLS & COUNTY

## ACTIVITY 1

## ORGANISATION



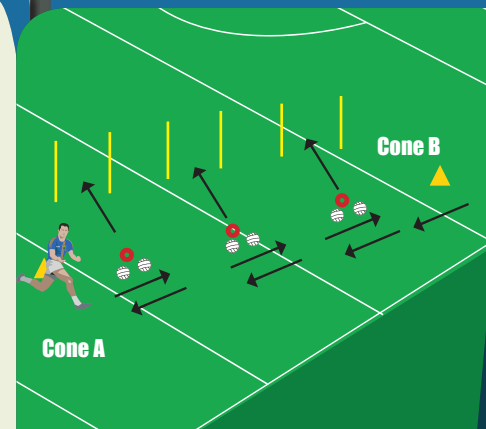
**AIM:** To encourage player to get proficient hand passing with both hands

**Set up:** Players set up 2m distance apart with each player a ball in hand

- On coaches whistle each player passes their ball to the opposite player. Each player attempts to catch their partners football after every hand pass.
- After regular time intervals use the opposite hand to pass the football

## ACTIVITY 2

## ORGANISATION

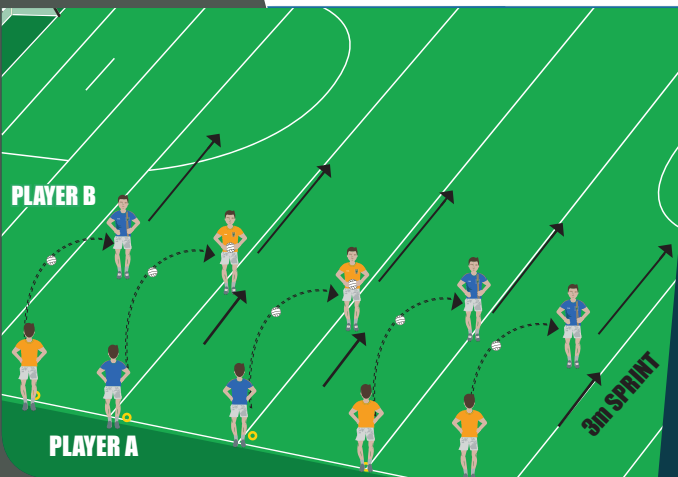


**AIM:** To improve the players ability to pass the ball laterally through a target from a stationary position on both sides

- Player starting at cone A. Player runs to football picks it up and laterally passes ball through the gates using outside hand (right).
- Player continues the sequence through the next 2 gates and finishes at Cone B. Player at Cone B now runs to football facing them and picks it up
- They now laterally pass ball through the gates using their outside hand (left) and continue sequence before finishing at Cone A. Activity continues with players using outside left and right hands to pass ball through gate the way back.
- Rotate defenders and attackers

## ACTIVITY 3

## ORGANISATION



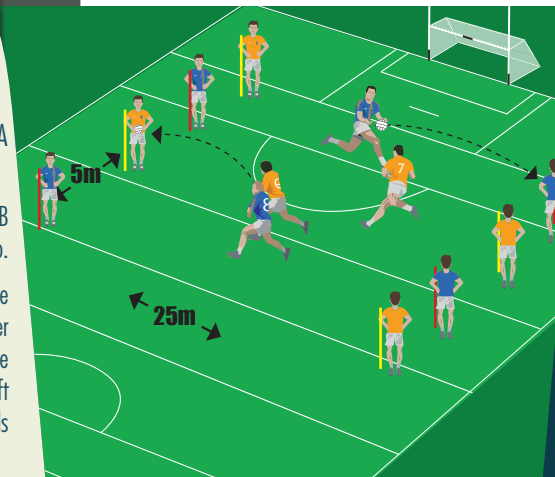
**AIM:** To improve players ability to pass on the move using both right and left hands

**Set up:** Coach divides team into pairs on side line of pitch. Player B stand 3m distance apart with Player A on side line with ball in hand.

- On coaches whistle Player A passes the ball to Player B and sprints 3m past player they have just passed ball to.
- They now take up position of facing partner to receive the hand pass from Player B. Player B repeats what Player A has completed and the activity continues to opposite side line. Player repeat activity on way back using left hand, attackers at different time intervals

## ACTIVITY 4

## ORGANISATION



**AIM:** To improve players ability to score on the run using the hand pass

- Players are divided into 2 teams with half of each team placed on the outside poles 5m away from pitch which are marked yellow or red.
- Players can play ball or hand pass only in game.
- Players will attempt to hand pass the ball inside the pitch and will score by hand passing the ball to a team mate on outside pole on either side.
- On scoring with a hand pass the player who passed the ball to player at pole will replace that player.
- The team that has scored must now attempt to score the opposite side.

**Senior Inter County Panel**

**U-20 Squad**

**Wicklow Combined Schools**

**U-17 Squad**

**U-16 Academy**

**U-15 Academy**

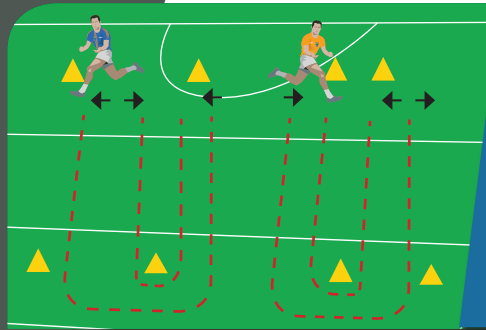
**U-14 Academy**

**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.

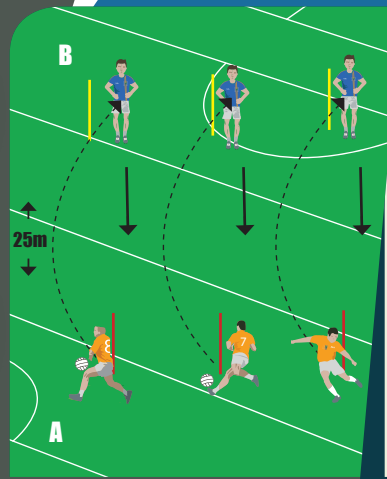
Use variety within the warm up so that it does not become repetitive for players.

Incorporate fun through games or partner tasks.

Involve the football as much as possible.

More information available at [learning.gaa.ie/Gaelic15](http://learning.gaa.ie/Gaelic15)

## ACTIVITY 1



## ORGANISATION

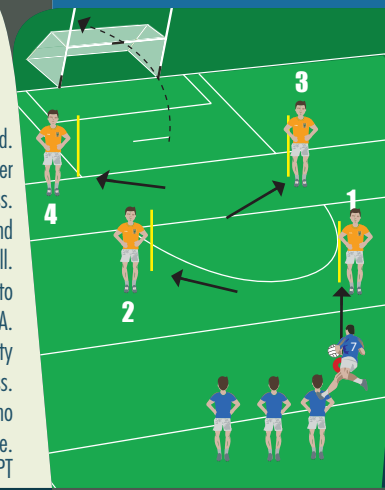
**AIM:** To improve players ability to kick pass move and support ball receiver.

**Set up:** 2 poles 25m distance apart. Coach divides players into pairs and each player takes up position at a pole

- Player 1 at Pole A has a football in hand.
- On coaches whistle Player 1 at Pole A kicks the ball to player 2 at Pole B and runs in direction of kick pass.
- Player 2 at Pole B moves towards the ball gathers it and carries the ball towards the player 1 that has kicked the ball.
- Player 2 then hand passes the ball to Player 1 and follows the run out to Pole A.
- Player 1 that kicked at start of activity continues now from Pole B with a kick pass.
- Run activity at regular time intervals and rotate who kicks the football each time.

**RIGHT ON THEIR FIRST ATTEMPT & LEFT ON SECOND ATTEMPT**

## ACTIVITY 2



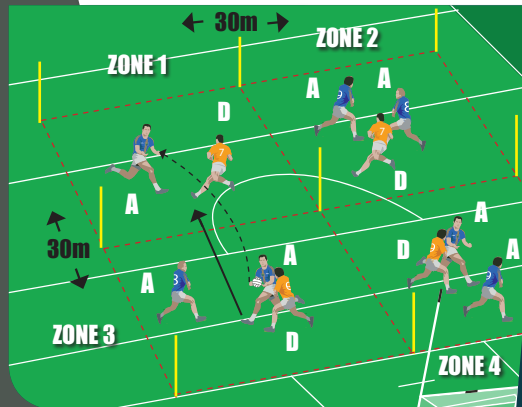
## ORGANISATION

**AIM:** To improve players ability to hand pass ball at pace using support play

**Set up:** Set up activity as shown in diagram in front of goalposts. Coach places 1 player at each of the poles shown in diagram. Rest of players start at cone a each with a football in hand.

- Activity starts with Player 1 hand passing ball to player at Pole 1 and moving towards Pole 2 to pass and receive again.
- This continues with passes at Pole 3 and Pole 4 before player finishing with a score. When first player has scored next player goes.
- Encourage players to use quick hands passing and do try and not break stride while passing football.
- Rotate players at poles at regular time intervals.

## ACTIVITY 3



## ORGANISATION

**AIM:** To improve support play on and off the ball

**Set up:** 30m by 30m square and divide into 4 zones. 7 attackers v 4 defenders. Set up players as shown in diagram.

- Attacker starts with football in one of the zones.
- After attacker passes the football to another player in a different zone he must move out of the Zone
- Another attacker from any of the other zones must fill the zone if there is no other attacker in it.

## ACTIVITY 4



## ORGANISATION

**AIM:** To improve players ability to pass and move in a game based situation

**Set up:** Game can be played 5 v 5 up to 10 v 10

- Full rules apply but after every pass made the passer must accelerate to be a option to player who receives the ball or to support general play.

**Senior Inter County Panel**

**U-20 Squad**

**Wicklow Combined Schools**

**U-17 Squad**

**U-16 Academy**

**U-15 Academy**

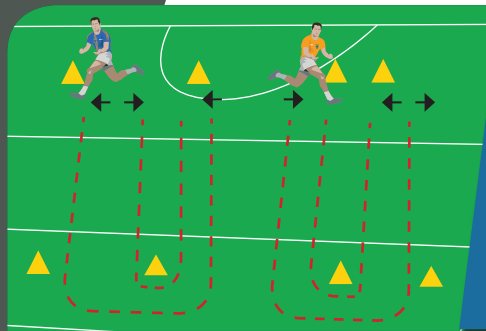
**U-14 Academy**

**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.

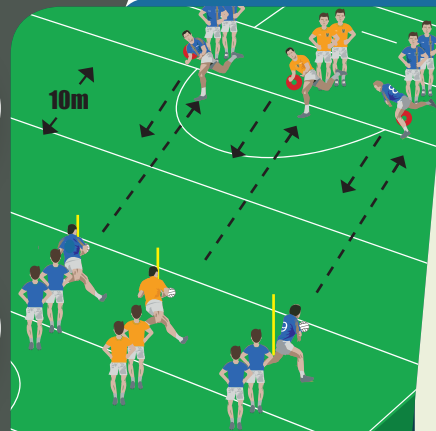
Use variety within the warm up so that it does not become repetitive for players.

Incorporate fun through games or partner tasks.

Involve the football as much as possible.

More information available at [learning.gaa.ie/Gaelic15](http://learning.gaa.ie/Gaelic15)

### ACTIVITY 1



### ORGANISATION

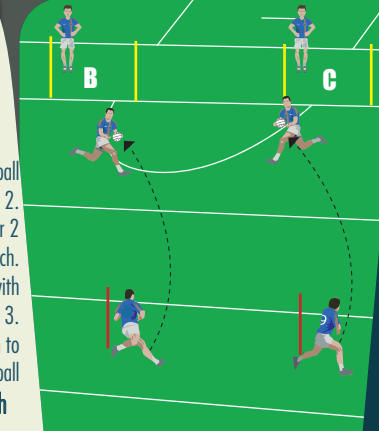
**AIM:**  
To improve technical proficiency of player's ability to catch football using low, high and body catch

**Set up:** As shown with starting and finishing poles 10m distance apart

- Player 1 starts at Pole A with football and moves in direction of Player 2.
- Player 1 performs a low throw pass towards Player 2 who gathers the football performing a low catch.
- Player 2 then repeats the above with a low throw pass to player 3.
- Drill continues at regular time intervals Coach to vary types of catches for player receiving the ball

① Low Catch ② Chest Catch ③ High Catch

### ACTIVITY 2



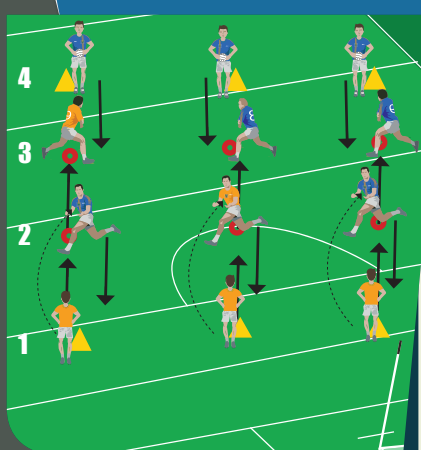
### ORGANISATION

**AIM:** To improve players ability to catch the ball on the move and turn

**Set up:** As shown in diagram

- 2 feeder players at poles kick a football each into 2 players who make their run from Area B and Area C.
- The coach calls the type of kick that is passed into players receiving the ball.
- Coach encourages players to kick pass ball low, high and at body.
- Once the receiver catches the ball they run to gates they started from and activity continues with 2 new players.
- Coach rotates feeder players at regular time intervals.

### ACTIVITY 3



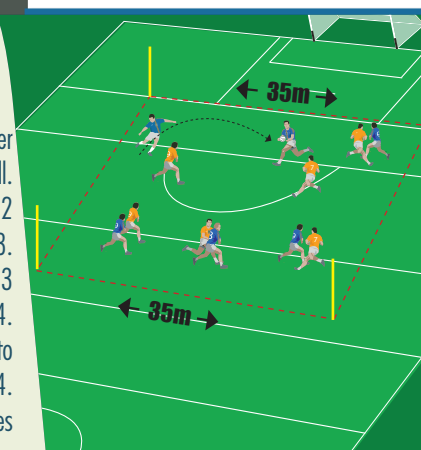
### ORGANISATION

**AIM:** To improve players ability to make different type of catches on the run

**Set up:** Activity as shown with 6/7 players per line

- Player 1 kicks the football to player 2 who catches the ball.
- Player 1 replaces player 2 position while player 2 returns to starting cone and kick passes to player 3.
- Player 2 replaces player 3 position while player 3 returns to starting cone to kick to player 4.
- On receiving football player 4 returns to start cone and player 3 replaces player 4.
- Activity continues

### ACTIVITY 4



### ORGANISATION

**AIM:** To improve player's ability to catch football in a game based situation

**Set up:** 35m x 35m pitch with playing numbers that can range from 6v 6 to 10 v 10

- Conditions of game are kick passing and solo only.
- Team can score by catching ball clean from a kick pass. Catches that can be used are low, body and high catch. Coach can focus on one particular type of catch or vary catches during the game.





Senior Inter County Panel



U-20 Squad



Wicklow Combined Schools



U-17 Squad



U-16 Academy



U-15 Academy



U-14 Academy



U-13 Football Rising Stars Program

Academy Coach

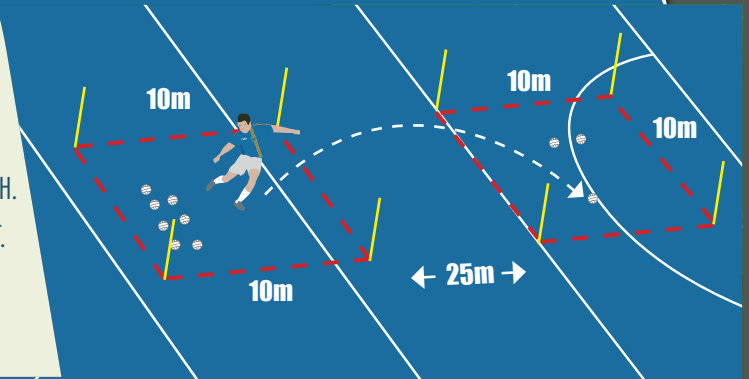
Club Coach

Post Primary School Coach

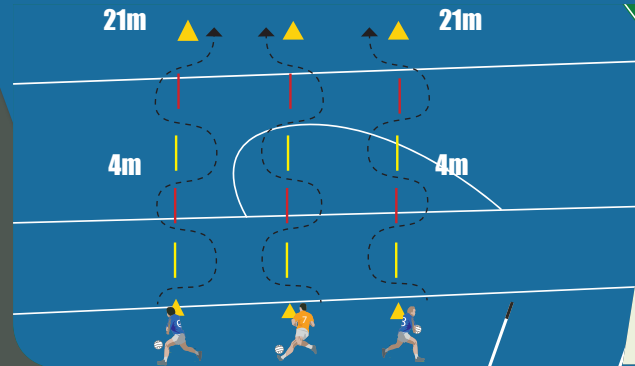
**CONNECTING**  
CLUBS, SCHOOLS & COUNTY

- PLAYER A SETS UP IN A 10M X 10M SQUARE WITH 10 FOOTBALLS.
- A 10M X 10M SQUARE IS SET UP BY COACH 25M AWAY FROM SQUARE THAT PLAYER IS IN.
- THE AIM OF THE TEST IS FOR THE PLAYER TO KICK THE FOOTBALL INTO OPPOSITE SQUARE.
- THE FOOTBALL MUST BOUNCE IN SQUARE IF THE SCORE IS TO BE RECORDED BY COACH.
- THE PLAYER CAN USE ANY TYPE OF KICK AND USE WHAT PREFERRED FOOT THEY WANT. EACH PLAYER WILL KICK 10 FOOTBALLS AND WILL RECEIVE 1 POINT FOR EACH SUCCESSFUL KICK.
- MAX SCORE 10 POINTS.

### TEST 1 - KICKING ACCURACY



### TEST 2 - SOLOING TEST



- PLAYER A SOLO'S OUT AND IN BETWEEN THE POLES USING BOTH FEET.
- COACH COUNTS THE NUMBER OF COMPLETED LENGTHS THAT PLAYERS COMPLETES IN 1 MINUTE WITHOUT THE BALL BEING DROPPED.
- IF THE BALL IS DROPPED ON A LENGTH THE LENGTH IS NOT COUNTED IN OVERALL SCORE.
- PLAYERS MUST USE ALTERNATIVE FEET AT EACH POLE ON EACH LENGTH.

- PLAYER 1 STARTS AT CONE A AND RUNS TO PICK UP FOOTBALL TO HAND PASS WITH OUTSIDE RIGHT HAND THROUGH POLES OPPOSITE.
- PLAYER THEN CONTINUES TO NEXT BALL PICKS UP FOOTBALL AND PASS WITH OUTSIDE RIGHT HAND AGAIN.
- THIS CONTINUES AT THE NEXT POLES WITH PLAYER FINISHING THE RUN OUT AT CONE B. WHEN PLAYER REACHES CONE B COACH WILL REPLACE FOOTBALLS AND THE PLAYER WILL REPEAT THE SEQUENCE BUT THIS TIME USING THE LEFT OUTSIDE HAND TO PASS FOOTBALL THROUGH POLES.
- PLAYER WILL FINISH TEST WHEN THEY ARRIVE BACK AT STARTING CONE. EACH SUCCESSFUL PASS MADE WITH OUTSIDE HAND PLAYER WILL RECEIVE 1 POINT.
- MAX SCORE 6 POINTS

### TEST 3 - HANDPASS ACCURACY

