



Breaking and Building Football Skills

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O'NEILLS

2009 Ulster GAA Coaching & Games Development Conference

Saturday 24th January
Glenavon House Hotel



Who Wants to Be A “Skill”ionaire”



- | | |
|---------|---|
| £500 | What is skill? |
| £1,000 | What is Learning? |
| £2,000 | Where does skill fit into coaching? |
| £5,000 | What are the “dos” and “donts” of teaching skill |
| £10,000 | What is the order of gaining skills |
| £20,000 | What are the skills for Gaelic Football in Order? |



..... “skill”ionare



- £50,000 What is the common fault in pick up?
- £100,000 What are the doagnostic / key phrases for the global parts of all skills?
- £250,000 What three simple resources can coaches use to bed in skills
- £500,000 Can you develop these resources as a coach to aid memory of key phrases?
- £1,000,000 What 3 promises will you make to your self to do after leaving the workshops?



1. What is skill

£500



- Skill is the knowledge and ability that enables you to do something well
- A skill is a type of work or technique which requires special training and knowledge
- Skill like walking or kicking, is global which means it is made up of a finite number of parts
- **STAGES OF ACQUIRING SKILL**
 - Cognitive – working out what to do
 - Associative – trying out different ways of doing it
 - Autonomous – able to perform automatically and appropriately



2. What is learning? £1,000

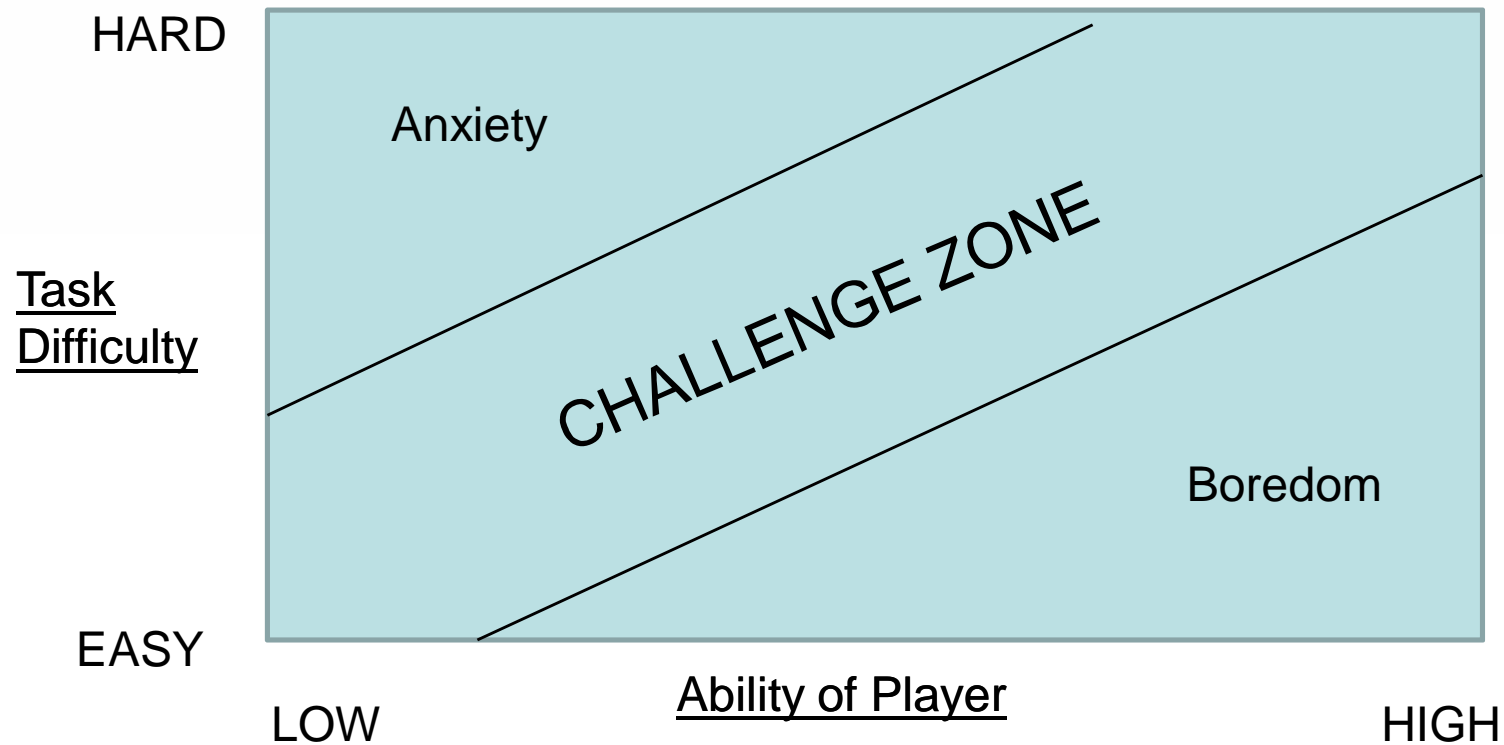


- Understanding + Remembering = Able to do
- A Sense of Learning

Means Motivation Attitude Relationship Evidence	Memorise Extrinsic Compliance Dependent Copy (mimic)	Reflect Intrinsic Interpretation Interdependent Understanding	Intuition Authentic Creativity Independent Able to do
	SHALLOW (What)	DEEP (How)	PROFOUND (Why)

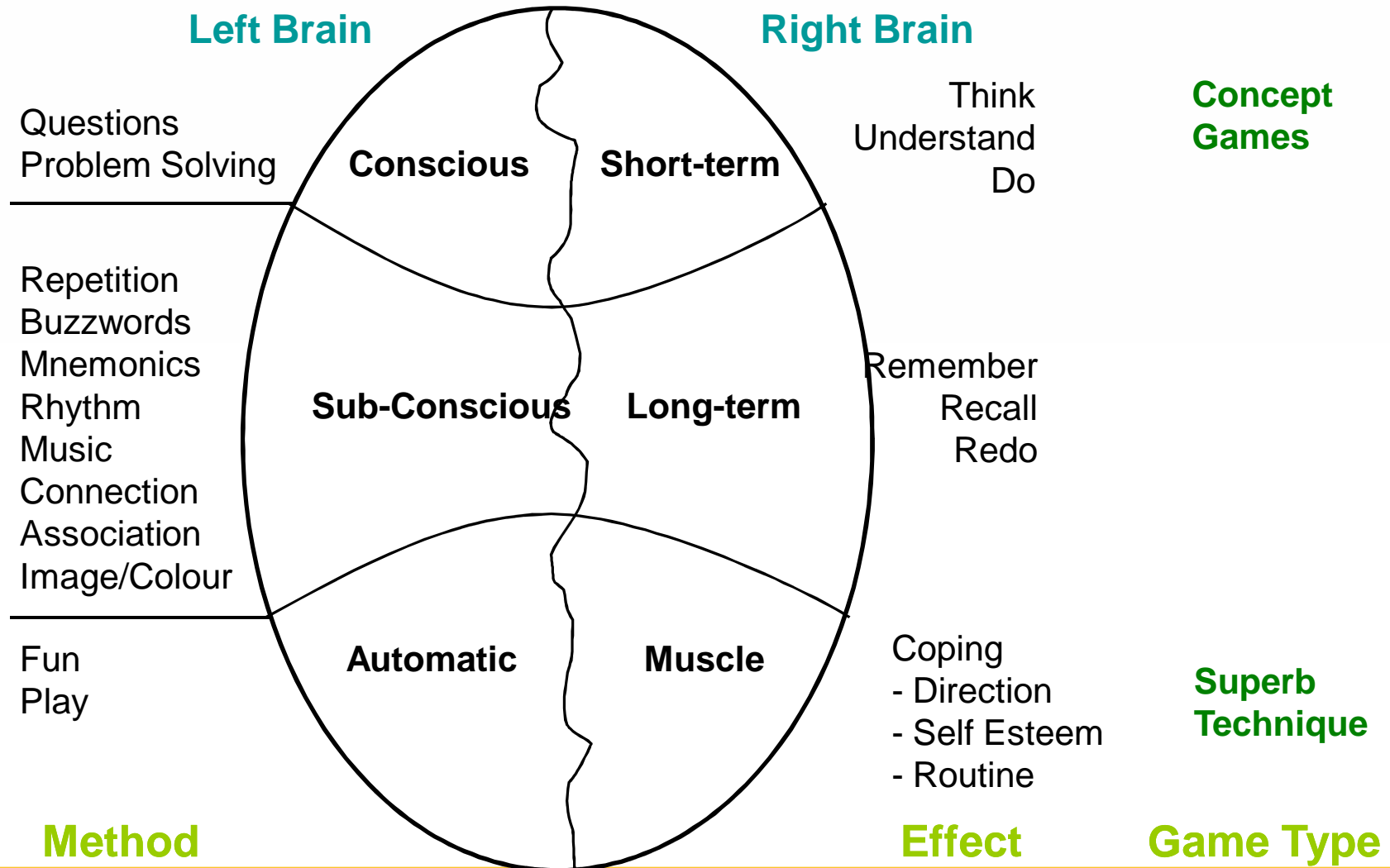


TASK: Planning





3. Where does skill fit into coaching - £2,000





4. What are the dos and don'ts of teaching skill? £5,000



- Do

- Work within Children's limitations
- Encourage a wide range of movement experiences
- Teach simply – use the KISS principle “Keep It Simple Stupid”
- Develop basic movement patterns before specialised skills
- Point out the important things (Key Phrases)
- Modify the equipment, rules, space to help children practice and decide what to do
- Teach big simple movements first
- Keep practices shorter with younger children
- Let them play as soon as they can
- Use four guiding principles
 1. Explain what they are trying to do clearly and simply
 2. Demonstrate , suggest how they might do it
 3. Give enough time for practice
 4. Be patient and correct errors ONE at a time

Don't

- Expect too much too soon
- Give too much to think about (one thing at a time)
- Be critical when giving feedback – be positive
- Talk technical jargon – who are you trying to impress



5. What is the order of gaining a skill? £10,000



- **FUNDAMENTALS** (including rudimentary)
- **ABC's of Life**
 - (Agility, Balance, Co-ordination)
- **ABC's of Sport**
 - (Running, jumping, pushing, pulling, falling, catching, hopping, kicking, striking)
- **GROSS MOTOR SKILLS**
 - Big Bones, Big Movements
 - Complex Skills
- **FINE MOTOR SKILLS**
 - Fine bones, fine movements
 - Complex skills
- **SPECIALISED SKILLS**
 - Mix of bones, mix of movements
 - Advanced skills
- **GAME SENSE SKILLS**



6. What are the skills for GAELIC Football in order £20,000



- GROSS MOTOR/SIMPLE SKILLS
 - Body Catch
 - 6 o'clock kick
 - Running
 - Turning
 - Evasion
 - High bounce and four steps
- FINE MOTOR/ COMPLEX SKILLS
 - Hand pass
 - Solo
 - Low catch
 - Other hours of the clock kicks



Skills for Gaelic football



- SPECIALISED/ ADVANCED SKILLS
 - Pick-up
 - High Catch
 - Blocking
 - Individual Defence – 4 D's
 - Tackling

- GAME SENSE SKILLS
 - Timing – support, passing, width, possession
 - Plans – top up, target etc



8. Are there diagnostic/ Key Phrases for the Global parts of all skills - £125,000





9. What three simple resources can coaches use to bed in skills £250,000



- ACTION PHOTOGRAPHS
- POEMS
- SKILL GAMES – play to learn



10. Can you develop these resources as a coach to aid memory of these phrases £500,000



- Task
 - Choose any skill
 - Devise its key “Global” phrases
 - Produce a POEM to include all of these global phrases
 - ACT out your poem



11. Can you develop these resources as a coach to promote perfect practice £750,000



- Choose a skill
- Devise a Game(s) which can be played no matter what numbers are present, to promote perfect practice for each or all (one at a time) of the key global parts of that skill.



12. What three promises will you make to yourself to do after leaving this workshop £1,000,000



- PROMISE 1

- PROMISE 2

- PROMISE 3



Questions

