

COACHING THE GAAME



4-7 YEAR OLDS
NURSERY BOOK
HURLING, FOOTBALL AND
FUNDAMENTAL EXERCISES
THROUGH GAMES

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PROPERTY OF

Name: _____

Age Group: _____

Club: _____

Contents

1. Introduction
2. Setting up a Nursery in your club
3. Nursery Layout
4. How to Coach
- 5-7. Fundamentals/Warm Up Activities
- 8-20. Hurling Games
- 21-34. Football Games
35. Session Plan Template
36. Notes and Ideas

Introduction

This booklet will provide a helpful resource for Coaches working with the 4-7 year old age groups.

It includes information on setting up the nursery and what's needed as well as 10 games for Hurling and 10 games for Football, which will be a helpful companion for any coach at these age groups.

Other resources such as Learning.gaa.ie Fun Do pack and online session builder as well as Dublin GAA Coaching & Games Department "Ready to Play" Book would also be highly recommended for all coaches.

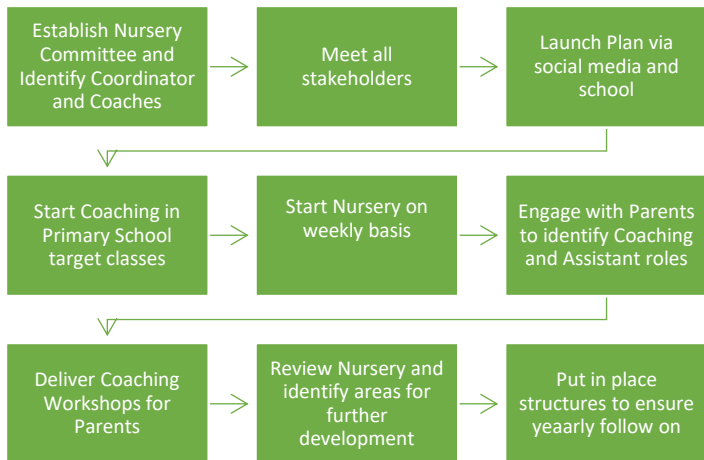
This book has 20 very easy to use Ball Games which are tried and trusted and used in Nursery's and Schools all over the country. They will provide you, the coach, a few simple ideas to ensure age appropriate skills are being coached in a Fun Games Based environment.

As this is potentially the first experience of GAA for a lot of children, it is very important that they enjoy the sessions and look forward to returning. All the games in this book, should assist in that.

Best of luck with your coaching.

Coaching the GAAME Team
#BetterCoachingBetterPlayers

Setting Up a Nursery



What do you need to have?

Coaches: Parent Coaches or Young Volunteer Coaches from Cul Camps etc

Equipment: Adequate age appropriate equipment, Soft footballs, foam sliotars, bean bags, bibs, cones, spacer cones/dots, Hurlogs,

Facility: Safe, Weather proof is possible, spacious.

Nursery Layout

It is very difficult to give a one size fits all Nursery set up. With clubs varying in size of players, mentors, space and facilities, it is very difficult to give one suggestion.

A tried and trusted method is to work the players into groups and into stations as per this example:

Fundamental Movement Station	
No Mans Land	Piggy in the Middle
Rob the Nest	Over the Bar
Match	

In total there are 6 stations, with 1 focusing on Fundamental Movements, 2 on Kicking Games, 2 on Ball Control and 1 match. Spending 8 minutes in each station before rotating to the next station after a drink break. If you do not have 6 coaches available to man each station, then work with less groups but keep the number of games that they participate in i.e. Still do 4 Skill stations. For clubs with smaller numbers it might be easier to just work the whole group from exercise to exercise with the coaches all involved with each activity.

How to Coach

IDEA Method for Skill Introduction:

Inroduce-the skill by saying why it is being practiced and how it can be useful in a match.

Demonstrate-the skill so the children can see how to do it. Use Head, Hands, Feet to help guide you with this. What should your head be doing, what should your hands be doing etc.

Execute-the skill by getting the players to practice the skill

Attend-the skill. Observe the players doing the skill and give tips on improving technique where needed.

STEP Method for Skill Progression:

Space-to make an exercise easier or harder, can you change the space by increasing space or decreasing. Exercise and game will alter accordingly.

Time-can you put in a time element e.g. 2 minutes to get as many points as possible, or 3 seconds to make a play to change the dynamic of the exercise.

Equipment-can you add in a goal, another ball, etc to change the process of the exercise.

Personnel-can you add in people or take away people to make the exercise easier or harder e.g. piggy in the middle is 5 vs 1 which will make it easier to execute the skill with less immediate pressure

FUNDamentals

Movement Games and Activities for Warm Ups. The Warm up should have 3 mains targets:

1. Full Participation for all players
2. Heartrate rises through fast movements
3. Fun

Here are a few suggestions of games that will hit the 3 targets above. Multi directional movement and adding a winning element will engage the children from the very start of the session. The exercises and games listed might help you as a guide, but don't be afraid to try something new and different yourself.

Chase/Tag Freeze Games:

All these games are the same concept with a slight variation on how players are set free. Approx. $\frac{1}{4}$ of the group are designated catchers, change catchers after 45-60 seconds of each game.

- Flush the Toilet: Player caught stands still with one arm outstretches. Can be set free by a team mate pushing the hand down (flushing the handle).
- Turtles: Player caught lies on their back with arms and legs up in the air, like a turtle on its shell. Player is set free by team mate rolling them onto their side.
- Stuck in the Mud: Player caught stands still with legs spread wide apart. Can be set free by team mate crawling between their legs.

- Under the Bridge: Player caught goes down on all 4's and makes a Bridge with their body, with back arched up. Player is set free by team mate crawling under the player.
- Frogs: Player caught goes down on their knees and crouched down. Player is set free by a team mate frog jumping over them

Bulldog:

One catcher starts, and all other players must run from one side of the area to the other without getting caught. If they get caught, they become a catcher. Continue until only 1 person remaining, the winner

Animal Movements:

This is where the coach calls out an animal's name and the players mimic the movement of that animal such as the following:

Bear Crawl: Players crawl on all 4s

Monkey: Players crouch down and hop around

Snake: Lie on belly and slide around

Cheetah: Sprint as fast as possible

Snail: Go as slow as possible

Crab: On all 4's, with back to the ground.

Kangaroo: Feet together and legs straight and hop, hop, hop.

Frog Jumps: Squat down and jump up.

Monkey Tails:

Each player starts with a bib hanging from the back of their tracksuit. Different variations include:

Elimination- Everybody has one and you must rob from someone else, but protect your own one. Last player standing is the winner. Once yours is gone, you are eliminated.

Partner Tag- Play against 1 person only, try to steal their bib whilst they try to steal yours. After each win, restart and play first to 5.

Rob and Stay- $\frac{1}{4}$ group have no bibs, they must try to steal from one of the others. As soon as a person loses their bib, they become a catcher and the other person puts in the bib and is now free

Cups and Saucers:

Spread all the cones out over an area with about half of them turned upside down. The group is broken into 2 teams, one teams task is to turn all the cones the right way up, the other team must turn them upside down. Whichever team has more done their way is the winner.

Simon Says:

Coach gives various commands such as sprint, jog, walk, skip forward, skip side to side, run backwards, lunge walk, squat jump etc

Hurling

Hurling Games

For Hurling, we have the Skills broken into two sections: Striking Games and Skill Games. In Hurling, skills tend to follow Newtons 3rd law that “for every action, there is an equal and opposite reaction”. So, if a person hits the ball against the wall, when the ball returns the player must execute skills e.g. stopping/controlling a moving ball, which will all complement each other. So, very rarely are skills practiced in isolation.

Striking Games

These should make up a large part of any training session. Enabling the child to become a competent striker of the ball will make playing Hurling much more enjoyable and fun for the child. All other skills will improve once a child has this core skill mastered. Being a good striker will lead to more satisfaction from striking, more goals scored which in turn will lead to happier and more engaged players.

Skill Development and Ball Control Games

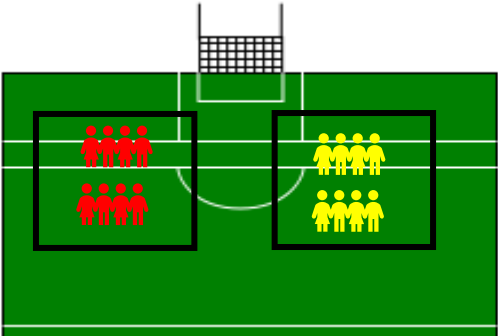
Whilst all the associate skills will be age appropriate, they will also be practiced in numerous games and not just those focused on. As noted already, for every skill there is an opposite skill to focus on also. After a skill is practiced for a year, it is not never practiced again, it will be progressed year on year.

Age Appropriate Hurling Skills

Ideally, from the age of 5-10, you would introduce 3 new skills each year as well as a progression on the Striking exercise. As Striking is the most important Technical skill, every year this should take an added importance. By the end of each year, each child is competent in executing each of the designated skills per age. With this, it will ensure that a long-term training plan can be put in place for the club, progressing every year

Age	Skills
5	<p>Core Skill: Ground Strike</p> <p>Associate Skills:</p> <ol style="list-style-type: none"> 1. Grip 2. Dribble 3. Stopping a moving ball
6	<p>Core Skill: Ground Strike on run</p> <p>Associate Skills:</p> <ol style="list-style-type: none"> 1. Frontal Block 2. Shoulder Clash 3. Ball Control- Dribbling, flicking, stopping a moving ball
7	<p>Core Skill: Double with & against Moving Ball</p> <p>Associate Skills:</p> <ol style="list-style-type: none"> 1. Roll Lift 2. Ball Control- Dribbling, flicking, stopping a moving ball 3. Hooking

No Mans Land: Ground Strike & Stopping Moving Ball

Equipment	Cones, Ball per Player, Bibs.
Time	3 x 4 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Teams may only stay in their area and are not allowed to cross "No Mans Land" (area between the 2 areas). Player must hit any Ball back into opponent's area. Team with the least amount of Balls in their area after allocated time is the winner. <p>Progression:</p> <ul style="list-style-type: none"> Players must double on ball first time. Make 4 squares in a $\frac{1}{4}$ each and teams can hit to any one of them
Teaching Points	Ground Strike and Stopping a Moving Ball are the core skills of this exercise, with a small bit of dribbling involved. Ensure Child holds Hurley on top of grip with dominant Hand always.
Diagram	

Clear the Square: Ground Strike & Stopping Moving Ball

Equipment	Cones, Ball per Player, Bibs.
Time	4 x 2 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Red team starts in the square with all the Balls. They must hit all the balls out of the square whilst the other 3 teams hit the balls back in. After the time is up, count the amount of Balls in the square and change the team inside. The team with the lowest score are the winners. <p>Progression:</p> <ul style="list-style-type: none"> Players must use every second side when hitting ball Add a target outside for the striking group to target
Teaching Points	Ground Strike and Stopping a Moving Ball are the core skills of this exercise, with a small bit of dribbling involved. Ensure Child holds Hurley on top of grip with dominant Hand always.
Diagram	

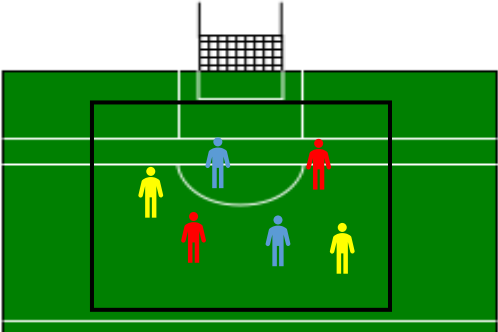
Goal to Goal: Ground Strike & Stopping Moving Ball

Equipment	Cones, Ball per Player, Bibs.
Time	5 x 3 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Each player gets a partner and a goals. Object of the game is to score more goals than your partner in the allocated time. Players may only take shots from their Goal line. After 3 minutes, players swap partners and play someone new. <p>Progression:</p> <ul style="list-style-type: none"> Players can bring the ball forward and score from anywhere in the mini pitch Give a point for each shot, either a point for the player who scores, or a point for the player who stops the shot
Teaching Points	Ground Strike and Stopping a Moving Ball are the core skills of this exercise. Ensure Child holds Hurley on top of grip with dominant Hand on top
Diagram	

Golf Goals: Ground Strike & Dribbling the Ball

Equipment	Cones, Ball per Player.
Time	5 x 2 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Each player starts with a ball Object of the game is to score as many goals as you can in the allocated time. Players can't score have to score into each goal before they can score into the same goal twice. Player with the most goals win <p>Progression:</p> <ul style="list-style-type: none"> Players can only use weak side when striking. Players to work in pairs to take every second shot
Teaching Points	Ground Strike and Dribbling are the core skills of this exercise. Ensure Child holds Hurley on top of grip with dominant Hand on top. Children also need to problem solve to find the fastest way around
Diagram	

Hit and Run: Ground Strike

Equipment	Cones, Ball per Player.
Time	3 x 3 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Each player starts with a ball • Object of the game is to hit as many balls as possible in the allotted time. • Players keep track of their own score. • Player can't hit the same ball 2 times in a row <p>Progression:</p> <ul style="list-style-type: none"> • Players can only use weak side when striking. • Players to try to hit ball against a wall, if indoors, can't hit the same wall twice. • First time Pulling on the ball, no dribbling/touch
Teaching Points	<p>Ground Strike on the move is the core skill of this exercise. Ensure Child holds Hurley on top of grip with dominant Hand on top. Children need to be alert to their surroundings, to ensure they don't get hit by another player/ball.</p>
Diagram	 <p>The diagram shows a green rectangular field with a goal at the top center. A black rectangle is drawn on the field, representing the playing area. Inside this rectangle, there are six stylized human figures representing players, colored yellow, red, and blue. A white semi-circle is drawn on the field, centered on the goal line. The goal itself is a grid pattern at the top of the field.</p>

Knock the Cones: Ground Strike & Stopping Moving Ball	
Equipment	Cones, Ball per Player, Bibs.
Time	4 x 3 minute-Rotate to different area each new game
Description	<p>Set up as in Diagram (4-6 cones of each colour in middle square)</p> <ul style="list-style-type: none"> Each team must stay in their area and try to knock their own colour cones by hitting the ball at them. Team whose cones are all knocked first are the winners <p>Progression:</p> <ul style="list-style-type: none"> Players must use every second side when hitting ball Knock any cone and assign more points for some colours.
Teaching Points	Ground Strike and Stopping a Moving Ball are the core skills of this exercise. Ensure Child holds Hurlley on top of grip with dominant Hand always.
Diagram	

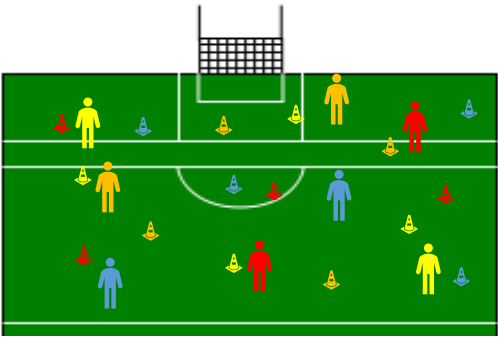
Rob the Nest: Dribbling and Ball Control

Equipment	Cones, Ball per Player, Bibs.
Time	4 x 3 minute games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> On whistle, each player runs to middle and dribbles a ball back to their “nest”. Repeat until all the balls are gone from the middle. Coach shouts “Rob the Nest” and players can steal 1 ball at a time from the other teams “nest”. Team with most balls at end of game is winner <p>Progression:</p> <ul style="list-style-type: none"> Designate 1 Protector who protects the “nest”. Add striking to the game, where players can strike ball back to their “nest”.
Teaching Points	Dribbling and Ball Control are the core skills of this exercise. Ensure Child holds Hurley on top of grip with dominant Hand always. Other Hand (Skill Hand) to be lower down the Hurley to help control the ball better
Diagram	

Croker Run: Dribbling, Ball Control and Tackling

Equipment	Cones, Ball per Player.
Time	2-3 Games as needed
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Each player starts with a ball on the line. • On the whistle, they must dribble the ball to the far side but the Coach/es will be trying to dispossess them. • If a player loses the ball, they become a catcher for the rest of the rounds. Last person with a ball is the winner and is on for the next game. <p>Progression:</p> <ul style="list-style-type: none"> • Start with more catchers • Can solo using Bean Bags instead of Dribbling
Teaching Points	<p>Dribbling and Tackling are the core skills of this exercise. Ensure Child holds Hurley on top of grip with dominant Hand on top. Children need to be able to maintain possession of the ball under pressure and if they lose it, they become a tackler and learn how to dispossess other players.</p>
Diagram	<p>The diagram illustrates the setup for the Croker Run exercise. It shows a green rectangular field with a goal at the top. A line of eight players, represented by colored stick figures (blue, yellow, red, orange, blue, yellow, red, orange), stands in a row across the width of the field, positioned just in front of the goal. In the center of the field, a single green stick figure represents the coach or catcher, facing the line of players. The field has white lines indicating the goal area and a center line.</p>

Dribble Dribble: Dribbling the Ball at speed

Equipment	Cones, Ball per Player.
Time	5 x 2 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Each player starts with a ball. • Coach calls a colour and the players must dribble the ball around all the cones of that colour and touch the cone as passing. • Coach can call 2 colours at same time. • Player to touch all cones wins, or first to touch number designated by the coach <p>Progression:</p> <ul style="list-style-type: none"> • Coaches can act as tacklers to make it harder • Players can be in players where the partner must try to stop the player from getting to the cones
Teaching Points	<p>Dribbling is the core skill of this exercise. Ensure Child holds Hurley on top of grip with dominant Hand on top. They also need to problem solve to find the fastest way around without bumping into others and colliding.</p>
Diagram	

Last Man Standing: Dribbling the Ball and Tackling

Equipment	Ball per player
Time	15 x 30 second Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Each player starts with a ball except 2 players. On whistle, 2 players without Ball must try to get a ball from a different player. If a player loses a ball, he can't get the ball back from the person who took it, he must get a different ball. Every 30 secs, Coach takes out a ball, so there are less balls than players, so more tackling <p>Progression:</p> <ul style="list-style-type: none"> Coaches can act as tackler initially to make it easier Take out 2 balls every 30 seconds
Teaching Points	<p>Dribbling is the core skill of this exercise. Ensure Child holds Hurley on top of grip with dominant Hand on top. Awareness to not lose the ball and ability to tackle others to gain a ball will be practiced</p>
Diagram	<p>The diagram shows a top-down view of a soccer field. A central player in a grey uniform is positioned in the middle of the field. Surrounding this player are ten other players, each represented by a colored stick figure: two yellow, two orange, two red, and four blue. The field is green with white lines indicating the center circle and the goal area. A goal is located at the top center of the field.</p>

Football

Football Games

In Football, we have the Skills broken into two sections: Kicking Games and Skill Games. Like Hurling, skills tend to follow Newtons 3rd law that “for every action, there is an equal and opposite reaction”. So, if a person kicks the ball against the wall, when the ball returns the player must execute skills e.g. catching the ball/picking up the ball, which will all complement each other. So, very rarely are skills practiced in isolation.

Kicking Games

These should make up a large part of any training session. Enabling the child to become a competent kicker of the ball will make playing Football much more enjoyable and fun for the child. All other skills will improve once a child has this core skill mastered. Being a good kicker will lead to more satisfaction from kicking, more goals and points scored which in turn will lead to happier and more engaged players.

Skill Development and Ball Control Games

Whilst all the associate skills will be age appropriate, they will also be practiced in numerous games and not just those focused on. As noted already, for every skill there is an opposite skill to focus on also. After a skill is practiced for a year, it is not never practiced again, it will be progressed year on year.

Age Appropriate Football Skills

Ideally, from the age of 5-10, you would introduce 3 new skills each year as well as a progression on the Striking exercise. As Kicking is the most important Technical skill, every year this should take an added importance. We would hope that by the end of each year, each child is competent in executing each of the designated skills per age. With this, it will ensure that a long term training plan can be put in place for the club, progressing every year

Age	Skills
5	<p>Core Skill: Ground/Drop Kick</p> <p>Associate Skills:</p> <ol style="list-style-type: none"> 1. Bounce 2. Low/Chest Catch 3. Throwing/Passing
6	<p>Core Skill: Punt Kick</p> <p>Associate Skills:</p> <ol style="list-style-type: none"> 1. Catch 2. Movement with Ball 3. Pick Up (introduction)
7	<p>Core Skill: Punt Kick on Run</p> <p>Associate Skills:</p> <ol style="list-style-type: none"> 1. Pick Up 2. Hand/Fist Pass 3. Block Down

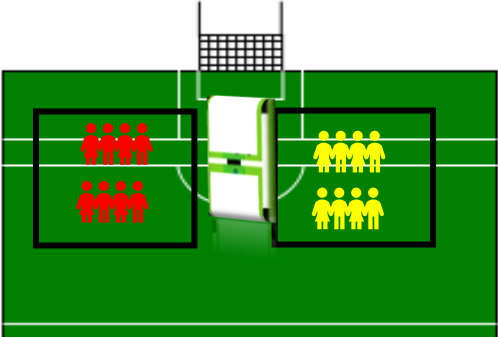
No Mans Land: Kicking & Catching

Equipment	Cones, Ball per Player, Bibs.
Time	3 x 4 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Teams may only stay in their area and are not allowed to cross “No Mans Land” (area between the 2 areas). Player must kick any Ball back into opponent’s area. Team with the least amount of Balls in their area after allocated time is the winner. <p>Progression:</p> <ul style="list-style-type: none"> Players must kick through a goal placed in the middle. Make 4 squares in a ¼ each and teams can hit to any one of them
Teaching Points	Any progression of Kicking, Ground Kick, Drop Kick, Punt or Hook Kick. Excellent opportunity for coaches to work with the kids who need the most technical support. Encourage clean catching or catch after one bounce.
Diagram	

Goal to Goal: Kicking & Catching

Equipment	Cones, Ball per Player, Bibs.
Time	5 x 3 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Each player gets a partner and a goals. Object of the game is to score more goals than your partner in the allocated time. Players may only kick the ball from their Goal line. After 3 minutes, players swap partners and play someone new. <p>Progression:</p> <ul style="list-style-type: none"> Players can bring the ball forward and score from anywhere in the mini pitch Give a point for each shot, either a point for the player who scores, or a point for the player who stops the shot
Teaching Points	Any progression of kicking. Lengthen pitch for stronger players. Encourage use of every second leg to kick the ball. Again, opportunity to work on the technical aspects with weaker players, as strong players will be suitably entertained.
Diagram	

Over the Bar: Kicking & Catching

Equipment	Cones, Ball per Player, Bibs, Portable Goals.
Time	3 x 4 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Teams may only stay in their area and are not allowed to cross beyond the goals separating both teams. Player must kick the ball over the bar and into the opponents area. Player then retrieves another ball in his area and repeats. Team with most points scored is the winner. <p>Progression:</p> <ul style="list-style-type: none"> Place Goals Face down, so players must only kick over a lower bar. Give a bonus point for clean catch
Teaching Points	<p>Kicking and Catching are the core skills. Encourage stronger players to kick from further back and use weak leg. Assist weaker players with technical aspects of the kick and encourage accordingly. Use multiple goals and groups if large numbers.</p>
Diagram	

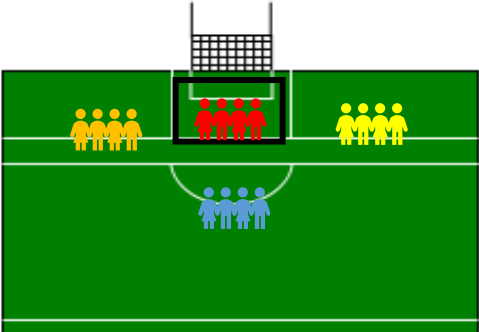
Kick for Glory: Kicking for Accuracy

Equipment	Cones, Ball per Player, Bibs, Goals.
Time	4 x 3 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Each player has a ball and stays on their designated side. Player must kick ball over bar from any one of the cones, with increasing points the further out they go e.g. 1 point from blue, 2 from yellow etc Team with most points after 3 minutes wins <p>Progression:</p> <ul style="list-style-type: none"> Swap sides for each new game Every second game to be weak leg only or allocate triple points for a weak leg score.
Teaching Points	Encourage players to start at close cones and move out as they score. Assist the weaker player to get technique correct. Challenge stronger players to work on weak foot only
Diagram	

4 Goal Kicking: Kicking for Accuracy

Equipment	Cones, Ball per Player, Bibs, Goals.
Time	3 x 4 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Each player has a ball. • Player must run into the black square and try to score into any one of the other teams goals. • Player must decide when to defend their own goals and when to attack. • Team that concedes the least amount of goals is the winner <p>Progression:</p> <ul style="list-style-type: none"> • Increase distance of goals from square • Every second game to be weak leg only or allocates triple points for a weak leg score
Teaching Points	Small bit of tactical awareness in this game. Players must work as a team to ensure goals are protected and when to attack. Focus on kicking with accuracy, so challenge the strong and weaker players appropriately
Diagram	<p>The diagram illustrates the setup for the '4 Goal Kicking' game. It shows a green rectangular field with a black square in the center. At the top edge of the field, there is a goal with a grid. Three teams of players are positioned on the field: a yellow team on the left, a red team on the right, and a blue team at the bottom. Each team is represented by a group of four human icons. Several yellow and blue cones are placed around the field to mark boundaries or starting positions. A white line runs horizontally across the middle of the field, passing through the black square.</p>

Clear the Square: Kicking for Distance, Catching and Picking up the Ball

Equipment	Cones, Ball per Player, Bibs.
Time	4 x 2 minute Games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Red team starts in the square with all the Balls. They must kick all the balls out of the square whilst the other 3 teams kick the balls back in. After the time is up, count the amount of Balls in the square and change the team inside. The team with the lowest score is the winner. <p>Progression:</p> <ul style="list-style-type: none"> Players must use every second leg when kicking the ball Players on outside can only kick with weak leg
Teaching Points	Encourage players to vary the type of Kicks they use, Hook Kick, Punt Kick, Drop Kick etc. Ensure players are attempting the proper technique for pick up where possible.
Diagram	

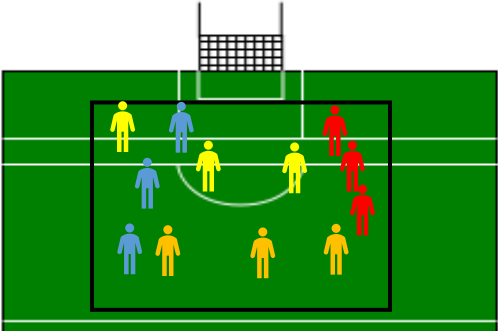
Rob the Nest: Bouncing and Ball Control

Equipment	Cones, Ball per Player, Bibs.
Time	4 x 3 minute games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> On whistle, each player runs to middle, picks up ball and brings ball back to their “nest” bouncing every 4 steps. Repeat until all the balls are gone from the middle. Coach shouts “Rob the Nest” and players can steal 1 ball at a time from the other teams “nest”. Team with most balls at end of game is winner <p>Progression:</p> <ul style="list-style-type: none"> Designate 1 Protector who protects the “nest”. Add kicking to the game, where players can kick ball back to their “nest”.
Teaching Points	Bouncing and Ball Control are the core skills of this exercise. Encourage proper pickup of the ball and bouncing the ball every 4 steps. As they progress, allow soloing and tackling as well.
Diagram	

Croker Run: Bouncing, Ball Control and Tackling

Equipment	Cones, Ball per Player.
Time	2-3 Games as needed
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Each player starts with a ball on the line. • On the whistle, they must bounce the ball every 4 steps to the far side but the Coach/es will be trying to dispossess them. • If a player loses the ball, they become a catcher for the rest of the rounds. Last person with a ball is the winner and is on for the next game. <p>Progression:</p> <ul style="list-style-type: none"> • Start with more catchers • Can introduce the solo to competent players
Teaching Points	<p>Bouncing and Tackling are the core skills of this exercise. Children need to be able to maintain possession of the ball under pressure and if they lose it, they become a tackler and learn how to dispossess other players. Simple phrase for the tacklers “Get the ball, but don’t touch the person”, should encourage clean tackling of the ball and not fouling the player</p>
Diagram	<p>The diagram illustrates the setup for the Croker Run exercise on a soccer field. A rectangular area is marked on the field. A goal is visible at the top. Eight players are lined up along the top edge of the rectangle, each with a ball. A single player is positioned in the center of the rectangle, facing the line of players.</p>

Piggy in the Middle: Passing, Ball Control and Tackling

Equipment	Ball per 3 players, Bibs
Time	2-3 Games as needed
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Each group of 3 has 1 ball and nominated player is the “Piggy in the Middle”. Other two players must try to keep the ball off the piggy. May start with throwing before gradually progressing onto Hand passing and Kick passing as they become more comfortable with the game. <p>Progression:</p> <ul style="list-style-type: none"> Go 4 vs 1 or use coach as piggy Players must bounce the ball before passing back to partner
Teaching Points	<p>Bouncing, Passing and Tackling are the core skills of this exercise. Designate the rules in accordance to players ability. Throwing, whilst not a skill will ensure players understand the concept of the game before progressing to hand passing and kick passing. Encourage sideways movement and not over the head passes</p>
Diagram	 <p>The diagram shows a soccer field with a goal at the top. A rectangular area is outlined in the center of the field. Inside this area, there are 12 stylized human figures representing players. They are arranged in three groups of three. One group consists of three yellow figures, another of three blue figures, and the third of three red figures. A white curved line, representing a ball, is positioned in the center of the field within the outlined area. The goal is located at the top edge of the field.</p>

Bouncy Bouncy: Bouncing, Passing and Ball Control

Equipment	Ball per 2 players, Bibs, spacer dots/cones
Time	2-3 Games as needed
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> Each pair has a ball. On coaches call, player 1 must bounce ball on each dot as called or beside cone. He then returns to and hand passes or kick passes ball to partner for his turn. <p>Coaches Calls: Any colour and the number that he must bounce at e.g 3 Red cones, player bounces at 3 red cones and returns ball to partner.</p> <p>Multiple colours County colours e.g Louth (Red and White) Country Colours e.g. France flag (Red, White, Blue)</p> <p>Progression:</p> <ul style="list-style-type: none"> First team complete is winner Introduce solo where applicable and or tacklers
Teaching Points	Bouncing, Passing and Ball Control are the key skills. As it is uncontested apart from time, each child should be able to build confidence throughout
Diagram	

Session Plans

Plan 1:

1. Fundamental Movement Station	
2.	3.
4.	5.
6. Match	

Plan 2:

1. Fundamental Movement Station	
2.	3.
4.	5.
6. Match	

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