



Robert Emmets GAA Club Training Session Planner.

Session Theme: Keep the session positive Fun & constantly moving...!

Warm Up:	Time:	Coaching Points:

Activity 1:	Time:	Coaching points

Activity 2:	Time:	Coaching Points

Activity:3	Time:	Coaching Points

Points to work on:	Skills Focused on:

Coaches feedback: Rate your session out of 10:



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Session Theme: Mixing in with younger girls, keep the session moving & Fun 02.25

Warm Up:	Time: 10 mins	Coaching Points:
2 x laps of the pitch Group stretch – Target minimum 10 core stretches 7- sec each. Endline out to 21 – Standard warm up drills, high knees etc		Keep the encouragement & focus to complete the laps positive.

Activity 1: Warm up	Time: 10-15 mins	Coaching points
Using the same cone spacings as ball warm up. Solos – same hand same foot – really push for technique not speed. Solo out to 21 & long hand pass back form 4 Mtr out. 3-man weave – keep it wide with good communication & support running. Finish with joined team relay race with the ball.		Concentrate on the solo technique And set the girls targets out & back. With the 3-man weave highlight the distance the players & ball can travel without a hop or solo

Activity 2: Tackling Technique.	Time: 15-20 mins	Coaching Points
Eoin wants to break down and explain the tackle to younger girls. Demonstrate the correct technique – Near hand tackle, body position, field position, different tackling situations. Run some tackling drills: Same previous cone spacing to 21 – near hand tackling drill. Players soloing out & avoiding the tackle sidestep. Square: players loop at either end then 2v2 forwards V backs, then 3v3. Block down – 4 x block downs in a line		Emphasis the correct standing position or defenders, push for good technique near hand & reading the forward.

Activity:3	Time:15 min drills & match.	Coaching Points
5 start pentagon – 1 st cone to the left hand passing – try for 3 balls 3 x 3-line hand passing 2 x coaches in the middle – at a high pace Kicking drill - start from end line, defenders kick long balls from 14 out to the side – ball is received by player then kick passed inside to player coming on the run & shoots over the bar. Match at the end.. 3 teams coloured bibs possession game in 3 x squares, 1 team must dispossess the other team, then move onto the next square		Keep both drills going at a good fast pace – communication & timing important on bot drills The passing needs to be good for the drills to run well – really push for the long kick at the start of the drill looking for length

Points to work on:	Skills Focused on:
Keep everything hugely positive & the encouragement high. A little bit of praise goes a long way...	1. During the warmup focus on the technique especially the solos. 2. Tackle technique – push the near hand. Bouncing defenders.



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Warm Up:	Time: 25 mins Approx	Coaching Points:
1 - 1 x lap of the pitch – quick break. 2 - 2 nd lap of the pitch reverse direction – quick break. 3 - 5 x runs – slow controlled jog out to 45 – $\frac{3}{4}$ pace back in then a good stretch & Drink. 4 - <i>Conditioning Circuit</i> – 30 sec exercises at each cone & move on x 3 circuits 1 – Plank. 2 – single leg squats. 3 – Sit ups. 4 – 2 x leg jumps. 5 – Star jumps.		The goal is to try and increase the girl's overall fitness & stamina – Increasing running. Coaches do the lap also, lead by example players must finish before coaches. This should stop the stragglers at the back. Add a bit of fun into the circuit training get 1 x girl to bring a speaker & the pick the music for the circuit.

Activity 1:	Time: 25 mins Approx	Coaching points
1 - Kicking drill – 3 x girls per team – solo out & back fist pass, then solo out & kick back – 10M – 20M – 30M. 2 – Around the Defender – 1 x girl is defending – 1 x girls' solo's out around the cone on the return must go around the defender 1 st time – dummy hand pass. 2 nd time sidestep. 3 rd time – hand pass over the head. 3 – kicking 3 v 3 each team must land the ball in the opposition zone, a point for the ball landing in the zone & a point for the opposition if they get a high catch first team to 10 (<i>really important to encourage the high catch over the head</i>).		Girls need to improve carrying the ball & passing it off – work on the technique & Pass. Also having ability to go around players encourage the dummies @ speed.

Activity 2:	Time: 20 mins Approx	Coaching Points
1 – 3-man weave from the 45 to the goal, then change it up and shoot for points/ goals on the way in, add a defender in to challenge the decision making on the run. 2 – 3 man run 2 x coaches handing the ball off then shoot (<i>fast pace give & go</i>). 3 – kicking drill – A ball is kicked in from the 45M (<i>15M pass</i>) to a player, another player comes on the loop kicks for points. To add difficulty, Introduce a defender		Try to get girls more comfortable carrying the ball & passing off the ball while moving. With the kicking drill getting power & distance into the kicks.

Activity:3	Time: 10-15 mins Approx	Coaching Points
Match at the end? Smaller pitch? backs & forwards?	The matches at the end of training have been very unstructured, girls not getting involved, only 2 or 3 girls really getting involved & mainly dominated by the stronger players, resulting in matches & girls not use to contact or being challenged. Is backs and forwards a better format forward's shooting into the goal? back must work the ball out through a gate, match players up at better levels & give them better positioning sense?	

Points to work on:	Skills Focused on:
Carrying the ball & laying it off. Kick pass & shooting – we don't score enough	

Coaches feedback: Rate your session out of 10:



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Session Theme: Keep the session constantly moving...!

Warm Up:	Time: 10-15mins	Coaching Points:
Standard 5-meter cone spacing warm up. Soloing out to 5 meter – hand pass back – kick pass etc. <i>Line on the endline sharpness, speed drill. 5 meter & 10meter.</i> 3 x 3 groups facing each other long solo run's 30-40 meters. <i>3 x 3 groups & 2 x coaches in the middle give & receive timed runs with a solo.</i>		Focus on carrying the ball at distance with the solo. Not speed - technique & practice is the focus.

Activity 1:	Time: 3-4 mins per zone – 12mins	Coaching points
Numbers depending. 2 x drills ran at the same time. Need 16 minimum for drills to work. 1 – 4 cone square solo diagonally & hand pass. 2 – 4 cone square outside & diagonal passing. 3 – 4 cone square truck and trailer. <i>4 – Pentagon – no hops or solos 1st cone on the left.</i>		Focus on name calling before the pass. Carrying the ball and solos.

Activity 2:	Time: 4-5 mins each drill 10 – 15mins	Coaching Points
Split into groups forwards & Defenders same drill ran at the same time. First to the ball. 1 - Start 1 st with one player ball is kicked in by coach from 30-40 yards to the player on the end line. Player attacks the ball & solos back out to the coach. 2 – two players line up on the end line 1v1, same as before the coach kicks the ball in players battle to win the ball and <i>must solo out first out between the poles (goal 30meters out win) Players must go forward and cannot turn back on themselves.</i> 3 – same drill the only difference the players are on the end line facing out coach kicks the ball from behind the endline out to the 30–40-yard <i>variation on last week players must win the ball turn & score over the bar.</i>		Highlight attacking the ball not waiting on the ball. Some girls are still slow to go to the ball DON'T wait for the ball. Pair girls off with equal ability. Bouncing ready to go and explode off the line.

Activity:3	Time: 5-6mins	Coaching Points
1 - 1 v 1 drill narrow rectangle one attacker 1 V 1 defender, Start both ends turn the corner the forwards attempt to cross the line. <i>variation from last week the cones are lined up facing the goal & shoot on goal when the defender is beaten.</i> Or Large square 2 girls go at the same time ball gets transferred at the top to the other side, then shoot over the bar or shoot on goal. 3 – Finish off with match <u>must be 15 minutes.</u>		Split groups & players into equal ability. Coach the defenders bouncing & busy – forwards go at pace & use sidestep.

Points to work on:	Skills Focused on:

