



Club Nursery Pack

Your Club Nursery

Introduction

The club nursery is the foundation of the juvenile section of your club. There are numerous activities available throughout the county for children to participate in so it is important to give girls the opportunity to participate in Ladies Gaelic football from an early age. The main aim of a nursery is introduce children aged 4 - 9 years of age to Gaelic Football in a fun, safe and relaxed environment. The ethos of the nursery is 'to learn skills while having fun.' The following will provide you with an introduction to setting up a nursery and the structures needed.

The resource also provides details on how to attract new volunteers and roles that these people can help you with in the club. The booklet provides sample activities your coaches can use for this age group that you can laminate to help new volunteers become involved.

It is important that your club is dynamic and open to new members and the nursery can help you do this by encouraging new members from a young age to become involved. We hope that you find this resource useful look forward to hearing from the successful nurseries around the county. Who knows!! Some of your young players could be the future All Stars!



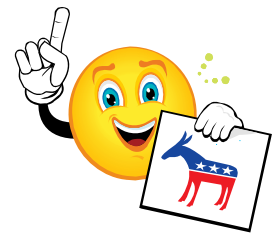
Stages of Development for a Five Year Old

Five-year-olds are cheerful, energetic, and enthusiastic. They enjoy planning, and spend a great deal of time discussing who will do what. They especially enjoy dramatic play, usually with other children. Five-year-olds are more sensitive to the needs and feelings of others around them. It is less difficult for them to wait for a turn or to share toys and material. "Best friends" become very important.

SOCIAL AND EMOTIONAL

DEVELOPMENT

- invents games with simple rules
- can take turns and share, but doesn't always want to
- expresses anger and jealousy physically
- likes to test muscular strength and motor skills, but is not emotionally ready for competition
- often excludes other children in play - best friends only
- likes to try new things and take risks
- likes to make own decisions
- likes to feel grown up; boasts about self to younger, less capable children
- begins to have a very basic understanding of right and wrong
- takes turns and shares (sometimes)
- understands and respects rules - often asks permission
- seeks adult approval
- sometimes critical of other children and embarrassed by own mistakes



INTELLECTUAL DEVELOPMENT

- likes to argue and reason; use words like "because"
- knows basic colours like red, yellow, blue, green, orange
- can place objects in order from shortest to tallest
- can understand and use comparative terms like big, bigger, or biggest
- sorts objects by size
- identifies some letters of the alphabet and a few numbers (if taught)
- understands "more," "less," and "same"
- counts up to 10 objects
- understands before and after, above, and below
- has good attention span and can concentrate well
- interested in cause and effect

PHYSICAL DEVELOPMENT

- sleeps 10-11 hours at night
- learns to skip
- throws ball overhead
- catches bounced balls
- balances on either foot for 5-10 seconds
- left or right hand dominance is established
- jumps over low objects
- can run, gallop, and tumble
- can skip and run on tiptoe
- can jump rope
- interested in performing tricks like standing on head, performing dance steps
- may be able to tie shoelaces



Setting up Your Club Nursery

1. Establish a nursery committee
2. Source and train coaches for nursery sessions
3. To schedule a slot on club timetable
4. Plan and organise activities (On laminate cards if possible)
5. Ensure adequate equipment available
6. Advertise nursery and registration date

Guidelines for your Club Nursery

1. All girls are welcomed and included in every session
2. Groups are divided by age to ensure that they are comfortable in their groups
3. The nursery should take place on the same day and at the same time every week—it should begin and end on time
4. All equipment should be set up before the nursery begins
5. Children with special needs should be included and if needed parents should be asked to stay to assist
6. Each session should contain a variety of activities and use various equipment
7. There should be coach to child ratio of 1:8 maximum

Some hints and tips

- Give short, effective demonstrations while **briefly** explaining the new skill or concept
- Ensure sessions are well planned
- Be positive - focus on what the player does correctly ("catch them being good")
- Make the sessions meaningful, fun, challenging and exciting
- No static line drills! Play fun games instead
- Don't play "elimination games" - the players most in need of improvement and repetitions are usually the first to be eliminated
- Don't play large sided games for more than 10 minutes per hour. In 8 v 8 or 10 v 10 etc, players don't get enough touches on the ball, the weaker players tend to get the fewest touches and bad habits can be reinforced because players tend to do the same things they have always done

Equipment Checklist

☒ Footballs

☒ Evasion Poles

☒ Ladders

☒ Beanbags

☒ Hurdles

☒ Ladders

☒ Cones

☒ Whistles

☒ Hoops

☒ Laminate Drills

Check you have all
equipment at end of
all sessions

Keep all equipment
in central place
which can be locked



Ration of one parent/
helper for each group
of five kids

There should be a minimum
of one football per three
kids

Replace any equipment
that is faulty

Role of Your Co-ordinator

- Responsible for ensuring sufficient and appropriate equipment available for the sessions
- Ensure sufficient number of coaches/ helpers
- Encourage new parents to become involved in volunteering
- Set up the coaching programme
- Co-ordinate and time activity stations
- Encourage coaches to obtain coaching qualifications
- Ensure roll call at all sessions

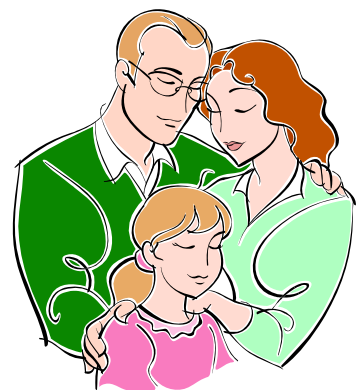


Role of Your Coaches

- Be prepared and organised for sessions
- Ensure activities are fun and enjoyable
- Treat all girls equally and praise often
- Focus on technique, decision-making and personal achievement
- Never use bad or abusive language
- Use bibs to identify groups if possible
- Rotate players to various positions
- Vary activities from week to week
- Ensure all activities are conducted in a safe environment

Role of Your Parents

- Encouraged to help with the nursery
- Leave and collect their children at correct times
- Encourage children to practice skills at home
- Ensure children show respect for coaches and other children
- Show good example from sideline
- Advise children on appropriate gear to wear for sessions



Suggested Skills for Nursery Football

1. Ball familiarisation Practices:
 - a) Passing ball around waist
 - b) Rolling ball
 - c) Picking up stationary ball
 - d) Picking up moving ball
2. Kicking:
 - a) Kicking a ball from the hands (punt kick)
 - b) Hook Kick
 - c) Shooting
3. Passing the ball:
 - a) Fist Pass
 - b) Hand Pass
4. Catching a ball:
 - a) Catching while stationary (low, waist, chest, high)
 - b) Catching ball while moving
5. Solo Run
 - a) Bouncing a ball
 - b) Solo stationary
 - c) Solo run on the move
6. Block Down
 - a) Stationary block
 - b) Blocking on the move
7. Evasion
 - a) Side Step
 - b) Roll off

Make sure that the content of the session matches the ability of the children



List of Suggestions for Parent Participation in Your Nursery

The following are various roles that a parent could volunteer for to become involved in your club. You may have many other roles that you can offer for these new volunteers also.

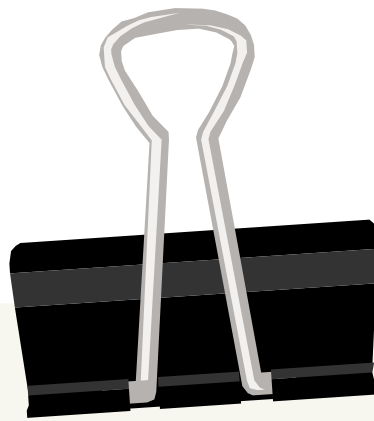
1. Coaching/ assistant coaching
2. Setting up goals/ training areas at beginning of sessions
3. Taking down and storing away equipment after sessions
4. Cleaning jerseys/ bibs after games/ sessions
5. Taking registrations and keeping list of members
6. Photographer to provide photos for website etc. (Ensure permission sought)
7. Set up and manage website or link on site for nursery section
8. Source sponsorship for nursery
9. Set up online texting to keep parents informed
10. Organise events (e.g.) Christmas Party

Some parents may not be able to commit to attending every week of the nursery but it may be possible to put them on a rota to perform the various duties. Volunteers are valuable and they should be treated with respect and encouraged to become involved in any way possible.



Structure of Your Nursery

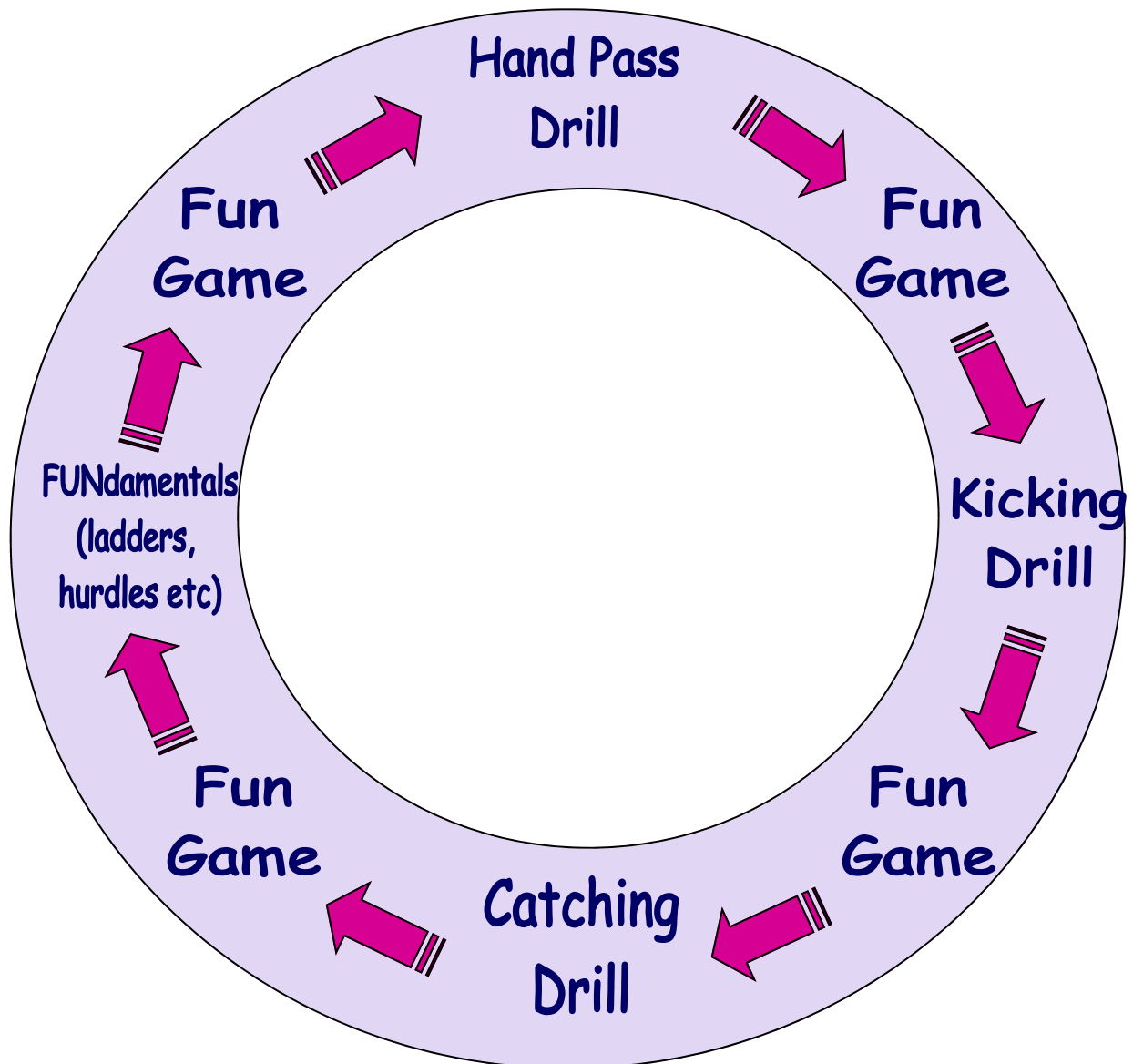
It is important that all children get the opportunity to develop every skill of Ladies Gaelic Football. Various layouts are used in nurseries but we would encourage a station-based model. Different skills and activities are practiced at the specific stations for a certain length of time. By using stations your set up will be more organised and every child will be given equal opportunities.



To Do:

1. Draw out plan of stations to be used before every session
2. Arrive early and have stations set up
3. Keep group number to a maximum of 8 children
4. Ensure variety of skills covered in every session
5. Provide laminates of station where possible to encourage more volunteers to become involved
6. On whistle, coach should gather group in and bring them in a line to their next station
7. Ensure all coaches aware of activities taking place at every station
8. Groups should be age based

Sample Station Model



- All groups should begin with a warm up (fun activity)
- For final 20 minutes all children play mini matches
- Ensure all activities practiced on both sides of the body



Checklist for Session

1. Arrive early and set up stations and pitches
2. Inform coaches of activities for the session
3. Set up registration area and ensure all children are marked on attendance sheet
4. Assign coaches to various stations
5. Divide children up as arrive (assign coloured bib) and send to their area
6. Coaches then begin warm up with their group and then go to first assigned station
7. Co-ordinator signals with whistle every ten minutes for groups to rotate clockwise to next station
8. Groups then move to next station leaving equipment at previous station
9. Co-ordinator informs groups where they will play mini match before end of final station
10. Coaches move with teams to various pitches
11. Co-ordinator and coaches ensure children leave club safely



Recruiting New Volunteers

Clubs can never have enough volunteers to help out in a club and there are numerous methods of attracting these new people. Examples of some of these are:

- Personal Contact e.g. face to face, phone call
- Letters to parents
- Fliers to houses in local area
- Club/ Community newsletters
- Local newspapers/ radio
- Club/ Local websites
- Open evenings (speaking to parents)



How can we help?

The Ready Steady Coach Programme is an initiative by the Ladies Gaelic Football Association to increase the participation of helpers in your club. The programme aims to guide volunteers through the basics of becoming involved with their local club in any volunteering capacity from filling water bottles or keeping attendance sheets through to assisting with coaching. There are many roles for a volunteer in a club and you can never have too many people helping out. Everyone has some qualities that can help enhance your club. It is simple to get this up and running. A co-ordinator from the club chooses a suitable date for the two hour programme (eg Thursday evening from 7-9pm) and then advertises that it will be taking place in the club. You can encourage any new parents that stay to observe the nursery to enrol on this also. There are always a number of parents who attend all matches and training sessions and might be willing to help out. Mentors will have noticed these new faces since the season started. In many cases people are just waiting to be asked to help out and by giving them a small role at the beginning it is less daunting to become involved. The club then books this date through the Ladies Gaelic Football Office (018363156). The Ready Steady Coach Programme uses a 'buddy' system to incorporate these new volunteers into your club where the new volunteers are 'buddied' with the current mentors in the club. They will be taught the basic skills of the sport and how to coach these and also details on the other roles they can fill in the club.

***“Volunteers don't get paid, not because they're worthless,
but because they're priceless.”***

~Sherry Anderson

**Club
Crest**

This certificate is awarded to

In recognition for their participation in
Nursery Programme

Your Club



Skill

Cards



SKILL CARDS

The Overhead catch

This catch is used to catch a ball which comes at full reach height or over the players head.

Hands

Arms extended and hands in 'W' shape

Technique

The technique involves catching ball with fingers spread in front of head and bringing it down quickly.

Key Points

1. Keep eyes on the ball and as the ball reaches highest point assess where the ball is going to land
Approach the ball and move forward
Plant the jumping foot and extend upwards, raise other knee forward
2. Extend arms above head, keep head up and eyes on ball
Reach to catch ball at highest point with fingers spread wide apart and thumbs behind ball ('W' shape)
Catch the ball slightly in front of the head and bring down quickly, cushion the ball and secure into the chest with both hands

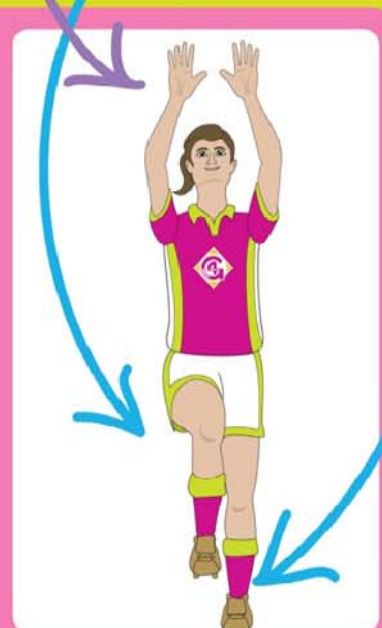
Head

Eyes on the ball at all times

Feet

Plant jumping foot and extend

Raise other knee forward



Common Errors

Error 1



Not having hands in correct position to catch the ball



Ensure that hands are in 'W' shape so ball can not slip through hands

Error 2



Another common error is jumping at the wrong time. If player jumps too soon or late the ball will go over the players head and possession will be lost



Ensure to keep eye on flight of the ball and assess where ball is going to land

Error 3



Another error is players closing their eyes and losing the flight of ball



Keep head up and eyes on the ball at all times until ball secured in hands



SKILL CARDS

The chest (Body) catch



This catch is used when the ball arrives between leg and head height to the chest area. It is the most common catch.

Technique

The technique involves holding arms out to catch the ball and then pulling ball back into chest.

Key Points

1. Keep head up and eyes on the ball at all times
As the ball approaches the upper body leans forward to receive ball around chest height
Arms are extended out with elbows close together and hands facing up
2. Catch in the arms and cushion the ball into a secure position with both hands
If ball is coming below waist height, crouch to receive ball into the body

Common Errors

Error 1



Arms not close enough together to catch the ball resulting in the ball being dropped



It is important that as ball is caught the upper arms should be close to the body, forearms almost horizontal and less than a ball width apart

Head

Eyes on the ball at all times

Hands

Arms extended and fingers spread

Catch in arms and pull back into chest

Feet

One foot in front of other

Lean towards ball



Error 2



Another common error is allowing the ball to hit off chest instead of cushioning it into chest with your arms.



Keep your eyes on the ball at all times and extend hands and keep fingers apart so ball can be cushioned into chest



SKILL CARDS



The Fist Pass

The fist pass is a basic technique used to pass the ball over a medium distance.

Technique

The technique involves supporting the ball in one hand while striking it with the other closed fist.

Key Points

1. Support the ball on upturned palm off supporting hand at about waist high and in front of the body
Draw the striking hand backwards and forwards while at the same time forming a fist
Face your team mate receiving the ball
2. Strike the middle of the ball with the fist, using surface formed middle bones of fingers, side of thumb and heel of hand
The striking hand follows through in direction of pass
While striking the ball step forward, placing the thumb over the index finger can also form the fist.
The ball is hit by the surface formed by the thumb and index finger

Hands

Ball on hand about waist height

Form fist with other hand, keep arm straight, draw back and then forward to strike ball

Follow through in direction of pass

Head

Face your team mate

Feet

One foot in front of the other

Take a step forward when striking the ball



Common Errors

Error 1



Not hitting the ball with the correct part of the fist. Not hitting the ball with the area formed by the thumb and index finger can reduce accuracy of the pass to the partner waiting to receive it.



To correct this error, ensure that when striking the ball that area is used.

Error 2



Another common error is throwing the ball. This happens when there is no defining striking action taken when the hand passing the ball to a teammate.



To avoid this ensure to strike the ball well with the fist.

Error 3



Another mistake occurs when the supporting hand is not steady. This can lead to opponents easily dispossessing the ball, as it is not under complete control.



This can also lead to misdirection of where the ball should go.



It may lead to difficulty performing the technique while moving



To avoid this mistake make sure that the hand supporting the ball is steady and has a firm grip on the ball.



SKILL CARDS



The Hand Pass

The hand pass is a basic technique to pass the ball over a short distance.

Technique

The technique involves supporting the ball in one hand while striking it with the other open hand.

Key Points

1. Support the ball in the palm of your hand about chest height in front of the body
Supporting hand should be steady
Face your team mate receiving the ball
2. Strike the ball using mostly your fingertips
Follow the strike through in the direction of the pass
While striking the ball, step forward

Hands

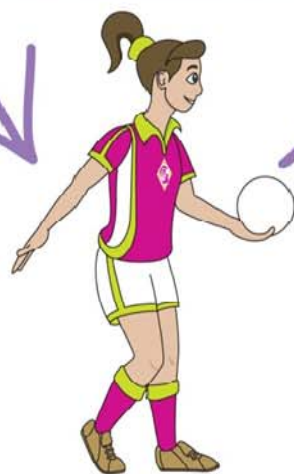
Ball on hand about waist height
Use open hand and strike mostly using fingertips
Follow through in direction of pass

Head

Face your team mate

Feet

One foot in front of the other
Take a step forward when striking the ball



Common Errors

Error 1



Not hitting the ball with the correct part of the hand. Not hitting the ball with the fingertips can cause the ball to drop short of the partner waiting to receive it



To correct this error, ensure that when striking the ball, mostly the fingertips are used

Error 2



Another common error is throwing the ball. This happens when there is no defining strike action taken when hand passing the ball to a team mate.



To avoid this, ensure to strike the ball well with an open hand

Error 3



Another mistake occurs when the supporting hand is not steady. This can lead to opponents easily dispossessing the ball as it is not under complete control.



This can also lead to misdirection of where the ball should go.



It may lead to difficulty performing the technique while moving



To avoid this mistake make sure that the hand supporting the ball is steady and has a firm grip on the ball.



SKILL CARDS



The Punt Kick

This kick is used mainly when facing or moving directly towards the target

Technique

The technique involves kicking with the instep (laced part) of the foot in the direction of the target

Key Points

1. Hold the ball firmly with both hands
Keep head down and eyes on the ball
2. Step forward with non-kicking foot and release ball into the hand at the kicking side
Extend opposite arm away from body to keep balance
3. Kick with the instep with toes pointed
Follow through in direction of target

Hands

Ball released into hand at the kicking side

It is important to keep your head down and kick with laced part of the boot in direction of the target

Head

Eyes on the ball at all times

Feet

Step forward with non-kicking foot

Kick ball with instep and follow through in direction of target



Common Errors

Error 1



Not kicking the ball with the instep causes the ball to travel in the wrong direction



It is important to keep your head down and kick with the laced part of your boot in the direction of the target

Error 2



Another common mistake is dropping the ball from the hand on the opposite side to the kicking foot



The ball should be released into the hand on the kicking side and the other hand is used to help maintain your balance





SKILL CARDS

The Hook Kick

This kick is mainly used when moving across the direction of the kick to avoid an opponent or to make a better angle.

Head

Eyes on the ball at all times

Feet

Stand at 90° angles to target, shoulder pointing towards target

Step forward with non-kicking foot

Kick ball with inside of foot and follow through across body in direction of target

Technique

The technique involves kicking at right angles to where the player is facing

Hands

Ball released into hand at the kicking side

Wrist extended and ball dropped onto kicking foot

Key Points

1. Hold the ball firmly with both hands
Keep head down and eyes on the ball
2. Point the shoulder towards the target and step forward with non kicking foot
Release the ball into the hand at the kicking side and extend opposite arm to assist balance
Extend wrist and drop ball onto kicking foot
3. Kick ball with inside of foot
Follow through across body in direction of target with toe pointing upwards



Common Errors

Error 1



Turning around to face target before kicking resulting in a punt kick



Point shoulder towards target and kick at right angles to where player is facing. Follow through across body

Error 2



Another common error is dropping the ball from the hand on the opposite side to the kicking foot



The ball should be released into the hand on the kicking side and the other hand is needed to aid balance





SKILL CARDS

The SOLO

The Solo is used when a player is carrying the ball down the pitch. The player must solo or bounce the ball after every four steps taken. A player may complete as many solos as they want but can only use one consecutive bounce.

Technique

The technique involves releasing the ball from the hand on the kicking side to the kicking foot and kicking back up into your hands.

Key Points

1. Hold the ball firmly in both hands
Head down and eyes on the ball
2. Step forward with the non-kicking foot and keep your body upright
Release the ball into the hand on the kicking side
3. Drop ball onto the kicking foot and when foot (instep) impacts with ball, flick the toe upwards towards the body
Straighten the leg and extend arms forward to catch the ball
If running maintain a natural stride

Hands

Ball released into hand at the kicking side
Wrist extended and ball dropped onto kicking foot
Hands ready to catch ball as flicked back up from solo

Head

Eyes on the ball at all times

Feet

Step forward with non-kicking foot
Kick ball with instep and flick toe upwards towards body



Common Errors

Error 1
Not kicking the ball with the instep causes the ball to travel in the wrong direction

It is important to kick with the laced part of your boot otherwise the ball will not come back up into arms

Error 2
Another common mistake is dropping the ball from the hand on the opposite side to the kicking foot

The ball should be released into the hand on the kicking side and the other hand is needed to aid balance

Error 3
Some players do not flick their toe upwards causing the ball to go ahead of them instead of back up into arms

When the foot impacts the ball, flick your toe up so ball spins back into hands





SKILL CARDS



The Tackle

The tackle is used to attempt to dispossess an opponent and regain possession of the ball.

Technique

The technique involves moving alongside the opponent and attempting to flick the ball away with the hand nearest the opponent.

Key Points

- Run alongside opponent
- Keep your eyes on the ball
- When opponent's far leg is moved forward, take a step in with your near leg
- Flick the ball away using your hand nearest the opponent when ball is travelling from hand to toe or when being bounced
- Knock the ball away to regain advantage and recover ball to win possession

Common Errors

Error 1



Player using fist to knock ball away and tackling when ball into body of player in possession



To correct this error, ensure the players use the open hand or hands to knock the ball away and do not tackle when player has the ball in their possession into their body

Error 2



Not standing close enough to kicker's leg. It is easier for the kicker to play the ball away without being tackled and also it is more difficult to time the tackle from distance.



Ensure that person tackling gets in close to kicker's leg so they can time the tackle to get hand(s) in as player has ball away from body

Error 3



Another mistake occurs when the player tackling closes her eyes or does not keep eyes on the ball. She is then unable to get a view of where the kicker's foot or the ball is so may be unable to time the tackles or may get caught by the kicking foot.



Ensure that the person tackling keeps eyes open at all times and on the ball to be aware of where the player and ball is.

Hands

Use nearest hand to flick ball away



Head

eyes on ball

Feet

Move nearest leg across opponent's space to get close to ball



SKILL CARDS

The Block

The block is used to attempt to dispossess an opponent and re-gain advantage of the ball.



Technique

The technique involves having your hands in a 'W' shape, held stiffly and keeping your eyes open. You need to get close to the kicker's leg/foot and bring your hands down on the ball to block.

Key Points

1. Hands like 'W' shape
Hold hands stiffly to give more support when blocking
Get close to kicker's leg/foot so you can get near to the ball

Common Errors

Error 1
☹️ Not having hands in correct shape. Hands apart trying to block can cause ball to be kicked through arms away or into face

😊 To correct this error, ensure that when blocking 'W' shape is maintained

Error 2
☹️ Not standing close enough to kickers leg. It is easier for the kicker to play the ball away without being blocked and also there is a greater chance that the blocker can get kicked by the kicker's leg as playing the ball away

😊 Ensure that person blocking gets in close to kicker's leg so they can block and dispossess.

Error 3
☹️ Another mistake occurs when the player blocking closes her eyes. She is then unable to get a view of where the kicker's foot is so may be unable to block or may get caught by the kicking foot.

😊 Ensure that the person blocking keeps eyes open at all times to be aware of where the player and ball is.

Hands

W' shape

Hold stiffly

Head

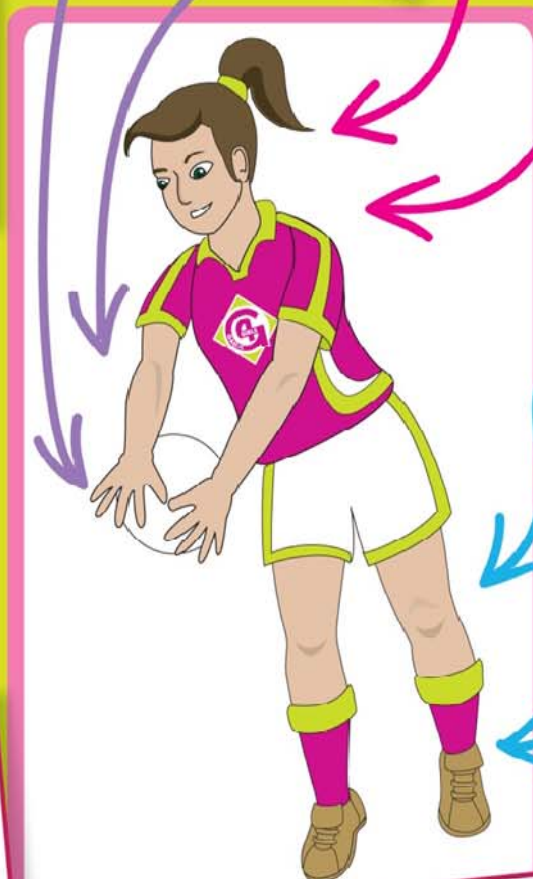
Eyes on the ball at all times

Not facing away

Feet

One foot in front of other

In close to kicker's foot





SKILL CARDS

Evasion - The Side Step

The side step is to evade an opponent while in possession of the ball



Technique

The technique incorporates a step to the side and back again in order to avoid the opponent's challenge and maintain possession.

Key Points

1. Run towards the opponent

When about a metre away from the opponent plant forward foot firmly on the ground

Push hard off the planted foot and transfer your weight to the opposite side

2. Plant the opposite foot and continue forward in the new pathway

Alternate sides

Common Errors

Error 1



Not transferring weight to the planted foot is a common error in young players and may lead to difficulty performing the technique while moving which can cause loss of balance.



To correct this error, ensure that the weight is transferred from the most forward foot to the planted foot behind just as the first foot is lifted.

Feet

Plant forward foot in ground in front of opponent

Push hard off planted foot and shift weight to plant other foot in new pathway and continue forward

Head

Face opponent to know where to plant feet and then move in new direction

Hands

Solo before approaching opponent so that ball is safe in hands while doing sidestep



Error 2



Another common error is taking too many steps in order to get past opponent.



To avoid this ensure to get into your new path of direction as quick as possible and then bounce the ball and catch to hold possession without ever carrying.



SKILL CARDS



Evasion - The Roll Off

The roll-off is used to evade an opponent while in possession of the ball.

Technique

The technique incorporates a planting your foot and using opponent's shoulder as a hinge to roll off and pivot away in order to avoid the opponent's challenge and maintain possession.

Key Points

1. Solo the ball approaching the opponent

Plant front foot (right) forward towards the opponents left shoulder while transferring the ball to the left side

2. Using their shoulder as a hinge roll off by swinging the left leg around and pivoting on the right foot

3. Plant the left foot on the ground and transfer the ball back to the outside of the body, now the right side

Bring the right leg around and accelerate away

Use a low bounce clearing the opponent



Common Errors

Error 1



Not transferring weight to the planted foot is a common error in young players and may lead to difficulty performing the technique while moving which can cause loss of balance.



To correct this error, ensure that the weight is transferred from the most forward foot to the planted foot behind just as the first foot is lifted.

Error 2



Another common error is taking too many steps in order to get past opponent.



To avoid this ensure to get into your new path of direction as quick as possible and then bounce the ball and catch to hold possession without ever carrying.

Error 3



Another error is planting the wrong foot first which results in the player pivoting into her opponent instead of around her



To correct this error ensure that left foot is planted first and player pivots on right foot

Error 4



Soloing when reaching the opponent is another fault. It is easier for opponent to get possession if ball soloed in front of her



It is important that the player solos before approaching player so that they can use bounce after pivoting to get away at pace



SKILL CARDS

The Pick Up

The pick-up is used in Ladies Gaelic Football to lift the ball from the ground into the body



Technique

The technique involves approaching the ball while moving or static to bring the ball from the ground into the body

Key Points

1. Move to the ball. Bend at the hips and knees. Supporting foot beside the ball.
Head down and eyes on the ball
2. Place same hand as supporting foot in front of the ball and the other hand directly behind the ball
Fingers spread
3. Scoop ball up off the ground and draw the ball into the body

Common Errors

Error 1



Not crouching to lift the ball



Important to bend at hips and knees

Error 2



Picking the ball up while on the ground



Ensure both feet are firmly paced on the ground before attempting the pick up

Head

Eyes on the ball at all times

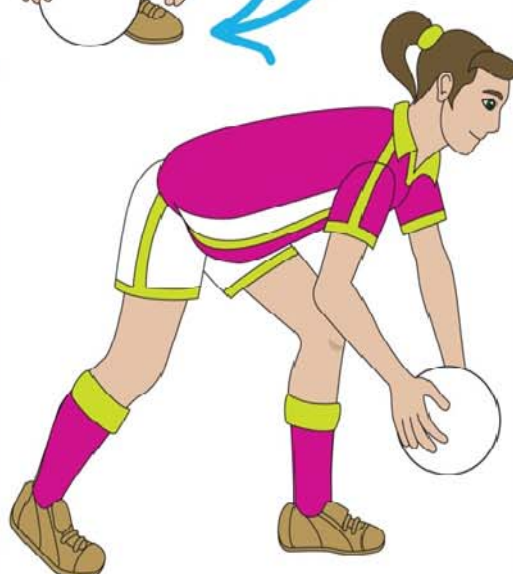
Hands

Place one hand in front of the ball. Same as supporting leg and other hand behind the ball

Feet

Place supporting leg beside the ball

Both feet must be on the ground



Sample Station Cards

STATION 1: Activity: Circuit

FOCUS

We are focusing on developing agility, balance and co-ordination in a fun circuit

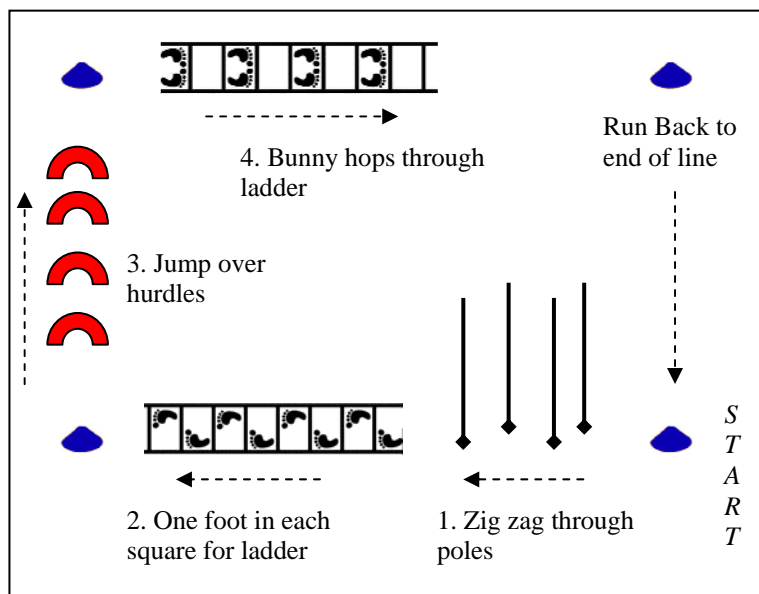
RULES – HOW TO PLAY

Players line up at start cone and in turn complete the circuit

Players zig zag through poles and then go through ladder (one foot in each)

Then jump over hurdles and bunny hop through ladder before running from final cone to line

Important that players go around cones



HEAD

Keep head up looking forward at all time

HANDS

Arms working in conjunction with legs for running and jumping

FEET

Use front part of foot ('Balls of feet') when jumping
Feet side to side when going through poles



EQUIPMENT

- 2 x ladder
- 4 x training poles
- 4 x hurdles
- 4 x markers

HARDER

Player can carry football around stations.
Coach throws ball to player at various stage in circuit

EASIER

Remove some equipment to simplify circuit
Allow players to go through equipment using method easiest to them

STATION 2

Activity: Fun Games

FOCUS

Pulse raising activities in a fun environment

All activities take place in square set up with four cones as shown

MONKEY TAILS

Divide group into 2 teams. One team uses bibs as tails (tuck into waistband). The other team catches the tails to get them out. Change over when all caught.

Equipment: Cones, Bibs

COUNTING GAME

Run in square. Call 2, 3, 4 etc. Players get into groups of that number.

Equipment: Cones

DODGE BALL

Some children have a ball. They catch the others by throwing the ball and hitting the others below the knee. They then are frozen until somebody goes under their legs to free them.

Equipment: Cones, Footballs

TAG

Pick catchers and put on bibs. They have to catch as many as possible. If caught they are out.

Equipment: Cones, bibs



STATION 3: Skills

Activity: Bouncing/ Soloing/ kicking on ground

FOCUS

Developing control of the ball while increasing skill level

RULES – HOW TO PLAY

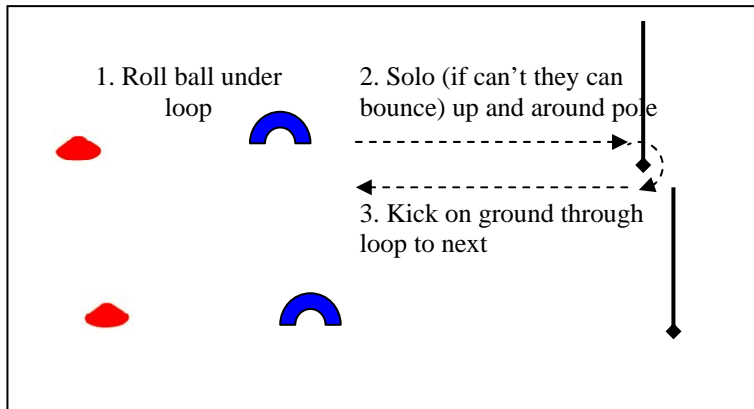
Players start at cone with a football

Firstly they run out with a ball and roll under loop

Player then picks up ball and solos (can bounce either) around pole

Participant then runs back and kicks through loop to next player

Then join back of line and next player repeats



HEAD

Eyes on the ball
Try to keep head up when soloing

HANDS

Use same hand same foot for soloing and kicking

FEET

Use same hand same foot for soloing and kicking
Point toe in direction of target



EQUIPMENT

- 2 x markers
- 2 x loops/hurdles
- 2 x training poles
- 2 x footballs

HARDER

Increase distance between equipment
Use opposite foot for soloing and kicking

EASIER

Allow players to bounce ball instead of soloing
Players can roll ball under loop coming back also instead of kicking

STATION 4: Kicking

Activity: Kicking for Goal/ Target

FOCUS

This activity is designed to improve kicking accuracy

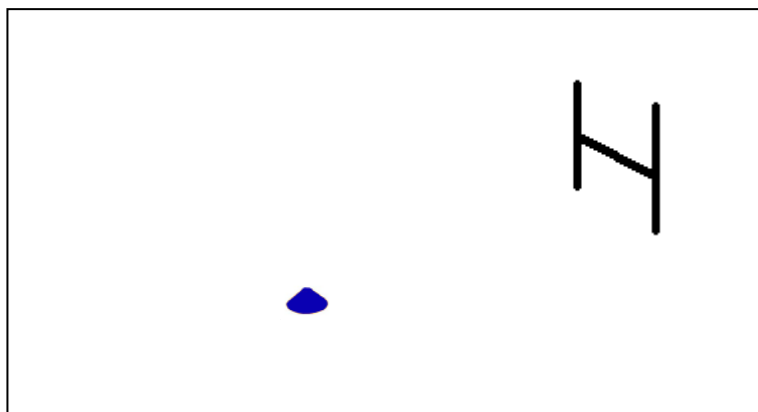
RULES – HOW TO PLAY

Place goal target (if any) in front of the goals.

Take it in turns to shoot at the target to try and score.

If no target, children can take shots for goal.

Vary angles children kicking from



HEAD

Encourage looking ahead instead of looking at feet as skill improves

HANDS

Use same hand same foot for kicking

FEET

Kick using instep (laced area) of boot in direction target



EQUIPMENT

- Cone
- Footballs
- Goal post

HARDER

Alternate foot participant kicking with
Remove Goal Target if across goal area

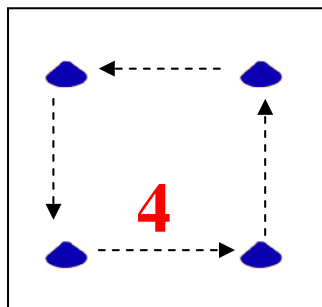
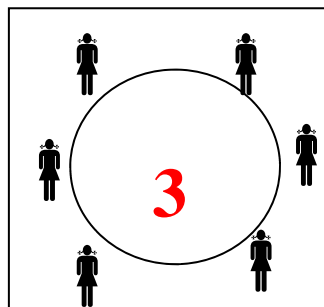
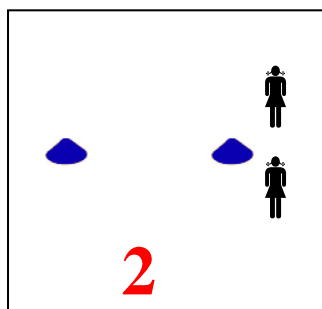
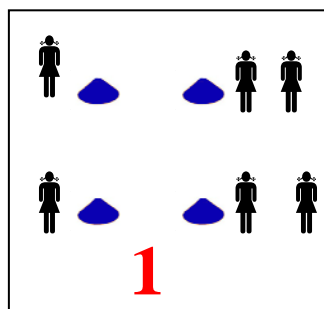
EASIER

Move cone closer to goal to make kick easier
Allow kick from ground if unable to kick from hands

STATION 5: Catching

FOCUS

These activities are designed to improve catching and hand eye co-ordination accuracy



RULES – HOW TO PLAY

Drill 1

- Get children in line, throw bean bag/ small ball to them high/low/body height
- First pass back to coach

Drill 2

- In pairs, throw ball between 2 players
- Player who catches, first passes back

Drill 3

- Gather group in circle and they must hand pass ball around without dropping

Drill 4

- First player in each group throws ball to player at start of next and follows pass

HEAD

Keep eyes on ball at all times



HANDS

Arms extended and hands in 'w' shape

FEET

One foot in front of other and step forward into ball
For high catch, plant jumping foot and raise other knee forward

EQUIPMENT

- Cone
- Footballs

HARDER

Alternate various catches throughout drills
Increase number of footballs in activities

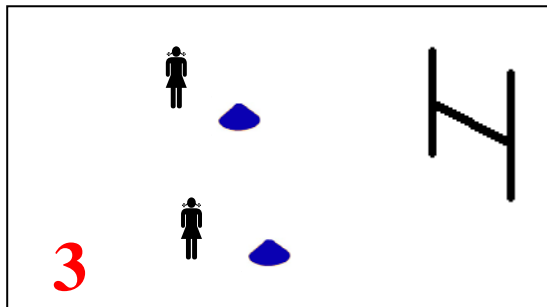
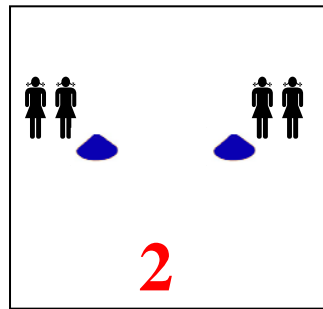
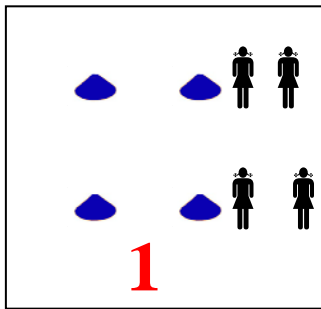
EASIER

Move cone closer to goal to make catch easier
Allow bounce before catch if needed

STATION 6: Kicking Activities: Kicking from Hands

FOCUS

These activities are designed to improve kicking accuracy



RULES – HOW TO PLAY

Drill 1

- Children take turns to kick ball back to coach

Drill 2

- Two lines facing each other. First in line kicks to first in next line and goes to end of opposite line

Drill 3

- Using goal posts. Shoot for point/ goal

HEAD

Keep eyes on ball at all times

FEET

Step forward with non kicking foot
Kick ball and follow through in direction of target



HANDS

Drop ball same hand, same foot

EQUIPMENT

- Cone
- Footballs
- Goal posts

HARDER

Use alternative feet
Increase number of footballs in activities

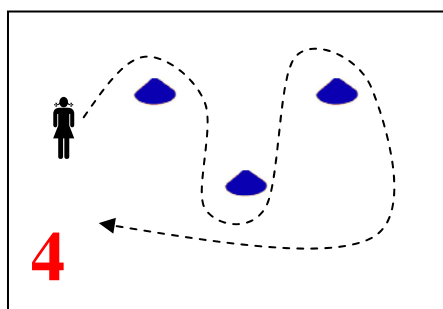
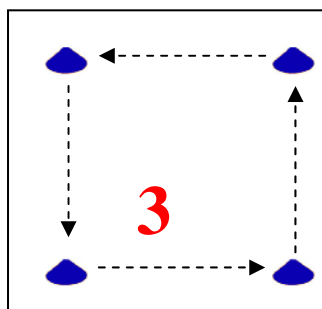
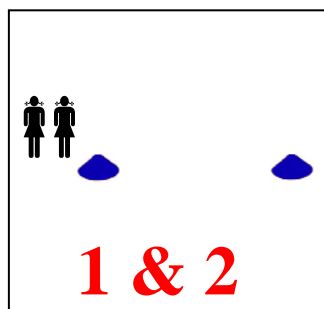
EASIER

Move cone closer to goal to make catch easier
Allow to kick off ground to get used to kick if needed

STATION 7: Solo Running

FOCUS

These activities are designed to improve soloing on both feet



RULES – HOW TO PLAY

Drill 1

- Players take turns to bounce ball up around a cone and fist pass to next player

Drill 2

- Same as above except they solo around cone

Drill 3

- Make a square with 4 cones. Solo around square and fist pass to next

Drill 4

- Place 3/4 cones in a line. Players take turns to solo zig zag through cones and back

HEAD

Eyes on ball at all times



HANDS

Ball dropped same hand same foot
Hands ready to catch ball as flicked back up

FEET

Step forward with non kicking foot
Kick ball and flick toe upwards towards body

EQUIPMENT

- Cone
- Footballs

HARDER

Alternate feet for soloing
Increase number of footballs in activities

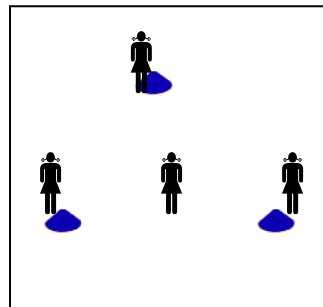
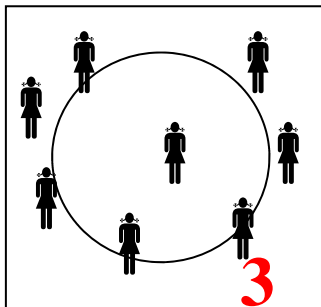
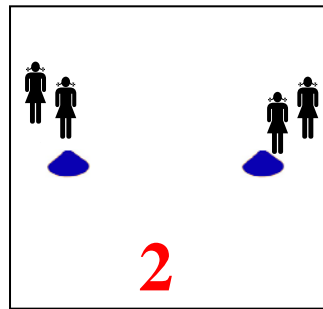
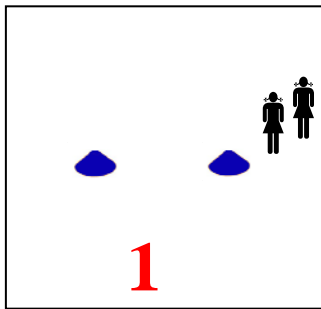
EASIER

Move cone closer so distance shorter
Allow bounce if needed

STATION 8: Fist Passing

FOCUS

These activities are designed to improve accuracy of fist pass



RULES – HOW TO PLAY

Drill 1

- Coach throws to players in line and they fist pass back

Drill 2

- 2 lines facing each other. Fist player fists to child in other line and joins back of opposite line

Drill 3

- One child in centre of circle. Fists to another child and they fist back. Pass to different child each time. Change child

Drill 4

- Make triangle with cones. Child at each cone and one in middle. 3 at cones pass to each other while child in middle tries to get ball

HEAD

Eyes on ball
Face team mate before pass



HANDS

Ball on resting hand
Form fist with other hand, draw back and then forward to strike ball

FEET

One foot in front of other
Take step forward when strike the ball

EQUIPMENT

- Cone
- Footballs

HARDER

Alternate hand for passing
Increase number of footballs in activities

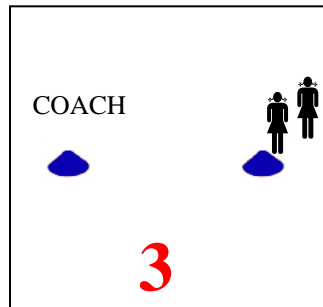
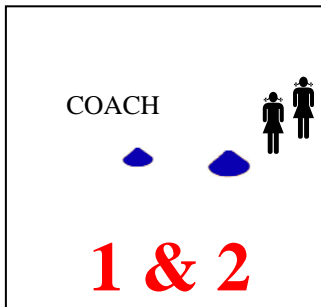
EASIER

Move cone closer so distance shorter
Allow fist and hand pass

STATION 9: Blocking

FOCUS

These activities are designed to improve blocking skills



RULES – HOW TO PLAY

Drill 1

- Explain shape of hands etc. Child kneels beside coach. Coach throws ball lightly for child to block. Take turns.

Drill 2

- Child stands and coach kicks lightly for child to block

Drill 3

- Child runs from stationary cone to block ball as coach kicks

HEAD

Eyes on ball
Not facing away



HANDS

'W' Shape
Hold stiffly

FEET

One foot in front of other
In close to kickers foot

EQUIPMENT

- Cone
- Footballs

HARDER

Alternate sides for blocking
Increase distance player running from
Have coach on move

EASIER

Move cone closer so distance shorter
Allow ball bounce before having to block

STATION 10: BALANCE

Activity: Stepping Stones

FOCUS

The focus of this activity is for the children to maintain balance while others bounce from hoop to hoop

RULES – HOW TO PLAY

2/3 Children at red starting cone

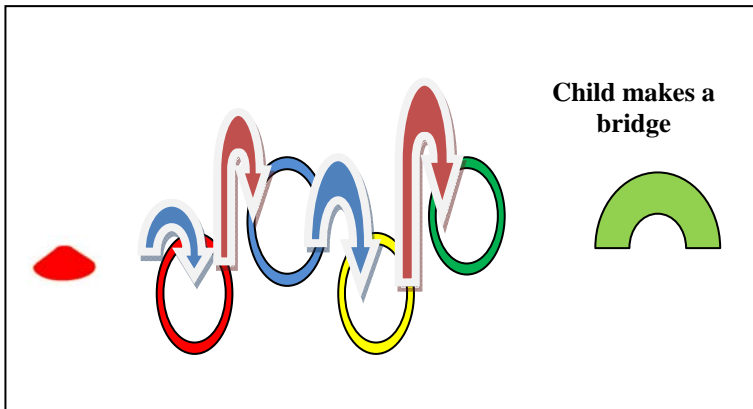
1 Child at the end making a bridge with their body

1st child starts bouncing from hoop to hoop with 2 feet together creating a pathway to the bridge

After last hoop run to child at the end and pass under the bridge like a river

They then make a bridge and let the other child run back to start and join the line

Children gain points for successfully bouncing in each hoop and passing under the bridge



HEAD

Head up, eyes scanning area looking where to bounce next

HANDS

Arms out to sides and in front for balance and to prevent falling. Place hands below shoulders for balance

FEET

Land on balls of feet with soft bent knees
Keep bottoms over feet on landings



EQUIPMENT

- 4 x Small hoops
- 2 x Cotton ropes
- Throw down mats
- Stability discs
- Benches

HARDER

Make distances between hoops larger
Make pathway more demanding, add stability discs etc.
Challenge children to use different body parts to make bridges. (Hands & Feet, Facing down, Facing up)

EASIER

Reduce distance between hoops
Use more simple bridges

STATION 11: Co-ordination

Activity: Hoop Ball Bounce

FOCUS

In this activity we are developing the ability to bounce the ball in the hoops and trying to hit a target

RULES – HOW TO PLAY

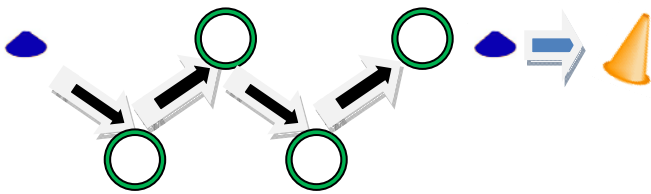
Place out equipment as shown with dome for start and then 4 hoops for bouncing in and a cone for aiming at

Player must try to bounce the ball inside each hula-hoop

Once player bounces in all hoops then they can either roll, throw or kick the ball to try and hit the cone

Replace cone and return to start and give ball to next player

Score for each successful run and a bonus point for hitting cone



HEAD

Eyes on ball when bouncing back up into your hands but look up to see where you are going next

HANDS

Hold ball in two hands but reach forward to bounce with one hand and catch in two
Use finger tips to bounce ball

FEET

Step sideways with left foot when bouncing with left hand and vice versa on the other side



EQUIPMENT

- 4 Hula hoops
- 1Ball
- Bench (If Available)
- Ladder if needed
- 1or 2 Cones/ small goal net

HARDER

Try to bounce the ball with left hand for the hoops on the left side and vice versa
Add ladder for the player to run through/ suitable (safe) bench to walk along for balance with hoops alongside to bounce ball in
Travel by hopping, jumping etc.

EASIER

Player can be allowed to touch the ball inside hoop, allow player to bounce with 2 hands/ allow player to walk

STATION 12: Co-Ordination

Activity: Hopscotch & Score

FOCUS

We are focusing on developing 'fast feet' using ladders

RULES – HOW TO PLAY

Players 'Hop-Scotch' through the ladder, holding a ball

2 feet in space, 2 feet out

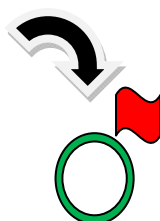
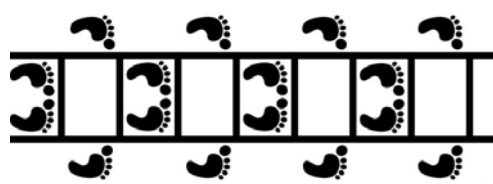
At the end of the ladder, have a throw to the bucket/hoop

One point for going through the ladder correctly

An extra point for getting the ball into bucket

Challenge players to find other ways of moving through the ladders

HOP SCOTCH



HEAD

Encourage looking ahead instead of looking at feet as skill improves

HANDS

Arms out to the side for balance
When jumping 2 feet drive both arms back at the same time
Use double arm action (one elbow back followed by the other) when hopping

FEET

Use front part of foot ('Balls of feet') when jumping both feet together



EQUIPMENT

- 1 x Ladder
- 1 x Ball/Bean Bag
- 1 x Bucket/ Basket/ Hoop
- 1 x marker

HARDER

Move with 1 foot in, 2 feet out

Use alternate feet on each step

Hop through squares – 1 hop each square and then attempt 2 hops in each square

Make 2 quick jumps (Both feet close together) in each square

Jump forward 2 squares, then back 1 square and explode forward again 2 squares

EASIER

Always move slowly initially until skill is learn before speeding up

No need for ladders until children can achieve some degree of skill on the floor



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