





MY FOOTBALL SKILLS BOOKLET

"Future LGFA All Star"
Name

Welcome!

Hello,

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Welcome to our LGFA Gaelic Football Skills Club Booklet!

What does this booklet do?

 This booklet will <u>help</u> you with practicing your skills at home and track your progress while training with your local Ladies Football team

What is involved?

- Practice 1 different Skill, 5 days a week for 8 Weeks
- Log your practice
- Bring your football skills booklet to your weekly coaching sessions and the Coaches will give you feedback to help with your progress

What do you need?

- A ball, any kind or size will do!!!
- A wall or a partner (Parent, Guardian, brother or sister!)
- 10 minutes of your time per day!

Role of the parent/guardian?

- Encourage
- Support
- Assist (if possible) and sign off on practice

What you get when you complete all your tasks?

 All players who take part and try their very best will get a Medal and a Certificate of Completion

Best of Luck! You can bo it!

YOUR PRACTICE CHART - WEEK 1 & 2

PARENT/GUARDIAN Tick box (\checkmark) when practice complete and sign your name

NOTE: Try practice all skills while moving if possible	Hand/Fist Pass Your Target: Left Hand 10		Punt Kick Your Target: Left Leg 10		Pick Up Your Target: Left Leg 10		Body & High CatchYour Target:10 Body Catches10 High Catches	Solo Your Target: Left Leg 10		Your Coaches Weekly Feedback
Week 1 Parent/Guardian Signature	Monday	10	Right Leg Tuesday	10	Right Leg 10 Wednesday]	Thursday	Right Leg Friday	10	Coach stamp here
Week 2 Parent/Guardian Signature	Monday -		Tuesday		Wednesday —]	Thursday -	Friday		Coach stamp here

YOUR PRACTICE CHART - Week 3 & 4

PARENT/GUARDIAN Tick box (\checkmark) when practice complete and sign your name

NOTE: Try practice all skills while moving if possible	Hand/Fist Pass Your Target:		Punt Kick Your Target:		Pick Up Your Target:		Body & High Catch Your Target:		Solo Your Target:		Your Coaches
	Left Hand Right Hand	20 20	Left Leg Right Leg	20 20	Left Leg Right Leg	20 20	15 Body Ca 15 High Ca		Left Leg Right Leg	20 20	Weekly Feedback
Week 3 Parent/Guardian Signature	Monday		Tuesday		Wednesday		Thursday		Friday		Coach stamp here
Week 4 Parent/Guardian Signature	Monday		Tuesday		Wednesday		Thursday		Friday		Coach stamp here

YOUR PRACTICE CHART - Week 5 & 6

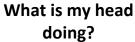
PARENT/GUARDIAN Tick box (\checkmark) when practice complete and sign your name

NOTE: Try practice all skills while moving if possible	NEW! Hand/Fist Pass & Punt Kick Your Target: Left Leg 10 Right Leg 10	NEW! Pick Up & Hook Kick Your Target: Left Leg 10 Right Leg 10	Body & High Catch Your Target: 20 Body Catches 20 High Catches	Solo Your Target: Left Leg 20 Right Leg 20 Solo with right leg then solo with left while moving	NEW! Block Your Target 10 blocks Need partner	Your Coaches Weekly Feedback
Week 5 Parent/Guardian Signature	Monday	Tuesday	Wednesday	Thursday	Friday	Coach stamp here
Week 6 Parent/Guardian Signature	Monday -	Tuesday -	Wednesday —	Thursday	Friday	Coach stamp here

YOUR PRACTICE CHART - Week 7 & 8

PARENT/GUARDIAN Tick box (\checkmark) when practice complete and sign your name

	NEW!	NEW!	NEW!	Solo	Block	
NOTE:	Hand/Fist Pass & Punt Kick	Pick Up & Hook Kick	Body & High Catch	Your Target:	Your Target	Your
Try practice all skills while moving if	Your Target:	Your Target:	Your Target:	Left Leg 25 Right Leg 25	20 blocks Need partner	Coaches Weekly
possible	Left Leg 20 Right Leg 20	Left Leg 20 Right Leg 20	25 Body Catches 25 High Catches	Change feet Solo left then solo with right moving		Feedback
Week 7 Parent/Guardian Signature	Monday	Tuesday —	Wednesday	Thursday	Friday	Coach stamp here
Week 8 Parent/Guardian Signature	Monday -	Tuesday —	Wednesday	Thursday	Friday	Coach stamp here









What are my feet doing?







- Face target
- Keep eye on ball
- Place ball in one hand about waist high. Keep it Steady!
- Use open palm or Form fist with other hand, keep arm straight, draw back and forward to hit ball.
- Follow through with pass

Step forward with same leg as hand with ball



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- **Body Catch**
- Face target
- Keep eye on ball
- Stretch out arms
- Catch ball in arms and pull into chest
- Step forward with one foot
- Lean towards the ball

- **High Catch**
- Keep eyes on ball
- Raise arms above head, keep head up and eyes on ball
- Form 'W' shape with hands
 - Catch the ball slightly in front of the head and bring down guickly, cushion the ball and secure into the chest with both hands
- Approach the ball and move forward
- Plant the jumping foot and raise other knee

- Pick Up
- Keep eye on ball
- Place one hand in front of the ball and other behind the ball
- Place one foot beside the ball when picking up ball
- Make sure both knees are off the ground when picking ball up

HOW TO DO THE SKILLS

What is my head doing?



Where are my hands?





What are my feet doing?



Punt Kick

- Face target
- Keep eye on ball
- Place ball on the same hand that you are going to kick with
- Step forward with foot you are not kicking with
- Keep head down and kick with lace part of boot in direction of target
- Follow through with kick



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- Solo Keep eye on ball
- Place ball on same hand as kicking leg
- Drop ball onto kicking foot
- Hands ready to catch ball after flick from solo
- Step forward with foot you are not kicking with
- Point toe towards body and
- Flick ball back into body



- **Block**
- Keep eye on ball
- Do not face away
- Place hands close together
- Hold stiffly together

- Put nearest leg close to kickers foot
- Block ball as close to the boot as possible



- Hook Kick
- Face shoulder to the target
- Keep eye on ball
- Place ball on the same hand that you are going to kick with
- Step forward with foot you are not kicking with
- Keep head down and kick with instep of boot
- Follow through with kick