



LGFA Football Skills Booklet

Name:

The Sport For Females, The Game for Fun, The Place For Community

Welcome!

Hello,

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 4 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 may get a Medal or a Certificate of Completion for example from their club·

BEST OF LUCK! YOU CAN DO IT!

PARENT/GUARDIAN Tick box $\overline{\mathbf{V}}$ when practice complete and sign your name

NOTE: Try practice all skills while moving if possible	Hand/Fist Pass Body Catch Your Target: Jogging on the spot, hand pass the ball into the chest of your partner or at chest height against the wall 5m away. Take a step forward when executing the hand pass How many can you do in 1 min? Left Hand Body Catches Right Hand Body Catches	Pick Up Punt Kick Your Target: Layout 3 cones in a line Start at cone 1, run four steps, pick up ball at cone two, take another 4 steps & punt kick ball into the chest of your partner or at chest height against a wall 10m away. Gather ball and repeat How many can you do in 1 min? Left Leg Pick Up Left Leg Pick Up Right Leg Punt Kick	High Catch Hook Kick Your Target: Throw ball in air and perform high catch, when ball is secure in the body, perform a hook kick to you partner or wall 13m away. Gather ball and repeat How many can you do in 1 min? High Catch Left Leg Hook Kick High Catch Left Leg Hook Kick	Solo Block Your Target: Layout 3 cones in a line Start at cone one and solo four steps, hand-pass ball into the chest of your partner. Your partner tries to perform a kick. Player must try block the kick. Gather ball and repeat How many can you do in 1 min? Left Leg Solo Block Right leg Solo Block	Near Hand Tackle Your Target: Partner bounces the ball around the space every four steps, Players must try to tap ball away using their near hand How many can you do in 1 min? Left Hand Tackle Right Hand Tackle	Your Coaches Weekly Feedback
Week 1	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Coach stamp here

PARENT/GUARDIAN Tick box ✓ when practice complete and sign your name

	Hand/Fist Pass Body Catch	Pick Up Punt Kick	High Catch Hook Kick	Solo Block	Near Hand Tackle	Your Coaches Weekly
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Week 2	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Coach stamp here

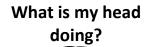
PARENT/GUARDIAN Tick box $\overline{\mathbf{V}}$ when practice complete and sign your name

	Hand/Fist Pass Body Catch	Pick Up Punt Kick	High Catch Hook Kick	Solo Block	Near Hand Tackle	
NOTE: Try practice all skills while moving if possible	Your Target: Jogging on the spot, hand pass the ball into the chest of your partner or at chest height against the wall 5m away. Take a step forward when executing the hand pass	Your Target: Layout 3 cones in a line Start at cone 1, run four steps, pick up ball at cone two, take another 4 steps & punt kick ball into the chest of your partner or at chest height against a wall 10m away. Gather ball	Your Target: Throw ball in air and perform high catch, when ball is secure in the body, perform a hook kick to you partner or wall 13m away. Gather ball and repeat	Your Target: Layout 3 cones in a line Start at cone one and solo four steps, hand-pass ball into the chest of your partner. Your partner tries to perform a kick. Player must try block the kick. Gather ball and repeat	Your Target: Partner bounces the ball around the space every four steps, Players must try to tap ball away using their near hand	Your Coaches Weekly Feedback
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Week 3	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Coach stamp here

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NOTE: Try practice all skills while moving if possible	Hand/Fist Pass Body Catch Your Target: Jogging on the spot, hand pass the ball into the chest of your partner or at chest height against the wall 5m away How many can you do in 1 min? Left Hand Body Catches Right Hand Body Catches	Pick Up Punt Kick Your Target: Layout 3 cones in a line Start at cone 1, run four steps, pick up ball at cone two, take another 4 steps & punt kick ball into the chest of your partner or at chest height against a wall 10m away. Gather ball and repeat How many can you do in 1 min? Left Leg Pick Up Left Leg Punt Kick Right Leg Punt Kick	High Catch Hook Kick Your Target: Throw ball in air and perform high catch, when ball is secure in the body, perform a hook kick to you partner or wall 13m away. Gather ball and repeat How many can you do in 1 min? High Catch Left Leg Hook Kick High Catch Left Leg Hook Kick	Solo Block Your Target: Layout 3 cones in a line Start at cone one and solo four steps, hand-pass ball into the chest of your partner. Your partner tries to perform a kick. Player must try block the kick. Gather ball and repeat How many can you do in 1 min? Left Leg Solo Block Right leg Solo Block	Near Hand Tackle Your Target: Partner bounces the ball around the space every four steps, Players must try to tap ball away using their near hand How many can you do in 1 min? Left Hand Tackle Right Hand Tackle	Your Coaches Weekly Feedback
Week 4	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Parent/Guardian Signature	Coach stamp here

HOW TO DO THE SKILLS



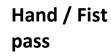




What are my feet doing?







Body Catch

- 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



High 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

- 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 quickly, 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 targetKeep 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





- 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