



My Football Skills Booklet

“Future LGFA All Star”

Name

Welcome!

Hello,

Welcome to our LGFA Gaelic Football Skills Club Booklet!

What does this booklet do?

- This booklet will help 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 may get a Medal or a Certificate of Completion from their club.

BEST OF LUCK! YOU CAN DO IT!

YOUR PRACTICE CHART – WEEK 1 & 2

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

NOTE:	Hand/Fist Pass	Punt Kick	Pick Up	Body & High Catch	Solo	Your Coaches Weekly Feedback
Try practice all skills while moving if possible	<p>Your Target:</p> <p>Left Hand 10 Right Hand 10</p>	<p>Your Target:</p> <p>Left Leg 10 Right Leg 10</p>	<p>Your Target:</p> <p>Left Leg 10 Right Leg 10</p>	<p>Your Target:</p> <p>10 Body Catches 10 High Catches</p>	<p>Your Target:</p> <p>Left Leg 10 Right Leg 10</p>	
Week 1	Monday <input type="checkbox"/>	Tuesday <input type="checkbox"/>	Wednesday <input type="checkbox"/>	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>	Coach stamp here
Parent/Guardian Signature	_____	_____	_____	_____	_____	
Week 2	Monday <input type="checkbox"/>	Tuesday <input type="checkbox"/>	Wednesday <input type="checkbox"/>	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>	Coach stamp here
Parent/Guardian Signature	_____	_____	_____	_____	_____	

YOUR PRACTICE CHART – WEEK 3 & 4

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

NOTE:
Try practice all skills while moving if possible

Hand/Fist Pass

Your Target:

Left Hand **20**
Right Hand **20**

Punt Kick

Your Target:

Left Leg **20**
Right Leg **20**

Pick Up

Your Target:

Left Leg **20**
Right Leg **20**

Body & High Catch

Your Target:

15 Body Catches
15 High Catches

Solo

Your Target:

Left Leg **20**
Right Leg **20**

Your Coaches Weekly Feedback

Coach stamp here

Coach stamp here

Week 3

Parent/Guardian Signature

Monday

Tuesday

Wednesday

Thursday

Friday

Week 4

Parent/Guardian Signature

Monday

Tuesday

Wednesday

Thursday

Friday

YOUR PRACTICE CHART – WEEK 5 & 6

PARENT/GUARDIAN Tick box 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/Hand 10 Right Leg/Hand 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 <i>Solo with right leg then solo with left while moving</i>	NEW! Block Your Target: 10 blocks Need partner
Week 5	Monday <input type="checkbox"/>	Tuesday <input type="checkbox"/>	Wednesday <input type="checkbox"/>	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>
Parent/Guardian Signature	_____	_____	_____	_____	_____
Week 6	Monday <input type="checkbox"/>	Tuesday <input type="checkbox"/>	Wednesday <input type="checkbox"/>	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>
Parent/Guardian Signature	_____	_____	_____	_____	_____

Your Coaches Weekly Feedback

Coach stamp here

Coach stamp here

YOUR PRACTICE CHART – WEEK 7 & 8

PARENT/GUARDIAN Tick box 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/Hand 20 Right Leg/Hand 20	NEW! Pick Up & Hook Kick Your Target: Left Leg 20 Right Leg 20	NEW! Body & High Catch Your Target: 25 Body Catches 25 High Catches	Solo Your Target: Left Leg 25 Right Leg 25 <i>Change feet Solo left then solo with right moving</i>	Block Your Target: 20 blocks Need partner	Your Coaches Weekly Feedback
Week 7 Parent/Guardian Signature	Monday <input type="checkbox"/>	Tuesday <input type="checkbox"/>	Wednesday <input type="checkbox"/>	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>	Coach stamp here
Week 8 Parent/Guardian Signature	Monday <input type="checkbox"/>	Tuesday <input type="checkbox"/>	Wednesday <input type="checkbox"/>	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>	Coach stamp here

HOW TO DO THE SKILLS

What is my head doing?



Where are my hands?



What are my feet doing?



Hand / Fist pass

- 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



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 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

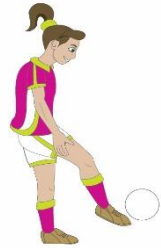
What is my head doing?



Where are my hands?



What are my feet doing?



Punt Kick

- Face 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



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