



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



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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



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.

Head

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

Feet

Plant forward foot in ground in front of opponent

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

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



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 of 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

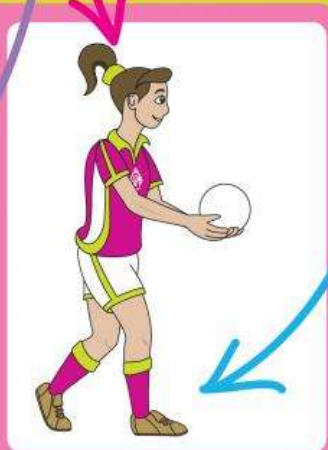
Ball on hand about waist height
Use open hand and strike mostly using fingertips
Follow through in direction of pass

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 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.

Technique

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

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

Hands

Ball released into hand at the kicking side

Wrist extended and ball dropped onto kicking foot

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

Head

Eyes on the ball at all times



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 Overhead catch

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

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

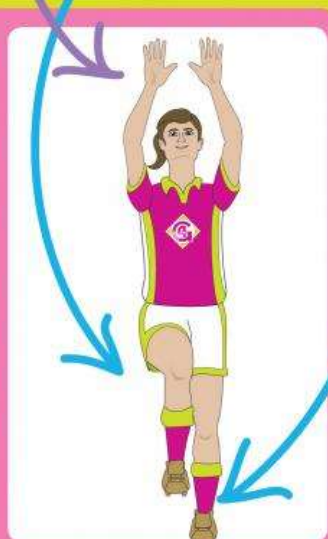
Hands

Arms extended and hands in 'W' shape

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 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

Hands

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

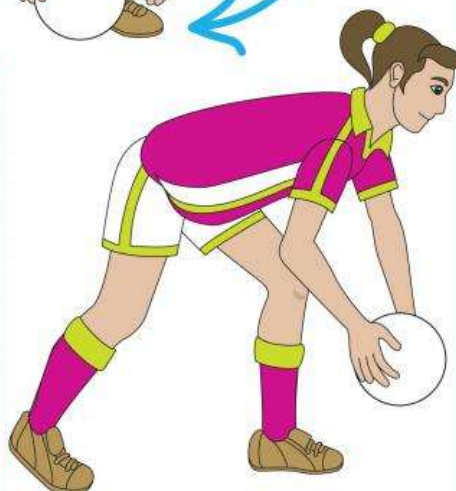
Feet

Place supporting leg beside the ball

Both feet must be on the ground

Head

Eyes on the ball at all times





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



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The Block

The block is used to attempt to dispossess an opponent and regain 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 kicker's 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



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