BLOCK DOWN

The **Block Down is a tackling technique used to prevent an opponent shooting for a score or passing to another player.**

KEY TEACHING POINTS

Stand close to the opponent. Approach from the side.

As the opponent attempts to play the ball, reach forward with hands close together. Eyes on the ball.

Block the ball at the point of contact with the foot. Move to regain possession.

To Coach this Skill use the IDEA method

I NTRODUCE the skill

D EMONSTRATE the technique

E XECUTE the activity

A TTEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

- **Shying away from contact**
- **Missing the ball as it passes through the outstretched arms**
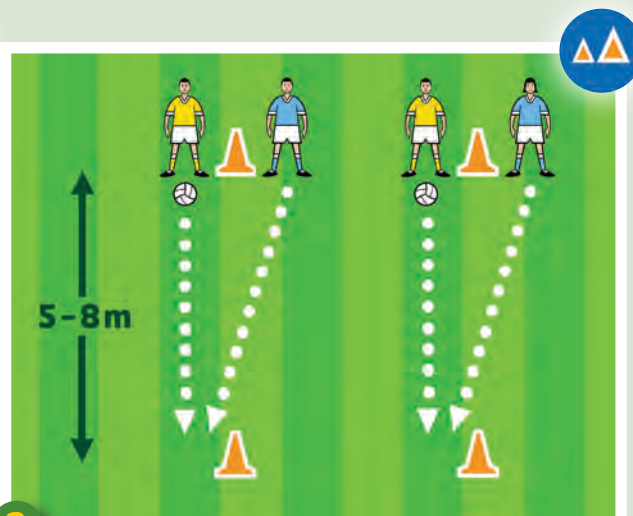- **Closing the eyes when attempting to block**

BLOCK DOWN PRACTISE THE TECHNIQUE
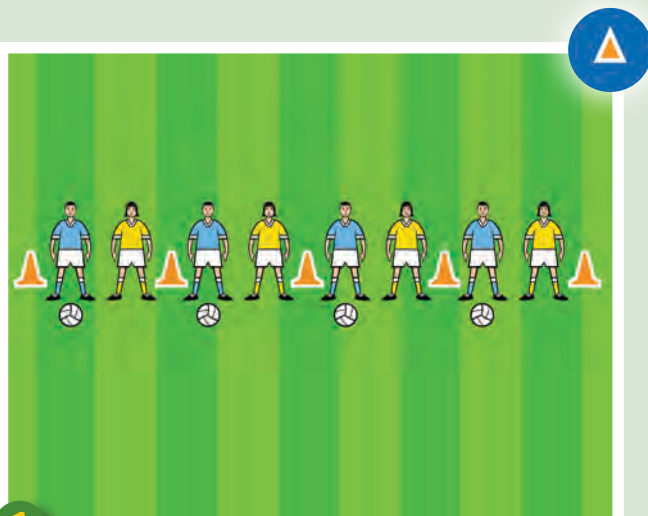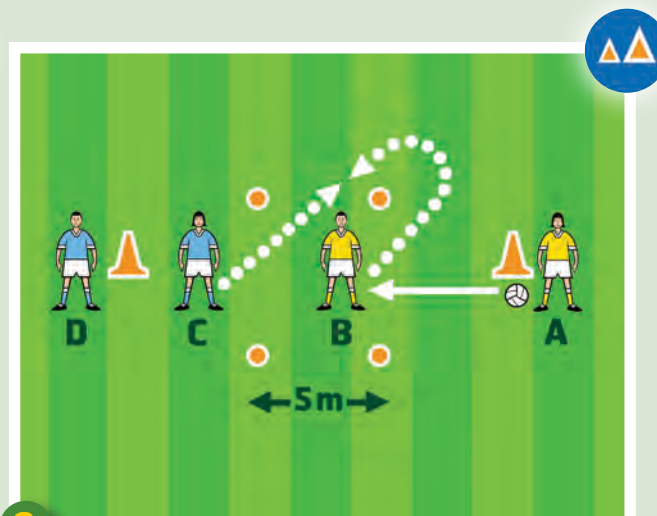
1 PARTNER BLOCK
Players in pairs. Each player blocks as their partner attempts to kick.

2 MOVE AND BLOCK
Players in pairs. Player in possession moves forward and attempts to kick, partner blocks.
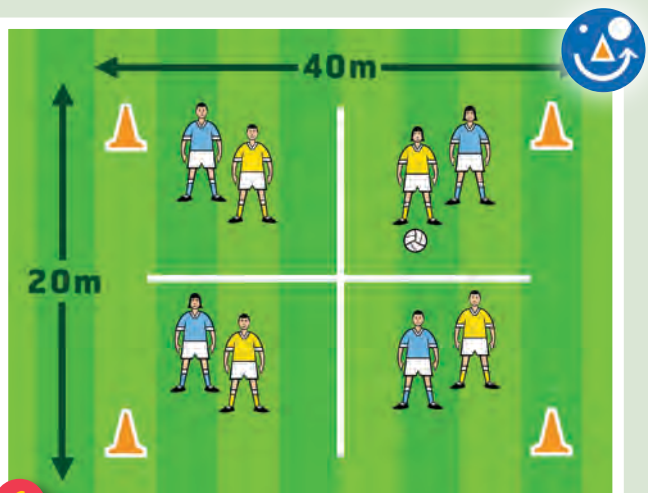
5–8m

3 HIT THE TARGET
Player A passes to B who attempts to kick pass to Player D. C attempts to block.
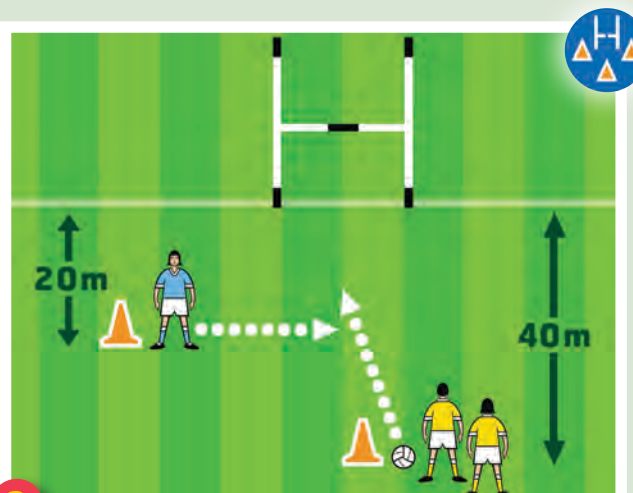
D C B A

5m

BLOCK DOWN DEVELOP THE SKILL

1 GRID BLOCK
Players in teams, one player per ¼. Teams attempt to keep possession using the kick pass. Opponents attempt to block.

40m

20m

2 SHOOT AND BLOCK II
Player in possession moves forward and attempts to kick a score. Opponent attempts to block.

20m

40m

VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

S pace **T** ask **E** quipment **P** layers

S vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity

T alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules

E alter the equipment - use a bigger or smaller football, or playing against a wall may increase or decrease the challenge

P increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

DESCRIPTIVE ICONS

| Basic Drill | Intermediate Drill | Advanced Drill | Fun Game | Modified Game | Game Play Routine |

CROUCH LIFT

The Crouch Lift is a technique used in Gaelic football to lift the ball from the ground into the hands.

KEY TEACHING POINTS

Move to the ball. Bend at the hips and knees. Supporting foot beside the ball.

Place the hands in front of the ball. Fingers spread.

Bring the lifting leg forwards, scooping the ball into the hands.

Draw the ball into the body.

To Coach this Skill use the IDEA method

I NTRODUCE the skill
D EMONSTRATE the technique
E XECUTE the activity
A TTEND and provide feedback
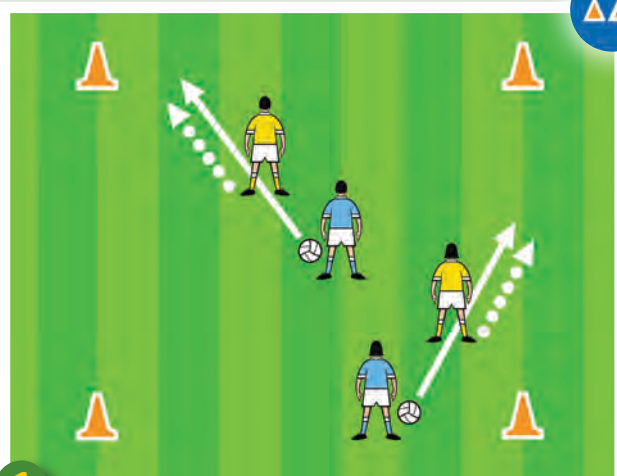
LOOK OUT FOR THESE COMMON ERRORS

- Not crouching to lift the ball
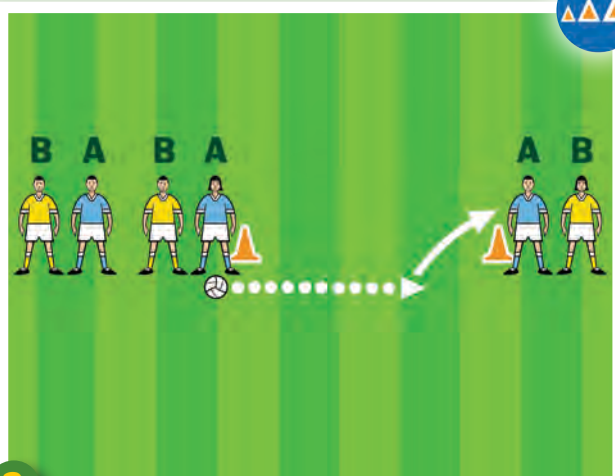- Not placing the hands in front of the ball
- Touching the ball on the ground

CROUCH LIFT PRACTISE THE TECHNIQUE
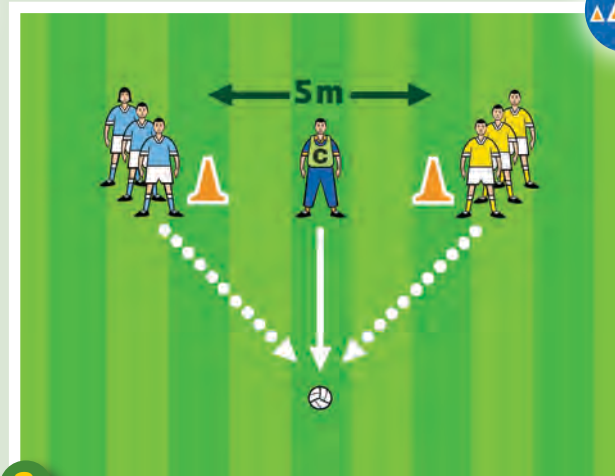
1 BRIDGE BALL
Players in pairs. Player in possession rolls ball between legs of partner, chases and lifts.

2 OPPOSED LIFT
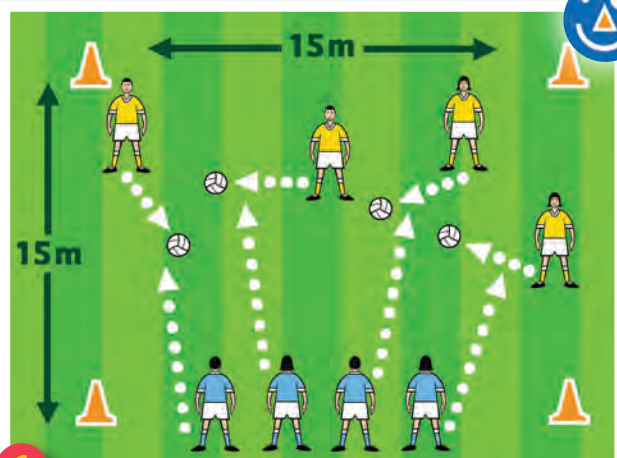Player A throws the ball, chases and attempts to lift. Player B opposes.

3 TUSSLE AND LIFT
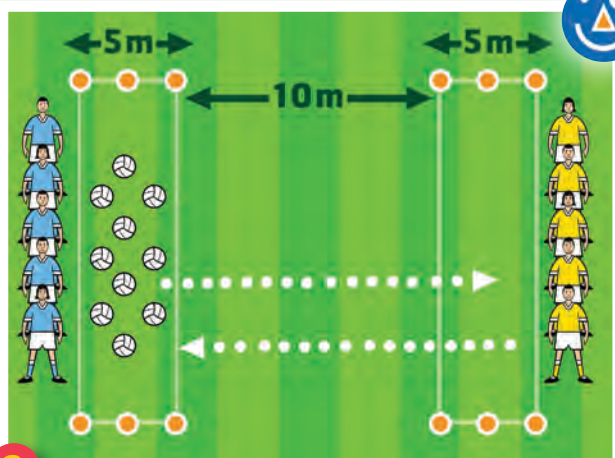Coach rolls ball for players to compete and lift.

CROUCH LIFT DEVELOP THE SKILL

1 SCATTER AND LIFT
Divide the players into two teams. Team in possession must lift as many balls as possible in 30 seconds. Opponents attempt to prevent lift.

2 GRID SWAP
Players transfer the balls from one grid to another using the crouch lift to gain possession.

VARIATIONS
The STEP method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

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E alter the equipment - use a bigger or smaller football, or playing against a wall may increase or decrease the challenge

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DESCRIPTIVE ICONS

Basic Drill | Intermediate Drill | Advanced Drill | Fun Game | Modified Game | Game Play Routine

FIST PASS

The Fist Pass is a variation on the hand pass used to pass the ball over short distances. The technique involves supporting the ball with one hand, and striking with the closed fist of the free hand. A Fist Pass may be used to score a point, a Hand Pass may not.

KEY TEACHING POINTS

Support the ball in the palm of the non-striking hand.

Swing back and extend the striking hand. Eyes on the ball.

Lean forward; strike through the middle of the ball with the fist. Keep supporting hand steady.


Follow through in the direction of the target.

To Coach this Skill use the IDEA method

- **I** **NTRODUCE** the skill
- **D** **EMONSTRATE** the technique
- **E** **XECUTE** the activity
- **A** **TTEND** and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

- **Throwing the ball from the supporting hand**
- **Failing to keep the supporting hand stationary**
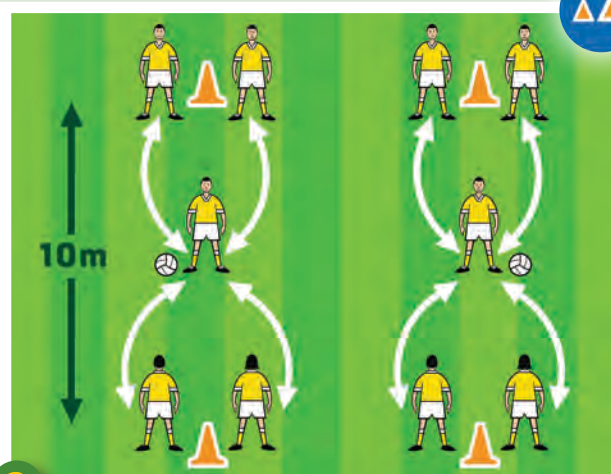- **Holding the ball too near or too far from the body**
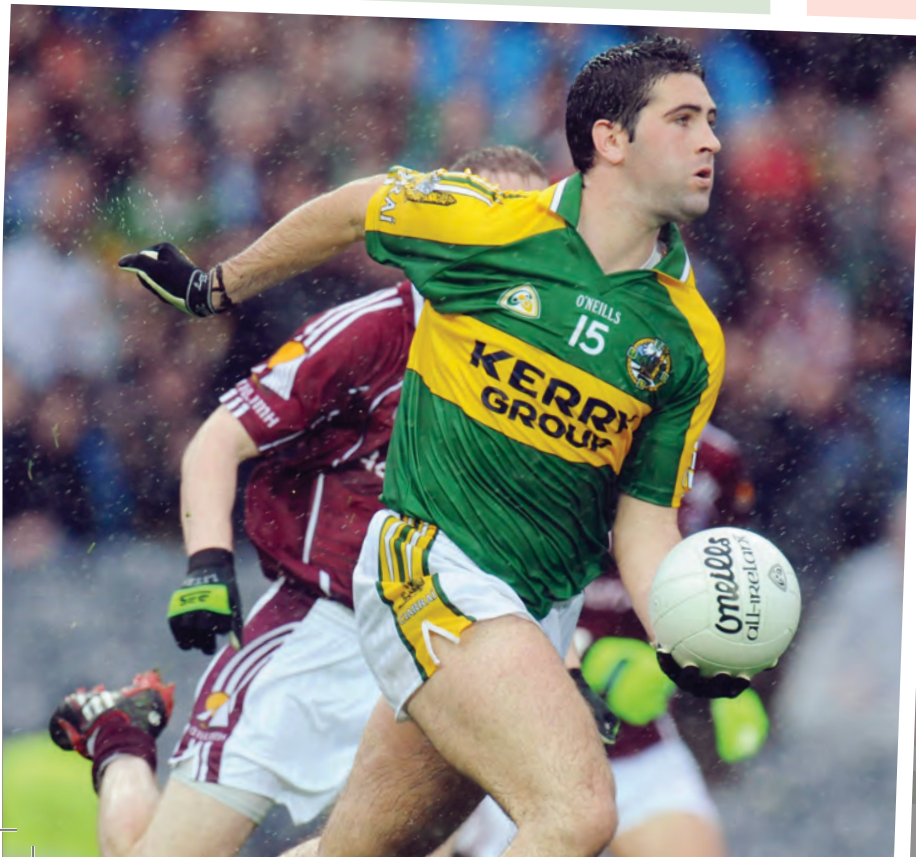
FIST PASS PRACTISE THE TECHNIQUE
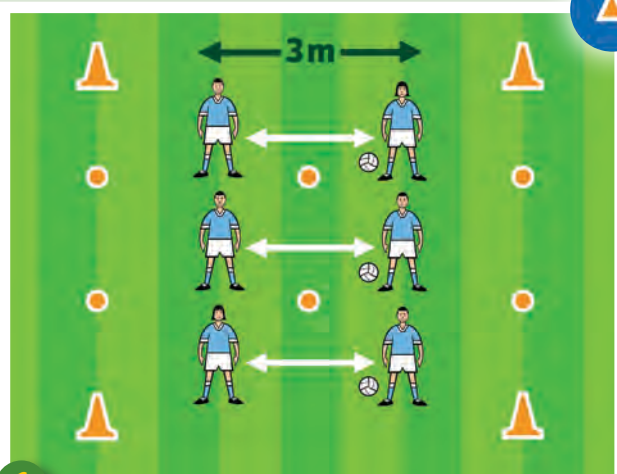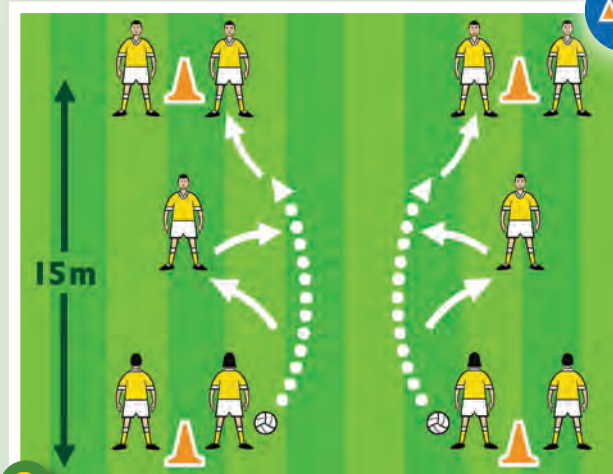
1 STATIONARY FIST PASS
Players in pairs. Players fist pass the football to their partner.

2 PRESSURE PASS
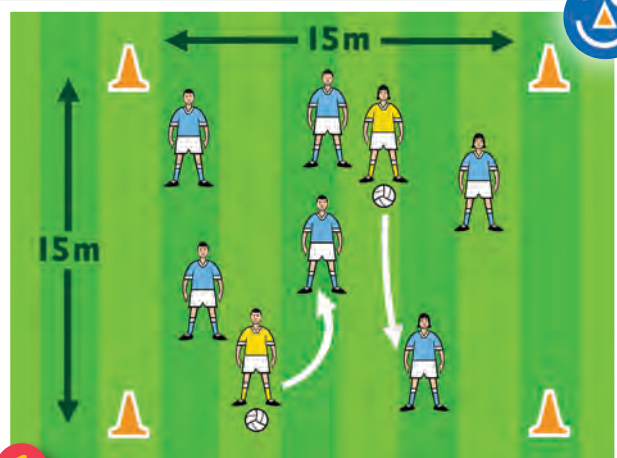Centre player receives and passes to outside players in turn.

3 MOVE AND PASS II
Players in groups of 5. Outside players pass to and receive pass from centre player before passing to next in line.
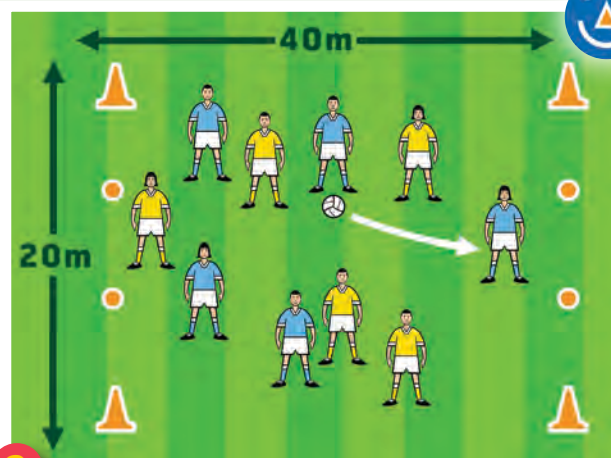
FIST PASS DEVELOP THE SKILL

1 DODGE BALL
Divide the players into two teams. Players in possession attempt to fist pass the ball against opponents. Opponents dodge or catch the ball.

2 GOALS GALORE
Divide the players into two teams. Fist pass the ball through the opponents goal to score.

VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

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T alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules

E alter the equipment - use a bigger or smaller football, or playing against a wall may increase or decrease the challenge

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DESCRIPTIVE ICONS

Basic Drill | Intermediate Drill | Advanced Drill | Fun Game | Modified Game | Game Play Routine

HOOK KICK

GAA FOOTBALL

The Hook Kick is a kicking technique used in Gaelic football. Predominantly used to kick for a score, it is also used to pass to a team mate at an angle to the player in possession.

KEY TEACHING POINTS

Hold the ball with both hands. Point shoulder towards the target.

Release the ball into the hand at the kicking side. Step forward with non-kicking foot.

Drop ball to the kicking foot. Strike the ball with inside of foot.

Follow through in the direction of the target with toe pointing upwards.

To Coach this Skill use the IDEA method

- **I** **NTRODUCE** the skill
- **D** **EMONSTRATE** the technique
- **E** **XECUTE** the activity
- **A** **TTEND** and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

- Not pointing the shoulder at the target
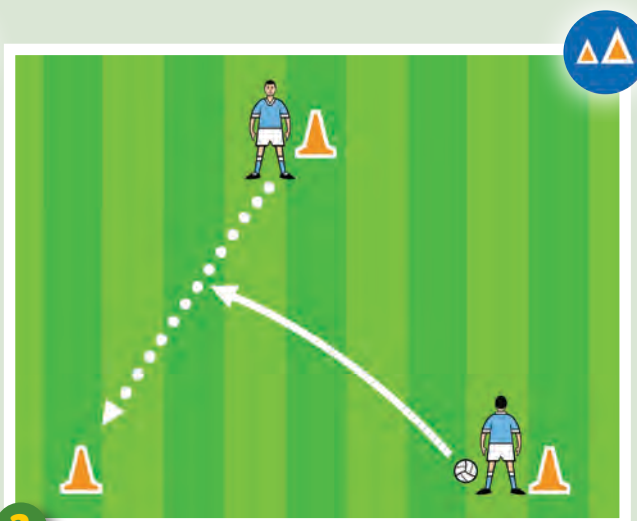- Dropping the ball with the opposite hand
- Lifting the head too early

HOOK KICK PRACTISE THE TECHNIQUE
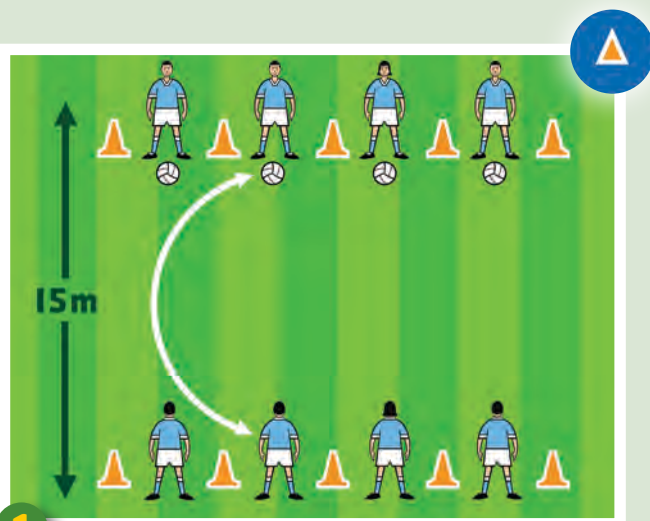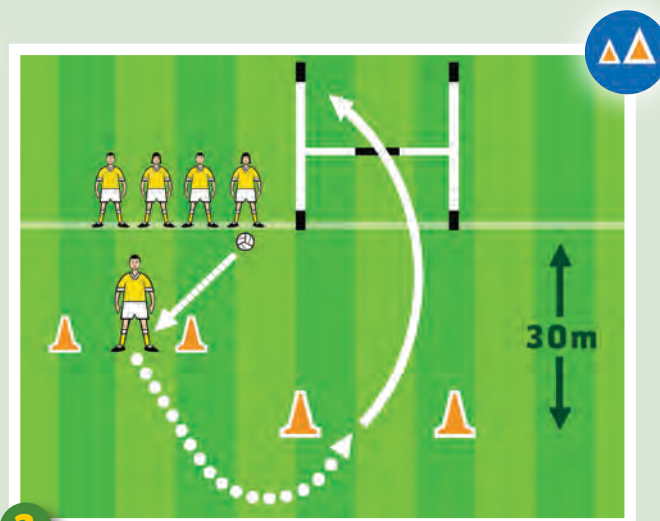
1 PARTNER KICK
Players in pairs. Each player hook kicks the ball for their partner to catch.

2 KICK AND MOVE
Players in pairs. Player A hook kicks the ball for Player B to catch on the move.
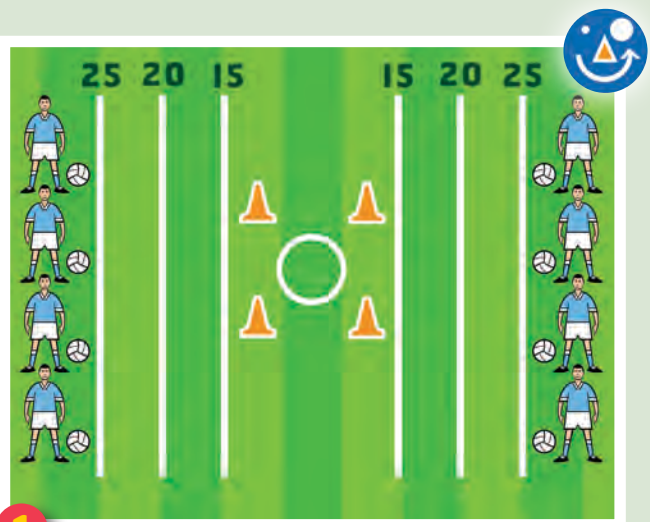
3 KICK AND SCORE
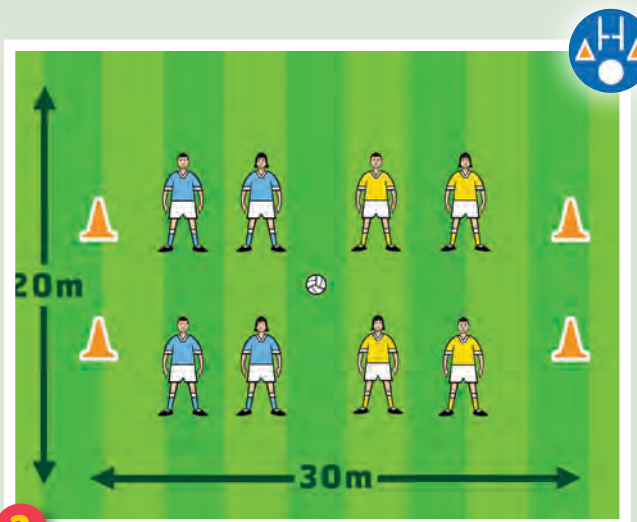Player solos out around the cone and hook kicks the ball over the bar.

HOOK KICK DEVELOP THE SKILL

1 BULL'S EYE
Arrange targets at which players attempt to land the ball using hook kick.

2 HOOKED
Divide players into two teams. Teams score when the ball is hook kicked through the goals.

VARIATIONS
The STEP method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

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DESCRIPTIVE ICONS

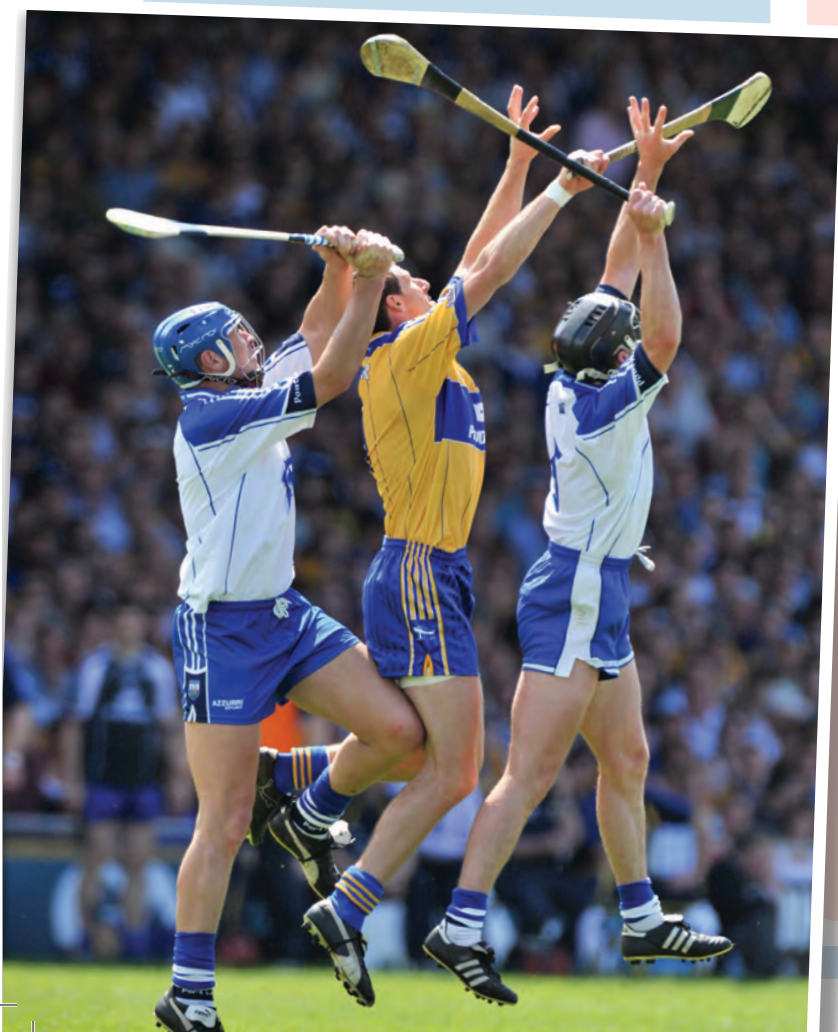Basic Drill | Intermediate Drill | Advanced Drill | Fun Game | Modified Game | Game Play Routine
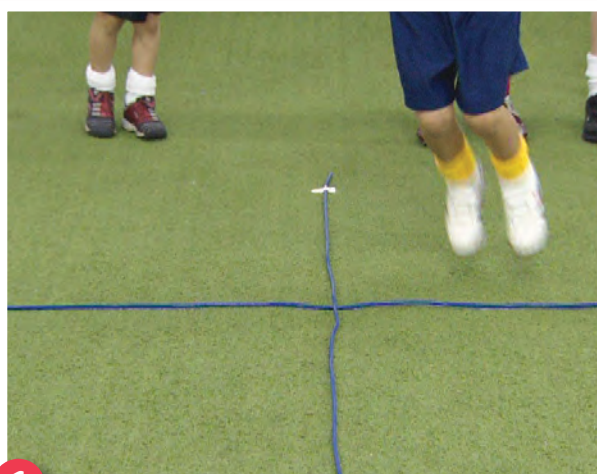
JUMPING

Jumping is an important skill in Gaelic games. To develop their true potential players need to develop the ability to jump in a variety of directions, over various distances and from a variety of starting positions.

LEVEL 1 EXERCISES

1 CRISS-CROSS BOUNCE
Mark out a cross on the ground. Jump around the cross in a clockwise and anti-clockwise direction.

2 VERTICAL JUMP
Players bend the knees and extend both arms back; perform a two footed jump, springing as high as possible.

To Coach this Skill use the **IDEA** method

I NTRODUCE the skill
D EMONSTRATE the technique
E XECUTE the activity
A TTEND and provide feedback

LEVEL 2 EXERCISES

1 JUMP AND TURN
On the spot make a jump to make quarter, half, three quarter and full turns in mid air.

2 JUMP THE ARC
Players imagine a ball approaching on an arc. Players run and jump up the arc to meet it.

3 PICKING FRUIT
Players work in pairs. One player holds the ball above their head for their partner to run, jump and catch.

LEVEL 3 EXERCISES

1 LOB AND CATCH
Players in pairs. One player holds the ball above their head. Their partner runs and jumps and catches the ball as the first player pushes it into the air.

2 WOBBLE, JUMP AND CATCH
Use an unstable object like a wobble board or cushion. Players work in pairs. Jump forward from the wobble board and catch the ball tossed by the partner.

VARIATIONS
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PUNT KICK

The Punt Kick is one of the most common foot passing techniques in Gaelic football. It may also be used to kick for a score when approaching the goal straight on.
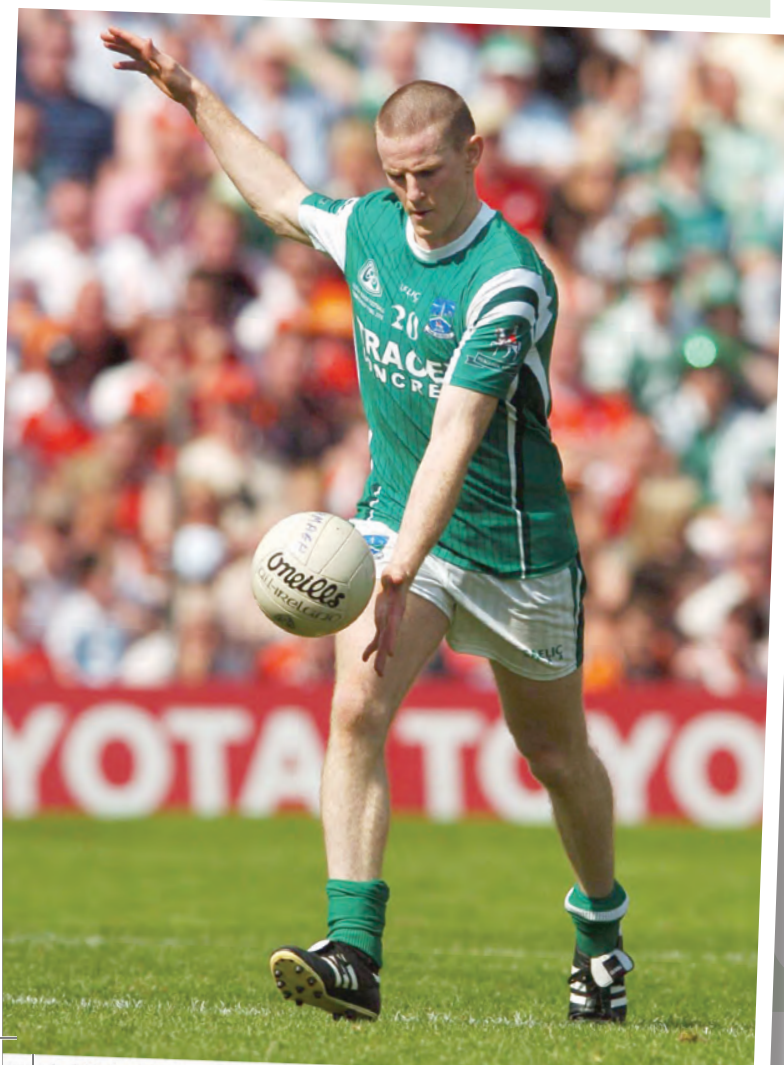
KEY TEACHING POINTS
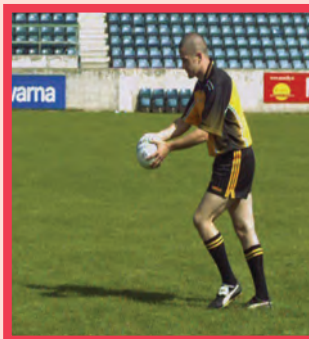
Hold the ball firmly in both hands. Release the ball into the hand at the kicking side. Head down, eyes on the ball.

Step forward with the non-kicking foot. Drop the ball onto the foot.

Kick the ball with the instep of the foot.

Keep toes pointed. Follow through in the direction of the target.

To Coach this Skill use the IDEA method

I NTRODUCE the skill
D EMONSTRATE the technique
E XECUTE the activity
A TTEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

- **Lifting the head too early**
- **Dropping the ball from the opposite hand**
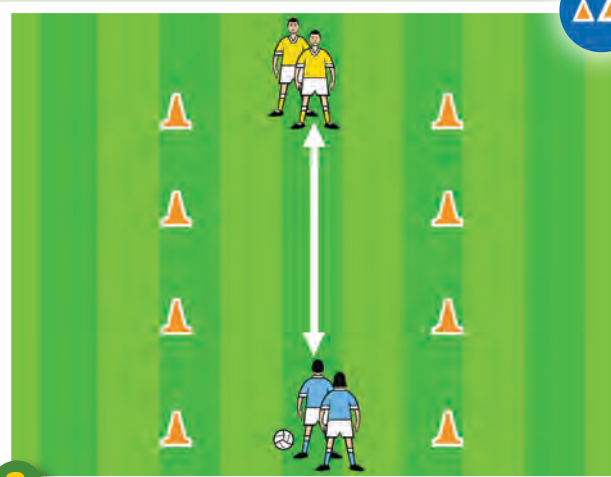- **Not keeping the toes pointed**

PUNT KICK PRACTISE THE TECHNIQUE
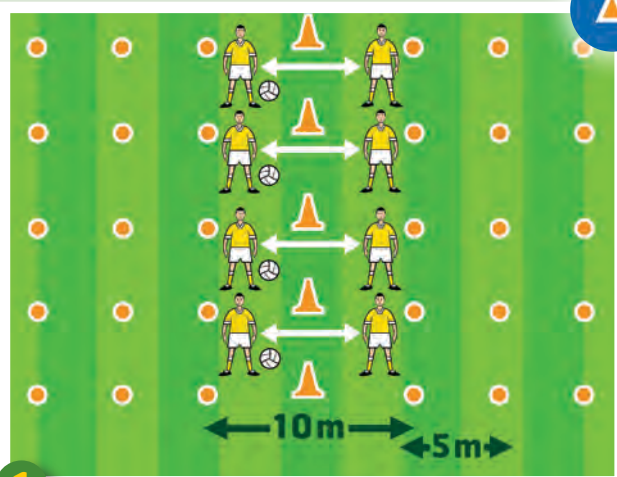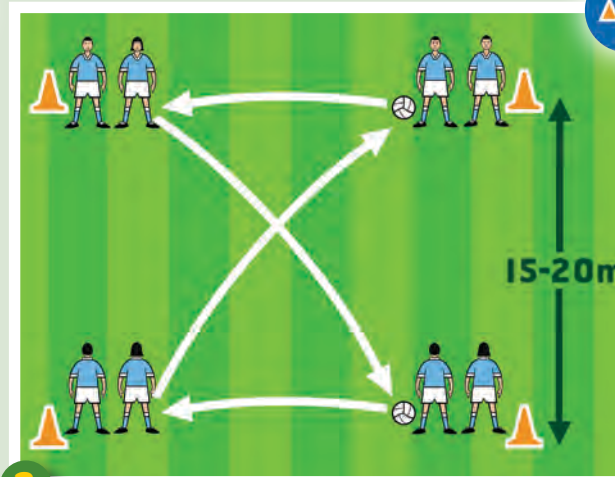
1 PARTNER KICK
Players in pairs. Mark out various distances.
Players to punt kick to partner over each distance.

10m 5m

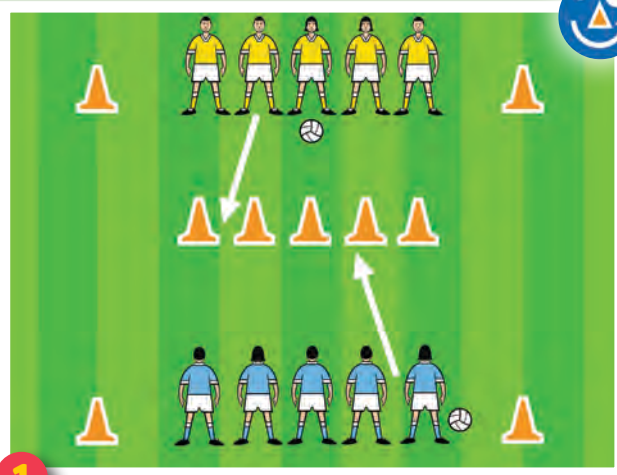**2 DOWN THE LINE**
Punt kick to partner at other end of the channel.

3 TURN AND KICK
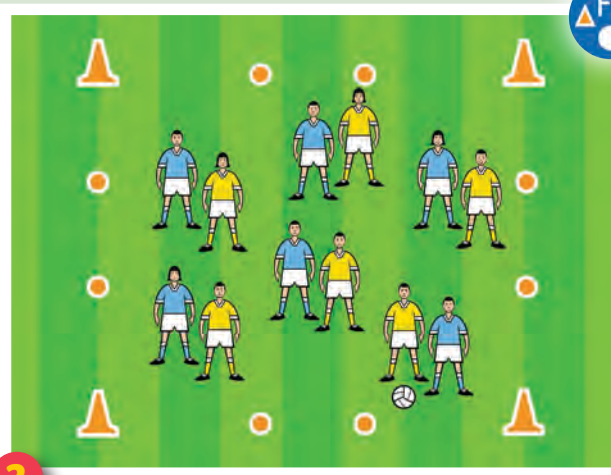Ball is punt kicked along the side and across the diagonal.

15-20m

PUNT KICK DEVELOP THE SKILL

1 HIT THE CONES
Players attempt to knock over the cones using the punt kick.

2 FOUR GOAL GAME
Place 4 goals – 1 in each corner of the pitch.
Teams attack and defend two sets of the goals.

VARIATIONS

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DESCRIPTIVE ICONS
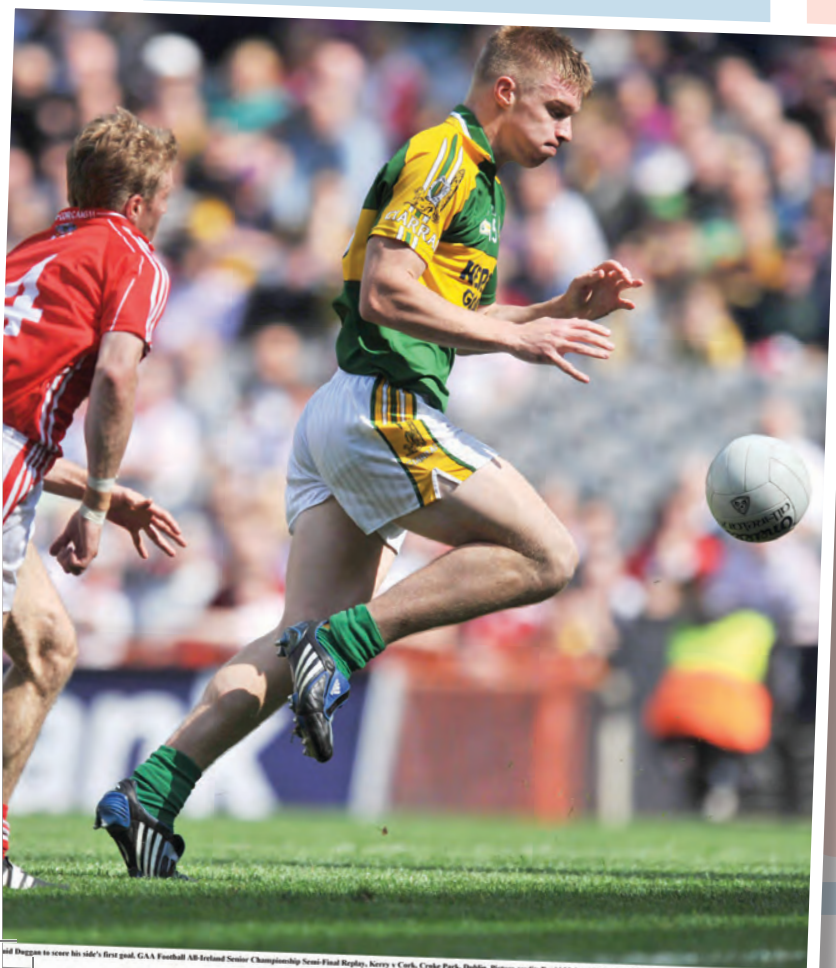
Basic Drill	Intermediate Drill	Advanced Drill	Fun Game	Modified Game	Game Play Routine

RUNNING

Running is a basic movement skill that involves the coordinated movement of the arms and legs. It is important that players have a good running technique and posture, as poor running technique can result in difficulty performing some skills and may lead to injury.

LEVEL 1 EXERCISES

1 BOP ALONG
Players sit with legs out in front. Swing each arm up as if running. Speed up as technique improves.

2 HIGH KNEE LIFT RUN
Players jog on the spot using an exaggerated high knee-lift.

To Coach this Skill use the **IDEA** method

I NTRODUCE the skill
D EMONSTRATE the technique
E XECUTE the activity
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id Duggan to score his side's first goal. GAA Football All-Ireland Senior Championship Semi-Final Replay, Kerry v Cork, Croke Park, Dublin. Picture credit: David Maher

LEVEL 2 EXERCISES

1 HEEL FLICKS
In a stationary position, place hands behind the back; one at a time flick heels to touch the hands.

2 RUN AND TURN
Place cones at various distances in a straight line. Run out and around each cone and back in turn.

3 STRAIGHT SLALOM RUN
Place a number of cones or poles 1m apart in a straight line. Players run in and out between cones without knocking them.

LEVEL 3 EXERCISES

1 BEAN BAG TRANSFER
Players work in teams. Players transfer bean bag from one marker to another before tagging next player who moves bean bag back.

2 TEAM PURSUIT
Mark out a square or circle using cones. Position players around the circuit. Players run around the circuit, chasing players in front.

VARIATIONS

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The Tackle in Gaelic Football

✔ SHOULDER CHARGE

✔ OPEN HAND TACKLE

✔ BLOCK DOWN

CLOSED FIST ✖

HOLDING OPPONENT ✖

PUSH IN BACK ✖
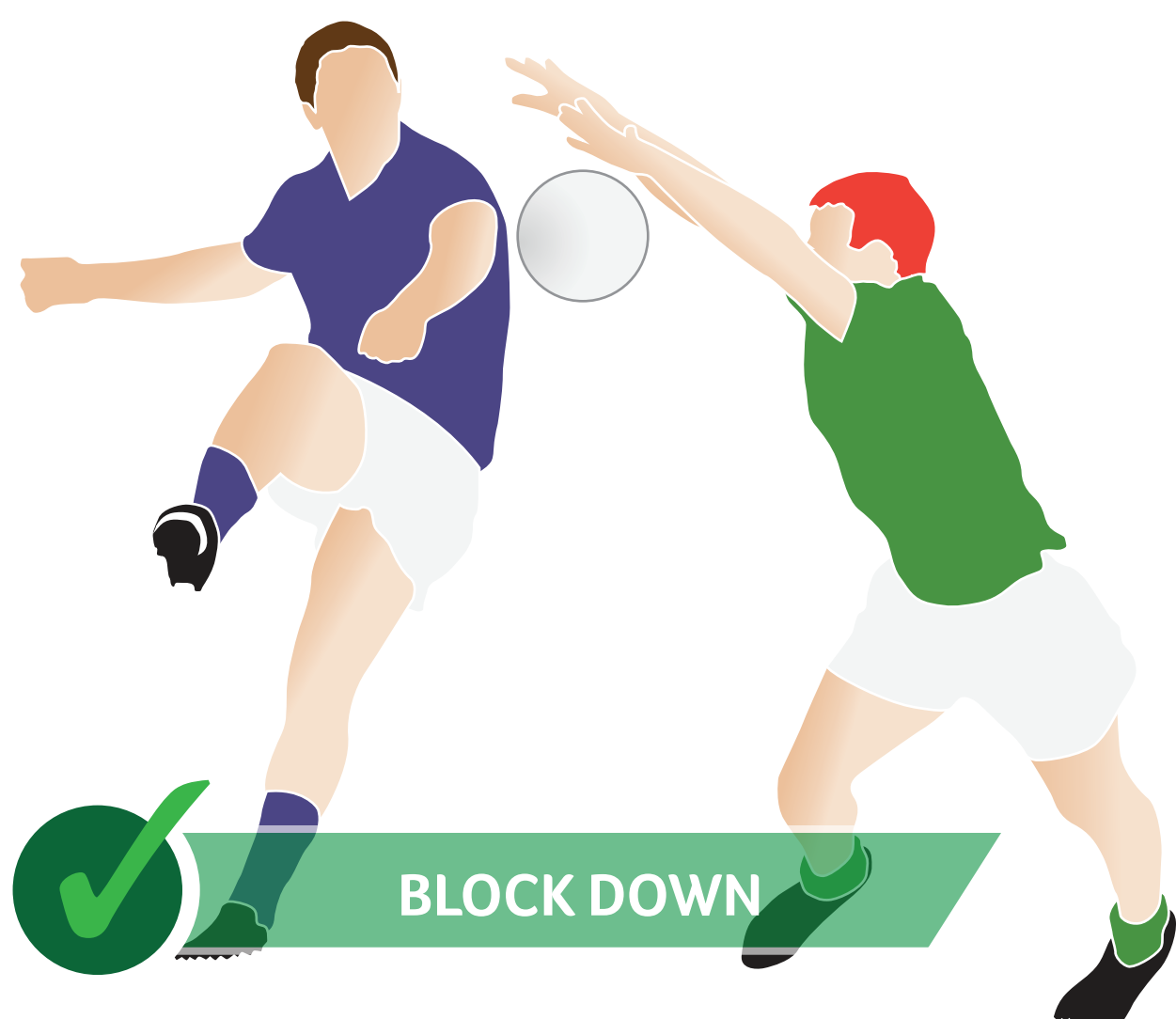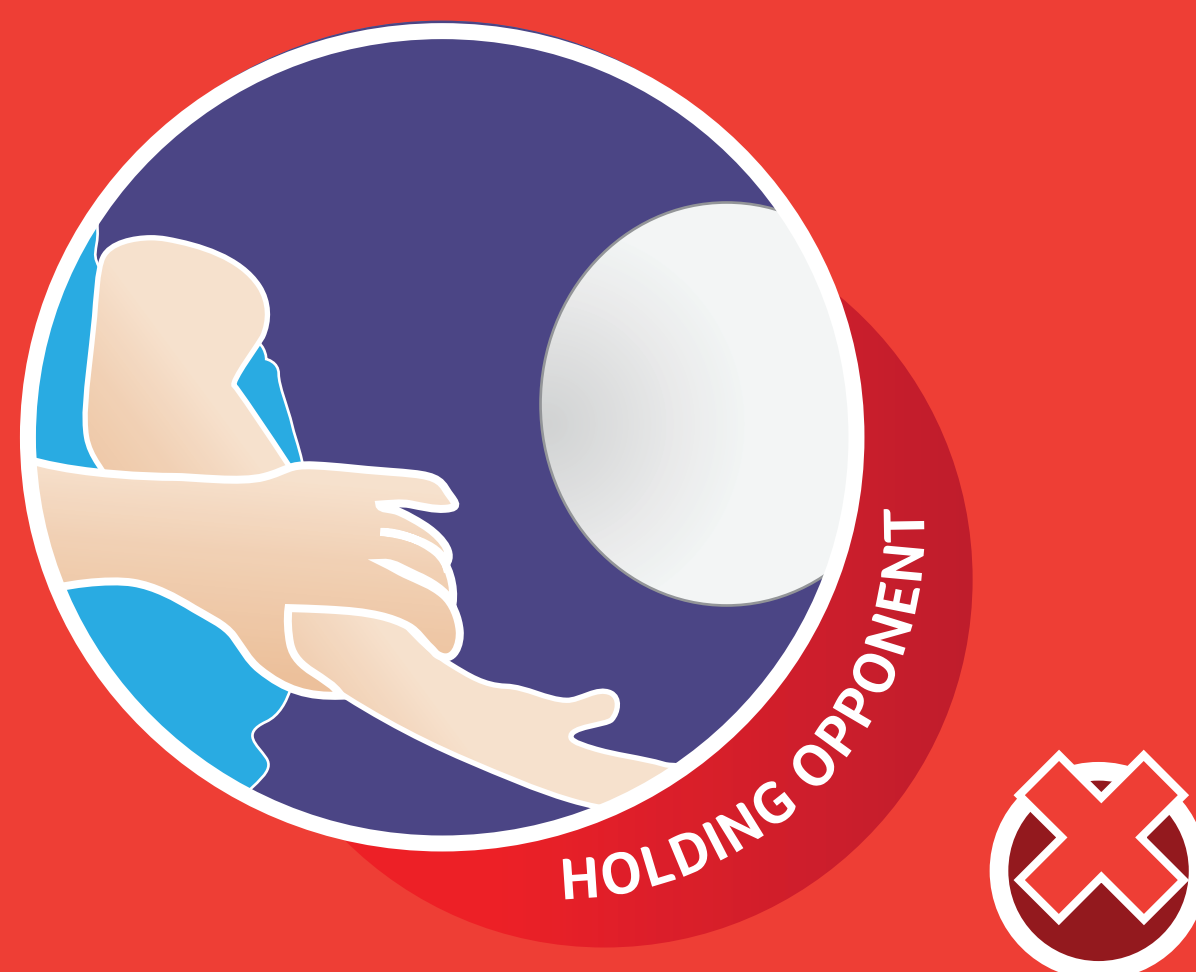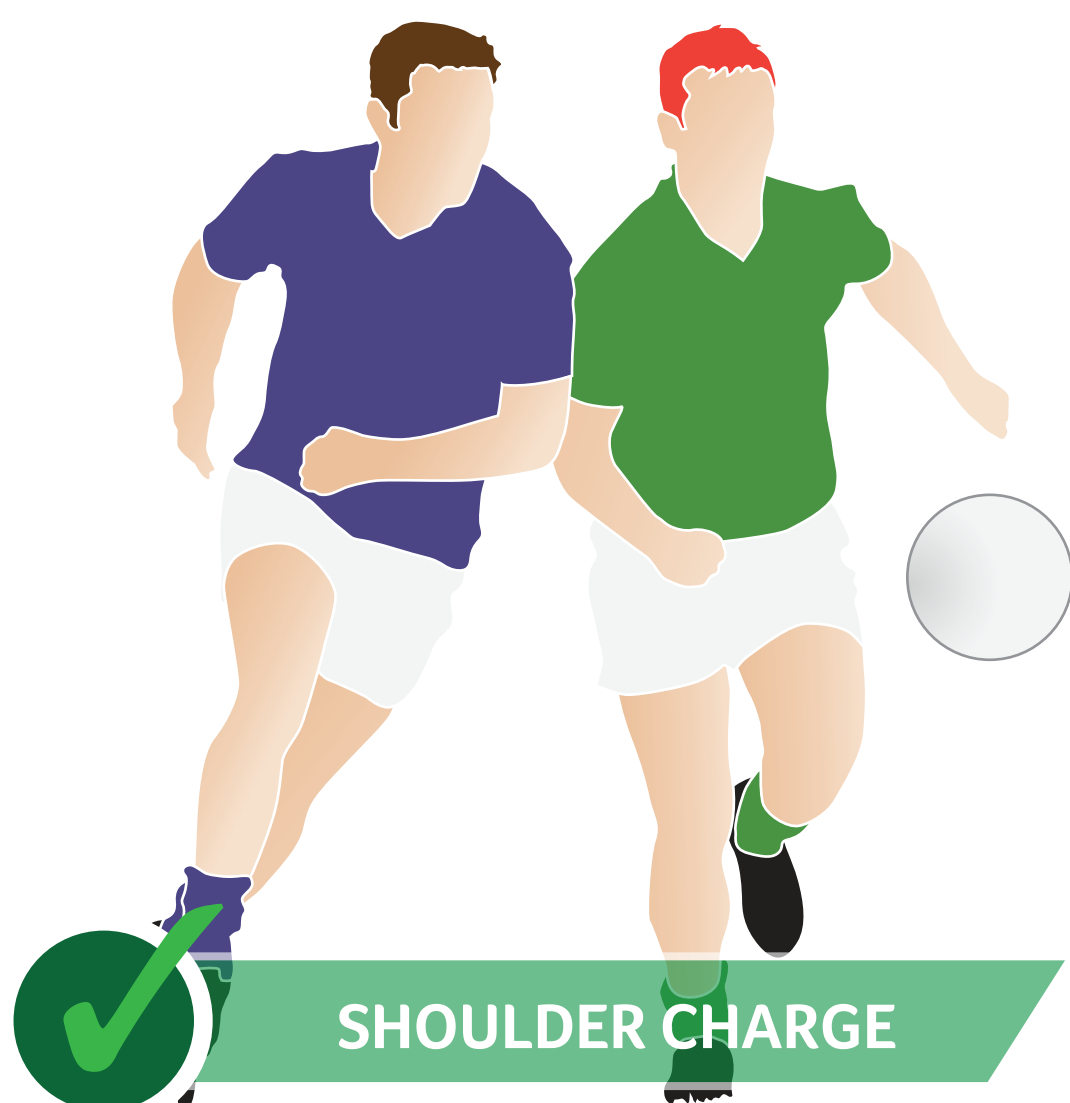
For More On The Skills of Gaelic Football View Here

www.learning.gaa.ie/footballskills

GAA Learning