

ADDITIONAL GAELIC FOOTBALL SKILLS

GAELIC FOOTBALL – Handling
Skill: Hammer Pass



KEY COACHING POINTS

HEAD

- Eyes on the ball

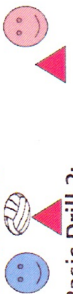
HANDS

- Ball is held on the hand
- Using other hand, close the fist, thumb is held over fingers, not inside
- Using clenched fist strike the ball to partner
- Use both R/L hands

FEET

- Feet shoulder width apart
- If striking with right hand, left foot is forward

Basic Drill 1:



Basic Drill 2:



Basic Drill 3:



LESS DEMANDING

BASIC DRILL 1:

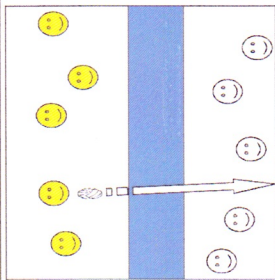
- Fist ball against a wall
- First ball about the ground
- Set ball on top of cone walk up and strike the ball off cone

BASIC DRILL 2:

- In pairs pass the ball to each other stationary

MORE CHALLENGING

- Progress to pass and move
- Progress to move and pass back to stationary partner
- Play 2 v 2 game



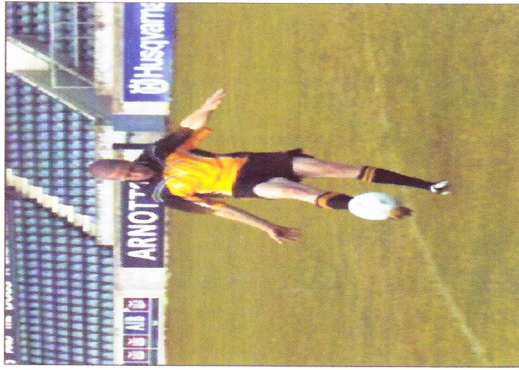
HOW TO PLAY

- Players use Hammer fist to strike the ball on the floor across the river to bypass opposition on other side
- If players do not stop the ball from going over their back line a point is awarded to other team
- First team to 10 wins

MAKE IT HARDER

- Introduce more balls
- Introduce Scout, playing in the other grid, teams try to pass the ball to scout, if they do they gain 2 points

Gaelic Football – Kicking
Skill: Free Kicks – Hook Punt



KEY COACHING POINTS

HEAD

- Look at target and then keep eyes on the ball
- Keep the head over the ball for 2 seconds after kicking

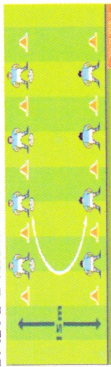
HANDS

- Point shoulder towards target
- Release the ball into the foot at the kicking side and extend the opposite arm away from the body and drop onto kicking foot

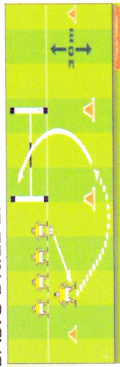
FEET

- Kick with inside of foot
- Follow through with the kicking leg across the body in the direction of the target

BASIC DRILL 1:



BASIC DRILL 2:



LESS DEMANDING Drill 1

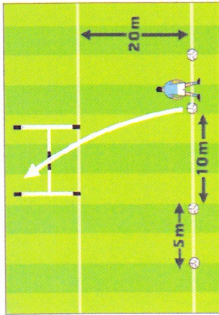
- In pairs hook kick the ball to partner, distance can vary

- Opposite foot can be used

MORE CHALLENGING Drill 2

- All players behind the goal
- First player solo's towards the cones round the 30m cone and Hook kicks for a point

- Repeat from other side
- Distance can be increased as skill improves



HOW TO PLAY

- Place 4 balls along the 20m line
- 2 balls, 5m either side of a point in line with the centre of the goal
- Player must attempt to score from each 1point for a score
- Place 10 balls at random 5m from end line and side lines
- Place cone on 45m line at centre
- Time player to shoot all 10 balls over the bar and record score
- Use this task to test your players every 4 weeks
- Reward player who makes most improvement

Gaelic Football – Kicking
Skill: Penalty Kick



KEY COACHING POINTS

HEAD

- Look for where you hope to make contact with ball
- Know where you are going to place it and do not change your mind
- Keep head down until ball is kicked

HANDS

- Use your arms for balance when kicking ball by bringing hand on kicking side out to the sides while the other arm moves forward in front of the body

FEET

- Set up - Stand over ball with support foot beside ball and kicking foot directly behind
- For power use the top of the laces, for accuracy use instep

BASIC DRILL - Kick For Goal



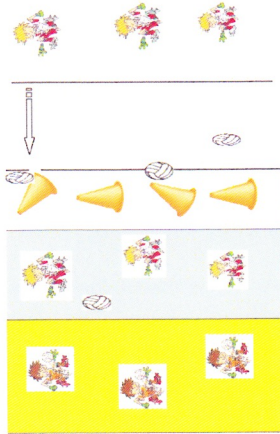
LESS DEMANDING

- 1 with 1 through the gap
- Wider goal
- Shorter distance
- Keeper has to turn to save

MORE CHALLENGING

- Smaller goal
- Increase distance
- Kick with weaker foot

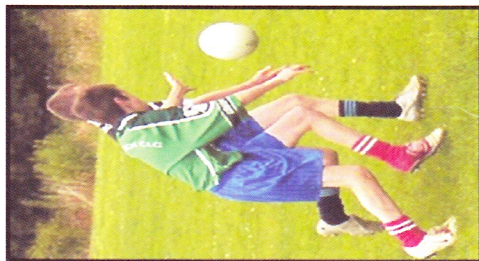
Cone Knock Down:



HOW TO PLAY

- Three teams of three
- One team are Feeders, yellow zone, one the Kickers white zone and a team to put up the cones blue zone
- Change roles e.g. every 2 minutes
- 3 Feeders punt balls over for Kickers to place and take spot kicks at cones
- Winner is team with most cones knocked down in a set time

GAELIC FOOTBALL - Tackling Skill: Near Hand Tackle



KEY COACHING POINTS

HEAD

- Eyes Focused On Ball
- Watch for when ball is free

HANDS

- Near hand reaches over and flicks ball away to your own advantage
 - Only attempt near hand tackle when ball is free
- NB** When ball is *not free* use *near hand to move opponent's arm out of the way so you can use your other hand to target the ball*

FEET

- Make ground until you are alongside your opponent
 - Stay alongside your player and target ball
 - Step across your opponent when ball is free with near leg
- N.B** (Not tripping your opponent)

BASIC DRILL 1: Walking Tackles



Basic Drill 2: Jogging Tackles

Basic Drill 3: Solo to Goal



LESS DEMANDING – In Pairs – No Ball

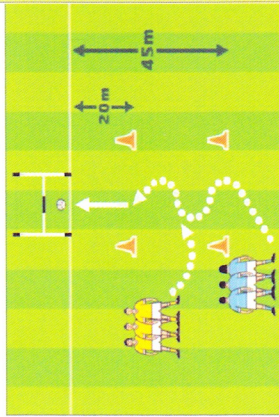
- Walk alongside and attempt the near hand tackle on your partner
- Your partner attempts an imaginary hand to toe every 4th stride
- Attempt above running

MORE CHALLENGING – In Pairs – Add ball

- Hand toe on every 4th stride for tackler to execute the near hand tackle
- Increase pace: walking, jogging, running
- Finish with a hot on goals

NB Near hand tackle only when ball is free.

Tackle Alley



HOW TO PLAY

- Divide players into 4 attackers (Blue) & 4 Defenders (Yellow)
- In turn 1 attacker (Blue) and 1 defender enters the channel
- The attacker attempts to get past defender to take a shot
- Defender uses near hand tackle to dispossess ball and recovers possession

Gaelic Football - Tackling

Skill: Blocking



A

B

KEY COACHING POINTS

HEAD

- Watch the ball all the way down onto the foot
- Keep your eyes open all the time

HANDS

- Keep your fingers close and hands close together
- Reach in with outstretched arms
- Block ball on foot

FEET

- Step leg nearest to opponent when ball is dropped from her/his hands
- Step other leg across to screen opponent and gather ball

Basic Drill 1



(fig. 1)

Int Drill 2



(fig. 2)

Adv Drill 3



(fig. 3)

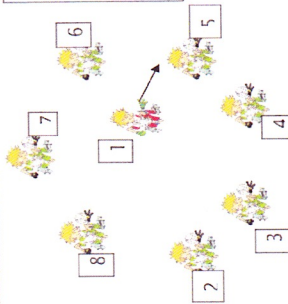
LESS DEMANDING

- Coach kneels, with ball in hands, player approaches, coach tosses ball up as player blocks the ball (fig. 1)
- Coach stands up, performs kicking action as player attempts a block on foot from kneeling position

MORE CHALLENGING

- In two's 1 kicker, 1 blocker starting from kneeling position (fig. 2)
- Progress to blocking from standing position
- Finish with a diving block (fig. 3)

Block Around the Clock

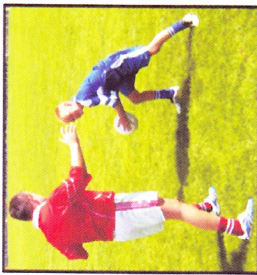


HOW TO PLAY

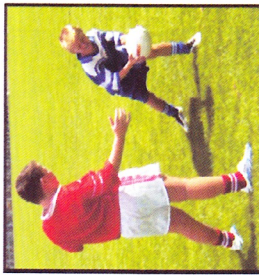
- 7- 8 Numbered players stand facing each other about two steps apart in a circle
- The players forming a circle have a ball each or every other player
- No.1 does not have a ball
- The aim is for No.1 to start inside the circle and move around attempting to block punt kicks from each player
- When finished No.2 begins etc.
- Go clockwise and anti clockwise

Gaelic Football – Evasion
Skill: Feint and Side Step

A



B



KEY COACHING POINTS

HEAD

- Looking forwards at all times keeping eyes on defender to decide when to execute the feint

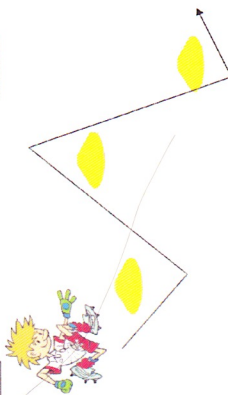
HANDS

- Use ball feint as you body feint (See A) by dipping shoulder and holding ball out to this side then....
- Keep ball well tucked into body on other side of defender as you evade
- Use other hand to ward off defender
- Use low bounce out of the tackle

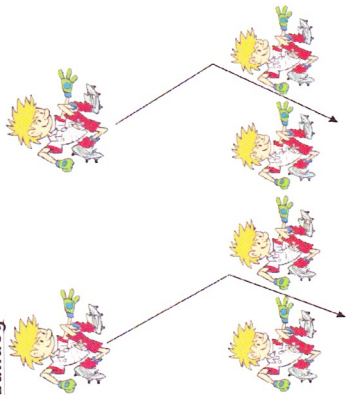
FEET

- Use Hand To Toe as you move towards defender
- Try and increase speed as you near defender
- Prepare to use feint about 2/3 strides in front of defender
- Move one foot quickly in feint direction by....
Firmly planting feint foot to take body weight and then push hard off this foot in the opposite direction (See B)
- Receive weight onto other foot and continue to move off in this direction

Start



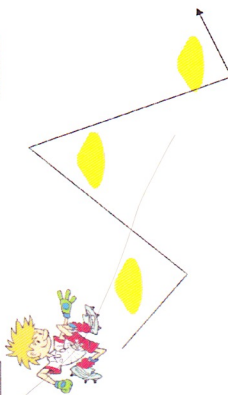
Bulldog



HOW TO PLAY

- Players attempt to pass bulldogs in the middle and get to the other side using a feint & side step without being touched
- Start with a few bulldogs and gradually introduce more as skill improves

Finish



LESS CHALLENGING

- Use spaced out domes to practice their evasion skills
- Walk through initially before jogging and then running
- Repeat above with a ball

MORE CHALLENGING

- Pairs - Replace cones with players (no tackle, arms behind back-on one leg etc)
- Above defender allowed to use one hand only to tackle
- Above full pressure and attacker finishes with a shot on goal

GAEILIC FOOTBALL - Evasion
Skill: Swerve



KEY COACHING POINTS

HEAD

- Look up as you approach defender and decide early where to evade
- Look for spaces to accelerate into

HANDS

- Position ball away from defender using BAD principle i.e. B- Ball, A - Attacker & D - Defender
- Use low bounce out of the tackle

FEET

- Use solo as you approach defender
- Use front foot to step across opponent about 2/3 strides away as shown
- Continue to stride off in this direction

Stage 1



Stage 2



Stage 3



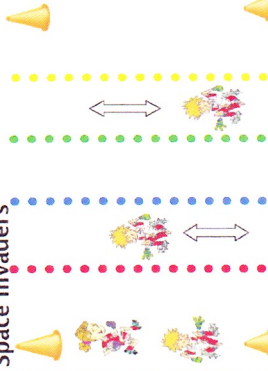
LESS DEMANDING

- Swerve past each pole while walking
- Add a ball while jogging

MORE CHALLENGING

- Players approach poles at speed with ball attempting to swerve past
- Pairs - Remove poles and attempt to swerve past partner with hands behind back
- Evade with defender using full pressure
- Finish with a shot at a target

Space Invaders



HOW TO PLAY

- 2 defenders in 2nd and 4th zone as shown
- 2 Attackers aim to get to opposite side of grid by swerving past defenders
- Defenders not allowed out of their zone
- Point for each time attackers cross the grid
- Reverse the roles after 30 seconds

VARIATION

- Add more defenders
- Add a set of goals to finish with a shot

Under 8 Gaelic Football - Additional Skills

Gaelic Football - EVASION Skill: Ball Feint



KEY COACHING POINTS

HEAD

- Head looking at ball and in direction your running

HANDS

- Hold ball tight and feint to bounce ball or 'show' ball as if to move in that direction
- Just as you feint to bounce /show ball pull it back quickly and move off in opposite direction

FEET

- Step to side as shown
- Drive off outside foot to go in other direction

BASIC DRILL 1



BASIC DRILL 2



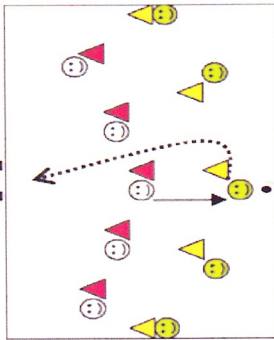
LESS DEMANDING

- Use domes to practice ball feints initially
- Give forward more space to attack defender
- Defender must intercept attacker with both hands behind back then one hand
- Restrict defender's space
- Attacker can use as many steps as possible without solo or bouncing ball

MORE CHALLENGING

- Give forward less space to attack defender
- Must pass line behind defender or shoot for goal to score
- Defender allowed to use hands to dispossess ball

H



Feeder

HOW TO PLAY

- Nos. Pairs 1, 2 etc.
- Coach calls out one pair at a time
- Green player comes out and receive ball from Feeder
- Turn and attack the defender using ball feint
- Once past defender must shoot for point/goal
- Allow 2 Attackers to attack 2 Defenders

GAEILIC FOOTBALL – Evasion
SKILL: Solo - Feint/Dummy



KEY COACHING POINTS

HEAD

- Eyes on ball but look up to see what's happening to help you make quick decisions

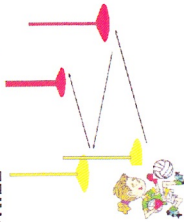
HANDS

- Holding ball in both hands
- Drop with right hand to right foot/ left hand to left foot as if to punt

FEET

- Ball dropped to toe to pretend to punt ball
- Use 'Soft Foot' to bring ball back up same side into hands at waist height as shown
- Move off past defender on the other side as he anticipates a punt

DRILL



Get to the other side



LESS DEMANDING

- Solo towards poles and attempt solo feint
- Encourage right foot solo at first pole, left foot solo at 2nd etc.
- Attempt at slow pace before speeding up

MORE CHALLENGING

- Pairs - Replace agility poles with players to apply pressure but not to tackle by demanding they keep hands behind their backs
- Allow defenders to tackle

HOW TO PLAY

- Use spaced out hoops with players inside them
- Players inside hoops cannot move outside them by keeping one foot or both feet inside the hoop
- Ball carriers must solo across to other side practising their solo feint on defenders in the hoops
- How many defenders can they 'solo dummy'?

Gaelic Football: Evasion
Skill: The Roll



'Roll' off the right shoulder

Pivot on your 'Plant' foot and swing your outside leg around

Change the ball to the outside arm as you break the tackle

KEY COACHING POINTS

(For a roll off the right shoulder)

HEAD

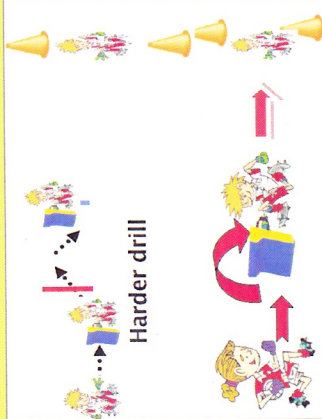
- Head up and use right shoulder to make the tackle

HANDS

- Change ball to the outside arm before engagement
- As player rolls from tackle switch into outside arm again
- Use low bounce as you move off

FEET

- Plant right foot and step in to tackle bag leading with right shoulder
- Pivot on this foot and swing left leg around to pass defender
- Drive off hard past defender



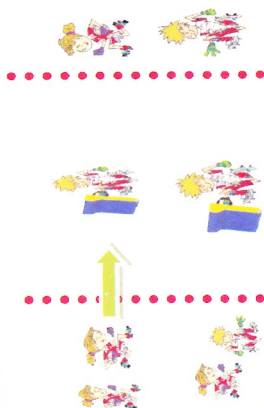
Harder drill

LESS DEMANDING

- Attempt while walking without ball concentrate on feet movement, i.e. planting the foot, then progress to switching hands

MORE CHALLENGING

- Introduce ball and attempt roll on tackle bag while jogging and then at full speed as skill improves
- Replace tackle bag with defender attempting tackle with hands behind back



HOW TO PLAY

Roll over

- 8 Players line up as shown
- 2 players must go past the defenders taking a roll tackle before passing off the shoulder to support player and then soloing over the end line to pass to next 2 players
- Next two players then attack etc.
- Remember to solo into the tackle, execute the roll and hand pass to support player