



CONNACHT

GAA

Session 1

Skill Focus – Body Catch:

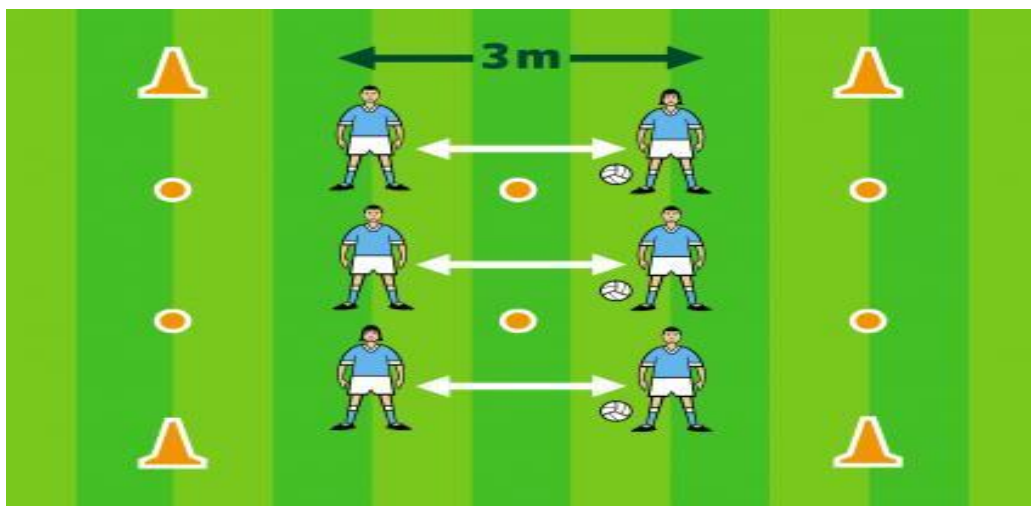
Key Teaching Point for the Body Catch

- Move to receive the ball between the arms and the chest. Eyes on the ball
- Extend the arms in front of the chest with elbows close together and palms facing up
- Relax the chest on impact to cushion the ball into a secure position with both hands

More exercises on links below

Click [here](#) for GAA E-Learning Planner
Click [here](#) for Connacht Nursery Programme

Exercise 1 – Throw & Body Catch - 10minutes



Video Link to Exercise

<https://youtu.be/i1tyQFZvNr4>

Organisation

- Divide the group into pairs, one football per pair
- The players stand approximately 3 meters apart
- Each player in turn throws the ball underarm for their partner to body catch
- Count the number of successful catches in 30 seconds

Variation

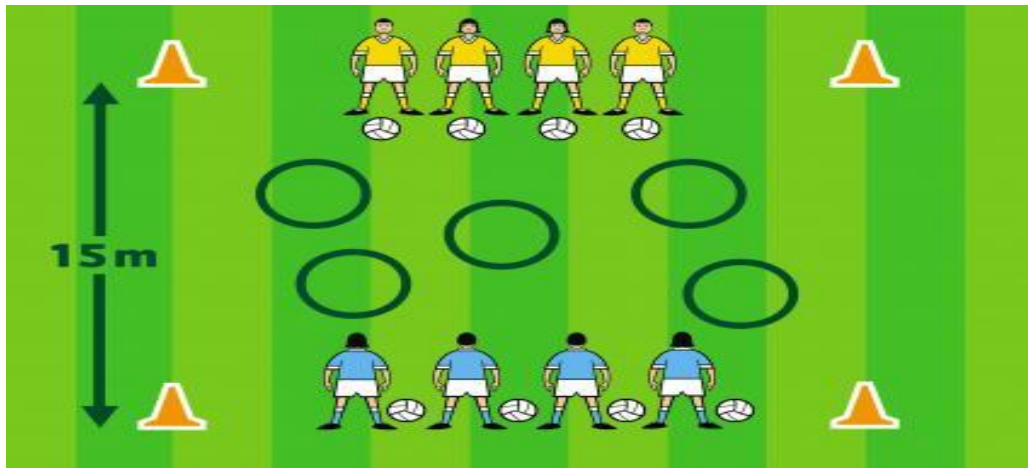
Space - To increase the challenge move the players further apart as their technique improves

More exercises on links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – Over the River - 10minutes



Video Link to Exercise

<https://youtu.be/6FWPhHMhgqA>

Organisation

- Mark out a grid or 'court' using cones
- Use cones, net or hoops to divide the court (depending on equipment available)
- Divide the players into two teams of 4
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch
- The opposition team must use the Body Catch technique
- 1 point is awarded if the opposition fail to catch the ball using the body catch, or if the ball is dropped
- Award 1 point to the opposition if the ball is thrown outside the court

Variation

Reduce or increase the number of players on each team depending on ability levels to provide more touches on the ball

More exercises on links below

Click [here](#) for GAA E-Learning Planner

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Exercise 3 – Piggy in the Middle - 10minutes



Video Link to Exercise

<https://youtu.be/b47BUO8rP4w>

Organisation

- Mark out a grid 5m by 5m using cones
- Divide the players into groups of five
- Position one player along each length of the grid
- Position the fifth player in the middle of the grid
- The outside players must move along the lengths of the grid throwing the ball to each other to retain possession
- The ball must be caught using the Body Catch technique
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'
- Switch players from the middle after 30 seconds

Variation

Space - To increase the difficulty increase the size of the grid

More exercises on links below

Click [here](#) for GAA E-Learning Planner
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Weekly Skills Challenge



Video Link to Exercise:

<https://www.youtube.com/watch?v=i6tlp6MdQR8>

Organisation

- Set up a marker 3 steps away from the wall
- Using an underhand throw, throw the ball against the wall and catch it at the chest after one bounce
- See how many clean body catches you can make in 30 seconds
- Try to beat your score!

More exercises on links below

Click [here](#) for GAA E-Learning Planner

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CONNACHT

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Session 2

Skill Focus – Body Catch:

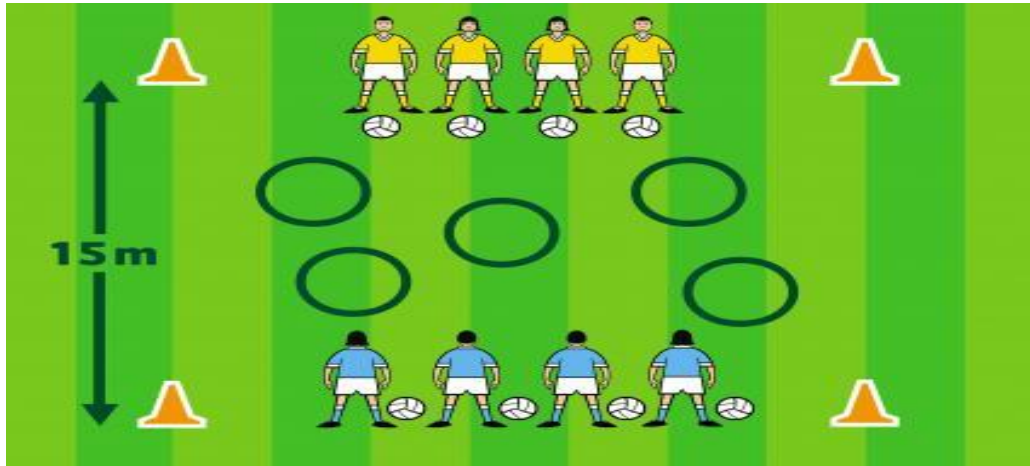
Key Teaching Point for the Body Catch

- Move to receive the ball between the arms and the chest. Eyes on the ball
- Extend the arms in front of the chest with elbows close together and palms facing up
- Relax the chest on impact to cushion the ball into a secure position with both hands

More exercises on links below

Click [here](#) for GAA E-Learning Planner
Click [here](#) for Connacht Nursery Programme

Exercise 1 – Over the River - 10minutes



Video Link to Exercise

<https://youtu.be/6FWPhMHggA>

Organisation

- Mark out a grid or 'court' using cones
- Use cones, net or hoops to divide the court (depending on equipment available)
- Divide the players into two teams of 4
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch
- The opposition team must use the Body Catch technique
- 1 point is awarded if the opposition fail to catch the ball using the body catch, or if the ball is dropped
- Award 1 point to the opposition if the ball is thrown outside the court

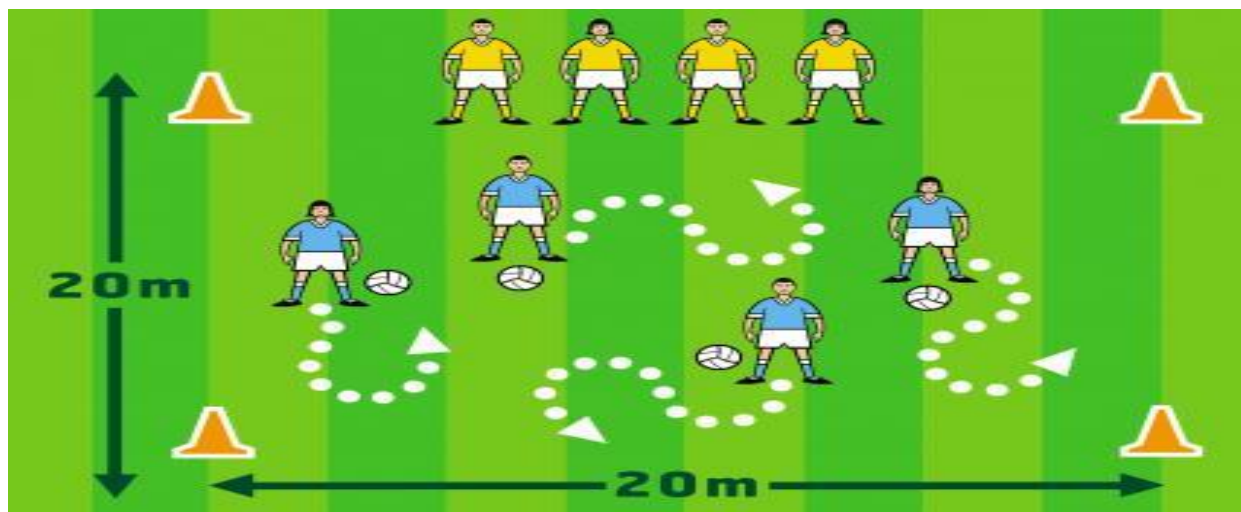
Variation

Reduce or increase the number of players on each team depending on ability levels to provide more touches on the ball

More exercises on links below

Click [here](#) for GAA E-Learning Planner
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Exercise 2 – Bounce – Bounce King - 10minutes



Video Link to Exercise

<https://youtu.be/EYztQTjgZDA>

Organisation

- Mark out a grid 20m by 20m
- Divide the players into two equal teams
- Team 1 starts inside the grid and each player has a ball
- On the whistle, each player moves around the grid in different directions, bouncing the ball after every four steps
- After a short time, each member of Team 2 enters the grid, attempting to dispossess a member of team 1
- The team of the player who keeps possession for the longest time wins
- Switch the roles after a set time

Variation

Play the game on an individual basis awarding the game to the player who keeps possession for the longest time

More exercises on links below

Click [here](#) for GAA E-Learning Planner
Click [here](#) for Connacht Nursery Programme

Exercise 3 – Piggy in the Middle - 10minutes



Video Link to Exercise

<https://youtu.be/b47BUO8rP4w>

Organisation

- Mark out a grid 5m by 5m using cones
- Divide the players into groups of five
- Position one player along each length of the grid
- Position the fifth player in the middle of the grid
- The outside players must move along the lengths of the grid throwing the ball to each other to retain possession
- The ball must be caught using the Body Catch technique
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'
- Switch players from the middle after 30 seconds

Variation

To increase the difficulty, increase the size of the grid

More exercises on links below

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Weekly Skills Challenge



Video Link to Exercise:

<https://youtu.be/8xiHLNwmSkI>

Organisation

- Set up a marker 3 steps away from the wall
- Using an underhand throw, throw the ball against the wall and catch it at the chest without the ball hitting the ground
- See how many clean body catches you can make in 30 seconds
- Try to beat your score!

More exercises on links below

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Session 3

Skill Focus – Hand Pass

Key Teaching Points for the Hand Pass

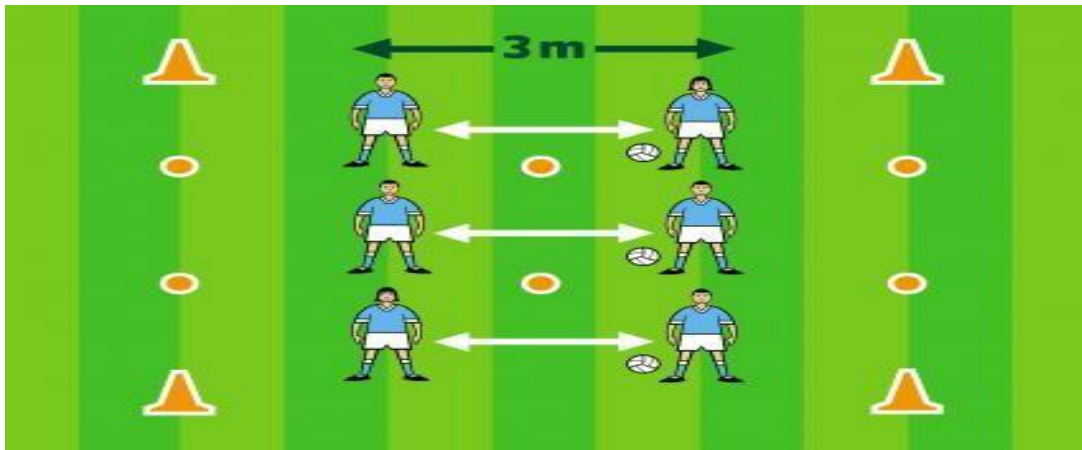
- Support the ball on the palm of one hand in front of the body
- Swing back and extend the striking arm with eyes on the ball
- Lean forward and strike through the middle of the ball with the open hand
 - Follow through the strike in the direction of the pass

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1- Hand Pass to Partner - 10 minutes



Video Link to Exercise

<https://youtu.be/9RDMHBMuxlo>

Organisation

- Divide the group into pairs with one ball per pair
- Use cones to ensure that each pair has adequate space to perform the technique in a stationary position
- Partners stand approximately 3 metres apart
- Each player in turn hand passes the ball to their partner
- Continue the routine for approximately 1 minute then switch partners

Variation

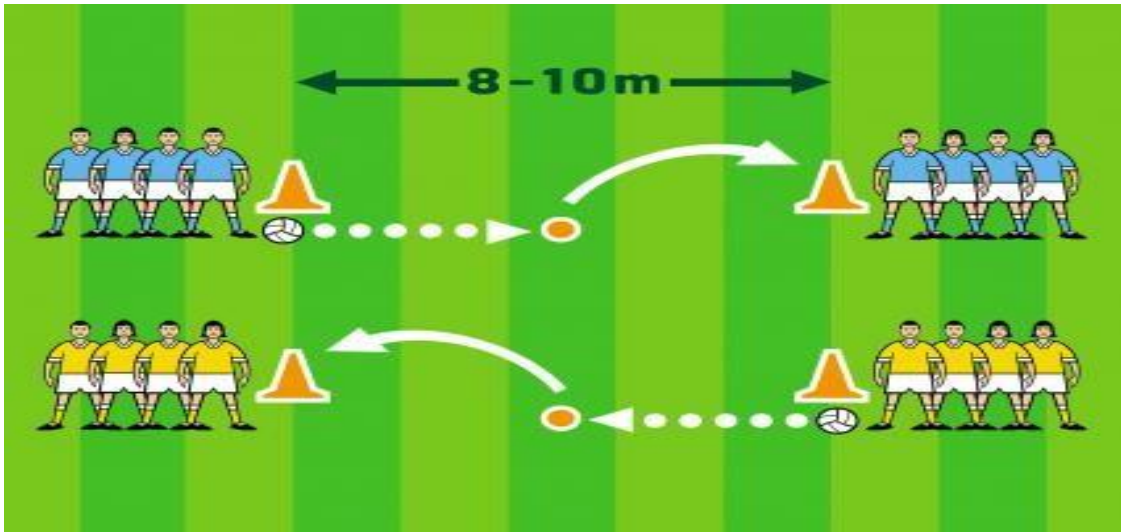
To increase the challenge, move the players further apart as their technique improves.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – Move & Pass - 10 minutes



Video Link to Exercise

<https://youtu.be/gDCiLmWpRc0>

Organisation

- Divide the players into groups of 8 with one ball per group
- Mark out a distance of approximately 8 to 10 metres using cones
- Place a marker half way between the outer cones
- Four players line up at either cone
- The player in possession jogs forward and hand passing the ball from the marker to the first player on the far side
- This player then repeats the drill
- Each player follows on to line up at the back of the opposite line after their hand pass

Variation

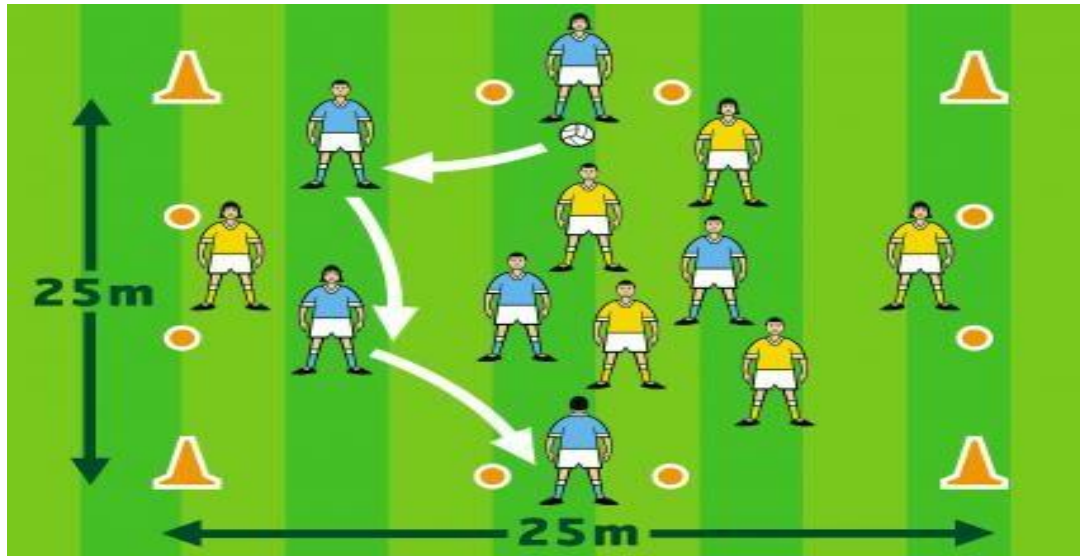
To increase the difficulty, increase the distance the players must pass the ball

For more details on exercises see links below

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Exercise 3 – Captain Ball - 10 minutes



Video Link to Exercise

<https://youtu.be/oIJ7rZY2aoU>

Organisation

- Mark out a playing area approximately 25m by 25m with a goal (2m by 2m) in the centre of each line
- Divide the players into even teams with two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by hand passing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score the goalkeeper must pass the ball to the opposition to restart the game

Variation

Increase the area to challenge the player's fitness.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/arlvQCxDezA>

Organisation

- Lay down a marker 2 metres from a wall
- Hand pass the ball as many times as possible off the wall in 20 seconds, catching it each time

Variation:

Increase the distance from the wall or alternate every second hand

For more details on exercises see links below

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Session 4

Skill Focus – Hand Pass

Key Teaching Points for the Hand Pass

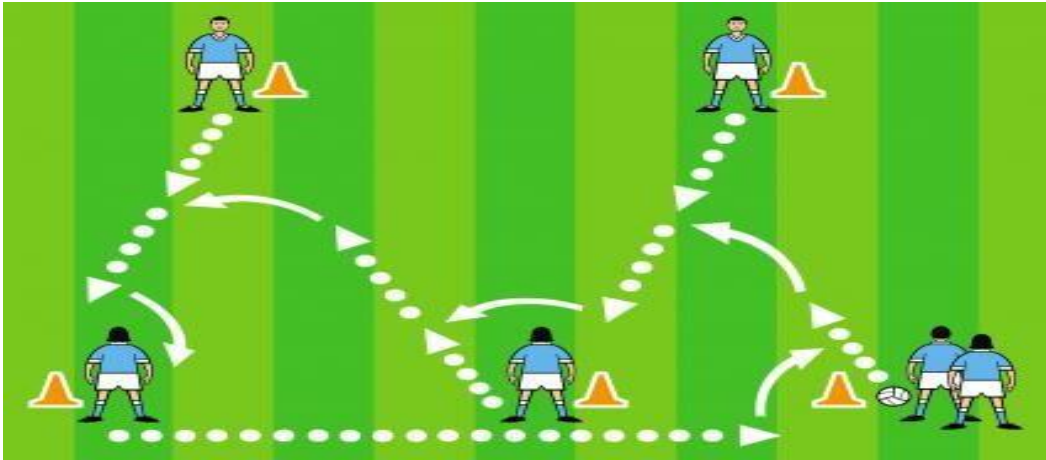
- Support the ball on the palm of one hand in front of the body
- Swing back and extend the striking arm with eyes on the ball
- Lean forward and strike through the middle of the ball with the open hand
 - Follow through the strike in the direction of the pass

For more details on exercises see links below

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Exercise 1 – Zig Zag Pass - 10 minutes



Video Link to Exercise

<https://youtu.be/OXCDh1q-n0U>

Organisation

- Place 5 markers in a zig-zag formation approximately 10m from each other
- Two players line up at the first marker with the first player holding the ball
- One player is positioned at each of the other markers
- Each player in turn passes the ball in front of the next player so that they must move forward to receive the ball before following on to take up their position
- The last player plays the ball back to the first marker and so the drill continues
- Encourage the players to use their right hand when the receiver is to the left and vice versa

Variation

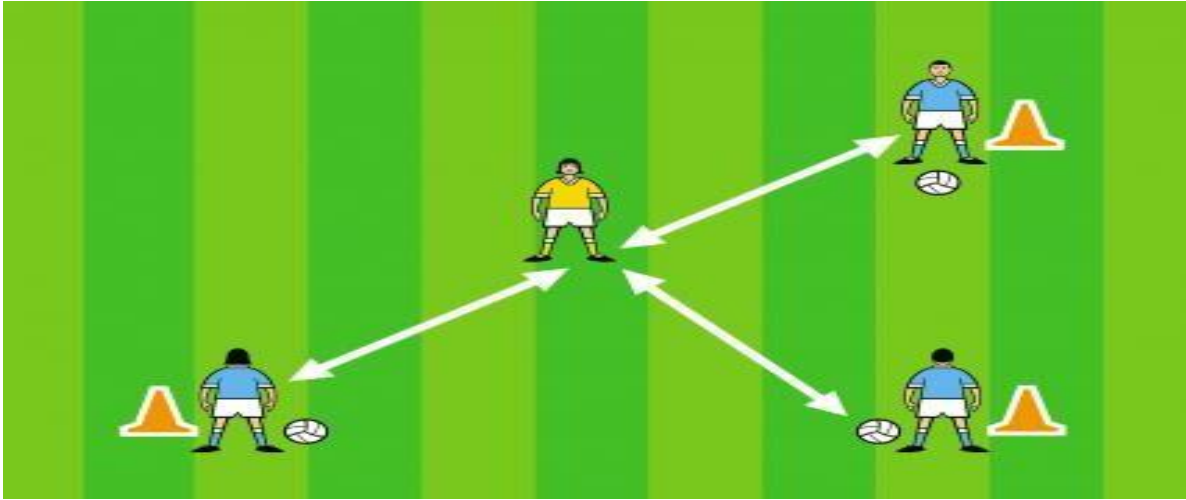
To increase the difficulty of the drill, introduce a second ball

For more details on exercises see links below

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Exercise 2 – Pressure Pass - 10 minutes



Video Link to Exercise

<https://youtu.be/3UKjg-ep79c>

Organisation

- Divide the players into groups of 4 as shown
- Three players act as feeders with one ball each
- The fourth player acts as the 'central' player
- The 'central' player must take and return a pass from each player in turn for a set period of time, e.g. 30 seconds
- Reverse the roles to provide each player with an opportunity to be the 'central' player

Variation

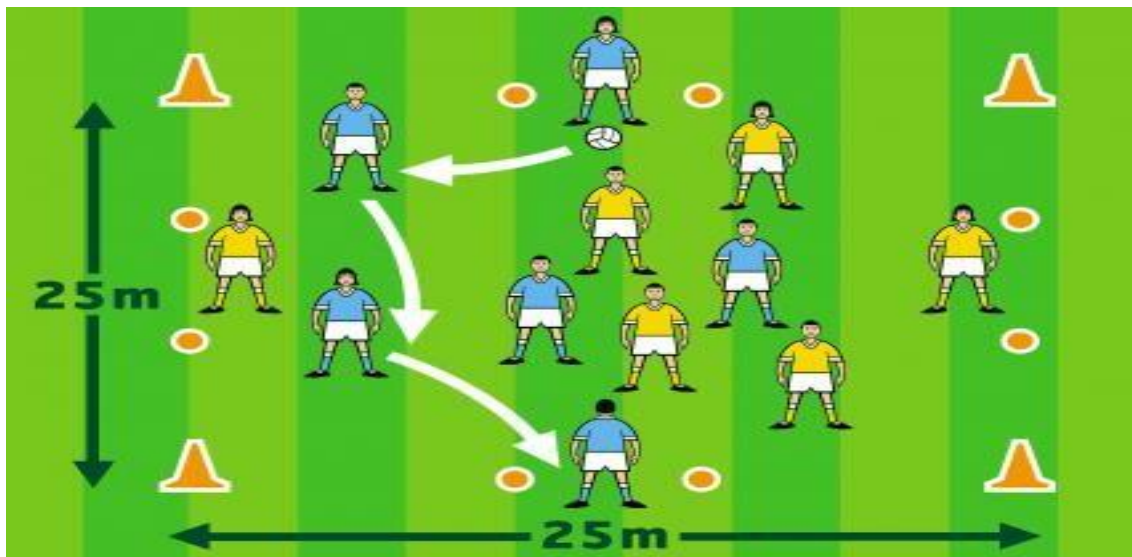
To increase the difficulty of the drill the feeder players pass the ball as the 'central' player is returning the previous pass

For more details on exercises see links below

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Exercise 3 – Captain Ball - 10 minutes



Video Link to Exercise

<https://youtu.be/oIJ7rZY2aoU>

Organisation

- Mark out a playing area approximately 25m by 25m with a goal (2m by 2m) in the centre of each line
- Divide the players into even teams with two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by hand passing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score the goalkeeper must pass the ball to the opposition to restart the game

Variation

Increase the area to challenge the player's fitness

For more details on exercises see links below

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Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/arlvQCxDezA>

Organisation

- Lay down a marker 2 metres from a wall
- Hand pass the ball as many times as possible off the wall in 20 seconds, catching it each time

Variation:

Increase the distance from the wall or alternate every second hand

For more details on exercises see links below

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Session 5

Skill Focus – Solo

Key Teaching Points for the Solo

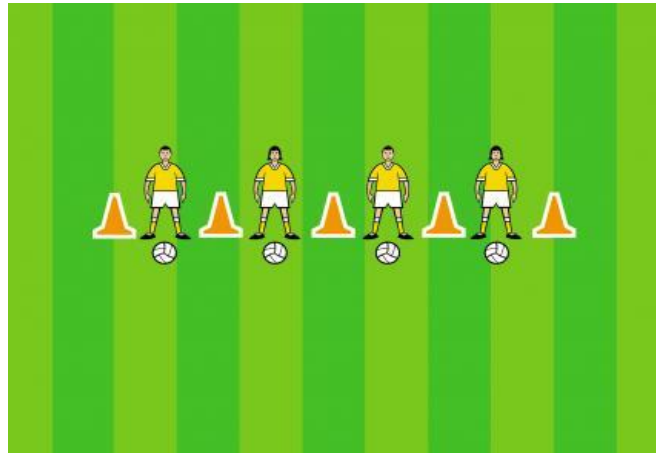
- Release the ball into the hand at the kicking side. Eyes on the ball.
- Step forward with your non – kicking foot. Drop the ball onto the kicking foot.
 - Flick the toe upwards towards the body. Straighten the leg.
 - Extend the arms forward to catch the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Toe Tap - 10 minutes



Video Link to Exercise

<https://youtu.be/M6VeUoiLcu0>

Organisation

- Each player has a ball.
- Ensure each player has adequate space to perform the technique in a stationary position.
- On the whistle, the players solo the ball on the spot.
- The players count how many times they can solo the ball successfully in 30 seconds.
- Start again if the ball is dropped or if the ball goes above the head.
- Set a target for each player depending on their ability.
- Players repeat the drill using the opposite leg.

Variation

Organise the drill in pairs with the partners counting for each other.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – Toe Tap & Stationary Pass - 10 minutes



Video Link to Exercise

<https://youtu.be/pWv1oZPrhSs>

Organisation

- Divide the group into pairs; one ball per pair.
- Partners face each other approximately 4m apart.
- The player in possession solos the ball and fist passes to their partner who repeats the drill.
- The players must use the opposite leg each time.
- Continue the drill for a set time.

Variation

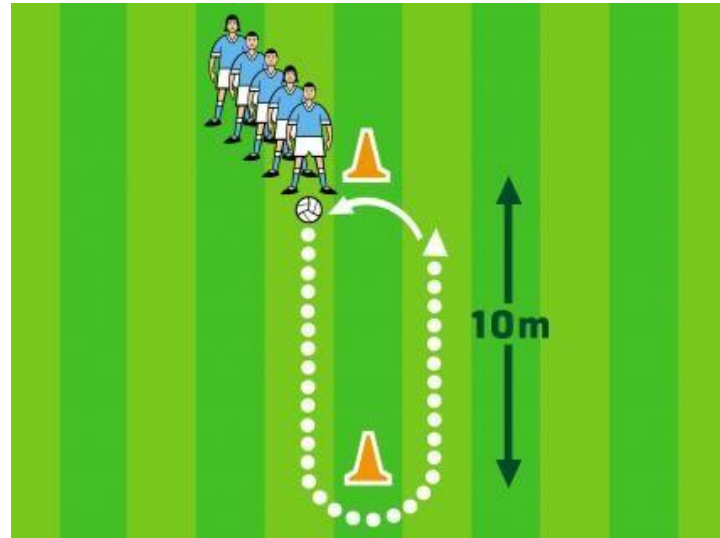
Allow the receiving player to move around the soloing player each time to increase the difficulty.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 3 – Toe Tap & Fist Pass - 10 minutes



Video Link to Exercise

<https://youtu.be/LyXuGWQE30Q>

Organisation

- Mark out a distance of 10m using cones.
- Divide the players into groups of 5; one ball per group.
- The players line up behind one of the cones.
- In turn each player solos out and around the far cone, fist passing for the next player as they returns to the back of the line.
- Continue the drill for a set time.
- Repeat the drill using the opposite foot.

Variation

Increase the speed of the drill as the players become more proficient.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Weekly Skills Challenge



Video Link to Exercise

https://youtu.be/Zvx5s_FqW9o

Organisation

- Setup 3 cones 4m apart.
- Start at one end cone.
- Start by moving forward 4 steps to the middle cone and solo with the right foot.
- Continue onto the end cone with 4 steps and bounce the ball with the right hand at the cone.
- Come back and solo at the middle cone with the left foot and move to the end cone and bounce the ball with the left hand.
- Count the number of solos the player performs in 30 seconds.

For more details on exercises see links below

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Session 6

Skill Focus – Solo

Key Teaching Points for the Solo

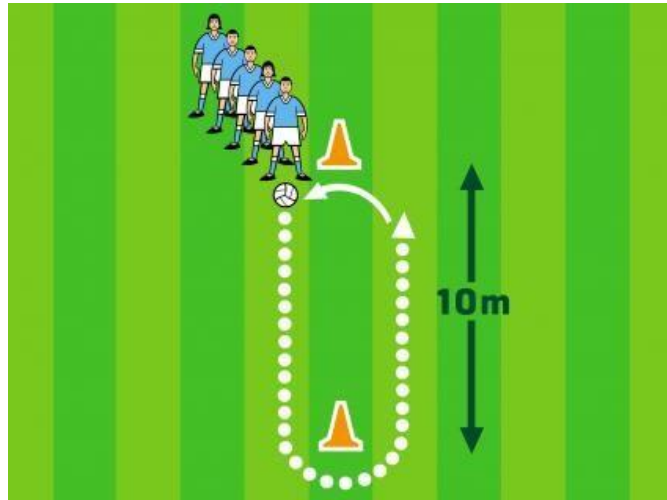
- Release the ball into the hand at the kicking side. Eyes on the ball.
- Step forward with your non – kicking foot. Drop the ball onto the kicking foot.
 - Flick the toe upwards towards the body. Straighten the leg.
 - Extend the arms forward to catch the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Toe Tap & Fist Pass - 10 minutes



Video Link to Exercise

<https://youtu.be/LyXuGWQE30Q>

Organisation

- Mark out a distance of 10m using cones.
- Divide the players into groups of 5; one ball per group.
- The players line up behind one of the cones.
- In turn each player solos out and around the far cone, fist passing for the next player as they returns to the back of the line.
- Continue the drill for a set time.
- Repeat the drill using the opposite foot.

Variation

Increase the speed of the drill as the players become more proficient.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – Toe Tap & Relay - 10 minutes



Video Link to Exercise

<https://youtu.be/FsGudkZl5To>

Organisation

- Divide the players into groups of 5, one ball per group.
- Mark out a distance of 12m using cones.
- Place 4 poles or more cones at equal intervals between the outer cones.
- Alternatively, 4 of the players may act as the obstacles.
- The players line up at one end.
- Each player in turn solos the ball in and out between the poles, or their team mates.
- When soloing to the left the players should use their left leg and when soloing to the right the players should use their right leg.

Variation

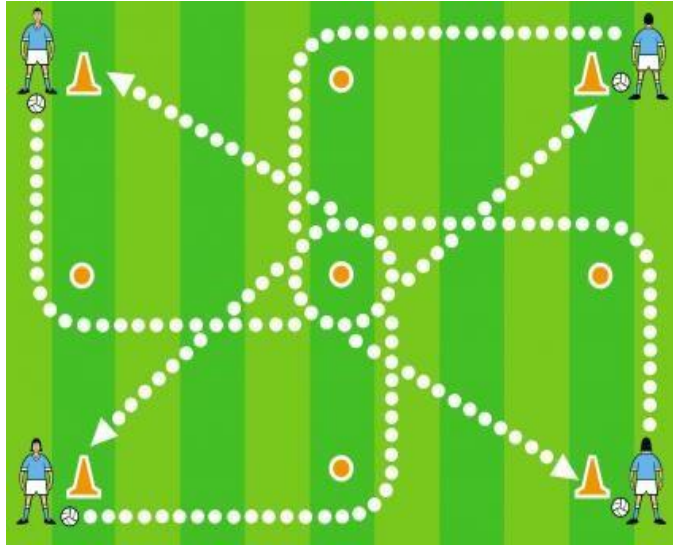
Increase the distance between the poles and incorporate a bounce between toe taps.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 3 – Crazy Solo - 10 minutes



Video Link to Exercise

<https://youtu.be/rJ9WPlg1ix8>

Organisation

- Mark out a grid using cones as shown.
- Place a further cone in the centre of the grid.
- Divide the players into groups of 3; one ball per group.
- Each group of 3 line up at a corner cone.
- The first player in each group solos with the ball in an anti-clockwise direction around the next cone, then the centre cone, and back to their corner.
- The players must be aware of each other's movements as they round the centre cone.

Variation

Allow the players to attempt to knock the ball from the other players as they round the centre cone.

For more details on exercises see links below

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Weekly Skills Challenge



Video Link to Exercise

https://youtu.be/Zvx5s_FqW9o

Organisation

- Setup 3 cones 4m apart.
- Start at one end cone.
- Start by moving forward 4 steps to the middle cone and solo with the right foot.
- Continue onto the end cone with 4 steps and bounce the ball with the right hand at the cone.
- Come back and solo at the middle cone with the left foot and move to the end cone and bounce the ball with the left hand.
- Count the number of solos the player performs in 30 seconds.

For more details on exercises see links below

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Session 7

Skill Focus – Punt Kick

Key Teaching Points for the Punt Kick

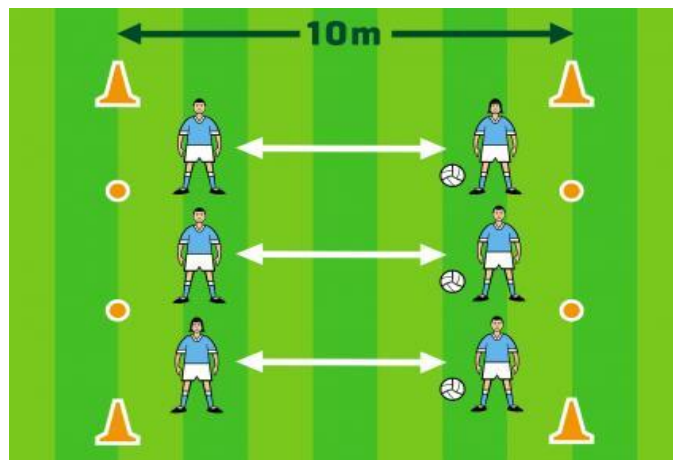
- Hold the ball firmly in both hands. Release the ball into the hand at the kicking side.
Head down, eyes on the ball.
 - Step forward with non – kicking foot. Drop the ball onto the foot.
 - Kick the ball with instep of the foot.
 - Keep toes pointed. Follow through in the direction of the target.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Punt Kick in Pairs - 10 minutes



Video Link to Exercise

<https://youtu.be/cwFNBFr-rFO>

Organisation

- Divide the players into pairs, one ball per pair.
- Mark out a channel for each pair, who face each other approx. 10m apart.
- Each player in turn punt kicks the ball to their partner.
- It may be necessary to group the players based on ability.

Variation

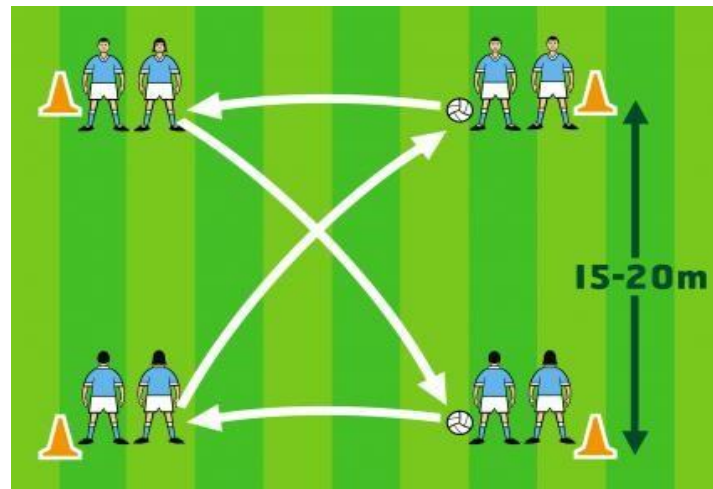
Increase the distance the players are required to kick the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – Turn & Kick - 10 minutes



Video Link to Exercise

<https://youtu.be/0E3B9HtCQQc>

Organisation

- Mark out a grid approx. 15 to 20m square using cones.
- Position 2 players at each cone.
- The ball is passed along the length of the grid and then across a diagonal from player to player.
- Each player follows their pass to the end of the opposite line.

Variation

The drill should be conducted in both directions with players practicing off both right and left legs and varying the height.

For more details on exercises see links below

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Exercise 3 – In Out And Around - 10 minutes



Video Link to Exercise

<https://youtu.be/ciFCwLUNwv8>

Organisation

- Mark out a grid approx. 15 to 20m square using cones.
- Position 2 players at each of the 3 cones, with one player at the fourth cone.
- Another player is positioned at a central marker.
- Two balls are used, beginning at opposite corners.
- The central player receives a pass from one of the outer players and then turns and passes it to the next player, before receiving the next ball and passing it on again.
- The central player rotates after each circuit of passes.
- Change the direction of the movement after a set time with players practicing off both right and left legs and varying the height and weight of the pass.

Variation

Increase the size of the grid.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Weekly Skills Challenge



Video Link to Exercise

https://youtu.be/VOQAEml4S_4

Organisation

- Set out a cone 3 paces from the wall.
- Punt kick the ball off the wall and catch it.
- See how many punts you can complete in 30 seconds.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 8

Skill Focus – Punt Kick

Key Teaching Points for the Punt Kick

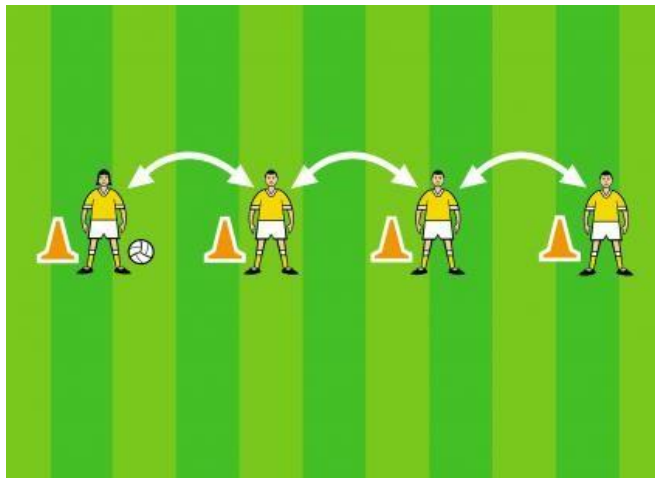
- Hold the ball firmly in both hands. Release the ball into the hand at the kicking side.
Head down, eyes on the ball.
 - Step forward with non-kicking foot. Drop the ball onto the foot.
 - Kick the ball with instep of the foot.
 - Keep toes pointed. Follow through in the direction of the target.

For more details on exercises see links below

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Exercise 1 – Along The Line - 10 minutes



Video Link to Exercise

<https://youtu.be/wDR-2LbLN1w>

Organisation

- Mark out 4 cones in a line approx. 20m apart, one player per cone.
- Ball is punt kicked from player to player over and back across the line.
- Initially the kicker kicks from a stationary position to the receiver who is moving towards the ball.

Variation

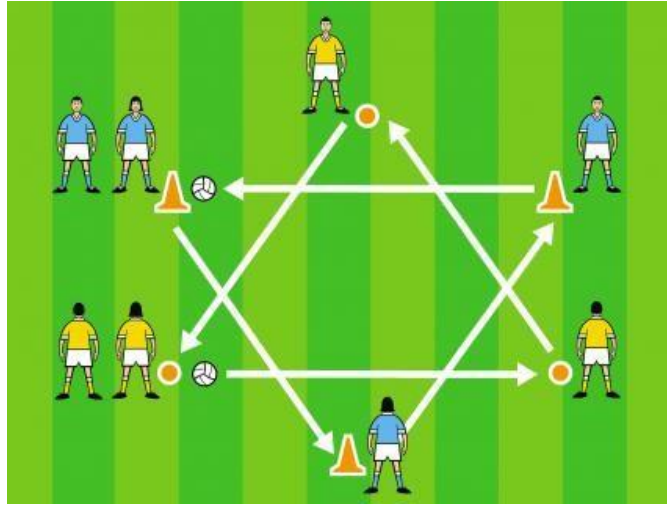
Ask the player to pass the ball while moving and introduce an opponent to provide token opposition for each player.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – 6 Star Drill - 10 minutes



Video Link to Exercise

https://youtu.be/b_yebRHpx9E

Organisation

- Place 6 cones as shown above to make two overlapping triangles.
- 4 players play each triangle. 2 players at one cone of the triangle with one ball and 1 player at each of the other cones with no ball.
- The player in possession passes the ball to the player on the second cone to their right.
- The player on the second cone receives the ball and in turn passes to the player at the 3rd cone and back to the start cone.
- Each player follows their pass.

Variation

Increase the distance between the cones.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – In Out And Around - 10 minutes



Video Link to Exercise

<https://youtu.be/ciFCwLUNwv8>

Organisation

- Mark out a grid approx. 15 to 20m squared, using cones.
- Position 2 players at each of the 3 cones, with one player at the fourth cone.
- Another player is positioned at a central marker.
- Two balls are used beginning at opposite corners.
- The central player receives a pass from one of the outer players and in turn passes it to the next player before receiving the next ball and passing it on again.
- The central player rotates after each circuit of passes.
- Change the direction of the movement after a set time with players practicing off both right and left legs and varying the height and weight of the pass.

Variation

Increase the size of the grid.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/nJanUmylgEk>

Organisation

- Set out a cone 3 paces from the wall.
- Punt kick the ball off the wall using alternate legs and catch it.
- See how many punts you can complete in 30 seconds.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 9

Skill Focus – High Catch

Key Teaching Points for the High Catch

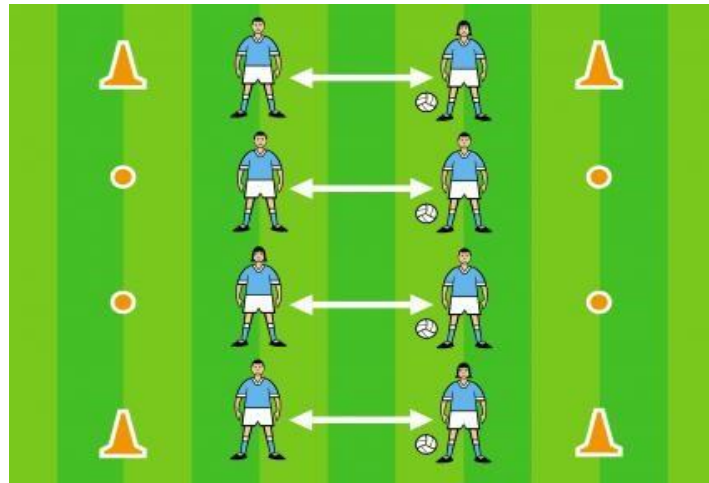
- Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg.
 - Extend the arms over the head. Head up, eyes on the ball.
 - Spread the fingers to form 'W' shape behind the ball.
 - Draw the ball into the chest with both hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Partner Catch - 10 minutes



Video Link to Exercise

https://youtu.be/4N_uT8mcCWM

Organisation

- Divide the group into pairs; one ball per pair.
- Each player in turn throws the ball above their opponents head for them to perform the high catch.
- Initially the catcher jumps off both feet from a stationary position; bend the knees and extend the arms backwards before springing up and extending the arms forward and up to catch the ball.
- To progress the drill the catcher takes one step forward to jump while swinging the other leg forward; concentrate on gaining as much height as possible with the swinging leg.

Variation

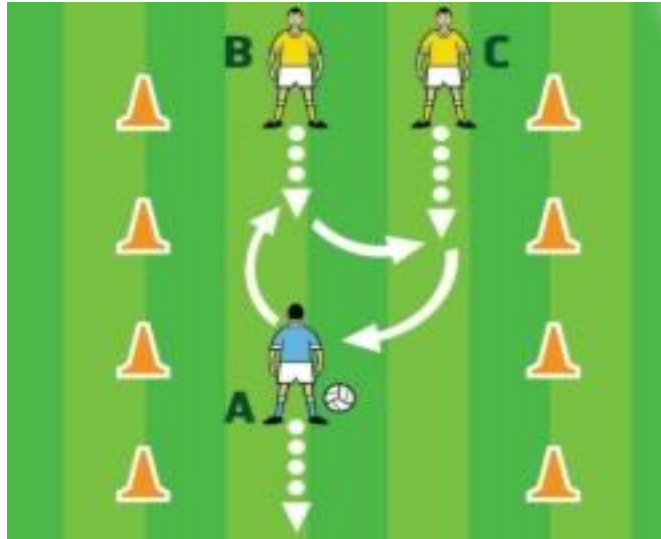
As the players become more competent allow the catcher to jog forward to jump for the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Backwards Move & Catch - 10 minutes



Video Link to Exercise

<https://youtu.be/yJRerp2bSCw>

Organisation

- Mark out a channel with cones.
- Divide the players into groups of three; one ball per group.
- Beginning at one end of the channel, Player A jogging backwards throws the ball for Player B to move forward and perform the high catch.
- On landing Player B fist passes the ball to Player C who in turn fist passes the ball to the Player A to repeat.
- Rotate the players and repeat the drill.

Variation

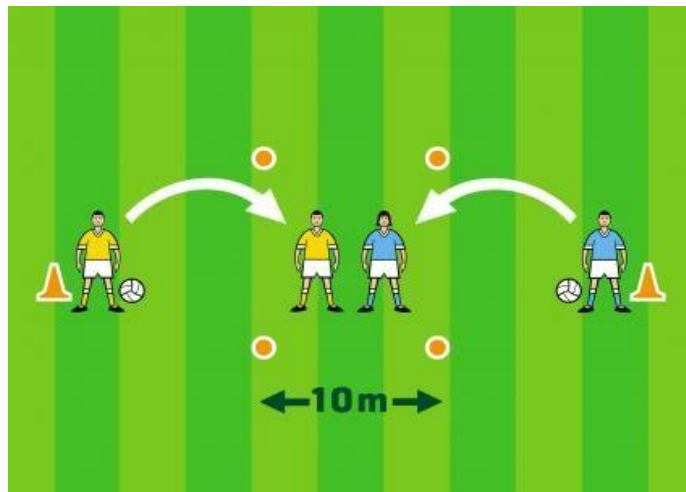
Adapt the drill by making Player B the server who must throw the ball up for Player A to catch as they jog backwards.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Opposed Catch - 10 minutes



Video Link to Exercise

https://youtu.be/z_CDFNNn-9k

Organisation

- Mark out a grid approximately 10m x 10m.
- Divide the players into groups of 4.
- Two players are positioned within the grid.
- The other two players act as feeders.
- Each feeder is designated a partner.
- Each feeder in turn throws the ball for their partner to perform the high catch while the other player provides token opposition.

Variation

To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/P2rqFdl8ubU>

Organisation

- Throw the ball up in the air.
- Run up to the ball and perform the high catch.
- Count how catches you can perform in 20 seconds.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 10

Skill Focus – High Catch

Key Teaching Points for the High Catch

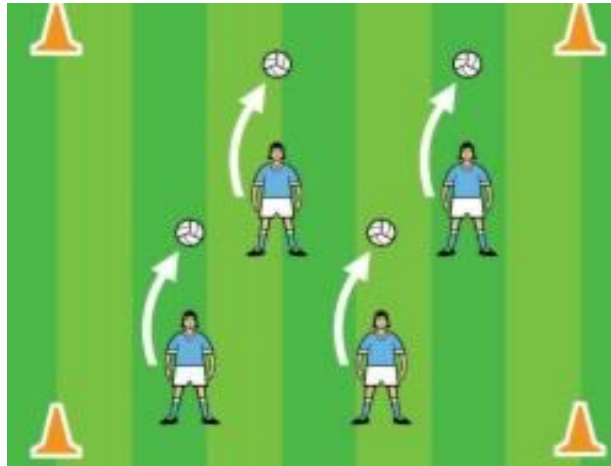
- Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg.
 - Extend the arms over the head. Head up, eyes on the ball.
 - Spread the fingers to form 'W' shape behind the ball.
 - Draw the ball into the chest with both hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Move & Catch - 10 minutes



Video Link to Exercise

<https://youtu.be/2aYmZcwlHZ0>

Organisation

- Mark out a grid appropriate to the number of players.
- Each player has a ball to themselves.
- While remaining in the grid each player throws the ball high in the air to perform the high catch.
- Continue the drill for a set period of time.

Variation

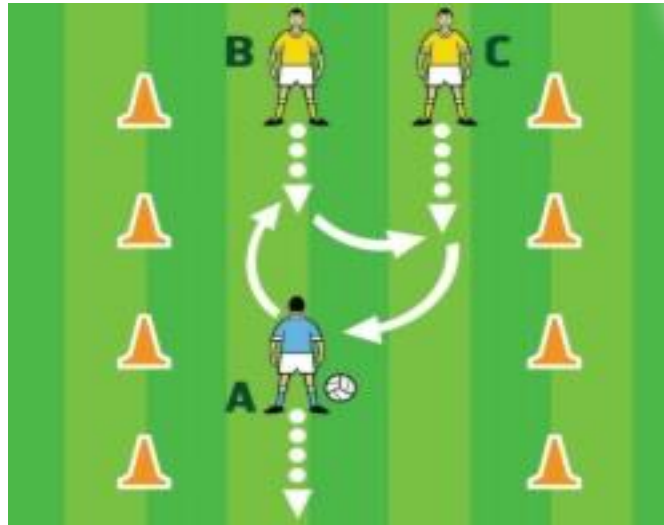
To increase the difficulty of the drill the player kicks the ball in the air in order to perform the high catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Backwards Move & Catch - 10 minutes



Video Link to Exercise

<https://youtu.be/yJRep2bSCw>

Organisation

- Mark out a channel with cones.
- Divide the players into groups of three; one ball per group.
- Beginning at one end of the channel Player A jogging backwards throws the ball for Player B to move forward and perform the high catch.
- On landing Player B fist passes the ball to Player C who in turn fist passes the ball to the Player A to repeat.
- Rotate the players and repeat the drill.

Variation

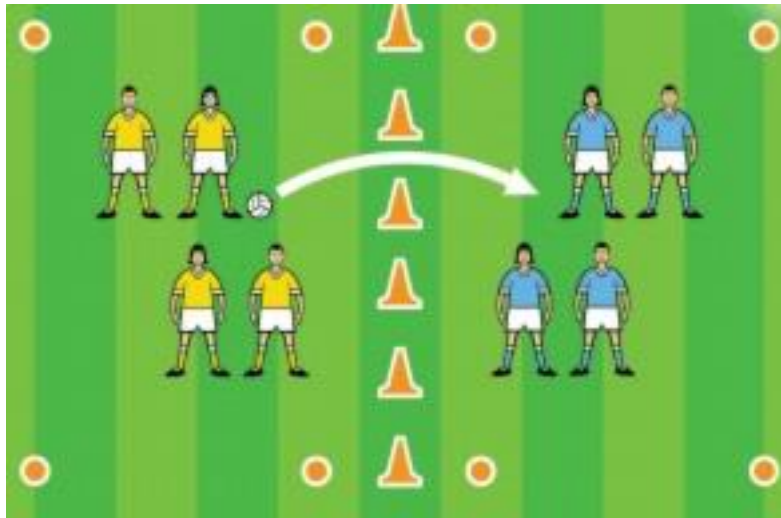
Adapt the drill by making Player B the server who must throw the ball up for Player A to catch as they jog backwards.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Prisoner Ball - 10 minutes



Video Link to Exercise

<https://youtu.be/XldooGYxIF0>

Organisation

- Mark out a grid 30 X 30m and a channel down the middle with cones.
- Divide the players into two teams.
- One team in each part of the court.
- Kick the ball into the opponents part for them to attempt to catch overhead while marker provides token opposition.
- On receiving the pass, the ball is handpassed to partner, for them to return a kick pass.

Variation

To increase the difficulty of the drill, the partner may provide full opposition to the receiver.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/P2rqFdl8ubU>

Organisation

- Throw the ball up in the air.
- Run up to the ball and perform the high catch.
- This time after performing the high catch, ensure the ball is secured by bringing into the chest.
- Count how catches you can perform in 20 seconds while also securing the ball after the catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 11

Skill Focus – Pick Up

Key Teaching Points for the Pick Up

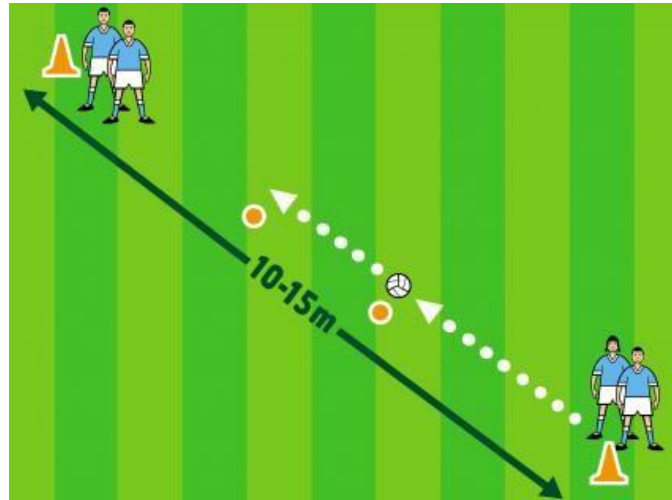
- Move to the ball. Bend at the hips and knees. Supporting foot beside the ball.
 - Place the hands in front of the ball. Fingers spread.
- Bring the lifting leg forwards, scooping the ball into the hands.
 - Draw the ball into the body.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Lift & Drop - 10 minutes



Video Link to Exercise

https://youtu.be/CoGHnd8_wfE

Organisation

- Place 4 cones in a line at equal distances over approximately 10 to 15m.
- Divide the players into equal groups, positioned at each of the outer cones.
- Place a ball at one of the centre cones.
- The front player nearest the ball jogs forward to crouch lift the ball.
- Continuing forward they place the ball at the next cone for the first player opposite to repeat the drill, and so on.
- The players continue to the end of the opposite line.

Variation

To increase the difficulty of the drill reduce the space between the centre cones.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Around The Circle - 10 minutes



Video Link to Exercise

<https://youtu.be/lbkMX2abZsQ>

Organisation

- Mark out a circle using cones.
- Place a number of balls evenly spaced around the circle.
- Ensure each player has adequate space to perform the technique.
- Each player walks around the circle performing the crouch lift.
- After securing possession, players place the ball on the ground in a stationary position.
- Continue the drill for a set time.

Variation

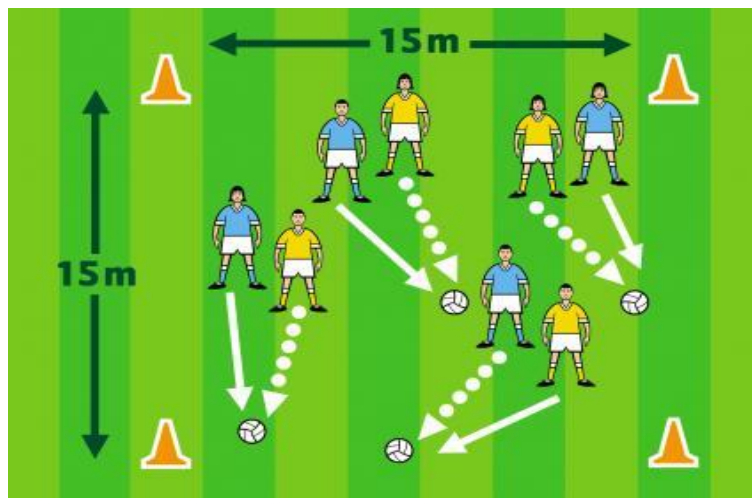
As the players become more competent increase the pace of the drill.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – A Race Against Time - 10 minutes



Video Link to Exercise

<https://youtu.be/agVWiYdkAd4>

Organisation

- Mark out a grid 15m x 15m using cones.
- Divide the players into pairs; one ball per pair.
- On a whistle, the player in possession rolls the ball forward for their partner to chase and pick up using the Crouch Lift technique.
- Encourage constant changes of direction.
- Ensure each player practices securing the ball after the lift, before rolling it for their partner.
- Count how many successful lifts each pair can do in a set time.

Variation

To increase the difficulty of the drill, the second player may attempt to tackle the ball as the first player attempts the crouch lift.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/7jGpr1g2ad8>

Organisation

- Perform as many pick up's as you can within 20 seconds.
- Ensure to use proper technique while performing the pick up.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 12

Skill Focus – Pick Up

Key Teaching Points for the Pick Up

- 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.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Around The Circle - 10 minutes



Video Link to Exercise

<https://youtu.be/lbkMX2abZsQ>

Organisation

- Mark out a circle using cones.
- Place a number of balls evenly spaced around the circle.
- Ensure each player has adequate space to perform the technique.
- Each player walks around the circle performing the crouch lift.
- After securing possession, players place the ball on the ground in a stationary position.
- Continue the drill for a set time.

Variation

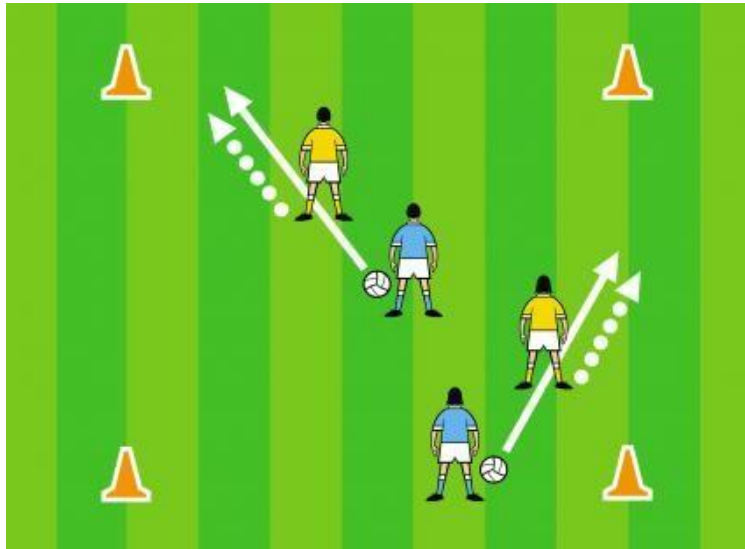
As the players become more competent increase the pace of the drill.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Bridge Ball - 10 minutes



Video Link to Exercise

https://youtu.be/xe2Y_ivNTdg

Organisation

- Divide the players into pairs; one ball per pair.
- The player without the ball finds space and stands still with their legs wide apart.
- Their partner rolls the ball under their legs from behind so that they must chase and lift it as it moves away.

Variation

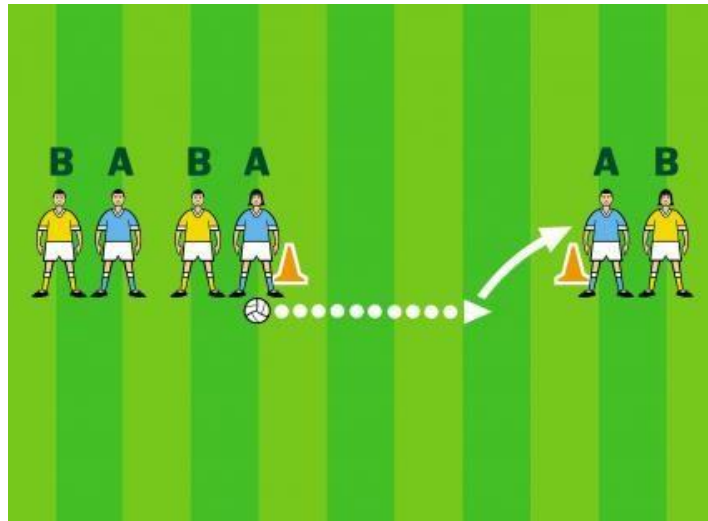
To increase the difficulty of the drill the player with the ball rolls it through from in front of their partner so that they must turn before chasing and lifting the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Opposed Life - 10 minutes



Video Link to Exercise

<https://youtu.be/izwabUWDTVU>

Organisation

- Divide the players into groups of 3 pairs; one ball per group.
- Mark out a distance of approximately 10 metres using cones.
- Beginning with the first pair, Player A throws the ball out in front, chasing to crouch and lift the ball into the hands.
- Player B provides opposition without physically tackling the player or the ball.
- Player A then passes the ball to the next pair who repeat.
- The lifting players must retain focus on the technique while under simulated pressure from their partner.

Variation

To increase the difficulty of the drill, allow the opposition players to tackle the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/7jGpr1g2ad8>

Organisation

- Perform as many pick up's as you can within 20 seconds.
- Ensure to use proper technique while performing the pick-up.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 13

Skill Focus – Reach & Low Catch

Key Teaching Points for the Reach

- Head up, eyes on the ball.
- Extend arms towards the ball as it approaches.
- Catch the ball slightly in front of the head.
 - Secure the ball into the chest.

Key Teaching Points for the Low Catch

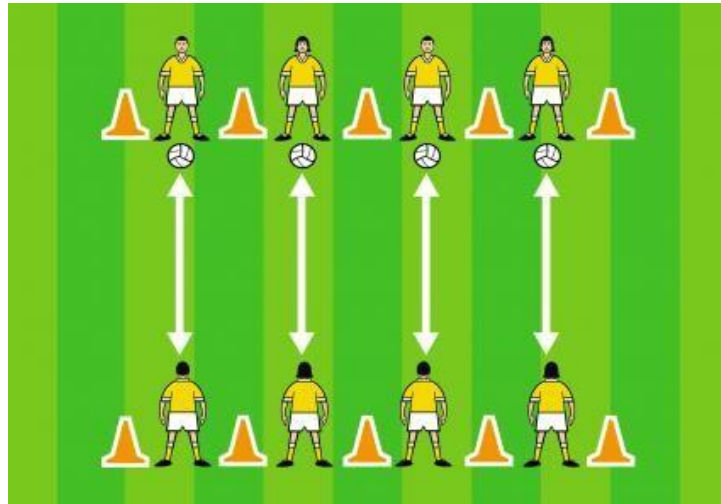
- Get behind the ball as it approaches.
 - Extend the arms low.
- Step forward and place one foot beside the ball.
- Hold the ball securely and bring into the chest.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Partner Catch - 10 minutes



Video Link to Exercise

<https://youtu.be/Ru8kMMsqrYE>

Organisation

- Divide the group into pairs; one ball per pair.
- Ensure each pair has adequate space to perform the technique in a stationary position.
- Each player in turn throws the ball above their partner's head for them to perform the reach catch overhead.
- Continue the drill for a set time.
- Each player then fists the ball at head height for their partner to perform the reach catch in front.
- Again continue the drill for a set period of time.

Variation

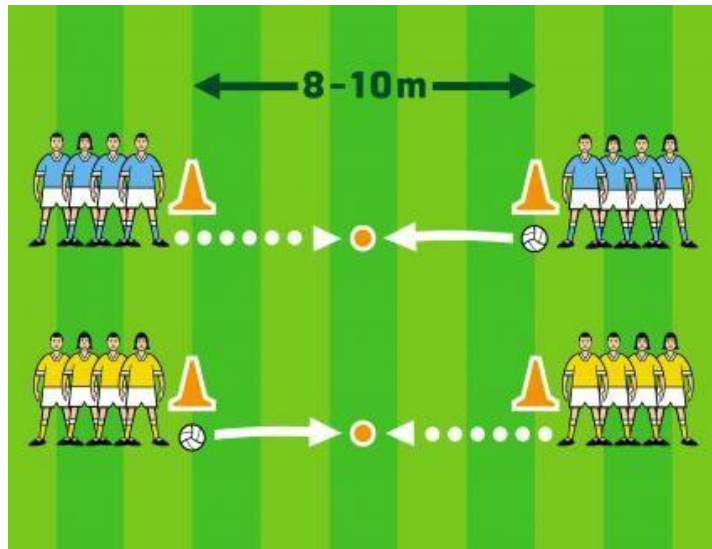
The ball may be thrown slightly to either side of the catching player to challenge them to reach to each side.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Move & Low Catch - 10 minutes



Video Link to Exercise

<https://youtu.be/ikJz7G4kRe4>

Organisation

- Divide the players into groups of 8; one ball per group.
- Mark out a distance of approximately 8 to 10 metres using cones.
- Place a marker halfway between the outer cones.
- 4 players line up at either cone.
- The player in possession throws the ball underarm for the player opposite.
- This player runs forward and catches the ball at the halfway marker, runs on and hands the ball to the next player to repeat the drill.
- Each player follows on to line up at the back of the opposite line.

Variation

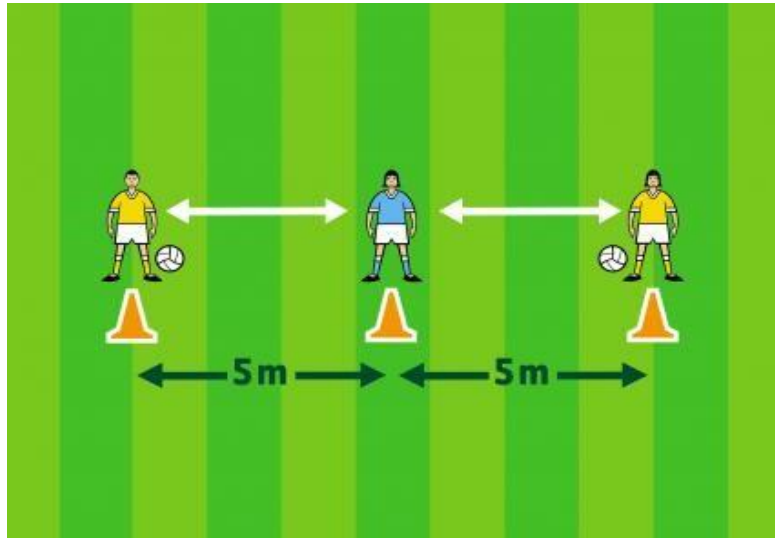
To increase the difficulty allow the throwers to place the ball slightly to either side of the catching player.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Pressure Catch - 10 minutes



Video Link to Exercise

<https://youtu.be/YEoLoUvzzPE>

Organisation

- Divide the players into groups of three; two balls per group.
- Each group of three lines up with 5 meters between each player.
- The players at each end have a ball each and in turn serve to the player in the middle to perform the reach catch.
- The player in the middle returns the ball to the same server each time.
- Begin by throwing the ball above the head and after a set time change to fist the ball to head height.

Variation

To increase the difficulty; reduce the distance between the players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/XZs0lyz3F3c>

Organisation

- Place a cone 2 metres back from a wall.
- The player must throw the ball at the wall and then run in and perform the reach and low catch.
- Count how many successful reach and low catches you can make in 20 seconds and see if you can beat Cathal's score.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 14

Skill Focus – Reach & Low Catch

Key Teaching Points for the Reach

- Head up, eyes on the ball.
- Extend arms towards the ball as it approaches.
- Catch the ball slightly in front of the head.
 - Secure the ball into the chest.

Key Teaching Points for the Low Catch

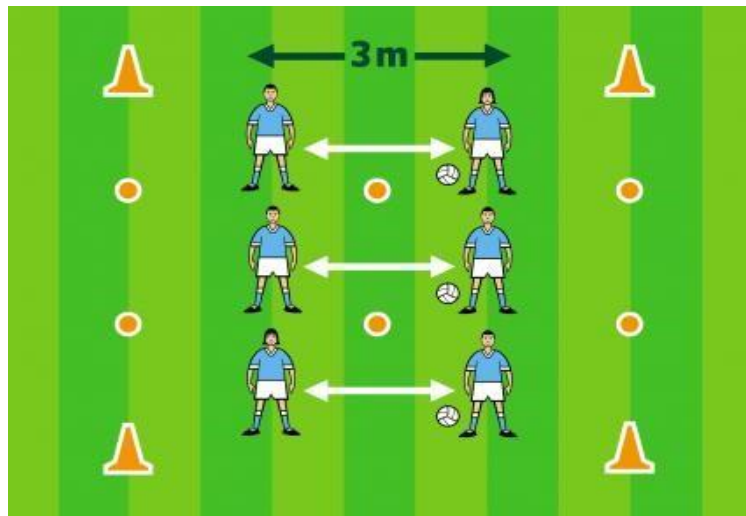
- Get behind the ball as it approaches.
 - Extend the arms low.
- Step forward and place one foot beside the ball.
- Hold the ball securely and bring into the chest.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Throw & Low Catch - 10 minutes



Video Link to Exercise

https://youtu.be/a_MfmhOnE8w

Organisation

- Divide the group into pairs; one football per pair.
- The players stand approximately 3 metres apart.
- Each player in turn throws the ball to bounce for their partner to perform the low catch.
- Count the number of successful catches in 30 seconds.

Variation

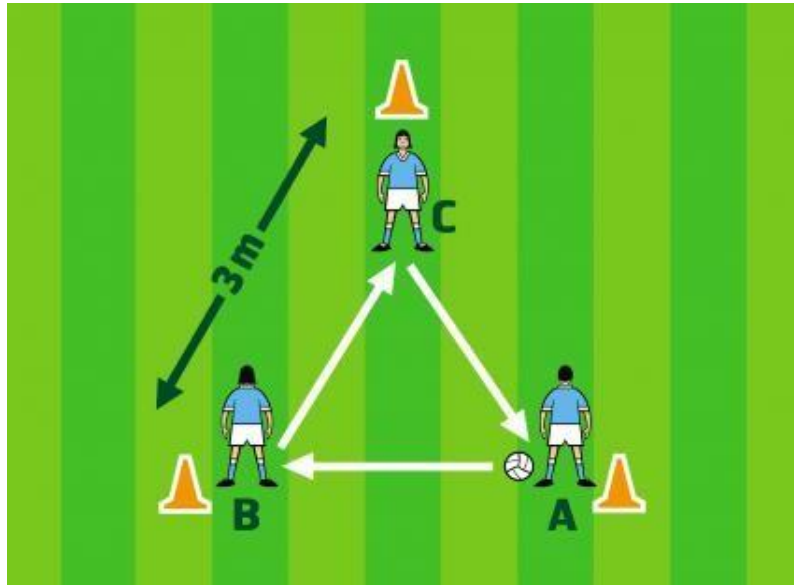
Move the players further apart as their technique improves.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Islands - 10 minutes



Video Link to Exercise

<https://youtu.be/TEPCUHwWlp8>

Organisation

- Divide the players into groups of 3, each group in triangle formation approximately 3 metres apart.
- Ensure each group has adequate space to perform the technique.
- Player A throws the ball low towards the feet of player B.
- Player B then repeats the drill with Player C and so on around the triangle.
- After a set time, change the direction of the drill.

Variation

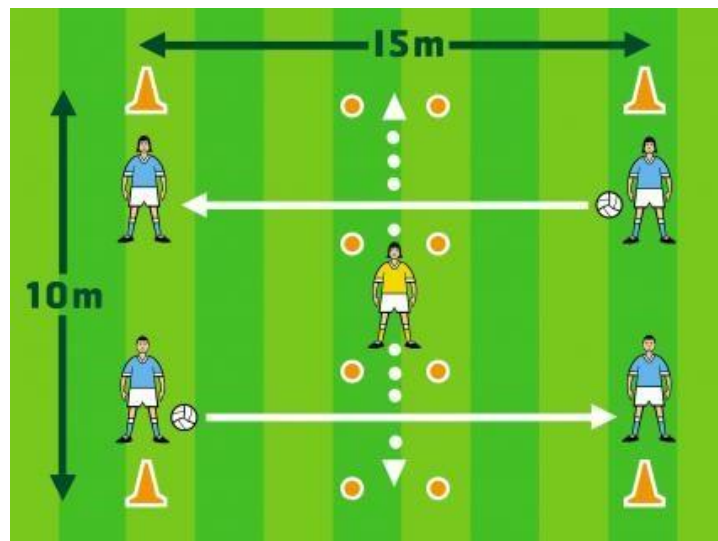
To increase the intensity of the drill, introduce a second ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Pass The Guard - 10 minutes



Video Link to Exercise

<https://youtu.be/5lgppbMaReo>

Organisation

- Mark out a grid approximately 15m by 10m.
- Mark a zone approximately 1m wide across the centre of the grid.
- Two players are positioned at either end of the grid with one player in the centre.
- The outer players attempt to throw the ball low past the centre player.
- The centre player attempts must catch the ball using the low catch technique without leaving the centre zone.
- Only one ball at a time may be thrown.
- The centre player receives a point for every ball successfully caught.
- Switch the centre player after a set time.

Variation

To reduce the difficulty increase the number of centre players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/XZs0lyz3F3c>

Organisation

- Place a cone 2 metres back from a wall.
- The player must throw the ball at the wall and then run in and perform the reach and low catch.
- Count how many successful reach and low catches you can make in 20 seconds and see if you can beat Cathal's score.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 15

Skill Focus - Hook Kick

Key Teaching Points for the Hook Kick

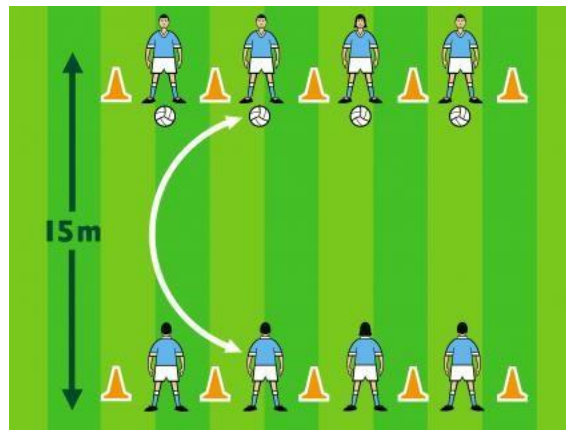
- Hold the ball with both hands. Point shoulder towards the target.
- Release the ball into the hand at the kicking side. Step forward with non-kicking foot.
 - Drop ball to the kicking foot. Strike the ball with inside of foot.
- Follow through in the direction of the target with toe pointing upwards.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Partner Kick - 10 minutes



Video Link to Exercise

<https://youtu.be/hFKOLZY6-pl>

Organisation

- Divide the group into pairs, one ball per pair.
- Mark out channels 5 meters wide and 15m long for each pair.
- Each player in turn hook kicks the ball to their partner.
- It may be necessary to group the players on the basis of ability.
- Repeat the drill getting the players to use the opposite leg.

Variation

To increase the difficulty of the drill; increase the distance between the players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Pass & Follow - 10 minutes



Video Link to Exercise

<https://youtu.be/Z90RxjkGlig>

Organisation

- Place 3 cones 20m from each other to form a triangle.
- Divide the players into groups of 4; one ball per group.
- Each player in turn hook kicks the ball to the next player in a clockwise direction and follows the pass.
- After a set time, change the direction of the drill getting the players to use the opposite leg.

Variation

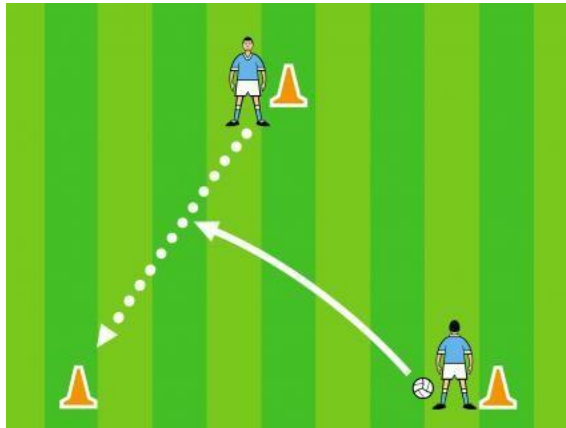
To increase the difficulty of the drill, increase the distance between the players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Kick and Move - 10 minutes



Video Link to Exercise

<https://youtu.be/t7wGOzH6yaU>

Organisation

- Divide the players into pairs, one ball per pair.
- Place 3 cones 20m apart to form a triangle.
- First, each player hook kicks the ball on the run while moving along a length of the triangle; their partner remains in a stationary position.
- Second, each player hook kicks the ball from a stationary position to their partner who is moving along the far length of the triangle.
- Third, each player hook kicks the ball on the run to their partner who is also moving.
- Change the direction of the movement to kick off the alternate side.

Variation

To increase the difficulty; increase the distance between the players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/9AuRk4t2y7I>

Organisation

- Set out a goal using 2 cones that is approx. one metre in width.
- Walk back approx. 8 metres from the target.
- Perform the hook kick 5 times trying to kick the ball through the target.
- Try and beat Cathals score.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 16

Skill Focus - Hook Kick

Key Teaching Points for the Hook Kick

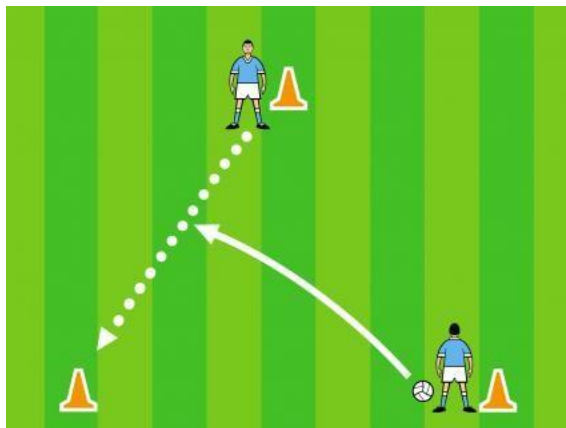
- Hold the ball with both hands. Point shoulder towards the target.
- Release the ball into the hand at the kicking side. Step forward with non-kicking foot.
 - Drop ball to the kicking foot. Strike the ball with inside of foot.
- Follow through in the direction of the target with toe pointing upwards.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Kick and Move - 10 minutes



Video Link to Exercise

<https://youtu.be/t7wGOzH6yaU>

Organisation

- Divide the players into pairs, one ball per pair.
- Place 3 cones 20m apart to form a triangle.
- First, each player hook kicks the ball on the run while moving along a length of the triangle; their partner remains in a stationary position.
- Second, each player hook kicks the ball from a stationary position to their partner who is moving along the far length of the triangle.
- Third, each player hook kicks the ball on the run to their partner who is also moving.
- Change the direction of the movement to kick off the alternate side.

Variation

To increase the difficulty; increase the distance between the players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Over the River - 10 minutes



Video Link to Exercise

<https://youtu.be/wUW5Es9dooY>

Organisation

- Divide the players into two groups; give each player a set number of lives.
- The players kick pass the ball over a centre zone, a net or guard.
- If the ball drops in the centre zone the player who kicked it loses a life.
- Use a soft or sponge ball when introducing players to this game.

Variation

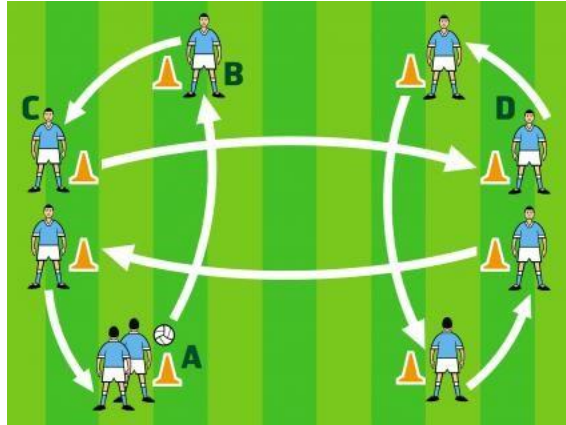
To increase the difficulty, increase the space in which the players have to kick the ball into.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Around the Square - 10 minutes



Video Link to Exercise

<https://youtu.be/7LSx82HbPjc>

Organisation

- Set up a formation as shown using 8 cones.
- Position one player at each cone.
- Player A hook kicks the ball to player B at the furthest cone to one side.
- Player B fist passes the ball to Player C alongside.
- Player C then hook kicks the ball to Player D and so the drill continues.
- Rotate the kickers and receivers after three rounds.
- Continue the drill in a clockwise direction for a set time before changing direction and requiring the players to use the opposite leg.

Variation

To increase the intensity of the drill; introduce more footballs.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/9AuRk4t2y7I>

Organisation

- Set out a goal using 2 cones that is approx. one metre in width.
- Walk back approx. 8 metres from the target.
- Perform the hook kick 5 times trying to kick the ball through the target.
- Try and beat Cathals score.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 17

Skill Focus – Near Hand Tackle

Key Teaching Points for the Near Hand Tackle

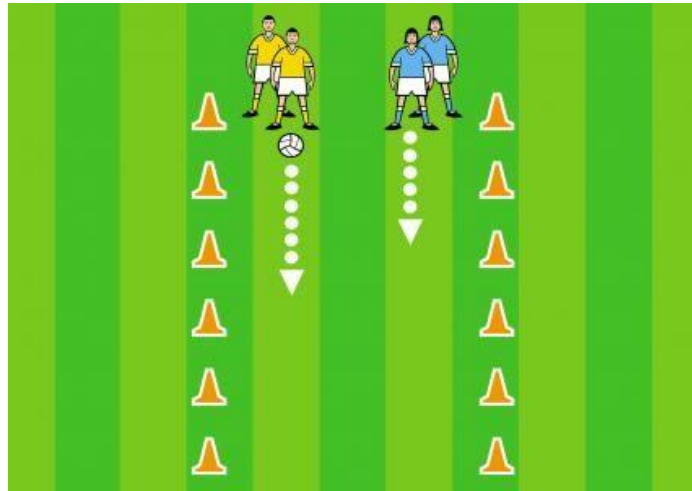
- Move alongside or level with opponent. Eyes on the ball.
- When opponents far leg is forward, move across with near leg.
- Flick the ball away with the near hand when the ball is free.
 - Recover the ball to win possession.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Imaginary Tackle - 10 minutes



Video Link to Exercise

<https://youtu.be/i-yHhtKdHes>

Organisation

- Divide the group into pairs.
- Mark out a channel approximately 5 metres wide using cones.
- Each pair walk side by side through the channel with Player A attempting to step across and execute the near hand tackle on an imaginary ball.
- Change roles after a number of attempts.

Variation

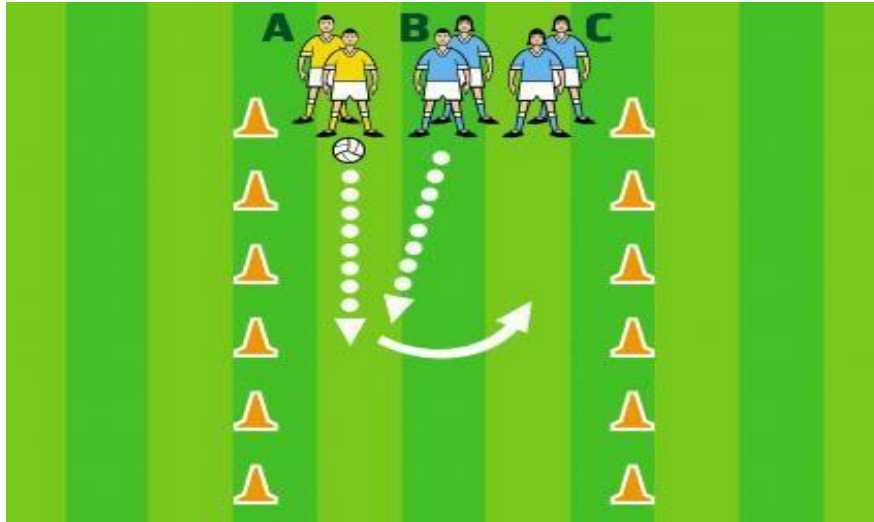
As soon as the component elements have been practiced introduce a ball. To increase the difficulty increase the pace of the drill.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Tackle To Team Mate - 10 minutes



Video Link to Exercise

<https://youtu.be/x6PcRQQ3IVI>

Organisation

- Divide the players into groups of 3.
- Mark out a channel approximately 5 metres wide, using cones.
- Player A on the right of the group solos forward.
- Player B in the middle attempts to perform the near hand tackle and knock the ball to Player C in the process.
- Change roles after a number of attempts.

Variation

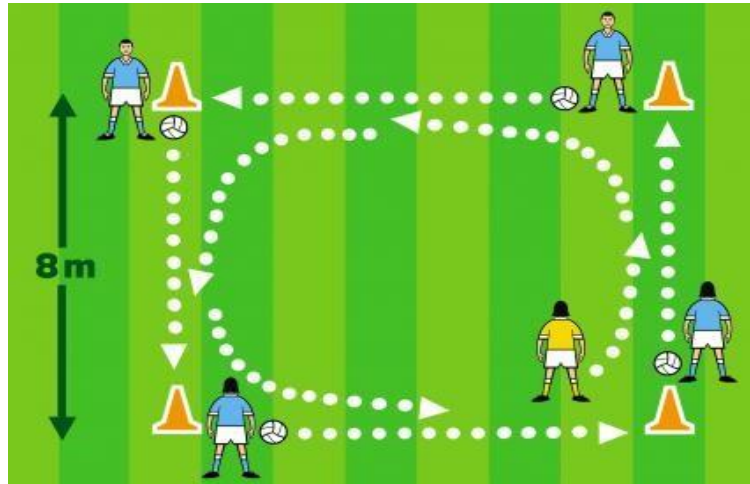
To increase the difficulty of the drill, increase the pace it is being performed at.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Around The Block - 10 minutes



Video Link to Exercise

<https://youtu.be/NaOj9tRDmno>

Organisation

- Mark out a grid approximately 8m square using cones.
- Position one player at each cone with a ball and a tackling player at one of the cones.
- The tackling player runs alongside each of the other players in turn attempting to perform a near hand tackle as they travel a length of the square.
- The coach may assist the drill by signalling when each player in possession should begin to move.
- Switch the tackling player after each circuit of the square.
- The drill should be conducted in both directions.

Variation

Increase the lengths of the square to allow the tackling player more time to perform the technique.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 18

Skill Focus – Near Hand Tackle

Key Teaching Points for the Near Hand Tackle

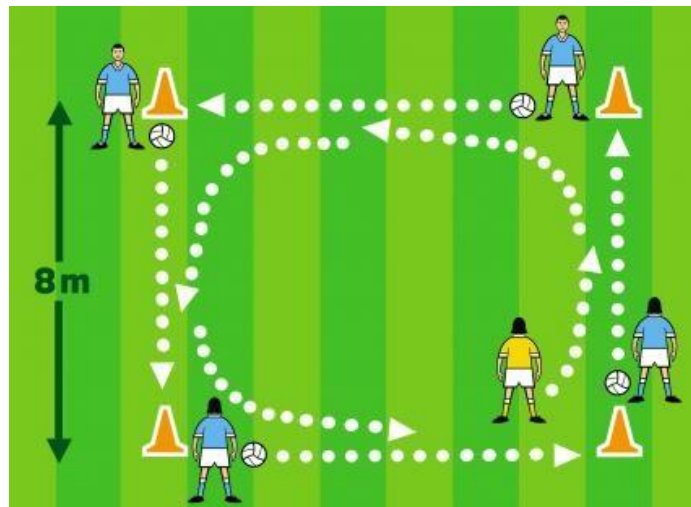
- Move alongside or level with opponent. Eyes on the ball.
- When opponents far leg is forward, move across with near leg.
- Flick the ball away with the near hand when the ball is free.
 - Recover the ball to win possession.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Around The Block - 10 minutes



Video Link to Exercise

<https://youtu.be/NaOj9tRDmno>

Organisation

- Mark out a square approximately 8m square using cones.
- Position one player at each cone with a ball and a tackling player at one of the cones.
- The tackling player runs alongside each of the other players in turn attempting to perform a near hand tackle as they travel a length of the square.
- The coach may assist the drill by signalling when each player in possession should begin to move.
- Switch the tackling player after each circuit of the grid.
- The drill should be conducted in both directions.

Variation

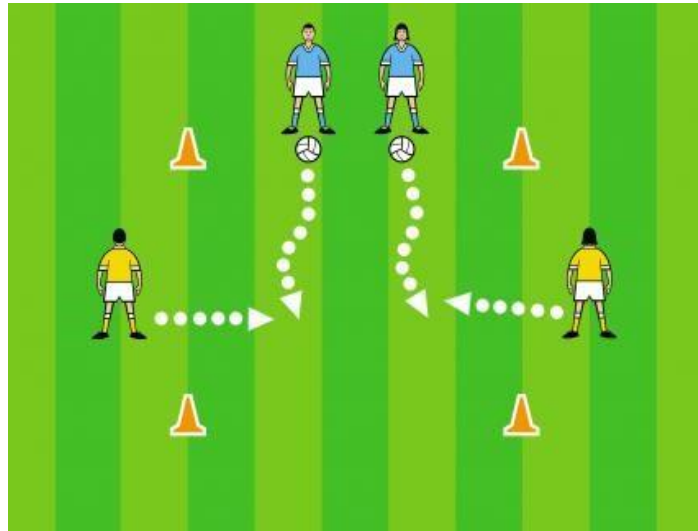
Increase the lengths of the square to allow the tackling player more time to perform the technique.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Grid Tackle - 10 minutes



Video Link to Exercise

<https://youtu.be/Pp1H9eKWxjA>

Organisation

- Mark out a grid 15m x 15m.
- Two players with a ball enter the grid from one side.
- Two tackling players enter the grid from each adjacent side.
- The players in possession continue to solo around the grid as the tackling players attempt to perform the near hand tackle.
- After a set time reverse the roles.

Variation

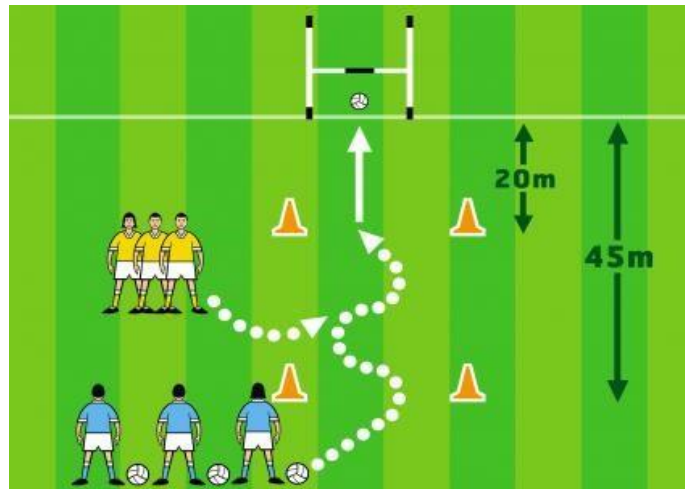
Increase the number of players in possession giving the tackling players a number of targets.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Last Man Standing - 10 minutes



Video Link to Exercise

<https://youtu.be/bcxLUfaplu8>

Organisation

- Mark a channel from approximately 45 to 20m out from goal and approximately 10m wide.
- Divide the players into defenders and attackers.
- The attackers line up at the beginning of the channel each with a ball.
- The defenders line up to the side of the channel.
- In turn each attacker and defender enter the channel.
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel.
- The defenders may only use the near hand tackle to dispossess the attacker.

Variation

Increase the lengths of the grid to allow the tackling player more time to perform the technique.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 19

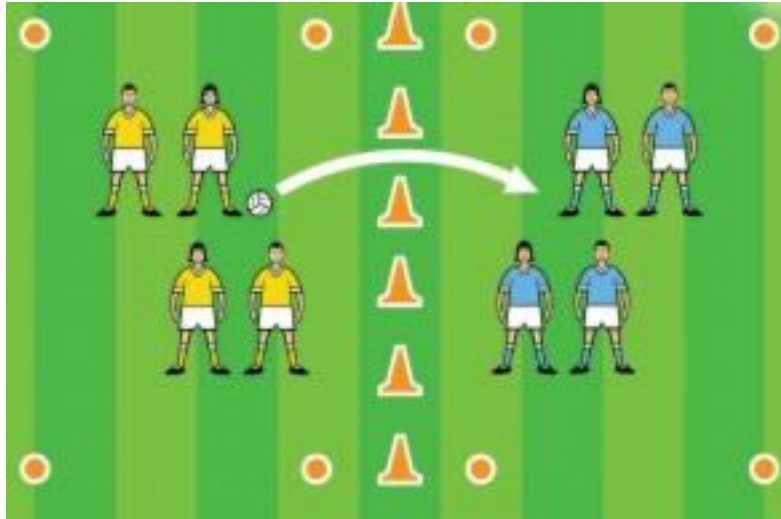
Skill Focus - Games 1

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Games 1 – Prisoner Ball - 15 minutes



Video Link to Exercise

<https://youtu.be/XldooGYxIF0>

Organisation

- Mark out a grid 30 X 30m and a channel down the middle with cones.
- Divide the players into two teams.
- One team in each part of the court.
- Kick the ball into the opponents part for them to attempt to catch overhead while marker provides token opposition.
- On receiving the pass, the ball is handpassed to partner, for them to return a kick pass.

Variation

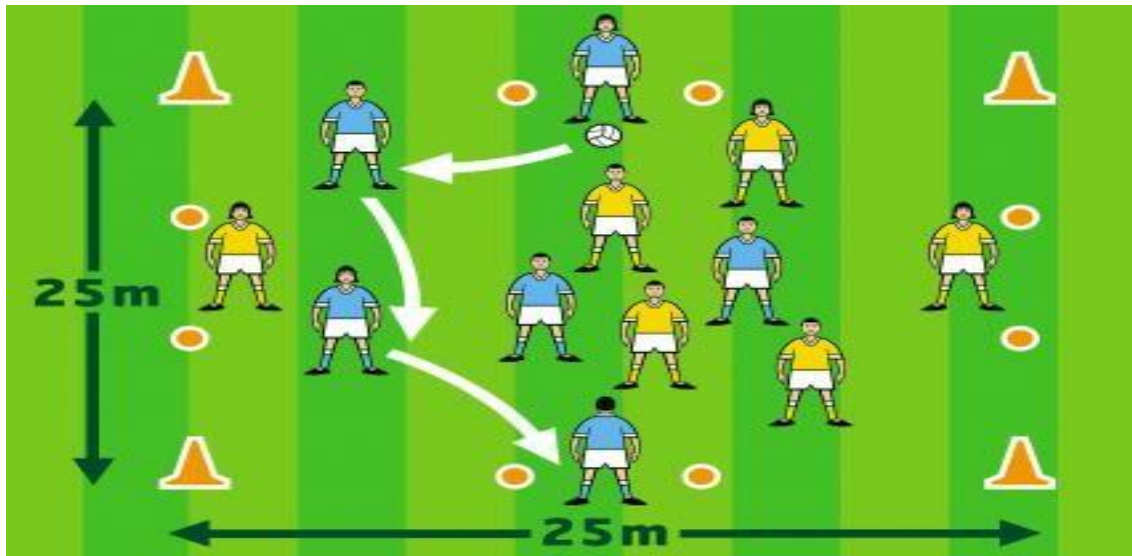
To increase the difficulty of the drill, the partner may provide full opposition to the receiver.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Games 2 – Captain Ball - 15 minutes



Video Link to Exercise

<https://youtu.be/oIJ7rZY2aoU>

Organisation

- Mark out a playing area approximately 25m by 25m with a goal (2m by 2m) in the centre of each line
- Divide the players into even teams with two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by hand passing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score the goalkeeper must pass the ball to the opposition to restart the game

Variation

Increase the area to challenge the player's fitness

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 20

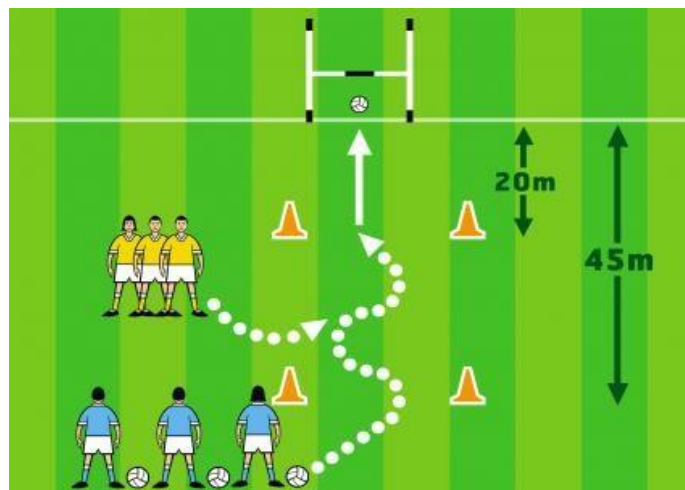
Skill Focus - Games 2

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 1 – Last Man Standing - 15 minutes



Video Link to Exercise

<https://youtu.be/bcxLUfaplu8>

Organisation

- Mark a channel from approximately 45 to 20m out from goal and approximately 10m wide.
- Divide the players into defenders and attackers.
- The attackers line up at the beginning of the channel each with a ball.
- The defenders line up to the side of the channel.
- In turn each attacker and defender enter the channel.
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel.
- The defenders may only use the near hand tackle to dispossess the attacker.

Variation

Increase the lengths of the grid to allow the tackling player more time to perform the technique.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 2 – The High Catch - 15 minutes



Video Link to Exercise

<https://youtu.be/bMMiYejEzas>

Organisation

- Mark out a court using cones and a central zone using a net or barrier to divide the court into 2 sides.
- Divide the players into 2 equal teams.
- The objective of the game is to field the ball after it is kicked into you're zone by the opposing team.
- Once the ball is caught it must be returned in the same way.
- If a player drops the ball they must surrender to the other side which will increase the numbers on that side.
- When all players from one side are gone the game is over.

Variation

Introduce a second ball to increase the intensity of the game.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 21

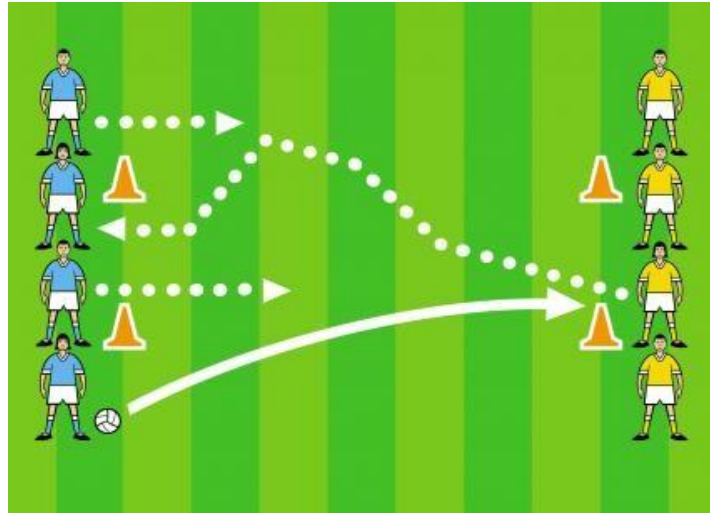
Skill Focus – Games 3

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Games 1 – Skill Point Invasion Game - 15 minutes



Video Link to Exercise

<https://youtu.be/o9LYmL33fKI>

Organisation

- Divide the players into two equal teams.
- The game begins with a punt kick from one team down the field to the other team.
- The receiving team must then solo and hand pass the ball up the field.
- A score is awarded only when a player solos the ball through the opposition goals.
- Having scored or lost the ball in the tackle the team return to their end-line and punt kick the ball for the second team to attempt to score.

Variation

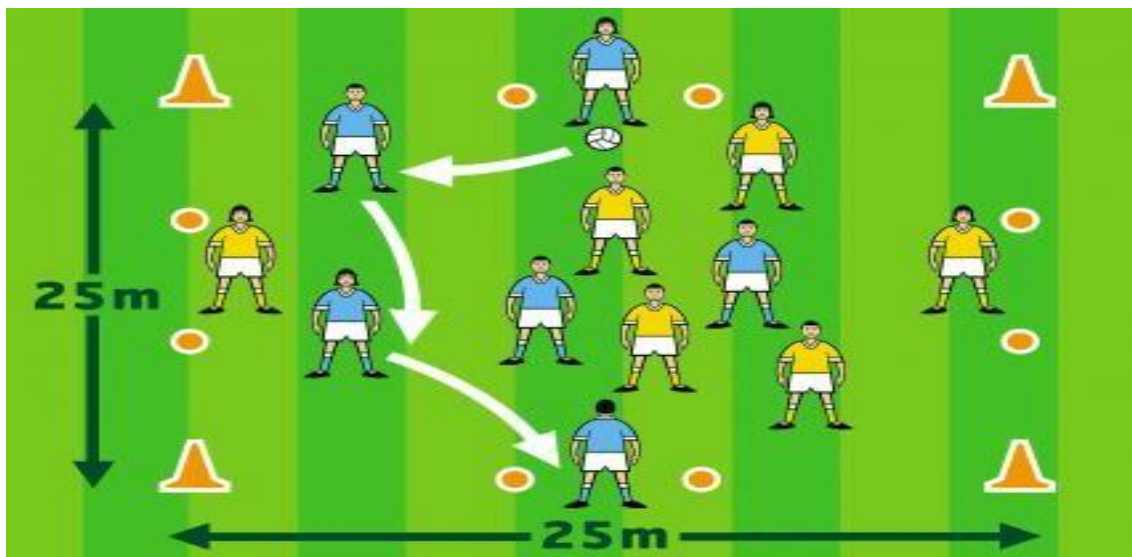
To reduce the difficulty of the game for the attacking team reduce the number of defenders for each play.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Games 2 – Captain Ball - 15 minutes



Video Link to Exercise

<https://youtu.be/oIJ7rZY2aoU>

Organisation

- Mark out a playing area approximately 25m by 25m with a goal (2m by 2m) in the centre of each line
- Divide the players into even teams with two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by hand passing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score the goalkeeper must pass the ball to the opposition to restart the game

Variation

Increase the area to challenge the player's fitness

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 22

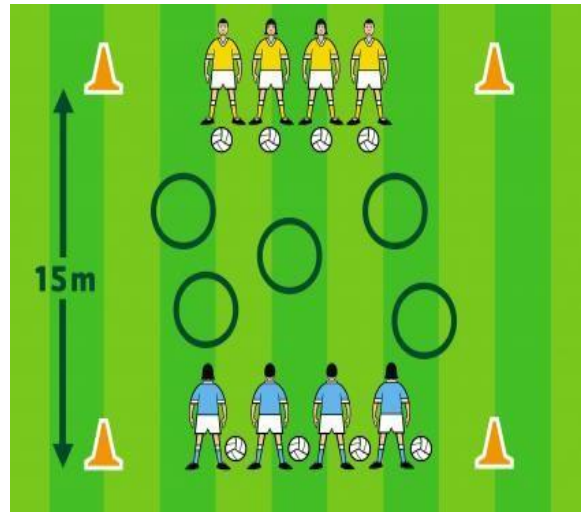
Skill Focus – Games 4

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Games 1 – Over the River - 15 minutes



Video Link to Exercise

<https://youtu.be/6FWPhHMhgqA>

Organisation

- Mark out a grid or 'court' using cones.
- Use cones, net or hoops to divide the court (depending on equipment available).
- Divide the players into two teams of 4.
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch.
- The opposition team must use the Body Catch technique.
- 1 point is awarded if the opposition fail to catch the ball using the body catch, or if the ball is dropped.
- Award 1 point to the opposition is if the ball is thrown outside the court.

Variation

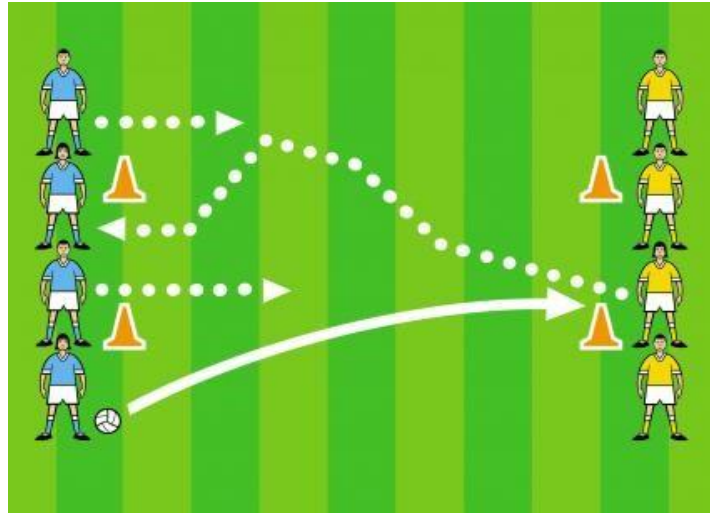
Reduce the number of players on each team depending on ability level to provide more touches on the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Games 2 – Skill Point Invasion Game - 15 minutes



Video Link to Exercise

<https://youtu.be/o9LYmL33fKI>

Organisation

- Divide the players into two equal teams.
- The game begins with a punt kick from one team down the field to the other team.
- The receiving team must then solo and hand pass the ball up the field.
- A score is awarded only when a player solos the ball through the opposition goals.
- Having scored or lost the ball in the tackle the team return to their end-line and punt kick the ball for the second team to attempt to score.

Variation

To reduce the difficulty of the game for the attacking team reduce the number of defenders for each play.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 23

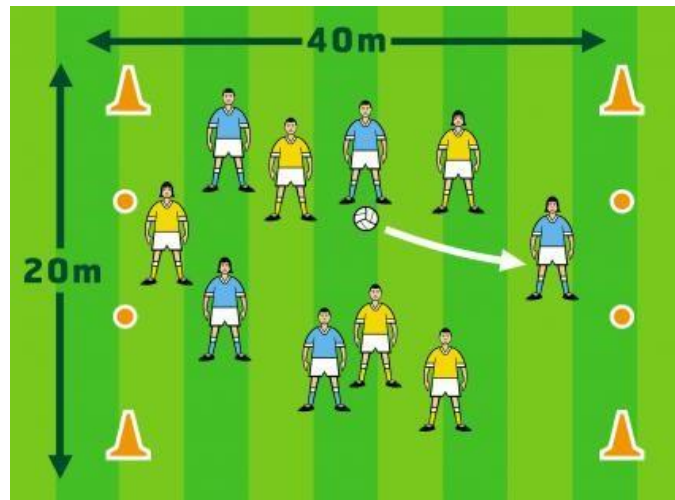
Skill Focus – Games 5

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Games 1 – Goals Galore - 15 minutes



Video Link to Exercise

<https://youtu.be/SyYgTkIL3oI>

Organisation

- Mark out a playing area 20m by 40m.
- Place two poles at either end to form goals.
- Divide the players into equal teams; no goalkeepers.
- The objective of the game is to score goals against the other team.
- Only the fist pass can be used to pass the ball and score.

Variation

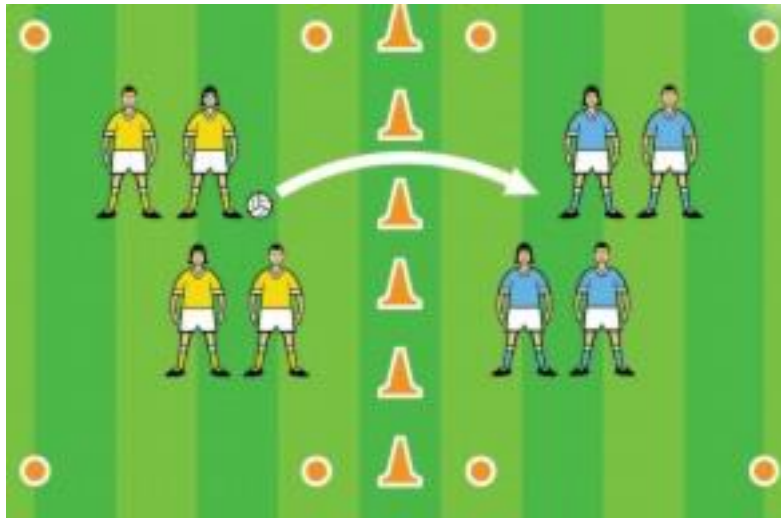
To increase the difficulty; introduce goalkeepers.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Games 2 – Prisoner Ball - 15 minutes



Video Link to Exercise

<https://youtu.be/XldooGYxIF0>

Organisation

- Mark out a grid 30 X 30m and a channel down the middle with cones.
- Divide the players into two teams.
- One team in each part of the court.
- Kick the ball into the opponents part for them to attempt to catch overhead while marker provides token opposition.
- On receiving the pass, the ball is handpassed to partner, for them to return a kick pass.

Variation

To increase the difficulty of the drill, the partner may provide full opposition to the receiver.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 24

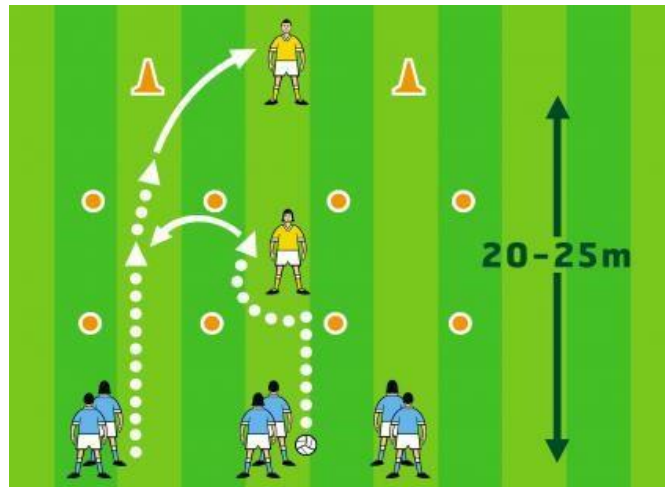
Skill Focus – Games 6

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Games 1 – Roll, Pass & Shoot - 15 minutes



Video Link to Exercise

<https://youtu.be/xaDolaKE2Bk>

Organisation

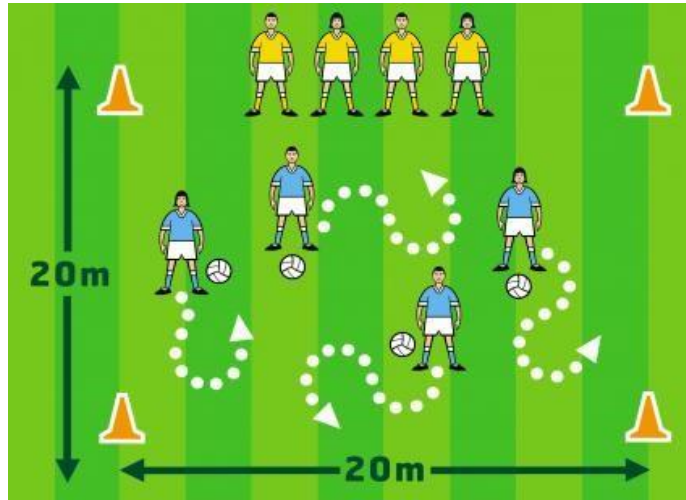
- Attacking players line up in threes approximately 20 to 25m from goal.
- A defending player is positioned in a defensive zone midway between the attacking players and the goal.
- The attacking players move forward together with the central player in possession of the ball.
- Having rolled off the defensive player the central attacking player lays off the ball to the outside player at that side using the hand pass technique.
- Focus on transferring the ball to keep it in the outside arm throughout the roll.
- The players should use the right hand when passing to the right and the left hand when passing to the left.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Games 2 – Bounce King - 15 minutes



Video Link to Exercise

<https://youtu.be/EYztQTjgZDA>

Organisation

- Mark out a grid 20m by 20m.
- Divide the players into two equal teams.
- One team starts inside the grid; each player has a ball.
- On the whistle, each player moves around the grid in different directions, bouncing the ball after every four steps.
- After a short time, each member of Team 2 enters the grid, attempting to dispossess a member of team one.
- The team of the player who keeps possession for the longest time wins.
- Switch the roles after a set time.

Variation

Play the game on an individual basis awarding the game to the player who keeps possession for the longest time.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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