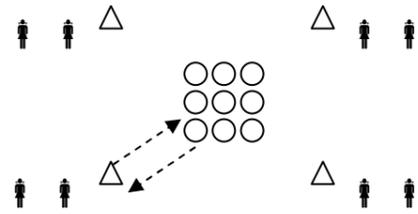


### Four Team Solo Game:

Set up playing area as shown below. Place all footballs in centre of grid. Divide players into 4 teams of equal numbers and each team gets a cone/ base each. On coaches whistle players run to centre and solo a ball back to their base (1 at a time) When all balls are gone from the centre players may now rob from opposing teams. Play stops on coaches whistle. The team with the most footballs at the end wins.



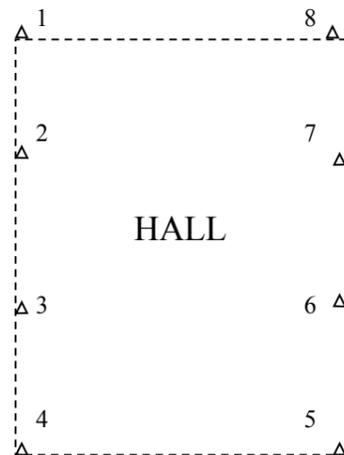
### Circuit training

Depending on the size of the hall and the numbers present, stations may be added or taken away from the circuit. Mentors are encouraged to implement their own ideas where and when possible.

*When possible have a coach/parent look after 1/2 groups each as they complete circuit. Players work in pairs. Coach blows whistle after certain amount of time (e.g. 30 seconds)*

### Under 7/8/9 Sample Circuit—Mix of ABC's (Agility, Balance & Co-ordination) and Skill Work

- Station 1: Hurdles - 2 lines of 4/5 small hurdles to jump over in various ways
- Station 2: High catch against wall
- Station 3: First pass in pairs between 2 cones
- Station 4: Soloing on the spot
- Station 5: Punt Kick in pairs
- Station 6: Solo in Zig Zag line
- Station 7: Ladders - through ladders using various techniques
- Station 8: Kicking/ Striking ball at a target



### Under 10/11/12 Sample Circuit

- Station 1: Ladders
- Station 2: Solo-against the clock
- Station 3: Zig Zag running with pick up
- Station 4: Kicking to partner
- Station 5: Hurdles
- Station 6: Handpassing
- Station 7: Skipping
- Station 8: High Catch

*Important tips when circuit training:*

- Ensure players are not spending too much time per station
- Keep the groups small when possible
- Try to set the circuit where there is ball activity followed by physical activity or keep it all with ball activity
- For the ball activities it might be useful to use right foot/ hand on first circuit and left foot/ hand on 2<sup>nd</sup> etc.
- Allow an agreed time, between stations, for players to have a breather.
- Have water bottles at each station or at least every 2<sup>nd</sup> station
- Be conscious of players not executing skills correctly as they get tired. This is when good coaching comes into play.

# LADIES GAELIC FOOTBALL



# INDOOR COACHING RESOURCE

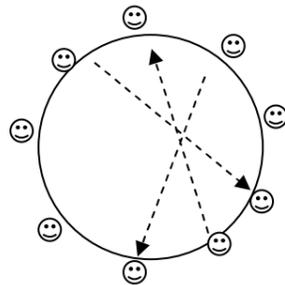
Ensure to complete a health and safety check of the facilities before commencing your coaching session

**Warm Ups**

(1)  
Put all players on the floor. Coach shouts instructions (e.g. 3 left, 1 right meaning stand up, run 3 steps left, 1 right and then sit down again) Coach can specify the type of steps they have to use between each marker, i.e., sidesteps or turn and run

(2)  
Set up cones in square formation. Each player takes a ball and starts soloing inside square. Players take 2 solos and then place ball on ground. Player must then run and pick up a different ball.

(3)  
Pass and follow. Players jogging on spot around circle. Two players with footballs. They must fist pass to another player and follow their pass to take up new position in circle. Coach can add more footballs to keep group moving quicker.



(4)  
Place your kids in the centre of the gym. Identify the four walls as North, South, East and West (with very young children you could use colours or place different objects at each wall).  
Tell them “I will call out a name of a wall and you have to run to it, touch it and run back”. Don’t make the last one back perform a penalty – it’s not fair on the slower kids.

**Variations**

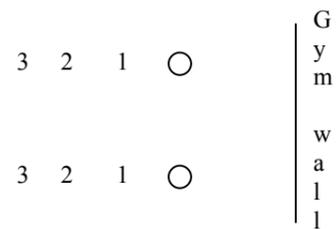
- Ask the children to skip, sideways run, etc (but not run backwards – falling over on a hard floor hurts!)
- Give the walls numbers rather than names
- Point to wall; call a different one (ha!)
- Tell them to run to the opposite wall (you call ‘North’, they have to run to the ‘South’ wall)
- Solo a football to the wall and back

**Drills**

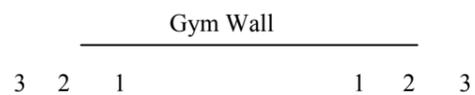
(1)  
Players line up in groups in front of wall as shown. First player fist passes against wall and immediately moves to back of line. Next player must catch ball before it hits ground and repeat for next player etc.

Groups compete in any of the following ways you specify:

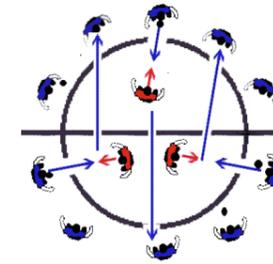
- a) # passes completed within 90 seconds;
- b) first group to complete 30 passes;
- c) first group to cycle through the entire group 10 times.



Set up as above except remove one of the footballs. Player must now make an angled pass off the wall and first person from opposite group must catch it.

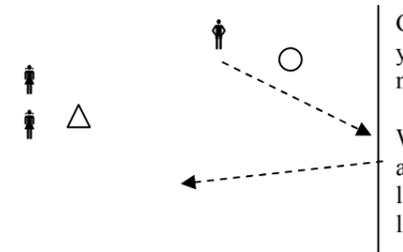


(2)  
**Switch Ball**  
Grid is 30 x 30 yards, you can even use the centre circle. Use 10+ players. Three players are in the middle of a 30 x 30 yard grid. The remaining players make a circle around the grid. Five of these players each have a ball.



Each player in the middle moves to a player with a ball, receives it, turns and switches it to a team mate who does not have a ball. Play continues in this fashion for a designated period.

(3)  
Set up players as shown. Players in pairs: Coach throws ball up against wall and first pair of players challenge each other to try and catch ball. The player who catches the ball fist passes back to coach.



**Games**

**Football Tennis:**  
Divide hall into grid as below. 2 courts and 4 teams.  
Team 1 v Team 2, Team 3 v Team 4 (2 separate games)

Team 1 fist pass ball across into Team 2’s zone (above waist height). They must catch and return ball. Teams score by receiving a point if the opposing team fails to catch the ball.

|  |  |
|--|--|
| Court 1<br><br>Team 1<br><br>v<br><br>Team 2 | Court 2<br><br>Team 3<br><br>v<br><br>Team 4 |
|--|--|

- Variations:
- Teams have only 5 seconds to return the ball
  - Ball is not allowed to stop in your zone
  - Penalty (score) for hitting ball out of court
  - The player who catches the ball must pass to team mate who will strike the ball
  - Alternate left and right hands