

	<b>GAA Games Development Conference 2008—Practical Demonstration Gaelic Football</b>	<b>Michael McGeehin</b>
		<b>Cumann Lúthchleas Gael</b>

## **A Games Based Approach to Gaelic Football**

Michael McGeehin is the director of Coaching Ireland—formerly the National Coaching and Training Centre. Coaching Ireland is a 32 County body charged with the responsibility for overseeing Coach Development across all sports in Ireland. Michael has overseen the change over from the NCTC to CI, and in the process led the development of a Coaching Strategy for Ireland.



Michael joined Coaching Ireland as director in April 2007. Prior to this he led the Donegal Sports Partnership from its inception to the successful completion of its first strategy.

Michael has been involved in the re-development of the GAA Coach Education Programme through his role in Coaching Ireland.

Michael is a Physical Education Graduate from the University of Limerick and had a successful career in the army retiring at the rank of commandant.

Michael has been involved in the delivery of GAA Coach Education Courses through his role as a tutor with the Ulster Council .

He is also vastly experienced coach having coached a number of Inter County Teams including Mayo,

Fermanagh, Roscommon, Laois, and Clare. In 2008 Michael was coach to the Limerick Senior Football team, and also to his own club side St Eunans, Letterkenny which won the Donegal Senior Football Championship for the second year in a row.

Michael will be joined today by members of the St Eunans Senior and Minor Football squads.

Outlined on the following pages are the activities that Michael will be presenting as part of the practical coaching demonstration.

For more information on the GAA Games Development visit the Games Development Website—[www.gamesdevelopment.gaa.ie](http://www.gamesdevelopment.gaa.ie) or contact:

GAA Games Development

Croke Park

Dublin 3

Email: [gamesdevelopment@gaa.ie](mailto:gamesdevelopment@gaa.ie)

## Circles

**Aim:**

The is an ideal warm up game that develops accurate passing and movement skills

**Organisation:**

- Mark out 2 circles: the Inner circle 20m diameter, outer circle 30 - 35 m diameter.
- Divide the Players into pairs numbered 1 and 2. One ball between two. Position Player 1 inside the inner circle opposite Player 2 ,who has the ball, on the outer circle.
- On a signal, Player 1 receives the ball from Player 2, passes back to Player 2 and then turns and runs through inner circle at pace looking and calling for a ball from another Player 2 on the outside circle.
- On receiving the ball Player 1 plays back to that Player 2, turns and goes looking again for another ball
- 2's remain static on the outside circle.
- Players work for 1 minute then rotate/change places with their partner

**Key Points:**

- Encourage all players to work as if it were a game to ensure that the intensity is game like
- Change the positions after 1 minute as when completed correctly this activity has a high intensity level

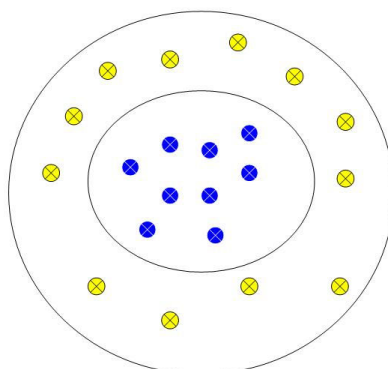
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## Solo Tag

**Aim:**

The aim of this activity is to develop the skills of evasion, passing and communication, as well as shadowing and tackling skills.

**Organisation:**

- Mark out a grid 20x20m
- This is a game of Tag with a difference - only players not in possession of the ball can be tagged. Players in possession of the cannot be tagged.
- Nominate one Player as the Tagger. The Tagger attempts to tag a player without the ball. If successful the Player tagged player changes places and becomes the Tagger.
- The normal rules of soloing apply.

**Key Points:**

- Encourage players in possession to pass to player who is being chased by the Tagger.

**Notes:** \_\_\_\_\_

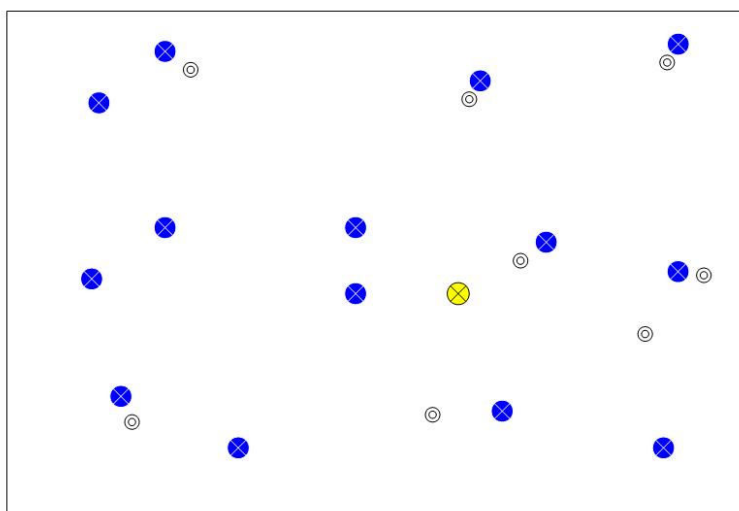
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## 4V 4 + 4

**Aim:**

The aim of this activity is to develop the skills of evasion, passing and communication, as well as shadowing and tackling skills.

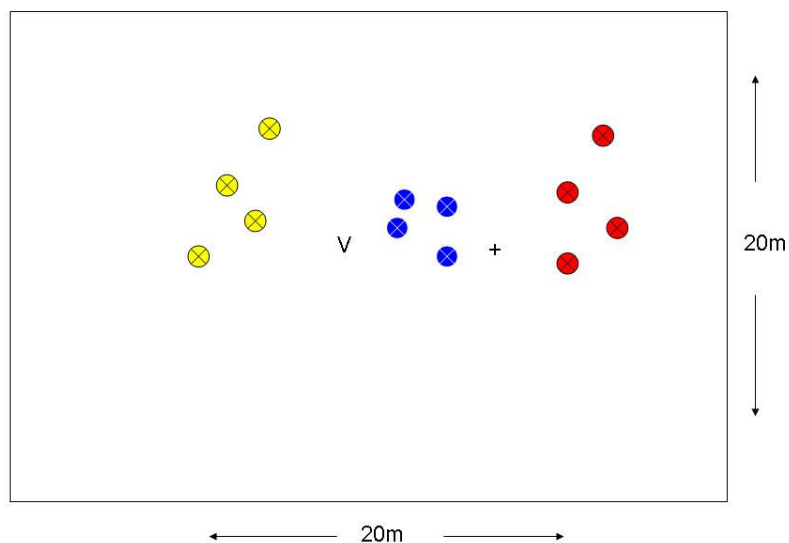
**Organisation:**

- Mark out a grid 20x20m
- Divide the Players into 3 teams of 4 Players. Provide each team with a different colour bib
- Pair two of the teams together to make 8 V 4
- The combined teams of 4 must retain possession, while the remaining team of 4 attempts to intercept.
- Award 1 point for every 10 successful hand passes. If the ball is intercepted the team of the player that played the intercepted ball replaces the chasing team.

**Key Points:**

- Encourage players in possession to pass to player in space

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## Space Tennis

**Aim:**

The aim of this activity is to develop the skills of gaining, releasing and contesting possession.

**Organisation:**

- Divide the Playing Area into 2 courts 15m X 20m with a 5m space between courts.
- Divide the Players into teams of 6
- Nominate 3 Players from each team as the attackers and 3 as defenders. From each team, place 3 attackers in one court and 3 defenders in the opposite court.
- To register a score the defenders have to pass the ball from their court to their attackers in the opposite court and receive the ball back.
- Continue for a period of 3 to 4 minute.

**Notes:** \_\_\_\_\_

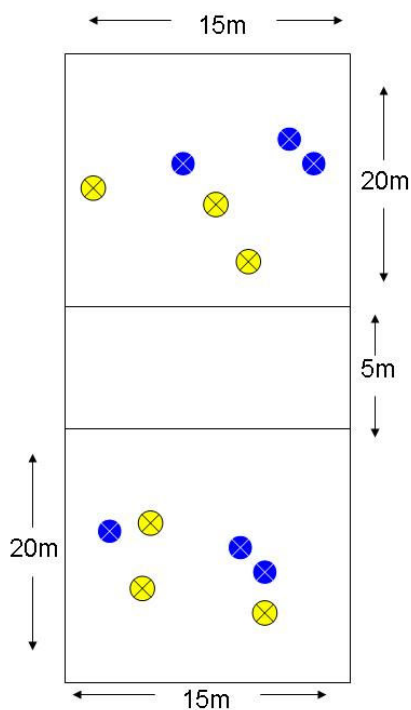
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## Target Gates I

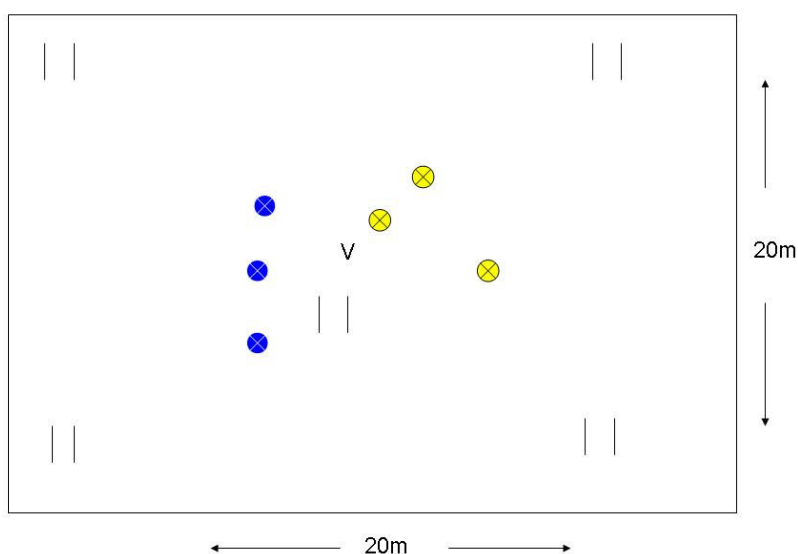
**Aim:**

The aim of this activity is to develop the skills of attacking and defending.

**Organisation:**

- Mark out a Play Area 20mx20m.
- Using agility poles set up five gates, 2 sets of gates at one end of the grid, 2 sets at the opposite and one set of gates in the middle of the grid.
- Divide the Players into teams of 3 or 4
- Nominate one team to defend 2 sets of poles at one end of the grid, the other team defending the 2 sets of poles at the opposite end, the set of poles in the middle are common to both teams.
- To score the team in possession must pass the ball between the opposition gates to one of their own team.
- Apply normal playing rules.
- Continue the Game for 2 minutes

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## Target Gates 2

### Aim:

The aim of this activity is to develop the skills of attacking and defending.

### Organisation:

- Divide the Players into pairs. Nominate one from each pair as the attacker and one the defender. Nominate one Goalkeeper to play in goal.
- Mark out the Playing Area using poles. Mark out of two gates on the end line, one gate on the 21m line and one on the 13m line opposite the endline gates..
- On a signal, Attackers, with the ball and Defenders sprint out through their respective gates.
- Attackers attempt to score a goal. Defenders attempt to deny goal scoring opportunity.
- Attack continues until a goal is scored, kicked wide or possession is turned over by the defenders.

### Progressions:

- Overload the number of players in favour of the Attack or the defence
- Change the position of the poles.
- If Defenders win back possession, reverse the role and allow them to score.

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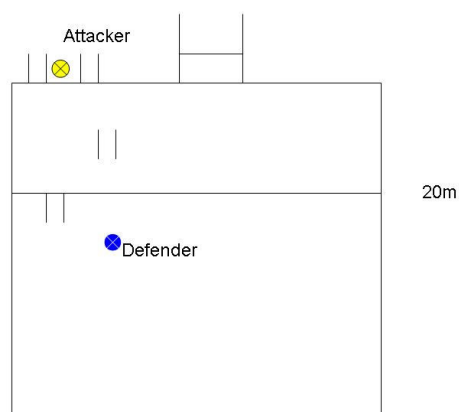
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## Modified Game I

### Aim:

The aim of this activity is to develop the skills of attacking and defending.

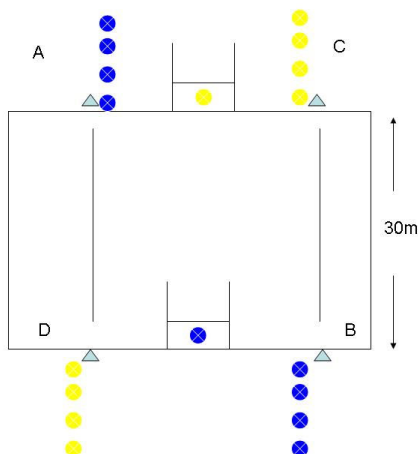
### Organisation:

- Mark out a Playing Area 30m X 30m with goals in the centre of either end line.
- Divide players into two teams A & B with bibs. Teams A & B then further divide. Half of team A goes to cone A, the other half to cone B on the diagonal. Half of team B goes to cone C and the other half to cone D on the diagonal.
- Players at each cone number themselves 1,2,3, etc. Nominate a Goalkeeper in each goal. On the pitch excluding the goalkeepers you will have 2v2 at any one time.
- The Coach is positioned centrally with footballs.
- Coach throws the ball into the pitch in any direction for the number 1's in each group to contest (2v2).
- The team that wins possession has 1 minute to score a goal. If a goal is scored inside 1 minute both teams go off and the coach plays in the next ball for the number 2's.etc. If no goal is scored the coach calls both teams off and plays the next ball.

### Key Points:

- Add in two additional cones, cone E in between cones A & D, cone F in between cones B and C. Add players to cones E and F so now when the ball is played in by the coach there is a 3v3 situation created.

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## Modified Game 2

**Aim:**

The aim of this activity is to develop the skills of attacking and defending.

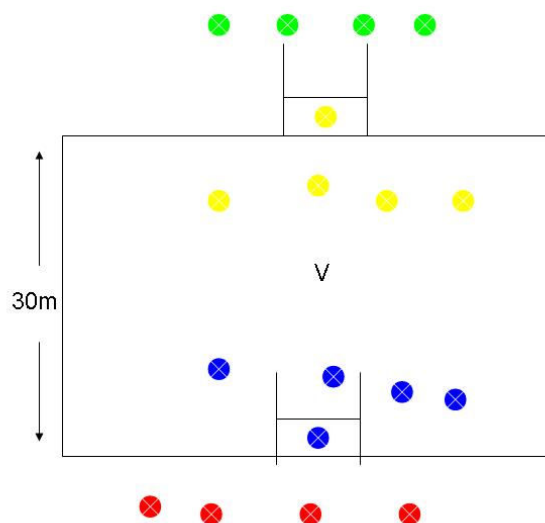
**Organisation:**

- Mark out a Playing Area 30m X 30m with goals in the centre of either end line.
- Divide the Players into 4 teams of 4 Players. In addition place a Goalkeeper in each goal.
- Two teams of 4 play on the pitch, with the other 2 teams of 4 lined up behind either goal.
- The team in possession have 1 minute to score a goal. If they score they leave the pitch immediately and the defender stay on, retrieve the ball and attempt to score a goal before the next attacking team of four comes onto the pitch.
- Continue the game for a period of 2 minutes

**Progression:**

- Nominate 1 Player on each team to stay in full forward line.

**Notes:** \_\_\_\_\_  
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### Modified Game 3

**Aim:**

The aim of this activity is to develop the skills of attacking and defending.

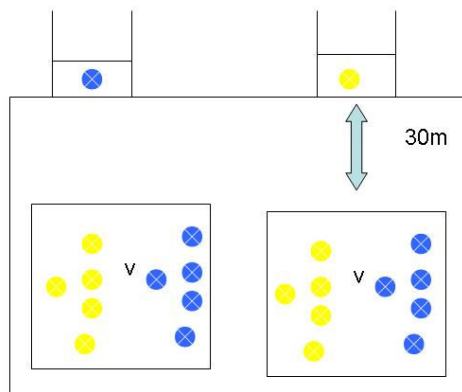
**Organisation:**

- Mark out a Playing Area 50m X 50m. Place two goalposts along one endline, 10m apart. Mark out two grids 15x15m located 30m out from each goals.
- Divide the Players into 4 teams of 5. Place a goalkeeper in each goal.
- Place two teams of 5 within each grid.
- The team in possession must complete five consecutive passes before they can break from the grid and attempt to finish quickly on goals.
- The team not in possession attempt to prevent score and defend quickly in numbers

**Key Points:**

- Encourage all players to work as if it were a game to ensure that the intensity is game like
- Continue the game for 1 minute if no team completes 5 consecutive passes

**Notes:** \_\_\_\_\_  
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## Modified Game 4

### Aim:

The aim of this activity is to develop the skills of attacking and defending.

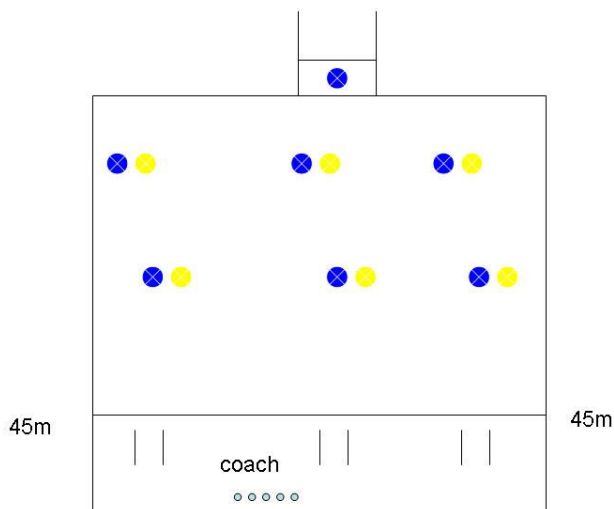
### Organisation:

- Mark out a Playing Area equivalent to half the playing pitch. Place one goalpost along the endline. Using poles, mark out 3 sets of gates, 2m apart—1 to the left, one in front and one to the right of the goalposts. Mark out two grids 15x15m located 30m out from each goals.
- Line out the players as normal, 6 Defenders and 6 Forwards with one Goalkeeper.
- The Coach acts as the feeder to the Forwards.
- If the Forwards score a point they get the next ball, if the forwards score a goal they get the next two balls.
- Should Defenders win the ball they must work the ball out through one of the three gates.
- Once they do this the game does not stop, the Defenders immediately become Forwards and attempt to score. ( The Attackers revert to defend)

### Key Points:

- Encourage all players to work as if it were a game to ensure that the intensity is game like

**Notes:** \_\_\_\_\_  
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## **GAA Games Development Conference 2008**

### ***'A Games Based Approach to Training and Development'***

Friday November 28th and Saturday November  
29th 2008

Venue: Croke Park

Practical Coaching Demonstration:

*'A Games Based Approach to Gaelic Football'*

Coach: Michael McGeehin

Players: St Eunans, Letterkenny, Co. Donegal