



SGGFC: Building for the future



Shrile/Glencorrib GAA Coaching Manual 2018





Under 14 – Training Structure

Key considerations at this level:

- Training sessions should be enjoyable and inclusive of all players.
- It is important to build a good rapport with the players.
- Instil a sense of discipline with a zero tolerance to bullying.
- Review previous matches/sessions to establish areas to work on.
- Outline plans for each session to motivate the players.
- Delegate tasks to your selectors, e.g. set up drills, attend to players as they practice skills etc.
- Demonstrate the skills/drills slowly to players.
- Focus on building the intensity of the session, i.e., start out with easy activities for the players and progress to more challenging tasks later in the session.
- Allow players to learn– this is best achieved through activity and fun.
- Keep drills short and varied so that players remain focused throughout the training session.
- Players should use both hands and both feet when learning new skills and playing games.
- Coaches should encourage players, acknowledge their effort and praise them regularly.
- Give time at the end of a session to reflect with the players on the quality of the training session.
- Encourage players to practice their skills at home.

Duration of training session: 75/80 minutes

Equipment/Resource List:

- 1 Set of bibs.
- 1 training football between two players (size 4) and 2/3 O' Neill's footballs.
- 1 set of training cones.
- 1 set of training poles.
- 1 set of water bottles.
- 13-a-side games.
- Coach/Player ratio 1:6 (where possible).
- First Aid bag.



Under 14 – Sample Session 1

Key Skills— Solo, Hand Pass and Kick Pass

Session structure	Duration (mins)
Warm Up	10
Introduce the focus of the session	5
Solo and Hand Pass Drill	10
Kick Pass Drill	10
5-A-Side Game/Drill	15
Game– 13v13	20
Cool Down	5
Session review and conclusion	5

Under 14– Sample Session 2

Key Skills— Crouch Lift, Hand Pass, Solo, Kick Pass & High Catch

Session structure	Duration (mins)
Warm Up	10
Introduce the focus of the session	5
Crouch Lift, Hand Pass and Solo	10
Kick Pass and High Catch	10
5-A-Side Game/Drill	15
Game– 13v13	20
Cool Down	5
Session review and conclusion	5



Player Assessment – U14

Player Name													Total
	L	R	L	R	L	R	L	R	L	R	L	R	
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
10.													
11.													
12.													
13.													
14.													
15.													
16.													
17.													
18.													
19.													
20.													

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.

Note: L= Left Side, R= Right Side

Manager Signature: _____ Date: _____

Player Score	
Needs Practice	0-5
Reasonably Competent	5-8
Fully Competent	9-10



Feedback from Testing

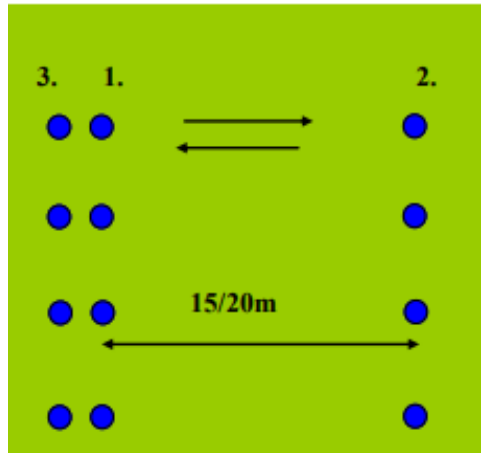
Player Name	Areas of Strength	Areas to Build on
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

Manager Signature: _____

Date: _____



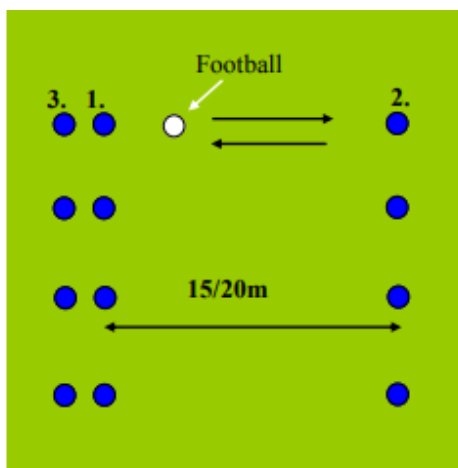
Under 14 – Solo and Hand Pass Drill



Organisation:

- Set up a line of cones 15/20m apart.
- Players 1 and 3 line up behind one cone and player 2 lines up behind the opposite cone.
- Player 1 solos twice and hand passes to player 2.
- Player 2 solos twice and hand passes to player 3.
- Player 3 repeats the process.
- Continue this drill for 5 mins.
- Introduce a competition– Try to complete 10 drills without dropping the ball. If the ball is dropped the teams score goes back to zero.

Under 14 – Crouch Lift, Hand Pass and Solo Drill

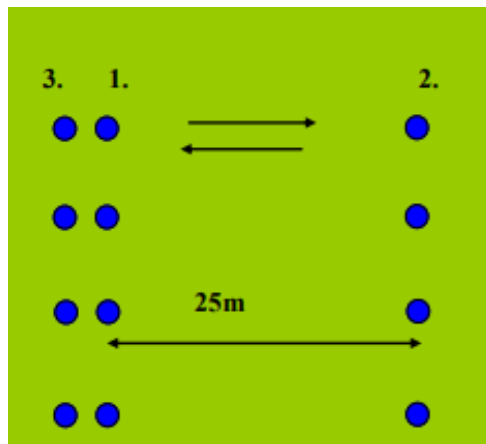


Organisation:

- Set up a line of cones 15/20m apart.
 - Players 1 and 3 line up behind one cone and player 2 lines up behind the opposite cone.
 - The football is placed on the ground 5m from player 1.
 - Player 1 crouch lifts the ball and hand passes it to player 2.
 - Player 2 solos once and leaves the ball 5m in front of player 3.
 - Player 3 repeats the process.
 - Continue this drill for 5 mins.
 - Introduce a competition– Try to complete 10 drills without dropping the ball. If the ball is dropped the teams score goes back to zero.
- Note: Make sure that when players leave the ball down that they don't allow it to roll.



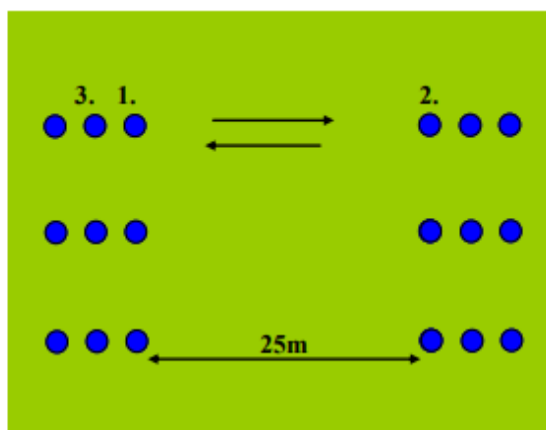
Under 14 – Kick Pass Drill



Organisation:

- Set up a line of cones 25m apart.
- Players 1 and 3 line up behind one cone and player 2 lines up behind the opposite cone.
- Player 1 kick passes the ball to player 2.
- Player 1 runs to the opposite cone.
- Player 2 kick passes the ball to player 3 and runs to the opposite cone.
- Continue this drill for 5 mins.
- Practice this drill with both feet.

Under 14 – Kick Pass and High Catch Drill

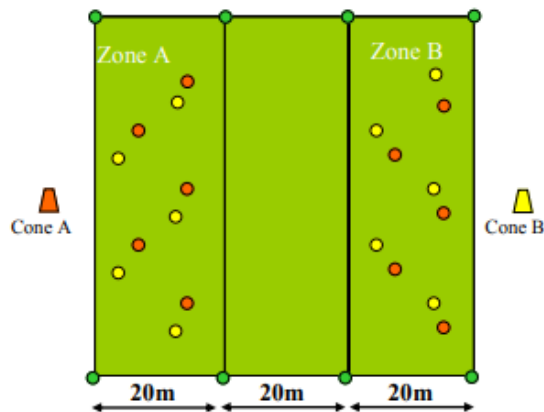


Organisation:

- Set up a line of cones 25m apart.
- 2/3 players line up at each cone.
- Player 1 kick passes a high ball to player 2. Player 2 contests for this ball in the air.
- Player 1 then runs to the opposite side.
- Player 2 kick passes a high ball to player 3 and this process continues.
- Competition– Each line of players try to complete 10 successful passes of the drill. If a player drops the ball/kicks the ball short subtract 1 point from their score.
- Continue this drill for 10-15 mins.



Under 14 – 5-A-Side Game



Organisation:

- Mark out the pitch into 3 zones as shown.
- Players do not enter the middle zone.
- Team A (orange) start with the football at cone A.
- They try to pass the ball to their team mates in Zone B.
- Team B (yellow) try to intercept the ball in zone A.
- A team who overturns possession must then bring the ball around either cone A or B.
- A team scores when they successfully make a completed pass to their team mates in the opposite zone.