



SGGFC: Building for the future



Shrile/Glencorrib GAA Coaching Manual 2018





Under 16s – 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.
- It is important to promote the importance of clear communication amongst the players. Players must call for the ball from a player and they must also call the player they are passing the ball to in games/drills.
- 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.
- A selection of drills are contained within that can be undertaken on any given evening to make up one and a half hour session.

Duration of training session: 90 minutes

Equipment/Resource List:

- 1 Set of bibs.
- 1 training football between two players (size 5) and 2/3 O' Neill's footballs.
- 1 set of training cones.
- 1 set of training poles.
- 1 set of water bottles.
- 15-a-side games.
- Coach/Player ratio 1:6 (where possible).
- First Aid bag.



Under 16 – Sample Session 1

Key Skills—Hand Pass, Solo & Fist Pass and Kick Pass 1

Session structure	Duration
Warm Up/Stretching	15 mins
Introduce the focus of the session	5 mins
Hand Pass Drill	10 mins
Solo & Fist Pass Drill	10 mins
Kick Pass 1 Drill	10 mins
5-A-Side Game/Drill	10 mins
Game– 15v15	20 mins
Warm Down/Stretching	10 mins
Session review and conclusion	5 mins

Under 16 – Sample Session 2

Key Skills— Solo & Hand Pass, Attack/Defend and Scoring

Session Structure	Duration
Warm Up/Stretching	15 mins
Introduce the focus of the session	5 mins
Solo & Hand Pass	10 mins
Attack & Defend Drill	10 mins
Scoring Drill	10 mins
5 A side game/drill	10 mins
Game- 15 v 15	20 mins
Warm Down/Stretching	10 mins
Session review & conclusion	5 mins



Player Assessment – U16

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

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

Manager Signature:

Date:



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: _____

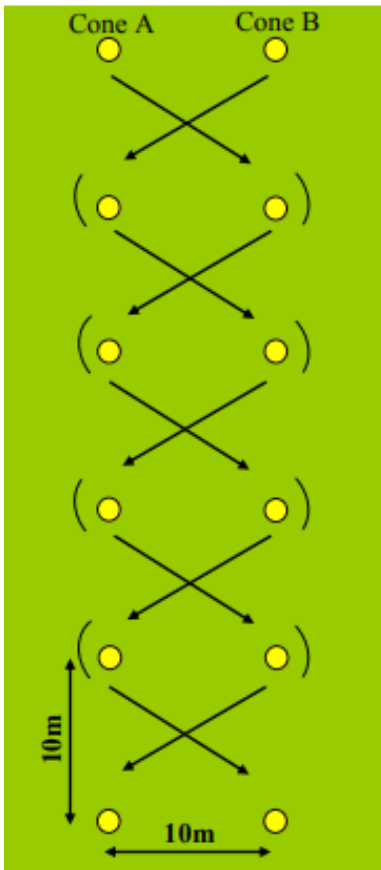


Sample Warm up – Under 16

- Players line up on side line facing across the pitch.
 - Light jog across pitch and back (x2).
 - Half pace run across pitch and back (x2).
 - Half pace run across pitch and reverse run back (x2).
 - Half pace run across pitch and sideways back changing sides every few strides (x2).
- Start this drill with a ball between every 4 players, players hand pass ball between each other as they perform this drill.

(Use resources on website to vary warm ups and trainings)

Under 16 – Hand pass Drill 1



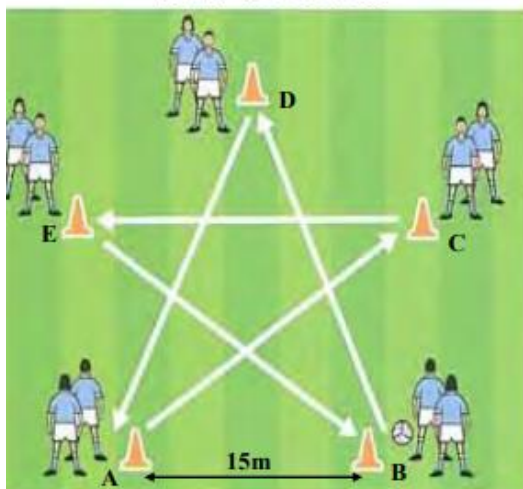
Organisation:

- Set up 6 lines of cones 10 meters apart in both directions.
- Players line up behind each of the cones A & B.
- 2 players run in a criss-cross manner between each set of cones.
- Each time they criss-cross they hand pass the ball to each other.
- When they reach the end of the line they jog back to the start along the outside of the cones.

Use weaker hand on alternative runs

Under 16 – Hand pass Drill 2

Star of David



Organisation:

- Set up 5 cones in a Star of David shape 15 meters apart.
- Players of 4 or more players at each cone.
- Player A hand passes the ball to player C.
- Player C hand passes to player E.
- Player E hand passes the ball to player B.
- Player B passes the ball to player D.
- Player D completes the hand passing move back to player A.

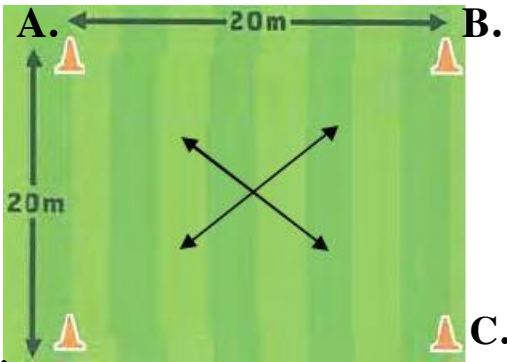
A second, third and maybe a fourth ball is introduced as the players improve their skill level.



Under 16 – Hand Pass Drill 3

Organisation:

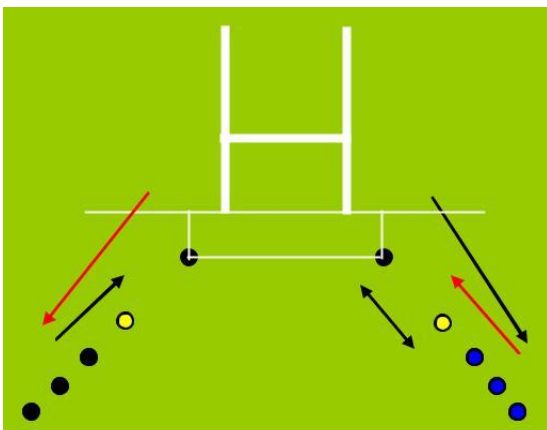
- Set up 4 cones in a square 20 meters apart.
- Players of 4 or more at each cone.
- Player 1 from cone A runs diagonally towards cone C and hand passes to the first player at cone C who continues their run towards cone A.
- At the same time players from cones B and D do the same drill.
- Players must be able to complete the hand pass and complete the catch. At the same time they have to avoid contact with each other as they pass through the middle.
- The drill is speeded up as the players improve there skill level.
- Another version of this drill can be done by players from each cone turn right around a centre cone and right hand pass to the player at the cone on there left, and then changed as quickly as possible to do the drill in the oppo-site direction using the left hand pass.



Under 16 – Solo/Fist Pass drill

Organisation:

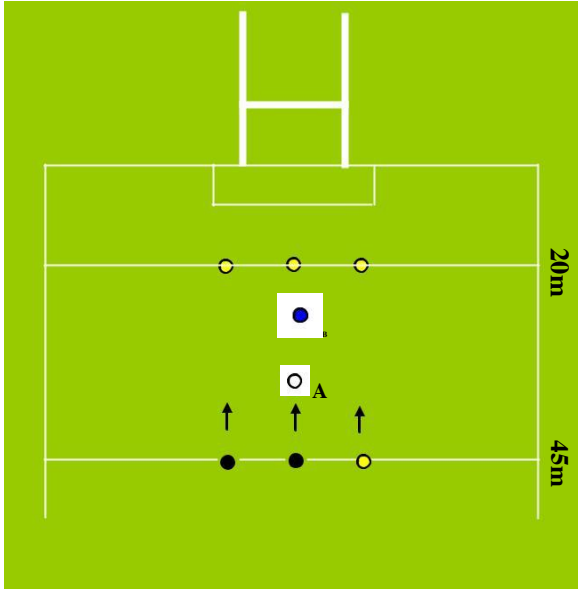
- Set up two cones (yellow) on the outfield corners of the small parallelogram.
- Then set up two more cones (yellow) about 10 meters further out in a line from the centre of the crossbar through the first cone on either side of the goals.
- Divide the players into equal groups at the two furthest cones.
- Divide the footballs equally between these groups. The more balls that are available for this drill the better.
- First player on each group runs towards the goal taking a solo and fist passes the ball over the bar as they approach



- the cone on the edge of the parallelogram.
- They then move around the back of the goal and head to the other side.
- The ball must be fist passed with the hand closest to the end line each time, this way they are improving both sides' skills.



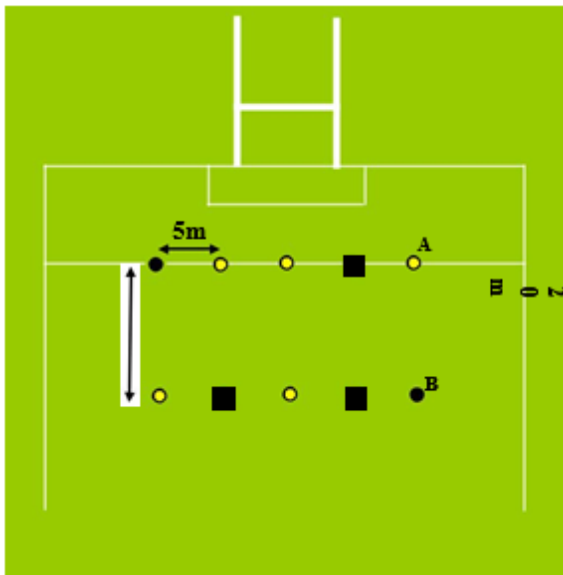
Under 16 – Solo/Handpass Drill



Organisation:

- Set up three cones on the 45m line 5m apart.
- Set up three cones on the 20m line opposite them.
- Place 2 two cones (A & B) equal distances between the middle cones in a line.
- 3 or more players stand at each of the cones on the 45m line and the 20m line.
- One player stands at each of the centre two cones (A & B) facing towards the players on the 45m line.
- The player at the centre cone on the 45m line runs toward the first centre cone (A) and passes to the player standing here.
- At the same time the two outside players run in straight line along with ball carrier.
- The player at the centre cone (A) passes the ball to either of the players on the outside who in turn passes the ball to the second centre cone player (B).
- This player immediately passes the ball to the player on the other side.
- This player passes the ball to the player in the centre stand on the 20m line.
- This drill is then repeated in the opposite direction.
- This drill is walked through at the start and builds up its speed as the players improve.

Under 16 – Kick Pass Drill 1

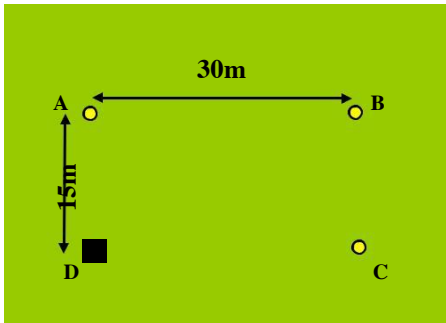


Organisation:

- Place a line of cones on the 20m line 5m apart.
- Place another line of cones 15m further out the pitch.
- Line up players opposite each other at each cone.
- Player A kick passes the ball to player B with their stronger foot trying to ensure that the ball lands in line with the other players chest.
- After 20 passes the players use there weaker foot in order to improve their weaker side.
- After 20 passes the players out the pitch step back 5m and repeat the drill.
- Keep moving the players after every 40 passes until they are passing the ball at least 30m.

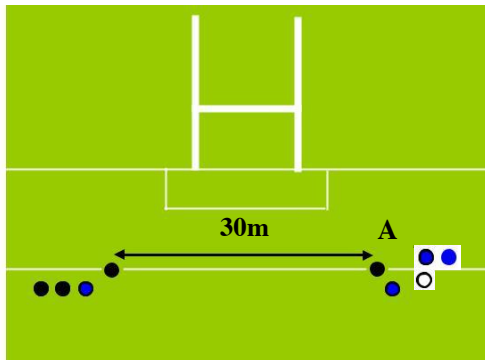


Under 16 – Kick Pass Drill 2



Organisation:

- Set up a rectangle 30m X 15m.
 - Set up 4 or more players at each corner.
 - Player 1 from cone **A** starts by hand passing ball to 1st player at cone **B**.
 - This player then who foot passes ball to the player standing at cone **C** who hand passes the ball to player at cone **D**. This player then foot passes the ball to next player at cone **A**.
- After each pass the player must run after the pass to the next cone, and the drill continues from there.
 - Increase the pace and introduce more balls as the skills improve. Change direction and the players must use there weaker hands and feet to pass the ball.



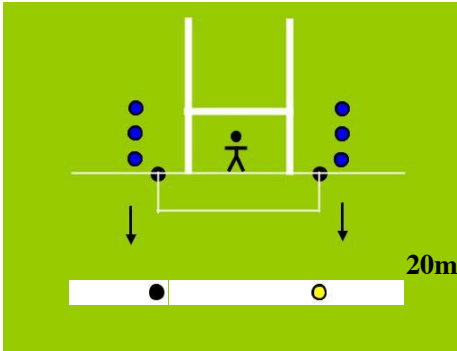
Under 16 – Solo and Shoot Drill

Organisation:

- Set up two cones 30m apart along the 20m line.
- Start some players (blue) at each cone, all with footballs.
- On the coaches whistle let one player solo run parallel to the 20m line.
- The coach then chooses when the player should turn sharply towards goal and shoot for a point once he has crossed the 20m line.
- The whistle from the coach is the signal for the next player (coming from the opposite side) to solo across the 20m line before being called to turn and shoot.
- Ensure that each player retrieves their own ball and joins in at the end of the group opposite to the one that they have just come from.



Under 16 – Attack/Defend Drill

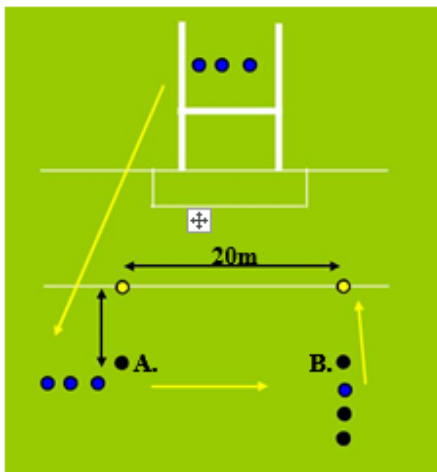


Organisation:

- Set up two cones on the edge of the large parallelogram on the end line.
- Set up two cones opposite them on the 20m line.
- Divide the players (blue) in two at the cones on the end line.
- Get the goalkeeper to stand in goal and have the second goalkeeper on standby to rotate.
- The coach stands to one side and rolls a ball out past the 20m line.
- The first player on each side of goal runs out around the cone on the 20m line.
- Whichever player reaches the ball first picks it up properly and heads towards the goal to shoot for a point.
- The other player tries to defend and block the kick or force the player out into a position where its impossible for the other player to shoot.
- If the ball drops short, the goalkeeper catches it and ensures a good hand pass to the coach.
- Repeat the drill until all players get at least 10 shots on goal.
- Step up the drill by having 2v2 and 3v3 scenarios.
- At some stage change from kicking for points to trying to score goals. This gives the goalkeepers a chance to work with his defenders and improve their goalkeeping skills.

Under 16 – Scoring Drill

Under 1



Organisation:

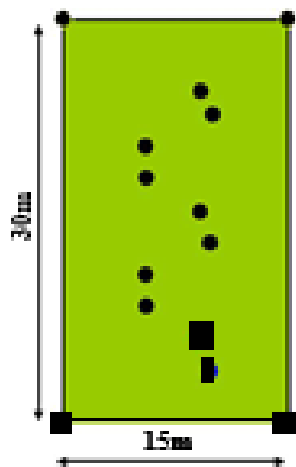
- Set up two cones 20m from the goal about 10m either side of the goal posts.
- Set up another two cones about 10m further out the pitch.
- Split players up into three groups. One group goes to cone A, another group goes to cone B and the final group go behind the goals.
- The first player at cone A foot passes the ball to the first player at cone B.
- This player then runs forward to the cone set up on the 20m line and shoots for a point.
- One of the players behind the goal catches the shot and foot passes to the next player at cone A.
- Each player follows the ball and practices their shooting and their foot passing.
- Change direction and the foot used.

The two free takers should practice their free taking, starting in front of the goal on the 13m line. After a number of shots from each position they should then move further out the pitch, making the angle a little more difficult

The goalkeeper should practice kick outs to midfielders.



Under 16 – Small sided Games



Organisation:

- Set up pitch 30m x 15m.
- Pick four teams of five a side (or more if players available).
- First two teams play a hand passing game with a score awarded each time a team completes 10 passes.
- If the ball falls to the ground the ball is handed over to the other team.
- Change the teams after three minutes.

- Increase the size of the pitch make two teams and play the same game with the same rules.
- Increase the size of pitch and introduce the foot pass.
- Limit the number of hand passes but have players complete as many foot passes as possible.
- If the ball is not caught cleanly or after one hop the team loses possession.