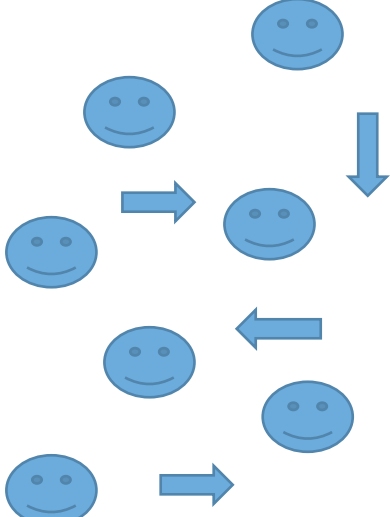
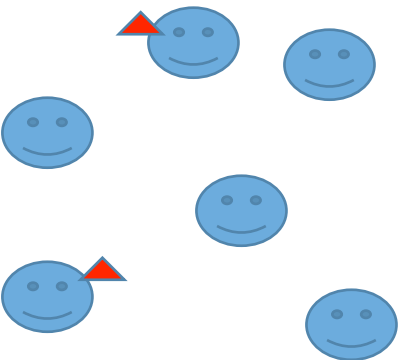
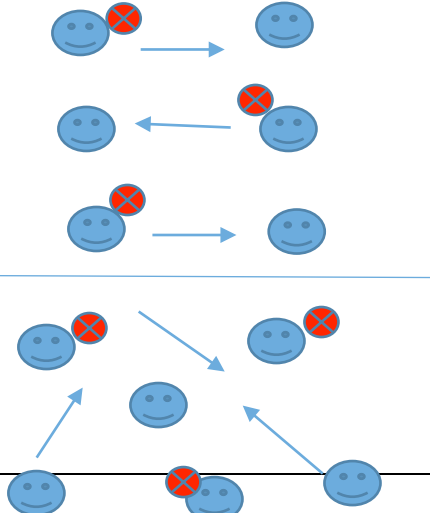


# SESSION PLAN: GAELIC FOOTBALL

## Theme: Handpass

	Description of activity	Diagram
<p>Warm Up (5-7mins)</p> <ul style="list-style-type: none"> <li>Fundamental movements</li> </ul>	<p>Get all players moving around playing area doing the following:</p> <ul style="list-style-type: none"> <li>Running</li> <li>Skipping</li> <li>Side to side</li> <li>Walking</li> <li>Jogging</li> <li>Walking/Jogging Backwards</li> <li>Hopping</li> <li>Jumping on 1 Leg</li> <li>Crawling</li> </ul> <p>To ensure players get sufficient touches get players to have Footballs in hand when warming up.</p>	
<p>Game 1 Fun Game (5-7mins)</p> <ul style="list-style-type: none"> <li>Cone Tag</li> </ul>	<p>Coach gives cone to about 1/3 of group. Whoever has a cone is 'ON' once player with cone tags other player they are now 'ON' and the other player is free.</p>	
<p>Skill Development (10-15 mins)</p> <ul style="list-style-type: none"> <li>Hand pass - Coach introduces the Hand pass main points of the hand pass, ask players what is it used for in the game?</li> </ul>	<p>Coach divides players into groups of two and get players to hand pass back and over to their partner. Coaches should be checking the technique of hand pass while this and correcting they should be also encouraging them to use both hands when hand passing. Then get players to start moving around playing area</p>	

	and hand passing to each other.	
<b>Hand passing Activity</b> <ul style="list-style-type: none"> <li>• 2 Square</li> </ul>	Set up as per Diagram. Player hand passes from outside square to person on inside square then takes their place. Player who receives ball inside square hand passes it then to player on outside square.	
<b>Game 2 (10 mins)</b> <ul style="list-style-type: none"> <li>• Small Sided Game</li> </ul>	Small sided game 4v4, 3v3, 5v5. Reward any player who scores with handpass. Eg – Handpass score with weaker hand is 10 points for team	
<b>Cool Down (5 mins)</b>		