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| **O’ Dwyers GAA Practice Session**  **ACADEMY: U7** | | | |
| **Session Emphasis** | 1. Following the Player Pathway – Learn to Use the Ball Well (7 – 9) 2. Skill Development – 3. Developing Fundamental Movement Skills – ABC & RJT. | | |
| **Warm Up Fun Games**  (10 minutes) | 1. Fun Game with a Ball 2. Fun Game without a Ball | | |
| **Skill Development**  (30 minutes) | **Skill Drill** | **Skill Drill** | **ABC/RJT** |
| **Small Sided**  **Go Games**  (20 minutes) | Conditions:   1. Skill Points awarded based on Skills practiced above. 2. One Hop or One Solo 3. Zonal Pitch: Players must play within their own zone. 4. 3 Points for a Score over the Bar/1 Point for a goal. | | |
| **Check for Learning & Goal Setting**  (5 minutes) | 1. Did you enjoy the session? 2. What did you learn from tonight’s session? 3. What skills are we going to practice for the next week? | | |



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| **O’ Dwyers Under 7 GAA Practice Session** | | | |
| **Session Emphasis** | 1. Following the Player Pathway – Learn to Use the Ball Well (7 – 9) 2. Skill Development – 3. Developing Fundamental Movement Skills – ABC & RJT. | | |
| **Small Sided**  **Go games**  (15 minutes) | Conditions:   1. One Hop or One Solo 2. Zonal Pitch: Players must play within their own zone. 3. 3 Points for a Score over the Bar/1 Point for a goal. | | |
| **Skill Development**  (25 minutes) | **Skill Drill** | **Skill Drill** | **ABC/RJT** |
| **Small Sided**  **Go Games**  (15 minutes) | Conditions:   1. Skill Points awarded based on Skills practiced above. 2. One Hop or One Solo 3. Zonal Pitch: Players must play within their own zone. 4. 3 Points for a Score over the Bar/1 Point for a goal. | | |
| **Check for Learning & Goal Setting**  (5 minutes) | 1. Did you enjoy the session? 2. What did you learn from tonight’s session? 3. What skills are we going to practice for the next week? | | |



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| **O DWYERS PLAYER PATHWAY** | | |
| **STAGE** | **APPROX AGE** | **EMPHASIS** |
| **LEARNING TO MASTER THE BALL** | 4 – 6 years | Fun & Participation with key emphasis on physical literacy and core movement skills with the ball. |
| **LEARNING TO USE THE BALL WELL** | **7 – 9 YEARS** | **MAJOR SKILLS LEARNING PHASE WHERE ALL THE BASIC SKILLS IN FOOTBALL AND HURLING ARE LEARNED.** |
| **LEARNING TO PLAY TOGETHER** | 10 – 12 years | Emphasis is on understanding how to play and work together as a Team. |
| **LEARNING ABOUT POSITIONS** | 13 – 15 years | The principles of play & applying good game sense increase. |
| **LEARNING TO PERFORM** | 16 – 18 years | Combining all the aspects of performance including decision making, higher physical demands f the game & coping with competition. |

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| **LEARNING TO USE THE BALL WELL 7 – 9 YEARS** | | |
| **SKILL EMPHASIS** | | **PHYSICAL FOCUS** |
| **FOOTBALL** | **HURLING** | **ABC & RJT** |
| **HANDLING**   * Body Catch * High Catch * Fist Pass * Hand Pass * Crouch Lift   **KICKING**   * Punt Kick left & right * Hook Kick – left & right   **TRAVELLING**   * Bounce * Solo   **TACKLE**   * Near Hand Tackle * Frontal Tackle * Shadowing * Blocking | **HANDLING**   * Claw Catch * Cupped Catch   **SENDING & RECEIVING**   * Ground striking left & right * Ground doubling left & right * Striking from the hand (stationary) * Jab Lift   **TRAVELLING**   * Bean bag balancing * Ball balancing   **TACKLING**   * Ground Flick * Ground clash * Hooking * Frontal & Ground Block | **AGILITY**   * Change of Direction   **BALANCE**   * Single leg hops   **CO ORDINATION**   * Skipping, ladders, bean bag toss   **RUNNING**   * Technique, relay races, hurdles   **JUMPING**   * Take off, landing, leap frog   **THROWING**   * Target roll & throws, dodge ball.   **CONDITIONING**   * Partner resistance – push, pull, core strength * Basic flexibility |