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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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| **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
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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
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