

## **Exercise and Gaelic Football Drills and Skills**

As all schools are closed, it is important to follow the work plans provided by the Class Teachers. This work is designed to help keep your child engaged in their learning while schools are closed. Children are also encouraged to keep reading, practice their musical instruments, play board games, bake, get fresh air and engage in outdoor activities if possible and within the H.S.E. recommendations. At this time, it is vital to get an adequate amount of fresh air and exercise which helps the body and also enables the mind to unwind and be fresh to involve in the academic learning process. As we will not be having organised school Gaelic Football coaching sessions, it is important for all children to maintain a level of fitness and also to continue to develop and hone the skills of the game, so that on our return we can “hit the ground running”. Although Gaelic Football is essentially a team game, over the next few weeks this training will have to be done singularly or with a brother or sister within the H.S.E. recommendations and with the permission and supervision of parents/guardians.

Some very useful drills and skills in Gaelic Football can be got on the following websites:

<https://learning.gaa.ie/planner/>

<https://ladiesgaelic.ie/learn/skill-drills/>

Here are a few simple drills that can be practiced either on your own or with a brother or sister. Most of these have been done during school coaching sessions and should be familiar. Drills involving group participation are not practical at this time. Neither is it practical at this time to arrange even small groups for a group practice

### **Warm Up**

*The warm up doesn't have to be strenuous but it is important to limber your body a bit before training.*

1. If space and conditions permit go for a short jog around the garden, field, drive. Keep this slow and steady and stretch your legs as you jog.
2. Walk forward 30/40 metres stretching your legs as you do so.
3. Walk backward 30/40 metres stretching your legs as you do so.
4. Running on the spot: On the spot run on your toes for 10, bring up your knees for 10, bring your heels up to hit your hands as you hold them behind you for 10, back to your toes again for 10 and then 5 really fast ones on your toes.
5. Run on the spot on your toes, moving your arms as you do as if you had a skipping rope. You can do all kinds of skipping rope tricks if you like!
6. Kick your legs out just to relax them.

7. On the spot stretch out your arms in front of you like you were swimming. Front arm stretched and the free arm behind your back.
8. On the spot stretch your arms as if you were swimming the butterfly/breaststroke.
9. On the spot and with your elbows tight by your side do the “doggy paddle”
10. Shake out your arms to relax them.

### **Picking the ball off the ground**

1. Roll the ball in front of you and pick it up correctly. Do this for 5 “roll and picks” in one direction, then turn and do likewise in the opposite direction.
2. If you feel fully in control of this skill, do the drill again using your strong foot and weak foot every second time.
3. For the advanced try to run to the ball and “chip” it up into your hands.

**Remember:** *Boys must put their foot under the ball to pick it up. Girls may pick the ball directly off the ground. (In a game situation you must be on your feet to do this) If girls wish they can put their foot under it.*

### **Solo Run and Bounce**

1. Set two markers approximately 20 m apart.
2. Start a run at one marker using a solo or a bounce to the second marker, then go around the marker and do likewise on the way back.
3. You can do as many solos as you like one after the other, but you cannot do two bounces one after the other.
4. For the advanced do the drill again with just solos using your strong foot and weaker foot every second time.

**Remember:** *With the solo try to keep in control of the ball, tap it up to yourself to reach you at hand height. Don't worry if a solo doesn't go right, just do your best to do the next one better.*

### **Jumping off two feet**

1. Standing on your two feet jump as high as you can. Do this 10 times.
2. Bending both knees slightly jump as high as you can. This will give you extra height. Do this 10 times
3. Repeat exercise 1 and stretching your hands high over your head try to catch an imaginary ball.
4. Repeat exercise 2 and stretching your hands high over your head try to catch an imaginary ball.
5. Use a target of a branch or a suspended ball and try to touch it. Once you achieve a height, aim a little higher.

### **Jumping off one foot**

1. Start into a jog. Every 4 or 5 steps jump off one foot. It will come naturally to you which foot you use. Do this 10 times.
2. Start into a jog. Every 4 or 5 steps jump off one foot. It will come naturally to you which foot you use. Bend your free foot up in front of you for protection. Do this 10 times.
3. Start into a jog. Every 4 or 5 steps jump off one foot. It will come naturally to you which foot you use. Bend your free foot up in front of you for protection. Stretch your hands high over your head try to catch an imaginary ball. Do this 10 times.
4. Use a target of a branch or a suspended ball and try to touch it. Once you achieve a height, aim a little higher.

### **Catching and Ball handling**

1. Move the ball from one hand to the other. Do this 10 times.
2. Throw the ball head height and catch it as it falls. Do this 10 times.
3. Throw the ball above your head and catch it in your chest as it falls. Do this 10 times.
4. Throw the ball high over your head and catch it with hands stretched over your head. Bring it down to your chest as soon as you catch it. Do this 10 times.
5. Start into a jog, throw the ball high above your head and slightly in front of you. By jumping off 1 foot catch it over your head and bring it down to your chest. Do this 10 times.

### **Hand Pass**

1. If you are playing with your brother or sister be at least 2m (3 or 4 steps) apart. Hand pass the ball to them. Be ready to receive a hand pass back from them. Try to pass the ball as accurately as you can, reaching them just under their chin.
2. If you are on your own perhaps you may be allowed to use the wall of a shed or an outhouse. (If you can, use a ball that will not damage or be damaged by the wall). Stand 2m (3 or 4 steps) away from the wall and hand pass the ball towards the wall. Hit the ball hard enough that it will bounce back to you. Catch it on the way back. Pick a spot on the wall as your target.
3. For the advanced, hand pass the ball with your strong hand and weaker hand every second time.

**Remember:** *Hold the ball in one hand and pass it with the other. The ball must be hit by the striking hand. You should see it and hear it. For most accuracy hit the ball with the palm of your hand.*

## **Kicking and Target Practice**

1. Free kicking: Kick the ball with your strong foot as far as you can in an open space. (Mind the windows!). Do this 10 times
2. Free kicking: Kick the ball with your weaker foot as far as you can in an open space. Do this 10 times
3. If you have goalposts use them. If not make goalposts from sticks or rods or cones or anything that makes a target. From fairly close to the goals and in front of them try to kick the ball over the bar, or the imaginary bar. After a few shots pick a spot at the bottom of the goalpost and try to kick the ball into that spot. Do this with both goalposts.
4. After a few shots at each move slightly either side and repeat.
5. After a few shots move further out and repeat exercises 3 and 4.

## **Running and Sprinting**

1. Setting markers about 20/30 m apart, jog from the first one, turn at the second one and jog back. Without stopping do this 5 times making each one a little faster than the one before.
2. Starting at the first marker run quickly to the second and jog back. Without stopping do this 5 times.
3. Throw the ball in front of you towards a target and try to get there before it arrives. As you get better throw the ball further and harder.
4. Setting markers 5 m apart sprint from the first one to the second one and sprint back. Take a short breather and repeat 5 times.
5. For the advanced the distance and the number of times can be increased.
6. For the advanced if you have a phone or a stopwatch you can time yourself and watch your progress over the days.

These are just some simple ideas for keeping your fitness and football skills practiced. It is not envisaged that a session would contain every drill and activity outlined. The number of times a drill is done is only an indication and can vary depending on the age, strength, skill of the child and the discretion of his/her supervisors. It would be useful to do the warm up and then choose various areas each session to keep them fresh and interesting. Parents/Guardians will know what is relevant and appropriate to the ages of their children.

**SO BOYS AND GIRLS:**

**STAY STUDYING.....STAY EXERCISING.....STAY SAFE...AND REMEMBER WASH YOUR HANDS**