



# Fun and Fitness

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**O'NEILLS**

2009 Ulster GAA Coaching &  
Games Development Conference

Saturday 24th January  
Glenavon House Hotel



## Aims



Demonstrate how to  
link Fun with Fitness  
in under age sessions,  
increasing enjoyment  
levels in Gaelic Games



# Making Sessions Fun



**Competition**

**Game based activities**

**Scoring**

**Lots Of Touches**

**Challenges**

**Stations**

**Equipment**

**Small Sided Games**



Why?





# Facts/Figures



## Obesity – The size of the problem

**% of children aged 2-10 classified as Overweight or Obese**

	<b>Boys</b>	<b>Girls</b>	<b>All</b>
<b>Obese</b>	<b>10%</b>	<b>9%</b>	<b>10%</b>
<b>Overweight including obese</b>	<b>26%</b>	<b>28%</b>	<b>27%</b>

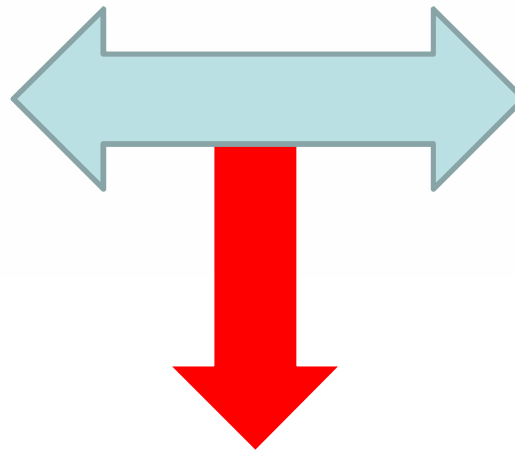
Source: Social Well Being Survey

**The Young Persons Survey also reported that, 32% of girls and 22% boys were exhibiting sedentary behaviour. (NISRA)**





# Fitness Through Fun





# The Five S's



STAMINA

SKILL

SPEED

**FITNESS**

SUPPLENESS

STRENGTH



# Sample Card

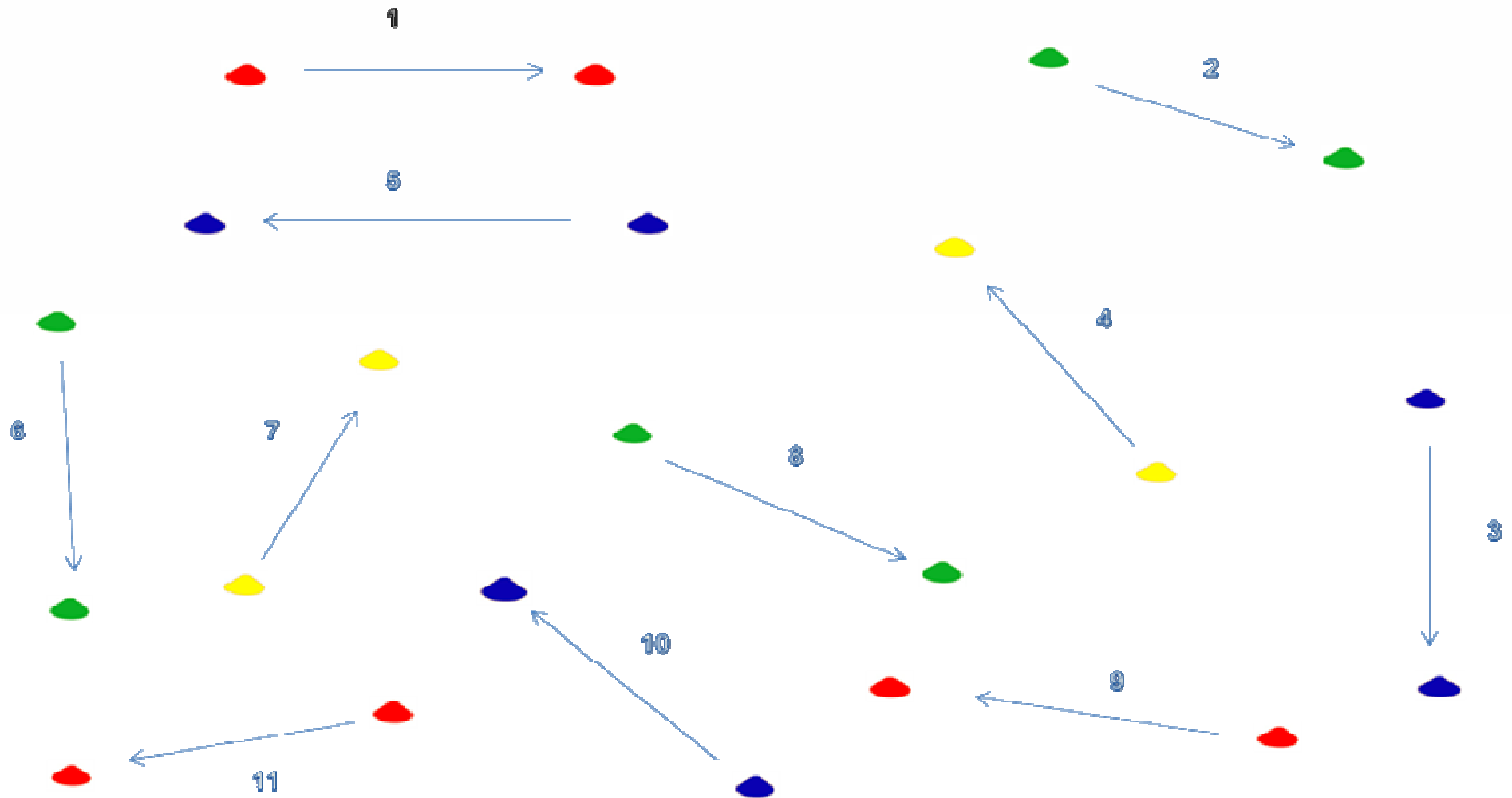


	Speed	Strength	Suppleness	Stamina	Skill
Tower Ball					
Skittles					
Circle Score					
Tug of War					



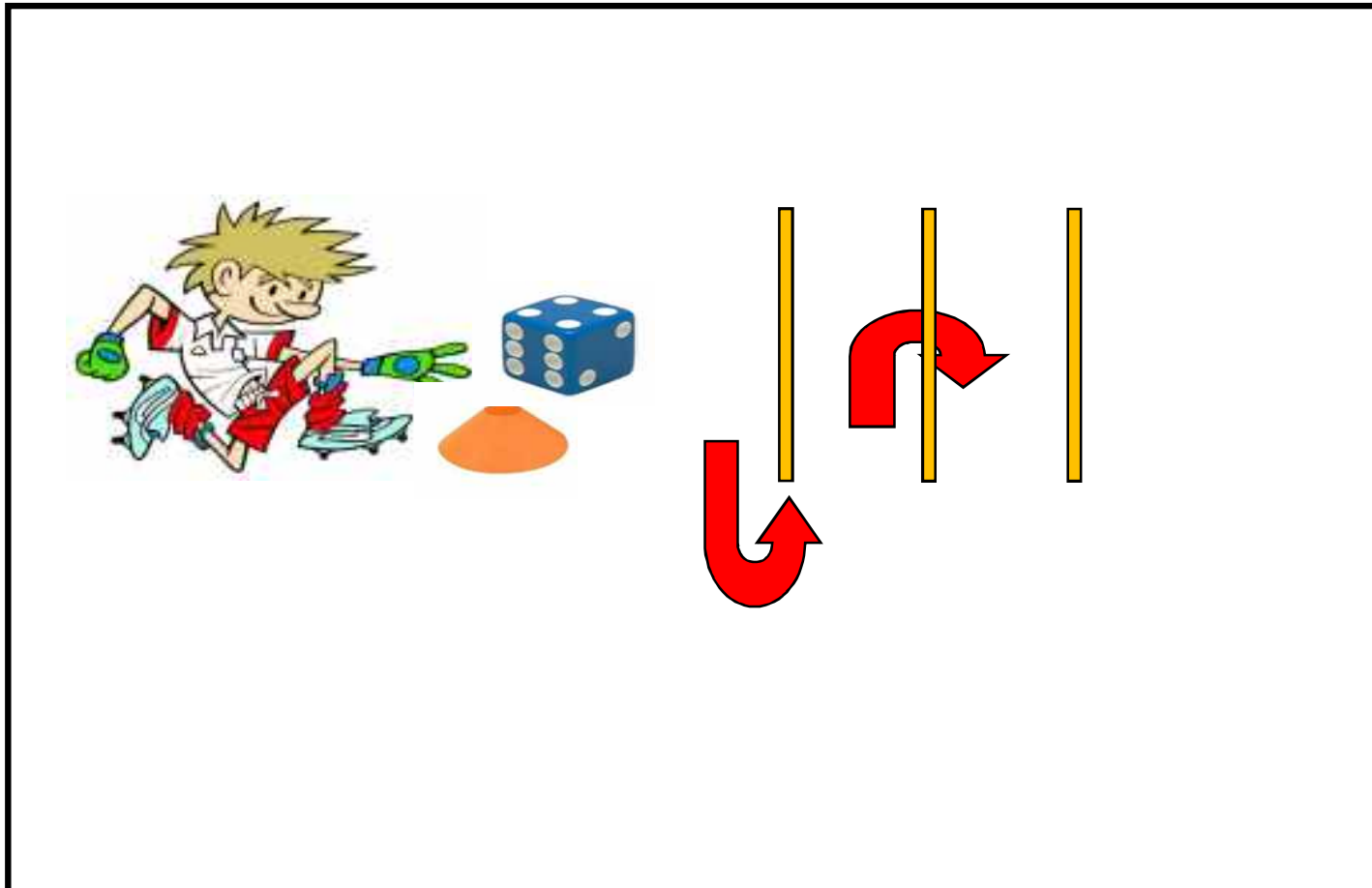


# Station Layout





# Roll the Dice





# Tug O' War

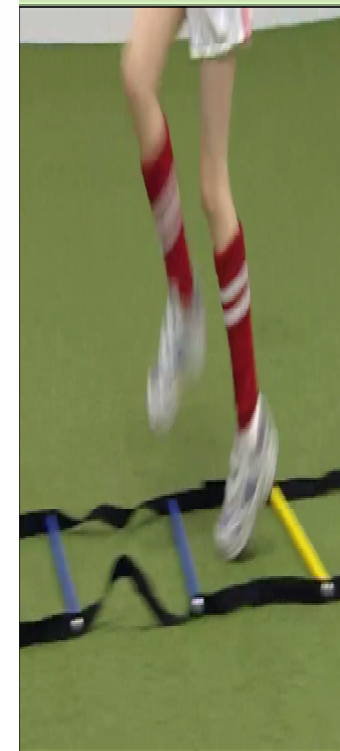
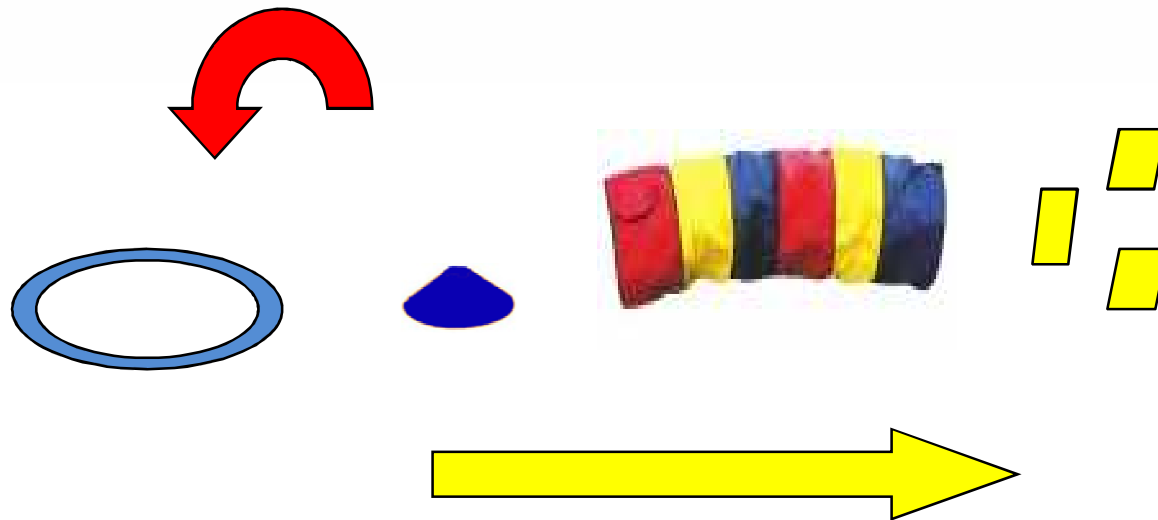


# Cap the Cone





# Tunnel Run

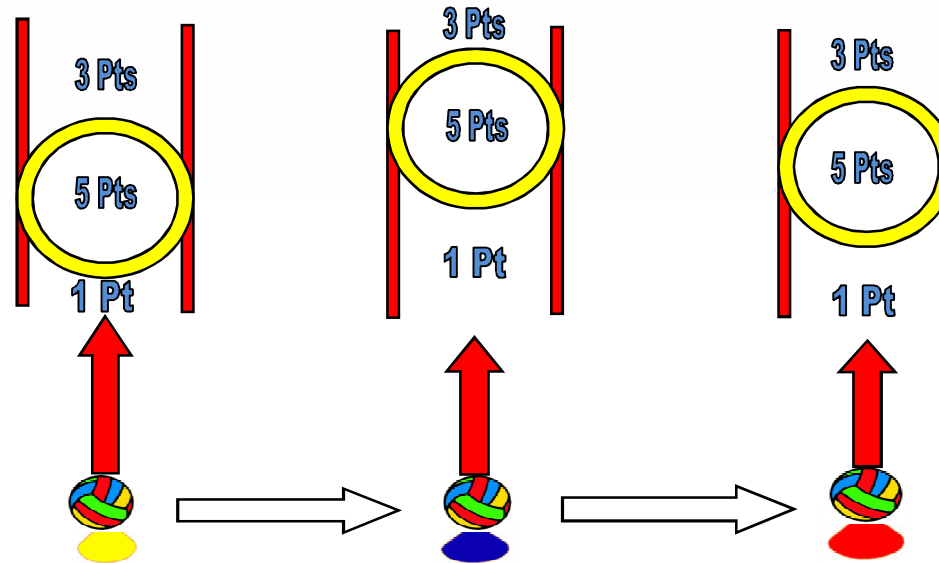




# Donkey Wobble



# Terrible Targets





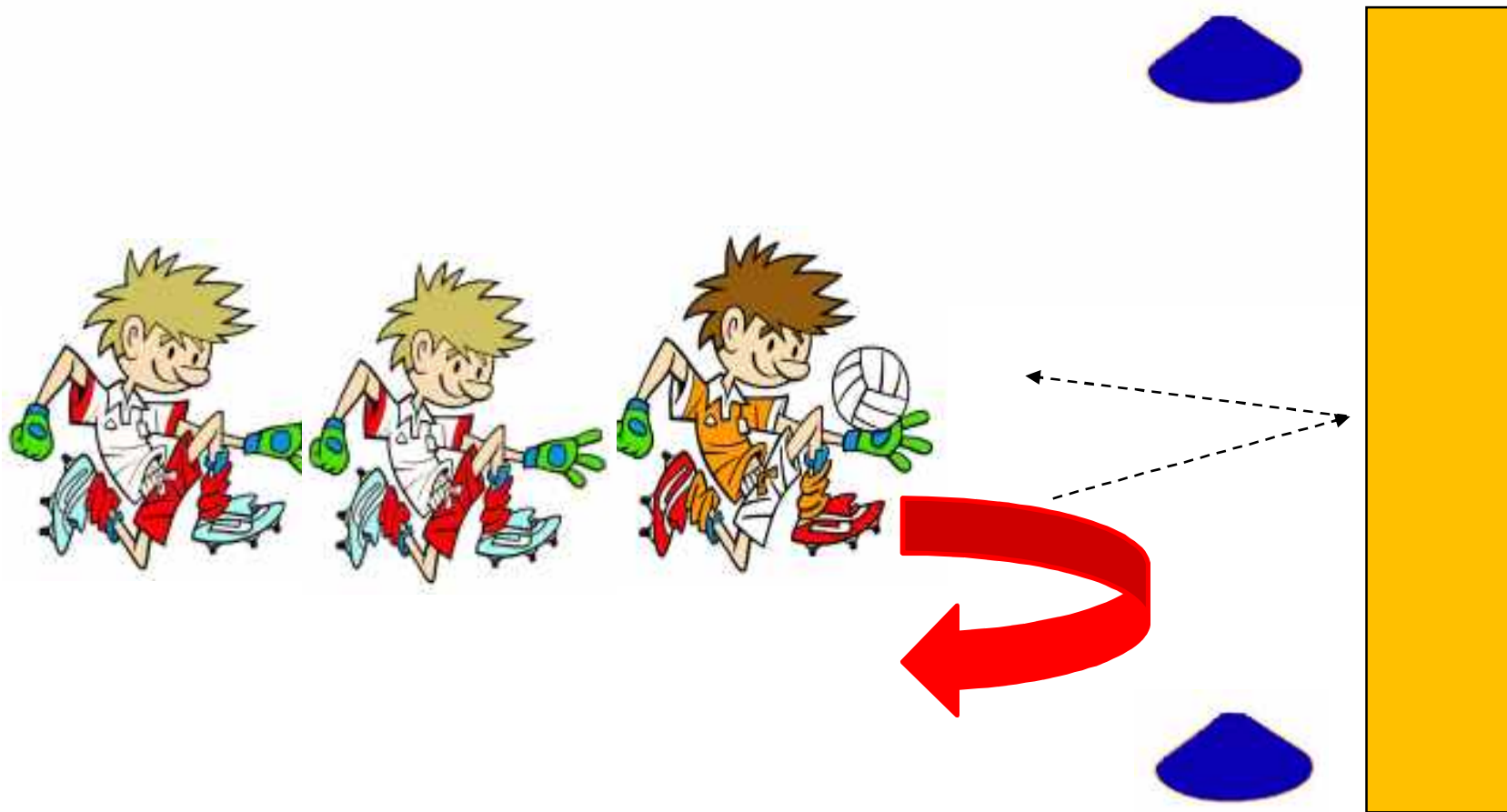


# Beat The Object



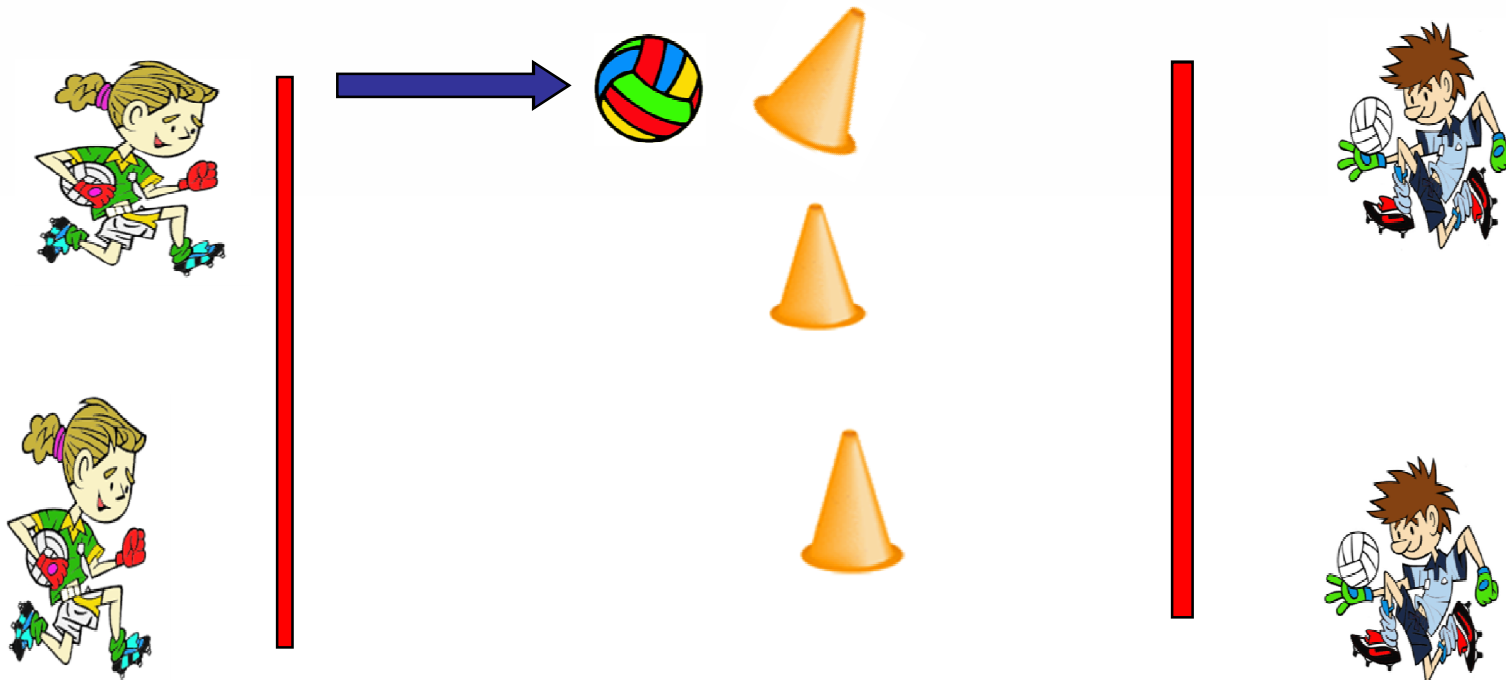


# Keep The Kettle Boiling





# Skittles



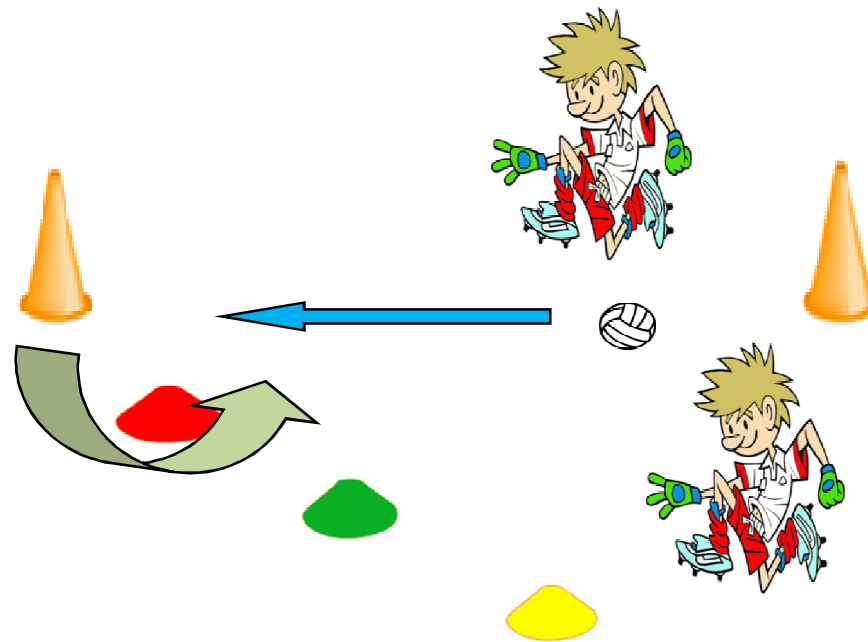


# Tower Ball





# Quick Kick

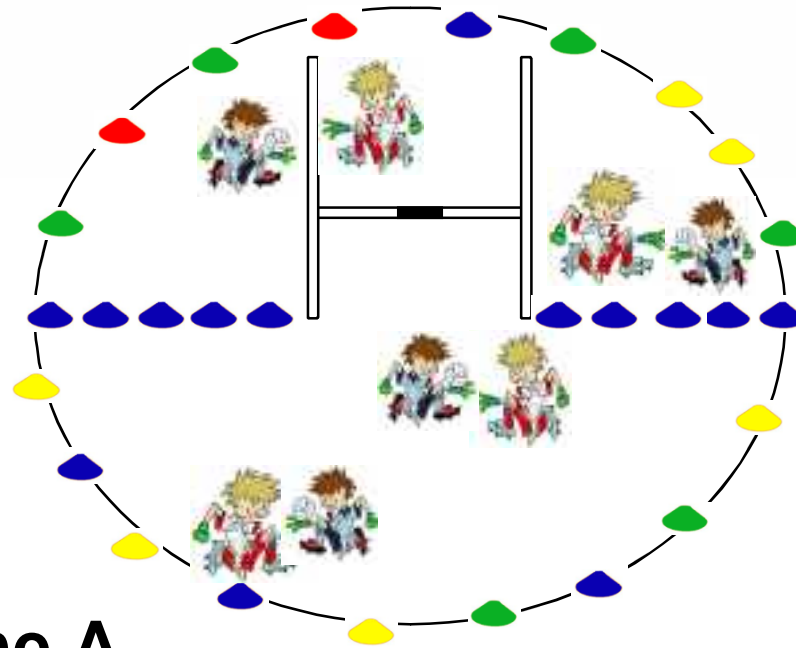




# Circle Score



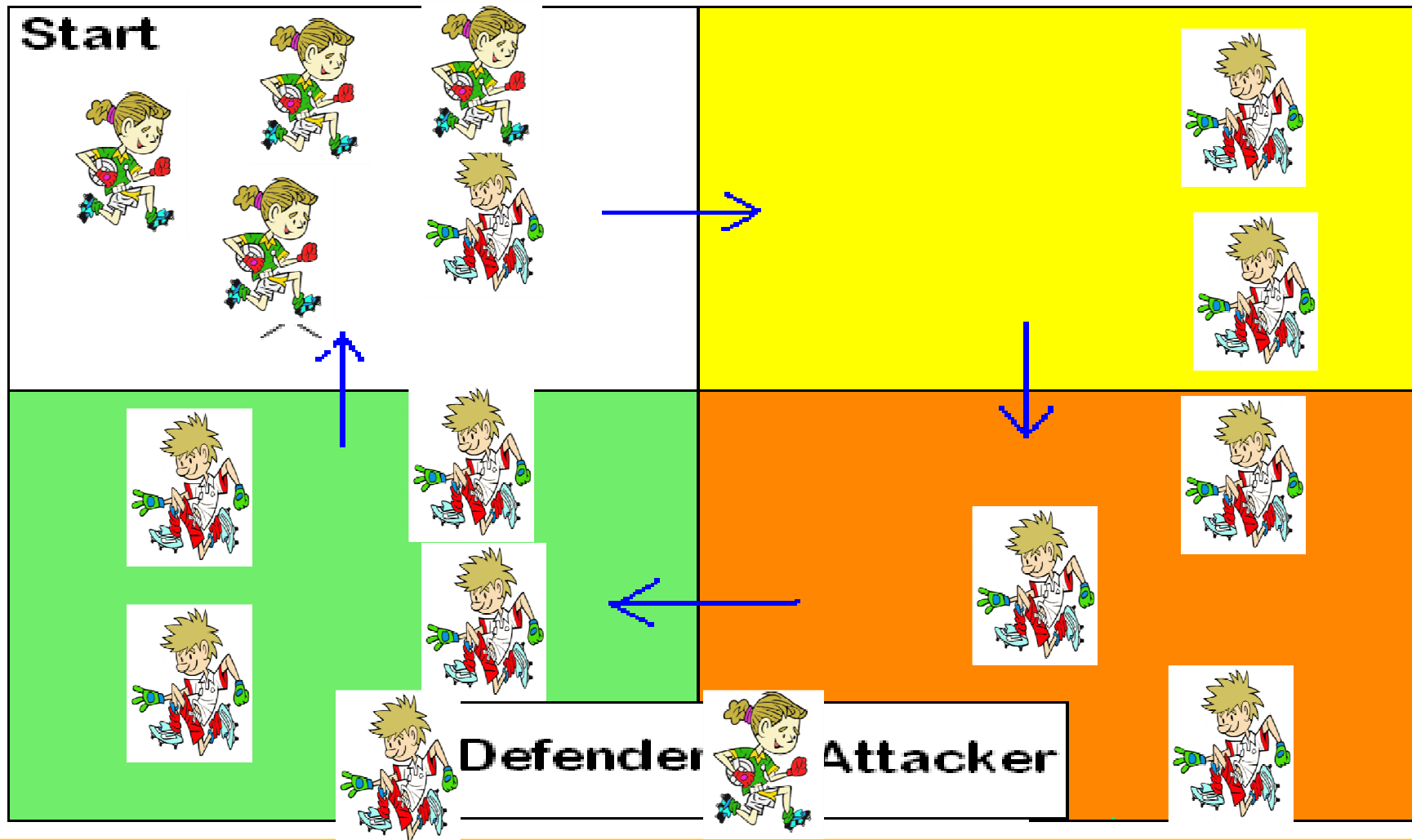
**Zone B**



**Zone A**



# Pressure Square







# Clear the Zone (Ground Kick)





# Clear the Zone (Punt Kick)





# Rob the Nest



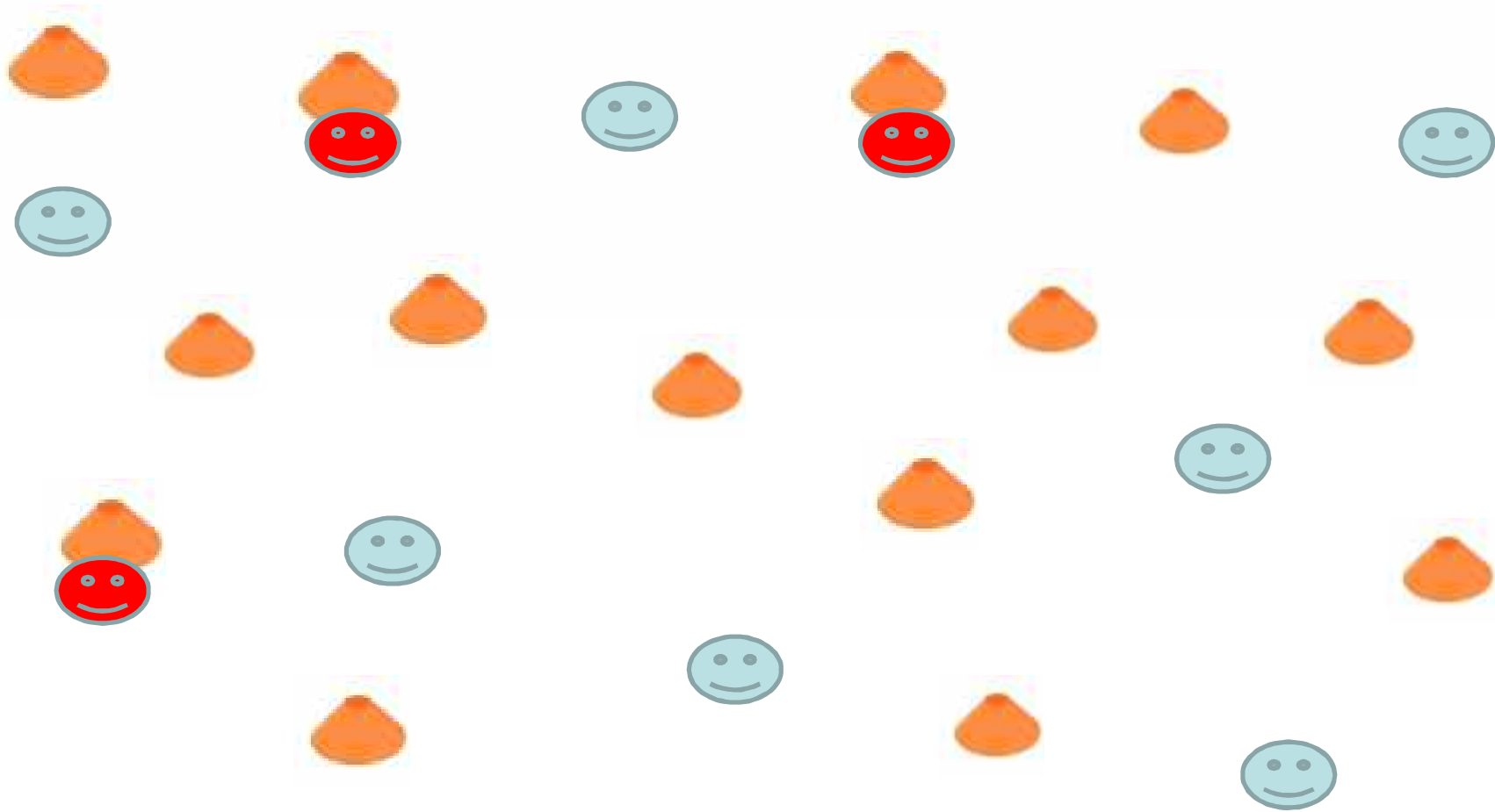


# Big Ball Bombardment





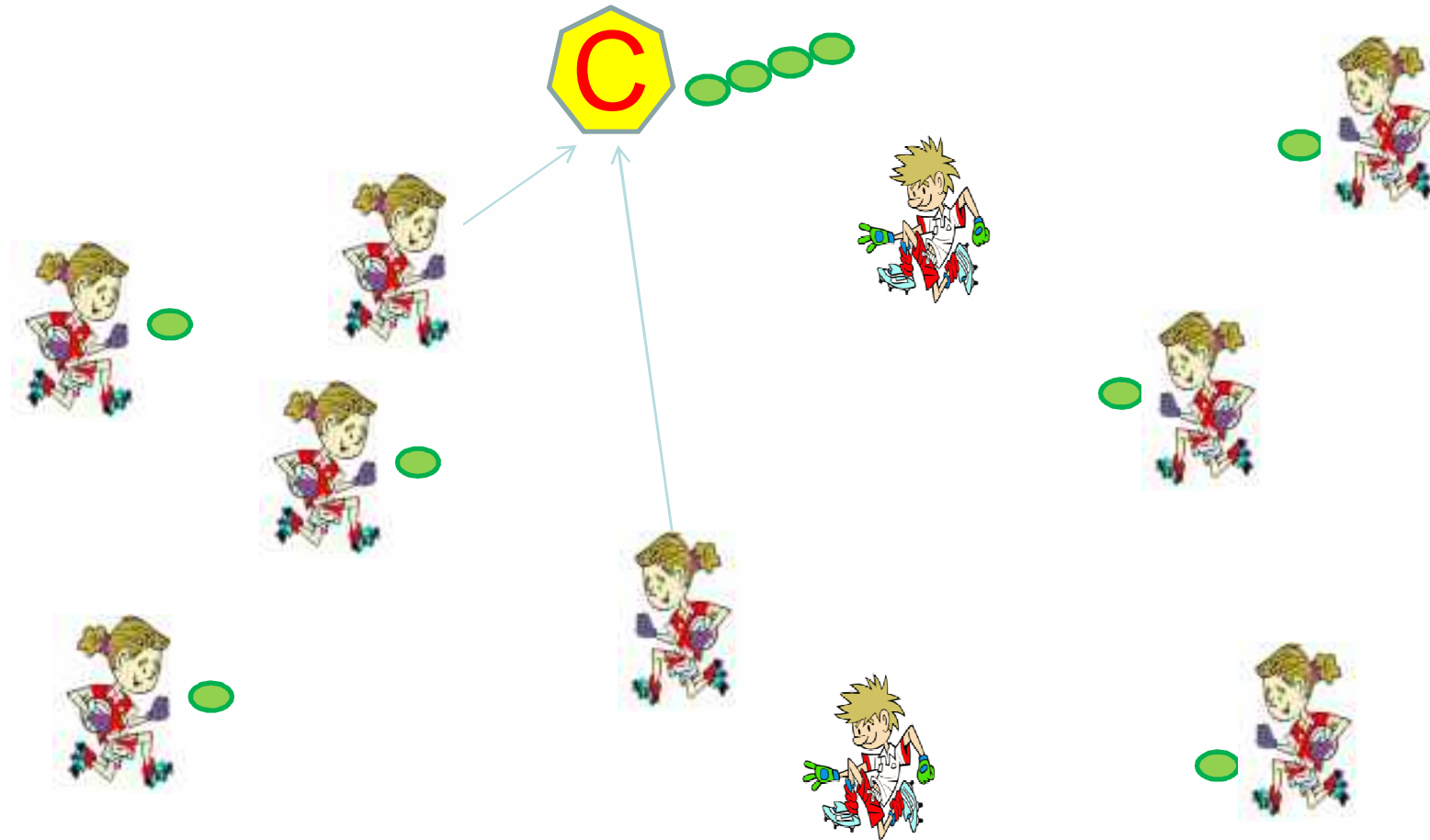
# Foxes and Hens







# Leprechauns and Shamrocks





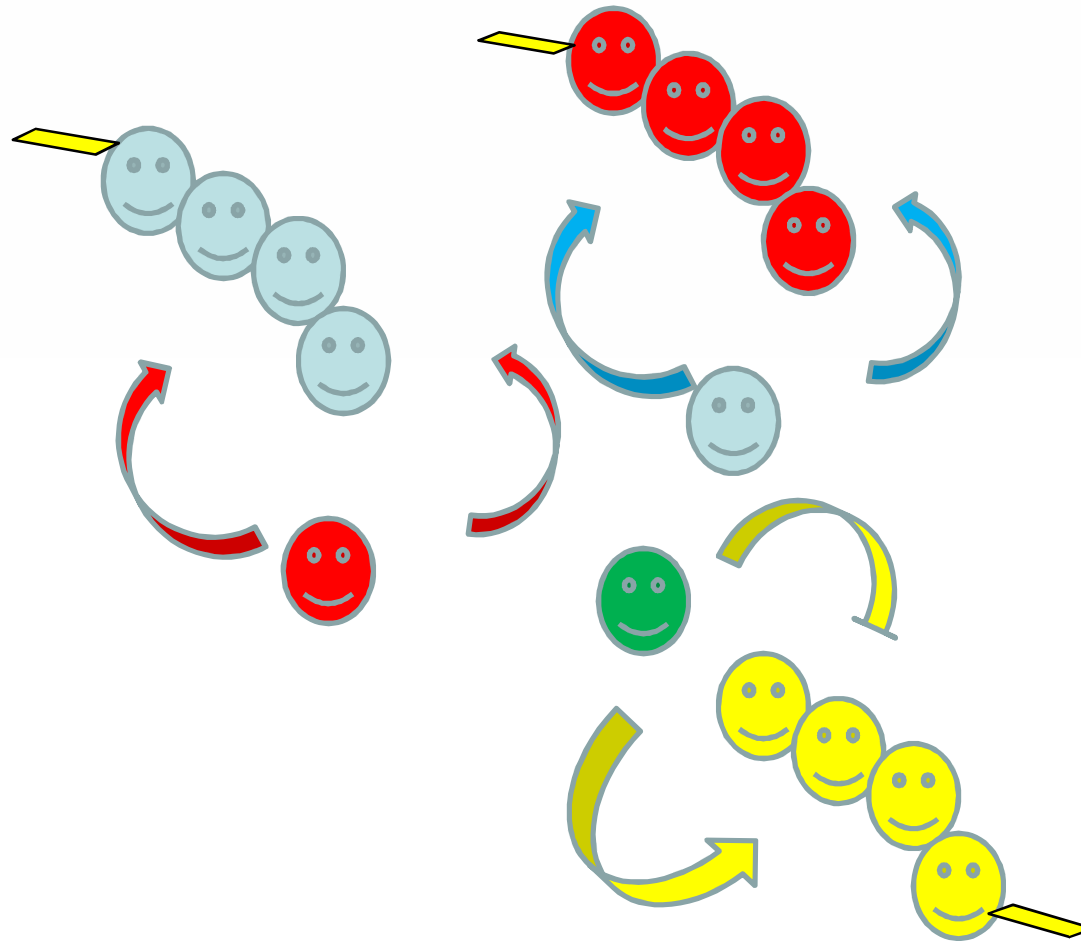
# Run the Gauntlet







# Skin the Snake

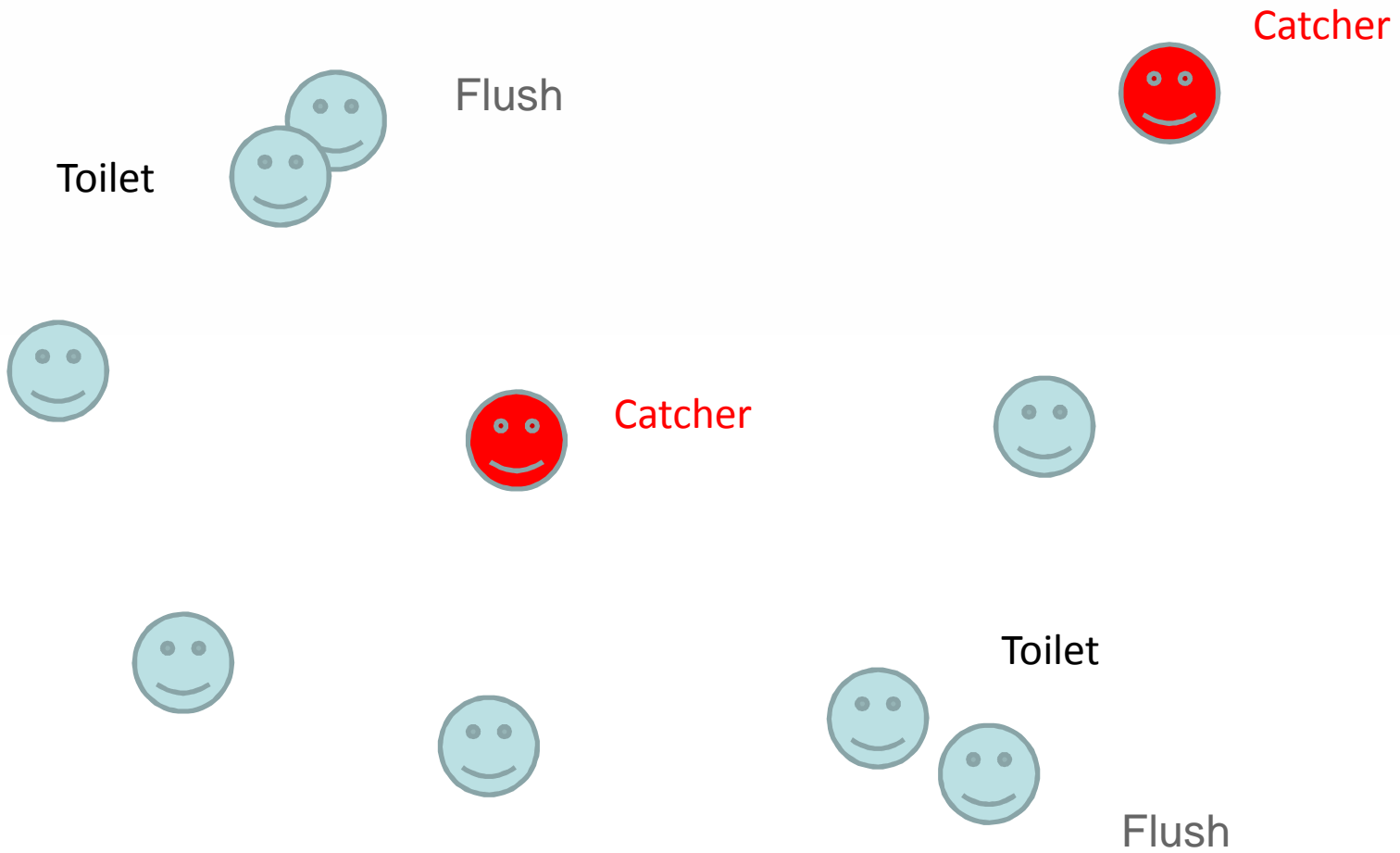




# Knee Touch



# Toilet Tag





# Press Up Wrestling



# Keep the Basket Full



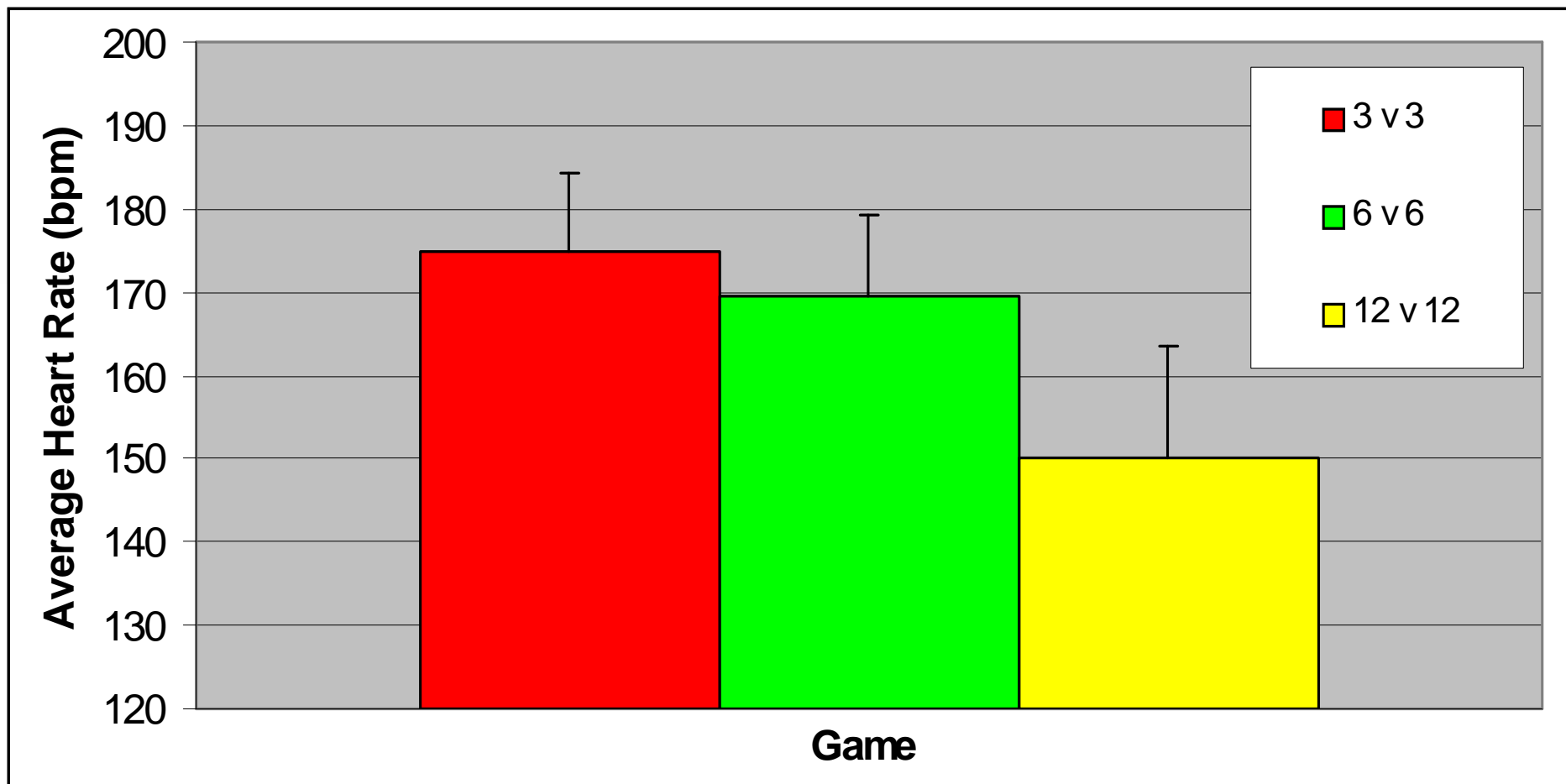


# Tail Tag





# Game Research







# Conclusion



**FUN**

**FITNESS**



Questions???



Info



[www.ulster.gaa.ie](http://www.ulster.gaa.ie)