



**WORKSHOP 4
LEARNING TO TRAIN
(8 - 12YRS)
GAMES, SKILLS, GAMES
WHOLE, PART, WHOLE
SPORTS SPECIFIC**



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O'NEILLS

**2009 Ulster GAA Coaching &
Games Development Conference**

**Saturday 24th January
Glenavon House Hotel**

The Skills of Hurling

How do We Replicate These In Our Sessions



How do We Replicate These In Our Sessions



Aim of Session

1. To inform coaches of **WHAT** they should be coaching U. 12's
2. Another method of **HOW** to coach

Outcomes...

1. At the end of the session coaches will know What and How to coach U.12's

Long-Term Player Development For Playing Gaelic Games

Stage 3

**3. Learning
To Train
1**

U. 10's

Long-Term Player Development For Playing Gaelic Games

Stage 3	Age / Class Group
3. Learning To Train 1 U. 10's	8-10 Yrs.

Long-Term Player Development For Playing Gaelic Games

Stage 3	Age / Class Group	Emphasis
3. Learning To Train 1 U. 10's	8-10 Yrs.	<ul style="list-style-type: none">•Refine the Fundamental skills•Learning overall sport specific skills to be able to play our Gaelic games.•Players must Learn to Play before they Play To Win.

Long-Term Player Development For Playing Gaelic Games

Stage 3	Age / Class Group	Emphasis	Game Specifics
<p>3. Learning To Train 1</p> <p>U. 10's</p>	<p>8-10 Yrs.</p>	<ul style="list-style-type: none"> •Refine the Fundamental skills •Learning overall sport specific skills to be able to play our Gaelic games. •Players must Learn to Play before they Play To Win. 	<ul style="list-style-type: none"> •Modify and Condition games to suit Ability Levels. •Build from 7v7 to Quick Touch 9 a-side •70:30 Ratio of Training To Competition •Introduce and learn some of the rules and ethics

Stage 3

**Learn
To
Train
2**

U.12's

Stage 3	Age/ Class Group	
Learn To Train 2	10-12 Yrs.	
U.12's		

Stage 3	Age/ Class Group	Emphasis	
<p data-bbox="248 568 371 804">Learn To Train 2</p> <p data-bbox="241 1027 376 1070">U.12's</p>	<p data-bbox="479 699 595 804">10-12 Yrs.</p>	<ul style="list-style-type: none"> <li data-bbox="685 309 1234 568">•Build the General Sport Skills through playing Modified Gaelic games to progress team play in fun blitz competitions. <li data-bbox="667 655 1249 863">•The emphasis must be on individual performance in a team environment and not winning. <li data-bbox="674 951 1234 1102">•<u>Winning is not everything at this age but striving to win is.</u> <li data-bbox="658 1190 1256 1342">•<u>Cognitive (Mental) and Emotional Development are central</u> 	

Stage 3	Age/ Class Group	Emphasis	Game Specifics
<p data-bbox="248 564 371 804">Learn To Train 2</p> <p data-bbox="241 1027 371 1066">U.12's</p>	<p data-bbox="479 699 595 804">10-12 Yrs.</p>	<ul style="list-style-type: none"> <li data-bbox="685 309 1234 564">•Build the General Sport Skills through playing Modified Gaelic games to progress team play in fun blitz competitions. <li data-bbox="672 655 1249 858">•The emphasis must be on individual performance in a team environment and not winning. <li data-bbox="678 949 1234 1102">•<u>Winning is not everything at this age but striving to win is.</u> <li data-bbox="689 1193 1223 1289">•<u>Cognitive and Emotional Development are central</u> 	<ul style="list-style-type: none"> <li data-bbox="1312 309 2033 400">•Build from 9v9 to Smart Touch 11 a-side. <li data-bbox="1395 491 1957 587">•70:30 Ratio of Training To Competition . <li data-bbox="1361 678 1991 774">•Basic Fundamental Tactics – Offence and Defence <li data-bbox="1312 865 2033 1024">•Structure competition to address differences in training age and abilities. <li data-bbox="1305 1184 2040 1401">•Learn new rules and study others <ul style="list-style-type: none"> <li data-bbox="1335 1248 2018 1401">•<u>N.B. All the basic sport specific skills should be established before they leave this stage.</u>

How To Coach?

2 Methods

Whole/Part/Whole

V

Part/Whole

Tactical Games

V

Technical Rehearsal

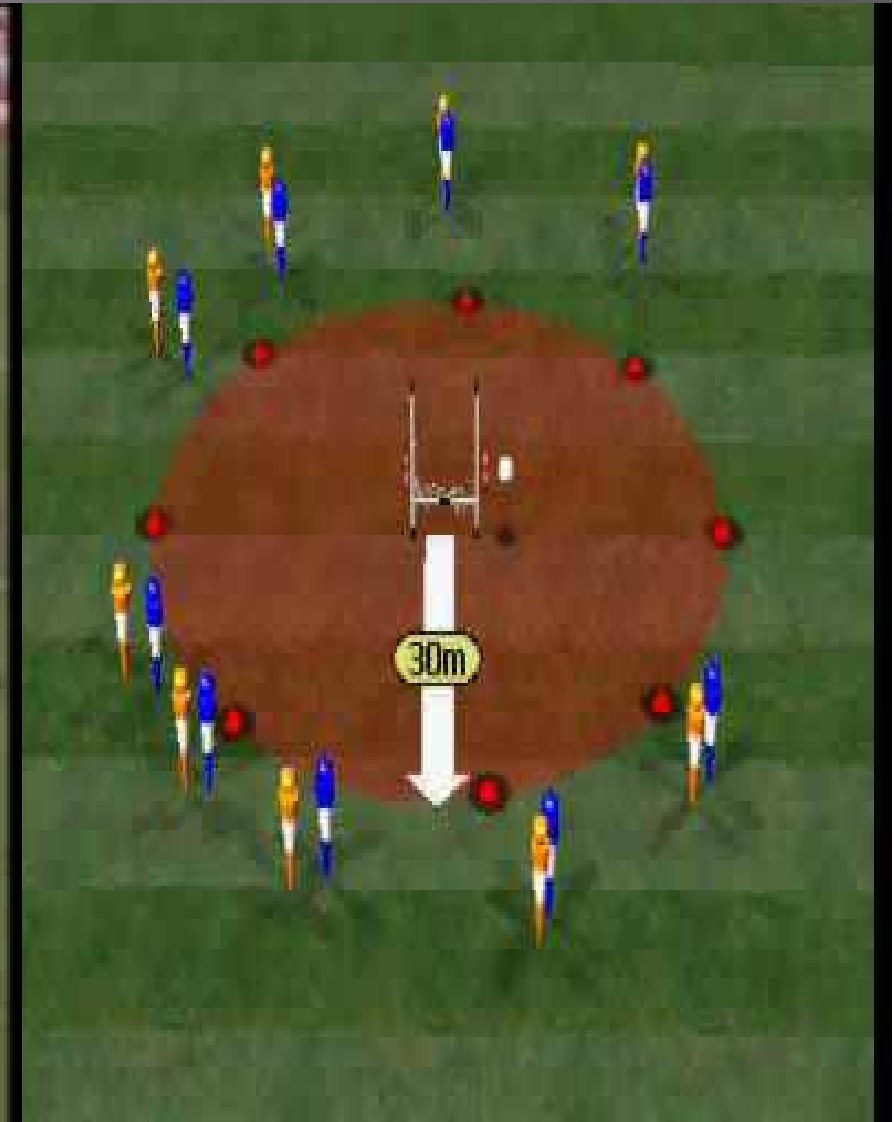
Game Sense

Drills

Whole Full Game



Whole Conditioned



Whole/Part Drill & Game Achieve Objective of Width

Whole

Part

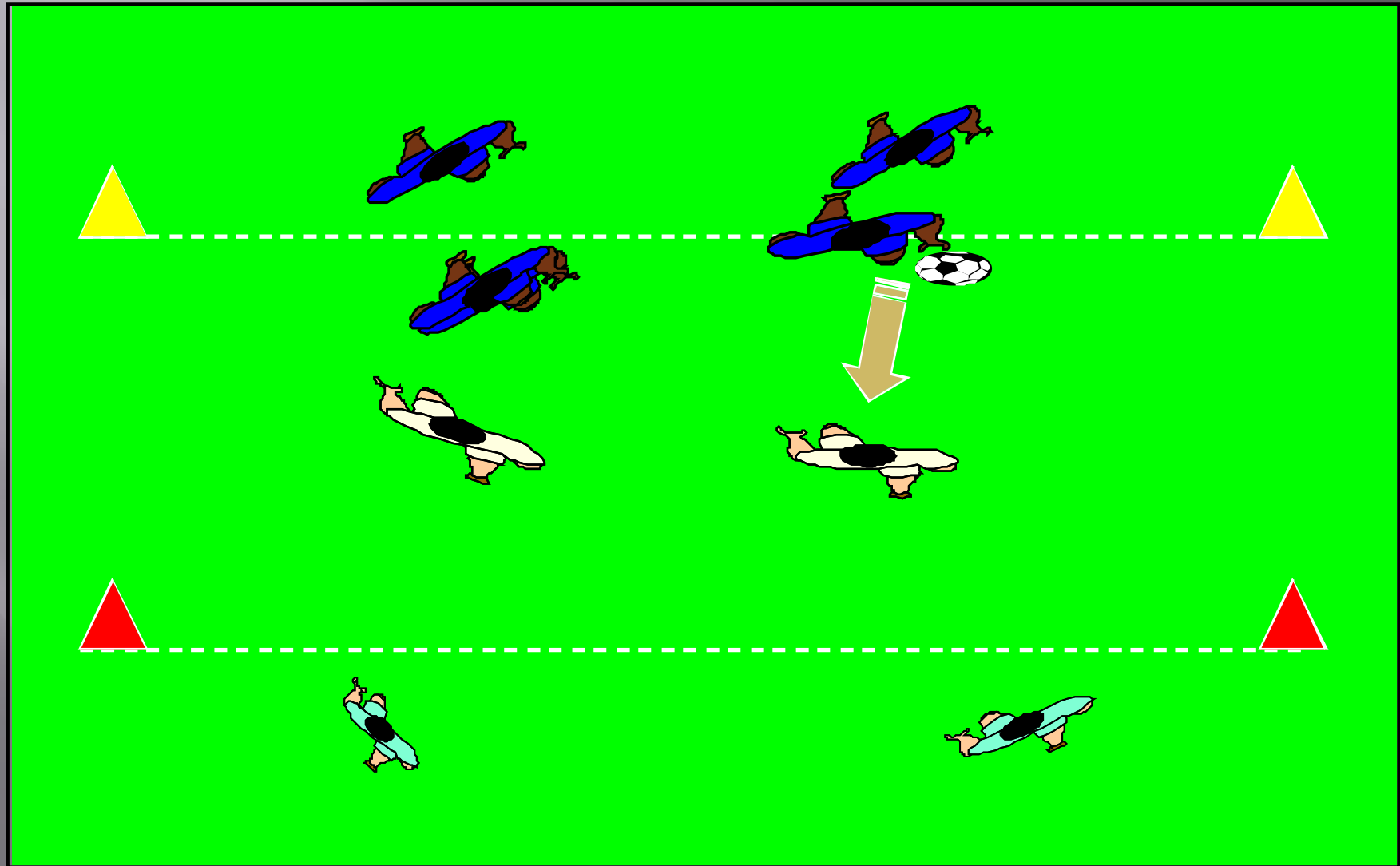


Difficult Skill – The Roll

Tony –
Breaking The Skill Down



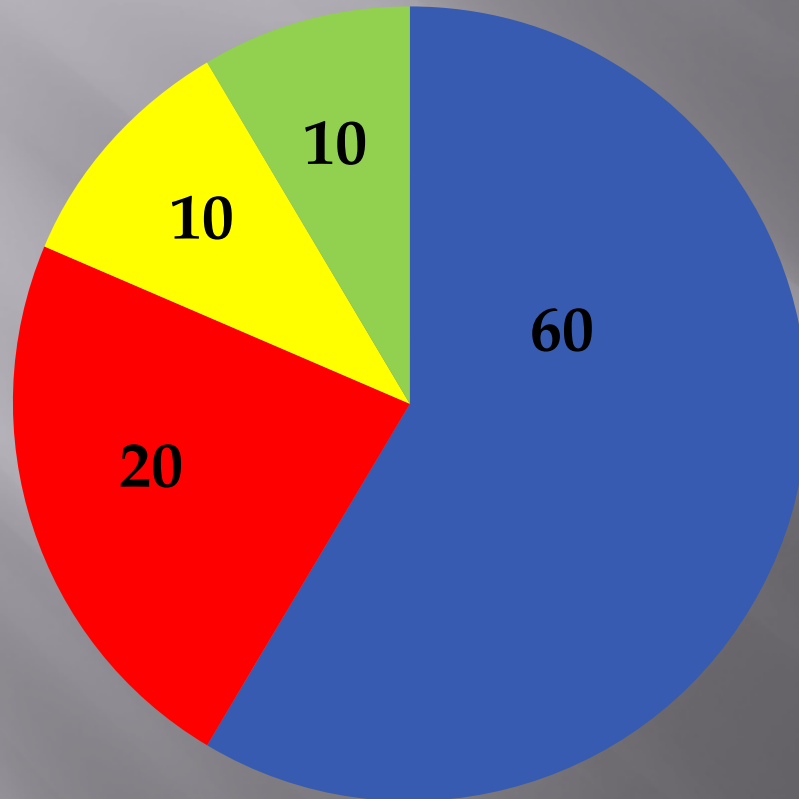
Building The Skill into the Game The Roll Drill



Managing Your Session

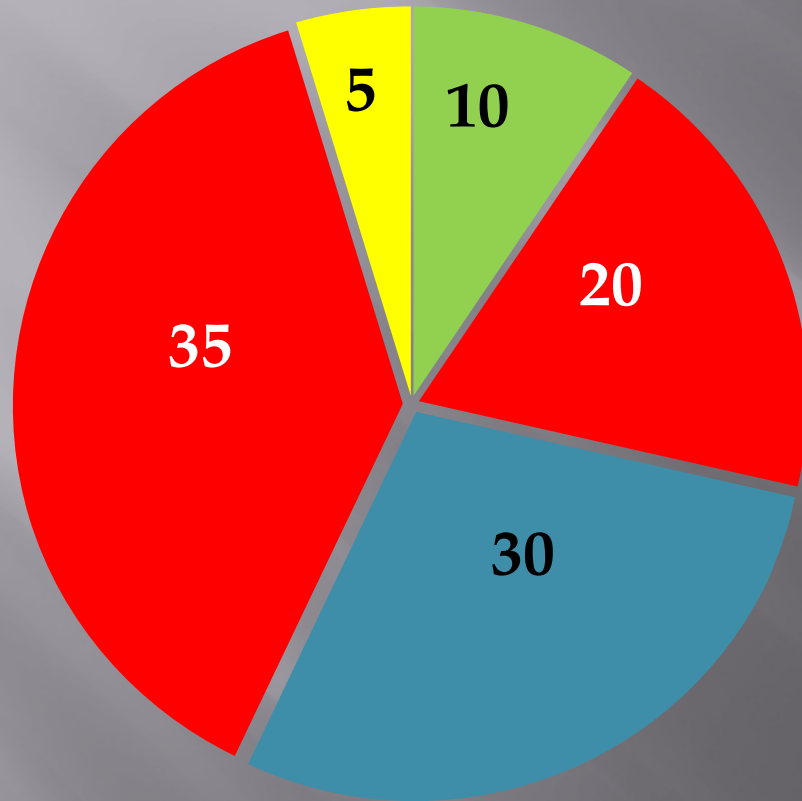
▣ How Much Time Do You Spend On Drills & Games?

How long do you spend on Drills?



How can we achieve more Games Play?

How can we achieve more Games Play?



Whole/Part/Whole v Part/Whole

Whole/Part/Whole

- ▣ **More meaningful**
- ▣ **Players see the need for practising technical skills**
- ▣ **Produces better decision makers**
- ▣ **Less skilled players enjoy playing games rather than technical**

Part/Whole

- ▣ **Players know HOW but don't know WHEN, WHERE & WHY**
- ▣ **Can't see reason for technical**
- ▣ **Produces players with limited decision making capabilities**
- ▣ **Players bored running technical drills – they want to play**

Part/Whole - Traditional

PART	CONTENT
1 Warm Up	Laps/Sprints
2 Skill	Drills
3. Game	Full Game
4. Cool Down	Run

Whole/Part/Whole - NEW

PART	CONTENT
1 Warm Up	ABC/RJ Speed/Strength Dynamic Stretches
2 Game 1	I. Full Game 2. Conditioning a Game 3 Conditioned Games
3 Skill	Develop Skill I. Basic II. Match Running III.Grid
4 Game 2	1. Condition Game 2. Conditioning A Game 3. Full Game
5. Cool Down	I. Dynamic Cool Down – Skips etc.

How Do We Condition A Game?

- ▣ **Condition Players – Who scores?**
- ▣ **First Touch – Control of Ball**
- ▣ **Condition a Player**
- ▣ **Ball Forward then Back**
- ▣ **Must evade before passing**
- ▣ **Double or Quits**
- ▣ **Pay The price**
- ▣ **Wipe Out**

How Do We Condition A Game?

- ▣ Scores – 3 Passes only in attacking zone
- ▣ Time – 6/4 & 3 Secs. In dif. Zones
- ▣ Tactical – 1 pass only in middle zone
- ▣ Bonus Tackling
- ▣ Diagonal Game
- ▣ Half Way Kick
- ▣ Goalie's Hands & Pay the Price

Conditioned Games

- ▣ **Gates Game**
- ▣ **Whose Attacking /Defending**
- ▣ **6 Of The Best**
- ▣ **4 Goals To Win**
- ▣ **Gates To Score – 30m Punt**
- ▣ **Fist Passing game**

Conditioned Games

Support in Attack

Mid Field Build Up



Drills For a Purpose

How might you use this drill?

1. Technique

2. Fitness

3. Tactically



UNDER 10 Yrs. - 7 WEEK GAELIC FOOTBALL SCHEME



Week	Warm Up	Game	Skill	Game
1	Keep the Basket Full	Rob the Nest	Pick-up	Pick-up and Drop
2	Simon Says	Team Ball Pass	Hand Pass	Pressure Cooker
3	Crows & Cranes	Fist Pass Volleyball	Fist Pass	Captains Ball
4	Pilot Relay	Punt Volleyball	Punt Kick (Front of Foot)	Opposite Corners
5	Toe Touch	Clear the Circle	Punt Kick (Hook)	Circle Score
6	Wrist Tag	Space Invaders	Solo	4v4 Wide Man
7	Human Obstacle Course	Gladiators	Evasion	Wide Man Beat a Man

SKILL: Punt Kick (1 Hand Drop)



KEY COACHING POINTS

Head:

- Look at target then focus on the ball.
- Watch ball all the way down onto the foot
- Count '1,2' before lifting head

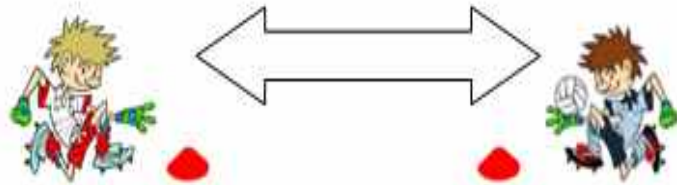
Hands:

- Drop the ball on to strong foot, from 1 hand.
- Use appropriate hand e.g. Right hand to Right foot.
- Drop as near to foot as possible

Feet:

- Toe pointing downwards, kick through the ball with laces
- Keep Hard Foot as long as possible after you make contact with ball

Drill: Punt ball to partner.



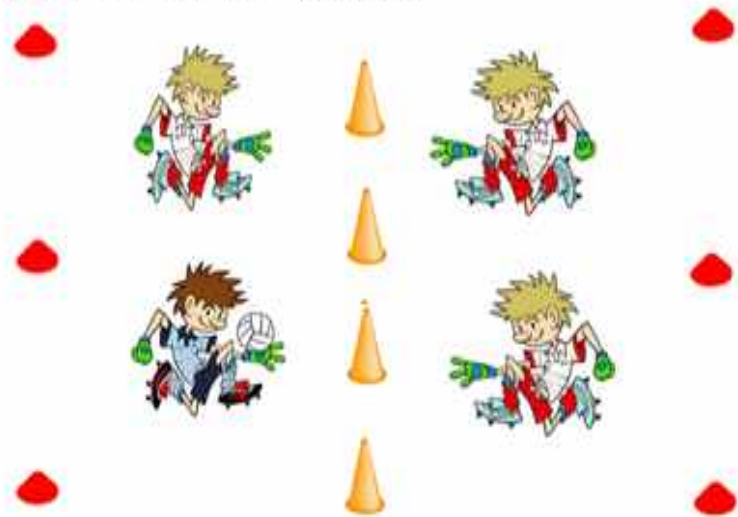
Less Demanding-

- Allow ball to bounce before attempting to punt as ball rebounds

More challenging -

- Increase distance between cones
- Use less preferred foot
- Pass on the move
- Pass to moving receiver.
- Passer and receiver both on the move
- Move from shoulder facing partner to punt as you finish facing receiver

Game: Clear the Zone.



How to Play.....

- Players work in pairs 2v2 or 3v3
- Players try to get the ball out of their area as quickly as possible
- Start with 1 football in each side of court and then introduce more balls
- Punt kick the ball into opponents area
- Team with least number of footballs in their half at the end of game wins

Final Thoughts:

Remember 'Game Skills' are about applying technical skills in games and not in drills!!!

If Games = Problems, we need to use a coaching style to help players to solve problems.

Eye Vision:

Coach the EYES:

They see the Problem, the Brain Solves it and the Body carries it out.

Coaches should build in 'problem solving' in order to help young players understand what they are doing

Compared to the 8v8 game the data was as follows for the 4v4 games:

Number of passes – increase of 135%

Scoring attempts – increase of 260%

Number of goals scored – increase of 500%

Number of 1v1 encounters – increase of 225%

Number of dribbling skills (tricks) – increase of 280%

Always keep your eye on the ball



Questions ?

What do I do now?

