

What is Gaelic Football?

Gaelic football is one of Ireland's national sports and has been played for over 100 years.



Key Facts

- Organised by the Gaelic Athletic Association in 1884
- Played mainly in Ireland
- The biggest stadium is Croke Park with a capacity of 82,300. The fourth largest stadium in Europe is filled for All Ireland Finals
- Teams have 15 players in full matches
- Players can kick, hand-pass, bounce, and solo the ball
- A point (over the bar) = 1
- A goal (under the bar into the net) = 3

Interesting Facts

- It's an amateur sport at elite level — players often have regular jobs
- County rivalries are huge in Ireland and players will spend their career playing for the county they live in or were born in. No big money transfers
- Over 2,200 clubs play across Ireland's 32 Counties

Find out more at www.gaa.ie



SOLO



The Solo or toe tap is a technique used to play the ball in order to keep possession without fouling. When in possession it is possible to take a maximum of 4 steps without playing the ball. After 4 steps the player has a choice between bouncing, performing a toe tap or playing the ball away. It is permitted to toe tap the ball more than once in succession.



Release the ball into the hand at the kicking side. Eyes on the ball.

KEY TEACHING POINTS



Step forward with the non-kicking foot. Drop the ball onto the kicking foot.



Flick the toe upwards towards the body. Straighten the leg.

To Coach this Skill use the IDEA method

- I**NTRODUCE the skill
- D**EMONSTRATE the technique
- E**XECUTE the activity
- A**TTEND and provide feedback



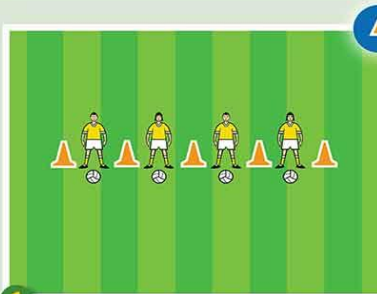
Extend the arms forward to catch the ball.

LOOK OUT FOR THESE COMMON ERRORS

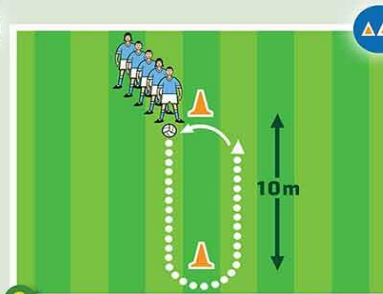
- Dropping the ball with the opposite hand or both hands
- Not straightening the leg to flick the ball up towards the body
- Soling the ball too high



SOLO PRACTISE THE TECHNIQUE



1 STATIONARY TOE TAP
One ball per player. Perform the toe tap in a stationary position.

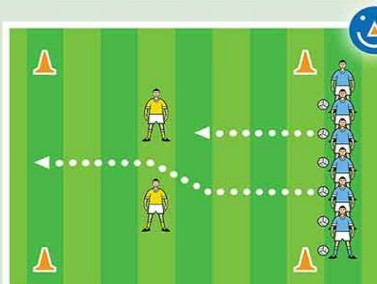


2 TOE TAP, TURN AND PASS
Players toe tap the ball around a cone and pass to the next player.

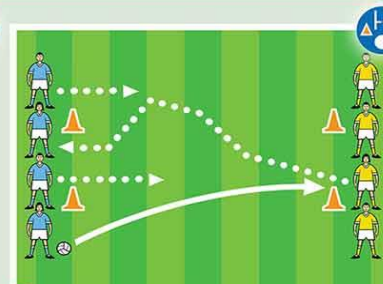


3 CRAZY SOLO
Players solo from each corner around the perimeter cone and the centre cone and back.

SOLO DEVELOP THE SKILL



1 PASS THE GUARD
Divide the players into two teams. Team in possession must solo past the guards in the middle. Guards attempt to dispossess.



2 SKILL POINT INVASION GAME
Divide the players into two teams. Team in possession must solo the ball through the opponent's goal.

VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

- S**pace **T**ask **E**quipment **P**layers
- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller football, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

DESCRIPTIVE ICONS



FIST PASS

The Fist Pass is a variation on the hand pass used to pass the ball over short distances. The technique involves supporting the ball with one hand, and striking with the closed fist of the free hand. A Fist Pass may be used to score a point, a Hand Pass may not.



Support the ball in the palm of the non-striking hand.

KEY TEACHING POINTS



Swing back and extend the striking hand. Eyes on the ball.



Lean forward; strike through the middle of the ball with the fist. Keep supporting hand steady.



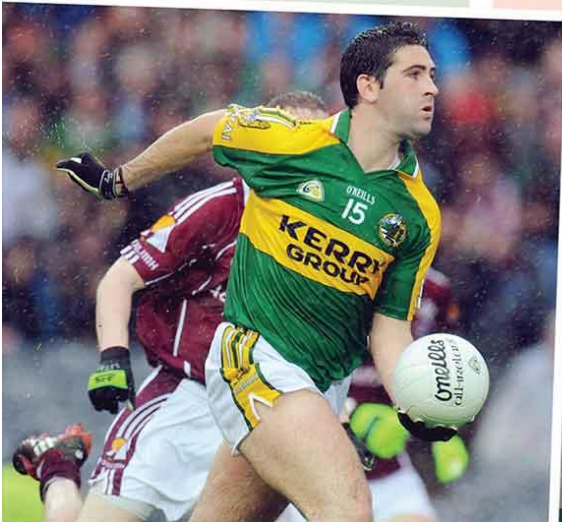
Follow through in the direction of the target.

To Coach this Skill use the **IDEA** method

- I**NTRODUCE the skill
- D**EMONSTRATE the technique
- E**XECUTE the activity
- A**TTEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

- Throwing the ball from the supporting hand
- Failing to keep the supporting hand stationary
- Holding the ball too near or too far from the body



HIGH CATCH

The High Catch is a catching technique used to field the football from the air. It is used in particular to win possession from a kick out or a long pass.



Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg.

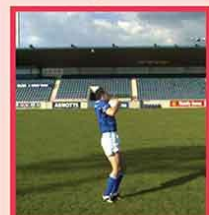
KEY TEACHING POINTS



Extend the arms over the head. Head up, eyes on the ball.



Spread the fingers to form 'W' shape behind the ball.



Draw the ball into the chest with both hands.

To Coach this Skill use the **IDEA** method

- I**NTRODUCE the skill
- D**EMONSTRATE the technique
- E**XECUTE the activity
- A**TTEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

- Not swinging the jumping leg forward
- Not extending the arms fully
- Jumping too early or too late

