



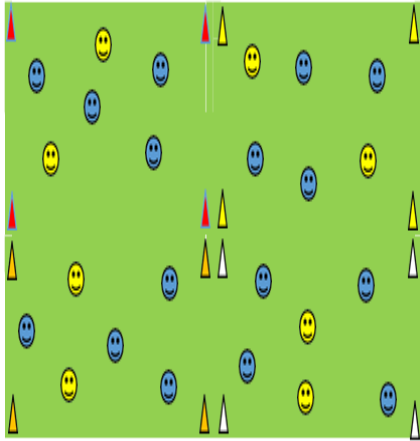
U14 SESSION PLANNER



Session 1

Duration

Warm Up



- Dived players into 4 even groups (depending on numbers).
- **Basic Skill Development (In each grid)**
- Player's move about grid and perform the following skills:
 1. Fist Pass
 2. Pick Up
 3. Solo
 4. High Catch
 5. Roll
 6. Block

15 minutes

• **Game**

Keep Possession

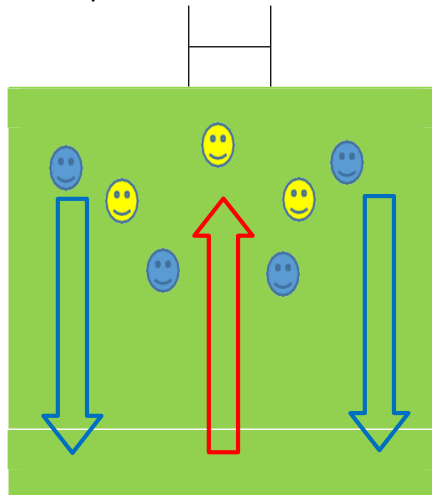
5 v 1 4 v 2 3 v 3

Variations

Not allowed to pass ball back to person received ball from.

Once you give a pass you must run to outside cone before you can be active in the games again.

Halfway line attack



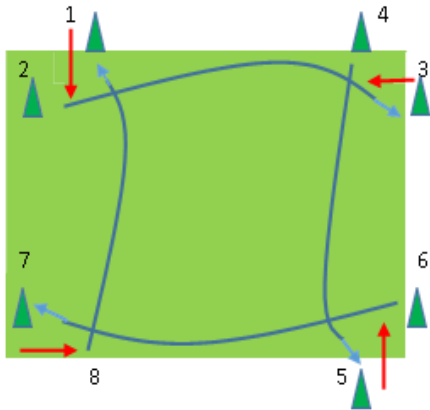
- 4 attackers v 3 defenders
- -Team in possession (blues) must work the ball out to the Halfway Line before they can attack. Yellows are the defenders.

12 minutes

Progression

- Progress to 4 v 4
- Fist Pass Only

Skill Development

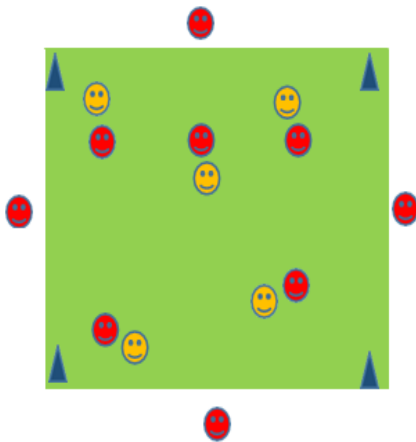


- Kick Pass →
- Hand pass →
 - 1 to 2 Hand Pass
 - 2 to 3 Kick Pass
 - 3 to 4 Hand Pass
 - 4 to 5 Kick Pass
 - 5 to 6 Hand Pass
 - 6 to 7 Kick Pass
 - 7 to 8 Hand Pass
 - 8 to 1 Kick Pass

- Player follows their pass.
- Start again.
- - Number of balls in drill will depend on level/ numbers

10 minutes

Possession Game



- Forwards in middle (red) are marked by a defender (orange)
- Outside Reds all start with 1 ball each.

Forwards

- Have to pass & receive ball from outside forwards.
- Not aloud same ball twice in a row.

Defenders

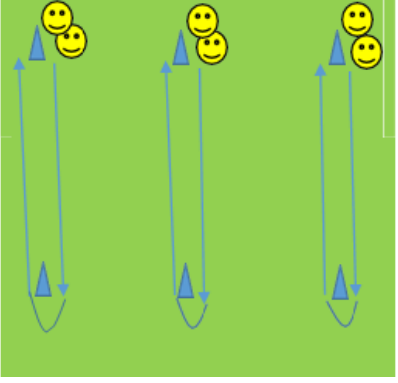
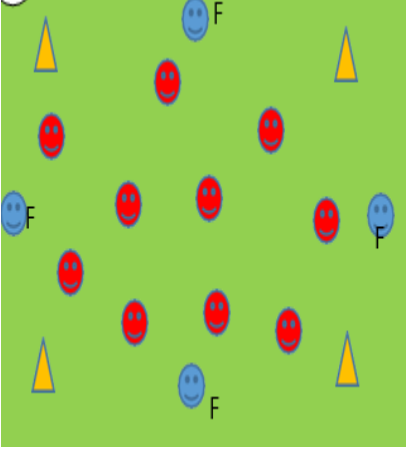
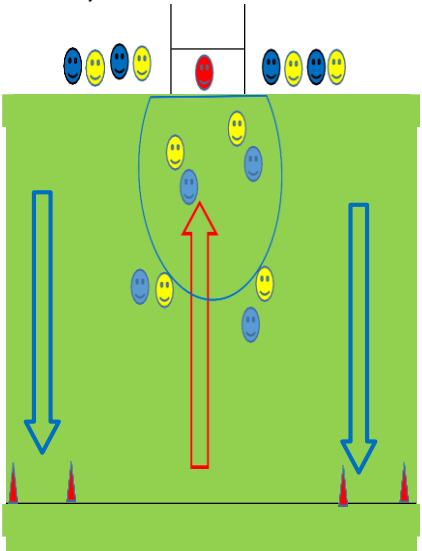
- Prevent forward passing & receiving ball.

15 minutes

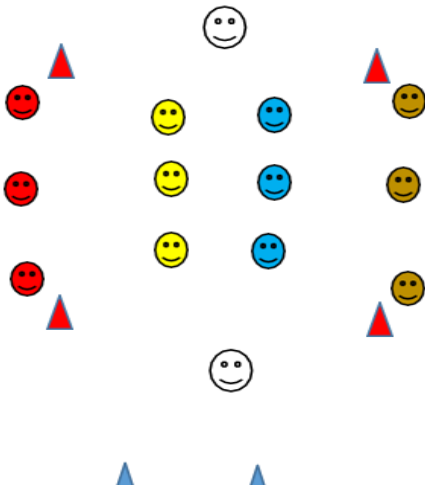
Small Side games

- 4 teams (small sided games 4/5 a side)
- Loads of touches for each player
- Each team plays against each other
- Work on aspects of training to be developed during the game

15 minutes

Session 2		Duration
<p>Warm Up</p> 	<ul style="list-style-type: none"> • General Movements High Knees/ Heel Flicks/ Side to Side • Jumping <ul style="list-style-type: none"> • Single leg hop • Skipping (focus on arms) • Straight bounding • Lateral bounding 	10 minutes
<p>High Catch Game</p> 	<ul style="list-style-type: none"> • Players move around square in different directions. • Four feeders on the outside (blue). • Feeders throw the ball up in the air for inside players to high catch the ball. • Ball returned to feeder once caught 	10 minutes
<p>Halfway line attack</p> 	<ul style="list-style-type: none"> • 4 v 4 • 4 v 3 • 4 v 2 • Team in possession must work the ball out through Goals on halfway Line before they can attack. <p>Progression</p> <ul style="list-style-type: none"> • - Leave two Attackers in front of goals 	15 minutes

High catch



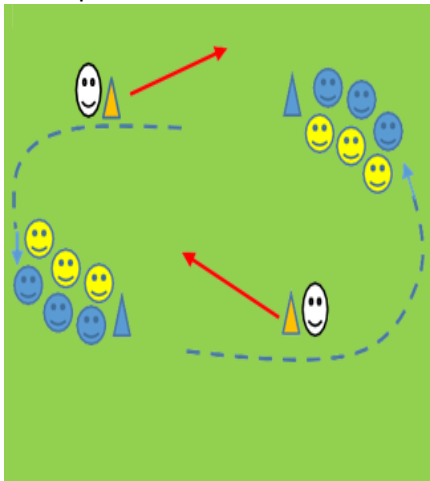
- 4 teams of 3/ 4/5 players
- Coach (White) kicks ball between groups in square.
- Players must attempt to high catch the ball.
- 2 points for high catch
- Team who wins possession must work ball back to feeder

Progression

- Feeder moves around outside of square.
- After two passes team attempt to score a goal (blue cones).

10 minutes

Two up catch



Throw →
Run →

- Coach (white) feeds ball to attacker for him to perform the High Catch.
- Attacker passes back to Feeder & joins the second group.
- 2 players contest for the ball.
- Players must attempt to high catch the ball.

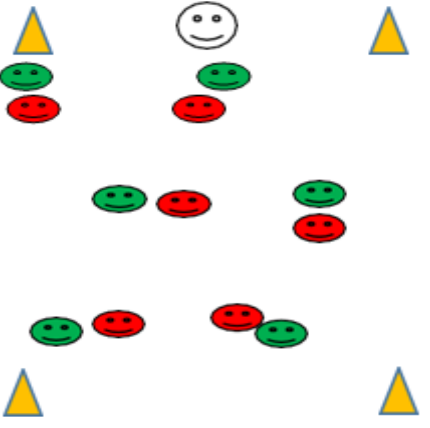
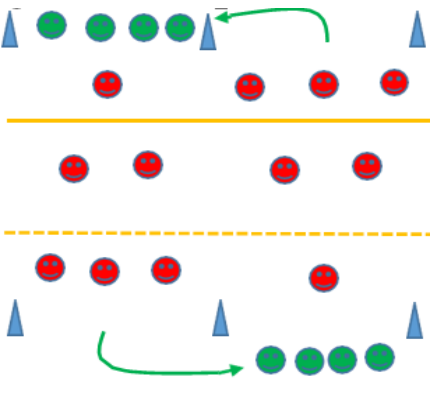
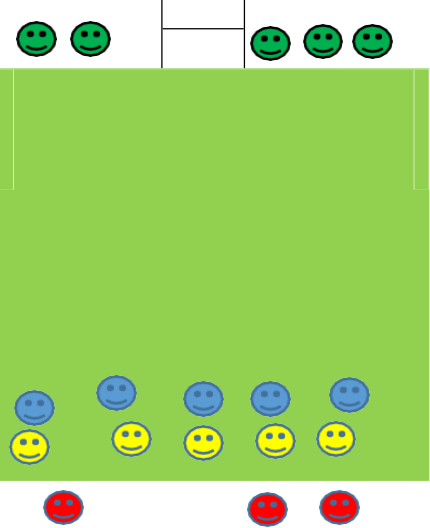




10 minutes

Mini games

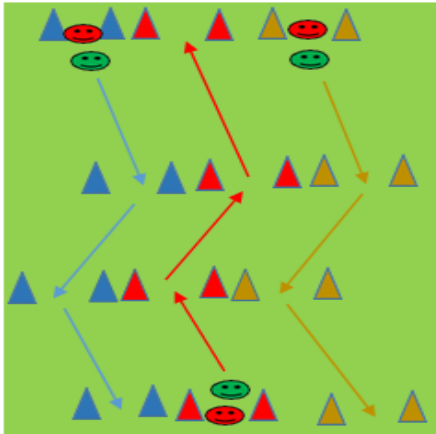
- 4 teams (small sided games 4/5 a side)
- Loads of touches for each player
- Each team plays against each other

Work on aspects of training to be developed during the game

15 minutes

Session 3		Duration
<p>Warm Up</p> 	<p>Tail Tag: In partners, one attacker, one defender. The attacker has a bib at back of their shorts and defender has to try and get the bib off the attacker. (30 seconds on/ off)</p> <p>Progression</p> <ul style="list-style-type: none"> • Once a player loses their bib, he gets one off a coach. • Put bib to Right/ left side of shorts so defender has to use near hand to get bib. Players can only use left/ right hand only. 	10 minutes
<p>Passing the Guard; Frontal / Shadowing</p> 	<ul style="list-style-type: none"> • Attackers (green) try to get through each zone without getting tagged by defender (red). • Tacklers must try & tag each player 'on chest' with open hand • Reds to stay in designated zone. • Rotate roles every 2/ 3 minutes. • Introduce ball where attackers carry through grid. 	10 minutes
<p>One on One</p> 	<ul style="list-style-type: none"> • Defender  • Attacker  • Feeder 1  • Feeder 2  • Feeder 1 feeds the ball to attacker (allowed to win ball uncontested). • Takes on defender one on one & can score points only • Feeder 2 gets ball & feeds ball to attacker who takes on defender and tries to work the ball back to Feeder 1. • Rotate roles every minute. 	15 minutes

Tackle Alley



Mini games

- In Partners
 - One Attacker/ One Defender
 - Both players are facing each other
 - The Defender (Green) places their hands behind their back and will move backwards using his footwork to stop the attacker (Red) from getting by him.
- Progression**
- Use hands & feet
 - Introduce ball attacking player goes slow at the start

10 minutes

- 4 teams (small sided games 4/5 a side)
- Loads of touches for each player
- Each team plays against each other

Work on aspects of training to be developed during the game

15 minutes

Session 4

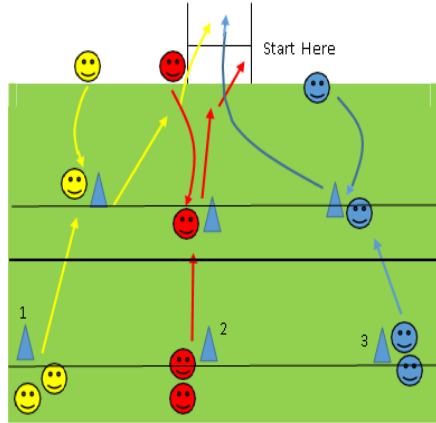
Duration

Warm Up
Gaelic 15

See attachment

15 minutes

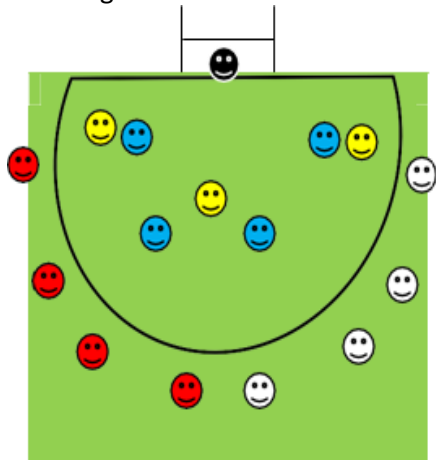
Combination drill



- 1. Solo, Fist Pass and Fist Over the Bar.
- 2. Solo, Fist Pass, and shoot for Goal.
- 3. Solo, Kick Pass and shoot for Point.
- Player who passes ball puts pressure on shooter.
- Dynamic Stretches throughout

10 minutes

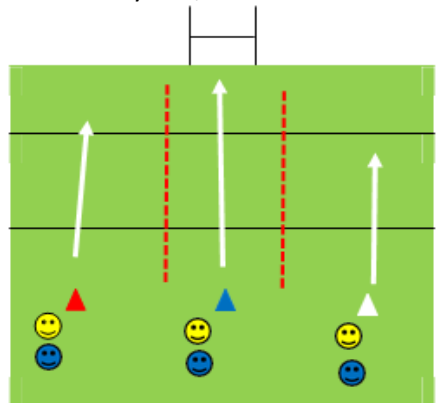
Shooting



- Divide players into teams of four.
- Mark perimeter around goals as shown (size depends on age/ ability)
- Goals & Fisted Points only.
- 8 Balls (1 ball each for outside players).
- One ball at a time (on coach's whistle), player passes ball to attacking team to try and work a score.

15 minutes

Tackle alley 1v1, 2v2



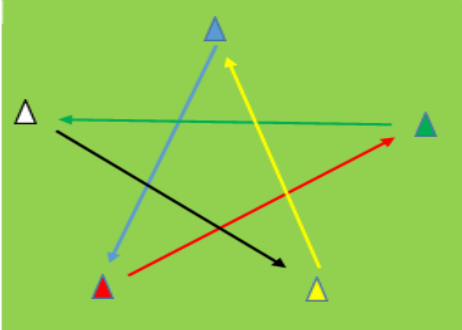
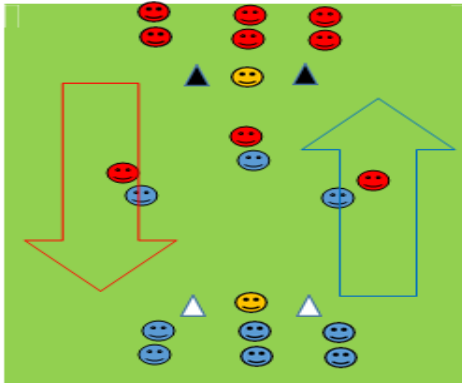

- Players divide into 3 groups as shown.
- One partner is the forward (Blue) and the other is the defender (Yellow).
- The forward has a ball and must take on the defender and try and score (Red; Fisted Point, Blue; Goal, White; Kicked Point)

Progression

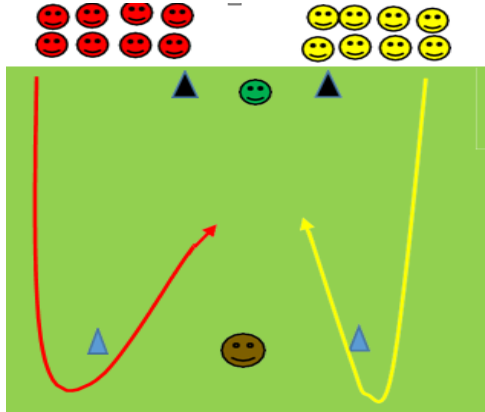
- Make it a 2 v 2

10 minutes

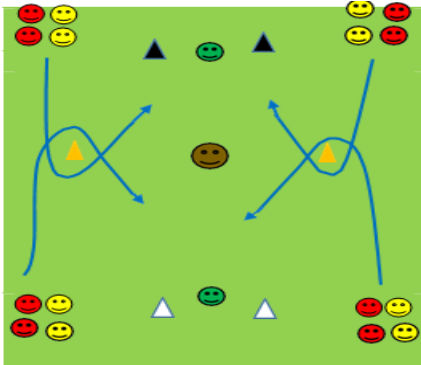
Mini Games	<ul style="list-style-type: none">• 4 teams (small sided games 4/5 a side)• Loads of touches for each player• Each team plays against each other <p>Work on aspects of training to be developed during the game</p>	10 minutes
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Session 5		Duration
<p>Warm Up</p> 	<ul style="list-style-type: none"> • Players jog through grid performing different movements & dynamic stretches. <p>Progression Introduce ball</p> <ul style="list-style-type: none"> • Solo & Fist Pass • Solo and Pick Up Solo & High Catch • Solo & (First Touch) Bounce ball. • Size of area depends on your numbers 	10 minutes
<p>Star Format: Attack & Defend Two</p> 	<ul style="list-style-type: none"> • Red team have the ball and attack white goals. • Blue team are the defenders. • Once ball goes dead, the red team that where attackers become the defenders and the next set of blue attack the black goals. • Goals only 	10 minutes
<p>Star Format: Combination Drill (Shooting)</p> 	<ul style="list-style-type: none"> • Divide into 4 groups, • From each corner player takes it in turn to solo ball out to blue cone. • They turn and take a shot for a point • Other players at cone retrieve the ball and repeats drill. • How many scores can each group get <p>Progression</p> <ul style="list-style-type: none"> • Add in defenders (token pressure) 	10 minutes

Star formation - 4 v 4



Star formation – Progression



Mini games

- Players sprint out to middle cone.
- Once they go around cone and enter playing area, coach (gold) throws ball in.
- Whoever wins ball attacks & tries to score a goal.

10 minutes

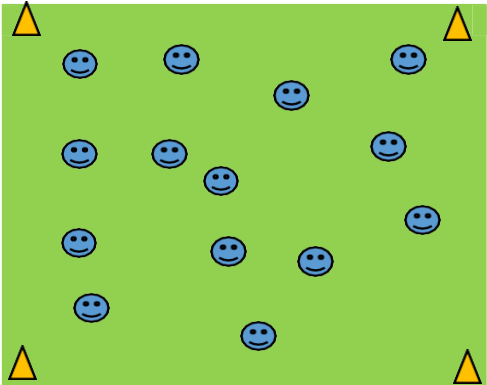
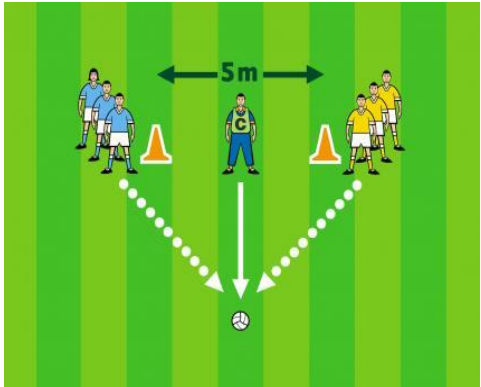
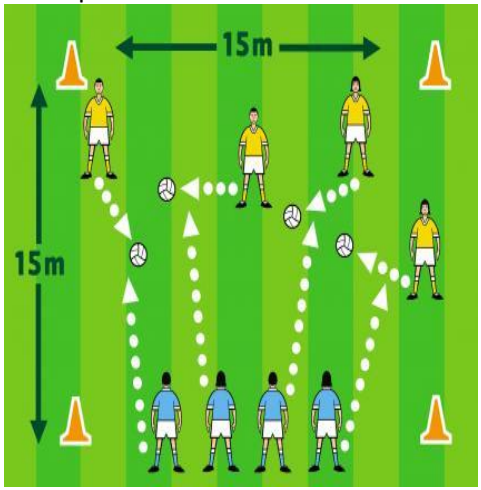
- Coach (gold) throws ball up
- 1. Whoever wins ball, attacks any goal.
- 2. Team must get
- 3. Passes before scoring.

10 minutes

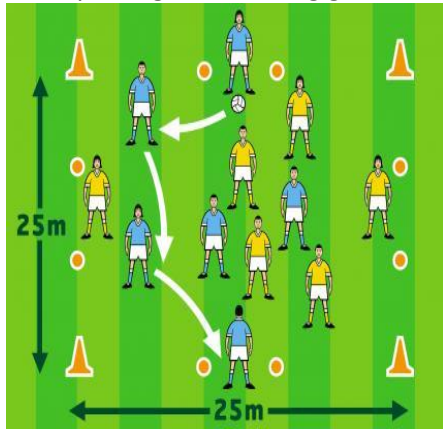
- 4 teams (small sided games 4/5 a side)
- Loads of touches for each player
- Each team plays against each other

10 minutes

Work on aspects of training to be developed during the game

Session 6		Duration
<p>Warm up - General Mobilisation</p> 	<p>Organisation</p> <ul style="list-style-type: none"> • Players move in different directions: <ul style="list-style-type: none"> • Forwards • backwards, • Side to Side, • Hopping, • Skipping, • Heels Up, • Knees Up, • Jumping <p>Dynamic Stretches</p>	10 Minutes
<p>Pick Up</p> 	<p>Organisation</p> <ul style="list-style-type: none"> • Divide the players into pairs, one of each pair lined up approximately 5 meters apart • On a signal the coach rolls the ball forward from behind each pair who chase and contest for the ball • The players switch sides on every go <p>STEP Variation</p> <p>Task – To increase the difficulty of the drill the coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed</p>	8 minutes
<p>Pick Up</p> 	<p>Organisation</p> <ul style="list-style-type: none"> • Mark out a grid 15m x 15m using cones • Divide the players into two equal teams, one the attacking team and one the defending team • Place a number of balls randomly throughout the grid • On the whistle, the attacking team must pick up as many balls as possible in 30 seconds • The defending players may pressurise the attackers, but may not guard the ball • The teams switch roles after 30 seconds • The team that completes the most crouch lifts wins <p>STEP Variation</p> <p>Equipment - The coach can further heighten the intensity of the game by reducing the number of balls</p>	12 minutes

Hand passing conditioning game



Organisation

- Mark out a playing area approximately 25m by 25m
- Mark out a goal area at the centre of each line of the playing area
- Divide the players into even teams; two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by handpassing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score, the goalkeeper must pass the ball to the opposition to restart the game

STEP Variation

Equipment – Set up the game using only two goals, and two goalkeepers

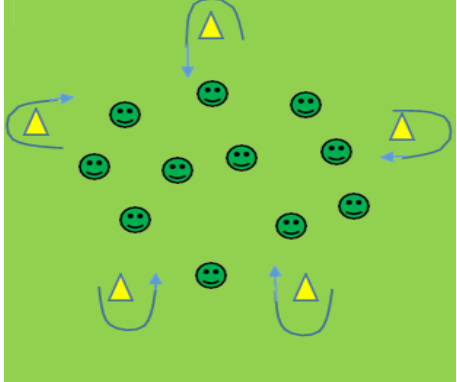
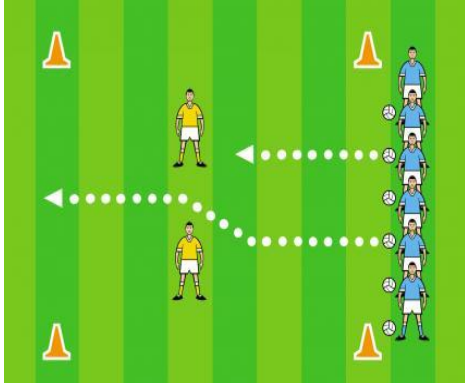
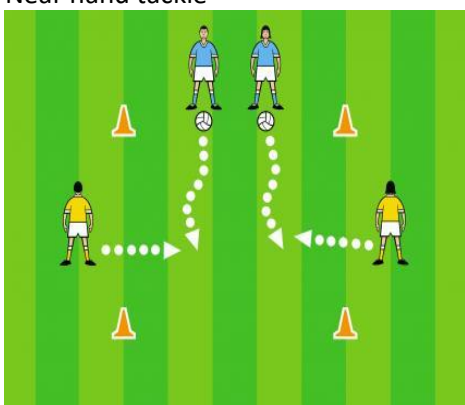
15 minutes

Small sided games/ Back and forwards

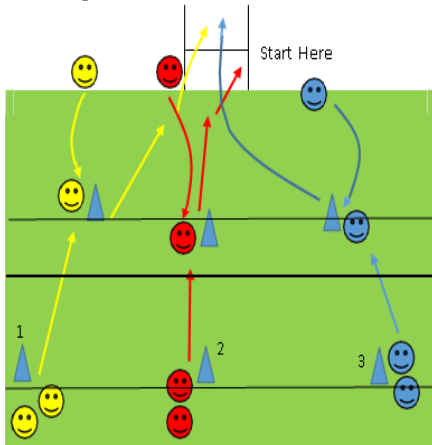
- 4 teams (small sided games 4/5 a side)
- Loads of touches for each player
- Each team plays against each other

Work on aspects of training to be developed during the game

15 minutes

Session 7		Duration
<p>Warm up - General Mobilisation: Dynamic Movements & Ball</p> 	<p>Organisation</p> <ul style="list-style-type: none"> - Move around inside circle performing different movements; jogging, high knees, heel flicks, knee up & out, knee out & in. - Incorporate ball; Fist Pass, High catch, pick up, break ball. - Every time you pass the ball, run around outside cones & back into receive another pass. 	12 minutes
<p>Solo tag</p> 	<p>Organisation</p> <ul style="list-style-type: none"> • Mark out a grid 15m x 15m • Six players attempt to solo across the grid • Two players act as defenders and attempt to tag the soloing players • Once a player has been tagged they must leave the game • The soloing players continue over and back until all have been tagged • Rotate the defenders and repeat the game <p>STEP Variation Space – Increase the width of the grid to reduce the difficulty for the soloing players</p>	8 minutes
<p>Near hand tackle</p> 	<p>Organisation</p> <ul style="list-style-type: none"> • Mark out a grid 15m x 15m • Two players with a ball enter the grid from one side • Two tackling players enter the grid from each adjacent side • The players in possession continue to solo around the grid as the tackling players attempt to perform the near hand tackle • After a set time reverse the roles <p>STEP Variation Players at beginning – Increase the number of players in possession giving the tackling players a number of targets</p>	10 minutes

Scoring Zone



Game

Organisation

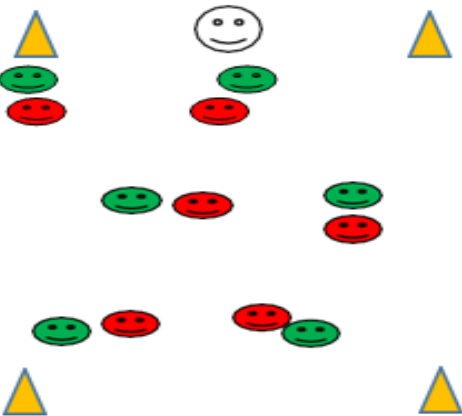
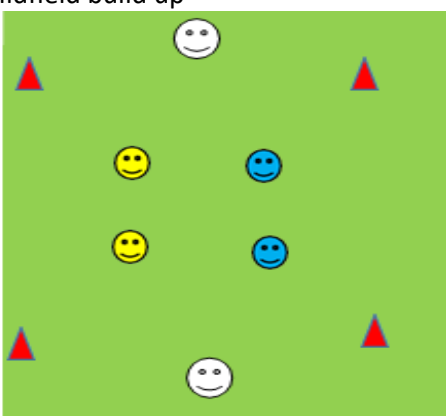
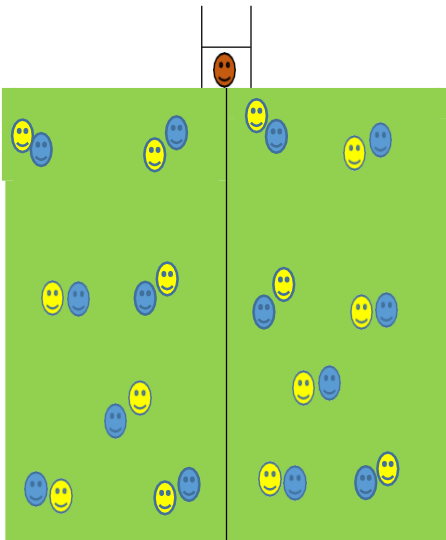
- 1. Solo, Fist Pass and Fist Over the Bar.
- 2. Solo, Fist Pass, and shoot for Goal.
- 3. Solo, Kick Pass and shoot for Point.
- Player who passes ball puts pressure on shooter.
- Players to shoot from the scoring zone, Comfortable distance for players ability level

10 minutes

Organisation

- Work on aspects of training to be developed during the game - Near hand tackle
- Forward movement, Scoring zone, defenders positioning

20 minutes

Session 8		Duration
<p>Warm up - General Mobilisation: Dynamic Movements & Ball</p> 	<p>Organisation</p> <ul style="list-style-type: none"> • Players in pairs move in different directions: <ul style="list-style-type: none"> • Forwards • backwards, • Side to Side, • Hopping, • Skipping, • Heels Up, • Knees Up, • Jumping <p>Dynamic Stretches</p> <ul style="list-style-type: none"> • Add a ball between pairs <ul style="list-style-type: none"> • Hand passing • Kick passing 	10 minutes
<p>Midfield build up</p> 	<p>Organisation</p> <ul style="list-style-type: none"> • 2 sets of midfielder's contest high balls played into middle zone by 2 feeders (white). • All players must attempt to catch the ball • Clean catch 2 points. • Work ball back to feeder <p>Progression</p> <ul style="list-style-type: none"> • Midfielders work together; 1. Performs High Catch, other anticipates breaking ball • 2 Points Catch, 1 Point Break ball 	10 minutes
<p>Team Position</p> 	<p>Organisation</p> <ul style="list-style-type: none"> • Divide Pitch into two halves with half of each team members split between each half of the field. • Goalkeeper kicks out the ball to one side of the field. • Both teams try to High Catch the ball (not allowed to break ball). • If your team catches the ball they get 2 points. 1 point for body catch • Must get 3 passes before kicking ball into other half of the field 50/50. Ball must be caught. • 2 points if your team catches the ball. • 3 passes before team can shoot. 	20 minutes

Game/ Backs and forwards	Organisation <ul style="list-style-type: none">• Work on aspects of training to be developed during the game - Near hand tackle Forward movement, Scoring zone, defenders positioning	20 Minutes
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