Carrigtwohill Juvenile GAA Club

Cúl Camp 2017

Monday 24th July

To

Friday 28th July

Coaching Resource Handbook

http://www.carrigtwohillgaa.com
Table of Contents:                           Page

1.  The Format - Coaches, Kids and Rotation  3
    1.1 Coaching Groups                        3
    1.2 Kids Age Groups and Zones             3
    1.4 Coach Rotation                        4

2.  Proposed Activities and Timetables      5
    2.1 Warm-Ups, Drills, Games and Healthy Living  5
    2.2 Timetable – Mornings                   6
    2.3 Timetable – Afternoons                 7
    2.4 Skill Cards Index                      8
    2.5 Additional Resources                   9
    2.6 Organisers                             9
    2.7 Additional Notes                       10

Appendices                                11
    A. Warm-Ups                               11
    B. Skills Cards                            15
    C. U CAN Awards - Football                 40
    D. Healthy Living Food Pyramid             46
1. The Format - Coaches, Kids and Rotation:

1.1 Coaching Groups:

There will be three coaching groups working with the three Ladies Gaelic Football Club groups. They are labelled as Group A and B for the purposes of the rotation below. They will be finalised before commencement of the camp on Monday.

Coaches & Assistants are as follows:

<table>
<thead>
<tr>
<th>Head Coach:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Coaches:</td>
<td>Assistants:</td>
</tr>
<tr>
<td>____________________</td>
<td>____________________</td>
</tr>
<tr>
<td>____________________</td>
<td>____________________</td>
</tr>
<tr>
<td>____________________</td>
<td>____________________</td>
</tr>
</tbody>
</table>

1.2 Kids Age Groups and Zones:

The Age Groups are being organised in the following age groups and are being allocated a zone on the playing surfaces as per below. They will be remaining in their respective zones for the duration of the week so that they know where they are to be at all times on arrival and on returns to the pitch after breaks and lunch. Numbers below might not all be participating in the football parts of the camp.

<table>
<thead>
<tr>
<th>Groups:</th>
<th>Approx. Numbers:</th>
<th>Group Colour:</th>
<th>Allocated Zone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 6 to 8</td>
<td>11</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Ages 9 to 10</td>
<td>13</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Ages 11 to 13 (2 groups)</td>
<td>24</td>
<td></td>
<td>4</td>
</tr>
</tbody>
</table>

Zones are as per this graphic: (note that Zone 1 is larger than 2 and 3 deliberately – older group)
1.3 Coach Rotation:

It is proposed that each of these Coaching Groups will rotate at the end of each of the sessions to another Age Group. This means that he coaches will be moving to a new zone while the players will be staying in their zones. The rotation is proposed as follows:

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Code</th>
<th>Coaching Group</th>
<th>Ages 7 to 8 Zone</th>
<th>Ages 9 to 10 Zone</th>
<th>Ages 11 to 12 Zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday PM</td>
<td>Football</td>
<td>A</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Football</td>
<td>B</td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Tuesday AM</td>
<td>Football</td>
<td>A</td>
<td></td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Football</td>
<td>B</td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Wednesday PM</td>
<td>Football</td>
<td>A</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Football</td>
<td>B</td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Thursday AM</td>
<td>Football</td>
<td>A</td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Football</td>
<td>B</td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Friday PM</td>
<td>Football</td>
<td>A</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Football</td>
<td>B</td>
<td></td>
<td></td>
<td>4</td>
</tr>
</tbody>
</table>
2. Proposed Activities and Timetables:

2.1 Warm-Ups, Skills, Games and Healthy Living:

The daily activities can be based on the timetables in sections 2.2 and 2.3 below for both morning and evening sessions. These timetables suggest a number of skills that can be taught, but are only suggestions so can be used or changed or replaced if you so wish. The Skill cards required are listed in the schedule in section 2.4 (page 8) which will refer to the skills card in Appendix B. at the back of this document. This skill card is a single suggested methodology by which to teach the skills to the players and is based on the hurling and football resource packs released a number of years ago.

Again, these are only suggestions on the basis of what was available on the Kellogg's Cúl Camp site and are there for your assistance and are in no means a set of direction to be followed at all or any costs.

It is entirely up to you as the coaches to decide on the skills which you will concentrate on and how the drills and practice sessions will pan out and can be and may be better to go with your own approach if easier for you and the players.

The timetables also itemises topics for discussion at the sessions as secondary themes to the activities. These can be about the culture and history of the GAA as a whole, about the roles of referees and young referees and also the benefits of activity and healthy living.

Appendix C are the U CAN skills cards as suggested per the timetables for Friday morning. Again these are there for your own use if desired.

Appendix D has a copy of a food pyramid and it has been proposed to give this out as a handout to each of the kids in attendance and to give them a brief talk about the benefits of healthy diet and healthy living.

CD Contents:

The CD has been replaced last year with the following coaching documents available at this link:  
http://www.gaacork.ie/contentPage/131092/fun_do_pack

Fun Do Hurling Pack
Fun Do Football Pack
Fun Do Nursery Pack
Fun Do Coaches Pack

These can be viewed on any pc/laptop that has Adobe PDF reader installed (available at this link here if not: http://get.adobe.com/uk/reader/).
### Timetable - Mornings:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:15</td>
<td>Monday - Group Discussion / Roll Call</td>
</tr>
<tr>
<td>9:15-10:00</td>
<td>Supervisors and Coaches Introduction/Friday's Ice cream</td>
</tr>
<tr>
<td>10:00-10:15</td>
<td>Assembly/Group Discussion / Roll Call</td>
</tr>
<tr>
<td>10:15-10:30</td>
<td>Supervisors and Coaches Introduction/Friday's Ice cream</td>
</tr>
<tr>
<td>10:30-11:00</td>
<td>Secondary Theme - Today's History Class</td>
</tr>
<tr>
<td>11:00-11:15</td>
<td>Secondary Theme - Playing Today</td>
</tr>
<tr>
<td>11:15-11:30</td>
<td>Secondary Theme - Future's History Class</td>
</tr>
<tr>
<td>11:30-11:45</td>
<td>Secondary Theme - Future's History Class</td>
</tr>
<tr>
<td>11:45-12:00</td>
<td>Secondary Theme - Future's History Class</td>
</tr>
<tr>
<td>12:00-12:15</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:15-12:30</td>
<td>Supervisors and Coaches Introduction/Friday's Ice cream</td>
</tr>
<tr>
<td>12:30-12:45</td>
<td>Supervisors and Coaches Introduction/Friday's Ice cream</td>
</tr>
</tbody>
</table>

#### Camogie

- H/C in Camogie Match
- F:K Early Morning
- F:K Late Morning
- H/C in Camogie Practice

#### Football

- H/C in Camogie Match
- F:K Early Morning
- F:K Late Morning
- H/C in Camogie Practice

#### American Football

- H/C in Camogie Match
- F:K Early Morning
- F:K Late Morning
- H/C in Camogie Practice
2.3 Timetable – Afternoons:

**1.05 - 1.30**
- Coaching Class - Season 1 Part 2
- Coaching Class - Season 1 Part 1
- H/C2: Batting & Ball
- H/C3: Fielding
- H/C4: Bowling

**1.30 - 2.05**
- Coaching Class - Season 2 Part 2
- Coaching Class - Season 2 Part 1
- H/C1: Fielding
- H/C2: Batting & Ball
- H/C3: Bowling

**2.30 - 2.45**
- Modified Football Games
- Modified Football Games
- Modified Football Games

**3.15 - 3.30**
- Modified Football Games
- Modified Football Games
- Modified Football Games

**3.45 - 4.05**
- Football
- Football
- Football

- H/C1: Hitting & Fielding
- H/C2: Batting & Ball
- H/C3: Fielding
- H/C4: Bowling

**4.20 - 4.35**
- H/C1: Hitting & Fielding
- H/C2: Batting & Ball
- H/C3: Fielding
- H/C4: Bowling

**4.35 - 5.00**
- Football
- Football
- Football

**5.00 - 5.45**
- Modified Football Games
- Modified Football Games
- Modified Football Games

**5.45 - 6.00**
- Blitz

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**Time:**
- **Monday, 5pm**
- **Tuesday, 6pm**
- **Wednesday, 5pm**
- **Thursday, 5pm**
- **Friday, 5pm**

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**LUNCH:**
- **LUNCH**
- **LUNCH**
- **LUNCH**
- **LUNCH**
- **LUNCH**
### 2.4 Skill Cards Index:

Skill Cards are available in Appendix B as follows:

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Code</th>
<th>Drill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday AM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Drill Description

- **Fun Blitz**: Football
- **UCAN Awards**: Football

#### Under 8

<table>
<thead>
<tr>
<th>Code</th>
<th>Drill</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hand Pass Fp</td>
</tr>
<tr>
<td>2</td>
<td>Pop Kick</td>
</tr>
<tr>
<td>3</td>
<td>Side to Side Charge</td>
</tr>
<tr>
<td>4</td>
<td>Near Hand Tackle</td>
</tr>
<tr>
<td>5</td>
<td>Checking</td>
</tr>
<tr>
<td>6</td>
<td>Block Down</td>
</tr>
<tr>
<td>7</td>
<td>First Pass</td>
</tr>
<tr>
<td>8</td>
<td>Crouch Lift</td>
</tr>
<tr>
<td>9</td>
<td>The Roll</td>
</tr>
<tr>
<td>10</td>
<td>Solo</td>
</tr>
<tr>
<td>11</td>
<td>Reach Catch</td>
</tr>
<tr>
<td>12</td>
<td>Checking</td>
</tr>
<tr>
<td>13</td>
<td>First Pass</td>
</tr>
<tr>
<td>14</td>
<td>Crouch Lift</td>
</tr>
<tr>
<td>15</td>
<td>Checking</td>
</tr>
<tr>
<td>16</td>
<td>Solo</td>
</tr>
<tr>
<td>17</td>
<td>Reach Catch</td>
</tr>
<tr>
<td>18</td>
<td>First Pass</td>
</tr>
<tr>
<td>19</td>
<td>Crouch Lift</td>
</tr>
<tr>
<td>20</td>
<td>Checking</td>
</tr>
<tr>
<td>21</td>
<td>Solo</td>
</tr>
<tr>
<td>22</td>
<td>Reach Catch</td>
</tr>
<tr>
<td>23</td>
<td>First Pass</td>
</tr>
<tr>
<td>24</td>
<td>Crouch Lift</td>
</tr>
<tr>
<td>25</td>
<td>Checking</td>
</tr>
<tr>
<td>26</td>
<td>Solo</td>
</tr>
<tr>
<td>27</td>
<td>Reach Catch</td>
</tr>
<tr>
<td>28</td>
<td>First Pass</td>
</tr>
<tr>
<td>29</td>
<td>Crouch Lift</td>
</tr>
<tr>
<td>30</td>
<td>Checking</td>
</tr>
<tr>
<td>31</td>
<td>Solo</td>
</tr>
<tr>
<td>32</td>
<td>Reach Catch</td>
</tr>
<tr>
<td>33</td>
<td>First Pass</td>
</tr>
<tr>
<td>34</td>
<td>Crouch Lift</td>
</tr>
<tr>
<td>35</td>
<td>Checking</td>
</tr>
<tr>
<td>36</td>
<td>Solo</td>
</tr>
<tr>
<td>37</td>
<td>Reach Catch</td>
</tr>
<tr>
<td>38</td>
<td>First Pass</td>
</tr>
<tr>
<td>39</td>
<td>Crouch Lift</td>
</tr>
<tr>
<td>40</td>
<td>Checking</td>
</tr>
<tr>
<td>41</td>
<td>Solo</td>
</tr>
</tbody>
</table>

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**Note**: This table provides a structured overview of the drills available in the skill cards, with sections for different days and times, as well as a detailed list of drills categorized by their descriptions and relevant codes.
2.5 Additional Resources:

Additional material is available also on the following web sites:

http://www.gaacork.ie/contentPage/131092/fun_do_pack
http://www.gaacork.ie/contentPage/131330/hurling/football_games/drills
http://learning.gaa.ie/Hurlingskills
http://learning.gaa.ie/footballskills

2.6 Organisers:

For your information contact details of organisers and Club Officers is as follows:

Cul Camp Organisers

Conor Ahern  086 601 9162
Pat Horgan  087 251 0707
Maeve Horgan  ____________

Cul Camp Manager (GAA Club):

Padraic Hogan  086 200 7733

Cul Camp Manager (Camogie)

Lorraine O’Connor  085 155 6927

Cul Camp Manager (Ladies Football)

Ciara Brennan  ______________
2.7 Additional Notes:
Appendix A:

Warm-Ups
# Warm-Up and Energizer Games

Until now, warming up and cooling down has always been seen as hard work—a boring start to an activity or class where you struggle to keep the children’s attention. But not anymore. When your group take part in these games, they will be engaged fully, having fun, and effectively preparing their minds and bodies for the game or activity that lies ahead. All games are easy to run and require little or no equipment whatsoever.

<table>
<thead>
<tr>
<th>Description of Warm-up Games and Energizers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Touch Blue</strong></td>
</tr>
<tr>
<td>Participants have to find an object or an item of clothing of a specific colour that you tell them. However, they cannot touch something on themselves or another person. The last person to touch the colour is out. To make this activity game difficult, try using unusual colours or even patterns, making the children run further to reach the objects as well as providing an opportunity to use their creative thinking skills.</td>
</tr>
<tr>
<td><strong>Dodgeball</strong></td>
</tr>
<tr>
<td>A child in the group is selected by you to be the 'Dodgeball Master'. All the other children have to try and get from one safe zone to the other (typically the other side of the hall). Whilst the group are trying to get from one side to the other, the Dodgeball Master must try to get group members out of the game by throwing the ball underarm and trying to hit their legs. Once the participant has been hit they are then out and become a judge. Cones should be used to define a playing area outside.</td>
</tr>
<tr>
<td><strong>Buzzy Bees</strong></td>
</tr>
<tr>
<td>All the children have to get into pairs, they then run around separately, buzzing and pretending to be bees. The person nominated to be ‘it’ then shouts ‘Buzzy bee, buzzy bee touch...’ they then have to run back and find their partners and whichever body part has been called out they have to touch together. e.g. ‘touch knees’, they have to touch their knees together.</td>
</tr>
</tbody>
</table>

First, pair up the group members and sit them down, with legs flat, leaving space between pairs to prevent injury from occurring. Now give each pair a number starting from the number one.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladders</td>
<td>Once all pairs have a number, you then call a number and that pair will jump up, step over the other pairs legs one at a time then run round the whole of their team and sit back down in their original place. The first one to sit back in place is the winner. Alternatively, you can play as a team. After the first pair has completed their turn, the next person gets up and runs, until the whole team have been and the leader declares a winning team.</td>
</tr>
<tr>
<td>Clumps</td>
<td>This is a very simple run around game. Children start by running around, the leader then calls out a number and the children have to form a clump of that many people. You do not necessarily have to penalise anyone who does not find a group - it is just for fun!</td>
</tr>
<tr>
<td>Jack in the Box</td>
<td>Choose one person to be the leader; everyone else must stand in a circle around them. When the leader shouts, ‘Jack in the box’ participants must squat down. When the leader shouts ‘Jack out of the box’ participants must all jump up. The leader can repeat the commands, say them fast or slow in an attempt to confuse the children. Anyone who does the wrong action is then out of the game.</td>
</tr>
<tr>
<td>Stuck in the Mud</td>
<td>In a boundary area, one person is ‘It’. They must then run around trying to tag as many people as they can. Once a person has been caught, they then have to stand with feet shoulder width apart and can only be freed if someone crawls between their legs.</td>
</tr>
<tr>
<td>Traffic Lights</td>
<td>An easy warm-up game to play, which is ideal for younger children. On the word, ‘red’ the children have to stand very still. On the word, ‘amber’ they walk around. On the word, ‘green’ they start to run. If any of the participants do the wrong thing they are out and can act as a judge for the remainder of the game. The leader can make things confusing by shouting, ‘Speed camera’ - slow motion, ‘roundabout’ - sit and spin etc.</td>
</tr>
<tr>
<td>Penguin Race</td>
<td>Participants start of by slapping their hands against their thighs and running on the spot mimicking how a penguin runs. The leader should get participants do this slowly to start with, so they get to use to it and get them to speed up at a later stage. Leaders should introduce further commands such as, left bends right bends and double bends, which all include speeding sound effects and actions whilst still running on the spot.</td>
</tr>
<tr>
<td></td>
<td>Good warm up game. Everyone in the group is it and</td>
</tr>
<tr>
<td>Everybodys It</td>
<td>they must try and tag each other, if they get caught they must stand still with both hands in the air, the only way to free them is for another person to give them a high ten and then the game continues.</td>
</tr>
<tr>
<td>Band Game</td>
<td>Everyone starts with a band tucked into their shorts or trousers. The idea of the game is to get as many bands as possible from the other participants. Children can only steal if they have a band tucked in to their own shorts or trousers. When a child loses all their bands, they continue jogging until the time is up.</td>
</tr>
<tr>
<td>Bump Tag</td>
<td>The leader must select a cat and a mouse from the group. The aim of the game is for the cat to chase the mouse, if the cat manages to catch the mouse they then become the cat and have to do the chasing. Everyone else in the group must pair up and stand side-by-side spread out in the activity area. The mouse changes throughout the game by the mouse linking to the side of a pair, the person on the opposite side to where the mouse has linked themselves, then becomes the mouse and the cat has to chase them instead.</td>
</tr>
<tr>
<td>Freeze Tag</td>
<td>Similar to ‘stuck in the mud’. During the game there are 2 different coloured balls, 2 ball carriers are selected from the group. The blue ball carrier can freeze people by touching them with the ball. The Yellow ball unfreezes. When the yellow ball is handed to someone that is frozen, they defrost and become the yellow ball carrier instead. The blue ball carrier stays the same throughout the game. More than one of the same coloured ball can be added during the game to make this game faster paced.</td>
</tr>
<tr>
<td>Sticky Parts</td>
<td>All children are given a beanbag. When instructed by their leader, all children have to run, skip or hop around until the leader calls out a body part. Once the leader calls out the body part, all children have to try to balance the beanbag on that specific body part. The last person to complete this is out of the game. The winner is the person left after all rounds. They then get to take over from the leader in the next game and give instructions to the rest of the group.</td>
</tr>
</tbody>
</table>
Appendix B:

Skills Cards
3. Bounce

- Introduce
- Demonstrate
- Execute
- Attend

Look out for:
- Bouncing the ball with two hands
- Bouncing the ball too hard or too soft
- Attempting to catch with one hand

The Bounce is a basic technique in Gaelic Football used to play the ball in order to keep possession without fouling. When in possession it is possible to take a maximum of four steps without playing the ball. After the four steps a player has the choice of bouncing the ball, performing a toe tap, or playing the ball away. The ball may not be bounced more than once in succession.

Pg. 29-34 FFD

Bounce

Practice the Technique

Bounce on the Move
Player moves four steps, bounces and passes on to the next player

Slalom Bounce
Players bounce the ball while running around each cone, alternating hands.

Bounce and Turn
Players perform the Bounce while rounding each cone randomly

Develop the Skill

Space Invaders
Players bounce the ball in as many hoops as possible in one minute

Grid Swap
In turn, each team return each ball to their grid bouncing the ball along the way.

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
15. Side Step

- Introduce
- Demonstrate
- Execute
- Attend

The Side Step is a basic technique in Gaelic Football used to evade an opponent while in possession of the ball. The technique involves a shift in weight from one leg to the other, tricking the opponent into tackling to one side while the player moves off to the other.

Pg. 41-46 FFD

Side Step

Practice the Technique

Step Left Step Right
Each player approaches and Side Steps the middle player.

Side Step and Bounce
Each player takes one bounce and Side Steps the middle player.

Side Step Slaloms
Each player jogs forward and Side Steps the markers in turn.

Develop the Skill

Pass the Guard
Attackers run forward and Side Step the defenders in the centre and continue on.

Side Step, Bounce and Score
Attackers Side Step the defender, bounce and kick for a score.
The Reach Catch in Football is a technique used to catch the ball when it approaches at or above head height. It forms the basic element of the overhead catch.

Look out for:
- Not extending the arms fully
- Catching the ball behind the head

Reach Catch
Practice the Technique

Partner Catch
Throw the ball up for your partner to Reach Catch

Pressure Catch
Outer players throw the ball in turn for the middle player to Reach Catch.

Opposed Catch
One player in the middle Reach Catches for the ball while the other provides opposition

Develop the Skill

Piggy in the Middle
Player in the middle tries to intercept the ball while the other players throw to each other

Keep Ball
Retain possession by kick or hand passing to a team mate who has to Reach Catch.
Monday Afternoon – Football – Fé 10

Checking

- Introduce
- Demonstrate
- Execute
- Attend

Looking out for:
- Poor positioning
- Reaching in and losing balance
- Crossing the legs

Checking in Gaelic Football is a tackling skill used to force an opponent away from goal, into a poor position or onto their weaker side. Performed intelligently, it is a very effective form of tackle.

Pages 79-84 FFD

Checking

Practice the Technique

- Hang On: Defender tries to remain in contact with the attacker using one arm.
- Zig-Zag Check (with ball): B faces A and attempts to maintain the ‘Check’ position throughout.
- Grid Check: Defenders attempt to ‘Check’ the attacker after he has rounded the corner.

Develop the Skill

- Check Mate: Attacker tries to progress to score while the defender attempts to Check and dispossess him.
- Check Zone: Attackers attempt to pass the defenders who try to Check them and prevent them from scoring.

STEP

- Basic Drill
- Intermediate Drill
- Advanced Drill
- Fun Game
- Modified Game
- Game Play Drill
6. Crouch Lift

- Introduce
- Demonstrate
- Execute
- Attend

Look out for:
- Not crouching to lift the ball
- Not placing the hands in front of the ball
- Touching the ball on the ground
- Not planting the support foot beside

The Crouch Lift is a basic skill in Gaelic Football used to lift the ball from the ground into the hands.

Pg. 73-78 FFD

Crouch Lift
Practice the Technique

Lift and Drop
Player jogs forward to Crouch Lift the ball, places the ball at the next marker and continues on.

Bridge Ball
Player rolls ball between partner's legs and runs on to Crouch Lift it as it moves away.

Tussle and Lift
Coach rolls the ball forward for each pair to chase and contest.

Develop the Skill

Scatter and Lift
Attacks try to crouch lift as many balls in 30 sec while the defenders try to oppose them.

Grid Swap
Each team in turn Crouch Lifts all the balls into their grid.
Monday Afternoon – Football – Fé 12

8. Fist Pass

- Introduce
- Demonstrate
- Execute
- Attend

The Fist Pass is a variation of the hand pass technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the closed fist of the free hand. A fisted pass will travel a greater distance than an open handed hand pass.

Pg. 85-90 FFD

Look out for:
- Striking the ball from underneath
- Throwing the ball
- Failing to keep the holding hand stationary
- Holding the ball too near or too far

Fist Pass

Practice the Technique

Stationary Pass
Each Player in turn Fist Pass the ball to their partner for 1 minute

Move and Pass
Players move forward and Fist Pass to the opposite player and continue to the other side

Pressure Pass
Players in turn Fist Pass the ball to the middle player who moves to receive the return pass

Develop the Skill

Dodge Ball
2 Player’s score him by striking the other players using the Fist Pass

Goals Galore
Players can only use the Fist Pass to pass the ball and score

STEP

Basic Drill
Intermediate Drill
Advanced Drill
Fun Game
Modified Game
Game Play Drill
11. Low Catch

- Introduce
- Demonstrate
- Execute
- Attend

The Low Catch is a basic technique in Gaelic Football used to receive a pass bouncing low along the ground.

Look out for:
- Not getting low enough
- Keeping the arms and hands too far apart

Practice the Technique

Islands
Players throw the ball to the feet of the next player to Low Catch

Move and Catch
Players roll the ball to the opposite player to run forward and Low Catch

Develop the Skill

Pass the Guard
Outer players try to throw the ball low past the middle player, for opposite players to Low Catch

Beat the Circle
Team A throws the ball around the circle while Team B runs around the circle in relay
**2. Body Catch**

- Introduce
- Demonstrate
- Execute
- Attend

The Body Catch is a basic technique in Gaelic Football. This type of catch is used when the ball is dropping between waist and head height and the player has time to cushion it into their chest.

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**Practice the Technique**

- **Throw and Body Catch**
  - Each player in turn throws the ball for their partner to catch

- **Handball Bob**
  - Player throws the ball for opposite player to run on and catch at the halfway marker

- **Star Drill**
  - A player throws the ball for the second player on their right to catch and runs to the back of that line

**Develop the Skill**

- **Piggy in the Middle**
  - Middle players try to intercept the ball while the outer players throw the ball to each other

- **Over the River**
  - Throw the ball to make it difficult for the opposition to Body Catch.
1. Block Down

- Introduce
- Demonstrate
- Execute
- Attend

Stand close to the opponent in the check position
Reach forward arms outstretched as the opponent prepares to play the ball
Block ball at point of contact with the boot

Look out for:
- Shying away from contact
- Missing the ball
- Closing the eyes

The Block Down is a tackling technique used to prevent the opponent shooting or passing to another player. In scoring situations the Block Down is an effective and dramatic defensive skill.

Pg. 55-60 FFD

Block Down
Practice the Technique

Partner Block
Player A tosses the ball for player B in a kneeling position to Block Down

Zig-Zag Block
One player moves from cone to cone and tries to Block each player

Hit the Target
A passes to B, who rounds the cone and passes to D while C tries to Block Down

Develop the Skill

Grid Block
Team retain possession by kick passing while the other team tries to gain possession by Blocking down

Shoot and Block II
Attacker scores to goal, when they attempt to shoot the defender tries to Block them

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
**17. Solo**

- **Introduce**
- **Demonstrate**
- **Execute**
- **Attend**

**Look out for:**
- Using the opposite hand to drop the ball
- Throwing the ball
- Not using a straight leg
- Soloing too high

**The Solo in Gaelic Football** is a technique used to play the ball in order to keep possession without fouling. It is used to carry possession to a better position or to evade an opponent. A solo run may incorporate a sequence of alternating bounces and toe taps, or just toe taps.

Pg. 67-72 FFD

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**Solo**

**Practice the Technique**

- **Stationary Toe Tap**
  - Players Solo the ball on the spot.
- **Toe Tap, Turn and Pass**
  - Players Solo out around the cone, turns and passes to the next player.
- **Crazy Solo**
  - Players Solo in an anti-clockwise direction around the first and centre marker each time.

**Develop the Skill**

- **Tee Tap Tag**
  - One player Solo around the grid and attempts to tag the other players.
- **Skill Point Invasion Game**
  - One team Punt Kicks to the other team, who then Solo and hand passes the ball up the field and through the goals to score.

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**STEP**

- Basic Drill
- Intermediate Drill
- Advanced Drill
- Fun Game
- Modified Game
- Game Play Drill
13. Punt Kick

- Introduce
- Demonstrate
- Execute
- Attend

Look out for:
- Lifting the head too early
- Dropping the ball with the opposite hand to kicking foot
- Toes not pointed

The Punt Kick is one of the most common foot passing techniques in Gaelic Football. It may also be used to kick for a score when approaching the goal straight on.

Punt Kick
Practice the Technique

Pass and Follow
Each player Punt Kicks to the next player and continues to that line.

Down the line
Players move forward and Punt Kick the ball to the next player and join the back of that line.

Six Star Drill
Players Punt Kick to the player at the second marker on their right and join that line.

Develop the Skill

Empty the Circle
Players in the circle keep the circle clear by Punt Kicking any balls out of it.

Hit the Cones
Players Punt Kick the ball to hit the cones in the middle.
Tuesday Morning – Football – Fé 12

18. The Roll

- Introduce
- Demonstrate
- Execute
- Attend

The Roll is an evasion technique used in Gaelic Football when the player in possession goes into contact with an opponent. To perform the technique the player in possession uses the contact to roll away from the opponent and change direction.

Look out for:
- Using a bounce going into the Roll
- Planting the ‘wrong’ foot
- Rolling across the front
- Not protecting the ball

The Roll

Practice the Technique

- Grid Roll: Players in turn move around the grid and practice the Roll technique
- Dancing Feet: One from each pair run to the centre and perform the Roll at each marker
- Tackle Bag Roll: Players in turn jog through the formation performing the Roll at each tackle bag

Develop the Skill

- Roll and Shoot: Attackers use the Roll to get past the defender and then shoot for a score
- 2v1: Attackers must perform the Roll in the grid before shooting

STEP

Basic Drill  Intermediate Drill  Advanced Drill  Fun Game  Modified Game  Game Play Drill
Wednesday Afternoon – Football – Fé 8

2. Body Catch

- Introduce
- Demonstrate
- Execute
- Attend

Move to receive the ball

Look out for:
- Closing the eyes
- Leaning back as the ball approaches
- Keeping the arms too far apart

Extend arms out in front of the chest

Relax chest on impact to cushion the ball

The Body Catch is a basic technique in Gaelic Football. This type of catch is used when the ball is dropping between waist and head height and the player has time to cushion it into their chest.

Pg. 11-16 FFD

Body Catch

Practice the Technique

1. Throw and Body Catch
   Each player in turn throws the ball for their partner to catch

2. Handball Bob
   Player throws the ball for the opposite player to run on and catch at the halfway marker

3. Star Drill
   A player throws the ball for the second player on their right to catch and runs to the back of that line

Develop the Skill

1. Piggy in the Middle
   Middle player tries to intercept the ball while the outer players throw the ball to each other

2. Over the River
   Throw the ball to make it difficult for the opposition to Body Catch,
11. Low Catch

- Introduce
- Demonstrate
- Execute
- Attend

Get behind the ball as it approaches

Extend the arms low

Step forward and place one foot beside the ball

Hold the ball securely and bring into the chest

Look out for:
- Not getting low enough
- Keeping the arms and hands too far apart

The Low Catch is a basic technique in Gaelic Football used to receive a pass bouncing low along the ground.

Pg. 17-22 FFD

Low Catch

Practice the Technique

Islands
Players throw the ball to the feet of the next player to Low Catch

Move and Catch
Players roll the ball for the opposite player to pass forward and Low Catch

Snap Drill
Players throw the ball for the player on the second marker to their right to Low Catch

Develop the Skill

Pass the Guard
Outer players try to throw the ball low past the middle player, for opposite players to Low Catch

Beat the Circle
Team A throws the ball around the circle while Team B runs around the circle in relay
The Fist Pass is a variation of the hand pass technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the closed fist of the free hand. A fisted pass will travel a greater distance than an open handed hand pass.

Pg. 85-90 FFD

**8. Fist Pass**

- **Introduce**
- **Demonstrate**
- **Execute**
- **Attend**

**Look out for:**
- Striking the ball from underneath
- Throwing the ball
- Failing to keep the holding hand stationary
- Holding the ball too near or too far

**Fist Pass**

**Practice the Technique**

- **Stationary Pass**: Each player in turn fist passes the ball to their partner for 1 minute.
- **Move and Pass**: Players move forward and fist pass to the opposite player and continue to the other side.
- **Pressure Pass**: Players in turn fist pass the ball to the middle player who moves to receive the return pass.

**Develop the Skill**

- **Dodge Ball**: 2-player score hit by striking the other player using the Fist Pass.
- **Costal Calore**: Players can only use the Fist Pass to pass the ball and score.

**STEP**

- Basic Drill
- Intermediate Drill
- Advanced Drill
- Fun Game
- Modified Game
- Game Play Drill

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30
16. Side to Side Charge

- Introduce
- Demonstrate
- Execute
- Attend

Move into position alongside the opponent

Look out for:
- Not shifting body weight
- Charging from front or back
- Not keeping one foot on the ground

One foot on the ground, arms in tight

Shift body weight towards opponent

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Side to Side Charge is the basic contact skill required by football players. It may be used when the opponent is in possession of the ball, when they are playing the ball or when both players are moving in the direction of the ball to play.

Pg. 91-96 FFD
**Wednesday Afternoon – Football – Fé 12**

**7. Feint and Side Step**

- Introduce
- Demonstrate
- Execute
- Attend

The Feint and Side Step is a technique used to evade an opponent while in possession of the ball or to lose an opponent in order to find space. The aim of the technique is to disguise the intended direction of movement in order to move into a more advantageous position.

Pg. 123-128 FFD

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**Feint and Side Step**

**Practice the Technique**

- **Around the Man**
  A Feigns past each player to the end, B follows and so on.

- **1, 2, 3 Feint**
  Players enter the grid, approach each defender, Feign and accelerate away.

- **Along the Line**
  Attacker must Feign and pass the defending player accelerating through the cones to the other side.

**Develop the Skill**

- **Tag**
  Attackers lose a life when the defender tags them by checking them in the zone.

- **Chase and Score**
  Attacker moves forward and must Feint and Side Step the opponent before kicking for a point.

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Basic Drill  Intermediate Drill  Advanced Drill  Fun Game  Modified Game  Game Play Drill
Wednesday Afternoon – Football – Fé 12

Checking

Practice the Technique

Hang On
Defender tries to remain in contact with the attacker using one arm

Zig-Zag Check (with ball)
B faces A and attempts to maintain the ‘Check’ position throughout

Grid Check
Defenders attempt to ‘Check’ the attacker after he has rounded the corner

Develop the Skill

Check Mate
Attacker tries to progress to score while the defender attempts to Check and dispossess him

Check Zone
Attacker attempt to pass the defenders who try to Check them and prevent them from scoring

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill

Checking

• Introduce
• Demonstrate
• Execute
• Attend

Position the body between the opponent and goal

Arms spread out Use short steps

Look out for:
• Poor positioning
• Reaching in and losing balance
• Crossing the legs

Keep one foot slightly ahead for balance

Attempt to intercept when given an opportunity

Checking in Gaelic Football is a tackling skill used to force an opponent away from goal, into a poor position or onto their weaker side. Performed intelligently it is a very effective form of tackle.

Pg. 79-84 FFD
Thursday Morning – Football – Fé 8

5. Hand Pass

- Introduce
- Demonstrate
- Execute
- Attend

Support the ball in the palm of one hand

Extend the striking hand back

Strike through the middle of the ball

Follow through in the direction of the pass

Look out for:
- Hitting with the wrong part
- Not using a definite striking action

The Hand Pass is a basic technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the open free hand.

Pg. 35-40 FFD

Hand Pass

Practice the Technique

Hand Pass to Partner
Players Hand Pass to their partner in turn

Pressure Pass
Middle player in turn takes and returns a pass from outer players.

Zig Zag Pass
Players Hand Pass the ball for the next player to run on to and then take their places

Develop the Skill

Keep Ball
Players retain possession by Hand Passing to each other

Around the Square Game
One team Hand Passes clockwise around the square and the other goes anti-clockwise

STEP

Basic Drill  Intermediate Drill  Advanced Drill  Fun Game  Modified Game  Game Play Drill
Thursday Morning – Football – Fé 8

13. Punt Kick

- Introduce
- Demonstrate
- Execute
- Attend

The Punt Kick is one of the most common foot passing techniques in Gaelic Football. It may also be used to kick for a score when approaching the goal straight on.

Look out for:
- Lifting the head too early
- Dropping the ball with the opposite hand to kicking foot
- Toes not pointed

Practice the Technique
- Pass and Follow: Each player Punt Kicks to the next player and continues to that line
- Down the Line: Players move forward and Punt Kick the ball to the next player and join the back of that line
- Six Star Drill: Players Punt Kick to the player at the second marker on their right and joins that line

Develop the Skill
- Empty the Circle: Players in the circle keep the circle clear by Punt Kicking any balls out of it
- Hit the Cones: Players Punt Kick the ball to hit the cones in the middle

Pg. 23-28 FFD
10. Hook Kick

- Introduce
- Demonstrate
- Execute
- Attend

The Hook Kick is a kicking technique used in Gaelic Football. It is predominantly used to shoot for points but is also used to pass to a team mate at an angle to the player in possession.

Look out for:
- Not pointing the shoulders towards the target
- Dropping the ball with the opposite hand to the kicking foot
- Lifting the head too early

Hook Kick

Practice the Technique

Partner Kick
Each Player in turn Hook Kicks the ball to their partner

Around the Square
A. Hook Kicks to B who first passes to C who hook kicks to D and so on.

Kick and Move
Players Hook Kick to each other while stationary and while moving between cones

Develop the Skill

Ball’s Eye
Players attempt to land the ball in the centre square or circle by Hook Kicking the ball

Hooked
No goalkeepers, score by Hook Kicking the ball between the cones

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
Thursday Morning – Football – Fé 10

6. Crouch Lift

Introduce
Demonstrate
 Execute
 Attend

The Crouch Lift is a basic skill in Gaelic Football used to lift the ball from the ground into the hands.

Pg. 73-78 FFD

Look out for:
- Not crouching to lift the ball
- Not placing the hands in front of the ball
- Touching the ball on the ground
- Not planting the support foot beside

Crouch Lift
Practice the Technique

Develop the Skill

STEP

Basic Drill
Intermediate Drill
Advanced Drill
Fun Game
Modified Game
Game Play Drill

Lift and Drop
Player jogs forward to crouch lift the ball, places the ball at the next marker and continues.

Bridge Ball
Player rolls ball between partner’s legs and runs on to crouch lift it as it moves away.

Twist and Lift
Coach rolls the ball forward for each pair to chase and contest.

Scatter and Lift
Attackers try to crouch lift as many balls in 30sec while the defenders try to oppose them.

Grid Swap
Each team to turn Crouch Lift all the balls into their grid.
9. High Catch

- Introduce
- Demonstrate
- Execute
- Attend

The High Catch is one of the most spectacular techniques in Gaelic Football and is used to field the ball from the air. It is used in particular to win possession from a kick out or long pass.

Pg. 105-110 FFD

High Catch
Practice the Technique

- Partner Catch: Player in turn throws the ball up for their partner to High Catch
- More and Catch: A jogs backwards, throws the ball up for B to run onto and High Catch
- Opposed Catch: One player in the middle, High Catches the ball while the other provides opposition

Develop the Skill

- Prisoner Ball: Players kick the ball to the opposition, if the ball touches the ground the nearest player joins the other team
- One on One: Coach throws the ball for the attacker to High Catch and kicks for a score, defender tries to block it
12. Near Hand Tackle

- Introduce
- Demonstrate
- Execute
- Attend

**Look out for:**
- Tackling from behind
- Leading with outside leg
- Not targeting the ball
- Not timing the tackle

The Near Hand Tackle is a tackling technique in Gaelic Football used to knock the ball from an opponent's possession with the open hand.

**Near Hand Tackle**

**Practice the Technique**

**On the Ball**
One player bounces and toe taps the ball while the other attempts to step across and execute the Near Hand Tackle.

**Around the Block**
Tackling player runs along the grid trying to perform the Near Hand Tackle on each player.

**Tackle to Team-Mate**
A player/forward, B attempts the Near Hand Tackle and knocks the ball to C.

**Develop the Skill**

**Grid Tackle**
2 players solo through the grid while the other two attempt the Near Hand Tackle.

**Skill Point Game**
3pts for a successful Near Hand Tackle, 2pts for a goal.
Appendix C:

U CAN Awards for Football
**CHALLENGE 1: PUNT KICK**

A skills challenge to test proficiency at the Punt Kick

**ORGANISATION**
- Mark out a goal 2m wide with two cones
- Place another cone 8m from the goal where the players will kick from
- The player stands at the cone and attempts to kick the ball through the goal, once with their right leg and once with their left
- The ball must pass through the goal without bouncing or rolling

**SCORING**
- The player is awarded 1 point for each goal scored
- Attempt the challenge three times giving a possible total of 6 points

**CHALLENGE 2: BODY CATCH**

A skills challenge to test proficiency at the Body Catch

**ORGANISATION**
- The player throws the ball 1m above their head and catches it as it drops

**SCORING**
- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points

**CHALLENGE 3: HAND PASS**

A skills challenge to test proficiency at the Hand Pass

**ORGANISATION**
- Place two cones 5m apart
- The performing player stands at one of the cones and attempts to Hand Pass the ball through a target held by another player at the second cone

**SCORING**
- 1 point is awarded for each Hand Pass through the target
- The challenge must be attempted six times, three with the left hand and three with the right giving a possible total of 6 points
**CHALLENGE 1**

**HOOK KICK**

A skills challenge to test proficiency at Hook Kicking for a point

**ORGANISATION**
- Place a cone 13m in front of the goals
- The player performs the Hook Kick from the cone attempting to score a point

**SCORING**
- 1 point is awarded for each point scored
- The challenge must be attempted six times, three with the left foot and three with the right foot, giving a possible total of 6 points

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**CHALLENGE 2**

**HIGH CATCH**

A skills challenge to test proficiency at the High Catch

**ORGANISATION**
- Set up a grid 3m X 3m, with a further cone 3-5m to each side
- The player lines up at one side and the Coach (or a second player) stands at the other
- The Coach throws the ball underarm as the player moves into the square to catch the ball overhead
- The player then returns to the cone and repeats the challenge

**SCORING**
- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points

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**CHALLENGE 3**

**CROUCH LIFT**

A skills challenge to test proficiency at the Crouch Lift

**ORGANISATION**
- Set up three cones in a line at intervals of 5m
- Place a football at the first and the last cone
- Starting from one end the player Crouches the first ball and places it at the second cone
- Continuing on to the last cone, the player lifts the ball and returns to place it at the first cone
- Finally, the ball at the middle cone is lifted and placed at the last cone
- The challenge is complete when the player returns to the start

**SCORING**
- 1 point is awarded for each successful lift made at the first attempt
- The challenge must be attempted twice, giving a possible total of 6 points
THREE★STAR CHALLENGES

CHALLENGE 1  FIST PASS

A skills challenge to test proficiency at the Fist Pass

**ORGANISATION**
- Using seven cones at intervals of 5m set up a formation as shown
- One player, ‘the server’, stands at the first cone; a second player, ‘the challenger’, stands at the second cone
- Player A throws the ball to Player B to catch; Player B then Fist Passes the ball back to Player A
- They continue this, moving in a zig-zag formation, Player B using alternate hands each time

**SCORING**
- 1 point is awarded for each Fist Pass made, three with the right hand and three with the left hand, giving a possible total of 6 points
- Failing to catch the ball should not be penalised

CHALLENGE 2  TOE TAP

A skills challenge to test proficiency at the Toe Tap

**ORGANISATION**
- Using seven cones at intervals of 5m set up a formation as shown
- Beginning at one end, the player Toe Taps as they round each of the cones 2 to 6 in a zig-zag formation to finish with a final toe tap as they pass cone 7
- The player must use their right foot to Toe Tap as they pass a cone to the right and their left foot as they pass a cone to the left

**SCORING**
- 1 point is awarded for each successful Toe Tap, three with the right foot and three with the left foot, giving a possible total of 6 points

CHALLENGE 3  BLOCK DOWN

A skills challenge to test proficiency at the Block Down

**ORGANISATION**
- Place three cones to form a triangle, each cone 3m from the others
- The kicker alternates between Cone 1 and 2
- The blocker moves to block the kicker at Cone 1 and 2 in turn

**SCORING**
- 1 point is awarded for each successful Block, one from the right and one from the left
- The challenge must be attempted three times, giving a possible total of 6 points
**CHALLENGE 1: EVADE AND PUNT KICK**

A multi-skill challenge to test the Solo, Evasion and the Punt Kick for a score.

**ORGANISATION**
- Place one cone 30m in front of goal, place a ball at this cone.
- Place a second cone 20m from goal and two further cones marking the 13m line.
- From the first cone the player must Solo, Side Step the next cone, and Bounce the ball before Punt Kicking for a point before the 13m line.
- The player repeats the challenge using the other foot.

**SCORING**
- 1 point is awarded for each point scored, one using the right foot and one using the left.
- Attempt the challenge three times giving a final possible total of 6 points.

**CHALLENGE 2: CATCH AND KICK**

A multi-skill challenge to test the High Catch and Hook Kick for a score.

**ORGANISATION**
- The challenging player stands on the 20m line facing away from the goal.
- Another player serves the ball for the player to Catch above their head before turning and Hook Kicking for a point with the dominant foot.
- The challenge is repeated with the non-dominant foot.

**SCORING**
- 1 point is awarded for each point scored.
- Attempt the challenge three times giving a final possible total of 6 points.

**CHALLENGE 3: FEINT AND PASS**

A multi-skill challenge to test the Feint and Fist Pass for a score.

**ORGANISATION**
- Place a cone on the 13m line.
- Standing on the 20m line facing the goal the player rolls the ball, following to lift it as it moves away.
- Continue using a Feint to evade a stationary defending player at the 13m cone before Fist Passing the ball over the bar from outside the small square.
- Repeat the challenge lifting with the other foot, feigning to the opposite side and Fist Passing with the other hand.

**SCORING**
- 1 point for each point scored, 1 using the right and 1 using the left hand.
- The challenge must be attempted 3 times giving a possible total of 6 points.
**FIVE★ STAR CHALLENGES**

**CHALLENGE 1  BLOCK DOWN**
A skill challenge to test the Block Down on an opponent attempting to score

**ORGANISATION**
- Set up a grid in front of the goal area 7m X 7m
- The defending player stands between the grid and the goals
- The kicking player occupies the grid
- On the whistle the defending player rolls the ball to the kicking player
- Once in possession the kicking player must shoot for a point without otherwise playing the ball
- The defending player rushes forward to Block Down the shot

**SCORING**
- 1 point is awarded for each successful Block Down
- Attempt the challenge six times, the kicker attempting three shots off the left and three off the right, giving a possible total of 6 points

**CHALLENGE 2  PUNT KICK FOR GOAL**
A multi skill challenge to test the Solo and Punt Kick for a goal

**ORGANISATION**
- Set up a formation as shown between the 30m marker and the 20m line
- Place 2 further markers directly in front of the scoring space as shown
- Beginning at the 30m marker, the player Solo's the ball around three of the cones in a zig-zag formation
- Use the outside foot to Solo the ball at all times
- The player Punt Kicks the ball before the 13m line

**SCORING**
- 1 point is awarded for each goal scored; the ball must pass under the crossbar without touching the ground
- The challenge must be attempted six times, three shots off the left and three off the right, giving a possible total of 6 points

**CHALLENGE 3  FREE KICK FROM GROUND**
A skill challenge to test proficiency at the Free Kick from the Ground

**ORGANISATION**
- Place a football on the 13m line
- Keeping within the rules the player kicks the ball from the ground so as to pass over the crossbar

**SCORING**
- 1 point is awarded for each point scored
- The challenge must be attempted six times, the kicker attempting three shots off the left and three off the right, giving a possible total of 6 points
Appendix D:

Healthy Living

Food Pyramid
Drinking water regularly - at least 8 cups a day

Choose any 6+

Choose any 5

Choose any 3

Choose any 2

Choose very small amounts

Fats, High Fat/Sugar Snacks, Foods and Drinks

Use the Food Pyramid to plan your healthy food choices every day and watch your portion size.
In case of Emergency please note the numbers as follows:

Emergency Services 999 (or 112 on a mobile phone)
Barryscourt medical Centre 021 488 3895
Carrigtwohill Pharmacy 021 453 3755
East Cork Rapid Response __________

Cul Camp Admin - Juvenile Club Padraic Hogan 086 200 7733
Camogie Lorraine O’Connor 085 155 6927
Ladies Football Ciara Brennan __________

Carrigtwohill Club Committee:

Chairman Pat Horgan 087 251 0707
Secretary Conor Ahern 086 601 9162
Coaching Officer Kieran Brennan 086 334 3992
Carrig Og PRO David Sullivan 086 821 3185