

CROUCH LIFT

The Crouch Lift is a technique used in Gaelic football to lift the ball from the ground into the hands.



Move to the ball. Bend at the hips and knees. Supporting foot beside the ball.

KEY TEACHING POINTS

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

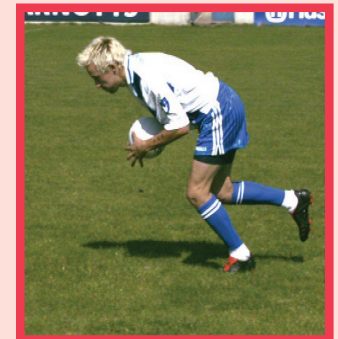
- I**NTRODUCE the skill
- D**EMONSTRATE the technique
- E**XECUTE the activity
- A**TTEND and provide feedback



Place the hands in front of the ball. Fingers spread.



Bring the lifting leg forwards, scooping the ball into the hands.



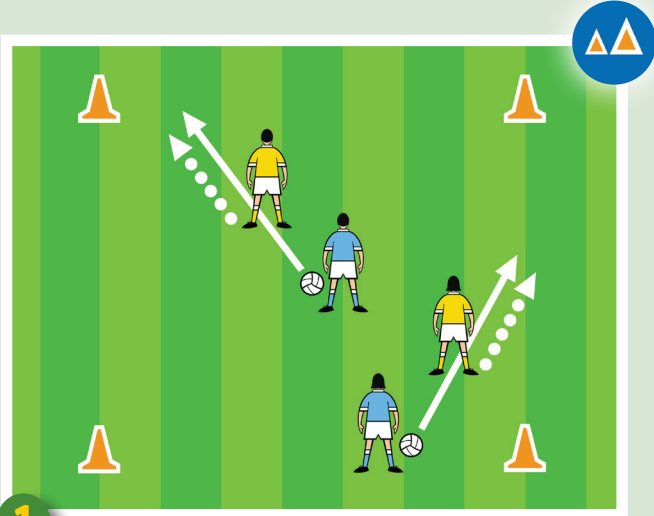
Draw the ball into the body.

LOOK OUT FOR THESE COMMON ERRORS

- Not crouching to lift the ball
- Not placing the hands in front of the ball
- Touching the ball on the ground



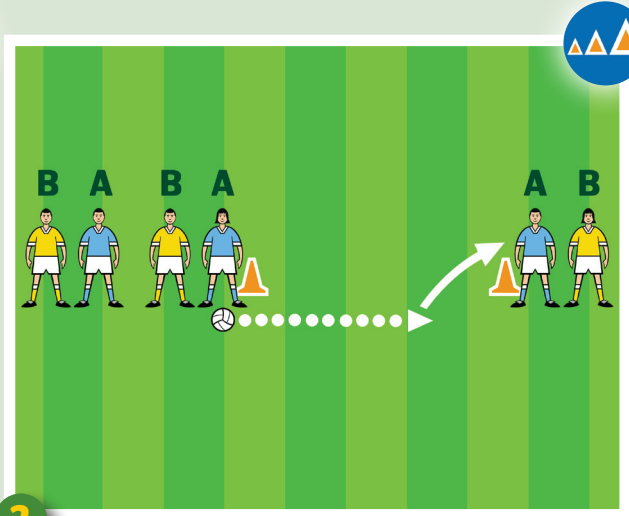
CROUCH LIFT PRACTISE THE TECHNIQUE



1

BRIDGE BALL

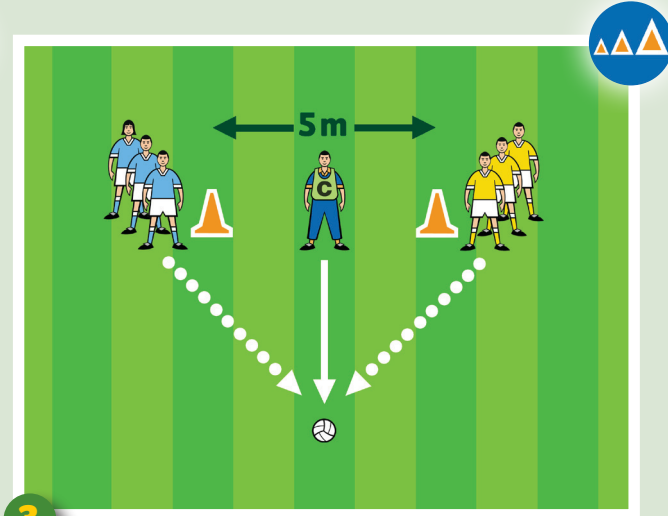
Players in pairs. Player in possession rolls ball between legs of partner, chases and lifts.



2

OPPOSED LIFT

Player A throws the ball, chases and attempts to lift. Player B opposes.

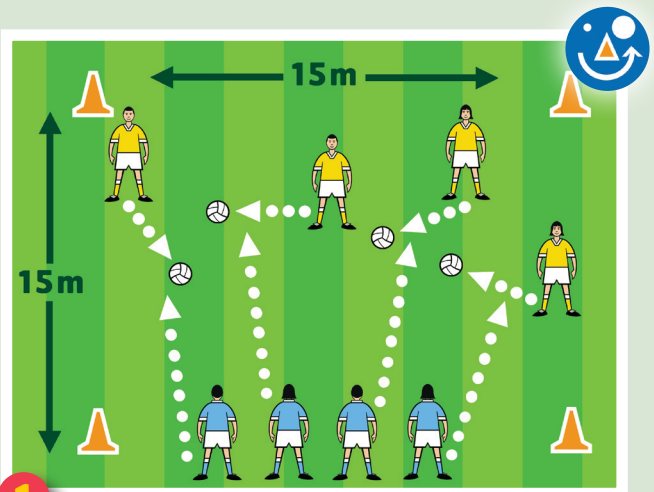


3

TUSSELE AND LIFT

Coach rolls ball for players to compete and lift.

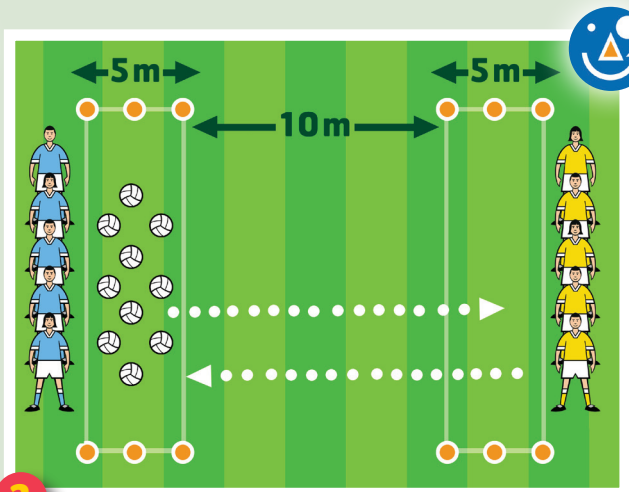
CROUCH LIFT DEVELOP THE SKILL



1

SCATTER AND LIFT

Divide the players into two teams. Team in possession must lift as many balls as possible in 30 seconds. Opponents attempt to prevent lift.



2

GRID SWAP

Players transfer the balls from one grid to another using the crouch lift to gain possession.

VARIATIONS

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

Space **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



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine