

GAA Games Development Conference

'Organising Purposeful Games Based Activities—A Practical Demonstration'

Saturday January 14th 2012

Venue: Croke Park

Coach: Paudie O'Neill

Players: Ballyboden St Enda's GAA Club, Dublin

Paudie O'Neill is principal of Knocklyon Primary School in Dublin – one of the largest Primary Schools in Ireland. A member of the Ballyboden St Endas club in Dublin, Paudie is originally from Clonmel Co Tipperary.

One of the leaders in the development of hurling in Ballyboden and throughout Dublin, Paudie is a former coach to Dublin County Academy and County Minor sides. In 2011 Paudie was coach to the Ballyboden St Endas minor hurling team, which reached the Dublin County minor final.

On top of his coaching credentials, Paudie is also one of the most experienced GAA Coach Education Tutors, delivering coach education programmes in Dublin, Leinster and Nationwide for almost 20 years.

In the last number of years, the GAA has also utilised Paudie's talents as a Coach Education Tutor Trainer.

Warm Up:

Will be conducted in the Dressing Room Area prior to coming on pitch.

Field Based Session Part A

1. 'Play a Game' 7-a-side game on shortened pitch (2.5/3 minutes)

Purpose: To enable the players to loosen up and enjoy a short game

Role of Coach: To observe the short game and identify any issues that need to be 'Fixed'

2. 'Freeze the Game' & 'Fix the Skill' (1.5 minutes)

Coach 'freezes' the game and sets up a short drill geared toward 'fixing' one element which the coach has identified as needing to be addressed. [Focus on Aerial Blocking]

3. 'Play a Game' – '6 Balls On' (2.5 minutes)

Set up players in Backs v Forwards situation.

Conditions: Normal rules with tightened pitch.

Focus on Aerial Blocking – praise and acknowledge the efforts of the players as regards blocking.

4. 'Freeze the Game' (1.5 minutes)

Take feedback from the players on how they performed on the Aerial Blocking. Explain that we will now play another short '6 Balls On' game with modified rules.

5. 'Play a Game' – '6 Balls On' (2.5 minutes)

Modify the playing rules – with no handpass and no soloing and further tighten the pitch.

Focus again on Aerial Blocking. Modified rules should create further blocking opportunities.

6. 'Freeze the Game' & 'Fix the Skill' (1.5 minutes)

Coach 'freezes' the game and sets up a short drill geared towards 'fixing' one element which the coach has identified needs to be worked on [Focus on Ground Blocking].

7. 'Play a Game' 7-a-side game on shortened pitch (2.5/3 minutes)

Purpose: To enable the players to loosen up and enjoy a short game

Role of Coach: To observe the short game and identify any issues that need to be 'Fixed'

8. 'Recap/Short Break' (1.5 minutes)

Recap with players on what we have worked on so far. Take feedback from the players.

Field Based Session Part B [Focus on Striking]

1. 'Play a Game' 7-a-side on shortened pitch (2.5/3 minutes)

Encourage the players to hit 30 metre passes to fellow team members.
Focus on accurate striking and catching.

2. 'Freeze the Game' & 'Fix the Skill' (1.5 minutes)

Set up a "No Man's Land" drill – 7 v 7

4 Balls in play. Aim is to clear the "No Man's Land" and land a ball in your opponent's area.

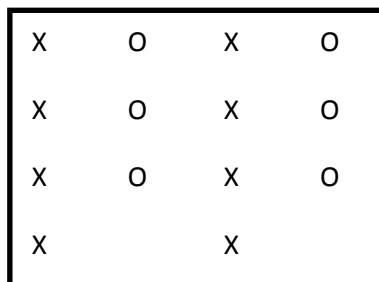


3. 'Play a Game' 7-a-side again on shortened pitch (2 minutes)

The players have to hit accurate passes to their team-mates hands. If the ball hits the ground call 'turnover' and ball reverts to opposing team.

4. 'Freeze the Game' & 'Fix the Skill' (2 minutes)

Set up a routine where players in 2's are hitting 40 metre passes to each other.
Focus on accuracy of striking and catching.



5. 'Play a Game' (2.5 minutes)

Set up the "No Man's Land" format again. This time players are marking each other in the squares. Use 3-4 balls.



6. Take Feedback and Warm Down