

CROUCH LIFT

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

In the Ladies' game, the ball may be picked directly off the ground, as long as both knees are OFF the ground. In addition, a player may play the ball away from her whilst on the ground but cannot bring the ball into her possession.



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

KEY TEACHING POINTS



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



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



Draw the ball into the body.

To Coach the Skill
use the **IDEAL** method

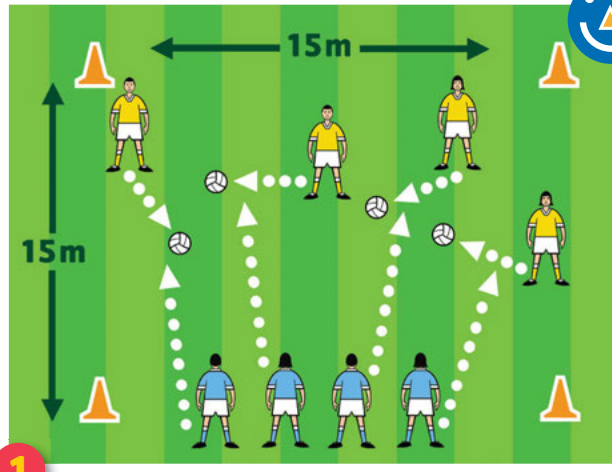
- I**NTRODUCE the Skill
- D**EMONSTRATE the Technique
- E**XPLAIN the Activity
- A**CTION
- L**OOK and Observe

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

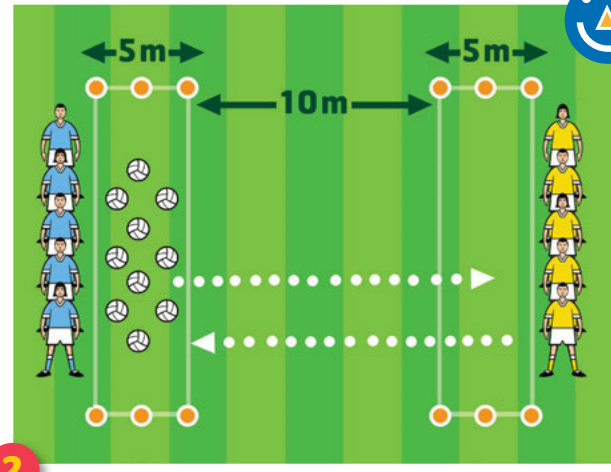


CROUCH LIFT DEVELOP THE SKILL



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

- S**pace **T**ime **E**quipment **P**layers **R**ules
- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** how long are players working for? Challenge the intensity by reducing the time
- E** alter the equipment. Use a bigger or smaller ball, 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
- R** adapt the rules of the game to assist with achieving a certain outcome.

DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game

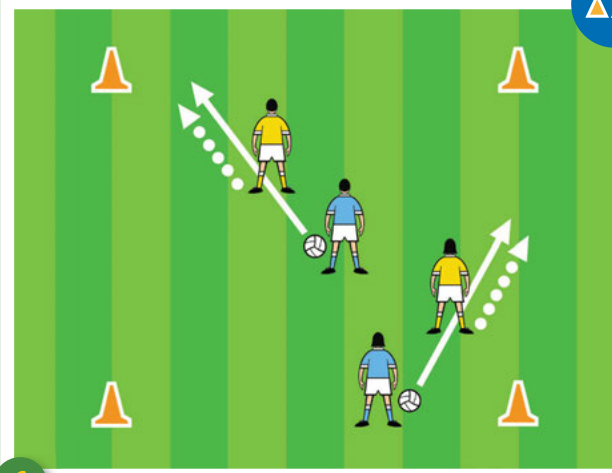


Modified Game



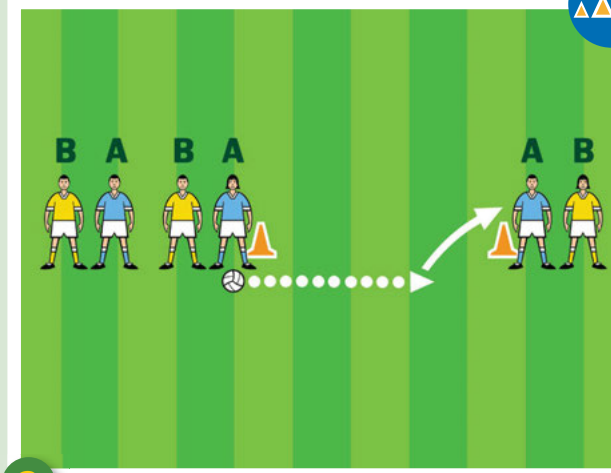
Game Play Routine

CROUCH LIFT PRACTISE THE TECHNIQUE



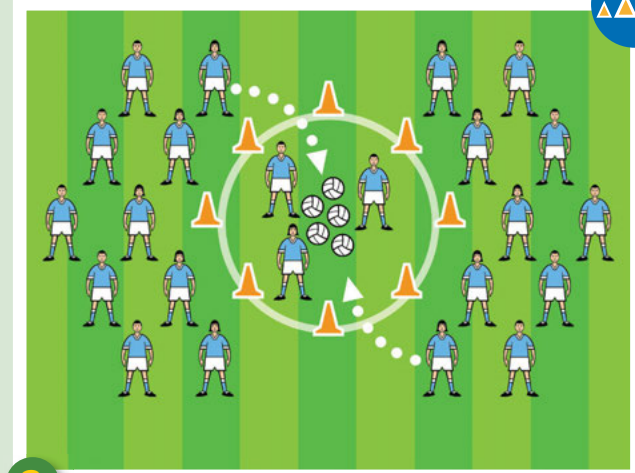
1 BRIDGE BALL

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 TOM TIDDLER

Players outside circle aim to rob footballs without being tagged.