

USEFUL EQUIPMENT FOR YOUR GAELIC GAMES ALL STARS

BALLS (VARIOUS SIZES, WEIGHTS, TEXTURES)

Why they help:

- Reduces fear of impact
- Allow coaches to increase or decrease the level of challenge
- Support children with sensory, motor, or confidence needs

How to use them / Benefits:

- Soft balls for early catching or striking
- Larger balls to help tracking and visual focus
- Lighter balls to help make kicking or handpassing less challenging
- Textured balls for sensory feedback and secure grip



CONES (DIFFERENT COLOURS AND SIZES)

Why they help:

- Provide strong visual cues
- Help with understanding space, boundaries and direction

How to use them / Benefits:

- Use bright colours to mark clear pathways or zones
- Assign cone colours to groups for easier transitions
- Clear predictable drill stations to reduce confusion



SPOT MARKERS/FLOOR DOTS

Why they help:

- Give children a 'home base'
- Support spatial awareness and organisation

How to use them / Benefits:

- Mark starting/finishing points in games/activities
- Use as personal space markers for players who need structure
- Reduce crowding and support players taking turns



BEANBAGS (MULTIPLE COLOURS)

Why they help:

- Low-impact, easy to catch and throw
- Ideal for players developing basic coordination

How to use them / Benefits:

- Teach catching technique without fear of getting hit
- Use in balance exercises or target-throwing games
- Provide tactile sensory feedback



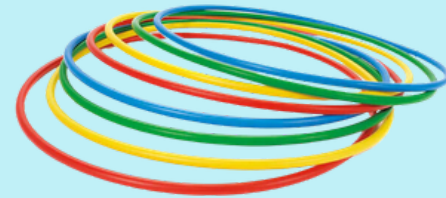
HOOPS (HULA HOOPS OR FLAT HOOPS)

Why they help:

- Give visual boundaries and targets
- Support movement skills in structured spaces

How to use them / Benefits:

- Use as safe landing zones, shooting targets or markers
- Help children understand personal space
- Encourage step-by-step skill progression



PARACHUTES

Why they help:

- Encourages teamwork, cooperation and shared focus
- Provides strong visual and sensory input (colour, movement, rhythm)
- Helps children who benefit from structured group activities
- Reduces anxiety through predictable, calming movement patterns
- Supports social interaction without requiring verbal communication



How to use them / Benefits:

- Use simple movements/games for warm-ups and group engagement
- Create calm or energising sensory routines (slow vs fast movements)
- Establish start/end of session routines to support predictable transitions

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SOFT FOAM EQUIPMENT (HURLS, POOL NOODLES, ETC)

Why they help:

- Reduce risk and fear
- Create a safe environment

How to use them / Benefits:

- Ideal for early striking and handling drills
- Useful for players with low confidence or motor skill delays
- Allow high repetition without risk



SENSORY/TACTILE ITEMS (FIDGETS, WEIGHTED BALLS, ETC)

Why they help:

- Support children with sensory regulation needs
- Help maintain focus and emotional regulation

How to use them / Benefits:

- Provide calming input before or during sessions
- Use weighted items to support body awareness activities
- Offer fidgets for children needing sensory breaks



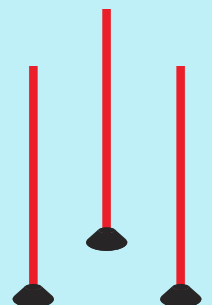
AGILITY POLES

Why they help:

- Create clear lanes and safe running spaces
- Reduces collisions and confusion for players

How to use them / Benefits:

- Set up simple movement patterns: Run, dodge, weave
- Support players who need structure to stay focused
- Use barriers to mark no-go areas for safety



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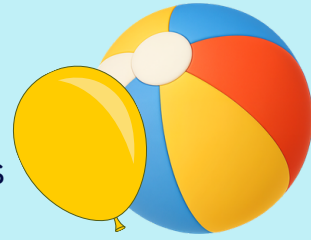
BALLOONS/BEACH BALLS

Why they help:

- Move slowly, giving players more time to react
- Reduce fear of impact and build confidence
- Provide strong visual tracking cues

How to use them / Benefits:

- Use for early catching, volleying, or hand-eye coordination
- Encourage gentle striking and tapping games
- Ideal for warm-ups, partner work, or confidence building games



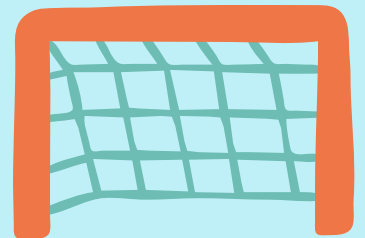
GOALS (VARIOUS SIZES/POP-UP GOALS)

Why they help:

- Provide clear visual targets
- Allow coaches to scale challenge up or down

How to use them / Benefits:

- Use large goals for early success and motivation
- Use small goals to improve accuracy and focus
- Set up multiple goals to support station work



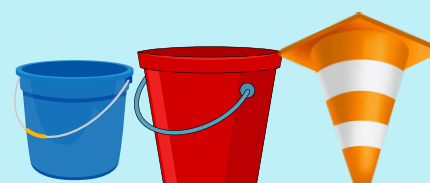
BUCKETS/TARGET CONTAINERS

Why they help:

- Create simple, high success targets
- Support throwing, striking and aiming skills
- Add fun, game-like challenges

How to use them / Benefits:

- Use for throwing beanbags/balls into buckets for accuracy
- Set distance challenges so players can progress at their own pace



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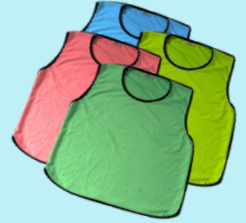
BIBS (MULTIPLE COLOURS)

Why they help:

- Help players identify teams, roles, or groups quickly

How to use them / Benefits:

- Colour code groups for smooth transitions
- Use bib colours to assign roles within games/activities (Catcher etc)
- Reduce confusion during games (Teams)



TUNNELS/MATS

Why they help:

- Provide safe, structured movement pathways
- Support players who need sensory input or body awareness
- Make transition games fun and engaging

How to use them / Benefits:

- Use tunnels for crawling tasks to build coordination and confidence
- Use mats for safe landing zones, rolling, balancing, or calming spaces
- Create obstacle courses to support motor planning and sequential learning



TIMERS (SAND TIMERS OR DIGITAL TIMERS)

Why they help:

- Give predictable time cues
- Reduce anxiety around transitions

How to use them / Benefits:

- Use a timer/countdown before changing activities
- Support taking turns by using visual countdowns
- Help manage behaviour with clear start/stop markers



PORTABLE BOARD

Why they help:

- Turns spoken instructions into visual learning
- Reduces cognitive load and supports memory

How to use them / Benefits:

- Draw simple layouts or steps
- Provide visual schedule
- Support children with hearing impairments or processing difficulties

