



**YOUR GAA
PASSPORT**

**TO
SUCCESS**

Award 1 Child

 **TOBAR**
Gaelic Games Learning



**THIS
PASSPORT
BELONGS
TO**



**HEY KIDS! WE HOPE
YOU LIKE YOUR VERY
OWN U CAN AWARDS
PASSPORT. AND
IT'S NOT JUST ANY
OLD PASSPORT, IT'S
YOUR PASSPORT TO
SUCCESS.**



To get your cool GAA passport full of stamps you gotta pass the Skills Challenges.

These Challenges are designed to make you a better player and enjoy playing the games more. With loads of practise, watch as you go from a One-Star to a Five-Star successfully passing the Challenges.

Keep it in a safe place and impress your friends with how many stars you get! Oh and remember kids! Don't forget to put your name, address and club in it, you might leave it behind at training or on the bus, that way you can get your Passport back.



HURLING IS THE FASTEST FIELD GAME IN THE WORLD, BUT WITHOUT THE SKILLS, YOU WILL JUST BE WATCHING THE BALL.

HURLING SKILLS

1. DRIBBLE



Dribbling is a skill to help keep control of the ball and take it into space away from opponents. Use both sides of the Hurley. See can you use one hand only?

2. ROLL LIFT / JAB LIFT

When the ball is on the ground, you cannot just pick it up with your hands! Use the Hurley to Roll Lift or Jab Lift the ball into your hand. If the ball is at your feet, try to Roll Lift it. If you're running towards the ball it is better to Jab Lift. See how many times you can Roll Lift or Jab Lift the ball into your hand in 30 seconds.



3. STRIKING ON THE GROUND



Striking the ball on the ground is a great way to move the ball in Hurling. With practise, you can clear the ball up the field or score great goals keeping the ball on the ground. With a friend, set up two goals and see who can score more goals striking the ball on the ground?

4. CATCHING

Catching is the best way of getting possession of the ball. You can catch the ball over your head, into your chest or down low. Get a ball and throw it against a wall to catch it yourself. Play with a couple of friends. Every time someone drops the ball they lose a life. See who loses all three lives first!



5. HAND PASSING



Hand Passing is the best way of passing the ball to a team mate who is nearby. A good Hand pass can open up a defence. Try game of 'Piggy in the Middle' with the outside players trying to keep the ball using the Hand Pass. If the middle player catches the ball whoever passed it takes their place.

6. STRIKE FROM THE HAND

Striking the ball from the hand is a great skill in Hurling. With practise you can strike the ball over huge distances. Have a competition with your friends to see who can hit the ball furthest, or who can score a point from furthest out.



7. CONTROLLING A BALL INTO THE HAND



This is a great way of controlling the ball using the Hurley. The ball can be coming at any height, near or away from your body. Ensure that your Hurley is the right size and weight for you. With a friend, throw the ball to each other and practice the skill.

8. SOLO RUN

The Solo Run is a great way to keep possession of the ball so that you can move away from opponents. The ball can be balanced or bounced on the Hurley as you move. Try soloing with the ball balanced and then bouncing. Use two hands on the Hurley first, then try it with one hand only.



9. SIDELINE CUT



A Sideline Cut is awarded when an opponent plays the ball over the sideline. You can get great height and distance into your puck using a Sideline Cut. Challenge friend to see who can cut the ball over the bar from in front of the goals. Move further away from the goals and towards the sideline to make it harder.

10. FREE TAKING

Free Taking is a great way of scoring points and goals in Hurling. You can score from way out the field or from very tight angles. Practice taking frees, firstly to score points and then to score goals. Take turns taking frees with a friend to see who can go the longest without missing.



HURLING CHALLENGES



ONE ★ STAR



GOLD

GOLD

GOLD

SILVER

SILVER

SILVER

BRONZE

BRONZE

BRONZE

1

Dribble

2

**Ground
Strike**

3

Chest Catch

TWO ★ ★ STARS



GOLD	GOLD	GOLD
SILVER	SILVER	SILVER
BRONZE	BRONZE	BRONZE

1

Running
Ground Strike

2

Roll Lift

3

Strike from
the Hand

THREE ★★ ★ STARS



1

Lift, Catch &
Strike

2

Hand Pass

3

Overhead
Catch

FOUR ★★☆☆ STARS



1

Control &
Strike

2

Doubling

3

Solo Run


FIVE ★★★★★ STARS



1
Sideline Cut

2
Free Puck

3
Lift & Strike

A Gaelic footballer in a green and white jersey is captured in a dynamic pose, running with the ball. The ball is white with black and green patterns and has 'O'Neills' and 'KILREILLY' written on it. The player is wearing white shorts with 'O'Neills' on the side. The background is a blurred crowd of spectators.

**GAELIC FOOTBALL IS THE HOTTEST
GAME IN THE WORLD, BUT WITHOUT
THE SKILLS, YOU WILL JUST BE
WATCHING THE BALL.**

FOOTBALL SKILLS

1. CATCHING



Catching is the best way of getting possession of the ball. You can catch the ball over your head, into your chest or down low. Get a ball and throw it against a wall to catch it yourself. Play with a couple of friends. Every time someone drops the ball they lose a life. See who loses all three lives first!

2. PUNT KICK

The Punt Kick is a great way of passing the ball to a team mate or scoring in Football. You Punt Kick the ball when you are running straight at your target. Try running straight at the goal and Punt Kicking a point or a goal with a friend. See who can score the most from 10 shots?



3. HAND PASS/FIST PASS



These are great ways of passing the ball to a team mate. Hand Passing uses the open hand, while Fist Passing uses a closed fist to pass the ball. Try a game of 'Piggy in the Middle' with the outside players trying to keep the ball by passing it. If the middle player catches the ball, whoever passed it takes their place.

4. HOOK KICK

The Hook Kick is a great way of scoring points in Football. With the Hook Kick the ball curls over the bar. With a friend, stand to one side of the goal and try to Hook Kick the ball over the bar. Try to score from either side of the goal. Who can score more points off their right and left foot?



5. CROUCH LIFT



When the ball is on the ground, you cannot just pick it up with your hands! Placing your toe under the ball, use the Crouch Lift to lift the ball into your hand. With a friend, roll the ball out in front of them for them to Crouch Lift the ball into their hands. See who can lift the ball the most times in one minute.

6. BOUNCE & TOE TAP

The Bounce and Toe Tap is a great way to keep possession of the ball so that you can move away from opponents. The ball can be Bounced or Toe Tapped using your foot as you move. Remember you cannot Bounce the ball twice in a row! Try Bouncing and Toe Tapping the ball around an obstacle course.



7. BLOCK DOWN



The Block Down is a great way of tackling an opponent to get possession of the ball or stopping the other team from playing. Remember to use your outstretched hands to block it.

8. FEINT/SIDE STEP

The Feint and Side Step is used to evade an opponent while in possession of the ball or to lose an opponent in order to find space. See can you evade an opponent to create space and score?



9. PENALTY KICK

A Penalty kick is awarded when an opponent is fouled inside the small or large square.

Challenge some friends to a Penalty Kick competition, whoever scores the most from 5 kicks wins!



10. FREE KICK FROM THE GROUND

Free Kicks are a great way of scoring points and goals in Football. You can score from way out the field or from very tight angles. Practise taking frees, firstly to score points and then to score goals. Take turns taking frees with a friend to see who can go the longest without missing.



FOOTBALL CHALLENGES



ONE ★ STAR



GOLD

GOLD

GOLD

SILVER

SILVER

SILVER

BRONZE

BRONZE

BRONZE

1

Punt Kick

2

Body Catch

3

Hand Pass

TWO ★★ STARS



1

Hook Kick

2

High Catch

3

Crouch Lift

THREE ★★ ★ STARS



FOUR ★★☆☆ STARS



1

Evade &
Punt Kick

2

Catch &
Kick

3

Feint
& Pass

FIVE ★★★★★ STARS



1
Block Down

2
Punt Kick
for Goal

3
Free Kick
from Ground

