

# GAA GAMES DEVELOPMENT CONFERENCE



# What Does a Games Based Approach Mean for Me?

The use of 2 balls & Complex Skills in Gaelic Football  
Mick Bohan 2017





- ▶ Physical Education Teacher
- ▶ Master Tutor
- ▶ Coach
- ▶ DCU Sigerson
- ▶ Dublin Minor, U21, Senior Men and Ladies
- ▶ Clare Senior Football

**IF IT DOES NOT CHALLENGE YOU  
IT DOES NOT CHANGE YOU**

Dermot  
Connolly

Because I practice a skill I  
can execute it

## 4 LIMBS 2 FOOTBALLS

- Solo right, solo left
- Bounce right, solo left
- Bounce left, solo right
- Kick right, kick left

## Defensive stance one step back in the game

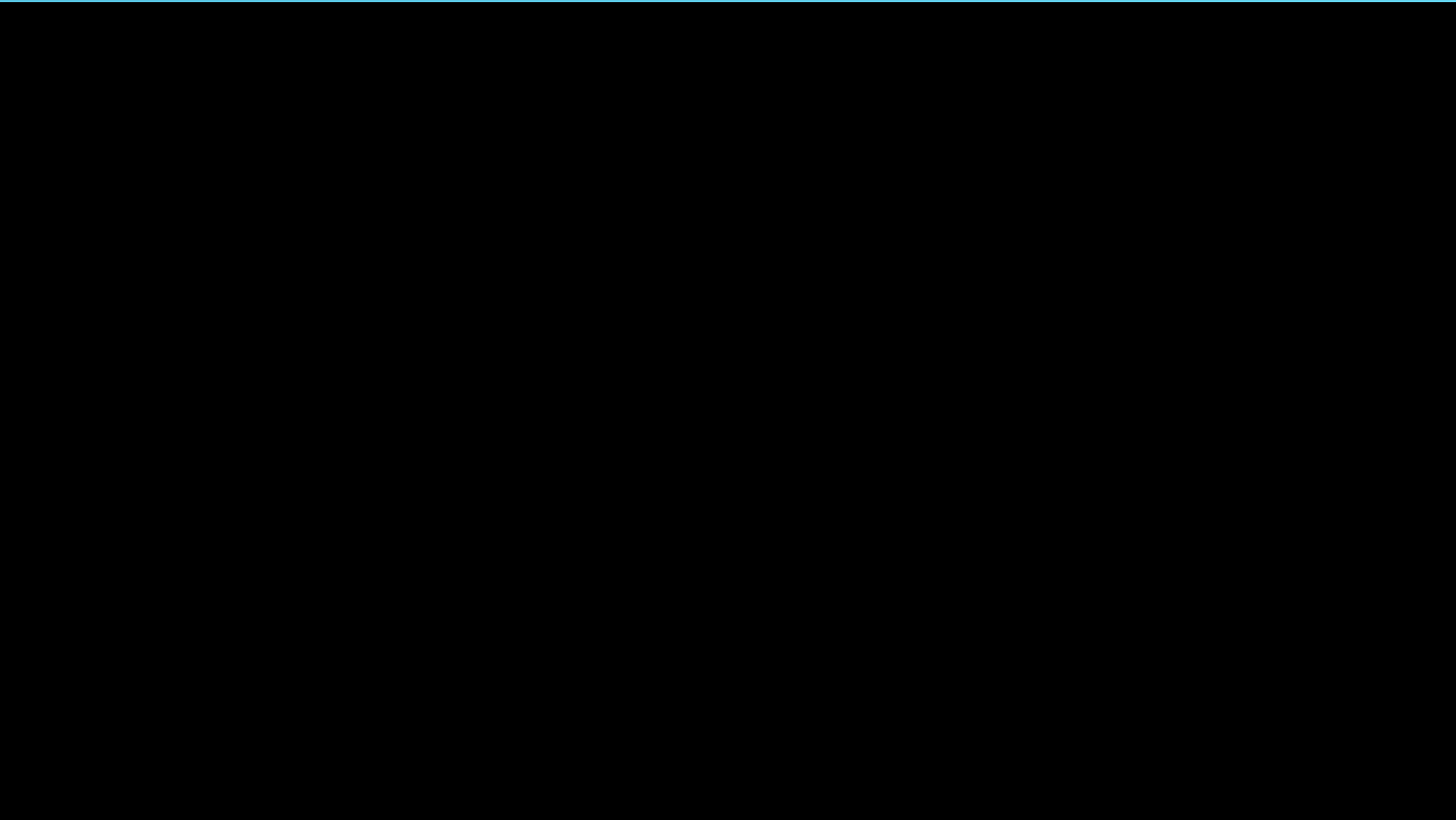
### Defend like a roman soldier

- here's my shield
- here's my sword
- show them the line



MICHAEL JORDAN  
(YOUTUBE DEFENCE STANCE)

# Complex skills video

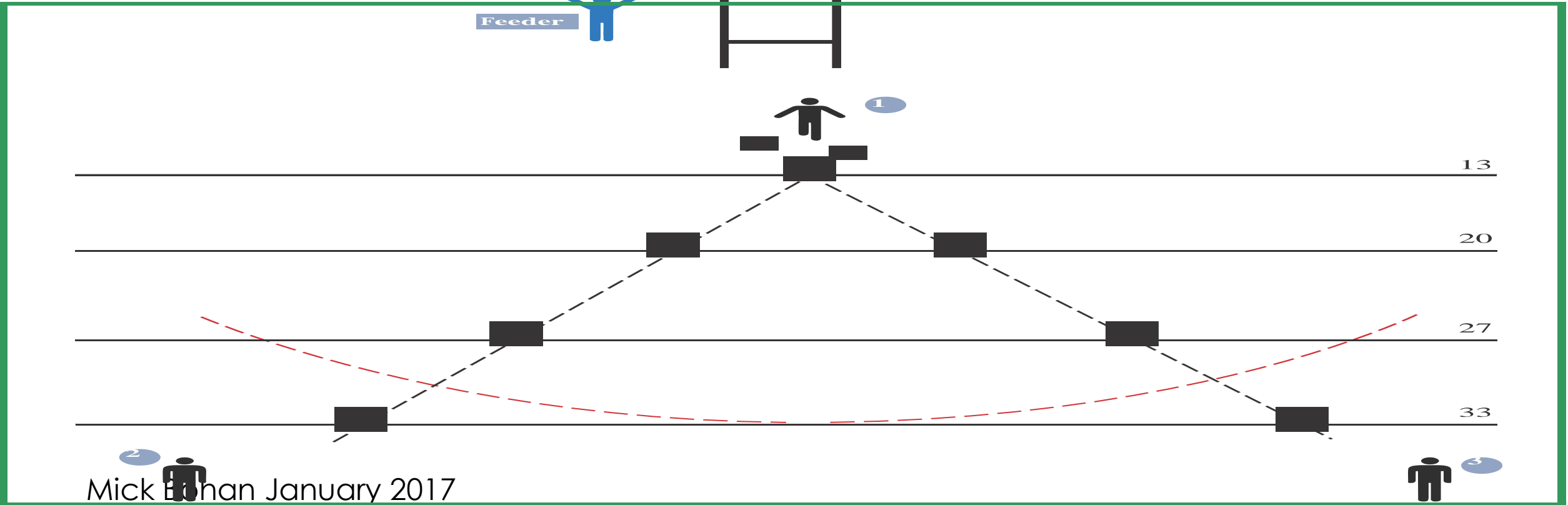


# Scoring Practice: Exercise 1

Player name:

18 shot challenge

	Date	2-ball challenge (6)	Dummy/Accelerate/Shoot (6)	Angled delivery – 3 sec (6)	Total
1.	dd /mm/yy				
2.	dd /mm/yy				
3.	dd /mm/yy				
4.	dd /mm/yy				
5.	dd /mm/yy				
6.	dd /mm/yy				
7.	dd /mm/yy				
8.	dd /mm/yy				
9.	dd /mm/yy				
10.	dd /mm/yy				



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Comments:

# 30 Seconds (2-ball tackling)

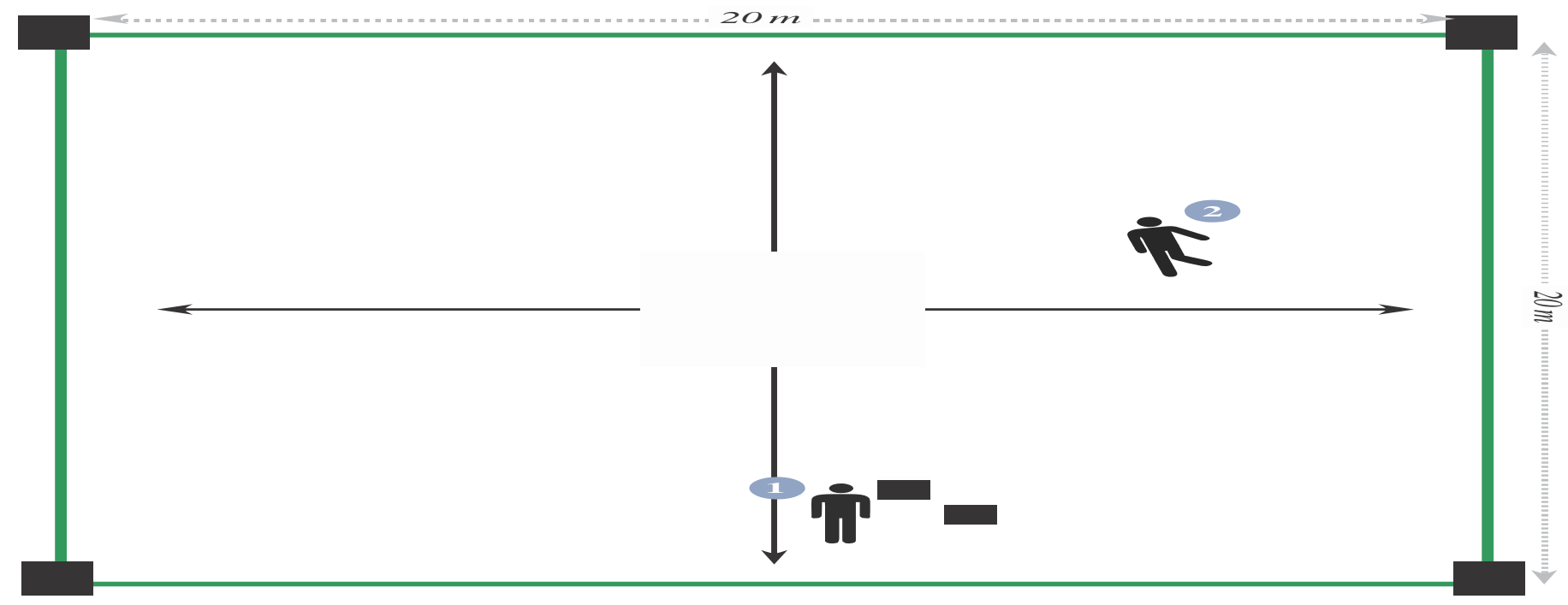
**SCORE CARD**

Player name:

Date:

Tackler's score		Plus scores
1.	Near hand	
2.	Shoulder	
3.	Sternum	
4.	Delay/hold-up	
5.	Hip	

Minus scores	
Trip	
Tug	
Hand on back	
Foul	
Wrong hand	









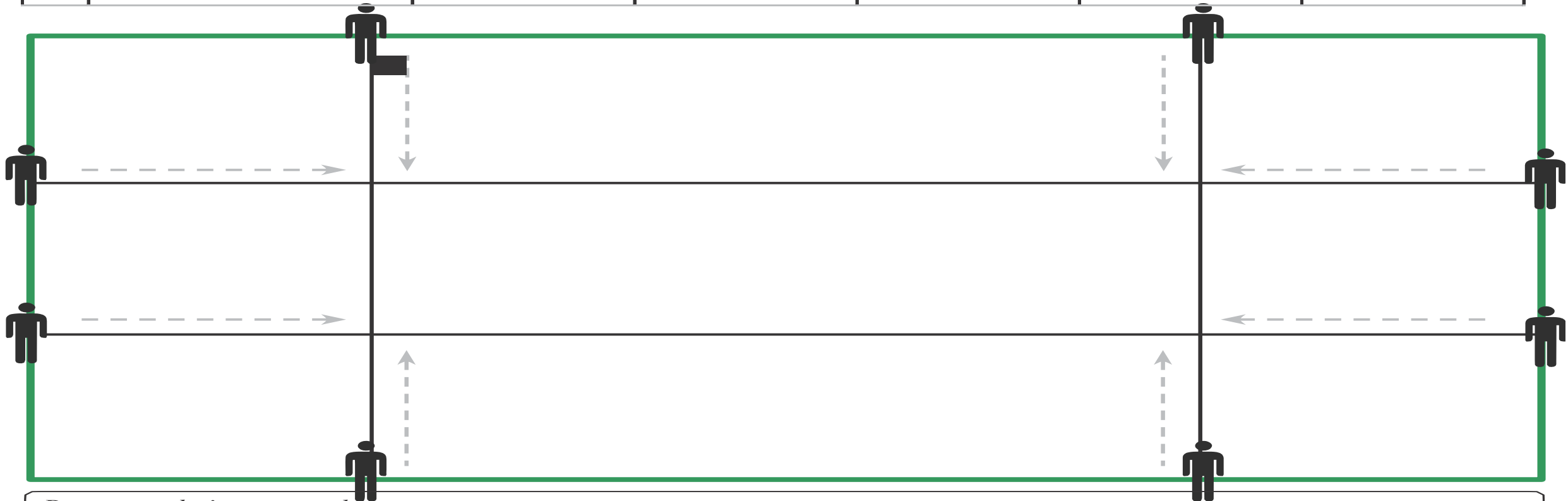
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# Score card – (2 ball kicking exercise)

Date:

## Land Running

	Players name	Punt kick	Instep	Outstep	Clean catch	Handpass L/R
1.						
2.						
3.						
4.						
5.						



*Recommendations to work on:*  
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## High skill sets are what we come to see

- Basketball two hands to score or pass
- Our game two hands two feet - use them



**All Balcks skills**

## **CHALLENGE YOUR PLAYERS**

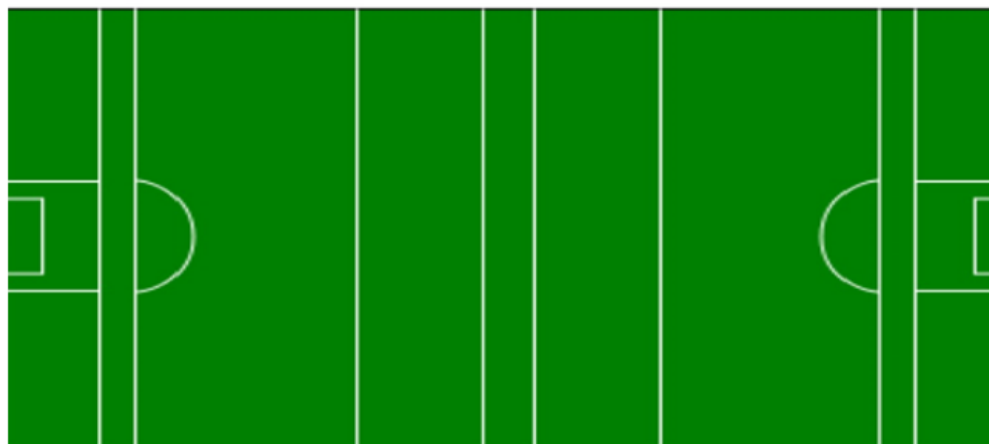
- ▶ High skill set
- ▶ Repetition
- ▶ Match pace
- ▶ Competitive environment
- ▶ Enjoyment

# FREE TAKING CHALLENGE

Player	21m - 28m			28m - 35m			35m - 42m			45m - 49m		
	left	centre	right	left	centre	right	left	centre	right	left	centre	right
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

13m 20m                      45m                      65m 65m                      45m                      20m 13m

Out of 12	%	Date
/12		
/12		
/12		
/12		
/12		
/12		
/12		
/12		
/12		
/12		



Coaching Points

1	
2	
3	



**THANK YOU**

