

# KILMACUD CROKES GAA CLUB



## MY GAA SKILLS BOOKLET

**FUTURE STAR NAME:**





# WELCOME

Hello,

Welcome to our Kilmacud Crokes Gaelic Football and Hurling Skills Club Booklet!

## WHAT DOES THIS BOOKLET DO?

This booklet will help you practice your GAA skills at home and track your progress while training with Kilmacud Crokes

## WHAT IS INVOLVED?

- Practice **1** different Skill, **5** days a week for **8** Weeks
- Log your practice
- Bring your GAA skills booklet to your weekly coaching sessions and the Coaches will give you feedback to help with your progress

## WHAT DO YOU NEED?

- A ball, any kind or size will do!!!
- A wall or a partner (Parent, Guardian, Brother or Sister!)
- 10 minutes of your time per day!

## ROLE OF THE PARENT/GUARDIAN?

- Encourage
- Support
- Assist (if possible) and sign off on practice

## WHAT YOU GET WHEN YOU COMPLETE ALL YOUR TASKS?

- All players who take part and try their very best will receive a Certificate of Completion

**BEST OF LUCK! YOU CAN DO IT!**

Special thanks to William Harmon, Paraic McDonald, Niall Corcoran & Colm O'Connor

# KILMACUD CROKES GAA CLUB



## MY FOOTBALL SKILLS

# YOUR PRACTICE CHART WEEK 1 & 2



PARENT/GUARDIAN Tick box (✓) when practice complete and sign your name

**NOTE:**

Try practice all skills while moving if possible

**Hand/Fist Pass**

**YOUR TARGET:**

Left Hand 10  
Right Hand 10

**Punt Kick**

**YOUR TARGET:**

Left Leg 10  
Right Leg 10

**Pick Up**

**YOUR TARGET:**

Left Leg 10  
Right Leg 10

**Body & High Catch**

**YOUR TARGET:**

10 Body Catches  
10 High Catches

**Solo**

**YOUR TARGET:**

Left Leg 10  
Right Leg 10

**YOUR COACHES**

**WEEKLY FEEDBACK**

**WEEK 1**

Parent/Guardian Signature

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Coach stamp here

**WEEK 2**

Parent/Guardian Signature

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Coach stamp here

# YOUR PRACTICE CHART WEEK 3 & 4



**PARENT/GUARDIAN Tick box (✓) when practice complete and sign your name**

**NOTE:**

Try practice all skills while moving if possible

**Hand/Fist Pass**  
**YOUR TARGET:**  
 Left Hand 20  
 Right Hand 20

**Punt Kick**  
**YOUR TARGET:**  
 Left Hand 20  
 Right Hand 20

**Pick Up**  
**YOUR TARGET:**  
 Left Hand 20  
 Right Hand 20

**Body & High Catch**  
**YOUR TARGET:**  
 15 Body Catches  
 15 High Catches

**Solo**  
**YOUR TARGET:**  
 Left Leg 20  
 Right Leg 20

**YOUR COACHES WEEKLY FEEDBACK**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Coach stamp here

**WEEK 3**

Parent/Guardian Signature

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Coach stamp here

**WEEK 4**

Parent/Guardian Signature

# YOUR PRACTICE CHART WEEK 5 & 6



PARENT/GUARDIAN Tick box (✓) when practice complete and sign your name

**NOTE:**

Try practice all skills while moving if possible

**NEW!**

Hand/Fist Pass & Punt Kick

**NEW!**

Pick Up & Hook Kick

**Body & High Catch**

High Catch

**Solo**

Solo with right leg then solo with left while moving

**NEW!**

Block

**YOUR TARGET:**

Left Leg 10  
Right Leg 10

**YOUR TARGET:**

Left Leg 10  
Right Leg 10

**YOUR TARGET:**

Left Hand 20  
Right Hand 20

**YOUR TARGET:**

Left Leg 20  
Right Leg 20

**YOUR TARGET:**

Left Leg 10  
Right Leg 10

**WEEK 5**

Parent/Guardian Signature

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Coach stamp here

**WEEK 6**

Parent/Guardian Signature

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Coach stamp here

# YOUR PRACTICE CHART WEEK 7 & 8



**PARENT/GUARDIAN Tick box (✓) when practice complete and sign your name**

**NOTE:**

Try practice all skills while moving if possible

**NEW!**

Hand/Fist Pass & Punt Kick

**YOUR TARGET:**

Left Leg 20  
Right Leg 20

**NEW!**

Pick Up & Hook Kick

**YOUR TARGET:**

Left Leg 20  
Right Leg 20

**NEW!**

Body & High Catch

**YOUR TARGET:**

25 Body Catches  
25 High Catches

**Solo**

Change feet  
Solo left then solo with right moving

**YOUR TARGET:**

Left Leg 25  
Right Leg 25

**Block**

**YOUR TARGET:**

20 blocks  
Need partner

**YOUR COACHES WEEKLY FEEDBACK**

Coach stamp here

**WEEK 7**

Parent/Guardian Signature

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Coach stamp here**

**WEEK 8**

Parent/Guardian Signature

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Coach stamp here**

# HOW TO DO THE SKILLS



What is my head doing?



Where are my hands?



What are my feet doing?



## HAND / FIST PASS Under 6 / 7

- Face target
- Keep eye on ball

- Place ball in one hand about waist high. Keep it Steady!
- Use open palm or Form fist with other hand, keep arm straight, draw back and forward to hit ball.
- Follow through with pass

- Step forward with same leg as hand with ball

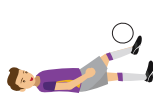


## PUNT KICK Under 6 / 7

- Face target
- Keep eye on ball

- Place ball on the same hand that you are going to kick with
- Step forward with foot you are not kicking with

- Keep head down and kick with lace part of boot in direction of target
- Follow through with kick



## BODY CATCH Under 6 / 7

- Face target
- Keep eye on ball

- Stretch out arms
- Catch ball in arms and pull into chest

- Step forward with one foot
- Lean towards the ball



## SOLO Under 6 / 7

- Keep eye on ball

- Place ball on same hand as kicking leg
- Drop ball onto kicking foot
- Hands ready to catch ball after flick from solo

- Step forward with one foot
- Lean towards the ball





# HOW TO DO THE SKILLS



What is my head doing?



Where are my hands?



What are my feet doing?



## HIGH CATCH Under 8



• Keep eye on ball

- Raise arms above head, keep head up and eyes on ball
- Form 'W' shape with hands
- Catch the ball slightly in front of the head and bring down quickly, cushion the ball and secure into the chest with both hands

- Approach the ball and move forward
- Plant the jumping foot and raise other knee

## BLOCK Under 8



• Keep eye on ball  
• Do not face away

- Place hands close together
- Hold stiffly together

- Approach the ball and move forward
- Plant the jumping foot and raise other knee

## PICK UP Under 8 / 9



• Keep eye on ball

- Place one hand in front of the ball and other behind the ball

- Place one foot beside the ball when picking up ball
- Make sure both knees are off the ground when picking ball up

## HOOK KICK Under 9 / 10



• Face shoulder to the target  
• Keep eye on ball

- Place ball on the same hand that you are going to kick with

- Place one foot beside the ball when picking up ball
- Make sure both knees are off the ground when picking ball up



# KILMACUD CROKES GAA CLUB



## MY HURLING SKILLS

# YOUR PRACTICE CHART WEEK 1 & 2



PARENT/GUARDIAN Tick box (✓) when practice complete and sign your name

**NOTE:**

Try practice  
all skills while  
moving if  
possible

**Strike**

YOUR TARGET:  
TBC

**Dribble**

YOUR TARGET:  
TBC

**Chest Catch**

YOUR TARGET:  
TBC

**Jab Lift**

YOUR TARGET:  
TBC

**Roll Lift**

YOUR TARGET:  
TBC

**YOUR**

**COACHES**  
**WEEKLY**  
**FEEDBACK**

**WEEK 1**

Parent/Guardian  
Signature

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Coach  
stamp  
here

**WEEK 2**

Parent/Guardian  
Signature

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Coach  
stamp  
here

# YOUR PRACTICE CHART WEEK 3 & 4



PARENT/GUARDIAN Tick box (✓) when practice complete and sign your name

## NOTE:

Try practice  
all skills while  
moving if  
possible

## Strike

YOUR TARGET:  
TBC

## Dribble

YOUR TARGET:  
TBC

## Chest Catch

YOUR TARGET:  
TBC

## Jab Lift

YOUR TARGET:  
TBC

## Roll Lift

YOUR TARGET:  
TBC

## YOUR

COACHES  
WEEKLY  
FEEDBACK

## WEEK 3

Parent/Guardian  
Signature

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Coach  
stamp  
here

## WEEK 4

Parent/Guardian  
Signature

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Coach  
stamp  
here

# YOUR PRACTICE CHART WEEK 5 & 6



PARENT/GUARDIAN Tick box (✓) when practice complete and sign your name

## NOTE:

Try practice  
all skills while  
moving if  
possible

### Strike

YOUR TARGET:  
TBC

### Dribble

YOUR TARGET:  
TBC

### Chest Catch

YOUR TARGET:  
TBC

### Jab Lift

YOUR TARGET:  
TBC

### Roll Lift

YOUR TARGET:  
TBC

### YOUR

COACHES  
WEEKLY  
FEEDBACK

## WEEK 5

Parent/Guardian  
Signature

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Coach  
stamp  
here

## WEEK 6

Parent/Guardian  
Signature

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Coach  
stamp  
here

# YOUR PRACTICE CHART WEEK 7 & 8



PARENT/GUARDIAN Tick box (✓) when practice complete and sign your name

**NOTE:**

Try practice all skills while moving if possible

**Strike**

YOUR TARGET:  
TBC

MONDAY

**Dribble**

YOUR TARGET:  
TBC

TUESDAY

**Chest Catch**

YOUR TARGET:  
TBC

WEDNESDAY

**Jab Lift**

YOUR TARGET:  
TBC

THURSDAY

**Roll Lift**

YOUR TARGET:  
TBC

FRIDAY

**YOUR COACHES WEEKLY FEEDBACK**

Coach stamp here

**WEEK 7**

Parent/Guardian Signature

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Coach stamp here

**WEEK 8**

Parent/Guardian Signature

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Coach stamp here

# HOW TO DO THE SKILLS



What is my head doing?



Where are my hands?



What are my feet doing?



## STRIKE ON THE GROUND

Under 6 / 7



- Face target
- Keep eye on ball

- Adopt the ready position
- Place the feet shoulders width apart, with the ball in line with the forward foot
- Slide the non-dominant hand into the lock position, bending the elbows to raise the hurley down
- Bend the knees slightly and swing the hurley down with a wristy action
- Strike the ball 'flat on' with the bas of the hurley

- Keep the head down. Follow through to at least shoulder height with the swing
- Transfer body weight from the dominant to the non-dominant leg as the swing is completed
- On the non-dominant side, raise the hurley to the non-dominant shoulder, transfer body weight to the dominant leg

## DRIBBLE

Under 6 / 7



- Face target
- Keep eye on ball

- Adopt the ready position. Bend the back, place the heel of the hurley on the ground
- The non-dominant hand, place down the handle of the hurley, guides the bas to control the sliotar

- Use alternate sides of the bas on every second stroke
- When proficient using two hands, use a one-handed dribble

## CHEST CATCH

Under 7



- Keep eye on ball

- Adopt the ready position. Hold the hurley in the dominant hand. Use a shortened grip if necessary
- Release the non-dominant hand from the hurley and hold it in a cupped position
- Hold the hurley in front of and across the body for protection

- As the ball approaches, move to receive it between the chest and cupped hand
- Relax the chest on impact to cushion the ball into a secure position

# HOW TO DO THE SKILLS



What is my head doing?



Where are my hands?



What are my feet doing?



## JAB LIFT

Under 8 / 9



• Face target

• Keep eye on ball

• Stride towards the ball

• Adopt the lifting position, bending the knees and back to bring the head over the ball, keep eyes on the ball

• The toe of the hurley should be pointed away from the body to the dominant side. Note that both thumbs should be pointing towards the bas of the hurley

• Ensure the hurley is almost parallel to the ground before performing the lift

• Slide the toe of the hurley under the ball to lift it from the ground

• Release the non-dominant hand from the hurley into a cupped position allowing the ball to fall into it.

## ROLL LIFT

Under 8 / 9



• Keep eye on ball

• Adopt the ready position

• Place the non-dominant foot alongside the ball. Bend the knees and back to bring the head over the ball. This is the lifting position

• The toe of the hurley should be pointed away from the body to the dominant side.

• Note that both thumbs should be pointing towards the bas of the hurley

• Ensure the hurley is almost parallel to the ground before performing the lift

• Place the hurley firmly on the ball, roll the ball towards the body and slide the toe of the hurley underneath to lift it

• Release the non-dominant hand from the hurley into a cupped position allowing the ball to fall into it.

