

ABC'S (AGILITY / ACLAÍOCHT)

GAA
HANDBALL

(1) FIND YOUR MARK

- Children run around a playing area covered with randomly spread multimarkers
- There must be one less multimarker than there is players
- On the coaches call, each player must run and lift a multimarker
- The player left without a multimarker moves to the outside of the area and performs star jumps, sprint starts, etc
- Keep removing markers until only one player remains

COACHES TIPS

KEY POINTS:

- Keep your head up to avoid collisions
- Avoid pushing and shoving
- Use your front foot as a brake to stop by driving it hard into the floor in front of you
- Bend knees and keep one foot in front of the other when lifting a multi-marker

EQUIPMENT:

- Set of Multimarkers



HARDER

- 1) CHANGE THE METHOD OF TRAVEL ALLOWED
- 2) INTRODUCE MUSIC, WITH THE GAME PLAYED IN A MUSICAL CHAIRS STYLE FORMAT

EASIER

- 1) GIVE EACH PLAYER EXTRA LIVES

ABC'S (AGILITY / ACLAÍOCHT)

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(2) CRAZY BALL

- Give each child an agility ball
- Their aim is to throw the ball into the air, let it bounce once, and try and catch it before the second bounce



COACHES TIPS

KEY POINTS:

- Encourage children to stay on the balls of their feet and anticipate a 'crazy bounce'
- Keep eyes on the agility ball at all times

EQUIPMENT:

- One agility ball per child



HARDER

1) CHALLENGE THE GROUP TO LET THE BALL BOUNCE TWICE, AND THEN CATCH IT BEFORE THE THIRD BOUNCE

2) CATCH THE BALL WITH YOUR WEAK HAND ONLY

EASIER

1) LET CHILD THROW THE BALL AGAINST A WALL AND TRY TO CATCH IT

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(3) BRIDGES AND RIVERS

- Split the group evenly into 'bridges' and 'rivers'
- Children jog around playing area, and on the coaches call, everyone gets into either the bridge or river position, with the rivers crawling under the bridges
- Bridge Position: Children balance on all fours, making an arch with their back
- River Position: Children crawl on all fours, with belly facing the floor

COACHES TIPS

KEY POINTS:

- Position hands and feet shoulder width apart when making a bridge
- Engage core stomach muscles to help maintain balance

EQUIPMENT:

- None required



HARDER

- 1) CHILDREN HAVE TO TRAVEL UNDER 10 BRIDGES IN 30 SECONDS
- 2) CHALLENGE CHILDREN TO JUMP OVER BRIDGES AS OPPOSED TO TRAVELING UNDERNEATH
- 3) ROLL BALL UNDER BRIDGE BEFORE JUMPING OVER

EASIER

- 1) ALLOW CHILDREN TO CONTINUOUSLY MOVE UNDER SAME BRIDGE

(4) PASS THE SHARK

- Players line up along the sideline. Nominate 3 players to stand in the middle of the court and become the 'sharks'
- On the coaches call, the children standing along the sideline must cross the hall without being caught by the 'sharks'
- Players who are caught automatically become sharks

COACHES TIPS

KEY POINTS:

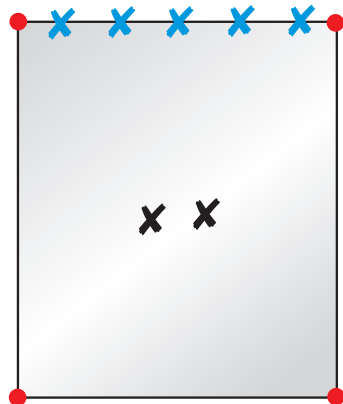
- Ensure the players have enough room to move around safely
- No pushing or bumping
- Children must move quickly and anticipate where the sharks are going to move

EQUIPMENT:

- Set of Multimarkers
- Bibs



DIAGRAM:



HARDER

1) INCREASE NUMBER OF SHARKS

EASIER

1) LIMIT THE SHARKS MOVING AREA

(5) DODGEMS

- Each child has a multimarker
- Players move in and around the hall pretending to be driving cars, using the multi-markers as steering wheels
- Players must attempt to avoid colliding with one another
- Coach instructs the direction that the children must move the car, i.e. backwards means you must 'reverse' the car

COACHES TIPS

KEY POINTS:

- Keep head up whilst moving around the hall
- Whilst moving backwards, look over the shoulder to find a free space
- Run on the balls of your feet.
- Ensure the players have enough room to move around safely

EQUIPMENT:

- Set of Multimarkers



HARDER

1) ADD OBSTACLES TO THE PLAYING AREA

EASIER

1) CHILDREN DRIVE THE CAR BY WALKING AS OPPOSED TO JOGGING

(6) MIRROR MIRROR

- Children work in pairs
- One player takes the lead in each pairing and the second player has to copy the movements of the leader
- After a set time, switch the role of leader

COACHES TIPS

KEY POINTS:

- Emphasise the importance of observing the leader and copying exactly what they see
- Encourage children's creative imagination



(7) SHADOW RUN

- Children work in pairs, player one is the leader and player two is the shadow
- The shadow has to follow the leader around the hall
- On coaches signal, both must stop as quickly as possible
- The 'Shadow' scores 1 point if they can reach out and touch the 'Leader' after stopping
- The 'Leader' scores 1 point if they cannot be touched by the 'Shadow' after stopping

COACHES TIPS

KEY POINTS:

- Stress the importance of keeping the head up whilst moving around the hall
- Ensure the players have enough room to move around safely

EQUIPMENT:

- None required



HARDER

1) INCREASE NUMBER OF PARTICIPANTS

EASIER

1) 'SHADOW' MUST BE WITHIN 3 STEPS OF 'LEADER' TO SCORE 1 POINT



(8) SMUGGLERS

- Scatter hoops and beanbags around the playing area
- Split the class in half – ‘Smugglers’ or ‘Goodies’
- The ‘Goodies’ have to place colored beanbags in the corresponding colored hoops
- ‘Smugglers’ must lift the beanbags and put them into different colored hoops
- Game starts on coaches call and last 30 seconds before roles are switched
- The team with the largest number of beanbags win

COACHES TIPS

KEY POINTS:

- Don't allow children to crawl around the playing area switching the beanbags – make them run from hoop to hoop
- Stress the importance of keeping the head up whilst moving around the hall
- Bend knees when setting down and picking up beanbag
- Lower your hips as you stop to aid balance.

EQUIPMENT:

- Hoops
- Beanbags



HARDER

1) VARY THE METHOD OF MOVEMENT, I.E. HOPPING, 3 LEGGED, BUNNY HOP, ETC

EASIER

1) SMUGGLERS THROW BEANBAGS OUT OF THE HOOPS, AND GOODIES THROW BEANBAGS IN THE HOOPS

ABC'S (AGILITY / ACLAÍOCHT)



(9) NORTH, SOUTH, EAST OR WEST

- Children jog around hall
- Coaches call out North, South, East or West
- If North is called, children must sprint to the north facing wall
- If South is called, children must run to the south facing wall, and so on
- Make it competitive by conditioning the game so that the last player to the wall is out of the game

COACHES TIPS

KEY POINTS:

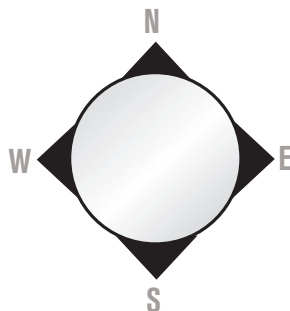
- Stress the importance of keeping the head up whilst moving around the hall
- Run on the balls of your feet
- Push off the floor hard with the backfoot when changing direction
- When stopping with your right foot forward, your left arm should be forward and vice versa

EQUIPMENT:

- None



DIAGRAM:



HARDER

1) GIVE PLAYERS A SEQUENCE OF DIRECTIONS

EASIER

1) DON'T PUT THE LAST PERSON OUT OF THE GAME

ABC'S (AGILITY / ACLAÍOCHT)



(10) RATS & RABBITS

- Children split into two groups, rats and rabbits
- Both groups sit in a parallel line facing each other, as shown below
- Each rat is paired up with the rabbit sitting opposite them
- Coach calls either 'rat' or 'rabbit'
- If 'rat' is called, the rats must race to the end line before the 'rabbits' tag them
- On the call 'rabbits', the same process applies but vice versa

COACHES TIPS

KEY POINTS:

- Ensure kids keep heads up to avoid clatter
- When stopping with your right foot forward, your left arm should be forward and vice versa
- Push off the floor hard with the back foot when changing direction

DIAGRAM:



HARDER

- 1) EACH TEAM ARE GIVEN TWO ANIMAL NAMES
- 2) CHANGE STARTING POSITION TO LYING ON BELLY

EASIER

- 1) INCREASE THE DISTANCE BETWEEN LINES
- 2) START STANDING UP AS OPPOSED TO SITTING DOWN

ABC'S (BALANCE / COTHROMAÍOCHT)



(1) TRAFFIC LIGHTS

- Coach calls out a traffic light colour that is linked to an exercise
- **GREEN:** Jog around hall
- **AMBER:** Walk with large strides around the hall
- **RED:** Stop very still in a balanced position
- Game can be varied by conditioning the balanced positioned required to maintain for the red light

COACHES TIPS

KEY POINTS:

- Ensure children keep their head up and are aware of the positioning of other children
- Lower your hips as you stop to aid balance
- Stop quickly in a 'strong' position by bending your arms at the elbows
- When stopping with your right foot forward, your left arm should be forward and vice versa



HARDER

1) INCREASE SPACE OF COURT

EASIER

1) REDUCE SPACE OF COURT

ABC'S (BALANCE / COTHROMAÍOCHT)

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(2) WALK THE LINE

- Get the players to walk along a line or strip of tape on the floor
- Challenge the players to (i) stop and balance on one foot (ii) stop and turn on the line (iii) walk backwards along the line (iv) walk the line with eyes closed

COACHES TIPS

KEY POINTS:

- Raise the arms to the sides to help maintain balance
- Keep head up

EQUIPMENT:

- Tape or Flat Marker



HARDER

1) PUT CHILDREN IN PAIRS AND NUMBER ONE HAS TO COPY NUMBER TWO'S MOVEMENTS ON THE LINE

EASIER

1) IN PAIRS, ONE CHILD WALKS THE LINE, WHILST THE SECOND CHILD WALKS ALONGSIDE THE LINE PROVIDING SUPPORT TO LEAN ON

(3) BODY BALANCE

- Children jog around the playing area, each holding a handball
- Coaches randomly call out a number between 1-5
- Whatever number is called out, the children must attempt to balance on that number of body parts for 5-10 seconds
- You are not allowed to balance on more than one of any body part at any one time, e.g. cannot use two legs when the number 2 is called

COACHES TIPS

KEY POINTS:

- Children should be asked to change direction from time to time
- Encourage children's creative imagination
- Make sure the children are well spread out when they are balancing on the body parts
- Engage the core muscles when balancing

EQUIPMENT:

- One handball per child



HARDER

- 1) INCREASE THE TIME REQUIRED TO BALANCE
- 2) INCORPORATE MUSIC, E.G. AS SOON AS MUSIC GOES OFF, THE CHILD MUST BALANCE UNTIL IT IS TURNED ON AGAIN

EASIER

- 1) DECREASE THE TIME REQUIRED TO BALANCE

(4) ANIMAL MOVEMENTS

- Players move in and around the playing area mimicking animals that the coach calls, i.e. dog, rabbit, monkey
- Challenge the players to mimic a different animal every time the coach signals



COACHES TIPS

KEY POINTS:

- Test the children's creativity by allowing them to choose the animal
- Ensure enough space is available and that no bumping occurs
- Avoid collisions by keeping the head up

EQUIPMENT:

- None required



HARDER

1) CHALLENGE THE CHILDREN TO MOVE LIKE
AN INJURED ANIMAL, E.G. A LIMPING DOG
(2 ARMS AND 1 FOOT)

EASIER

1) COACH DEMONSTRATES ANIMAL
MOVEMENTS

ABC'S (BALANCE / COTHROMAÍOCHT)



(5) RED LIGHT

- Children jog around the hall
- On coaches signal (raise a red multimarker) they must stop on their feet and hold a still position
- Each child has 5 points, if they fail to stop quickly they lose a point
- Last player standing wins the competition



COACHES TIPS

KEY POINTS:

- Encourage children to be able to stop both ways, i.e. right foot forward or left foot forward
- Use the front foot as a brake to stop by driving it hard into the floor in front of you
- Stop quickly in a 'Strong' position by bending your arms at the elbow
- By stopping with your right foot forward, your left arm should be forward and vice versa
- Lower your hips as you stop to aid balance
- Avoid collisions by keeping the head up

EQUIPMENT:

- Red Multimarker

HARDER

1) IF CHILDREN DON'T STOP IN THE CORRECT POSITION, THEY LOSE A POINT

EASIER

1) PLAYERS MUST REMAIN STILL IN ORDER TO NOT LOSE A POINT

ABC'S (BALANCE / COTHROMAÍOCHT)

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(6) SPIDERS AND SCORPIONS

- Choose 4 children to be scorpions
- Their job is to move around on all fours (belly facing down) trying to sting as many of the other children as possible
- The other children are spiders, they have to move around on all fours (with belly facing up)
- If a spider is stung, it must hold one arm or foot up in the air until all of the spiders are stung or until the time runs out

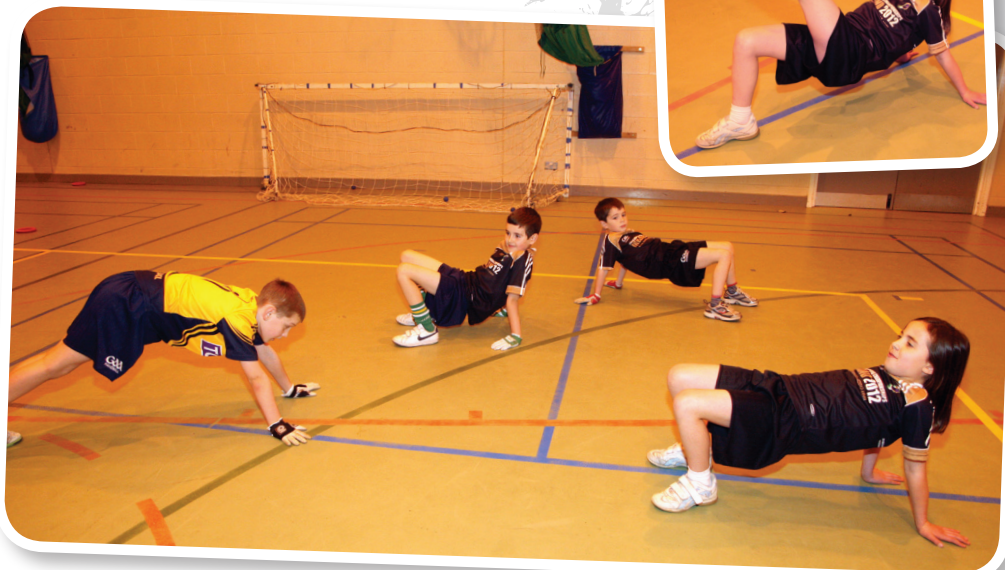
COACHES TIPS

KEY POINTS:

- Engage the core muscles when balancing
- Encourage good posture

EQUIPMENT:

- None required



HARDER

- 1) CHALLENGE THE SPIDERS TO BALANCE ON 2 BODY PARTS WHEN STUNG

EASIER

- 1) ALLOW THE SPIDERS TO BALANCE ON ALL FOURS IF THEY CAN'T MAINTAIN A 3 POINT BALANCE
- 2) SCORPIONS MUST MOVE USING THREE BODY PARTS

ABC'S (BALANCE / COTHROMAÍOCHT)



(7) TUG OF WAR

- In pairs, each player holds the end of a rope whilst standing inside a hoop
- The aim is to pull your partner outside of their hoop
- Each person starts with 5 points, and the player with the most points at the end of the set time is the winner
- Players lose a point every time they get pulled outside the hoop

COACHES TIPS

KEY POINTS:

- Ensure to match partners that are closely matched in terms of strength
- Lean the body back and push hard into the ground with the front foot to help generate force
- Keep one foot in front of the other with knees slightly bent
- Pull belly button in to back bone and help engage core tummy muscles

EQUIPMENT:

- Rope
- Stability disks



HARDER

- 1) MAKE PLAYERS STAND ON ONE FOOT
- 2) USE ONE HAND TO PULL PARTNER
OFF BALANCE
- 3) PLAYERS STAND ON A STABILITY DISK

EASIER

- 1) PARTNERS STAND ON FLOOR
HOLDING HANDS, AND MUST
ATTEMPT TO PULL THEIR PARTNERS
OFF BALANCE

ABC'S (BALANCE / COTHROMAÍOCHT)



(8) HEADSTRONG

- Players jog around the hall balancing a beanbag on their head or on different parts of their body, e.g. back of the hand, shoulder, etc
- Coaches give them cues, e.g. jump, sit down, touch the floor, balance on one leg, etc

COACHES TIPS

KEY POINTS:

- Keep heads up and be aware of other players'
- Keep body strong and straight and the stomach muscles very tight (encourages good strong core)

EQUIPMENT:

- One beanbag per child



HARDER

- 1) ALL PLAYERS BALANCE BEANBAG ON THEIR HEAD. ONLY HALF OF THE PLAYERS HAVE A HANDBALL, AND ON THE COACHES CALL, THEY PASS TO A PLAYER THAT HAS NO BALL
- 2) RELAY RACE SCENARIO
- 3) EACH CHILD MUST ATTEMPT TO PASS A HOOP OVER THEIR BODY WHILST BALANCING A BEANBAG ON THEIR HEAD

EASIER

- 1) PLAYERS WALK AT THEIR OWN PACE BALANCING BEANBAG ON THEIR HEAD

ABC'S (CO-ORDINATION / COMHORDÚ)

GAA
HANDBALL

(1) MARCHING

- Get children to pretend they are in the army and they march to the General's command, e.g. stop, turn, march left, etc

COACHES TIPS

KEY POINTS:

- Focus on getting the arms and legs working in opposition to each other, i.e. when your left knee is raised, your right arm should be swinging up
- Encourage keeping the head up as they march

EQUIPMENT:

- None required



HARDER

1) MARCH TO MUSIC

EASIER

1) MARCH ON THE SPOT



ABC'S (CO-ORDINATION / COMHORDÚ)

GAA
HANDBALL

(2) HULA BATTLE

- Split the players into 2-3 even teams, according to the numbers
- Each team joins hands and forms a single file line
- Player at start of line has a hula hoop
- Team must transfer hula hoop across the line without breaking the chain
- Only the two players at the ends of the chain can use their hands whilst getting the hoop over their bodies

COACHES TIPS

KEY POINTS:

- Children learn to work as a team, and give advice and encouragement to their team mates

EQUIPMENT:

- Hula hoops



HARDER

- 1) INCREASE NUMBER OF PLAYERS
- 2) SMALLER HOOP

EASIER

- 1) NOMINATE ONE CHILD TO ASSIST
IN HELPING THE HOOP TRAVEL
ACROSS THE LINE

ABC'S (CO-ORDINATION / COMHORDÚ)

GAA
HANDBALL

(3) QUICK HANDS

- Each player has a handball each, and they stand approximately 3-4 feet from the wall
- Player has to throw the ball against the wall and catch it again as many times as they can in the space of 30 seconds
- Use the underarm throw

COACHES TIPS

KEY POINTS:

- Watch ball all the way into hands
- Focus on target and not the ball when throwing
- Create a basket with the fingers when catching the ball
- Stay on balls of the feet so to be able to react to a poor throw

EQUIPMENT:

- One Handball Each



HARDER

- 1) THROW WITH WEAK HAND ONLY
- 2) ALTERNATE THROWING HANDS
- 3) ONE-HANDED CATCHING

EASIER

- 1) MOVE CLOSER TO THE WALL
- 2) ALLOW BALL TO BOUNCE AND CATCH
- 3) ALLOW BALL TO BOUNCE TWICE



(4) SKIPPING

- Challenge the children to skip for 30 seconds or 50 skips
- Gradually increase the challenge as the children progress
- Modify the type of skipping through the different techniques, e.g. 2-footed jump, 1-footed jump, alternate 1-foot jump, crossing hands, skipping backwards
- Encourage the children to create new skipping games



COACHES TIPS

KEY POINTS:

- Ensure that the rope is a suitable length for the player; it should reach from the ground to approximately hip height when held in both hands with the elbows slightly bent
- Stand upright
- Swing the rope from the wrist
- Bounce on balls of the feet

EQUIPMENT:

- Skipping Ropes



ABC'S (CO-ORDINATION / COMHORDÚ)



(5) LADDER SHUFFLE

- Set out a speed ladder and get players to move through the ladder one at a time
- Get players to move through the ladder at speed, placing each foot in each space
- Change the movement pattern to one foot only per space



COACHES TIPS

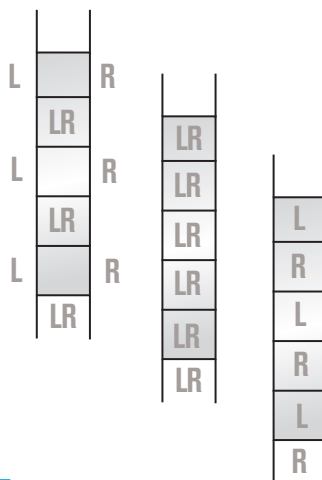
KEY POINTS:

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Use the arms to maintain balance
- Do not cross the legs
- Be on balls of the feet whilst moving
- Keep the head up when going through the ladder

EQUIPMENT:

- Ladders or Tape

DIAGRAM:



HARDER

- 1) LADDER HOPSCOTCH – PLAYERS HOP BOTH FEET INSIDE 1ST RUN, AND BOTH FEET OUTSIDE 2ND LADDER RUN, ETC
- 2) GO THROUGH THE LADDER FACING SIDEWAYS

EASIER

- 1) WALK THROUGH THE LADDER

(6) HOOP BOUNCE

- Set out a number of hoops on the floor
- The player moves around the hall bouncing the ball in different hoops
- Introduce a scoring system, e.g., extra points for bouncing in smaller hoops
- Use the non-dominant hand

COACHES TIPS

KEY POINTS:

- Keep eyes on the ball when bouncing
- Create a basket with fingers to catch the ball

EQUIPMENT:

- Hoops
- Handballs



HARDER

- 1) SMALLER HOOPS
- 2) COACH CALLS A NUMBER OF HOOPS WHICH THE PLAYER MUST BOUNCE THE BALL IN
- 3) WORK IN PAIRS BOUNCING BALLS IN THE HOOP TO YOUR PARTNER

EASIER

- 1) USE A LARGER BALL



(7) OPPOSITES ATTRACT

- In partners, players stand facing each other about 5 feet apart
- Player 1 has a handball and throws it to player 2
- Before they throw it, they call left or right
- If left is called, the player must catch the ball with their right hand, & vice versa

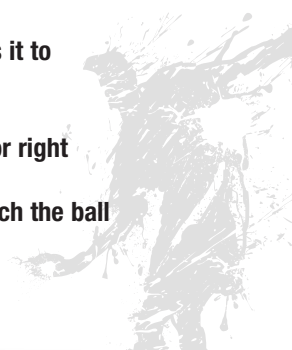
COACHES TIPS

KEY POINTS:

- Ensure the ball is thrown at a manageable height and speed, suitable to catch with either hand
- Transfer weight from your back foot to your front foot as you release the ball
- Create a basket with the fingers to catch the ball
- Player 2 should be on the balls of their feet in anticipation of the catch

EQUIPMENT:

- One Handball between two



HARDER

1) CATCH WHILST KNEELING, OR BALANCING ON ONE FOOT

EASIER

1) USE A LARGE FOAM BALL

(8) REACTOR

- In partners, facing each other, approximately one metre apart
- Player 1 holds a handball behind their back
- Player 1 randomly shows the handball out in front of their body, to which the other player must react and touch the ball within one second
- Player 2 scores a point every time they touch the ball within one second
- However Player 1 can attempt to fool player 2 by showing their hand, but with the handball still behind their back in their other hand
- If Player 1 does this and Player 2 reacts, then they score a point
- First player to score 10 points wins

COACHES TIPS

KEY POINTS:

- Keep on balls of feet
- Maintain a position of readiness in anticipation of reacting

EQUIPMENT:

- Handballs



HARDER

1) USE TWO DIFFERENT COLOURED BALLS. PLAYER 2 IS ONLY TO REACT TO THE RED BALL FOR EXAMPLE. IF THEY REACT TO THE BLUE BALL, OR THE HAND WITH NO BALL, THEN PLAYER 1 SCORES A POINT.

EASIER

1) USE A LARGER BALL