



Colm Nally Coaching Through Stealth. Integrating the components of our game



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Colm Nally GAA National Coaching Conference 2019

**We've Borrowed the
Game from our Children.**



Coaching By Stealth

Technical

Develop the skills of the game by distraction.

Tactical

Create game like scenarios to question players and challenge their decision making process in real time.

Fitness

Enhance sport specific fitness through games and game like activities.

Coaching Through The Years

- ◆ Equipment
- ◆ Session Planning and Recording
- ◆ Analysis & Feedback
- ◆ Drills/Activities to Games Specific Play

“ Become a Magpie Coach”

Equipment:



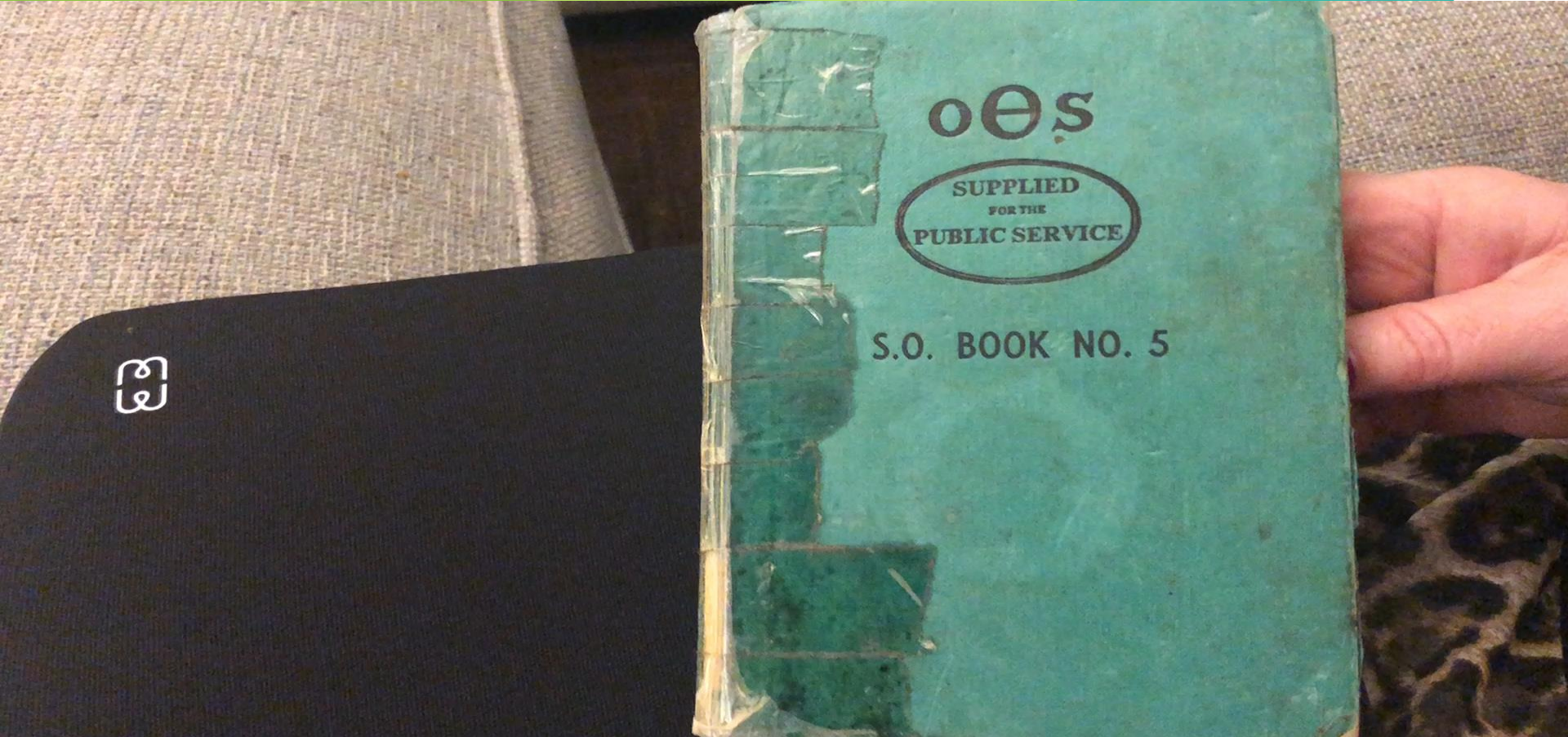
Equipment:



Equipment:



Session Planning and Recording:



Session Planning and Recording:

2007/8



Set grids as above, 10 x 10 m squares. Staying within their grid they face each other and mirror or shadow each other i.e. forwards backwards sideways.

1 v 1 with 1 player shadowing his partner, he must keep his right/left hand keeping his partner outside him, this is done at a slow pace for a few minutes then they change.

Next 1 player has a ball and they do the same with 1 player keeping control of the ball, his partner doesn't try to disposes him but just keep on the right side of him.

Next using the above grids, get players in pairs at top of the 2 grids, have 1 player solo out with the ball while the other player gets close and try to shoulder him over the line. Next have near hand tackle.

Next have players in groups of 4 A BCD. BCD are in single file with a hold of each other while A tries to shoulder D with BC blocking and protecting A. This is as much for team work as fast feet.

Stretching:

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o o o o o o o o o

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Using 2 pitches for big numbers, the ball is kicked out from keeper whichever team wins ball must play out to the cones before turning and attacking for a score, when the team gets the ball in behind the cones they cannot be tackled.

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Using 2 pitches for big numbers play a keep ball game and team scores by a high catch following a 30m pass. Play a period of weak foot also.

I

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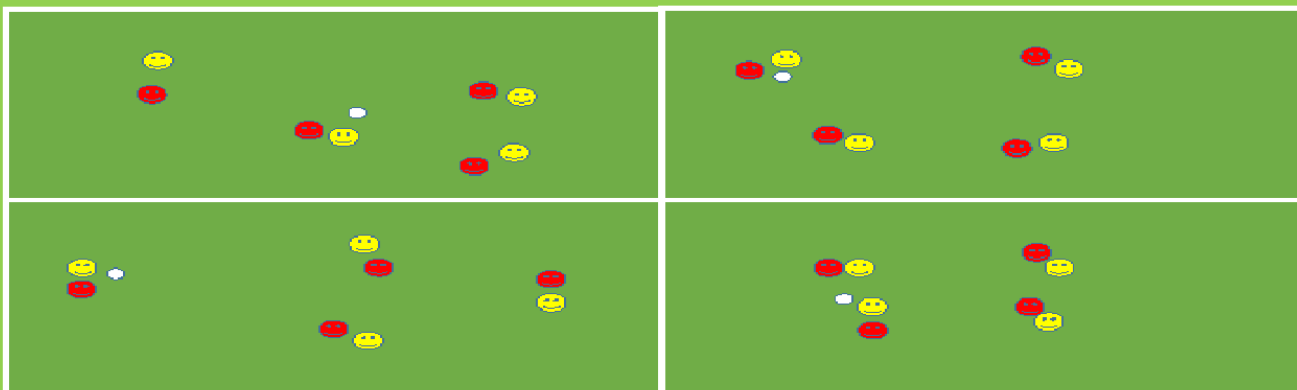
2 Pitches for big numbers, the only condition on the game is when the attacking team cross's the half way line they have 2 passes to score a goal or a point.

Warm down

Stretching:

Session Planning and Recording:

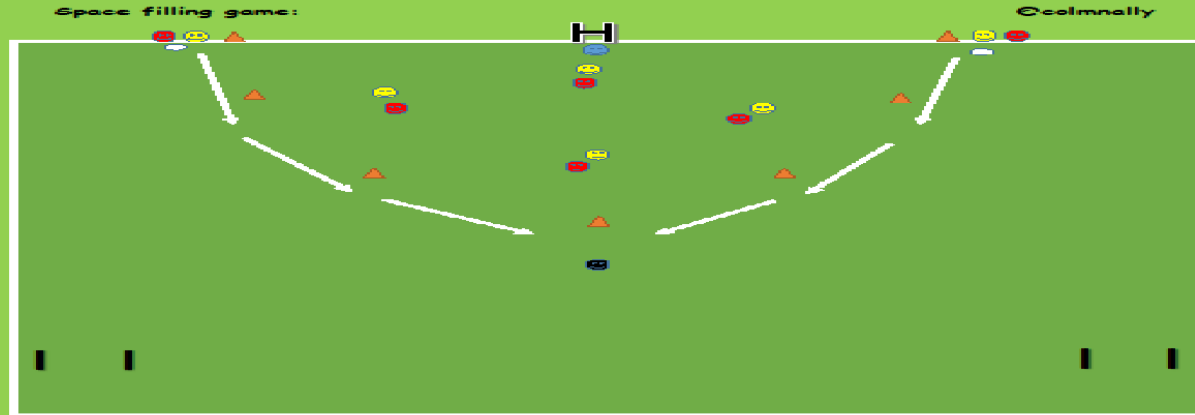
Handling warm up games.



80m x 80m square divided as displayed. 4 v 4 in each grid playing 4 possession based games to warm up all games are no touch games. Each game last 90 seconds. Incorporate GAELIC 15 activities between each game:

- Game 1:** Overhead throw and overhead catch. Each player is marked and the ball is passed like a soccer throw and caught high.
- Game 2:** Off the hip pass. Each player is marked and the ball is played like a rugby pass from the hip and caught at hip height.
- Game 3:** Bounce pass: Each player is marked and ball cannot be caught unless it's bounced into team mate.
- Game 4:** Join all teams together and remove centre markings from centre and play all games again on larger pitch.

Session Planning and Recording:



End line to 45M line, make a large arc around the scoring zone, place 4 attackers (😊) and 4 defenders (●) inside this. have 1 attacker and 1 defender at each end line cone (▲). place two sets of gates I I wide on the 45M line, keepers in as displayed. On signal both wide 1 Vs 1 solo out at pace along the arc and when they reach the top the coach (👤) calls the name of 1 attacker, this is the ball that's used for the attack while the other attacker drops his ball and joins in making a 6 Vs 6, ball carriers cannot be tackled until coach calls the name of attacker but they must be tracked along the outside. If defenders win the ball they break for the gates. Rotate a new 12 players in.

Progression: After first game ends, have another 4 players do the same with the original 4 players joining the 4 Vs 4 inside the arc making it a 8 Vs 8 and keep doing this till all players are used in this area creating a no space game. If defenders win the ball they must break through one gate and get back into scoring zone while game restarts from end line.

Aims: Building movement inside in anticipation of what runner will start attack. space clogging up as game goes on to force different scenarios for attackers and defenders.

Session Planning and Recording:

Croke Park Kickhams Football Practice

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Time	Session Plan	Specific Content	Work	Rest	RPE
19:15	Player Led Individual Preparation	<ul style="list-style-type: none"> Set your personal training goals for improvement in this session. Player Led - Individual movement preparation & technical soft skill practice. 	10	10	4
19:30	Handling games:	<ul style="list-style-type: none"> 1: High Throw high catch 2: Hip throw 3: Bounce Throw 4: Quick Hands 	10	2	7
19:45	D.A.D Game	<ul style="list-style-type: none"> 5 Vs 5 Attack Defend Attach Game 	12	3	6
20:00	High Intensity skill Refinement game	<ul style="list-style-type: none"> Wall Pass Game: No touches allowed. Move it fast, not into tackle & support the play/player. Good touch & head up, B4 Ur hit, Give & Go, Switch Play. Progression: Ball starts from any of the 4 Stations, 1 Vs 1 responsibility when not on the ball. 	12	1	9
20:20	Space Filling Game:	<ul style="list-style-type: none"> Double ball Start, 4 v 4 inside building to 12 v 12 in scoring zone, Space reduces as after each attack. 	20	2	8
20:40	Scoring Drill.	<ul style="list-style-type: none"> Unoppsed Scoring Drill inside the scoring zone. 	10	1	6
20:50	Warm Down & Recap	<ul style="list-style-type: none"> Cool down - Player Led longer stretches. Cones & Equipment. 	5	5	1
Date: 09/01/19					
Session: 1					
'Your Interest Matches your effort'					
			85	15	9

Practice needs to be Game Specific

Practice:

Robotic practice produces one dimensional robots. Challenging scenarios produce players who can solve problems. Use environments that give players the opportunity for self learning. Leave mindless drills for dentists and builders.

Games

Games are unrehearsed drama with a few rehearsed moments. Plan what you can and have a bit of chaos in the rest.

Speed and distance parameters are set based on data compiled over the playing year and current trends.

16 Sprints AVG Per Training

Based on a Sprint of 22KM/H or More

Analysis & Feedback Game 1:

Sensor	Player No.	Player	Time Played	Distance (km)	# Accelerations >4 m/s ²	# Decelerations >4 m/s ²	#Sprints > 22Km/h	Avg. Speed km/h	Max Speed km/h	Max Acceleration m/s ²
0	1	Lee Joyce	01:15:58	10.93	22	25	12	8.53	29.22	5.23
2	2	Thomas O'Brien	01:15:58	10.29	17	19	16	8.09	28.04	6.07
3	25	Patrick Marron	01:15:58	7.87	18	30	7	6.21	28.11	5.36
10	21	Evan Mc Grath	00:37:29	5.20	6	15	7	8.27	29.47	4.68
13	10	Trevor Mc Bride	00:06:44	0.89	0	0	2	7.95	29.39	0.00
15	20	Scott Connolly	01:15:58	9.22	10	20	4	7.24	28.63	4.34
18	23	Noah O'Hara	01:15:58	9.17	13	25	30	7.18	30.00	4.79
19	24	Robert Hayes	01:15:58	7.78	14	15	10	6.07	29.03	5.47
21	1	Brian Johnson	01:15:58	10.75	8	14	8	8.45	28.99	4.57
22	11	Alex O'Sullivan	01:15:58	8.14	3	7	14	6.38	29.33	4.73
23	1	Chris Collins	01:10:01	8.64	14	31	8	7.32	27.48	4.97
27	27	Daithi Madden	00:37:29	4.06	9	20	5	6.44	30.37	5.10
28	28	Ciaran Walsh	00:37:29	4.99	5	10	4	7.92	27.93	4.39
40	12	Anthony Murphy	00:38:29	5.21	2	8	4	8.07	28.25	4.60
41	1	Ray Thomson	01:15:58	8.10	8	17	6	6.35	29.49	4.85
42	1	Joseph Smith	00:38:29	4.42	10	6	5	6.82	28.44	5.12
44	1	Philip Daniels	00:38:29	4.87	4	7	8	7.59	28.85	4.61
47	22	Daniel McGuinness	01:15:58	10.38	4	14	18	8.17	29.20	5.24

Analysis & Feedback Game 2:

Sensor	Player No.	Player	Time Played	Distance (km)	# Accelerations >4 m/s ²	# Decelerations >4 m/s ²	#Sprints > 22Km/h	Avg. Speed km/h	Max Speed km/h	Max Acceleration m/s ²
1	2	Lee Joyce	01:15:27	8.32	17	25	14	6.57	30.79	5.77
3	25	Thomas O'Brien	00:15:30	1.60	0	0	0	6.14	25.13	0.00
4	3	Patrick Marron	01:00:44	5.38	22	19	6	5.28	29.78	5.14
5	7	Evan Mc Grath	01:15:27	11.48	12	20	10	9.08	28.74	5.29
7	5	Trevor Mc Bride	01:15:27	8.93	16	28	16	7.09	31.57	5.11
8	14	Scott Connolly	01:15:27	8.67	18	22	12	6.86	30.09	5.67
9	6	Noah O'Hara	01:15:27	8.35	6	26	15	6.59	30.53	4.58
10	21	Robert Hayes	00:09:57	1.34	0	0	3	7.99	29.23	0.00
11	8	Brian Johnson	01:06:34	9.40	8	22	17	8.48	29.49	4.85
12	9	Alex O'Sullivan	01:15:27	10.17	18	18	8	8.06	27.65	4.87
13	10	Chris Collins	00:44:38	5.83	10	10	8	8.04	31.55	5.13
15	20	Daihi Madden	00:26:03	3.80	6	8	5	8.73	29.23	4.61
17	15	Ciaran Walsh	01:15:27	10.19	5	33	16	8.02	29.23	4.55
20	17	Anthony Murphy	00:31:53	3.63	2	8	4	6.83	27.92	4.09
22	11	Ray Thomson	00:50:28	5.76	12	17	14	6.83	30.57	4.66
24	1	Joseph Smith	00:20:30	3.21	0	0	1	9.36	25.68	0.00
26	13	Philip Daniels	01:15:27	8.36	12	20	11	6.59	30.78	5.03
30	4	Daniel McGuinness	00:44:38	4.60	14	11	6	6.48	30.76	5.54
36	12	Stephen Hall	00:56:01	8.29	7	17	10	8.92	29.19	5.21
47	22	James Andrews	00:32:10	4.87	2	8	7	9.10	27.06	4.80

Analysis & Feedback Training:

Sensor	Player No.	Player	Time Played	Distance (km)	# Accelerations >4 m/s ²	# Decelerations >4 m/s ²	#Sprints > 22km/h	Avg. Speed km/h	Max Speed km/h	Max Acceleration m/s ²
1	7	Lee Joyce	01:50:06	10.38	26	12	16	5.55	28.49	5.39
2	12	Thomas O'Brien	01:16:30	6.24	12	7	16	4.78	30.85	5.33
4	2	Patrick Marron	01:50:06	9.65	44	10	20	5.17	30.59	5.89
5	1	Evan Mc Grath	01:50:06	9.23	15	12	15	4.94	29.37	5.10
9	8	Trevor Mc Bride	00:27:54	2.37	0	0	0	4.88	24.52	0.00
12	23	Scott Connolly	00:31:14	3.81	0	0	0	7.17	22.20	0.00
13	21	Noah O'Hara	01:50:06	9.45	32	15	16	5.08	30.39	4.75
14	14	Robert Hayes	01:50:06	9.33	30	9	12	5.03	28.39	5.09
15	3	Brian Johnson	01:50:06	3.50	0	0	0	1.31	11.35	0.00
17	15	Alex O'Sullivan	01:50:06	9.64	16	10	12	5.18	29.71	5.49
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23	1	Anthony Murphy	01:50:06	9.40	37	18	12	5.00	30.01	5.43
24	9	Ray Thomson	01:50:06	2.48	0	0	0	0.75	6.81	0.00
25	13	Joseph Smith	01:50:06	8.60	16	3	13	4.62	29.82	6.09
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Games Based Session:

Croke Park Kickhams Football Practice

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20:20	Space Filling Game:	<ul style="list-style-type: none"> Double ball Start, 4 v 4 inside building to 12 v 12 in scoring zone, Space reduces as after each attack. 	20	2	8
20:40	Scoring Drill.	<ul style="list-style-type: none"> Unoppsed Scoring Drill inside the scoring zone. 	10	1	6
20:50	Warm Down & Recap	<ul style="list-style-type: none"> Cool down - Player Led longer stretches. Cones & Equipment. 	5	5	1
			85	15	9

Date: 09/01/19
Session: 1

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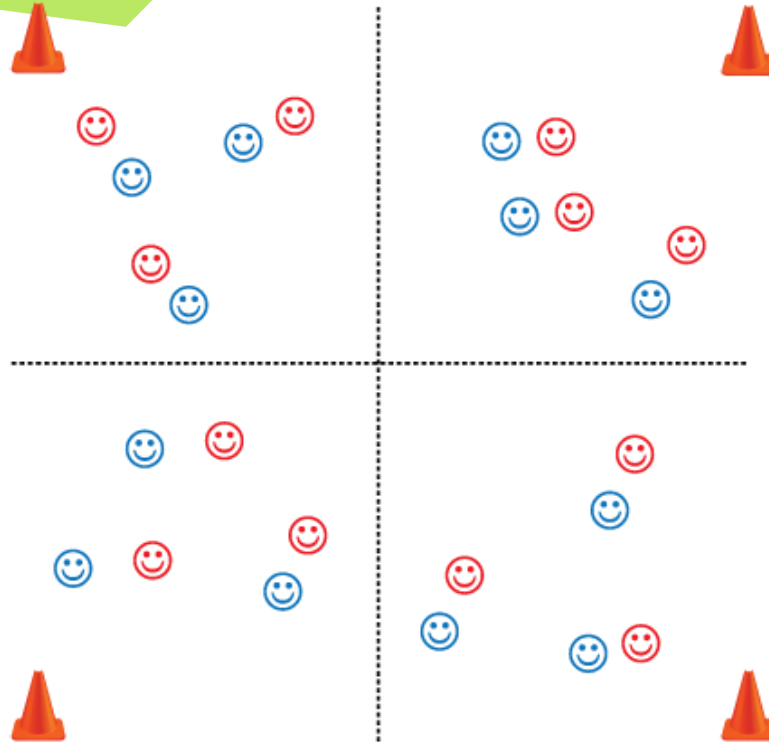
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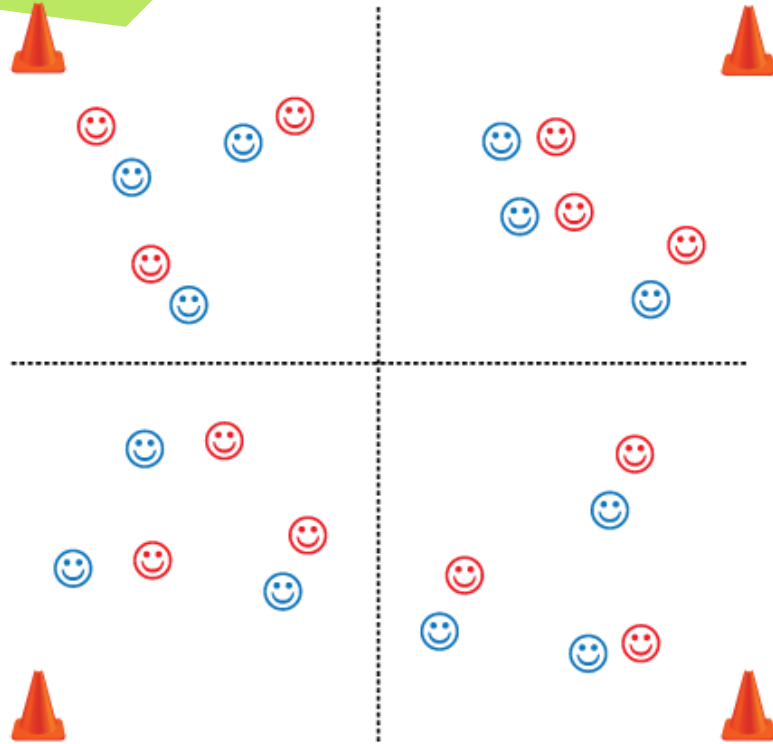
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High Pass High Catch:



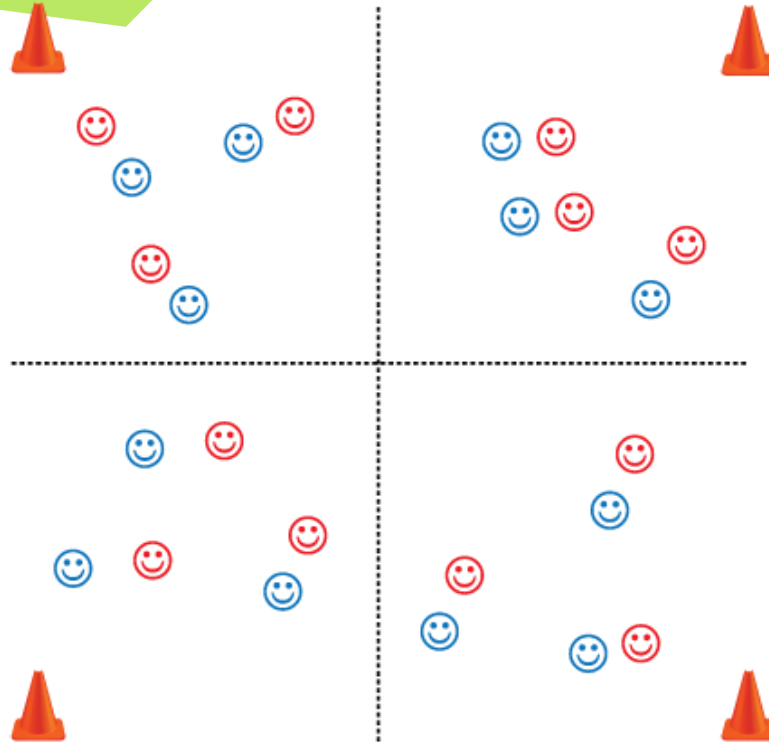
Game 1: High Pass High Catch:

Hip Pass:



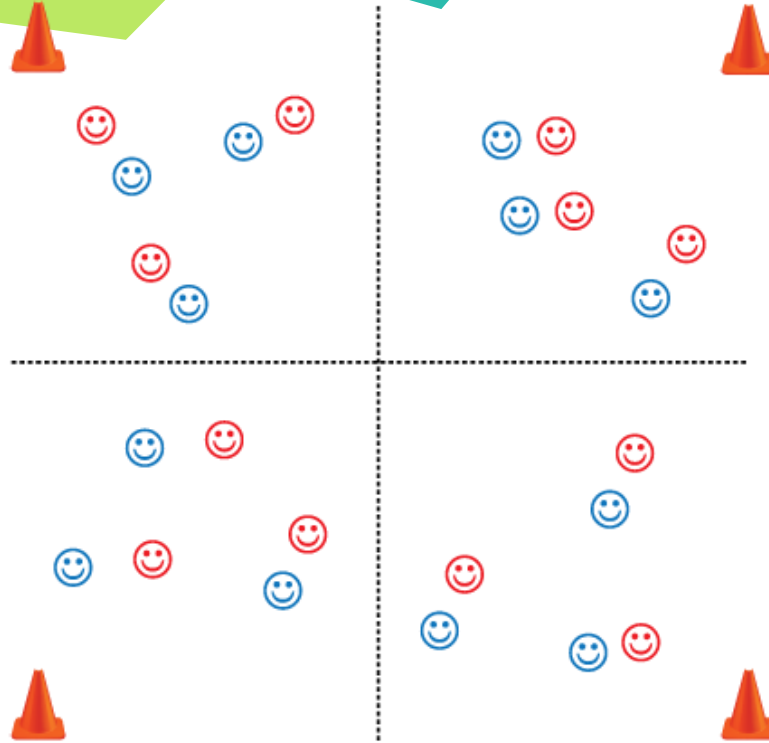
Game 2: Hip Pass & Catch:

Bounce Pass:



Game 3: Bounce Pass & Catch:

All 3 In Larger Grid:



Game 4: All 3 in Larger Grid:

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Date: 09/01/19 Session: 1			85	15	9

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D.A.D Game



Game 5: D.A.D Defence Attack Defence: Grid:

Croke Park Kickhams Football Practice

Session Emphasis: i. Warm up with Ball ii. Game like Fitness Activities. iii. Skill Refinement Activities

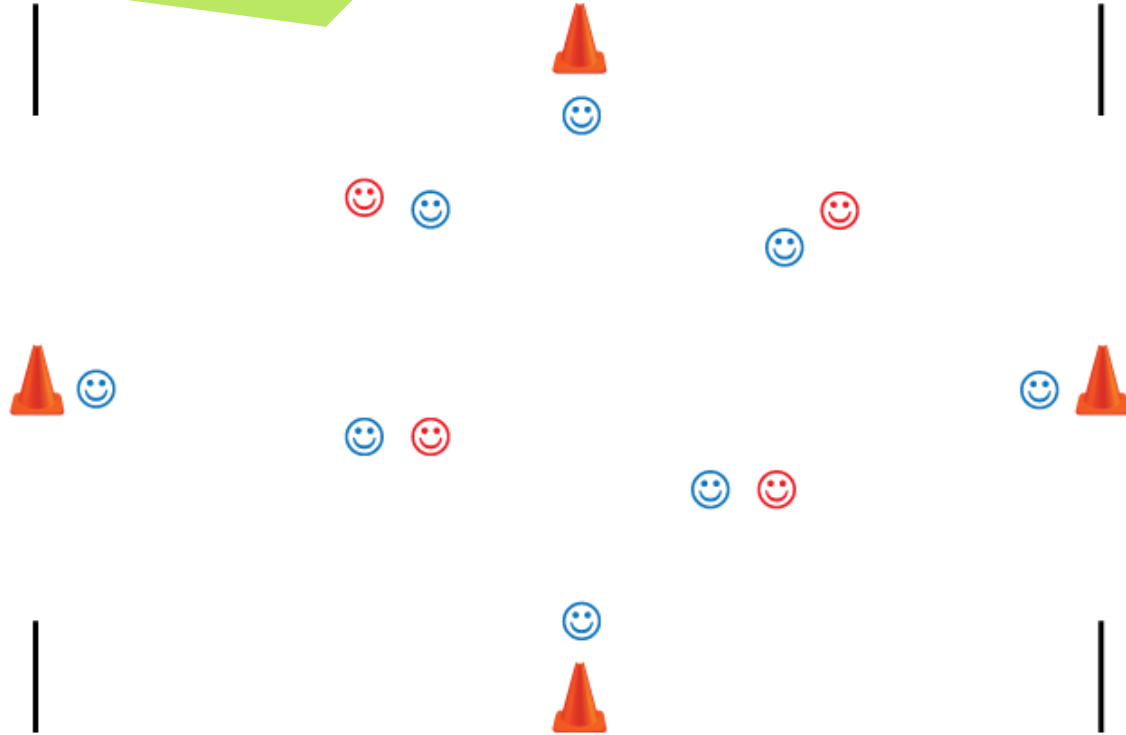
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20:40	Scoring Drill.	<ul style="list-style-type: none"> Unoppsed Scoring Drill inside the scoring zone. 	10	1	6
20:50	Warm Down & Recap	<ul style="list-style-type: none"> Cool down - Player Led longer stretches. Cones & Equipment. 	5	5	1
			85	15	9

Date: 09/01/19
Session: 1

'Your Interest Matches your effort'



Wall Pass & Progression



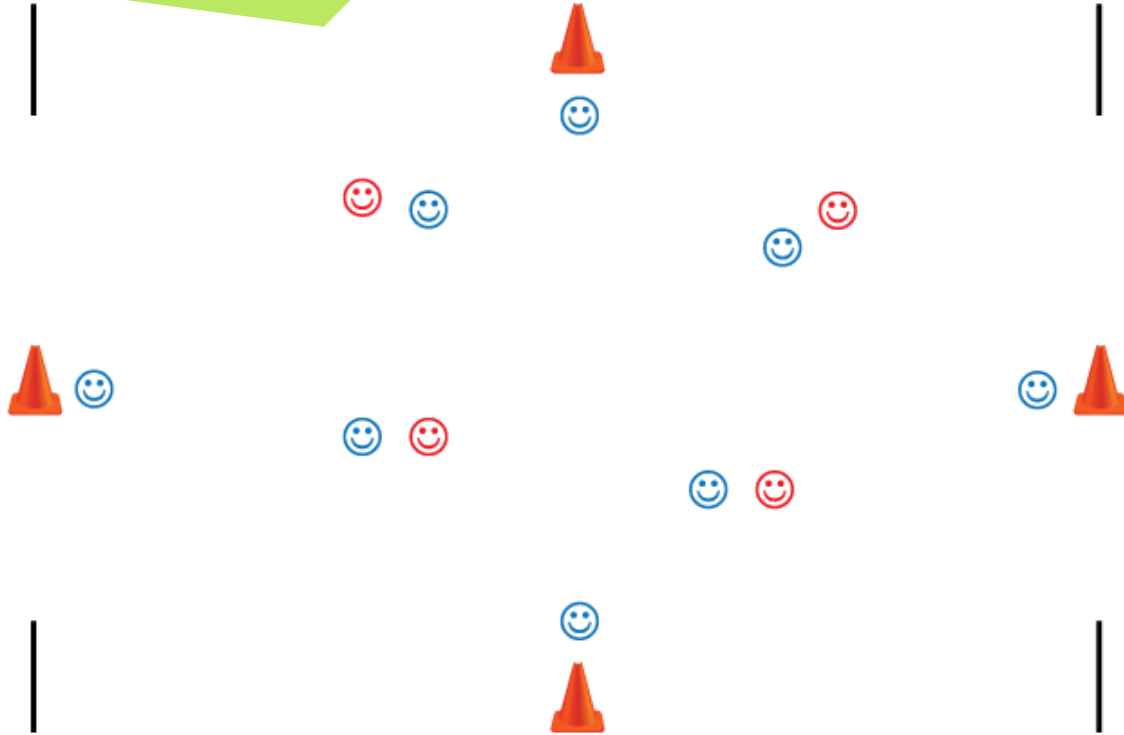
Game 6: Wall Pass Game:

Separation

Movement Speed
Speed of Thought
Execution Speed



Wall Pass/Separation Speed:



Game 7: Wall Pass Game/Separation Speed

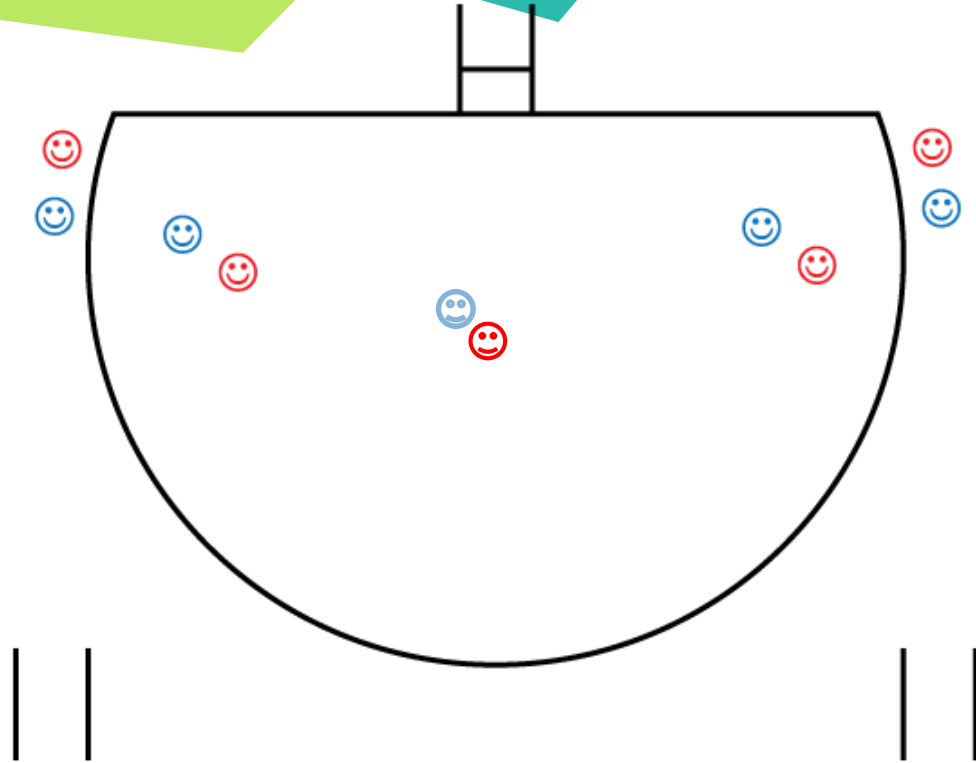
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Date: 09/01/19 Session: 1			85	15	9

'Your Interest Matches your effort'

Space Filling Game



Game 8: Space Filling Game:

Croke Park Kickhams Football Practice

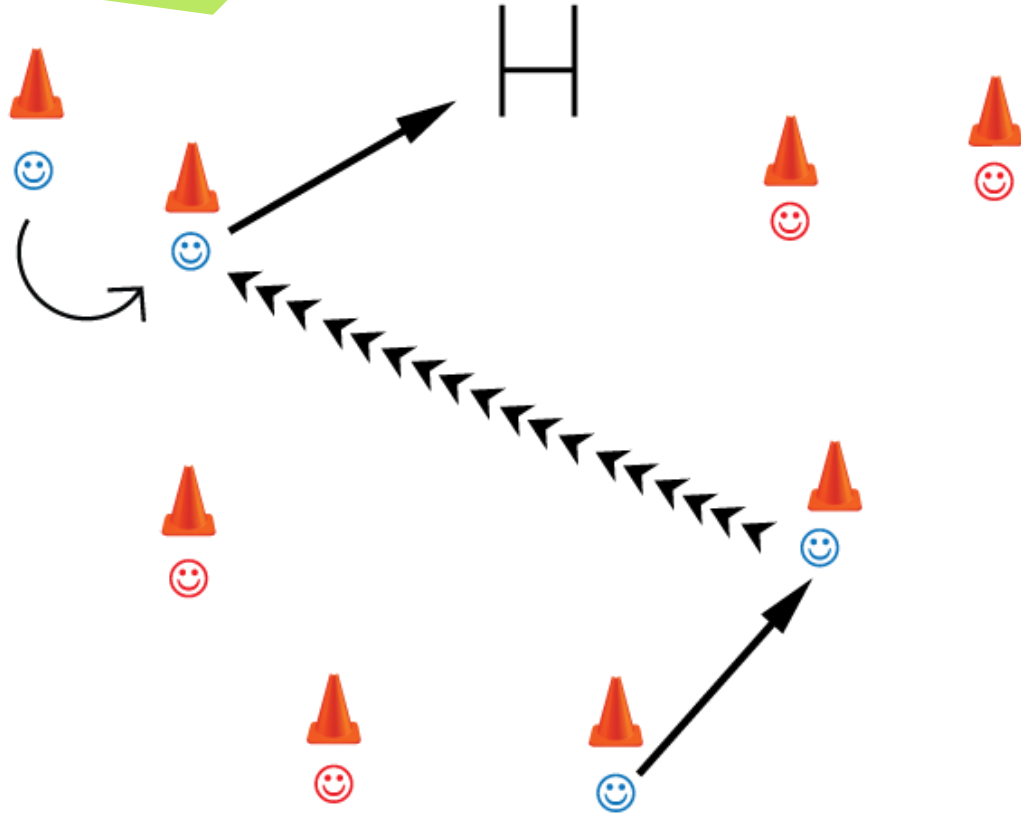
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19:30	Handling games:	<ul style="list-style-type: none"> 1: High Throw high catch 2: Hip throw 3: Bounce Throw 4: Quick Hands 	10	2	7
19:45	D.A.D Game	5 Vs 5 Attack Defend Attach Game	12	3	6
20:00	High Intensity skill Refinement game	<ul style="list-style-type: none"> Wall Pass Game: No touches allowed. Move it fast, not into tackle & support the play/player. Good touch & head up, B4 Ur hit, Give & Go, Switch Play. Progression: Ball starts from any of the 4 Stations, 1 Vs 1 responsibility when not on the ball. 	12	1	9
20:20	Space Filling Game:	<ul style="list-style-type: none"> Double ball Start, 4 v 4 inside building to 12 v 12 in scoring zone, Space reduces as after each attack. 	20	2	8
20:40	Scoring Drill.	<ul style="list-style-type: none"> Unoppsed Scoring Drill inside the scoring zone. 	10	1	6
20:50	Warm Down & Recap	<ul style="list-style-type: none"> Cool down - Player Led longer stretches. Cones & Equipment. 	5	5	1
			85	15	9

Date: 09/01/19
Session: 1

'Your Interest Matches your effort'

Unopposed Shooting



Game 9: Unopposed Shooting:

Croke Park Kickhams Football Practice

Session Emphasis: i. Warm up with Ball ii. Game like Fitness Activities. iii. Skill Refinement Activities

Time	Session Plan	Specific Content	Work	Rest	RPE
19:15	Player Led Individual Preparation	<ul style="list-style-type: none"> Set your personal training goals for improvement in this session. Player Led - Individual movement preparation & technical soft skill practice. 	10	10	4
19:30	Handling games:	<ul style="list-style-type: none"> 1: High Throw high catch 2: Hip throw 3: Bounce Throw 4: Quick Hands 	10	2	7
19:45	D.A.D Game	5 Vs 5 Attack Defend Attach Game	12	3	6
20:00	High Intensity skill Refinement game	<ul style="list-style-type: none"> Wall Pass Game: No touches allowed. Move it fast, not into tackle & support the play/player. Good touch & head up, B4 Ur hit, Give & Go, Switch Play. Progression: Ball starts from any of the 4 Stations, 1 Vs 1 responsibility when not on the ball. 	12	1	9
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			85	15	9

Date: 09/01/19
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'Your Interest Matches your effort'



Stealth Survival Guide

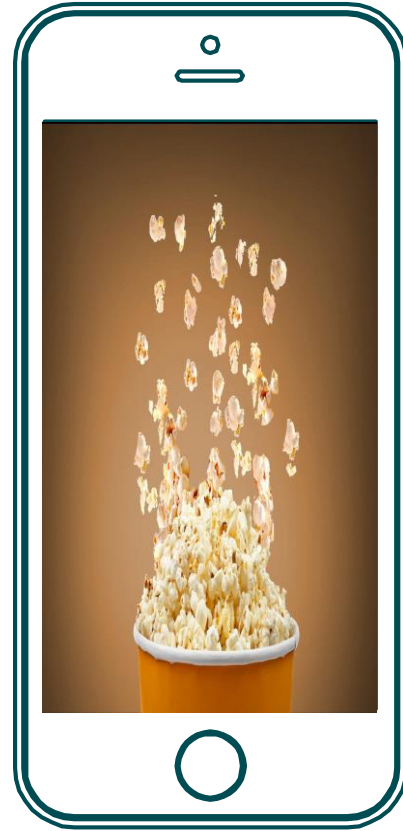
P.I.G'S

Personel Improvement
Goals



Paint Pictures

Popcorn Tackling



Creative Questioning



“What will you be able to do in an hour that you can’t do now”

Know Your Why.

Why are.....

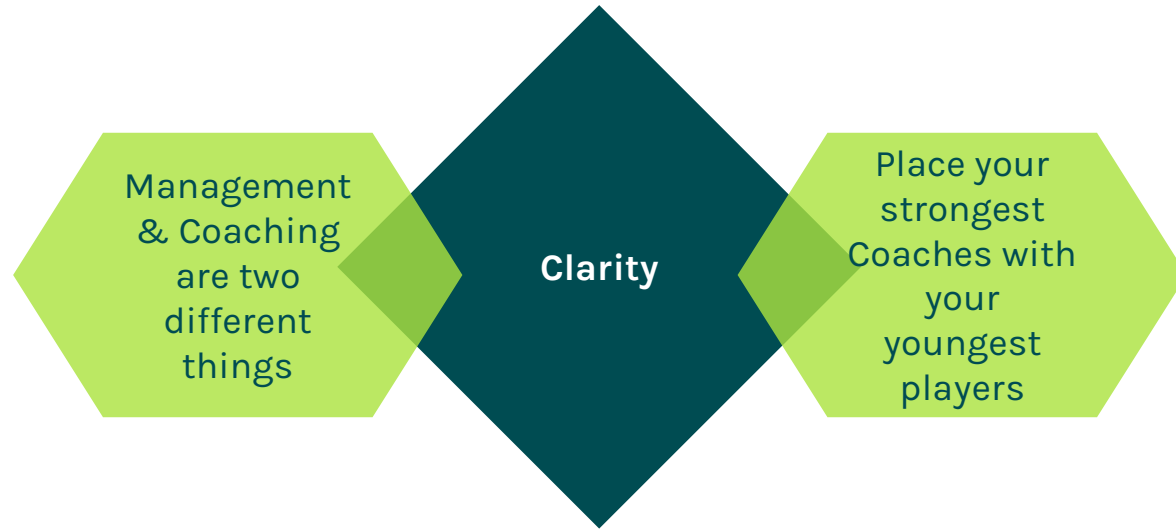




No Such Thing As A Mistake:


You Never Lose Just Run Out Of Time.

Mistakes:



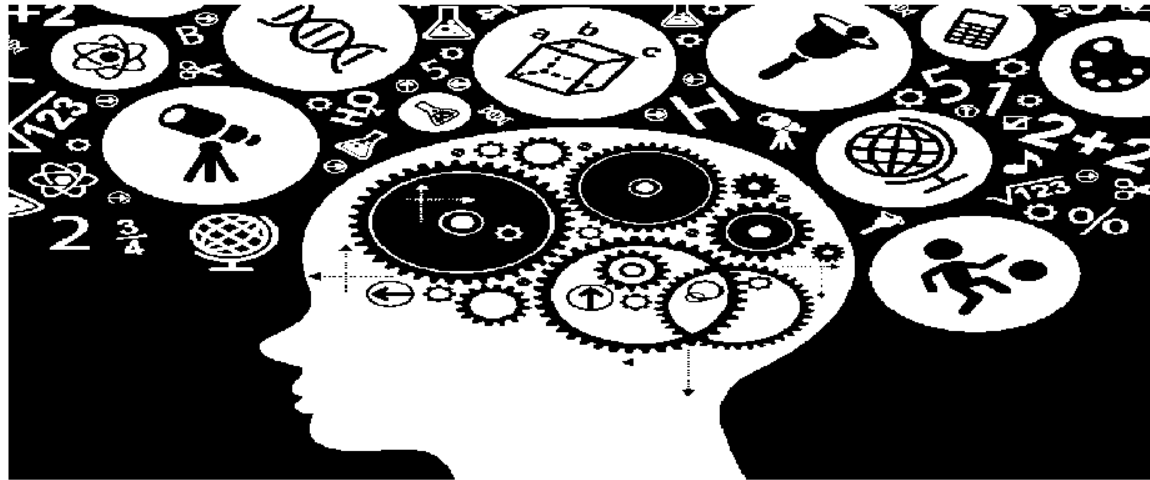


Mistakes:



Be brave.
Have fun.
Make a dent.

Information:



Five Ways We Take On Information:

Visual

Audio

Kinesiology

Verbal

Discussion

- Watching
- Listening
- Doing it
- Instructions
- Talking about it

Mentor:



Resources:



@colmnally



Thanks!

Any questions?

You can find me at **@colmnally** &
Gaelicfootballtrainingmanual@gmail.com

A copy of this presentation is available online:
www.gaa.ie

And tables to compare data

	A	B	C
Yellow	10	20	7
Blue	30	15	10
Orange	5	24	16



89,526,124\$

That's a lot of money

185,244 users

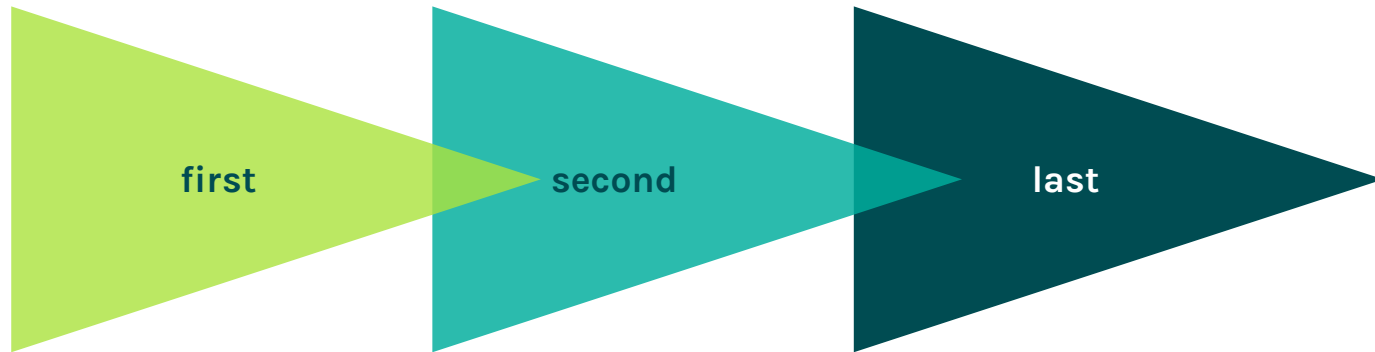
And a lot of users

100%

Total success!



Our process is easy



Let's review some concepts

Yellow

Is the color of gold, butter and ripe lemons. In the spectrum of visible light, yellow is found between green and orange.

Blue

Is the colour of the clear sky and the deep sea. It is located between violet and green on the optical spectrum.

Red

Is the color of blood, and because of this it has historically been associated with sacrifice, danger and courage.

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