

# Fun Do

GAA Fun Do

## NURSERY PROGRAMME RESOURCE



ABC

Have  
a Ball

A GAA Games  
Development  
Fun Do Initiative



Promoting the GAA  
Code of Best Practice  
for Youth Sport



THE IRISH TIMES

Part of the GAA Grassroots  
to National programme  
(GNP) supported by the  
Irish Sports Council (ISC)



AN ENJOYABLE SPORT

# ACKNOWLEDGEMENTS

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**Printed by**  
Wood Printcraft, Greencastle Parade  
Malahide Industrial Park, Dublin 17

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Images and video footage of all young people have been used with the permission of parents or guardians.

## Thanks to:

RTÉ, and the RTÉ Sports Library for their support. Emma Tormey, Regina Gorman and Aisling Foley for their assistance. Sean Ryan and Ollie McElvaney for their participation.

Aurion Learning.

Comhairle Uladh CLG, Cumann Peile Gael na mBan and Cumann Camogaíochta na nGael for their support. The Games Development Administrators, Games Promotion Officers and Coaches, in particular Mark King and Colm Burtchill, for their cooperation and assistance.

**A particular thanks to the Inter-County Players who participated:**

**Hurling**  
Davy Fitzgerald (An Clár), Eoin Kelly, Paul Kelly (Tiobraid Árann), Kevin Broderick, Joe Canning (Gaillimh), Karl McKeegan (Aontroim), Richie Power, Tommy Walsh (Cill Chainnigh)

**Football**  
Aaron Kernan (Ard Mhacha), Alan Brogan, John McCaffrey (Áth Cliath), Conor Mortimer (Maigh Eo), James Masters (Corcaigh), Mickey McVeigh (An Dún), Stephen O'Neill (Tír Eoghain).

Finally a special thanks to all the young players who participated and to the schools, teachers and parents for their cooperation.

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# CONTENTS

**Introduction** 5



**ABC**

## **ABC NURSERY PROGRAMME**

**7**

Introduction	8
Agility	9
Balance	15
Coordination	21
Running	27
Jumping	33



Have  
a Ball

## **HAVE A BALL NURSERY PROGRAMME**

**39**

Introduction	40
Throwing	41
Catching and Passing	47
Kicking	53
Striking	59



**ABC**  
Have  
a Ball

## **ABC / HAVE A BALL SAMPLE SESSIONS**

**65**

Introduction	66
Gaelic Football (Ages 5-6)	67
Gaelic Football (Ages 7-8)	69
Hurling (Ages 5-6)	71
Hurling (Ages 7-8)	73
Build Your Own Session	75

# TEACHTAIREACHT AN UACHTARÁIN

Is chúis mhór áthais dom cúpla focail a scríobh ar fhoilsiú an leabhair thábhachtaigh seo.

The GAA Fun Do Learning Resource Pack is the product of an enormous amount of research and preparation and I want to extend my thanks to all those who have had an input into this vital resource. It is designed to promote participation for all, and to present Gaelic games as a fun recreation for our youth as they learn the skills and techniques of Gaelic games in a healthy, structured and relaxed environment.

The programme is intended to address the social, physical and psychological needs of young players and as such is an exciting and progressive development for the Association. It aims to cater for different levels of development, for differing abilities and needs and to develop a sense of fair play with an overall purpose of encouraging children to reach their full potential.

The GAA has a proud history of innovation in the area of Games Development. I extend my thanks to the countless thousands of coaches, teachers and parents who have been proactive in this area over the years. Their contribution is a large part of the reason that the GAA continues to thrive and develop across the country. This latest initiative has the potential to make an enormous difference to the lives of young people who are attracted to our games and for this reason everyone involved with Fun Do should be extremely proud.

Ráth Dé oraibh go léir,



**Nioclás Ó Braonáin**

Uachtaráin



# INTRODUCTION

**The ABC/Have-a-Ball Nursery Programmes are a series of fun-based exercises to develop basic movement and motor skills for children aged 4 to 8 years old. These skills form the basis for the later development of the specific skills of Hurling and Gaelic Football. The level of competency with which one can perform these skills is referred to as their Level of Physical Literacy.**

Fundamental Movement and Basic Motor Skills should be developed in the early years of physical development to provide the basis for all further movement and motor development. However, they should also be practised throughout the career development of a player, and are typically utilised as elements of warm-up activities for both developing and elite players.

In this resource, exercises from the ABC Programme can be selected to develop Agility, Balance, Coordination, Running or Jumping skills. Throwing, Catching and Passing, Kicking and Striking skills can be selected through the Have-a-Ball Programme.

This programme complements the ABC Programme by the development of Basic Motor Skills focusing on the players ability to play with and manipulate a ball.

Under each skill there are three different levels to choose from, depending on the ability of the group. Level 1 exercises are the easiest, Level 2 exercises are more challenging while Level 3 exercises are the most difficult. Within each level there are a number

**The ABC Coaching method is an integral part of the child's development as a GAA player**



of exercises which can be used to develop the skill, which can be interchanged with each other.

There are a number of sample sessions provided to assist with organising a Nursery Session. In addition, there are also a number of blank session planners which may be photocopied for each session. Once completed, they can act as a bank of sessions to choose from. Remember that exercises can also be mixed between sessions to make the sessions enjoyable, fun and varied for the coaches as well as the players.

Further information on setting up a nursery programme in any Club or School can be found in the Coaching Information section of the Fun Do Learning Resource Pack.

The GAA Fun Do Learning Resource Pack provides the complete interactive learning package i.e. embraces Nursery Inputs, Games, Skill Development activities and Skill Awards and ensures that these are delivered in a manner which facilitates learning outcomes and which gives practical expression to the vision/mission of ensuring that people "Play and Stay with the GAA".

# GLOSSARY OF TERMS

## UNDERSTANDING THE ICONS

Throughout the document a series of Icons are used. Below is what they stand for.

### EQUIPMENT ICONS



Coach



Stopwatch



Player



Markers



Whistle



Tyre



Flag



Cones



Goalposts



Sliotar



Ladder



Hoop

**ABC**

**NURSERY  
PROGRAMME**

**ABC**



**AGILITY / BALANCE / COORDINATION / RUNNING / JUMPING**

# INTRODUCTION



Welcome to the ABC section of the Fun Do Learning Resource Pack. The skills outlined here have been identified as appropriate to develop movement skills for players between the ages of 4 and 8. There are three levels of exercises outlined. Remember that some players develop quicker than others. In this case progress to the exercises outlined in Levels 2 and 3 of this resource.

## AGILITY

Agility is the ability to change direction quickly and control the movement of the whole body. It is important that players develop the ability to move in a variety of directions, leading off both the left and right feet.

## BALANCE

Balance is the ability to maintain a stable orientation in relation to the immediate environment. Developing good balance skills is important in Gaelic games as players are often required to perform skills while off balance or while balanced on one foot.

## COORDINATION

Coordination is the ability to move different body parts simultaneously or in sequence in order to perform a specific task. Gaelic games require a good sense of coordination, as players are required to perform skills that involve hand-eye coordination, foot-eye coordination and hand-foot coordination at various stages.

## RUNNING

Running is a basic movement skill that involves the coordinated movement of the arms and legs. It is important that players have a good running technique and posture, as poor running technique can result in difficulty performing some skills and may lead to injury.

## JUMPING

Jumping is an important skill in Gaelic games. To develop their true potential players need to develop the ability to jump in a variety of directions, over various distances and from a variety of starting positions.



These are fun exercises to develop Agility

### EXERCISE 1 TRAVELLING

#### ORGANISATION

- The players travel around the playing area in different directions and in as many different ways as possible e.g. jogging, hopping, jumping, sideways, backwards etc.

#### KEY POINTS

- Each player uses a different pathway
- When moving sideways, don't cross legs
- When moving backwards, look over each shoulder and move on the balls of the feet



### EXERCISE 2 SIGNAL MAN

#### ORGANISATION

- The players move in different directions on a signal from the Coach or a designated player
- Incorporate different actions or movements for specific signals

#### KEY POINTS

- The players must remain alert and ready to change direction or action
- Move on the balls of the feet to adjust movement easily



### EXERCISE 3 DODGEMS

#### ORGANISATION

- The players travel around the playing area while avoiding the markers and the other players while pretending to drive dodgems or bumper cars
- To make the task more difficult, reduce the size of the playing area

#### KEY POINTS

- Ensure the players have enough room to move around safely
- Change pathways to avoid other players
- No bumping



### EXERCISE 4 BACK TO BACK

#### ORGANISATION

- The players move around the playing area randomly while avoiding the other players
- On a signal from the Coach they pair off quickly and stand back to back

#### KEY POINTS

- Move close to the other player before turning back to back



## EXERCISE 5 CLOSING THE SPACE

**ORGANISATION**

- The players move around the playing area while avoiding the other players
- The Coach reduces the size of the playing area throughout by acting as a perimeter on one side making the task gradually more difficult

**KEY POINTS**

- Ensure the players have enough room to move around safely
- No bumping

## EXERCISE 6 MUSICAL CHAIRS

**ORGANISATION**

- The players run around the playing area randomly
- On a signal from the Coach each player must find a marker in order to remain in the game
- One marker is removed before each round until only one player remains

**KEY POINTS**

- No pushing or bumping

## EXERCISE 7 FOX AND HEN

**ORGANISATION**

- One player is designated the 'fox'
- The 'fox' must chase the other players - designated 'hens' - around the playing area
- When a 'hen' is tagged they become the new 'fox'
- The 'hens' are safe when standing on the round markers

**KEY POINTS**

- Ensure the players have enough room to move around safely
- No harsh grabbing, pushing or bumping

## EXERCISE 8 1, 2, 3 RED LIGHTS

**ORGANISATION**

- One player acts as a 'caller' with their back to the rest of the players
- The 'caller' gives a signal for the other players to move forward
- They then call out '1, 2, 3 Red Lights' and turn around
- Any player they catch still moving is out
- The exercise continues until only one player remains

**KEY POINTS**

- The players must remain alert to react to the signal
- Focus on balance when stopping

These are fun exercises to develop Agility

### EXERCISE 1 TOUCH THE DOME

#### ORGANISATION

- Place different coloured markers or domes around the playing area
- Challenge the players to touch 3 caps of the same colour in succession
- Then, challenge them to touch 3 different coloured markers in succession
- The Coach may also call a colour to which the players must travel

#### KEY POINTS

- Ensure the players have enough room to move around safely
- Touch the markers with the toes before moving quickly to the next cap



### EXERCISE 2 BRIDGES AND RIVERS

#### ORGANISATION

- The players work in pairs, one player designated the 'bridge' and the second the 'river'
- The players run around the playing area, and on a signal from the Coach the 'bridges' balance on their hands and feet while the 'rivers' crawl under the 'bridges'
- The 'rivers' can also crawl under the 'bridges' from back to front as well as side to side

#### KEY POINTS

- Move quickly into the bridge position
- 'Rivers' get down low and shuffle using the forearms and lower legs



### EXERCISE 3 NUMBERS AND SHAPES

#### ORGANISATION

- The players run around the playing area and on a signal from the Coach make a shape or formation, for example a square or triangle
- A variation of the exercise is for the Coach to call a number and for the players to group into that number as quickly as possible

#### KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



### EXERCISE 4 DODGE THE DOME

#### ORGANISATION

- The players approach a marker or dome and side-step past it; encourage use of both sides
- Start at a slow or walking pace before gradually increasing the speed as the players become more comfortable
- This exercise can also be performed with a partner; one player remains stationary while the other jogs forward and side steps past them

#### KEY POINTS

- Plant the lead foot firmly on the ground, transferring the body weight to the foot
- Push hard off the planted foot to 'spring' to the other side
- Plant the opposite foot and continue forward in the new direction



## EXERCISE 5 TOE TOUCH

**ORGANISATION**

- The players work in pairs; each player attempts to touch the toes of their partner by moving their feet quickly
- Ensure the players do not stamp on their partner's toes
- Challenge the players to score five touches
- To vary this exercise the players must attempt to touch each other's knees with theirs

**KEY POINTS**

- Lightly touch the partner's toes when their foot is placed on the ground
- No stamping or pushing

## EXERCISE 6 FREEZING

**ORGANISATION**

- The players run around the playing area randomly
- On a signal the players must freeze and hold their position until the Coach signals them to run around again

**KEY POINTS**

- Ensure the players have enough room to move around safely
- Stop with knees slightly bent, one foot in front of the other for balance; arms should be bent at the elbows, in opposition to the legs, e.g. right leg forward, left arm forward
- After stopping move off quickly in a new direction

## EXERCISE 7 TAIL TAG

**ORGANISATION**

- Place a velcro tag or band at the back of the players shorts
- In pairs or with designated chasers the aim is to grab the tails from the other players
- The players with the tails must avoid the chasers by using evasion techniques

**KEY POINTS**

- Ensure the players have enough room to move around safely
- No pushing or bumping

## EXERCISE 8 MIRROR MIRROR

**ORGANISATION**

- The players work in pairs, with one player in each pair designated the leader
- The second player must copy the movements of the leader
- Switch the roles after a set time

**KEY POINTS**

- Watch the leaders movement, not their eyes, to quickly copy their actions
- No pushing or bumping

These are fun exercises to develop Agility

### EXERCISE 1 CHASING SHADOWS

#### ORGANISATION

- The players work in pairs, with one player in each pair designated the leader
- The leader runs around the playing area being followed by their partner
- Whichever way the leader moves the partner must follow as quickly as possible; when the leader stops the partner must also stop
- Switch the roles after a set time

#### KEY POINTS

- Stop with knees slightly bent, one foot in front of the other for balance; arms should be bent at the elbows, in opposition to the legs, e.g. right leg forward, left arm forward
- After stopping, move off quickly in a new direction
- No pushing or bumping



### EXERCISE 2 MINEFIELD WITH BALL

#### ORGANISATION

- Place lots of obstacles or domes/mines - inside the playing area
- Divide the players into 4 groups, 1 at each side of the playing area; each player has a ball
- The players must dodge the 'mines' as they travel from one side of the playing area to the other, bouncing a ball
- Initially one team at a time navigates the minefield; gradually increase the number of teams navigating the minefield at the same time

#### KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



### EXERCISE 3 ZIG-ZAG SLALOM RUN

#### ORGANISATION

- Place poles or cones approximately 3m apart in a zig-zag formation.
- The players must dodge around each of the poles
- The players should drive off the outside leg when rounding each pole
- To vary the exercise challenge the players to go sideways and backwards through the slalom

#### KEY POINTS

- Use the side-step technique
- Push or drive off the outside leg to 'dodge' around each pole



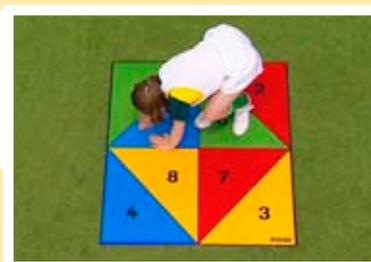
### EXERCISE 4 ON THE NUMBER

#### ORGANISATION

- Use a numbered mat or mark out sections on the floor
- Coach or another player calls moves for the player on the mat, e.g. left hand to no. 4
- Include hopping, jumping and moving the hands and legs individually and in combination

#### KEY POINTS

- Visualise the move before completing it



## EXERCISE 5 TEAM MINEFIELD



## ORGANISATION

- Place lots of obstacles or domes/mines - inside the playing area
- Divide the players into 4 teams numbered 1, 2, 3, 4, one at each side of the playing area
- The Coach calls the number of a team and a second number, for example 3 and 2, and team 3 must run across the playing area twice, avoiding the caps
- Players must dodge the 'mines' as they travel from 1 side of the playing area to the other

## KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping

## EXERCISE 6 WRIST TAG



## ORGANISATION

- Divide the players into pairs; each player wears two velcro tags, 1 attached to each wrist
- The players must attempt to grab the tags from their partner while avoiding the efforts of their partner to do the same

## KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping

## EXERCISE 7 MATCH THE MOVE



## ORGANISATION

- Divide the players into pairs; each player works in a grid with a centre marker
- One player is designated the leader who moves to each corner of the grid randomly, using different ways of travelling e.g. backwards, sideways, skipping, hopping etc.
- 2nd player must match the direction and the way the leader moves within their own grid
- Introduce a ball as the players become more competent

## KEY POINTS

- Watch the leaders' movement, not their eyes, to quickly copy their actions
- Return quickly to the centre marker to prepare for the next movement

## EXERCISE 8 MINEFIELD WITH TARGETS



## ORGANISATION

- Place lots of obstacles or domes/mines - inside the playing area; include a number of hoops
- Divide the players into 4 teams, one at each side of the playing area; each player has a ball
- The players must dodge the 'mines' as they travel from one side of the playing area to the other bouncing the ball in any hoop they pass
- Initially one team at a time navigates the minefield; gradually increase the number of teams navigating the minefield at the same time

## KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping

# BALANCE

## EXERCISES

These are fun exercises to develop Balance

### EXERCISE 1 COPY CAT

#### ORGANISATION

- The players copy the Coach who guides them through a series of pulse raising and mobilisation movements
- Incorporate mobilisation exercises at regular intervals between the pulse raising exercises

#### KEY POINTS

- Gradually increase the intensity of the activity
- Include a moderate version of activities to be performed later in the session



### EXERCISE 2 LEANING TOWER

#### ORGANISATION

- The players sway or lean in different directions while in a standing position
- Beginning with the feet comfortably apart, lean forward and then back; lean as far as possible while maintaining balance
- Then, lean to either side
- Raise the arms out to each side and stand on one leg, then the other
- Repeat the sequence with the eyes closed

#### KEY POINTS

- Place the feet comfortably apart
- Find the centre of balance by swaying from side to side and back and forward



### EXERCISE 3 WALK LIKE AN ANIMAL

#### ORGANISATION

- The players mimic the movements of common animals such as the dog, the limping dog, the crab, the snake and the rabbit
- To further progress these exercises get the players to change from mimicking one animal to another on a signal or once they have reached a marker or cone
- Introduce animal relay races to further challenge the players

#### KEY POINTS

- Ensure the players have enough room to move around safely
- Change pathways to avoid other players
- No bumping



### EXERCISE 4 ROLY-POLY

#### ORGANISATION

- Lying on their backs on the ground the players curl into a ball
- At first roll side to side, then roll forward and back

#### KEY POINTS

- Attempt to achieve a rhythm without losing balance



## EXERCISE 5 WREST THE BALL

**ORGANISATION**

- Two players attempt to wrest a ball from each other; use a swiss ball or stability ball

**KEY POINTS**

- Ensure that there are safety mats in place and that the players are suitably matched
- Place the feet wide apart with one foot in front of the other to provide a strong base

## EXERCISE 6 THE PARCEL

**ORGANISATION**

- One player lies on the ground holding a ball while curled up as tight as possible
- A second player must attempt to wrest each limb of the player from around the ball one by one until they can take the ball from their possession
- Once a limb has been wrested away, the player holding the ball cannot move it back to protect the ball

**KEY POINTS**

- Ensure that there is no rough handling and that the players are suitably matched
- The wresting player should place the feet wide apart with one foot in front of the other to provide a strong base

## EXERCISE 7 THE POSTAGE STAMP

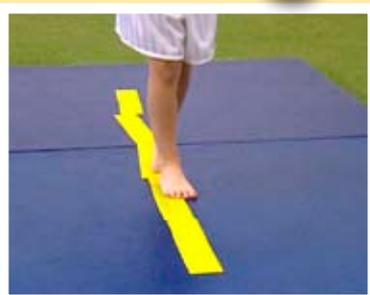
**ORGANISATION**

- One player lies on their back pretending to be stuck to the ground
- A second player attempts to wrest each limb of the player from the ground one by one; the first player resists
- Once a limb has been lifted from the ground the player cannot replace it
- Once all limbs are lifted switch roles

**KEY POINTS**

- Ensure that there is no rough handling and that the players are suitably matched
- The wresting player should place the feet wide apart with one foot in front of the other to provide a strong base

## EXERCISE 8 WALK THE LINE

**ORGANISATION**

- The players walk along a line or strip of tape or flat marker on the floor
- Challenge them to turn fully around in the middle
- Then challenge them to complete the task with their eyes closed

**KEY POINTS**

- Stand upright
- Raise the arms to the sides to help maintain balance

These are fun exercises to develop Balance

### EXERCISE 1 SQUAT BALANCE

#### ORGANISATION

- The players raise their hands out to the front and squat down by bending their knees
- Raise the hands above the head and stand up on the toes
- Repeat the sequence with their eyes closed

#### KEY POINTS

- Lean slightly forward but keep the head up
- Do not bend the knees beyond 90 degrees



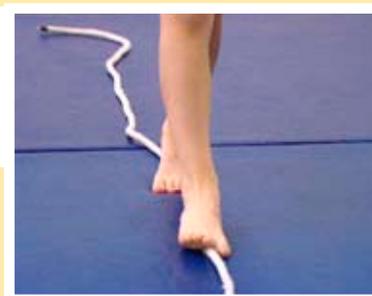
### EXERCISE 2 TIGHT ROPE

#### ORGANISATION

- The players walk a rope placed along the floor
- Challenge them to walk the rope backwards or sideways
- Further challenge them to complete the task with their eyes closed

#### KEY POINTS

- Stand upright
- Raise the arms to the sides to help maintain balance



### EXERCISE 3 BODY BALANCE II

#### ORGANISATION

- Sitting on the ground the players raise their hips to balance on their hands and feet
- Raise each leg alternatively off the ground
- Then challenge them to raise both feet momentarily

#### KEY POINTS

- Make each movement at a slow steady pace



### EXERCISE 4 ON THE NUMBER

#### ORGANISATION

- Use a numbered mat or mark out sections on the floor
- The Coach or another player calls moves for the player on the mat, e.g. left hand to number 4
- Include hopping, jumping and moving the hands and legs individually and in combination

#### KEY POINTS

- Visualise the move before completing it



## EXERCISE 5 WOBBLE AND BALANCE

**ORGANISATION**

- Use an unstable object like a wobble board or cushion
- To begin the players stand still on the board for as long as possible
- Then move through a variety of balance positions while remaining on the wobble board
- Close the eyes to increase the difficulty
- Use two or more wobble boards; get the players to balance using different combinations of arms and legs, or to move from kneeling or ground positions into standing positions

**KEY POINTS**

- Keep the upper body tall
- Raise the arms to the sides to help maintain balance

## EXERCISE 6 SIT AND BALANCE

**ORGANISATION**

- The player sits on a stability ball or swiss ball and moves through a series of balance positions
- Begin by sitting on the ball and raising the arms out to the side
- Walk the feet forward and lie back on the ball; walk the feet back and attempt to place the hands on the ground behind the head
- Now sit on the ball with the feet together
- Lift both feet off the ground and balance on the ball without using the hands
- To vary this exercise kneel and balance on the ball

**KEY POINTS**

- Ensure that there are safety mats in place
- Tighten the stomach muscles

## EXERCISE 7 BELLY UP

**ORGANISATION**

- The player lies on their back with their feet on the stability ball
- Raise one foot and then the other
- Lift the hips off the ground

**KEY POINTS**

- Ensure that there are safety mats in place
- Tighten the stomach muscles

## EXERCISE 8 STABILITY BALL PRESS UP

**ORGANISATION**

- Lying on a stability ball the player walks forward to place their hands on the ground
- Continue forward until the lower legs are resting on the ball
- Challenge the players to do a press up

**KEY POINTS**

- Ensure that there are safety mats in place
- Tighten the stomach muscles

These are fun exercises to develop Balance

### EXERCISE 1 CHANGE THE SHAPE

#### ORGANISATION

- The player lies face down on the ground
- Raise the arms and legs individually, then together on opposite sides & then the same side
- Move into the press-up position by lifting the body onto the arms and feet
- Rotate the feet to the side while continuing to balance on the arms; raise the top foot into the air
- Return to the press-up position; lift the feet to balance on the knees

#### KEY POINTS

- Make each movement at a slow steady pace



### EXERCISE 2 BODY BALANCE III

#### ORGANISATION

- The players begin by lying down on their backs
- Lift the legs into the air and raise the hips supported by the hands
- Cycle the legs backwards and forwards
- Spread the legs wide in different directions

#### KEY POINTS

- Place the elbows directly below the hands to increase support
- Make each movement at a slow steady pace



### EXERCISE 3 SUPERMAN

#### ORGANISATION

- Lie over the ball with both feet on the ground
- Lift the opposite arm and leg alternatively, holding the position for as long as possible
- Then raise both arms out to the side

#### KEY POINTS

- Ensure that there are safety mats in place



### EXERCISE 4 MIRROR BALL

#### ORGANISATION

- The players work in pairs, facing each other and supporting the stability ball between them
- One person leads the movement while the other must mirror the movement to ensure the ball remains aloft

#### KEY POINTS

- Make each movement at a slow steady pace
- Place the hands slightly below the middle of the ball



## EXERCISE 5 TUG OF WAR

**ORGANISATION**

- The players work in pairs, each standing on an unstable object like a wobble board or cushion and holding a rope between them
- The aim of the exercise is to dislodge the other player from their wobble board

**KEY POINTS**

- Ensure that there are safety mats in place
- Stand upright; place one foot in front of the other and bend the knees slightly

## EXERCISE 6 BALANCE AND PASS

**ORGANISATION**

- The players work in pairs, each sitting on a stability ball
- Throw the ball over and back
- Continue the exercise, first lifting one foot off the ground then both feet
- To further increase the difficulty, challenge them to use the fist or hand pass

**KEY POINTS**

- Ensure that there are safety mats in place
- Sit upright
- Tighten the stomach muscles

## EXERCISE 7 WOBBLE AND CATCH

**ORGANISATION**

- The player stands on an unstable object like a wobble board or cushion
- Another player or the Coach throws the ball from different positions and at different heights for the player to catch
- Using two wobble boards work in pairs
- Challenge the players to continue the exercise while standing on one leg
- Use a smaller ball and a one-handed throw to challenge the catcher further

**KEY POINTS**

- Stand upright; place one foot in front of the other and bend the knees slightly

These are fun exercises to develop Coordination

### EXERCISE 1 CIRCLE TIME

#### ORGANISATION

- Sit the players in a circle
- The Coach guides them through a series of exercises using the hands and feet
- Include raising the feet off the ground and tapping the hands and feet off the ground

#### KEY POINTS

- Gradually increase the intensity of the activity



### EXERCISE 2 BODY PARTS

#### ORGANISATION

- The players work in pairs
- On a signal from the Coach the players touch using different body parts

#### KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



### EXERCISE 3 LOG ROLL

#### ORGANISATION

- The players roll along the ground with their arms and feet extended
- Progress to perform the roll while attempting to keep the arms and feet off the ground

#### KEY POINTS

- Ensure the players have enough room to move around safely
- Hold the arms together and the legs together



### EXERCISE 4 BODY BALANCE I

#### ORGANISATION

- The players balance on their hands and feet
- On all fours lift one arm up and out to the front, then the other
- Now lift one leg off the ground, then the other
- Lift the opposite arm and leg at the same time and vice versa
- Finally lift the arm and leg at the same side and vice versa

#### KEY POINTS

- Make each movement at a slow steady pace



## EXERCISE 5 ROLEY POLEY

**ORGANISATION**

- Lying on their backs on the ground, the players curl into a ball
- At first roll side to side, then roll forward and back

**KEY POINTS**

- Attempt to achieve a rhythm without losing balance

## EXERCISE 6 BOP ALONG

**ORGANISATION**

- The players sit with their legs out in front
- Beginning slowly swing each hand up to the side of the head in turn as if running
- Speed up as technique improves
- Progress the exercise by getting the players to swing their arms while standing.

**KEY POINTS**

- Sit upright
- Attempt to achieve a rhythm without losing control

## EXERCISE 7 MARCHING

**ORGANISATION**

- Marching on the spot, the players bring their knees up high and swing the arms, bending at the elbows
- Progress to a walking march

**KEY POINTS**

- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa

## EXERCISE 8 STEPPING STONES

**ORGANISATION**

- Place a number of markers around the playing area
- The players move from one marker to another using one step or leap
- Use different coloured markers and challenge individual players to cross the playing area 'stepping' from markers of one colour only

**KEY POINTS**

- Look ahead to plan a route
- Use steady measured movements to maintain balance

These are fun exercises to develop Coordination

### EXERCISE 1 EGG ROLL

#### ORGANISATION

- The player curls up in a ball and attempts to roll in a straight line

#### KEY POINTS

- Ensure safety mats are in place
- Roll sideways and not head over heel



### EXERCISE 2 TURN THE CAP

#### ORGANISATION

- Place a number of markers around the playing area
- The players run around the playing area turning the markers
- The exercise can be run using two teams; one team attempts to turn all the markers up while the other attempts to turn all the markers down

#### KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



### EXERCISE 3 SWING ROPE

#### ORGANISATION

- The player swings a rope in one hand by their side
- Every time the rope touches the ground the player must jump in time

#### 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 with the arm by the side
- Stand upright
- Swing the rope from the wrist



### EXERCISE 4 LADDER HOPSCOTCH

#### ORGANISATION

- The players hop in and out of every second space on the ladder
- Bring the feet together when hopping into the ladder and spread them to hop out of the ladder
- To vary the exercise, the player uses one foot when hopping in the space

#### KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Use the arms to maintain balance
- Move at a controlled pace



## EXERCISE 5 STEP AND FOLLOW

**ORGANISATION**

- The players move through a ladder placing both feet in every space
- Lead with one foot and follow with the other
- Remember to practise leading with both the left and right foot

**KEY POINTS**

- Stand upright
- Synchronise arm and leg movement, i.e. swing the left arm forward with the right leg and vice versa

## EXERCISE 6 BOUNCE ON A BENCH

**ORGANISATION**

- Use a bench for this exercise; place hoops or round markers on either side as targets
- The player walks along the bench bouncing a ball in each target as they pass
- The player jumps off at the end

**KEY POINTS**

- Ensure safety mats are in place
- Move at a steady, sure pace

## EXERCISE 7 CRAZY BALL

**ORGANISATION**

- The 'crazy ball' is thrown up in the air by the player and allowed to bounce
- Attempt to catch the ball after a set number of bounces
- Initially practise with two hands before progressing to one hand

**KEY POINTS**

- Ensure the players have enough room to move around safely
- Move to catch the ball at the top of the bounce

## EXERCISE 8 SKIPPING

**ORGANISATION**

- Use a variety of different techniques, such as a 2-footed jump, jogging through the rope, crossing hands and skipping backwards
- Encourage the children to make up single, pair and group skipping games

**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

These are fun exercises to develop Coordination

### EXERCISE 1 GENUFLECT AND ROLL

#### ORGANISATION

- In a genuflecting position the player rolls sideways to return to genuflecting position
- To progress, the player catches a ball passed by the Coach as they come out of the roll
- To vary the exercise, get the player to catch the ball on the way into the roll

#### KEY POINTS

- Genuflect with the knee on the roll side of the body



### EXERCISE 2 VOLLEYBALL PUSH

#### ORGANISATION

- Each player has a ball
- In a stationary position push the ball above the head using the fingertips
- Attempt to keep the ball up for as long as possible without catching it

#### KEY POINTS

- Bend the knees and elbows
- Move quickly underneath the ball after each push



### EXERCISE 3 LADDER SHUFFLE

#### ORGANISATION

- The player moves through the ladder sideways placing each foot in every space
- Remember to practise this technique leading with both the left and right foot

#### 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



### EXERCISE 4 LADDER AND BOUNCE

#### ORGANISATION

- Place a number of targets at either side of a training ladder
- The players bounce a ball on the targets as they move through the ladder
- Use a variety of balls and targets to vary the exercise

#### KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- At first concentrate on moving through the ladder and stopping to bounce on each target; gradually increase the pace



## EXERCISE 5 PASS IN A LADDER

**ORGANISATION**

- The players work in pairs; one ball per pair
- Move through the ladder sideways while passing the ball to one another

**KEY POINTS**

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Do not cross the legs
- At first concentrate on moving through the ladder and stopping to pass the ball; gradually increase the pace

## EXERCISE 6 LADDER LINE DANCE

**ORGANISATION**

- Move through the ladder sideways leading with the left or right foot
- Bring the trailing foot through and across the front of the body into the next space
- Vary the exercise by challenging the players to bring the trailing foot through behind the lead foot

**KEY POINTS**

- Stand upright
- Use the arms to maintain balance
- Move at a controlled pace

## EXERCISE 7 BALANCE AND STRIKE

**ORGANISATION**

- Use a bench for this exercise; the player stands on the bench and strikes balls thrown by the Coach or another player
- If the ball comes to the left, strike to the left and vice versa

**KEY POINTS**

- Ensure safety mats are in place
- Move at a steady sure pace

These are fun Running exercises

### EXERCISE 1 MOVE AND MOBILISE

#### ORGANISATION

- Begin with moderate exercises such as walking or light jogging before moving on to more intense activity
- Incorporate mobilisation exercises at regular intervals between the pulse raising exercises
- Include movement in different directions and in as many different ways as possible, e.g. jogging, hopping, sideways, backwards etc
- Mobilise the shoulders, the knees, the ankles and fingers

#### KEY POINTS

- Gradually increase the intensity of the activity
- Include a moderate version of activities to be performed later in the session



### EXERCISE 2 HERE, THERE AND EVERYWHERE

#### ORGANISATION

- The players run to different points in the playing area as the Coach points to them

#### KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



### EXERCISE 3 BOP ALONG

#### ORGANISATION

- The players sit with their legs out in front
- Beginning slowly, swing each hand up to the side of the head in turn as if running
- Speed up as technique improves
- Progress the exercise by getting the players to swing their arms while standing

#### KEY POINTS

- Sit upright
- Attempt to achieve a rhythm without losing control



### EXERCISE 4 MARCHING

#### ORGANISATION

- Marching on the spot, the players bring their knees up high and swing the arms, bending at the elbows
- Progress to a walking march

#### KEY POINTS

- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa



## EXERCISE 5 HIGH KNEE-LIFT RUN

**ORGANISATION**

- Jog on the spot using an exaggerated high knee-lift

**KEY POINTS**

- Run on the balls of the feet; keep the head up and the back straight
- Synchronise arm and leg movement, i.e, lift the right knee and left arm simultaneously and vice versa

## EXERCISE 6 LINEAR RUNNING

**ORGANISATION**

- Mark out channels using markers
- Place one foot and the opposite arm forward; the arms should be bent at the elbows with the head up looking forward
- Sprint over a small distance concentrating on technique

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Run on the balls of the feet keeping the head up and the back straight
- Synchronise arm and leg movement, i.e, lift the right knee and left arm simultaneously and vice versa

## EXERCISE 7 OBSTACLE COURSE

**ORGANISATION**

- Place different obstacles, for example a tunnel, cones and jumps around the playing area
- The players negotiate the course as quickly as possible

**KEY POINTS**

- Ensure the players have enough room to move around safely
- Provide safety mats where necessary

These are fun Running exercises

### EXERCISE 1 LADDER MARCH

#### ORGANISATION

- March through the ladder at walking pace, placing each foot in every second space
- Speed up as technique improves

#### KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa



### EXERCISE 2 HEEL FLICKS

#### ORGANISATION

- In a stationary position hold the arms behind the back; one at a time flick the heels up to touch the bottom
- Introduce the arms; perform the exercise using a ladder, putting each foot in every second space

#### KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa



### EXERCISE 3 GEAR CHANGE

#### ORGANISATION

- Jog on the spot at a moderate pace; jog on the balls of the feet
- On signal from the Coach, change gears, gradually moving the feet quicker & quicker

#### KEY POINTS

- Keep the head up and the back straight
- Synchronise arm and leg movement, i.e. lift the right knee and left arm simultaneously and vice versa
- Keep the feet as close to the ground as possible and move the arms as quickly as the feet to maintain balance



### EXERCISE 4 JOG THROUGH LADDER

#### ORGANISATION

- Jog through the ladder placing each foot in every second space
- Speed up as technique improves

#### KEY POINTS

- Run on the balls of the feet; keep the head up and the back straight
- Synchronise arm and leg movement, i.e. lift the right knee and left arm simultaneously and vice versa
- Bend the arms at the elbow and use an exaggerated high arm motion



## EXERCISE 5 UNDER STRIDING

**ORGANISATION**

- Run through the ladder at pace placing each foot in every second space
- Speed up as technique improves

**KEY POINTS**

- Focus on technique; move at a controlled pace so that the stride must be consciously shortened
- Run on the balls of the feet; keep the head up and the back straight
- Synchronise arm and leg movement, i.e, lift the right knee and left arm simultaneously and vice versa

## EXERCISE 6 OVER STRIDING

**ORGANISATION**

- Run through the ladder at pace skipping as many spaces as is comfortable
- Increase the number of spaces skipped as technique improves

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Focus on technique; progress the length of the stride gradually over time

## EXERCISE 7 RUN AND TURN

**ORGANISATION**

- Place cones at varying distances in a straight line
- Sprint out and around each cone and back in turn

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when running in a straight line

## EXERCISE 8 STRAIGHT SLALOM RUN

**ORGANISATION**

- Place a number of cones or poles approximately 1m apart in a straight line
- The players run in and out between the cones or poles without knocking them

**KEY POINTS**

- Use the side-step technique
- Push or drive off the outside leg to 'dodge' around each pole

These are fun Running exercises

### EXERCISE 1 BEAN BAG TRANSFER

#### ORGANISATION

- The players work in teams
- Every second player transfers a bean bag from one marker to another before tagging the next player who transfers the bean bag back
- Vary the exercise by transferring a small hoop from one cone to another in relay

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when running in a straight line



### EXERCISE 2 OBSTACLE SPRINT

#### ORGANISATION

- Mark out an appropriate distance using cones
- The players sprint out and back, getting through a hoop on both the way out and the way back
- Slow down approaching the hoop; speed up moving away from the hoop

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Use shorter strides when slowing down and speeding up



### EXERCISE 3 ZIG-ZAG SLALOM RUN

#### ORGANISATION

- Place poles or cones approximately 3m apart in a zig-zag formation
- The players dodge around each of the poles
- The players should drive off the outside leg when rounding each pole
- To vary the exercise, challenge the players to go sideways and backwards through the slalom

#### KEY POINTS

- Use the side-step technique
- Push or drive off the outside leg to 'dodge' around each pole



### EXERCISE 4 PYRAMID RUNS

#### ORGANISATION

- Mark a series of finishing lines at increasing distances from the start line
- 20m is long enough for 4/5 year olds progressing to 50m for 8 year olds
- Sprint to each line successively, taking a break in between to walk back to the start

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Stop gradually when sprinting at full pace



**EXERCISE 5 SHUTTLE RUNS****ORGANISATION**

- Mark a series of lines at increasing distances from the start line
- Different coloured markers can be used to identify the different lines for young children
- The players run continuously out and back to each successive line

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when running in a straight line

**EXERCISE 6 TEAM PURSUIT****ORGANISATION**

- Mark out a square or circular circuit using cones
- Divide the players into teams; team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on
- The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit
- Tag to release the next player on the team or use a baton or a ball to pass on

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when running in a straight line

# JUMPING

## EXERCISES

These are fun Jumping exercises

### EXERCISE 1 JACK IN THE BOX

#### ORGANISATION

- The players pretend they are each a 'Jack in the Box'
- To begin bend down with the arms back behind the sides; the knees should be bent
- On a signal, jump as high as possible swinging the arms above the head

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



### EXERCISE 2 LATERAL BOUNCE

#### ORGANISATION

- Jump from side to side, taking off and landing on both feet
- Initially practise in a slow and gradual manner before challenging the players to perform at speed
- Introduce a line or marker on the ground to jump across
- Eventually introduce a raised obstacle

#### KEY POINTS

- Keep the centre of gravity over the centre of the obstacle
- Land softly with bent knees, straight back and head up



### EXERCISE 3 LINEAR BOUNCE

#### ORGANISATION

- Jump forward and back, taking off and landing on both feet
- Initially practise in a slow and gradual manner before challenging the players to perform at speed
- Introduce a line or marker on the ground to jump across
- Eventually introduce a raised obstacle

#### KEY POINTS

- Keep the centre of gravity over the centre of the obstacle
- Land softly with bent knees, straight back and head up



### EXERCISE 4 CRISS-CROSS BOUNCE

#### ORGANISATION

- Mark a cross on the ground
- Jump around the cross in a clockwise and anticlockwise direction

#### KEY POINTS

- Use controlled jumps; keep the centre of gravity close to the centre of the cross
- Land softly with bent knees, straight back and head up



## EXERCISE 5 STANDING LONG JUMP

**ORGANISATION**

- Start in a squat position with the arms extended behind
- Attempt to jump as far forward as possible
- A ladder can be used to aid the players to jump progressively longer distances by challenging them to jump into each successive space in the ladder in turn

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up

## EXERCISE 6 VERTICAL JUMP

**ORGANISATION**

- Stand sideways close to a wall
- Bend the knees and extend both arms back; perform a two footed jump, springing as high as possible to touch the wall with the hand nearest the wall
- Practise with the opposite hand nearest to the wall

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up

## EXERCISE 7 LOG JUMP

**ORGANISATION**

- A number of players lie still on the ground with a space between each
- Jump over the series of players one by one
- Rotate the 'jumper' after each 'go'

**KEY POINTS**

- Use a small jump to adjust the footing before jumping over each successive 'log'
- Land softly with bent knees, straight back and head up

## EXERCISE 8 TAKE OFF AND LAND

**ORGANISATION**

- Lay out a number of obstacles or markers in a circle
- The players move around the circle jumping over each marker in turn
- Take off and land in as many ways as possible; from 2 feet to 2 feet, from 1 foot to 2 feet, from 2 feet to 1 foot, a hop from 1 foot to 1 foot and a step or leap from 1 foot to the other foot

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up

These are fun Jumping exercises

### EXERCISE 1 SCISSORS JUMP

#### ORGANISATION

- Standing on the spot jump in the air kicking one leg forward and the other back
- Land with both feet together
- Practise jumping with the right leg forward and the left back and vice versa. As the players become more proficient challenge them to perform the jump after a short run up

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



### EXERCISE 2 JUMPING SHAPES

#### ORGANISATION

- Jump to make different shapes; use both standing starts and run ups
- Include jumping jacks, star jumps and tuck jumps

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



### EXERCISE 3 JUMP AND TURN

#### ORGANISATION

- On the spot, jump to make quarter, half, three quarter and full turns in mid air
- Practise turning clockwise and anti-clockwise

#### KEY POINTS

- Ensure the players turn after take off and not after landing
- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



### EXERCISE 4 BUNNY HOP

#### ORGANISATION

- Hop through a ladder placing both feet in every space
- To vary this exercise, hop 2 spaces forward and 1 space back progressing through the ladder

#### KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Land softly with bent knees, straight back and head up



## EXERCISE 5 1-LEGGED HOP

**ORGANISATION**

- Hop through the ladder using one leg
- Remember to practise using the left and right leg

**KEY POINTS**

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Move at a comfortable pace and use the arms to maintain balance
- Land softly with bent knees, straight back and head up

## EXERCISE 6 HIGH FIVES PINKY AND PERKY

**ORGANISATION**

- The players to work in pairs facing each other
- On a signal swing the arms back and using a two footed jump, high five the other player at the highest point possible
- Practise using both the right and left hands
- Progress the exercise by using a short run up; increase the distance of the run up as the players become more proficient

**KEY POINTS**

- Ensure that the players in each pair are of a similar height
- Do not slap
- Land softly with bent knees, straight back and head up

## EXERCISE 7 JUMP THE ARC

**ORGANISATION**

- Imagine the ball approaching on an arc
- Run and jump up the arc to meet it

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up

## EXERCISE 8 PICKING FRUIT

**ORGANISATION**

- The players work in pairs; one player in each pair holds a ball above their head in the palm of one hand
- The second player runs from 3 to 4m away and jumps to reach and take the ball from their partner's hand
- Return the ball to the initial player and repeat a number of times before reversing roles

**KEY POINTS**

- Ensure the players are of similar height
- Take off from close to the player holding the ball and jump to catch the ball on the way up

These are fun Jumping exercises

### EXERCISE 1 UP ONE, UP TWO

#### ORGANISATION

- Run and jump upwards and forwards
- Just before the top of the jump bring their arms back behind their head i.e 'up one', and fling them forward, i.e. 'up two'

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



### EXERCISE 2 JUMP TO PUNCH

#### ORGANISATION

- Run and jump upwards and forwards
- Bring one arm back behind the head and punch an imaginary ball at the top of the jump

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



### EXERCISE 3 FOSBURY JUMP

#### ORGANISATION

- Run and jump off one leg, i.e. the take off leg
- Swing the opposite leg and arm high into the air
- Practise jumping off both sides.
- Land one foot at a time

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



### EXERCISE 4 LOB AND CATCH

#### ORGANISATION

- The players work in pairs; one player in each pair holds a ball above their head in the palm of one hand
- The second player runs from 3 to 4m away to jump and catch the ball as the first player pushes the ball up into the air
- Practise jumping off both sides.
- Land one foot at a time
- Return the ball to the initial player and repeat a number of times before reversing roles

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Time the jump to take the ball at its highest point



## EXERCISE 5 MOVE, JUMP AND CATCH



## ORGANISATION

- The players to work in pairs
- One player in each pair lobs the ball for their partner to move forward, jump and catch
- Catch the ball and pass it back to the thrower moving backwards
- Continue the exercise across the playing area and reverse the roles

## KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Move and time the jump to take the ball at its highest point

## EXERCISE 6 WOBBLE, JUMP AND CATCH



## ORGANISATION

- Use an unstable object like a wobble board or cushion
- The players work in pairs
- Jump forward off the wobble board to catch balls thrown at different heights in mid flight

## KEY POINTS

- Time the jump to take the ball at its highest point
- Land softly with bent knees, straight back and head up

## EXERCISE 7 ADVANCED JUMP AND TURN



## ORGANISATION

- Use a bench for this exercise
- Jog along the bench and jump off the end in a variety of different ways
- Use one footed and two footed jumps
- Gradually introduce quarter, half, three-quarter and full turns in a clockwise and anti-clockwise direction

## KEY POINTS

- Ensure the players are capable of performing the exercise
- Ensure safety mats are in place
- Land softly with bent knees, straight back and head up

## EXERCISE 8 ADVANCED JUMP AND CATCH



## ORGANISATION

- Use a bench for this exercise
- Jog along the bench and jump off the end to catch a pass on or before landing
- Vary the height of the pass
- Introduce a signal for the player to move quickly to the left or right on landing
- Gradually introduce quarter, half, three-quarter and full turns in a clockwise and anti-clockwise direction

## KEY POINTS

- Ensure the players are capable of performing the exercise
- Ensure safety mats are in place
- Land softly with bent knees, straight back and head up

Have  
a Ball

Have  
a Ball



**CATCHING / PASSING / KICKING / THROWING**

# INTRODUCTION



Welcome to the Have-a-Ball section of the Fun Do Learning Resource Pack. The skills outlined here have been identified as appropriate to develop motor skills for players between the ages of 4 and 8. There are three levels of exercises outlined. Remember that some players develop quicker than others, in this case progress to the exercises outlined in Levels 2 and 3 of this resource.

## THROWING

Throwing skills form the basis for many of the skills of Gaelic games. Throwing involves hand-eye coordination, and should be developed using a variety of balls and bean bags, incorporating different sizes and weights and throwing over various distances.

## CATCHING AND PASSING

Catching and Passing skills are integral to Gaelic games. The ability to catch the ball to take possession and pass the ball to release possession in a variety of different situations is vital to the development of players. It is important to develop Catching and Passing skills using a variety of balls and bean bags, incorporating different sizes and weights.

## KICKING

Kicking is essential to the development of players in Gaelic games. Kicking involves eye-foot and hand-foot coordination, and should be developed using a variety of balls and bean bags, incorporating different sizes and weights. Accurate kicking over a variety of distances should also be developed.

## STRIKING

Striking is essential to the development of players in Gaelic games – not only Hurling but also Gaelic football. Striking involves hand-eye coordination, and should be developed using a variety of balls and bean bags, incorporating different sizes and weights. Accurate striking over a variety of distances should also be developed. Progress from Striking using the players' hands, to using small Hurleys with a large bas to normal Hurleys.



# THROWING EXERCISES

These are fun Throwing exercises

## EXERCISE 1 SITTING HAND ROLL

### ORGANISATION

- Sitting with legs astride the players roll the ball against a wall
- Use two touches, one to roll the ball against the wall and a second to stop it on the way back
- Progress the exercise by rolling the ball continuously without stopping it

### KEY POINTS

- Use a two-handed underarm technique to roll the ball



## EXERCISE 2 KNEELING HAND ROLL

### ORGANISATION

- In a kneeling position the players roll the ball against a wall stopping it on the way back
- Progress to roll the ball continuously without stopping it
- Swing the ball from one side and then the other; a bowling type throw
- Roll the ball around the body in a clockwise and anti-clockwise direction passing the ball from one hand to another
- Perform the sequence on one knee and using one hand
- Roll the ball around the body under the knee passing the ball from 1 hand to the other

### KEY POINTS

- Progress from a two-handed technique to a one-handed bowling-type technique



## EXERCISE 3 STANDING HAND ROLL

### ORGANISATION

- In a standing position the players use both hands to roll the ball against the wall and stop it on the way back
- Progress to continuously rolling the ball
- Progress to using one hand and then the other
- Roll the ball around one foot
- Roll the ball in a figure of eight in and out between the legs passing it from one hand to the other

### KEY POINTS

- When rolling the ball against the wall stand facing the wall with one foot in front of the other



## EXERCISE 4 HAND TO HAND ROLL

### ORGANISATION

- Standing with feet astride the players roll the ball from one open hand to the other
- Begin by stopping the ball before each roll, before continuously rolling the ball
- Roll the ball around the body in a figure of 8 in and out between the legs passing it from one hand to the other

### KEY POINTS

- Use a series of small rolls to maintain control when moving the ball around the body



## EXERCISE 5 BRIDGE BALL

**ORGANISATION**

- The players work in pairs
- One player stands with their legs astride
- The other player rolls the ball between the legs of their partner using a one-handed underarm technique
- Follow the ball and attempt to pick it up at the other side
- Switch roles after a set time
- Move around the playing area after every go

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- When rolling the ball stand facing partner with one foot in front of the other

## EXERCISE 6 TARGET ROLL

**ORGANISATION**

- Set out different targets such as markers, hoops, and channels to challenge the accuracy with which the players roll and throw the ball

**KEY POINTS**

- Progress from a two-handed technique to a one-handed bowling-type technique

## EXERCISE 7 KNOCK THE CAP

**ORGANISATION**

- Set up a cone or a marker as a target
- The players roll the ball to hit and knock the target

**KEY POINTS**

- Use a big ball and a two-handed technique to begin before progressing to a one-handed technique with a smaller ball

These are fun Throwing exercises

## EXERCISE 1 TWO-HANDED UNDERARM THROW

### ORGANISATION

- The players stand, feet astride, and throw various objects from between the legs using a two-handed technique
- Use Bean Bags, Balls of various sizes and soft and hard balls

### KEY POINTS

- Bend the back and knees
- Keep the head down until the throw is completed



## EXERCISE 2 TOSS THE BAG

### ORGANISATION

- Line the players up side by side
- The players in turn toss a bean bag using a one-handed underarm throw
- Throw the bags as far as possible or attempt to hit a target

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Step forward with the foot on the opposite side to provide balance



## EXERCISE 3 ONE-HANDED UNDERARM THROW

### ORGANISATION

- Throw a variety of Bean Bags, balls of various sizes and soft and hard balls
- When throwing with the right hand step forward with the left foot for balance and vice versa

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes focus on the target



## EXERCISE 4 TWO-HANDED OVERARM THROW

### ORGANISATION

- Using two hands the player holds the bag or ball above and behind the head
- Stepping forward with one foot keep the elbows high
- Throw the bag or ball as far as possible

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes focus on the target



**EXERCISE 5 TARGET THROW****ORGANISATION**

- Use Hoops, markers or other types of target to improve accuracy

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target

These are fun Throwing exercises

## EXERCISE 1 SHOT PUTT THROW

### ORGANISATION

- Hold the bean bag or ball in one hand under the chin with the fingers behind the bag or ball
- Step forward with the opposite leg and push forward to throw the bag or ball as far as possible

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Step forward with the foot on the opposite side to provide balance



## EXERCISE 2 ONE-HANDED OVERARM THROW

### ORGANISATION

- Throw a variety of Bean Bags, balls of various sizes and soft and hard balls
- If throwing with the right hand step forward with the left foot for balance and vice versa

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target



## EXERCISE 3 MEDICINE BALL EXERCISES

### ORGANISATION

- Sit with legs astride; throw the ball using a two-handed overarm throw
- In the kneeling position/on one knee; using a two-handed underarm throw, throw from one side and then the other
- In a standing position use a two-handed underhand technique with the legs astride
- Basketball type throw from the front of the chest; then a 2-handed overhand throw
- In a lying position, sit up and use a basketball throw
- In a lying position, sit up and use a two-handed overhand throw
- Introduce targets such as a hoop to improve the accuracy of the throw

### KEY POINTS

- Use a medicine ball of suitable weight and size
- Ensure the players have enough room to perform the exercise safely
- Focus on technique



## EXERCISE 4 SLING THROW

### ORGANISATION

- With a straight arm the ball or object is held out to the side and back from the body
- Leading with the opposite foot swing the arm around using the body, before releasing the ball

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target



## EXERCISE 5 BOUNCE AND SHOOT

**ORGANISATION**

- Place a number of hoops on the ground and a target to aim for at the end of the course
- Run through the playing area bouncing the ball in the hoops before throwing the ball to land in or hit the target

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target

These are fun Catching and Passing exercises

## EXERCISE 1 CIRCLE TIME

### ORGANISATION

- Sit the players in a circle
- The coach guides them through a series of exercises using the hands and feet
- Include raising the feet off the ground and tapping the hands and feet off the ground

### KEY POINTS

- Gradually increase the intensity of the activity



## EXERCISE 2 SWAP SHOP

### ORGANISATION

- Place a number of markers randomly around the playing area; place a number of balls on half the caps
- The players move the balls from marker to marker as they move around the playing area

### KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



## EXERCISE 3 SITTING HAND ROLL

### ORGANISATION

- Sitting with legs astride the players roll the ball against a wall
- Use two touches, one to roll the ball against the wall and a second to stop it on the way back
- Progress the exercise by rolling the ball continuously without stopping it

### KEY POINTS

- Use a two-handed underarm technique to roll the ball



## EXERCISE 4 KNEELING HAND ROLL

### ORGANISATION

- In a kneeling position the players roll the ball against a wall stopping it on the way back
- Progress to roll the ball continuously without stopping it
- Swing the ball from one side and then the other; a bowling type throw
- Roll the ball around the body in a clockwise and anti-clockwise direction passing the ball from one hand to another
- Perform the sequence on one knee and using one hand
- Roll the ball around the body under the knee passing the ball from 1 hand to the other

### KEY POINTS

- Progress from a two-handed technique to a one-handed bowling-type technique



# LEVEL 1 CATCHING & PASSING

## EXERCISE 5 ROLL AND PICK UP



### ORGANISATION

- Position the players along a line; each player has a ball
- The players roll the ball away before running in front of the ball and letting it roll up the hands into the arms

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Place one foot alongside the ball; bend the knees, and place the hands on the ground facing up to receive the ball

## EXERCISE 6 ROLL AND FOLLOW



### ORGANISATION

- Position the players along a line; each player has a ball
- The players roll the ball away before running after or alongside it to pick it up

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Place one foot alongside the ball; bend the knees, with one hand in front and one hand behind the ball to pick it up

## EXERCISE 7 ROLL PARTNER PICK UP



### ORGANISATION

- The players work in pairs approximately 5 metres apart
- Roll the ball to your partner using two hands
- The partner allows the ball to roll up their hands to take possession
- Progress to roll the ball using a one-handed underhand throw
- The receiver may catch the ball with both hands

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Place one foot alongside the ball; bend the knees, with one hand and place the hands on the ground facing up to receive the ball

These are fun Catching and Passing exercises

### EXERCISE 1 SIT AND BOUNCE

#### ORGANISATION

- The players sit on the floor with legs astride
- Bounce and catch a small ball in between the legs
- Begin by dropping the ball before progressing to bounce it

#### KEY POINTS

- Wait for the ball to reach the top of the bounce before catching it
- Use two hands to catch the ball at first



### EXERCISE 2 BOUNCE AND CATCH

#### ORGANISATION

- Each player has a ball
- Bounce the ball with two hands and catch it again using two hands
- Progress to bounce the ball with one hand
- Continue to catch the ball with two hands

#### KEY POINTS

- Using the fingers, push down through the ball to bounce it
- Extend the arms towards the ball to catch it



### EXERCISE 3 HIGH BOUNCE AND CATCH

#### ORGANISATION

- Each player has a ball
- Bounce the ball high above the head
- Catch the ball at the highest point
- Vary the exercise by tapping the ball higher at the top of the bounce before catching it at the new highest point

#### KEY POINTS

- Bounce the ball using two hands at first and then one hand
- Extend the arms towards the ball to catch it; keep the thumbs behind the ball forming a 'w' shape with the index fingers



### EXERCISE 4 BOUNCE, MOVE AND DRIBBLE

#### ORGANISATION

- Each player has a ball
- Bounce the ball after every 4 steps while moving around the playing area
- Use a two-handed bounce; then progress to a one-handed bounce
- Finally dribble bounce the ball continuously while moving around the playing area; use two hands at first and then one hand

#### KEY POINTS

- Using the fingers, push down through the ball to bounce it
- When using a one-handed bounce step forward with the leg on the opposite side



# LEVEL 2 CATCHING & PASSING

## EXERCISE 5 LOW BOUNCE



### ORGANISATION

- Each player has a ball
- Bend the knees and back to bring the head over the ball
- Using a 1-handed bounce practise first in the stationary position and then while moving
- Finally dribble bounce the ball continuously using one hand while moving around the playing area

### KEY POINTS

- Using the fingers, push down through the ball to bounce it
- When using a one-handed bounce step forward with the leg on the opposite side

## EXERCISE 6 TARGET BOUNCE



### ORGANISATION

- Set out different targets such as markers or hoops on the floor
- The players move around the playing area attempting to bounce the ball to hit the targets as they pass them

### KEY POINTS

- Using the fingers, push down through the ball to bounce it
- Extend the arm behind the ball in the direction of the target

## EXERCISE 7 BOUNCE PASS



### ORGANISATION

- The players work in pairs approximately 5 metres apart
- In turn bounce the ball for your partner to catch

### KEY POINTS

- Extend the arm behind the ball as you bounce it; aim for approximately midway between you and your partner
- Extend the arms towards the ball to catch it

## EXERCISE 8 ONE-HANDED BOUNCE & CATCH



### ORGANISATION

- Each player has a small ball
- Bounce the ball with one hand and catch it again using one hand
- Begin in a stationary position before introducing movement
- Practise the technique on both sides

### KEY POINTS

- When catching, cup the hand and allow the ball to fall into it
- Progress to catching the ball with the fingers facing down

These are fun Catching and Passing exercises

### EXERCISE 1 SIT AND GET UP

#### ORGANISATION

- The players sit on the ground with a ball or balloon
- Throw the ball or balloon as high as possible into the air
- Quickly get to the feet and attempt to catch the ball at the highest point

#### KEY POINTS

- Ensure the players have enough room to move around safely
- Use a two handed underhand technique to throw the ball straight into the air



### EXERCISE 2 TOSS AND CATCH

#### ORGANISATION

- Each player has a ball
- Toss the ball into the air to catch on the way down
- Varying the ball size, practise using both two hands and one hand to toss and catch
- Begin in a stationary position before introducing movement

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- When using a one-handed catch cup the hand and allow the ball to fall into it
- Eventually progress to catch the ball above the head with the fingers facing forward



### EXERCISE 3 TOSS AND CLAP RELAY

#### ORGANISATION

- Set up a relay course using a variety of equipment
- Challenge the players to navigate the course carrying a ball, tossing it into the air and clapping before catching it again and returning to the end of the line

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Catch the ball with two hands at first before progressing to one hand



### EXERCISE 4 PARTNER TOSS AND CATCH

#### ORGANISATION

- The players work in pairs a short distance apart
- Throw the ball to one another using a two-handed under arm throw
- Begin with a big ball before progressing to a small ball

#### KEY POINTS

- Throw the ball between chest and head high



## EXERCISE 5 PASS IN A LADDER



### ORGANISATION

- The players work in pairs; each player in a ladder
- Shuffle through the ladder sideways facing the other player
- Throw the ball to one another as you move along

### KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Move at a controlled pace

## EXERCISE 6 PIGGY IN THE MIDDLE



### ORGANISATION

- The players spread out around the playing area
- One player is designated the 'piggy in the middle'
- The other players pass the ball around attempting to keep it away from the 'piggy in the middle'
- If the ball is dropped or intercepted the player who missed the catch or attempted the pass becomes the new 'piggy in the middle'

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely

## KICKING EXERCISES

These are fun exercises to develop Kicking

### EXERCISE 1 KICK THE BAG

#### ORGANISATION

- Each player has a bean bag
- Pass the bean bag from one foot to the other

#### KEY POINTS

- Use the inside of the foot to strike the bean bag
- Extend the arm on the non-kicking side to maintain balance



### EXERCISE 2 BEAN BAG DRIBBLE

#### ORGANISATION

- Each player has a bean bag
- Dribble the bean bag around the playing area
- Use both the left and right feet

#### KEY POINTS

- Ensure the players have enough room to move around safely
- Look up frequently to track the paths of other players



### EXERCISE 3 BEAN BAG DRIBBLE AND KICK

#### ORGANISATION

- Each player has a bean bag
- Dribble the bean bag forward
- On a signal kick the bag as far as possible or towards a target

#### KEY POINTS

- Ensure the players have enough room to move around safely
- Practise using the left and right foot to kick



### EXERCISE 4 BEAN BAG KICK AND STOP

#### ORGANISATION

- The players work in pairs
- Each player in turn kicks the bean bag along the ground to their partner who must stop it before kicking it back

#### KEY POINTS

- Use the side of the foot to stop the bag
- Extend the arm on the non-kicking side to maintain balance
- Use both left and right feet as appropriate



## EXERCISE 5 TRAP THE BAG

**ORGANISATION**

- Each player has a bean bag
- Toss the bean bag into the air and trap it under foot as it hits the floor
- Drop the bean bag from a low height initially to develop good timing

**KEY POINTS**

- Extend the arm on the non-kicking side to maintain balance
- Practise using both left and right feet

## EXERCISE 6 FLICK THE BAG

**ORGANISATION**

- Each player has a bean bag
- Balance the bean bag on one foot before tossing it into the air
- Vary the exercise by challenging the player to toss the bag as far as possible
- Alternatively flick the bag to a partner or into a target, for example, a box

**KEY POINTS**

- Extend the arm on the non-kicking side to maintain balance
- Practise using both left and right feet

## EXERCISE 7 BEAN BAG SHADOW

**ORGANISATION**

- The players work in pairs; each player has a bean bag
- Designate one player the leader and the other the follower
- The leader dribbles around the playing area being followed as close as possible by the follower

**KEY POINTS**

- Ensure the players have enough room to move around safely
- Look up frequently to track the paths of other players

## EXERCISE 8 BEAN BAG: THROUGH THE GAP

**ORGANISATION**

- The players work in pairs; one bean bag per pair
- Set up a target gate using markers
- Challenge the players to kick the bag through the gap to one another

**KEY POINTS**

- Extend the arm on the non-kicking side to maintain balance
- Practise using both left and right feet

These are fun exercises to develop Kicking

### EXERCISE 1 ROLL BALL

#### ORGANISATION

- Each player has a ball
- In a stationary position the players roll the ball back and forward using the bottom of the foot
- Practise this exercise with both feet
- Challenge the players to switch from one foot to the other foot quickly

#### KEY POINTS

- The foot should remain in contact with the ball at all times
- Extend the arms to maintain balance



### EXERCISE 2 DRIBBLE THROUGH MINEFIELD

#### ORGANISATION

- Each player has a ball
- Dribble the ball through the playing area avoiding the markers
- To vary, the players may be divided into groups; one or more groups navigate the minefield on a signal from the coach

#### KEY POINTS

- Look up frequently to track the paths of other players
- Using both feet, use the front, the inside and the outside of the foot to control the ball



### EXERCISE 3 GROUND KICK: PARTNER PASS

#### ORGANISATION

- The players work in pairs; one ball per pair
- In turn each player kick passes the ball along the ground to the other
- To vary, place the ball on a marker to raise it slightly

#### KEY POINTS

- Head down kick through the ball
- Extend the arm on the non-kicking side to maintain balance
- Use different parts of the foot to kick the ball



**EXERCISE 4 GROUND KICK: THROUGH THE GATE****ORGANISATION**

- The players work in pairs; one ball per pair
- Set up a target gate using markers
- Challenge the players to kick the ball through the gap to one another
- To vary, place the ball on a marker to raise it slightly
- Place a cone or target in the centre of the gate and challenge the players to hit or knock the target

**KEY POINTS**

- Head down kick through the ball
- Extend the arm on the non-kicking side to maintain balance
- Use different parts of the foot to kick the ball

**EXERCISE 5 DRIBBLE AND SHOOT****ORGANISATION**

- Set up a course using cones or obstacles and a target or goal
- In turn the players dribble the ball around the obstacles tee it up on a marker and kick for goal

**KEY POINTS**

- Use both feet when dribbling the ball
- Extend the arm on the non-kicking side to maintain balance

These are fun exercises to develop Kicking

### EXERCISE 1 THIGH SOLO

#### ORGANISATION

- Each player has a ball
- In a stationary position drop the ball from the hand to tap it with the thigh before catching it again
- Use both left and right legs
- To increase the difficulty, perform the exercise while walking and then jogging

#### KEY POINTS

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance



### EXERCISE 2 FOOT SOLO

#### ORGANISATION

- Each player has a ball
- In a stationary position drop the ball extending the kicking foot to flick the ball back into the hands
- Practise using both left and right feet
- To progress, perform toe taps while walking and then jogging

#### KEY POINTS

- Drop the ball from the hand on the kicking side
- Straighten the leg and kick the ball with the front of the foot flicking the toes upwards



### EXERCISE 3 BOUNCE AND KICK

#### ORGANISATION

- Each player has a ball
- In a stationary position drop the ball allowing it to bounce
- Kick the ball as it returns from the ground

#### KEY POINTS

- Drop the ball from the hand on the kicking side
- Plant the non-kicking (supporting) foot beside the ball as it bounces



### EXERCISE 4 OFF THE SHELF

#### ORGANISATION

- Each player has a ball
- Standing with the supporting foot forward, hold the ball in front of the body balanced on both hands
- Allow the ball to roll gently off the hands as if it were rolling off a shelf
- Kick the ball as it falls
- Initially this exercise is easier to perform using a balloon

#### KEY POINTS

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance



**EXERCISE 5 KICK FROM THE HAND: TARGET 1****ORGANISATION**

- Use poles or cones to mark a target area at a wall
- Individually or in turn the players kick the ball to hit the target

**KEY POINTS**

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance
- Head down, eyes on the ball

**EXERCISE 6 KICK FROM THE HAND: TARGET 2****ORGANISATION**

- The players work in pairs; one ball per pair
- Set up a target gate using markers
- Challenge the players to kick the ball through the gate to one another

**KEY POINTS**

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance
- Head down, eyes on the ball

**EXERCISE 7 OVER THE RIVER****ORGANISATION**

- Divide the players into two groups; each player has a set number of 'lives'
- The players kick pass the ball over a centre zone, a net or guard
- If the ball drops in the centre zone the player who kicked it loses a life
- Use a soft or sponge ball when introducing players to this game

**KEY POINTS**

- Ensure the players have enough room to move around safely

**EXERCISE 8 FOOT SOLO AND SHOOT****ORGANISATION**

- Each player has a ball
- Set up a course using cones or obstacles and a target or goal
- In turn the players solo around the cones and punt kick the ball at a the target from a set marker

**KEY POINTS**

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance
- Head down, eyes on the ball
- Point the toes and follow through in the direction of the target

# STRIKING EXERCISES

These are fun exercises to develop Striking

## EXERCISE 1 HAND TO HAND STRIKE

### ORGANISATION

- Each player has a ball
- Strike the ball from one hand to the other using the open hand
- Stop the ball before each strike
- Progress the exercise by striking the ball continuously with the closed fist instead of the open hand
- Move from a kneeling to a standing position and repeat the sequence

### KEY POINTS

- Allow the players to explore different ways of striking the ball with their hands



## EXERCISE 2 HAND: GROUND WALL STRIKE

### ORGANISATION

- Each player has a ball
- Strike the ball with the open hand from approximately 1m from the wall
- Stop the ball before each strike
- Progress by striking the ball continuously with the closed fist instead of the open hand

### KEY POINTS

- Place the feet side on to the wall
- Face the non striking shoulder to the target
- Practise using both the left and right hands



## EXERCISE 3 HAND DRIBBLE

### ORGANISATION

- Each player has a ball
- Dribble the ball around the domes using the open hand
- Practise using both the left and right hands
- Challenge the players further by giving each a number of lives; each time a player hits a dome with a ball they lose a life

### KEY POINTS

- Ensure the players have enough room to move around safely
- Look up frequently to track the paths of other players



## EXERCISE 4 HAND STRIKE: THROUGH THE GATES

### ORGANISATION

- The players work in pairs
- Mark a gate for each pair using two markers
- Each player in turn strikes the ball through the gate to their partner
- Practise striking both with and without stopping the ball. In addition, practise using the open hand and the closed fist

### KEY POINTS

- Place the feet side on to the gate
- Face the non striking shoulder to the target



## EXERCISE 5 HAND STRIKE: TARGET GAME

**ORGANISATION**

- The players strike the ball to hit or knock a cone
- Use the open hand and the fist on alternate goes

**KEY POINTS**

- Place the feet side on to the gate
- Face the non striking shoulder to the target

## EXERCISE 6 HAND: BOUNCING WALL STRIKE

**ORGANISATION**

- Each player has a ball
- Standing approximately 1m from the wall, bounce the ball and strike it off the wall
- Continue to strike the ball as it returns from the wall at the top of every bounce

**KEY POINTS**

- Place the feet side on to the wall
- As the ball returns from the wall, move the feet to ensure they are correctly positioned to strike the ball

## EXERCISE 7 HAND BALANCE

**ORGANISATION**

- Each player has a bean bag
- Extend one arm out in front of the body; balance the bean bag in the open hand
- Walk around the playing area
- Progress to bouncing the bean bag in the hand
- Progress further by using a small ball

**KEY POINTS**

- Keep the arm and hand rigid
- Practise using both the left and right hands

## EXERCISE 8 HAND BALL PUSH

**ORGANISATION**

- Each player has a ball
- In a stationary position push the ball into the air using both hands
- Continue to keep the ball up by pushing the ball with the fingertips
- Decrease the difficulty of the exercise by using a balloon or soft light ball before progressing to a normal ball

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely

These are fun exercises to develop Striking

## EXERCISE 1 BAT GRIP

### ORGANISATION

- Hold the bat or racket in the dominant hand; the thumbs should face down the handle of the bat
- Practise the grip by turning the bat using the wrist

### KEY POINTS

- Use a bat or racket with a large head and short handle initially
- Gradually progress to a bat or racket with a smaller head and longer handle
- The players should be able to control the bat or racket with one hand



## EXERCISE 2 BAT AND BALL INTRODUCTION

### ORGANISATION

- Roll the ball forward and back underneath the bat
- Challenge the players to roll the ball underneath one knee between the free hand and the bat
- At first stop the ball, then roll the ball continuously
- Move the ball around the body in a figure of eight using the bat

### KEY POINTS

- Use the dominant hand to hold the bat
- Use controlled steady movements



## EXERCISE 3 BAT DRIBBLE

### ORGANISATION

- Dribble the ball around the playing area using a bat
- Use both the left and right sides of the bat
- To vary, allow the players to tap away the balls of the other dribblers

### KEY POINTS

- Ensure the players have enough room to move around safely
- Look up frequently to track the paths of other players



## EXERCISE 4 BAT: WALL STRIKE

### ORGANISATION

- Begin in a kneeling position using a two handed grip
- Initially stop the ball as it returns from the wall; progress to striking the ball continuously
- Move from a kneeling to a standing position and from striking along the ground to striking after a bounce
- Finally challenge to players to strike the ball off the wall without letting it bounce

### KEY POINTS

- When standing, move the feet to place them side on to the wall
- Strike across the front of the body for accuracy



## EXERCISE 5 BAT AND BALL BALANCE



## ORGANISATION

- Place the ball on the bat
- Move through various positions attempting to keep control of the ball
- Progress to walking, then jogging, then hopping on one or both legs
- Challenge the players to balance the ball while walking along a bench
- To reduce the difficulty of the exercise use a bean bag or a larger ball at first

## KEY POINTS

- Ensure the correct grip is used, holding the bat in the dominant hand with the thumb facing down the handle
- Use two hands if appropriate

## EXERCISE 6 BAT AND BALL BOUNCE



## ORGANISATION

- Bounce the ball on a bat
- Move through various positions attempting to keep control of the ball
- Progress to walking, then jogging, then hopping on one or both legs
- Challenge the players to bounce the ball off the ground with the bat, then to tap the ball higher as it reaches the top of the bounce

## KEY POINTS

- Ensure the correct grip is used, holding the bat in the dominant hand with the thumb facing down the handle
- Use two hands if appropriate

## EXERCISE 7 PANCAKE TOSS



## ORGANISATION

- Each player has a ball
- Initially toss the ball only a small distance into the air
- Gradually increase the height of the toss as technique improves

## KEY POINTS

- Pick a point in the air to help toss the ball with accuracy
- As the ball impacts the bat on the way down soften the grip to control the ball

## EXERCISE 8 SQUASH



## ORGANISATION

- The players stand a reasonable distance from the wall
- In turn each strikes the ball as it returns from the wall
- Initially allow the ball to bounce before striking; progress to striking continuously with no bounce

## KEY POINTS

- Move the feet to place them side on to the wall
- Strike using the forehand or backhand to suit the oncoming ball

These are fun exercises to develop Striking

### EXERCISE 1 HURLEY GRIP

#### ORGANISATION

- Ensure each player has a hurley of appropriate size
- Grip the hurley in the dominant hand as if shaking hands with it
- Hold the hurley out in front of the body with the bas flat; twist it using the wrist
- Wave the hurley up and down to get a sense of the weight
- To move to the ready position move the feet shoulder width apart
- Lift the hurley in front of the body to hold it with the non-dominant hand above the bas; the toe is pointed upwards
- Practise the ready position in a stationary position, then walking and jogging

#### KEY POINTS

- Ensure all players wear a helmet
- Ensure the players have enough room to perform the exercise safely



### EXERCISE 2 HURLEY EXTENSION

#### ORGANISATION

- The players hold the hurley by their side
- Trace an 'x' or 'w' on the ground
- Kick the bas of the hurley with each foot in turn in a stationary position; introduce walking and jogging
- Holding the hurley with both hands swing the hurley above the head
- Touch a ball on the ground with the hurley
- Hold the ball and the hurley at the same time; first in the ready position, then with the hurley up straight beside the dominant shoulder

#### KEY POINTS

- Ensure all players wear a helmet
- Ensure the players have enough room to perform the exercise safely



### EXERCISE 3 HURLEY DRIBBLE

#### ORGANISATION

- Each player has a ball; use markers for the players to dribble around
- To vary, allow the players to tap away the balls of the other dribblers
- In pairs one player attempts to follow a partner
- Use obstacles or defenders to dribble past
- Dribble with a big ball or a soft ball or balloon before moving onto a small ball

#### KEY POINTS

- Use 2 hands and dribble using both sides of the hurley; progress to a 1 handed dribble
- Look up frequently to track the paths of other players



### EXERCISE 4 PASS THE GUARD

#### ORGANISATION

- Position a number of guards who are allowed to block the ball but not move from their positions
- The striking player strikes the ball along the ground to pass the guards

#### KEY POINTS

- Move the feet to place them side on to the target
- Practise striking off the right and left sides



**EXERCISE 5 HURLEY AND BALL BALANCE****ORGANISATION**

- Each player has a ball
- Balance the ball on the hurley in a stationary position
- Use two hands to aid control
- Progress to walking as you become more proficient

**KEY POINTS**

- The toe of the hurley should be pointed away from the body to the non-dominant side
- Ensure the players have enough room to move around safely
- Look up frequently to track the paths of other players

**EXERCISE 6 BOUNCE AND CONTROL ON HURLEY****ORGANISATION**

- Each player has a ball
- In a stationary position bounce the ball on the end of the hurley
- Use two hands to aid control
- Progress to walking as the players become more proficient
- Challenge the players to toss the ball from the hurley into the air, allowing it to bounce before attempting to control it on the base of the hurley again

**KEY POINTS**

- The toe of the hurley should be pointed away from the body to the non-dominant side
- Ensure the players have enough room to move around safely
- To control the ball soften the grip

**EXERCISE 7 HURLEY KEEPIE UPPY****ORGANISATION**

- Each player has a balloon or ball
- Strike the balloon or ball into the air continuously
- Progress from batting the ball to using a full striking action

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Alternate between controlling and striking to reduce the difficulty

**EXERCISE 8 BALANCE AND STRIKE****ORGANISATION**

- Use a bench for this exercise; the player stands on the bench and strikes balls thrown by the coach or another player
- If the ball comes to the left strike to the left and vice versa

**KEY POINTS**

- Ensure safety mats are in place
- Move at a steady sure pace

**ABC**

Have  
a Ball

**SAMPLE  
SESSIONS**

**NURSERY PROGRAMME**

ABC

Have  
a Ball

# SAMPLE SESSIONS INTRODUCTION

## SAMPLE SESSIONS

This section provides the coach with information on how to plan a session using the activities outlined in the ABC and Have-a-Ball (nursery) programmes. There are a number of Sample Sessions outlined which contain both ABC and Have a Ball exercises. There are also a number of blank Sample Session planners that can be photocopied and used to plan future sessions. The suggested Session structure for each Nursery session is as follows:

### SESSION THEME

Each session should have a session theme i.e. a particular movement skill and/or sport specific skill to work on. For example, the session theme for Sample session 1 for Gaelic Football is to "Develop Kicking and Movement Skills". Deciding on a theme for the session will not only help to guide the choice of activities for the session, but will also ensure that there is a logical purpose to the session. This will allow you to ensure that over the course of a season each skill can be worked on.

### EQUIPMENT LIST

This section lists the equipment needed for a session. The list is not exhaustive and if certain equipment is not at the coaches' disposal, games can be played by substituting equipment that is available with what is advised on the list. For example, if hoops are listed as equipment needed and there are no hoops available, cones can be placed in the shape of a circle to achieve the same effect.

### WARM UP

The warm up section will contain the first activity of the session which will aim to get the participants moving and warmed up. It is important to always warm up before entering into more challenging activities.

### GAME

After the warm up it is advisable to begin a game-based activity. The game may reflect the theme of the previous session thereby offering players the chance to practise previously introduced skills. It also affords the coach the opportunity to see if skills practised previously have been retained.

### ACTIVITY 1, 2, 3

The activities section allows the coach to introduce and practise a new theme, for example, Striking. It is important not to spend too much time on any one activity as children of this age group can get bored easily. Therefore, 3 different activities are included in this section in order to keep the interest and also to stimulate the children to learn and practise in different ways.

### WARM DOWN

The warm down activity is used to help the participants cool down from the main activities.

### SESSION REVIEW

The session review section is for coaches to evaluate how their session went. It can be used to record what activities went well, what activities may not have worked and why not, what may need to be practised further etc. This will prove an excellent tool for the developing coach, allowing them to reflect on their own performance as well as that of the participants.



# SAMPLE SESSION

## GAELIC FOOTBALL / AGE 5-6

# 1

ABC  
Have  
a Ball

NURSERY PROGRAMME

### SESSION THEME

- Develop Kicking and Movement Skills

### EQUIPMENT LIST



### WARM UP TRAVELLING ( ABC SKILLS / AGILITY / LEVEL 1 )

#### ORGANISATION

- The players travel around the playing area in different directions and in as many different ways as possible, e.g. jogging, hopping, jumping, sideways, backwards etc.

#### KEY POINTS

- Each player uses a different pathway
- When moving sideways, don't cross legs
- When moving backwards, look over your shoulder and move on the balls of the feet



### GAME OVER THE RIVER ( ABC SKILLS / COORDINATION / LEVEL 1 )

#### ORGANISATION

- Divide the players into two groups; each player has a set number of 'lives'
- The players kick pass the ball over a centre zone, a net or guard
- If the ball drops in the centre zone the player who kicked it loses a life
- Use a soft or sponge ball when introducing players to this game

#### KEY POINTS

- Ensure the players have enough room to move around safely



### ACTIVITY 1 FOOT SOLO AND SHOOT ( HAVE A BALL / KICKING / LEVEL 3 )

#### ORGANISATION

- Each player has a ball
- Set up a course using cones or obstacles and a target or goal
- In turn the players solo around the cones and punt kick the ball at the target from a set marker

#### KEY POINTS

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance
- Head down, eyes on the ball
- Point the toes and follow through in the direction of the target



# SAMPLE SESSION 1

## ACTIVITY 2 STEPPING STONES ( ABC SKILLS / COORDINATION / LEVEL 1 )



### ORGANISATION

- Place a number of caps or markers around the playing area
- The players move from one marker to another using one step or leap
- Use different coloured markers and challenge individual players to cross the playing area 'stepping' from markers of one colour only

### KEY POINTS

- Look ahead to plan your route
- Use steady measured movements to maintain balance

## ACTIVITY 3 BRIDGES AND RIVERS ( ABC SKILLS / AGILITY / LEVEL 1 )



### ORGANISATION

- The players work in pairs, one player designated the 'bridge' and the second the 'river'
- The players run around the playing area, and on a signal from the Coach the 'bridges' balance on their hands and feet while the 'rivers' crawl under the 'bridges'
- The 'rivers' can also crawl under the 'bridges' from back to front as well as side to side

### KEY POINTS

- Move quickly into the bridge position
- 'Rivers' get down low and shuffle using the forearms and lower legs

## WARM DOWN BACK TO BACK ( ABC SKILLS / AGILITY / LEVEL 1 )



### ORGANISATION

- The players move around the playing area randomly while avoiding the other players
- On a signal from the Coach they pair off quickly and stand back to back

### KEY POINTS

- Move close to the other player before turning back to back

## SESSION REVIEW

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# SAMPLE SESSION

## GAELIC FOOTBALL / AGE 7-8

# 2

# ABC

## Have a Ball

### NURSERY PROGRAMME

## SESSION THEME

- Develop Catching and Passing Skills

## EQUIPMENT LIST



## WARM UP CLOSING THE SPACE (ABC SKILLS / AGILITY / LEVEL 1)

### ORGANISATION

- The players move around the playing area while avoiding the other players
- The Coach reduces the size of the playing area throughout by acting as a perimeter on one side making the task gradually more difficult

### KEY POINTS

- Ensure the players have enough room to move around safely
- No bumping



## GAME PIGGY IN THE MIDDLE (HAVE A BALL / CATCHING & PASSING / LEVEL 3)

### ORGANISATION

- The players spread out around the playing area
- One player is designated the 'piggy in the middle'
- The other players pass the ball around attempting to keep it away from the 'piggy in the middle'
- If the ball is dropped or intercepted the player who missed the catch or attempted the pass becomes the new 'piggy in the middle'

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely



## ACTIVITY 1 BOUNCE AND CATCH (HAVE A BALL / CATCHING & PASSING / LEVEL 2)

### ORGANISATION

- Each player has a ball
- Bounce the ball with two hands and catch it again using two hands
- Progress to bounce the ball with one hand
- Continue to catch the ball with two hands

### KEY POINTS

- Using the fingers, push down through the ball to bounce it
- Extend the arms towards the ball to catch it



# SAMPLE SESSION 2

## ACTIVITY 2 TARGET BOUNCE ( HAVE A BALL / CATCHING & PASSING / LEVEL 2 )



### ORGANISATION

- Set out different targets such as markers or hoops on the floor
- The players move around the playing area attempting to bounce the ball to hit the targets as they pass them

### KEY POINTS

- Using the fingers, push down through the ball to bounce it
- Extend the arm behind the ball in the direction of the target

## ACTIVITY 3 JOG THROUGH LADDER ( ABC SKILLS / RUNNING / LEVEL 2 )



### ORGANISATION

- Jog through the ladder placing each foot in every second space
- Speed up as technique improves

### KEY POINTS

- Run on the balls of the feet; keep the head up and the back straight
- Synchronise arm and leg movement, i.e, lift the right knee and left arm simultaneously and vice versa
- Bend the arms at the elbow and use an exaggerated high arm motion

## WARM DOWN MUSICAL CHAIRS ( ABC SKILLS / AGILITY / LEVEL 1 )



### ORGANISATION

- The players run around the playing area randomly
- On a signal from the Coach each player must find a marker in order to remain in the game
- One marker is removed before each round until only one player remains

### KEY POINTS

- No pushing or bumping

## SESSION REVIEW

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# SAMPLE SESSION

## HURLING / AGE 5-6

# 3

### SESSION THEME

- Develop Striking, Balance, Grip and Movement Skills

### EQUIPMENT LIST



### WARM UP MUSICAL CHAIRS ( ABC SKILLS / AGILITY / LEVEL 1 )

#### ORGANISATION

- The players run around the playing area randomly
- On a signal from the Coach each player must find a marker in order to remain in the game
- One marker is removed before each round until only one player remains

#### KEY POINTS

- No pushing or bumping



### GAME SQUASH ( HAVE A BALL / STRIKING / LEVEL 2 )

#### ORGANISATION

- The players stand a reasonable distance from the wall
- In turn each strikes the ball as it returns from the wall
- Initially allow the ball to bounce before striking; progress to striking continuously with no bounce

#### KEY POINTS

- Move the feet to place them side on to the wall
- Strike using the forehand or backhand to suit the oncoming ball



### ACTIVITY 1 HURLEY GRIP ( HAVE A BALL / STRIKING / LEVEL 3 )

#### ORGANISATION

- Ensure each player has a hurley of appropriate size
- Grip the hurley in the dominant hand as if shaking hands with it
- Hold the hurley out in front of the body with the bas flat; twist it using the wrist
- Wave the hurley up and down to get a sense of the weight
- To move to the ready position move the feet shoulder width apart
- Lift the hurley in front of the body to hold it with the non-dominant hand above the bas; the toe is pointed upwards
- Practise the ready position in a stationary position, then walking and jogging

#### KEY POINTS

- Ensure all players wear a helmet
- Ensure the players have enough room to perform the exercise safely



# SAMPLE SESSION 3

## ACTIVITY 2 PANCAKE TOSS ( HAVE A BALL / STRIKING / LEVEL 2 )



### ORGANISATION

- Each player has a ball
- Initially toss the ball only a small distance into the air
- Gradually increase the height of the toss as technique improves

### KEY POINTS

- Pick a point in the air to help toss the ball with accuracy
- As the ball impacts the bat on the way down soften the grip to control the ball

## ACTIVITY 3 SQUASH ( HAVE A BALL / STRIKING / LEVEL 2 )



### ORGANISATION

- The players stand a reasonable distance from the wall
- In turn each strikes the ball as it returns from the wall
- Initially allow the ball to bounce before striking; progress to striking continuously with no bounce

### KEY POINTS

- Move the feet to place them side on to the wall
- Strike using the forehand or backhand to suit the oncoming ball

## WARM DOWN TRAVELLING ( ABC SKILLS / AGILITY / LEVEL 1 )



### ORGANISATION

- The players travel around the playing area in different directions and in as many different ways as possible, e.g. jogging, hopping, jumping, sideways, backwards etc.

### KEY POINTS

- Each player uses a different pathway
- When moving sideways, don't cross legs
- When moving backwards, look over your shoulder and move on the balls of the feet

## SESSION REVIEW

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# SAMPLE SESSION

## HURLING / AGE 7-8

# 4

# ABC

Have  
a Ball

NURSERY PROGRAMME

### SESSION THEME

- Develop Striking, Balance, Grip and Movement Skills

### EQUIPMENT LIST



### WARM UP TRAVELLING (ABC SKILLS / AGILITY / LEVEL 1)

#### ORGANISATION

- The players travel around the playing area in different directions and in as many different ways as possible, e.g. jogging, hopping, jumping, sideways, backwards etc.

#### KEY POINTS

- Each player uses a different pathway
- When moving sideways, don't cross legs
- When moving backwards, look over your shoulder and move on the balls of the feet



### GAME CHASING SHADOWS (ABC SKILLS / AGILITY / LEVEL 3)

#### ORGANISATION

- The players work in pairs, with one player in each pair designated the leader
- The leader runs around the playing area being followed by their partner
- Whichever way the leader moves the partner must follow as quickly as possible; when the leader stops the partner must also stop
- Switch the roles after a set time

#### KEY POINTS

- Stop with knees slightly bent, one foot in front of the other for balance; arms should be bent at the elbows, in opposition to the legs, e.g. right leg forward, left arm forward
- After stopping, move off quickly in a new direction



### ACTIVITY 1 HURLEY EXTENSION (HAVE A BALL / STRIKING / LEVEL 3)

#### ORGANISATION

- The players hold the hurley by their side
- Trace an 'x' or 'w' on the ground
- Kick the bas of the hurley with each foot in turn in a stationary position; introduce walking and jogging
- Holding the hurley with both hands swing the hurley above the head
- Touch a ball on the ground with the hurley
- Hold the ball and the hurley at the same time; first in the ready position, then with the hurley up straight beside the dominant shoulder

#### KEY POINTS

- Ensure all players wear a helmet
- Ensure the players have enough room to perform the exercise safely



# SAMPLE SESSION 4

## ACTIVITY 2 LADDER SHUFFLE ( ABC SKILLS / COORDINATION / LEVEL 3 )



### ORGANISATION

- The player moves through the ladder sideways placing each foot in every space
- Remember to practise this technique leading with both the left and right foot

### 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

## ACTIVITY 3 HURLEY KEEPIE UPPY ( HAVE A BALL / STRIKING / LEVEL 3 )



### ORGANISATION

- Each player has a balloon or ball
- Strike the balloon or ball into the air continuously
- Progress from batting the ball to using a full striking action

### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Alternate between controlling and striking to reduce the difficulty

## WARM DOWN TRAVELLING ( ABC SKILLS / AGILITY / LEVEL 1 )



### ORGANISATION

- The players travel around the playing area in different directions and in as many different ways as possible, e.g. jogging, hopping, jumping, sideways, backwards etc.

### KEY POINTS

- Each player uses a different pathway
- When moving sideways, don't cross legs
- When moving backwards, look over your shoulder and move on the balls of the feet

## SESSION REVIEW

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# BUILD YOUR OWN SESSION

## SESSION THEME

## EQUIPMENT LIST

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## WARM UP

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## GAME

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## ACTIVITY 1

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# BUILD YOUR OWN SESSION

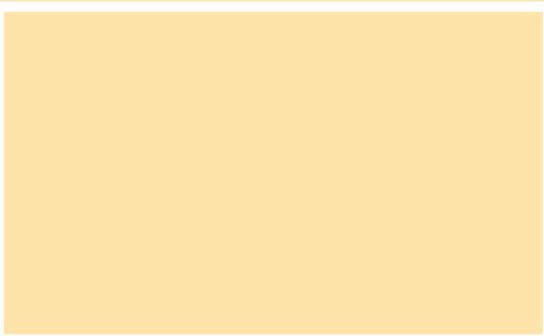
## ACTIVITY 2



## ACTIVITY 3



## WARM DOWN



## SESSION REVIEW

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# OTHER Fun Do RESOURCES

## GAA Fun Do HURLING RESOURCE

The GAA Fun Do Learning Resource Pack for Hurling incorporates a number of elements which enable Coaches to assist and challenge players to develop their full playing potential in a fun-filled environment. These elements are as follows:

- Lift and Strike Coaching Classes
- Wall Ball
- Sample Sessions
- U Can Awards
- Skills Star Challenge



## GAA Fun Do FOOTBALL RESOURCE

The GAA Fun Do Learning Resource Pack for Gaelic Football incorporates a number of elements which enable Coaches to assist and challenge players to develop their full playing potential in a fun-filled environment. These elements are as follows:

- Catch and Kick Coaching Classes
- Sample Sessions
- U Can Awards
- Skills Star Challenge



## ABC/HAVE-A-BALL BOOKLET

The ABC/Have-a-ball Nursery Programmes are a series of fun-based exercises to develop basic movement (motor) skills for children aged 4-8 years. They include exercises for the development of Agility, Balance, Coordination, Running and Jumping. The Have-a-ball Nursery Programme complements the ABC programme and consists of exercises to develop Basic Movement Skills e.g. Throwing, Catching & Passing, Striking or Kicking.



## GAA Fun Do COACHES RESOURCE

The GAA Fun Do Coaching Information Resource Pack includes a range of information for coaches. Topics such as catering for the needs of children in a fun and positive environment, organising and planning sessions, introducing new skills, varying activities to suit the needs of players of different needs and abilities are all included in this section.



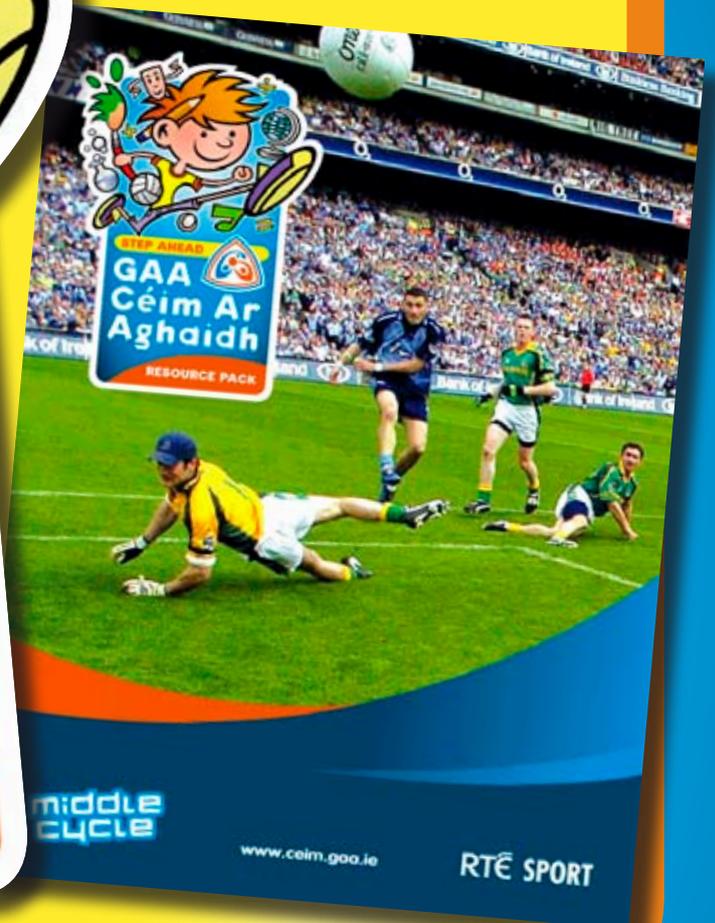
### The GAA Code of Best Practice for Youth Sport

Cumann Lúthchleas Gael believes that a youth-centred approach should be adopted by everyone involved in the promotion and development of Gaelic games at underage level. The Grassroots to National Programme (GNP) and the associated Fun Do initiatives are firmly rooted in this philosophy, a philosophy that may be best summed up in the statement: "the greater the sense of achievement, fun and fair play that young people experience when participating in Gaelic games, the more they will enjoy their involvement and strive to develop their true potential".



# The cool Educational resource from the GAA

Céim Ar Aghaidh uses the fun of Gaelic Games to deliver an exciting range of learning activities to support the Primary School Curriculum for Irish, English, Maths, History, Geography, Science, Art and more.



The Céim Ar Aghaidh Resource Pack can be used to support teaching in a variety of subject areas and the exercises can be adapted to suit children of varying abilities through differentiated tasks. It provides an extremely comprehensive spread of opportunities for children.



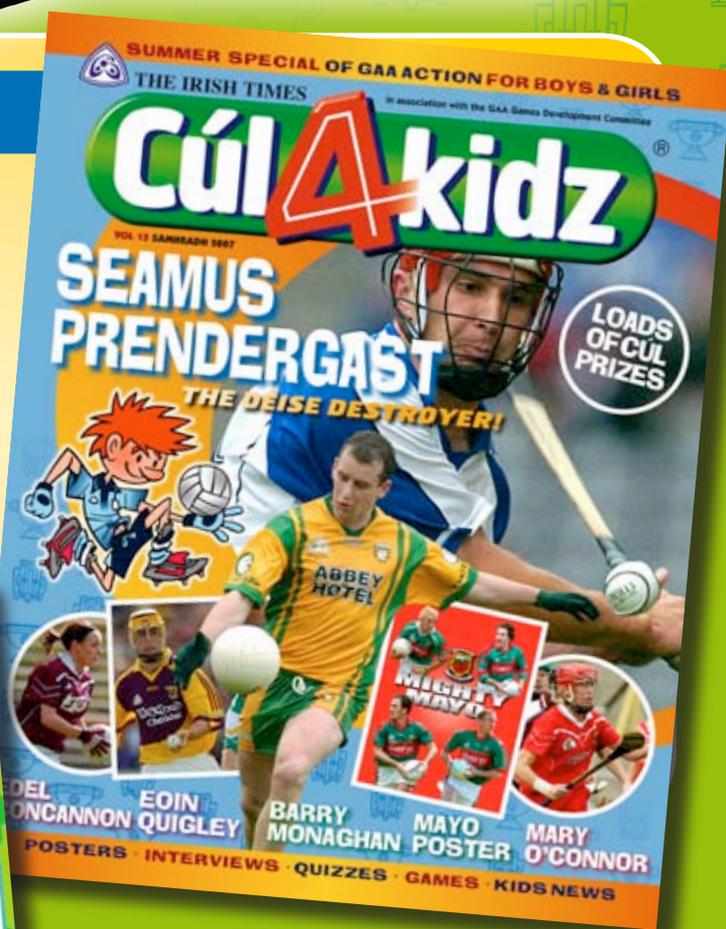
Find out more on the Céim Ar Aghaidh website [www.ceim.gaa.ie](http://www.ceim.gaa.ie)

# Cúl4kidz

## THE MAGAZINE

The Official GAA magazine for kids is free 4 times a year with The Irish Times.

Check out [www.gaa.ie](http://www.gaa.ie) & [www.cul4kidz.com](http://www.cul4kidz.com) for dates and further information.

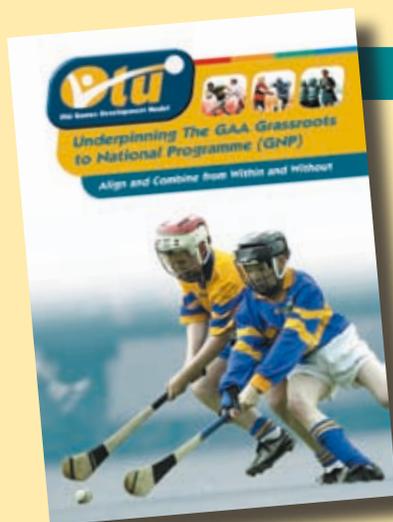


## THE WEBSITE

Also check out Cúl4kidz on the web @ [www.cul4kidz.com](http://www.cul4kidz.com) for news, skills, interviews and lots more.



# LATEST GAA DEVELOPMENTS



## LOG ON TO OUR WEBSITE

To keep up to date with the latest in Games Development, log on to the Official GAA Games Development website at <http://gamesdevelopment.gaa.ie>

On <http://gamesdevelopment.gaa.ie> you can download the Otú Games Development Model document in pdf format; stay up to date with the latest in Coach, Administrator and Referee Education (CARE); review the latest in player development initiatives and subscribe to the GAA Games Development electronic newsletter.



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**Bí Cúl agus Bí Ann**





# FunDo

is an initiative of the GAA Games Development Department to create a sense of fun and excitement in the learning of GAA Games.

To promote this, a DVD and a series of booklets have been produced to enable coaches to prepare sessions in a fun and exciting way.

