



PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Fifth and Sixth Classes

Lesson: 14 Football

Venue

School Yard/Hall/Playing Field

Equipment

Footballs, cones

Lesson
14
Football

Strand Unit: Sending, receiving and travelling

Curriculum Objectives:

- Children to practice skills previously experienced
- Children to further develop and extend kicking skills
- Children to further develop and extend ball handling skills
 - Walking or jogging and soloing with a ball
 - Taking steps and kicking the ball from hands i.e. punt kick
 - Punt kicking at a target

Strand Unit: Creating and playing games

Curriculum Objective:

- Children to create and develop games in pairs
 - Small-sided, 5v5 conditioned games

Strand Unit: Understanding and appreciation of games

Curriculum Objective:

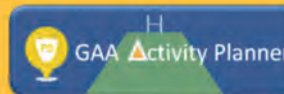
- Children to discuss and improve control in movement skills relevant to games
- Children to develop an understanding of the use of space in mini-games
- Children to develop an understanding of the tactics and strategies for use in mini-games
- Children to adapt rules for use in mini-games and keep scores of games
- Children to avail of opportunities in the community to participate in games

Linkage:

- Gymnastics - Strand Unit: Movement (Balance)
- Athletics - Strand Units: Running and Jumping



Build your own Lesson Plans
Go to learning.gaa.ie/planner/primary



References

Primary School Curriculum:
Physical Education (1999)
Physical Education Teacher
Guidelines (1999)

Primary Schools' Sports Initiative
<http://www.ppds.ie/pcsparchive/pe/psai/clickme.html>

Fun Do GAA Learning Resource Pack (2007)





Strand: Games

Organisation

- Each child has a ball or one ball between two



Organisation

- Divide the class into groups of 5
- Mark out a distance of 10m using cones
- The children line up behind one of the cones
- One ball per group



Class Level: Fifth and Sixth Classes

Activity 1 - Foot Solo

- 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

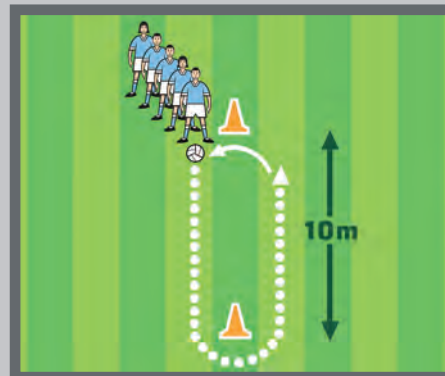


Teaching Points

- 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

Activity 2 - Toe Tap, Turn and Pass

- In turn, each child solos out and around the far cone, fist passing for the next player as they return to the back of the line
- Continue the exercise for a set time



Teaching Points

- Challenge the children to toe-tap the ball with the non-dominant leg

Strand: Games

Class Level: Fifth and Sixth Classes

Organisation

- Each child has a ball or one between two
- Set up a course using cones or obstacles and a target or goal



Organisation

- Mark out goals 5m apart using cones
- Divide the players into pairs
- One ball per pair



Activity 3 - Foot Solo & Shoot

- In turn, the children solo around the cones and punt kick the ball at a target from a set marker



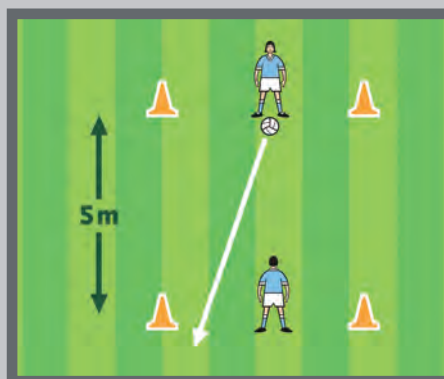
Teaching Points

- 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

Q Why practice this exercise going in different directions?

Activity 4 - Goal to Goal

- a) **1v1**
 - Each child, in turn, attempts to score a goal past their partner
 - Award one point for every goal scored with the dominant side and two points for every goal scored with the non-dominant side
- b) **3v3**
 - Increase teams to 3v3



Teaching Points

- As the children develop, increase the distance between them
- Q** Why not organise this activity so the winners move on to play each other

Strand: **Games**

Organisation

- Organise the children into groups of 4
- Mark out a grid with 3 different zones
- 1 defender in the middle zone initially, creating a 3v1 scenario



Organisation

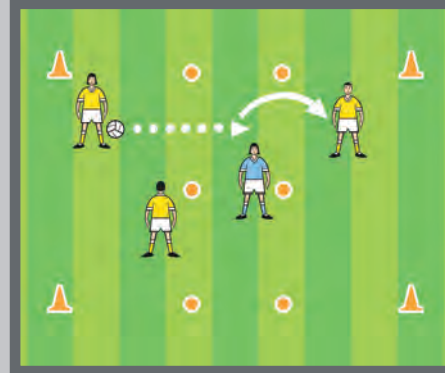
- Mark out a playing area 20m x 40m
- Place two markers at either end to form goals
- Divide the players into equal teams; 5v5



Class Level: **Fifth and Sixth Classes**

Development - Space Invaders

- The objective of the activity is to move the ball through the middle zone
- The child carrying the ball decides where to move and when to pass to prevent the defender from stealing the ball
- The receiver has to be in a suitable space to receive a pass i.e. to the sides of the defender, in front of the defender or behind the defender

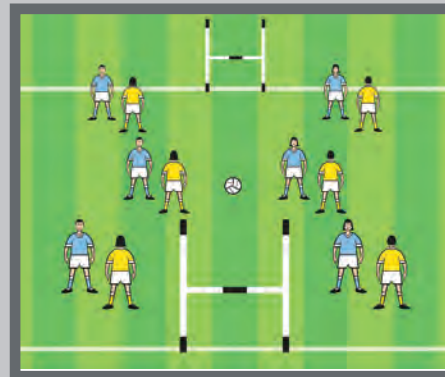


Development - Football Mini-Game

- The objective of the game is to score goals against the other team

Rules

- One hop, one solo
- Fist pass allowed
- Kicking allowed



Teaching Points

- Encourage movement off the ball to create passing opportunities for the passer

Children discuss:

- Moving into space when receiving
- When to send and when to receive

Teaching Points

- Q If the ball goes out of play how does the game restart?
- Q Will tackling be allowed?
- Q What does “mark a player” mean?
- Q How can we avoid bunching together?
- Q What should the penalty be for anyone who pushes or drags an opponent?

