

## GAELIC FOOTBALL

## Unit 1: Gaelic football

LEARNING  
OUTCOMES*The student will:*

- demonstrate a knowledge of the basic principles and concepts of invasion games
- demonstrate an ability to use the hand pass
- co-operate with others in group decision making
- contribute to group effort.

## EQUIPMENT

15 balls (ball between 2 or 3), bibs, cones, goals.

## CLASS ORGANISATION

5 v 5, 2's or 3's for hand pass

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		Choose activity from examples in Level 1. Stretching.	
Development	<p><b>Recap</b></p> <ul style="list-style-type: none"> <li>• Keep possession</li> <li>• Create space</li> <li>• Regain possession</li> </ul> <p>• <b>Invading space:</b></p> <ul style="list-style-type: none"> <li>- width</li> <li>- depth</li> <li>- support</li> <li>- penetration</li> </ul> <p>• <b>Denying space:</b></p> <ul style="list-style-type: none"> <li>- interception</li> <li>- marking</li> <li>- space</li> <li>- player</li> </ul>	<p>1. <b>5 v 5 Possession Game:</b> time limit or number of passes. throw and catch – cannot travel with ball.</p> <p>2. As above, using hand pass.</p> <p><b>SKILL</b> - Gaelic hand pass</p> <p>3. <b>Line ball: 5 v 5. Area 30 x 40 meters:</b></p> <ul style="list-style-type: none"> <li>- cannot move with ball</li> <li>- no tackling</li> <li>- score by hand pass across line to team mate</li> <li>- no kicking</li> </ul>	<ul style="list-style-type: none"> <li>• How do you keep possession?</li> <li>• How do you help keep possession? – Player with ball – Player without ball.</li> <li>• How can you score more effectively as a team?</li> <li>• How do you prevent scoring?</li> </ul>
Concluding activity	<ul style="list-style-type: none"> <li>• <b>Teamwork</b></li> <li>• As above</li> </ul>	<p><b>5 v 5 with goal:</b></p> <ul style="list-style-type: none"> <li>- points only</li> <li>- hand pass only</li> <li>- cannot move with ball</li> <li>- no tackling</li> </ul>	<p>As above</p> <ul style="list-style-type: none"> <li>• What is the difference between defence / attack of a line or goal?</li> </ul>
Cool down & stretching		Gentle jog – handpass ball between 2's or 3's	