

Unit 2: Gaelic football

**LESSON
OBJECTIVES****The student will:**

- demonstrate an ability to make appropriate decisions relating to 'what to do' and 'how to do it' in a 5 v 5 invasion game
- demonstrate an ability to travel with the ball using toe to hand and/or bounce.

EQUIPMENT

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

CLASS ORGANISATION

5 v 5, 2's or 3's for pick-up

| STAGE | CONCEPT | CONTENT / ACTIVITY | TEACHING POINTS |
|------------------------|--|---|--|
| Warm up | | Ball between two. Hand passing while jogging slowly around field. | |
| Introductory activity | | 5 v 5 tag – (as in level 1), using hand pass. | |
| Development | <p>As in unit 1.</p> <ul style="list-style-type: none"> • Ability to read game and select appropriate actions • Moving effectively with ball | <p>1. 5 v 5 game</p> <ul style="list-style-type: none"> – points only – no tackling – hand pass only <p>2. 5 v 5. As above + travelling with ball – 1 solo + 1 bounce + limited steps</p> <p>SKILL Toe to hand. (Toe tap)</p> | <ul style="list-style-type: none"> • Continue to question students on decisions which need to be made regarding attack and defence. • When is it appropriate to: – pass? – travel with ball? • See resource material. |
| Concluding activity | | 5 v 5 Game as in Activity 2. | |
| Cool down & stretching | | Gentle jog – 1 solo or 1 bounce then hand pass in 2's or 3's | |