

Unit 3: Gaelic football

LEARNING OUTCOMES

- The student will demonstrate an ability to:*
- *make appropriate decisions in a game situation*
 - *pick the ball off the ground correctly*
 - *foot pass the ball*
 - *contribute to group effort*
 - *assume responsibility by adhering to agreed rules.*

EQUIPMENT

15 balls (ball between 2 or 3), bibs, cones, goals – e.g. flags (1.5m)

CLASS ORGANISATION

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

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		In two's hand pass and toe to hand jogging around.	
Introductory activity		<p>1. 5 v 5 As in unit 2</p> <ul style="list-style-type: none"> - with bigger area - with foot pass from hand - score using hand. 	<ul style="list-style-type: none"> • What are the implications of the bigger area and the foot pass? • How do you get the ball into your hands? • Who do you pass the ball to? • How can you make yourself free for a pass?
Development	<p>Support</p> <ul style="list-style-type: none"> - Width - Depth - Communication - Penetration 	<p>2. SKILL</p> <ol style="list-style-type: none"> 1. Pick up. 2. Kick pass. 3. Getting away from an opponent for a pass. <p>Where necessary, groups may be broken down to facilitate skill work on some or all of these.</p>	<ul style="list-style-type: none"> • When do you use a kick pass/hand pass? • How do you kick pass? <p>SKILL</p> <p>KICK PASS</p> <ol style="list-style-type: none"> 1. Eyes on ball when kicking. 2. Keep toe pointing to ground. 3. Knee bent over ball and raised upwards as you kick. <ul style="list-style-type: none"> • Risk of longer pass re accuracy and pace.
Concluding activity	<p>Support</p> <ul style="list-style-type: none"> - Distance between team mates 	<p>3. 2 v 2 or 3 v 3 Possession Foot pass only.</p> <p>4. 5 v 5 With emphasis on above – now that students have highlighted the implications of the bigger area and the use of the foot pass.</p>	
Cool down & stretching		Gentle jog – practising foot pass, pick-up, etc.	