

Unit 4: Gaelic football

LESSON OBJECTIVES

- The student will:**
- *show an understanding of attack / defence roles in gaelic football*
 - *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

Move to bigger group numbers: 6 v 6, 7 v 7, 8 v 8

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		In two's <i>handpass</i> and <i>toe to hand</i> while jogging around. Stretching. Fist dodgeball game.	
Introductory activity	Keep possession	5 v 5 in grid of 30 x 40 yards - keep possession - kick pass only - can travel with the ball - limited number of steps + bounces + foot to toe	
Development	Teamwork - Specific roles e.g. defending, attacking, goal, midfield	1. 6 v 6, 7 v 7 or 8 v 8 depending on class size (60 x 40 yards) Still one solo / one hop SKILL PUNT PASS See resource materials.	<ul style="list-style-type: none"> • How do you organise yourselves to work effectively as a team? - allocating positions - team line out • How do you change the players for each position? • What are the defence/attack implications? - do you mark player/area - do you follow player back towards her/his goal?
Concluding activity		2. Students can then be allocated specific roles (e.g. defender) within a specific area. Rotate students regularly so that all get an opportunity to play different roles. Score by hand pass point or kick pass point or goal.	<ul style="list-style-type: none"> • On a larger pitch How do you pass the ball to your team mate when there is an opponent(s) between you?
Cool down & stretching			