

## Unit 5: Gaelic football

**LEARNING  
OUTCOMES****The student will:**

- *show an understanding of creating space for shooting*
- *demonstrate an ability to score from the hands.*

**EQUIPMENT**

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

**CLASS ORGANISATION**

Group of 3's, 6's or larger.

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		Ball between three - jogging around - on signal do activity such as pass/solo/pick up etc.	
Introductory activity	<b>Movement in attack</b> Penetration <b>Defending</b> - slowing down the opposition	<p>40m</p> <p><b>Objective</b>            For X's to carry ball over goal line O1 passes to one of the X's and then tries to get back to help O2 and O3 to defend.</p>	<ul style="list-style-type: none"> <li>• Most effective attacking strategy?               <ul style="list-style-type: none"> <li>- move / pass quickly before O1 gets back</li> </ul> </li> <li>• Best way to defend?               <ul style="list-style-type: none"> <li>- try to hold up attackers until O1 gets back</li> </ul> </li> <li>• What are the defence/attack implications?               <ul style="list-style-type: none"> <li>- do you mark player/area</li> <li>- do you follow player back towards her/his goal?</li> </ul> </li> </ul>
Development	Creating space for shot  <b>Support</b> Width / Depth Penetration Creating Space	<p>1. <b>6 v 6, 7 v 7 or 8 v 8 in area (60 x 40 meters)</b>            Call shot game - all action freezes once a player has possession and calls shot.</p> <p>2. <b>SKILL</b> - shooting</p>	<ul style="list-style-type: none"> <li>• When is it best to call shot?               <ul style="list-style-type: none"> <li>- close to goal</li> <li>- good angle</li> </ul> </li> <li>• How do you get free to get a shot?</li> <li>• When is it best to shoot/pass?</li> <li>• When is it best to go for a point/go for a goal?</li> </ul>
Concluding activity		<p>3. <b>6 v 6, 7 v 7, 8 v 8</b>            - score goals / points            - one bounce / toe tap.</p>	
Cool down & stretching			