

## GAELIC FOOTBALL OP SCHOOL

Athletic Stadium

Sunday 24th July: 11.15-12.15

Monday 25th July: 15.15-16.15

### MATERIAL NEEDED:

- 4 FOOTBALL GOALS, OLD VOLLEYBALLS OR FOOTBALLS

### LESSON GOAL:

1. Inform participant about the way teachers I teach students basic Gaelic football. From games to school sports.
2. All workshops are to be fun and open for every skill level.

### ACTIVITIES FOR INJURED PARTICIPANTS

- Assisting peers / me
- Referee
- Observing and taking notes

### TIME SCHEDULE

|                    |  |
|--------------------|--|
| -10 - 0            | SET UP PLAYING FIELDS,, WELCOME PARTICIPANTS   |
| 0 - 5              | <b>BRIEFING</b> <ul style="list-style-type: none"><li>- GOAL OF THE LESSON</li><li>- W-UP, GAMES FOR BALL HANDLING AND TEAMPLAY, GAME OF GEALIC SCHOOL RULES</li></ul>   |
| 6 - 13             | CHECK IN : WHO ARE YOU/WHAT DO YOU HOPE TO GET OUT OF THIS WORKSHOP/ WHAT DO YOU ALREADY KNOW  |
| 16 - 30<br>30 - 50 | <b>W-UP:</b> <ul style="list-style-type: none"><li>- SKILL TRAINING</li><li>- TEAMBALL WITH 2 DIFFERENT TECHNIQUES AND PICK UP RULE.</li><li>- TECHNICAL HANDLING AND TEAM PLAY: END ZONE GAELIC</li><li>- GAME OF SCHOOL GAELIC</li></ul> |
| 50 - 60            | <b>CHECK OUT</b> <ul style="list-style-type: none"><li>- KEY TAKE AWAY</li><li>- ANNOUNCEMENT OF OTHER CLASSES</li><li>- COMPLIMENT AND THANK PARTICIPANTS</li></ul>   |

WARMING UP: TEAMBAL WITH 2 DIFFERENT TECHNIQUES (POSITION GAME)

- Set out a square of  $\pm 10$  by 10 meters
- Make teams of 5 players
- Determine which teams starts defending/attacking
  
- Pass the ball around 5 /10 times to get a point  
(differentiate with the count according to the expert level to the teams/team)

#### Switch of role (attack / defend)

- after two occasions of the following actions the teams switch there role:
  - Intercepted = ball for opponent
  - Passed out of bounds = ball for opponent
  - Ball touched by opponent = restart counting
  - Differentiation: Touch with two hands on shoulders = Ball for oppo
  - Foul = ball for opponent
- after a point is made

#### Types of ball handling:

- Football = playing with feet
- Slapping = only slap (with open hand) the ball underhand, while the ball lies in the other hand.
- Fist = hit the ball to teammate with clenched fist

#### Walking rules (soloing)

- Every 4 steps
  - bounce the bal on the ground (no allowed twice in an row, best to alternate)
  - or bounce the ball of your foot and back in your hands

#### ENDZONE GAELIC:

Make a field with two endzones (like with flag football or Ultimate Frisbee)

#### Combine ball handeling skills:

- Football = playing with feet
- Slapping = only slap (with open hand) the ball underhand, while the ball lies in the other hand.
- Fist = hit the ball to teammate with clenched fist
  
- (Kick out of hand / drop kick could be practiced, but i use it only with a big field. )

#### Ball turnover

- if the bal gets:
  - Intercepted = ball for opponent
  - Passed out of bounds = ball for opposite team of the team last touched the ball
  - Ball touched by opponent = ball stays in possession / free play
  - Pick the ball up from the ground with the hands  
(make it harder by scooping the ball up with the feet in stead)
  - Foul = Freekick for opponent out of hands (or from the ground)

#### Walking rules

- Every 4 steps
  - bounce the bal once
  - or foot the ball  
differentiation (no allowed to repeat bounce or solo the ball more than twice, must alternate)

**CONTACT:**

**NORMALY G.F. is very physical, to make is more accessible at school I recommend to play with TOUCH. As a teacher you can differentiate with the applied consequence of “touch” during a game. Here are my two examples.**

- Touch = Mandatory bounce
- or Touch = Mandatory backward pass

**You can also differentiate the way you want the players to touch there opponents. I always recommend touching on the shoulders, because I have mixed gender classes. Here are different ways to use the contact during a game. example**

- both hands on one shoulder
- with both hands touching both shoulders
- With one hand touching one shoulder

**In all cases the defender has to shout TOUCH! when making a touch. The referee determines if a touch is correct.**

Score points = Catch ball in endzone.

**SCHOOLVERSION GAELIC FOOTBAL**

Place 2 goals in the endzones and score in the goals instead. Make teams of 7 to 10 players. Same rule apply as with endzone Gaelic. (Adjust the size of the field according to the skill level and size of the group)

Points:

- with foot or hand in the goal = 3 point
- Fisting or kick bal over crossbar = 1 points

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Additional information:

Normal game duration = 2x 35 minutes

Players per team = 15 players on the field

Minimum / Maximum official field size = 130/145meters long x 80/90 meters wide

Gaelic Football is one of four typical Irish sports. Other sports are:

- Hurley
- Rounders
- and Gaelic Handball

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**MORE INFORMATION:**

Gaelic Football for beginners: <https://www.youtube.com/watch?v=vSOe-USZzok>

Ladies Gaelic Football Rules: <https://ladiesgaelic.ie/wp-content/uploads/2011/02/2016-Playing-Rules.pdf>