GAA Skill Development
Hurling & Football

GAA Foundation Award
GAA Skill Development - Objectives

- By the end of this session, participants will be able to:
  - Identify the skills of Hurling and Gaelic Football
  - Identify the three phases of learning
  - List the steps involved in coaching a skill
  - Organise and oversee activities to practice 5 key skills of Hurling/ Football.
Skill Development

Half the class Identify the Skills of Hurling

Half the class Identify the Skills of Football
The Skills of Hurling

- Can be divided into:

- Skills used to Gain Possession
  - Involves gaining possession and control of the sliotar. Skills such as catching, and lifting are included along with skills involved in getting control of the sliotar using the Hurley.

- Skills used to Maintain Possession
  - Once the sliotar is under the control of the player, there are a number of skills which help the player in possession to maintain possession. These skills encompass ground skills, handling skills and evasion skills

- Skills used to Release Possession
  - Involves striking the sliotar, with either the hand or the Hurley. Many of these skills can be performed with a stationary sliotar or a moving sliotar, while the player is stationary or while the player is moving.

- Skills used to Contest Possession
  - Involves many of the skills used to tackle an opponent in possession, or to contest for possession when neither player is in possession of the sliotar.
# The Skills of Hurling

<table>
<thead>
<tr>
<th>Gaining Possession</th>
<th>Maintaining Possession</th>
<th>Releasing Possession</th>
<th>Contesting Possession</th>
<th>Other Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Ground Block</td>
<td>The Dribble</td>
<td>Striking a Stationary Ball</td>
<td>The Frontal Air Block</td>
<td>The Grip</td>
</tr>
<tr>
<td>Controlling a Moving Ball</td>
<td>The Solo Run</td>
<td>Ground Strike on the Run</td>
<td>The Hook</td>
<td>The Swing</td>
</tr>
<tr>
<td>Blocking a Ball Overhead</td>
<td>Evasion/Roll Off</td>
<td>Doubling Back</td>
<td>Shoulder to Shoulder Clash</td>
<td></td>
</tr>
<tr>
<td>The Chest Catch</td>
<td>The Feint/Side Step</td>
<td>Striking from the Hand</td>
<td>Shoulder to Shoulder Charge</td>
<td></td>
</tr>
<tr>
<td>The Jab Lift</td>
<td></td>
<td>The Overhead Strike</td>
<td>The Frontal Ground Block</td>
<td></td>
</tr>
<tr>
<td>The Roll Lift</td>
<td></td>
<td>The Hand Pass</td>
<td>The Ground Flick</td>
<td></td>
</tr>
<tr>
<td>The Overhead Catch</td>
<td></td>
<td>Batting a Ball Overhead</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Checking
The Skills of Gaelic Football

Can be divided into:

- Skills used to Gain Possession
  - Involves gaining possession and control of the football. Skills such as catching, and lifting are included.

- Skills used to Maintain Possession
  - Once the football is under the control of the player, there are a number of skills which help the player in possession to maintain possession. These skills encompass ground skills, handling skills and evasion skills

- Skills used to Release Possession
  - Involves striking the football, with either the hand or the foot. Many of these skills can be performed with a stationary football or a moving football, while the player is stationary or while the player is moving.

- Skills used to Contest Possession
  - Involves many of the skills used to tackle an opponent in possession, or to contest for possession when neither player is in possession of the football.
# The Skills of Gaelic Football

<table>
<thead>
<tr>
<th>Gaining Possession</th>
<th>Maintaining Possession</th>
<th>Releasing Possession</th>
<th>Contesting Possession</th>
<th>Other Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Crouch Lift</td>
<td>The Dribble</td>
<td>The Fist Pass</td>
<td>Side to Side Charge</td>
<td>Handling the Ball</td>
</tr>
<tr>
<td>The Chip Lift</td>
<td>The Toe Tap</td>
<td>The Punt Kick</td>
<td>Checking</td>
<td></td>
</tr>
<tr>
<td>The High Catch</td>
<td>The Bounce</td>
<td>The Hook Kick</td>
<td>The Near Hand Tackle</td>
<td></td>
</tr>
<tr>
<td>The Body Catch</td>
<td>Evasion/Roll Off</td>
<td>The Penalty Kick</td>
<td>The Block Down</td>
<td></td>
</tr>
<tr>
<td>The Low Catch</td>
<td>The Feint/Side Step</td>
<td>Kicking from the Ground</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Reach Catch</td>
<td></td>
<td>The Hand Pass</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Phases of Skill Development

- Three phases of skill learning

- Early
  - Lots of errors – depends on the coach for instruction and direction

Intermediate
  - Achieved basic level of competence
  - Performs the skill faster in an appropriately structured competitive environment (games / activities)

Advanced
  - Skill is automatic and is performed under pressure. Focus is on advanced skills and team play.
Reduced Space/Time

Decision Making

Movement

Introducing Player to the
Emphasis of being able to
Deal with those of
the advanced phase

Opponent

Speed

Other Techniques
Coaching a Skill

I. Introduce

D. Demonstrate

E. Execute

A. Attend
Coaching a Skill

Stage 1

Brief Description of Skill

List Key Points
Coaching a Skill

Stage 2

Demonstrate

(a) Normal Speed x3
(b) Slow Motion
(c) Normal Speed
Coaching a Skill

Stage 3

Introduce and Set Up Routine

Simple and Easy to understand
Coaching a Skill

Stage 4

Give Positive Feedback
Coaching a Skill

Stage 5
Continue Routine
Coaching a Skill – Organisational Hints

1. Gather in a semi-circle
2. Separate ‘Giddy’ Players
3. Gather in Footballs/ Sliotars
4. Face players away from distractions and sun
5. Speak with the breeze
6. Coach doesn’t have to be able to demonstrate skill
7. Match task to players’ ability
8. On whistle – Activity stops and players jog to coach
Coaching a Skill

- In Groups take the Skill Cards. Task is to set up, demonstrate and organise activities from the Skill Card for one of the following skills:

1. Grip & Swing
2. Jab Lift
3. Chest Catch
4. Strike from Hand
5. Frontal Block Down
6. The Hand Pass
Coaching a Skill

- In Groups take the Skill Cards. Task is to set up, demonstrate and organise activities from the Skill Card for one of the following skills:

1. Punt Kick
2. Body Catch
3. Hand Pass
4. Solo
5. Block Down
6. Crouch Lift
GAA Skill Development and Coaching

Skills are taught when the coach

- Aims for **mastery of the skill**
- Knows the observable **components of the skill**
- **Spots the ‘bits’** of the skill being performed incorrectly.
- **Gives Feedback about** skill performance (communication).
- **Praises** the parts being performed correctly (communication)
- **Instructs how to modify** the bits that need correction (communication).
- **Demonstrates how** to do the ‘bits’ of the skill correctly.
- Coaching allows players to **risk error** to achieve success
- Focuses on **one component** of the more complex skills at a time.
Coaching a Skill

“Tell Me and I Forget”

*We remember 10% of all we hear.*

“Show me and I remember”

*We remember 50% of all we see.*

“Involve Me and I understand”

*We remember 90% of all we do.*
GAA Skill Development – Objectives Review

- By the end of this session, participants will be able to:
  - Identify the skills of Hurling/Gaelic football
  - Identify the three phases of learning
  - List the steps involved in coaching a skill
  - Organise and oversee activities to practice 5 key skills of Hurling/Gaelic football