

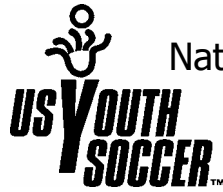


# Lesson Plan

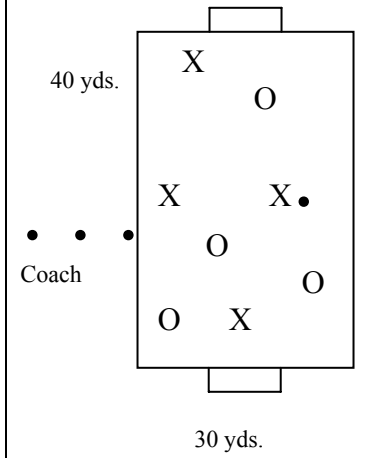

| Activity Name  | Description  | Diagram   | Purpose/Coaching Points   |
|--|--|---|---|
| <p>1 WARM-UP Beginner Juggling</p> <p>One ball per player.</p>   | <p>Each player sitting down holds a ball over his or her shoelaces.</p> <ul style="list-style-type: none"> <li>• Strike the ball and catch.</li> <li>• Now twice and catch.</li> <li>• Now thrice and catch.</li> <li>• Work up to a total of five kicks.</li> <li>• Try both feet.</li> </ul> |   | <ul style="list-style-type: none"> <li>• Eyes on the ball.</li> <li>• Bend at the waist.</li> <li>• Bend the knee of the kicking leg.</li> <li>• Toe of the kicking foot out.</li> <li>• Drive the knee of the kicking leg to the chest.</li> </ul> |
| <p>2 PAIR JUGGLING GAME Cooperative - Competitive</p> <p>The players should divide themselves into pairs. One ball per pair.</p> | <p>Try to keep the ball off the ground using feet only. Two bounces between touches allowed. Score a point for seven consecutive touches. Alternate touches between the partners. See if you can get up to ten touches!</p>  |  | <ul style="list-style-type: none"> <li>• Eyes on the ball.</li> <li>• Get into position early.</li> <li>• Lift the ball with "laces."</li> <li>• Use arms for balance.</li> </ul>   |



# Lesson Plan

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| <b>3 VOLLEY GAME</b> Cooperative - Competitive                         |   |  |   |
| Set up 15 yard X 15 yard grids. Two players and one ball in each grid. | Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs. | <p>A square grid measuring 15 yards by 15 yards. In the top-left corner, there is a small circle representing a ball and an 'X' representing a player. The grid is labeled '15 yds.' on the right and bottom sides.</p>  | <ul style="list-style-type: none"> <li>• Get in “line of flight” quick.</li> <li>• Ready, balanced to receive.</li> <li>• Choose “platform”/surface.</li> <li>• Withdraw surface.</li> <li>• Scoop/”spoon” ball with foot.</li> </ul> |
| <b>4 GAEILIC FOOTBALL</b>  |   |  |   |
| Mark out a 20-yard X 20 yard grid with a 5-yard end zone at each end.  | 5v1 (or 4v2) play volley-catch-volley. Volley ball from the hands so it can be caught by a teammate. If the defender intercepts the ball a point is scored. Try to play into the end zones for a point.   | <p>A square grid measuring 20 yards by 20 yards, with 5-yard end zones at the top and bottom. The grid is divided into three horizontal sections: a 5-yard top end zone, a 10-yard middle section, and a 5-yard bottom end zone. Player positions are marked with 'X' and 'O'. In the top end zone, there are two 'X's. In the middle section, there is one 'O' and one 'X' on the right side, and one 'X' on the left side. In the bottom end zone, there is one 'X' on the right side. The grid is labeled '5 yds.' on the left and bottom sides, and '20 yds.' at the bottom.</p> | <ul style="list-style-type: none"> <li>• Move to the ball.</li> <li>• Support quickly.</li> <li>• Move to open space.</li> </ul>  |

# Lesson Plan

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| <b>5 THE GAME</b>  |   |  |   |
| <p>4v4 to goal. Use a playing area of 40 yards X 30 yards with each goal 6 yards wide.</p> | <p>The coach is the ‘Boss of the Balls’; toss a new ball in after a goal or when the ball goes out of play. Bonus point if control leads to possession or a goal.</p>   |   | <ul style="list-style-type: none"> <li>• Look.</li> <li>• Move to open space.</li> <li>• Choose surface quickly.</li> </ul> |
| <b>6 COOLDOWN</b>  |   |  |   |
| <p>Each player with a ball.</p>  | <p>Strike the ball up using foot, allow it to bounce and then strike it again. Go until you are able to go through this series until ten consecutive times. Now try striking the ball two times (using any surface except the hands) allow it to bounce once, try to get to five consecutive touches before allowing it to bounce. Get a drink and stretch.</p> |  | <p>Go and try it at home.</p>   |