



LGFA

Football

Skills Booklet

Name: _____

The Sport For Females, The Game for Fun, The Place For Community

Welcome!

Hello,

Welcome to our LGFA Gaelic Football Skills Club Booklet!

What does this booklet do?

- This booklet will help you with practicing your skills at home and track your progress while training with your local Ladies Football team

What is involved?

- Practice **1** different Skill, **5** days a week for **4** Weeks
- Log your practice
- Bring your football skills booklet to your weekly coaching sessions and the Coaches will give you feedback to help with your progress

What do you need?

- A ball, any kind or size will do!!!
- A wall or a partner (Parent, Guardian, brother or sister!)
- 10 minutes of your time per day!

Role of the parent/guardian?

- Encourage
- Support
- Assist (if possible) and sign off on practice

What you get when you complete all your tasks?

- All players who take part and try their very best may get a Medal or a Certificate of Completion for example from their club.

BEST OF LUCK! YOU CAN DO IT!

YOUR PRACTICE CHART – WEEK 1

PARENT/GUARDIAN Tick box when practice complete and sign your name

<p>NOTE: Try practice all skills while moving if possible</p>	<p>Hand/Fist Pass Body Catch</p> <p>Your Target:</p> <p><i>Jogging on the spot, hand pass the ball into the chest of your partner or at chest height against the wall 5m away. Take a step forward when executing the hand pass</i></p> <p>How many can you do in 1 min?</p> <p>Left Hand <input type="checkbox"/></p> <p>Body Catches <input type="checkbox"/></p> <p>Right Hand <input type="checkbox"/></p> <p>Body Catches <input type="checkbox"/></p>	<p>Pick Up Punt Kick</p> <p>Your Target:</p> <p><i>Layout 3 cones in a line Start at cone 1, run four steps, pick up ball at cone two, take another 4 steps & punt kick ball into the chest of your partner or at chest height against a wall 10m away. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>Left Leg Pick Up <input type="checkbox"/></p> <p>Left Leg Punt Kick <input type="checkbox"/></p> <p>Right Leg Pick Up <input type="checkbox"/></p> <p>Right Leg Punt Kick <input type="checkbox"/></p>	<p>High Catch Hook Kick</p> <p>Your Target:</p> <p><i>Throw ball in air and perform high catch, when ball is secure in the body, perform a hook kick to you partner or wall 13m away. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>High Catch <input type="checkbox"/></p> <p>Left Leg Hook Kick <input type="checkbox"/></p> <p>High Catch <input type="checkbox"/></p> <p>Left Leg Hook Kick <input type="checkbox"/></p>	<p>Solo Block</p> <p>Your Target:</p> <p><i>Layout 3 cones in a line Start at cone one and solo four steps, hand-pass ball into the chest of your partner. Your partner tries to perform a kick. Player must try block the kick. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>Left Leg Solo <input type="checkbox"/></p> <p>Block <input type="checkbox"/></p> <p>Right leg Solo <input type="checkbox"/></p> <p>Block <input type="checkbox"/></p>	<p>Near Hand Tackle</p> <p>Your Target:</p> <p><i>Partner bounces the ball around the space every four steps, Players must try to tap ball away using their near hand</i></p> <p>How many can you do in 1 min?</p> <p>Left Hand Tackle <input type="checkbox"/></p> <p>Right Hand Tackle <input type="checkbox"/></p>	<p>Your Coaches Weekly Feedback</p>
<p>Week 1</p>	<p>Parent/Guardian Signature</p> <p>_____</p>	<p>Parent/Guardian Signature</p> <p>_____</p>	<p>Parent/Guardian Signature</p> <p>_____</p>	<p>Parent/Guardian Signature</p> <p>_____</p>	<p>Parent/Guardian Signature</p> <p>_____</p>	<p>Coach stamp here</p>

YOUR PRACTICE CHART – WEEK 2

PARENT/GUARDIAN Tick box when practice complete and sign your name

<p>NOTE: Try practice all skills while moving if possible</p>	<p>Hand/Fist Pass Body Catch</p> <p>Your Target:</p> <p><i>Jogging on the spot, hand pass the ball into the chest of your partner or at chest height against the wall 5m away. Take a step forward when executing the hand pass</i></p> <p>How many can you do in 1 min?</p> <p>Left Hand <input type="checkbox"/></p> <p>Body Catches <input type="checkbox"/></p> <p>Right Hand <input type="checkbox"/></p> <p>Body Catches <input type="checkbox"/></p>	<p>Pick Up Punt Kick</p> <p>Your Target:</p> <p><i>Layout 3 cones in a line Start at cone 1, run four steps, pick up ball at cone two, take another 4 steps & punt kick ball into the chest of your partner or at chest height against a wall 10m away. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>Left Leg Pick Up <input type="checkbox"/></p> <p>Left Leg Punt Kick <input type="checkbox"/></p> <p>Right Leg Pick Up <input type="checkbox"/></p> <p>Right Leg Punt Kick <input type="checkbox"/></p>	<p>High Catch Hook Kick</p> <p>Your Target:</p> <p><i>Throw ball in air and perform high catch, when ball is secure in the body, perform a hook kick to you partner or wall 13m away. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>High Catch <input type="checkbox"/></p> <p>Left Leg Hook Kick <input type="checkbox"/></p> <p>High Catch <input type="checkbox"/></p> <p>Left Leg Hook Kick <input type="checkbox"/></p>	<p>Solo Block</p> <p>Your Target:</p> <p><i>Layout 3 cones in a line Start at cone one and solo four steps, hand-pass ball into the chest of your partner. Your partner tries to perform a kick. Player must try block the kick. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>Left Leg Solo <input type="checkbox"/></p> <p>Block <input type="checkbox"/></p> <p>Right leg Solo <input type="checkbox"/></p> <p>Block <input type="checkbox"/></p>	<p>Near Hand Tackle</p> <p>Your Target:</p> <p><i>Partner bounces the ball around the space every four steps, Players must try to tap ball away using their near hand</i></p> <p>How many can you do in 1 min?</p> <p>Left Hand Tackle <input type="checkbox"/></p> <p>Right Hand Tackle <input type="checkbox"/></p>	<p>Your Coaches Weekly Feedback</p>
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YOUR PRACTICE CHART – WEEK 3

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<p>NOTE: Try practice all skills while moving if possible</p>	<p>Hand/Fist Pass Body Catch</p> <p>Your Target:</p> <p><i>Jogging on the spot, hand pass the ball into the chest of your partner or at chest height against the wall 5m away. Take a step forward when executing the hand pass</i></p> <p>How many can you do in 1 min?</p> <p>Left Hand <input type="checkbox"/></p> <p>Body Catches <input type="checkbox"/></p> <p>Right Hand <input type="checkbox"/></p> <p>Body Catches <input type="checkbox"/></p>	<p>Pick Up Punt Kick</p> <p>Your Target:</p> <p><i>Layout 3 cones in a line Start at cone 1, run four steps, pick up ball at cone two, take another 4 steps & punt kick ball into the chest of your partner or at chest height against a wall 10m away. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>Left Leg Pick Up <input type="checkbox"/></p> <p>Left Leg Punt Kick <input type="checkbox"/></p> <p>Right Leg Pick Up <input type="checkbox"/></p> <p>Right Leg Punt Kick <input type="checkbox"/></p>	<p>High Catch Hook Kick</p> <p>Your Target:</p> <p><i>Throw ball in air and perform high catch, when ball is secure in the body, perform a hook kick to you partner or wall 13m away. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>High Catch <input type="checkbox"/></p> <p>Left Leg Hook Kick <input type="checkbox"/></p> <p>High Catch <input type="checkbox"/></p> <p>Left Leg Hook Kick <input type="checkbox"/></p>	<p>Solo Block</p> <p>Your Target:</p> <p><i>Layout 3 cones in a line Start at cone one and solo four steps, hand-pass ball into the chest of your partner. Your partner tries to perform a kick. Player must try block the kick. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>Left Leg Solo <input type="checkbox"/></p> <p>Block <input type="checkbox"/></p> <p>Right leg Solo <input type="checkbox"/></p> <p>Block <input type="checkbox"/></p>	<p>Near Hand Tackle</p> <p>Your Target:</p> <p><i>Partner bounces the ball around the space every four steps, Players must try to tap ball away using their near hand</i></p> <p>How many can you do in 1 min?</p> <p>Left Hand Tackle <input type="checkbox"/></p> <p>Right Hand Tackle <input type="checkbox"/></p>	<p>Your Coaches Weekly Feedback</p>
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YOUR PRACTICE CHART – WEEK 4

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<p>NOTE: Try practice all skills while moving if possible</p>	<p>Hand/Fist Pass Body Catch</p> <p>Your Target:</p> <p><i>Jogging on the spot, hand pass the ball into the chest of your partner or at chest height against the wall 5m away</i></p> <p>How many can you do in 1 min?</p> <p>Left Hand <input type="checkbox"/></p> <p>Body Catches <input type="checkbox"/></p> <p>Right Hand <input type="checkbox"/></p> <p>Body Catches <input type="checkbox"/></p>	<p>Pick Up Punt Kick</p> <p>Your Target:</p> <p><i>Layout 3 cones in a line Start at cone 1, run four steps, pick up ball at cone two, take another 4 steps & punt kick ball into the chest of your partner or at chest height against a wall 10m away. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>Left Leg Pick Up <input type="checkbox"/></p> <p>Left Leg Punt Kick <input type="checkbox"/></p> <p>Right Leg Pick Up <input type="checkbox"/></p> <p>Right Leg Punt Kick <input type="checkbox"/></p>	<p>High Catch Hook Kick</p> <p>Your Target:</p> <p><i>Throw ball in air and perform high catch, when ball is secure in the body, perform a hook kick to you partner or wall 13m away. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>High Catch <input type="checkbox"/></p> <p>Left Leg Hook Kick <input type="checkbox"/></p> <p>High Catch <input type="checkbox"/></p> <p>Left Leg Hook Kick <input type="checkbox"/></p>	<p>Solo Block</p> <p>Your Target:</p> <p><i>Layout 3 cones in a line Start at cone one and solo four steps, hand-pass ball into the chest of your partner. Your partner tries to perform a kick. Player must try block the kick. Gather ball and repeat</i></p> <p>How many can you do in 1 min?</p> <p>Left Leg Solo <input type="checkbox"/></p> <p>Block <input type="checkbox"/></p> <p>Right leg Solo <input type="checkbox"/></p> <p>Block <input type="checkbox"/></p>	<p>Near Hand Tackle</p> <p>Your Target:</p> <p><i>Partner bounces the ball around the space every four steps, Players must try to tap ball away using their near hand</i></p> <p>How many can you do in 1 min?</p> <p>Left Hand Tackle <input type="checkbox"/></p> <p>Right Hand Tackle <input type="checkbox"/></p>	<p>Your Coaches Weekly Feedback</p>
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HOW TO DO THE SKILLS

What is my head doing?



Where are my hands?



What are my feet doing?



Hand / Fist pass

- Face target
- Keep eye on ball

- Place ball in one hand about waist high. Keep it Steady!
- Use open palm or Form fist with other hand, keep arm straight, draw back and forward to hit ball.
- Follow through with pass

- Step forward with same leg as hand with ball



Body Catch

- Face target
- Keep eye on ball

- Stretch out arms
- Catch ball in arms and pull into chest

- Step forward with one foot
- Lean towards the ball



High Catch

- Keep eyes on ball

- Raise arms above head, keep head up and eyes on ball
- Form 'W' shape with hands
- Catch the ball slightly in front of the head and bring down quickly, cushion the ball and secure into the chest with both hands

- Approach the ball and move forward
- Plant the jumping foot and raise other knee



Pick Up

- Keep eye on ball

- Place one hand in front of the ball and other behind the ball

- Place one foot beside the ball when picking up ball
- Make sure both knees are off the ground when picking ball up

HOW TO DO THE SKILLS



Punt Kick

What is my head doing?



- Face target
- Keep eye on ball

Where are my hands?



- Place ball on the same hand that you are going to kick with

What are my feet doing?



- Step forward with foot you are not kicking with
- Keep head down and kick with lace part of boot in direction of target
- Follow through with kick



Solo

- Keep eye on ball

- Place ball on same hand as kicking leg
- Drop ball onto kicking foot
- Hands ready to catch ball after flick from solo

- Step forward with foot you are not kicking with
- Point toe towards body and
- Flick ball back into body



Block

- Keep eye on ball
- Do not face away

- Place hands close together
- Hold stiffly together

- Put nearest leg close to kickers foot
- Block ball as close to the boot as possible



Hook Kick

- Face shoulder to the target
- Keep eye on ball

- Place ball on the same hand that you are going to kick with

- Step forward with foot you are not kicking with
- Keep head down and kick with instep of boot
- Follow through with kick