1



# ABC Workshop

▶ **ABC’s Numbered 2-15**

1. Agility
2. Balance
3. Coordination

▶ **ABC Drills Numbered 16 - 31**

1. Basic
2. Intermediate
3. Advanced

▶ **Running, Jumping, Throwing, Catching & Kicking Numbered 32-60**

▶ **Small sided games Numbered 61-63**

2

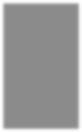


# Basic Agility - [Link](https://learning.gaa.ie/node/269376)

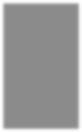


[Link](https://learning.gaa.ie/node/269377)

### 3



[LINK TO GAME](https://learning.gaa.ie/node/269383)



4

### 5



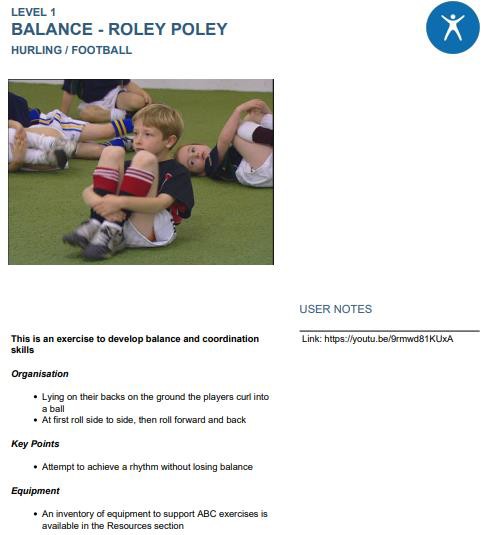
Advanced Agility - [Link](https://learning.gaa.ie/node/269393)

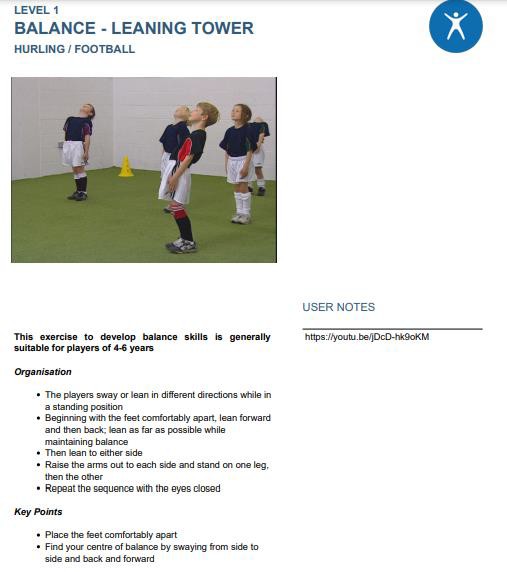


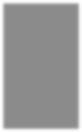
6



# Balance exercises - [Link](https://learning.gaa.ie/node/269404)



[LINK TO GAME](https://learning.gaa.ie/node/269401)

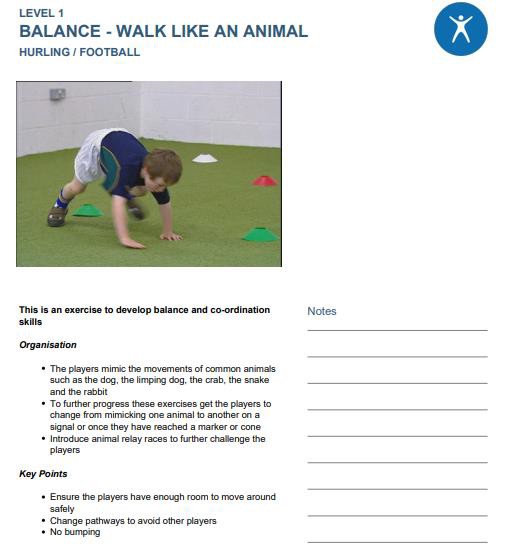


7

### 8



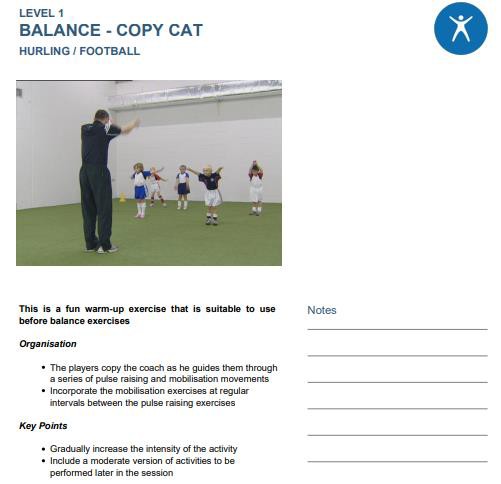
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### 9



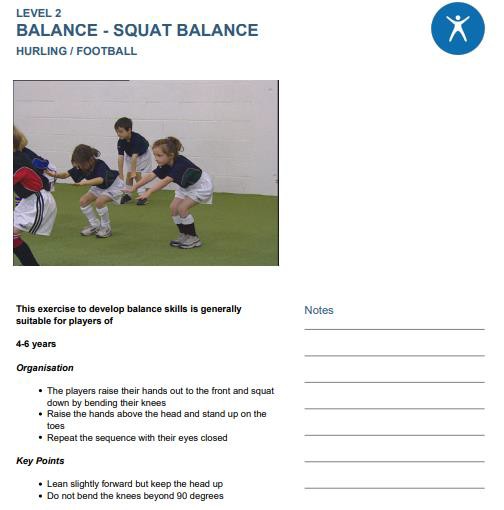
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### 10



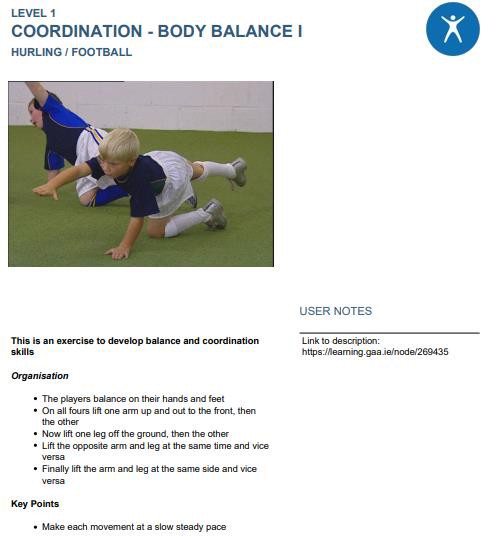
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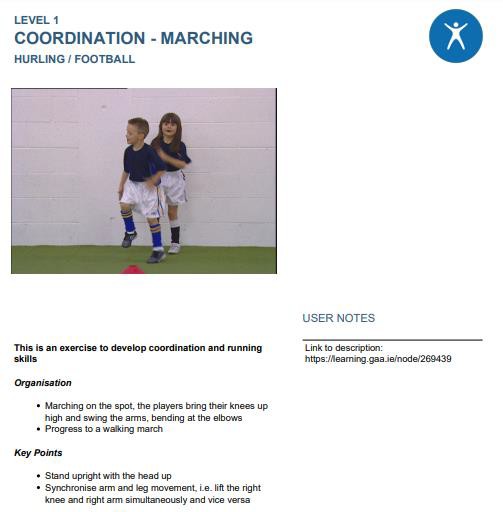
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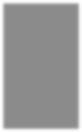


# Coordination exercises - [Link](https://learning.gaa.ie/node/269435)

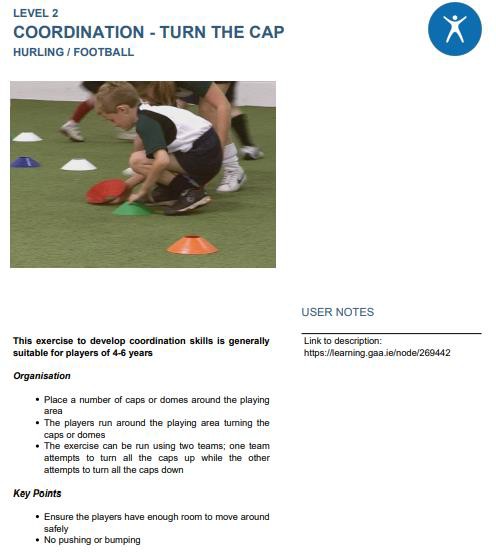


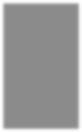
[Link](https://learning.gaa.ie/node/269439)

12

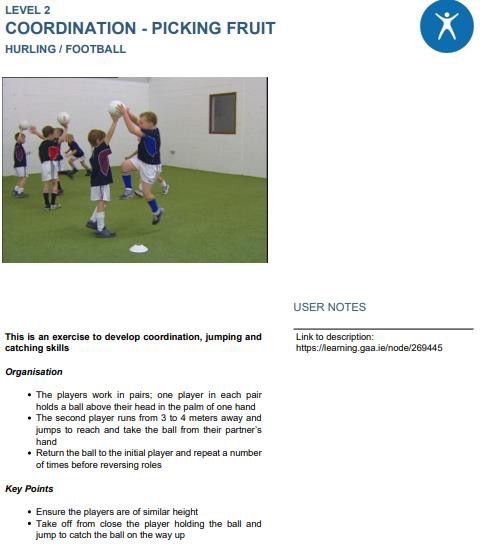


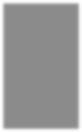
[Link](https://learning.gaa.ie/node/269442)

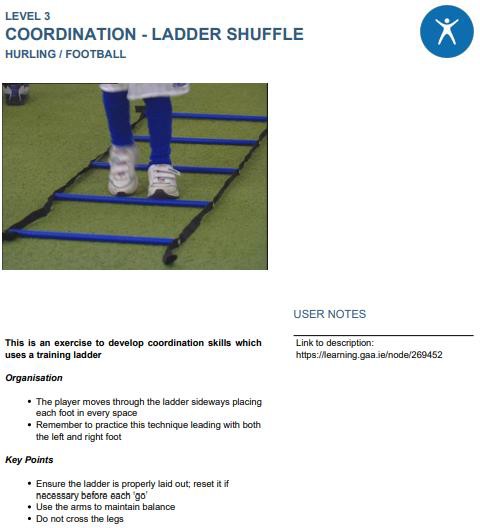
13

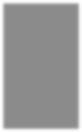


[Link](https://learning.gaa.ie/node/269445)

14



 [LINK](https://learning.gaa.ie/node/269452)

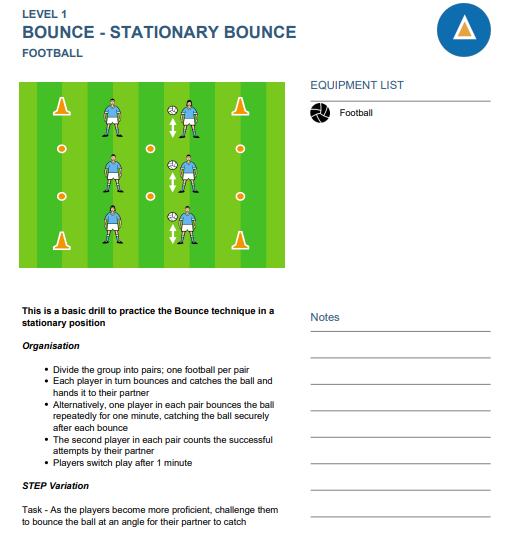


15

## ABC Drills – Basic - [LINK](https://learning.gaa.ie/node/269547) 16

**https://learning.gaa.ie/node/269547**

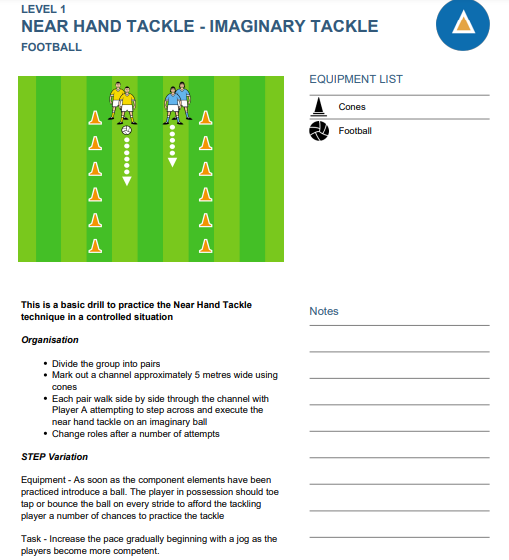




### 17



<https://learning.gaa.ie/node/269641>



<https://learning.gaa.ie/node/269409> 18

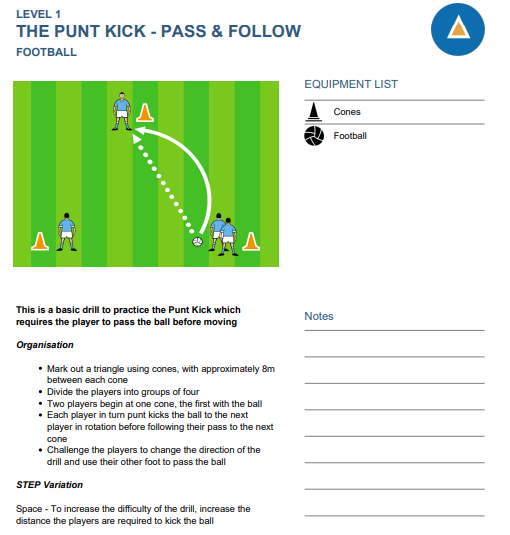




### 19



<https://learning.gaa.ie/node/269564>



### 20

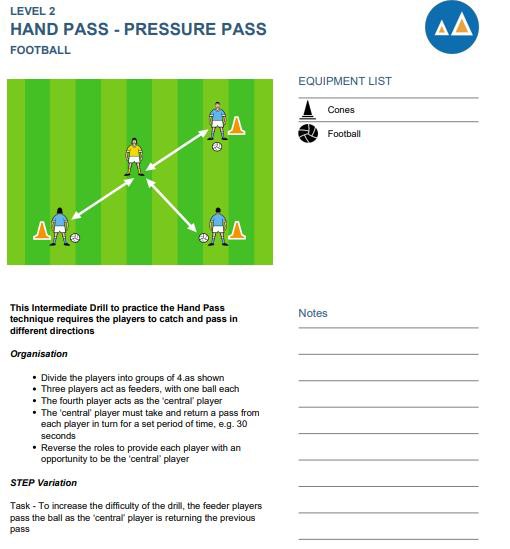


<https://learning.gaa.ie/node/269557>



## ABC Intermediate drills 21

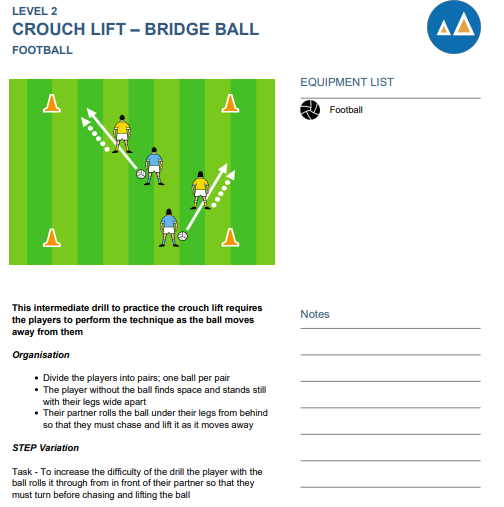


[**https://learning.gaa.ie/node/269411**](https://learning.gaa.ie/node/269411)

### 22



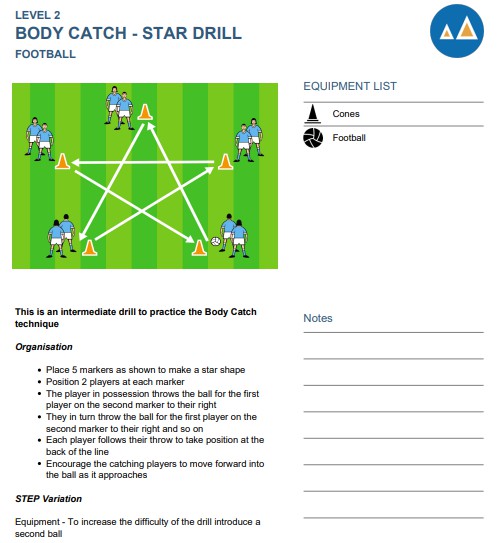
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### 23



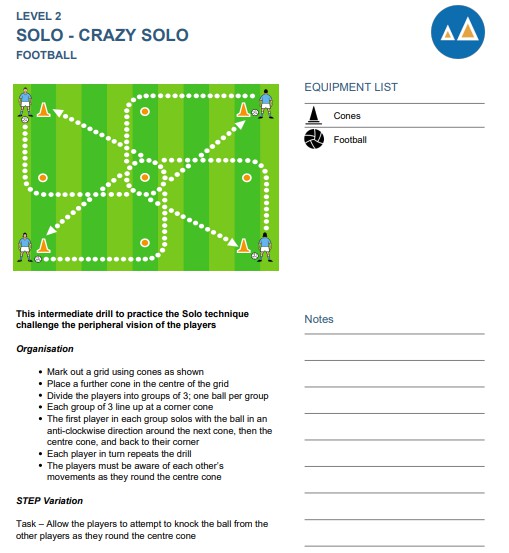
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### 24



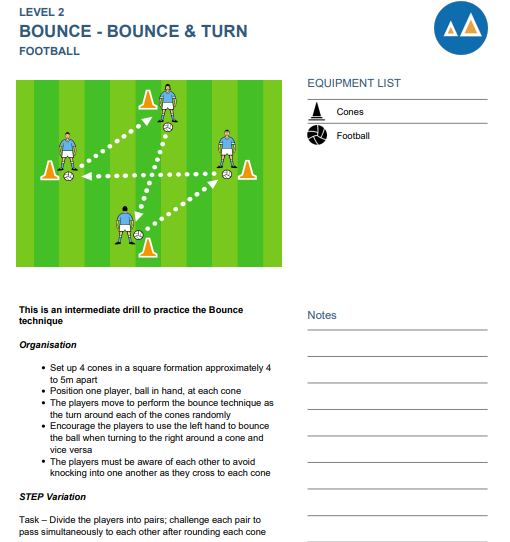
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### 25



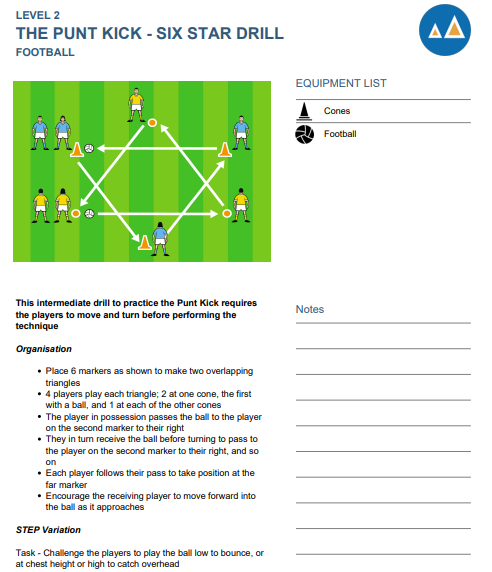
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### 26



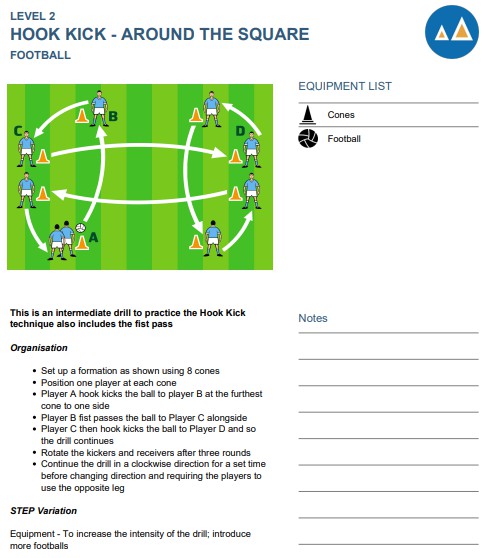
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### 27



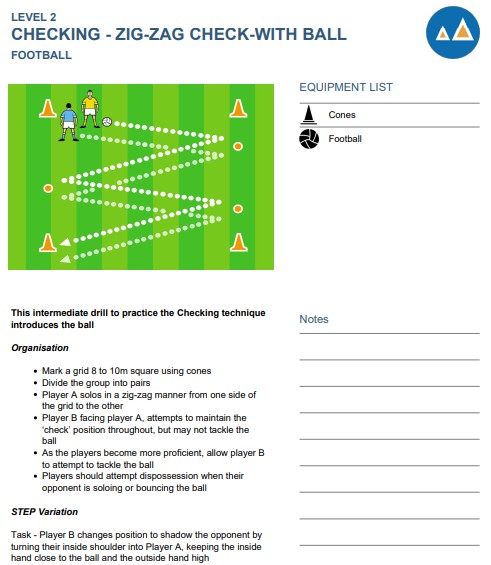
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### 28



<https://learning.gaa.ie/node/269616>



Advanced drills 29



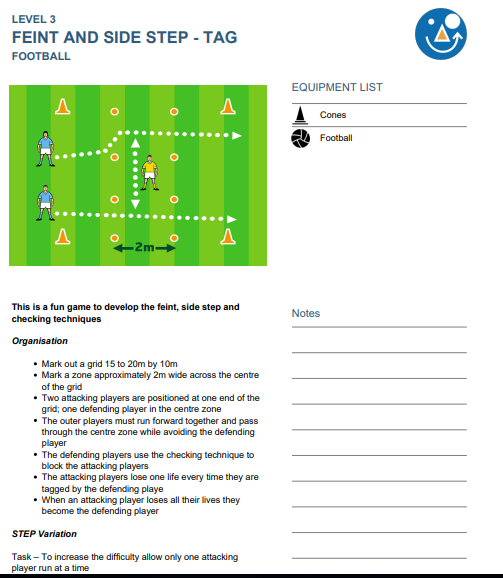
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### 30



<https://learning.gaa.ie/node/269635>



### 31

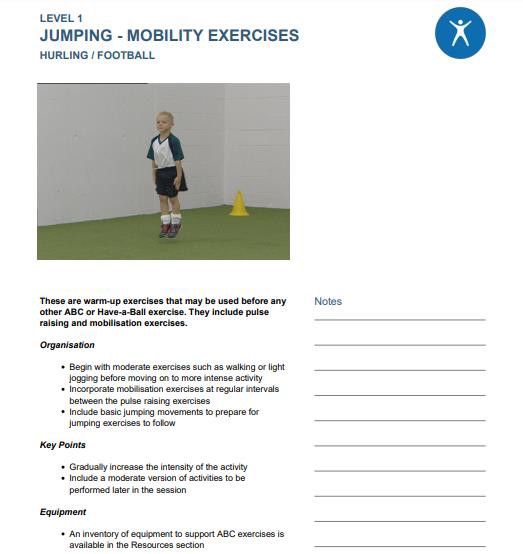


<https://learning.gaa.ie/node/269413>



# Jumping - [LINK](https://learning.gaa.ie/node/269457) 32



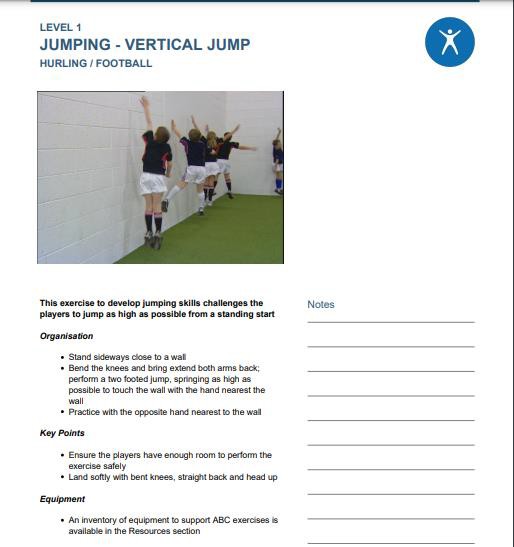
▶ Jumping

### [LINK](https://learning.gaa.ie/node/269459) 33



### [LINK](https://learning.gaa.ie/node/269463) 34





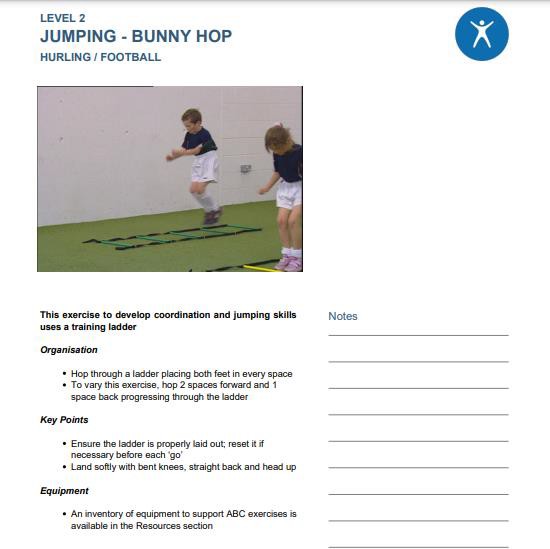
[LINK](https://learning.gaa.ie/node/269465) 35





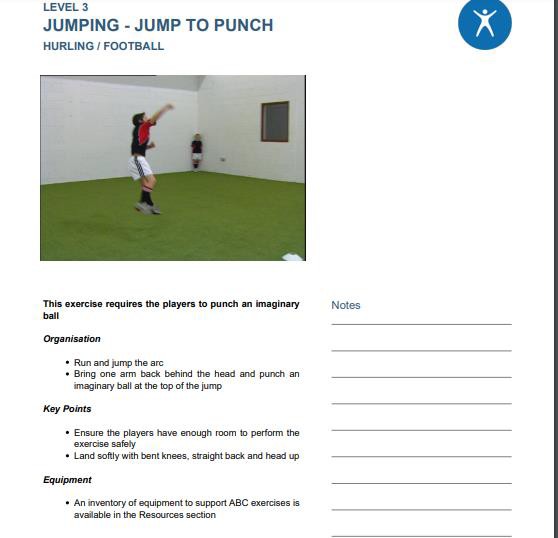
[LINK](https://learning.gaa.ie/node/269469) 36





[LINK](https://learning.gaa.ie/node/269475) 37





[LINK](https://learning.gaa.ie/node/269478) 38





39



# Kicking

▶ [Kicking Link](https://learning.gaa.ie/node/269539)

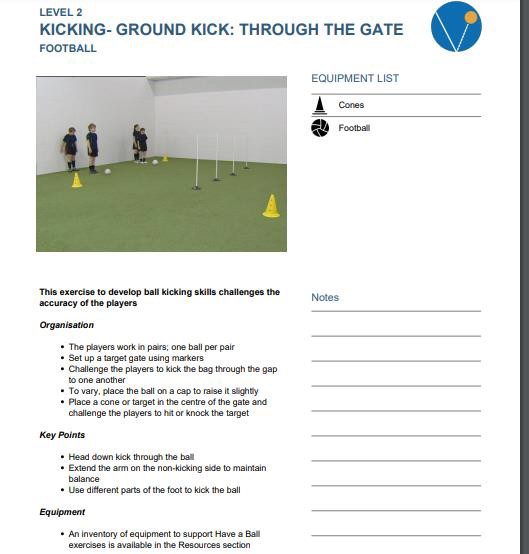
### 40



▶ [Kicking Link](https://learning.gaa.ie/node/269882)

### 41



▶ [Kicking Link](https://learning.gaa.ie/node/269886)

### 42



▶ [Kicking Link](https://learning.gaa.ie/node/269885)

### 43



▶[Kicking Link](https://learning.gaa.ie/node/269888)

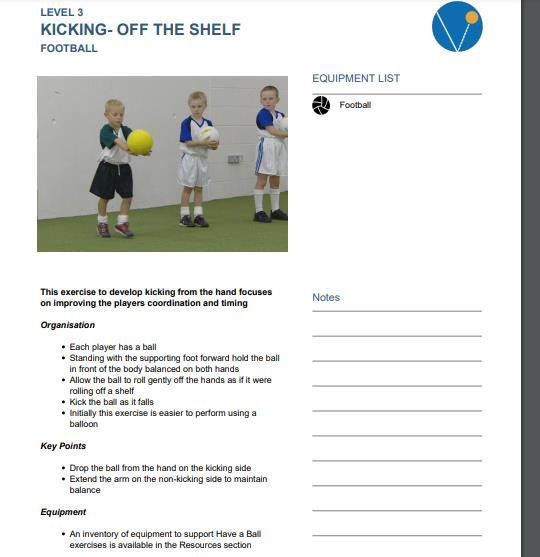
### 44



[Kicking Link](https://learning.gaa.ie/node/269889)

### 45



▶ [Kicking Link](https://learning.gaa.ie/node/269891)

46



# Catching & Passing

▶ [Catching & passing](https://learning.gaa.ie/node/269507)

[Link](https://learning.gaa.ie/node/269507)

### 47



▶ [Catching & passing Link](https://learning.gaa.ie/node/269505)

### 48





▶ [Link](https://learning.gaa.ie/node/269508)

Catching & Passing

### 49



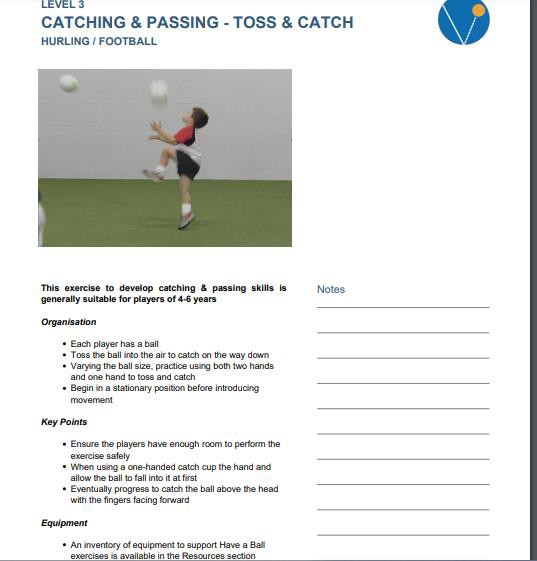
▶ [Catching & Passing Link](https://learning.gaa.ie/node/269516)



### 50



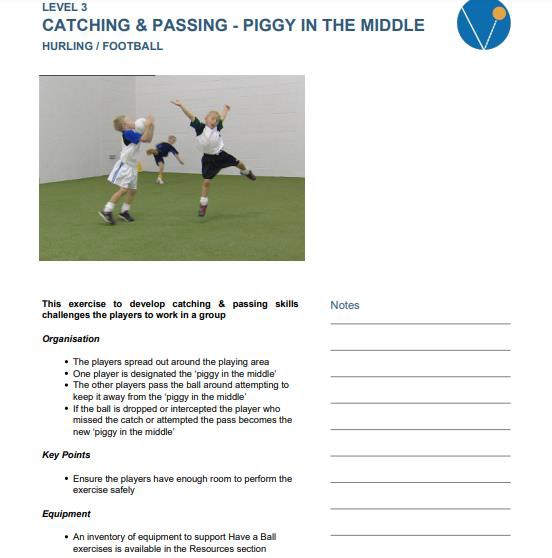
▶ [Catching & Passing Link](https://learning.gaa.ie/node/269519)



### 51



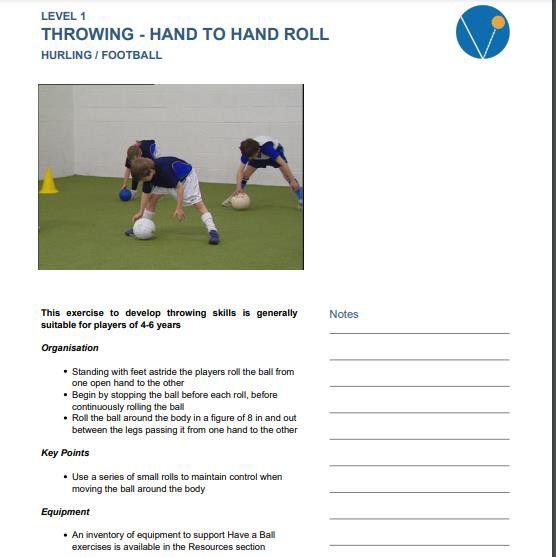
▶ [Catching & Passing Link](https://learning.gaa.ie/node/269523)



52



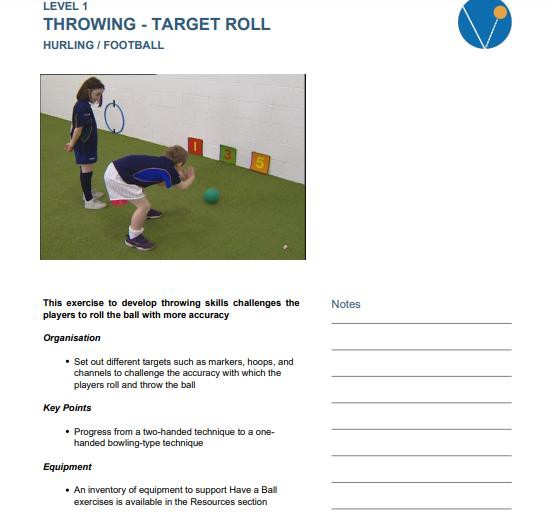
# Throwing

▶ [Throwing Link](https://learning.gaa.ie/node/269525)

### 53



▶ [Throwing Link](https://learning.gaa.ie/node/269527)



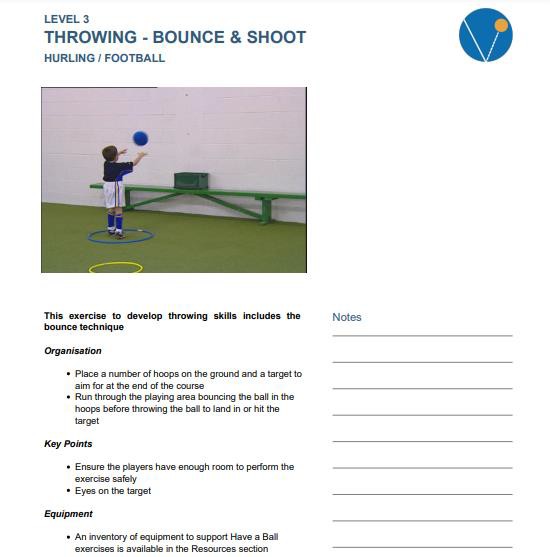
### 54



▶ [Throwing Link](https://learning.gaa.ie/node/269531)

### 55

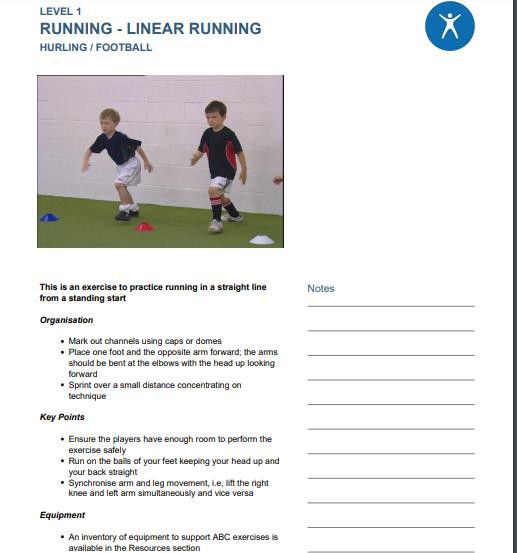


▶ [Throwing Link](https://learning.gaa.ie/node/269538)

56

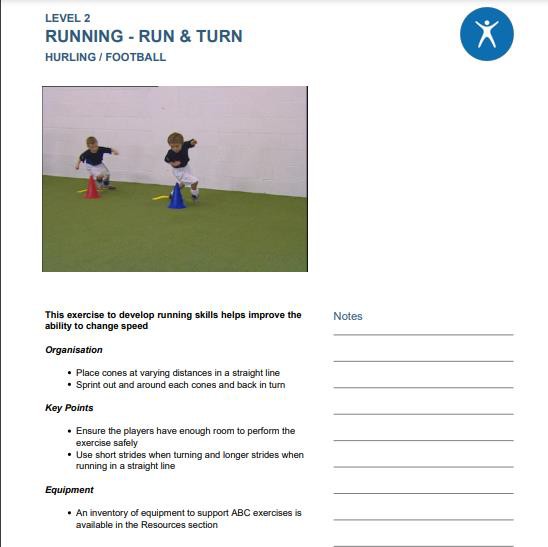


# Running

▶ [Running Link](https://learning.gaa.ie/node/269487)

### 57





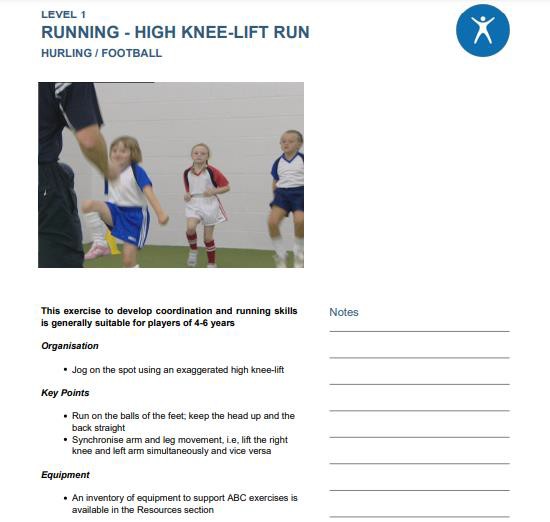
▶ [Running Link](https://learning.gaa.ie/node/269495)

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### 58



▶ [Running Link](https://learning.gaa.ie/node/269486)



### 59



▶ [Running Link](https://learning.gaa.ie/node/269488)

### 60



▶ [Running Link](https://learning.gaa.ie/node/269502)

61

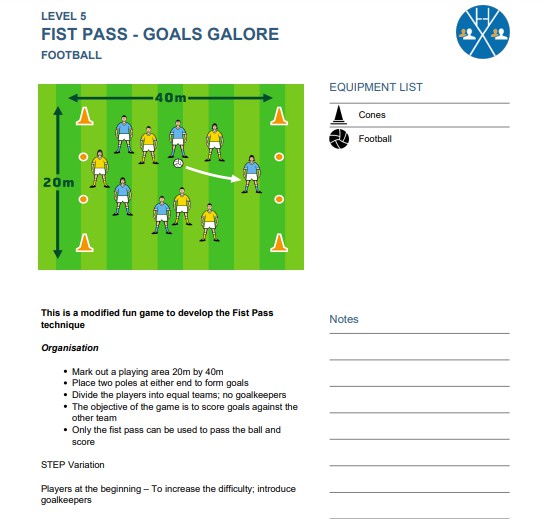


# Small Sided Games - [Link](https://learning.gaa.ie/node/269630)



[LINK](https://learning.gaa.ie/node/269598) 62





[LINK](https://learning.gaa.ie/node/269613) 63



