



Gaelic Football

Key Stage 1

BEGINNER Movement

In Gaelic football, movement and finding space are integral parts of the game. It is important a player can find space so that they can receive a pass and avoid a tackle.

Introduction

Place several balls on the floor and other obstacles, such as cones. Ask the players to move around the hall and avoid the obstacles. Demonstrate different foot movements the players can make, for example side to side.

Game: Tidy the Fruit Factory

Scatter four different colours of beanbag over the area. Place four buckets or trays (matching the colour of the beanbags) in the four corners. Explain to the group that they are workers in the fruit factory and it is a mess and needs tidied. Explain that the yellow beanbags are bananas and need to go in the banana or yellow bucket etc. Then explain that when the whistle blows, the players must run around the area and collect one piece of fruit at a time and place it in the correct bucket. When the floor has been cleared, the activity is over.

INTERMEDIATE Ball Handling

An important skill in Gaelic football is being able to move with the ball in your hands while being able to bounce or toe tap the ball. This section targets the skill of bouncing.

Introduction

Give each player a ball and mark out an area for them to move within. Explain to the players that they must bounce the ball every time you blow the whistle or hold up a cone. Ask the players to do this activity while walking, jogging, running, moving backwards etc.

Game: Hand Passing

Demonstrate to the players what a hand pass is. Allow the players to have a go at this in pairs a small distance apart. Separate the players into two lines facing one another. Set out coloured cones to show the players where their line should be when you hold up a colour. For example, place green cones closer together and when you hold up a green cone then the players will be in line with the green cone on their side. The players must practise hand passing between each other, moving closer or further away from each other depending on the colour of cone you are holding up.

ADVANCED Passing

Players have been using the skills to move with the ball and pass the ball using a hand pass. Now the players are ready to combine the skills and attempt a game using these skills only (no toe tapping or shooting with their foot).

Game: Bouncing Battle

Select teams of four players. Set out a rectangular area with a football or Gaelic football net or a rectangular board at each end. Explain to the players that when they are moving with the ball, they must bounce the ball every four steps. Show the players a hand pass and explain that this is how to pass in Gaelic football (if players have difficulty with this, then allow throwing initially). One team will be scoring in one net and the other towards the other net. The players must move while bouncing the ball and pass to their teammates until they reach the net or board. Here they must hand pass it off the board or into the net to score.



General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Make sure that tackling is restricted to appropriate players.
- Ensure inclusion by introducing a rule that every player must receive the ball before the team can score.

Physical Disability

- Reduce the size of the pitch for players with mobility difficulties.
- Widen the nets, if necessary.
- If several wheelchair users are playing, they may need to use a bigger ball.
- Allow a wheelchair user to throw a ball instead of hand passing.
- Place players who are at a similar level together for hand passing.
- Instead of toe tapping or bouncing, allow a wheelchair user to move for a certain length of time before passing or shooting.

Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

Sight Impaired or Blind

- For players with minor visual impairments use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that cones and equipment marking the boundaries of the playing area are brightly coloured and clearly contrast with the playing surface itself.
- Use an audible ball (ball that makes a sound) with players who have a serious visual impairment.
- Hand the ball to a player with a visual impairment and allow them to move with the ball for a certain length of time before they pass.
- Allow an adult or 'seeing' player to guide them around the pitch using directions or a hand on their shoulder.

Useful Links

Ulster GAA

ulster.gaa.ie/coaching-old/special-needs