



Gaelic Football

Key Stage 2

BEGINNER

Bouncing and Toe Tapping

In Gaelic football, it is important that players are able to move with the ball by bouncing or toe tapping. This section focuses on both.

Introduction

It is important that the players are aware of what a toe tap is. Demonstrate to the players and give them tips on how this can be done properly. For example, use the hand at your kicking side to drop the ball to your foot. Allow the players to practise this technique in a marked out area.

Game: Whistle or Clap

Demonstrate to the players how to lift the ball from the ground in Gaelic football. 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 and toe tap the ball every time you clap your hands. When you shout 'stop', the players must place the ball on the ground. When you shout 'go', the players must lift the ball as they were shown and continue. Ask players to do this activity while walking, jogging, running, moving backwards etc.

INTERMEDIATE

Passing and Kicking

An important part of the game is to accurately pass the ball to another player, then kick the ball to score a point or a goal.

Introduction

Separate the players into pairs in a large marked out area. Each pair will have a ball between two. Set out coloured cones to show the players where they should be when you hold up a colour (as in the Key Stage 1 ball handling drill). Then when you shout 'hand pass' or 'kick', the player must pass the ball to their partner.

Game: Two vs. Two Passing and Shooting

Divide the players into teams of two. Ask half the teams to be attackers and half the teams to be defenders. The players who are attackers must pass to each other (either hand passing or kicking) and make their way towards the net, eventually shooting into the net or kicking over for a point. The other team, who are defending, will start in the net then move out to attempt to stop the attacking team scoring. Swap the teams around after each team has had a go.

ADVANCED

Game

Players have practised moving with the ball, passing, shooting and also tackling. They are now ready to compete in a small-sided game.

Game: Gaelic Football

Divide the group into teams of three or four players. This will allow the players to have more touches of the ball and more space in the area. It will also make it easier to pick a pass. Use an area of appropriate size for the Gaelic football pitch, depending on the group's ability. Encourage the keepers to change so that everyone has a turn in nets. When the game starts, ensure that the players are passing by hand passing or with their feet. If players are having difficulty with bouncing or toe tapping the ball, then perhaps allow the players to only do one or the other until they become more confident. The same applies for passing, if players are having difficulty with passing then allow them to throw the ball initially. If some players are more able, then limit the number of touches these players can have before passing. Ensure the time set for each half is suitable for the age and ability of the players.



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