



# Home GAA Session

## U10 – U12's

### Covid-19 Lockdown Home Training Session

The following session plan can be done with all members of the household.

The aim is to keep the children active while at home & also continuing to develop their skills from balance to coordination to running as well as GAA specific skills.

Each day the children should complete all parts of Section A and 3 skills of section B (2 Football, 1 Hurling or 2 Hurling, 1 Football). It is important to work on their skills during this time. The following activities can be done:

**Where:** at home, in the garden, against a wall or local open space.

**When:** Anytime

**Why:** to practice/develop skills, stay healthy and fight isolation blues.

**How:** do alone, with a sibling or Parent.

**Please be sure to practice social distancing while you undertake these exercises outside the home.**

**Enjoy & be safe**

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## Section A

### ABC's (Balance, Agility & Coordination)

- **Agility** - *Mirror Mirror, Toe & Shoulder Taps*
- **Balance** - *Tight Rope*
- **Balance** - *Squat Balance*
- **Balance & Coordination** - *Body Balance II*
- **Coordination** - *Skipping - double & Single Leg*
- **Coordination** - *Picking Fruit* - increase height to challenge the player.
- **Coordination** - *Volleyball Push*- use a smaller sized ball to challenge the player.

### JR's (Jumping, & Running)

- **Jumping** - *Lateral Bounce - Double & Single Leg*
- **Jumping** - *Vertical Jump*
- **Jumping** - *Jump, turn & Run*
- **Running** - *High Knees & Heel Flicks*
- **Running** - *Shuttle Runs - 5m, 10m, 15m.*
- **Running** - *High Knee-Lift Run*
- **Running** - *Zig Zag Slalom Run - spring off Left & Right foot on each turn*

## Section B

### Football Skills

If the child does not have a GAA Football, don't worry any ball can be used, even a tennis ball etc.

- Solo - 20 Left & 20 Right
- Toe Tap Pick up - Boys 20 Left & 20 Right
- Crouch lift - Girls x 20
- Bounce to Partner - catch control
- Bounce & Solo (bounce, 4steps, solo Left, 4 Steps, Bounce, Solo Right - Repeat x 20) introduce tennis ball to challenge the player
- Near hand tackle - partner to hold the ball and move for the child to dispossess with their nearest hand, 20 Left & 20 Right.
- Punt Kick to Wall/Partner - 20 Left & 20 Right.
- Handpass - 20 Left & 20 Right
- Catch - Partner to throw for chest catch, advance to high catch - 20 Chest, 20 High.

Increase the number on each exercise by 3 a day.

### Hurling Skills

If you don't have a Hurley, use a tennis racket, hockey stick, golf club, toy sword etc. to work on the technique of the following:

- Re-familiarise the child with the Hurley Grips i.e. Ready, Lock & Pick Up positions
- Ground Strike - 20 Left & 20 Right
- Roll Lifts x 20 - challenge by counting how many Lifts in 1 min
- Jab Lifts x 20 - challenge by counting how many Lifts in 1 min
- Frontal Block x 20
- Handpass x 20 - challenge by counting how many Handpass' in 1 min.
- Strike from the Hand - 20 left & 20 Right
- Solo - 5m, 10m, 15m Shuttle running - 3 x ball balancing on the Hurley & 3 x Ball Bouncing on the Hurley.

Increase the number on each exercise by 3 a day.

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