



BEHIND THE BALL

Underage Training Guide
for Parents



GAA
FOOTBALL
ALL-IRELAND SENIOR
CHAMPIONSHIP

SuperValu

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KICKING:

FOOT SOLO

- In a stationary position, drop the ball onto foot. Extend the kicking foot out and use it to gently flick the ball back up into hands.
- Practice using both left and right feet.
- To progress, have the player start to complete the solo whilst walking.

KICK FROM THE HAND

- Use cones/markers to plot out a target area or goal.
- The player kicks the ball from hand to try and hit the target, or between the two markers.



THROWING:

ONE-HANDED UNDERARM THROW

- Throw the ball using an underarm motion. If possible, set up a target for the player to aim at or get the ball into.
- When throwing with the right hand, step forward with the left foot for balance and vice versa.

BOUNCE AND SHOOT

- Place a number of cones/markers on the ground and a target to aim for at the end of the course.
- The player runs from starting point and must bounce the ball at each marker, before attempting to throw the ball to land in or hit the target that is set up.



CATCHING & PASSING:

BOUNCE, MOVE AND DRIBBLE

- Player walks with a ball in hand and stops to bounce the ball after every 4 steps.
- Start by using both hands to bounce the ball and then progress to using one hand.
- When the player has mastered the bounce technique, have them progress to bouncing the ball whilst continuing to move.

TOSS AND CATCH

- Have the player toss the ball straight up in the air, using a two handed underarm technique.
- The player allows the ball to fall and cradles it in their arms.
- Start this activity with the player remaining stationary, and introduce movement as the player's comfort with the activity improves.

