

**St Nicholas GFC**

**Player Pathway**

**Coaching Manual**

**Under 16/18**

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| **Age Group – Under 16/18** |

**Learning to Preform**

**Player Characteristics:**

* During this phase players begin to reach their physical peak and those slow developers

begin to catch up with their peers

* Encourage ideals of self-awareness and self-help within players
* At this stage a Functional Movement Screening (conducted by a physio) should be carried

out on each player and the results along with their Critical Success Factors(CSFs) identified

by each player in their Self-Assessment Profile should form the basis of their Personal

Development Plan (PDP).

* As a result of the above each player should have a PDP, a component of which should be

an individualised conditioning programme developed and delivered by a S&C Coach. Each

player should be committed to their programme as they will have had an input into it

through their Self-Assessment Profile.

* Advanced technical skill development Skill developed under pressure
* Understand the principles of game plays, tactics, and game sense
* Accept that the team is paramount and their role within the team structure
* Encourage positive lifestyle and build concepts of team ship and leadership
* Instil concepts of mental toughness and calmness under pressure (winning behaviours)
* Encourage flexibility and fine-tune the generic skills to play in a variety of positions
* Players should be encouraged to embrace positive life-skills i.e. time-management and to

take control of their own athletic development.

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| **Age Group – Under 16/18** |

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| **Skill Emphasis** | **Physical (ABC & RJT’S)** | **Game Specific** |
| **Game plays**  How to use a sweeper  How to deal with a sweeper  Man marking  Zone marking  **Kicking**  Kicking for possession/diagonal ball  Kicking for scores  Cutting-in to score  Free kicks/penalties  **Ball Retention**  Supporting the ball player  Breaking the tackle  Getting out of traffic  Change the direction of play    **Tackle**  Near hand tackle  Group tackling  Frontal tackle  Checking  Blocking ball | **Speed**  Multi directional (runs less than 20 secs)  Quick footwork and agility  Planting the foot (the 3-step movement)  Running mechanics and techniques  Strength work to improve speed  **Strength**  Functional Movement (FM) assessment to establish core strength and technique  Core programme for those still not ready for weights  Individual program for those with core strength and good technique  *NB:* Only qualified coaches to take this training  **Stamina**  Small sided games  Drills incorporating the ball  **Flexibility/coordination**  Maintain flexibility exercises  Dynamic warm up | **Intense Small-sided (3 secs)**  Intense Small-sided games are extremely  beneficial for players. As well as getting involved in the game more often, players learn more quickly and make more decisions during the course of these games. And as the ball is never far away, greater concentration is required. *For Example*: Across the line, Total football, Break-ball & kick, 4 goal option.  **15 a-side**  15 a-side games are helping rehearse for  the match day scenarios. For example: Back  v Forwards, 15 v 15 (Deploying a sweeper,  defending the zones, deploying the big man,  various conditions) |

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| **Under 16/18 – Session Plan 1** |

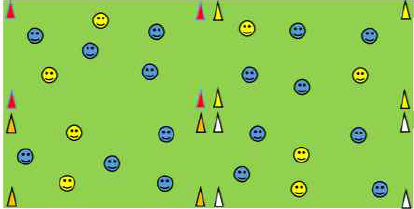
**Main Body of Session**

**Whole Part Whole Method**

**12/1 Theme of Session: Keeping Possession**

**Warm up: Games Based Warm Up**

**Skill Development & Keep Possession**



***Teaching Points***

Looking for space

Always on the move

Decision making

Skill Execution

Movement

Support Play

**Question Players**

What can they do to ensure they keep possession?

What can teammates do to ensure team keeps possession?

-Divide players into 4 even groups (depending on numbers)

**Basic Skill Development (In each Grid)**

Players move about grid and preform the following skills:

1. Fist Pass 2. Pick Up 3. Solo 4. High Catch 5. Roll 6. Block

**Game**

Keep Possession

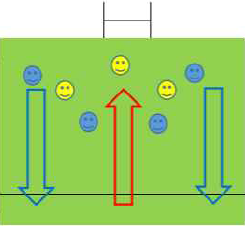
1. 5 v 1 2. 4 v 2 3. 3 v 3

**Variations**

-Not allowed to pass ball back to person received ball from.

-Once you give a pass you must run to outside come before you can be active again

**Whole Game One**: **Half Way Line Attack**

* 4A v 3B
* Team in Possession (blues) must work the ball out to the half way line before they can attack. Yellows are the defenders

***Teaching Points***

Communication

**Question Players**

How do we keep possession?

Why is it important that we keep possession?

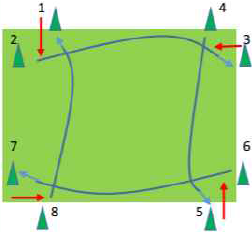
**Progression**

-Progress to 4 v 4

-Fist pass Only

**Part Game One: Skill Development**

**Combination Drill**

🡪 Kick Pass

***Teaching Points***

Head/Hands/Feet

Movement after pass

Good first touch

Timing Runs

Concentrate

Challenge Players: no balls to hit the ground

🡪 Hand Pass

-1 to 2 Hand Pass

-2 to 3 Kick pass

-3 to 4 Hand Pass

-4 to 5 Kick Pass

-5 to 6 Hand Pass

-6 to 7 Kick Pass

-7 to 8 Hand Pass

-8 to 1 Kick Pass

-Players follows their pass

-Start again

Number of balls in drill will depend on level/numbers

**Whole Game Two**: **Half Way Line Attack**

***Teaching Points***

Forwards run: Lateral/Diagonal

Width

Movement

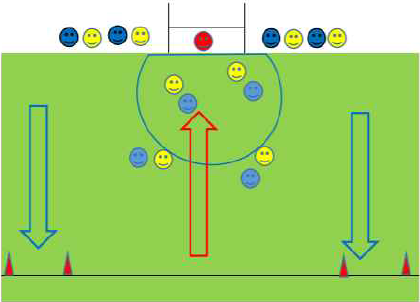
Decision Making

First touch

Depth

**Question Players**

Why should we work the ball out wide?

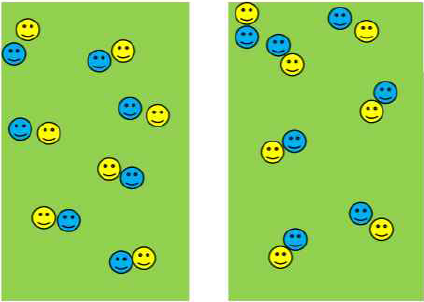


* 4 v 4 4 v 3 4 v 2
* Team in possession must work the ball out through Goals on Half way line before they can attach

**Progression**

* Leave two Attackers in front of goals

**Whole Game Three**: **Space Tennis 30 Possession**



***Teaching Points***

Support play

Movement

Decision making

Good first touch

* 2 Teams
* Divide Pitch into two halves with half of each team members split between each half of the field
* Players are not allowed to leave their half of the field
* Game starts by kicking the ball into one section
* Whoever wins possession must try and keep the ball for 30 seconds or 5 passes before it is kicked over into the other half
* Teams are trying to kick pass the ball to a teammate on the other side

**Progression**

-Score for every successful pass. (Hand Pass = 1 point, Kick Pass = 3 points)

-Team with the most points at the end wins/ Winning after 5/7/10 minutes

-Deduct points for every incomplete fist/kick pass

Uneven teams

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| **Under 16/18 – Session Plan 2** |

**1** **Theme of Session: High Catch**

**Warm up: General Mobilisation**

**Focus on Jumping (High Catch)**

***Teaching Points***

Jumping

Small steps

Plant & drive

Jump the arc

Land running

Change jump off foot

High Catch

Timing

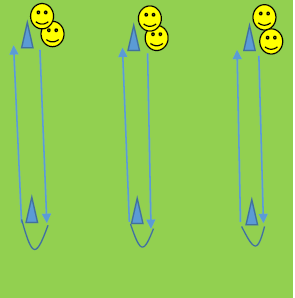
Drive knee

Extend arms above head

Eyes on ball

Spread fingers

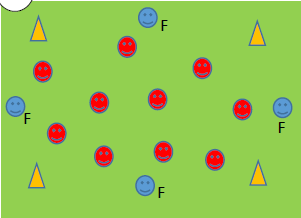
Pull ball into chest

**General Movements**

High Knees/ Heels Flicks/ Side to Side

**Jumping**

1. Single leg hop
2. Skipping (focus on arms)
3. Straight bounding
4. Lateral bounding

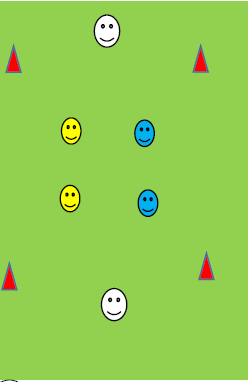
**Skill Development: High Catching Game**

* Players move around square in different directions
* Four feeders on the outside (blue)
* Feeders throw the ball up in the air for the inside players to high catch the ball
* Ball returned to the feeder once caught

**Main Body of Session**

**Whole Part Whole Method**

**Whole Game One**: **Midfield Build Up**

-2 sets of midfielders contest high balls played into middle zone by 2 feeders (white)

***Teaching Points***

Communication

Link skill to our game

**Question Players**

Why do we need to perform this skill

-All players must attempt to catch the ball

-Clean catch = 2 points

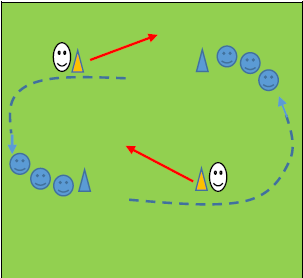
-Work ball back to feeder

**Progression**

-Midfielders work together: 1 performs High Catch, other anticipates breaking ball

- 2 Points for a catch, 1 Point for breaking ball won

**Part Game One**: **Coach Feeds & Catch**



* Throw

***Teaching Points***

Timing

Plant foot (feet)

Drive Knee

Extend Arms

Eyes on ball

Spread Fingers

Land running

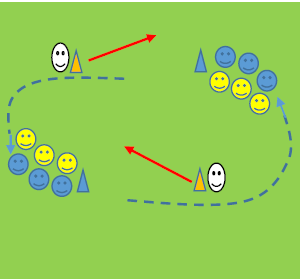
--- > Run

-Coach (white) feeds ball to attacker for him to perform the High Catch

-Attacker passes back to Feeder & joins the second group

-Set up 2/3 of these

**Part Game Two**: **Two Up & Catch**



* Throw

***Teaching Points***

**Question Players**

How do I make room to catch the ball?

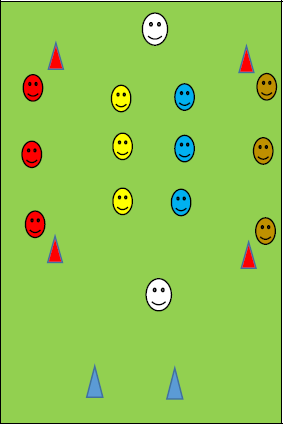
Use hips to disrupt partner

--- > Run

-Same drill as above only 2 players contest for the ball

-Players must attempt to high catch the ball

**Part Game Three**: **High Catch & Pass**



* 4 teams of 3/4/5
* Coach (White) kicks ball between groups in square

***Teaching Points***

Timing

Drive Knee

Extend Arms

Eyes on ball

Spared fingers

Land running

Push off after catching ball

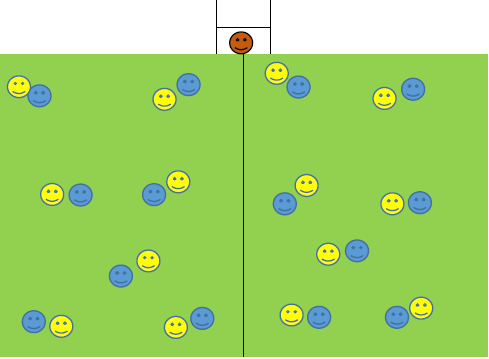
Support Play

* Players must attempt to Hight catch the ball
* 2 points for high catch
* Team who win possession must work ball back to feeder

**Progression**

* Feeder moves around outside of square
* After two passes team attempt to score a goal (blue cones)

**Whole Game Two**: **High Catch & Pass**



-Divide Pitch into two halves with half of each team members split between each half of the field

-Goalkeepers kick out the ball to one side of the field

-Both teams try to High catch the ball (not allowed to break ball)

***Teaching Points***

Call Name

Read Ball

Time Runs

Demand Ball

-If your team catches the ball they get 2 points. 1 point for body catch

-Must get 3 passes before kicking ball into other half of the field 50/50. Ball must be caught

- 2 points if your team catches the ball

- 3 passes before team can shoot

-Coach keeps score, highest score after 3/5/7/ minutes

-Goalkeeper rotates sides to which he kicks out the ball

**Progression (Skill Development Games)**

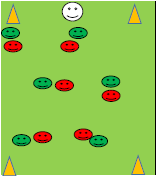
-Award points for successful fist pass (cheat), Kick pass (chest, bounce) and first touch

-If ball is dropped or bad pass, team lose point

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| **Under 16/18 – Session Plan 3** |

**Theme of Session: Tackling**

**Warm up**

**Chasing Game: Tail Tag**

**Tail Tag:** In partners, one attacker,

one defender. The attacker has a bib at

***Teaching Points***

Attacker

Head UP

Find Space

Quick Feet

Change Direction

High Catch

Defender

Shadow

Touch Tight

Near Hand

Quick Hands

back of their shorts and defender has

to try and get the bib off the attacker.

(30 seconds on/ off)

**Progression**

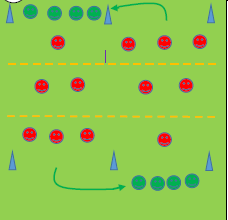
1. Once a player loses their bib he

gets one off a coach.

2. Put bib to Right/ left side of

shorts so defender has to use near

hand to get bib. Players can only use left/ right hand only.

 **Pass the Guard: Frontal / Shadowing**

- Attackers (green) try to get through each zone without getting tagged by defender (red).

- Tacklers must try & tag each player ‘on chest’ with open hand

- Reds to stay in designated zone.

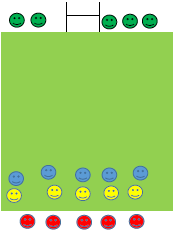
- Rotate roles every 2/ 3 minutes.

- Introduce ball where attackers carry though grid.

**Main Body of Session**

**Whole Part Whole Method**

**Whole Game One**: **One to One**



- Divide into 4 groups.

Defender

Attacker

Feeder 1

Feeder 2

- Feeder 1 feeds the ball to attacker (allowed to win ball uncontested).

***Teaching Points***

Question Players

How many different types of tackles are there?

Touch Tight

Boxer Stance

Quick Hands

Near hand

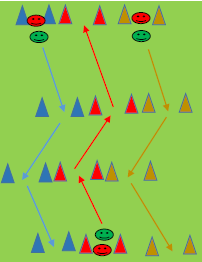
Balls of feet

- Takes on defender one on one & can score points only

- Feeder 2 gets ball & feeds ball to attacker who takes on defender and tries to work the ball back to Feeder 1.

- Rotate roles every minute.

**Part Game One**: **Tackle Alley – Frontal Tackle**



- In Partners

One Attacker/ One Defender

-Both players are facing each other

-The Defender (Green) places their hands

behind their back and will move backwards using his footwork to stop the attacker (Red) from getting by him.

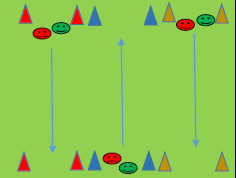
**Progression**

1. Use hands & feet

2. Introduce ball attacking player goes

slow at the start.

**Part Game Two**: **Tackle Alley – Near Hand Tackle**



***Teaching Points***

Timing

Step Across

Shoulder to Shoulder

Near Hand

Stop Ball to you advantage

Question Players

What Skills would you need to perform the NHT?

Question Players

Do you play from front/side/behind?

Why?

Touch Tight

Quick Hands

Boxer Stance

NHT

- Red has ball and

slowly solos the ball in a straight line until

end of alley

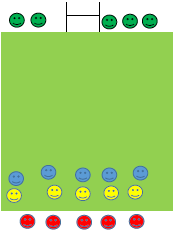
- Green tracks run and tries to execute the NHT before A reaches end of alley.

- Swap Roles

**-** Walk – Jog – Run –

Sprint – Game Pace

**Whole Game Two**: **One to One Part Two**

- Divide into 4 groups.

Defender

Attacker

Feeder 1

Feeder 2

- Feeder 1 feeds the ball to

attacker (**Defender allowed**

**to contest**).

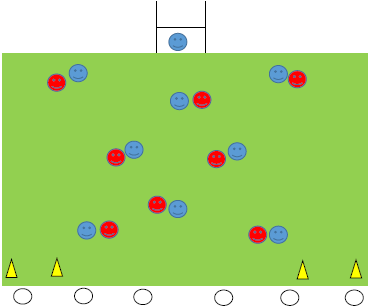
- Attackers takes on defender one on one

- Has to pass to another feeder, who returns pass before attacker can score (**goals only**)

- Feeder 2 gets ball & feeds

back to attacker who has to work it back to original Feeder 1.

**Whole Game Three**: **Six of the Best**



- Attackers (Blue) get 6 balls and have to try and work a score.

- Their aim is to get as many scores as possible.

- Defenders (Red) implement skills they have worked on throughout session to prevent a score.

***Teaching Points***

*Question Players*

*Do they know any good defenders?*

*What makes them good tacklers?*

- If defenders win turnover they get a score.

**Progression**

- Uneven teams, give advantage to attacking team

- Defender wins turnover & work it out through cones (yellow) on the half way line.

- Different method used for scoring each time (ie. If first score kicked point with right foot, nest score has to be either fisted point, kicked point with left foot or goal with either foot.

- Different player to score each time.

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| **Under 16/18 – Session Plan 4** |

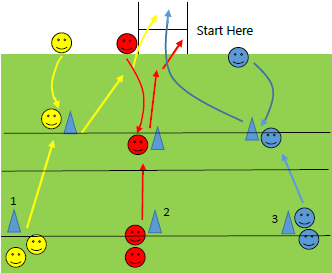
**Theme of Session: Attacking Play**

**Warm up**

**GAA-15-Warm-Up**

**See attached Print outs**

**Combination Drill**



***Teaching Points***

*Good 1st touch*

*Ball to hand*

*Fist Pass*

*Strike through arm backwards & forwards*

*Shooting*

*Pick spot (behind goals)*

*Follow through*

*Head down*

*Sweet Spot*

- 1. Solo, Fist Pass and Fist Over the Bar.

- 2. Solo, Fist Pass, and shoot for Goal.

- 3. Solo, Kick Pass and shoot for Point.

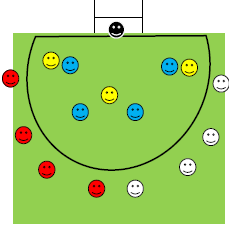
- Player who passes ball puts pressure on shooter.

- Dynamic Stretches throughout

**Main Body of Session**

**Whole Part Whole Method**

**Whole Game One**: **Shooting 4 v 3**



- Divide players into teams of four.

***Teaching Points***

*Question Players*

*How do you get free from defender?*

*Movement (find space)*

*Zig/Zag movement*

*Taking on Man*

*B.A.B*

*Protect the ball*

*Question Players*

*How do you take on a defender?*

*Side Step*

*Roll*

*B.A.D*

*Dummy*

- Mark perimeter around goals as

shown (size depends on age/ ability)

- Goals & Fisted

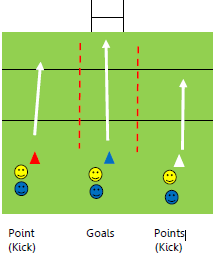
Points only.

- 8 Balls (1 ball each for outside players).

- One ball at a time (on coach’s whistle),

player passes ball to attacking team to try and work a score.

**Part Game One**: **Tackle Alley 1v1/2v2**



- Players divide into 3 groups as shown.

- One partner is the forward (Blue) and the other is the

defender (Yellow).

- The forward has a ball and must take on the defender and try and score (Red;

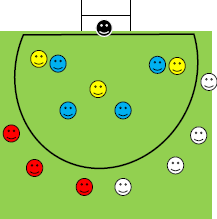
Fisted Point, Blue;

Goal, White; Kicked Point)

**Progression**

- Make it a 2 v 2

**Whole Game Two**: **Shooting 4 v 3**



- Same layout as Game One.

***Teaching Points***

*Pass & Move*

*Find a man with pass*

*Protect ball (B.A.D) if taking a man on*

- 3 passes before team can shoot

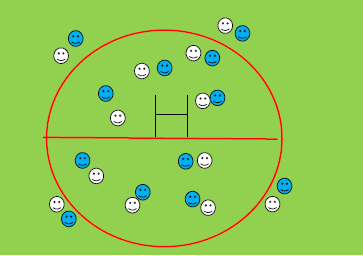
- Goals and fisted points only

**Progression**

- All players must touch the ball & take on marker before team can shoot.

- All type of scores count.

**Whole Game Three**: **Circle Goal**



- Two Teams with goals placed in centre of field

- Coach throws ball up

***Teaching Points***

*Question Players*

*How can you keep possession?*

*How can we win back the ball?*

*How can we work a score?*

- Players must stay inside designated area.

- Ball can be passed from zone to zone by foot or hand.

- The game is continuous, it doesn’t stop after a score

- Players on other side attempt to win possession after a score.

**Progression**

- Extra point for scoring Outside Circle

- Nominate players to stay outside area.

- Must pass to them before a team can score.

- First team to 5 scores.

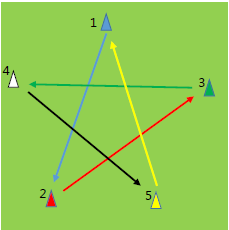
- Have to use a different method of scoring each time.

- Different player has to score each time.

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| **Under 16/18 – Session Plan 5** |

**Theme of Session: Development (Star Format)**

**Warm up**

**Star Format: Dynamic Movements**

- Players jog through grid performing

different movements & dynamic stretches.

***Teaching Points***

*Follow Ball*

*Head Up*

*Time Run*

**Progression**

Introduce ball

***Teaching Points***

*Punt Kick*

*Laces*

*Head Down*

*Follow Through*

*Judge weight of pass*

*Kick & Follow*

- Solo & Fist Pass

- Solo and Pick Up

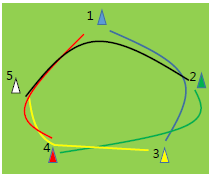
Solo & High Catch

- Solo & (First Touch)

Bounce ball.

- Size of area depends on your numbers

**Star Format: Two (Truck & Trailer)- Handling**



1 Passes to 2, 2 returns it to 1

***Teaching Points***

*Ball to Hand*

*Target area*

*Support Pass*

*Concentrate*

*Good First Touch*

who continues with 1. 1 passes

to 3 (1 joins back of 3 group),

who then passes to 2 who then

passes to 4 (2 joins 4 group) to

passes to 3. 3 passes to 5 (who

joins 5 group) who then passes

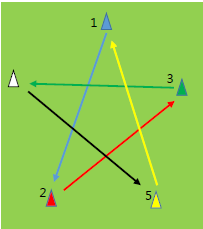
back to 4. 4 passes to 1 (who

then joins 1 group). This is

continually repeated.

- 3/ 4 balls.

**Star Format: Three (Star Kick – Kick Pass)**



- Players kick pass in the

following order.

- Player follows their

pass.

**Progression**

- Once player receives a

kick pass, they fist pass

ball to next player in line,

who times their run off

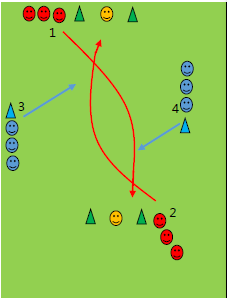
the shoulder.

- Cones 30m apart.

**Main Body of Session**

**Whole Part Whole Method**

**Star Method 1v1 / 2v2 Attack and Defend One**

- Attacker (red)

***Teaching Points***

*Defender*

*Near Hand Tackle*

*Push to wings*

*Frontal Tackle*

*Attackers*

*B.A.D*

*Roll/Side Step*

*Work the keeper*

- Defenders (blue)

- Attacker at 1, attacks goals on opposite side. Defender at 3 attempts to stop attacker.

- Once the ball goes dead, attacker & defender and 2 & 4 repeat exercise going other way.

- Rotate attackers & defenders.

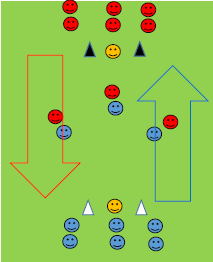
- Goals Only

**Progression**

- 2 attackers v 2

defenders

**Star Format: Attack Defend Two (3 v 3)**



- Red team have the

***Teaching Points***

*Move the ball through Hands*

*Intensity*

*Good first touch*

*Front & NHT*

*Finish*

*Low & Work the Keeper*

*Shooting*

*Pick a spot behind the goal*

*Head Down*

*Follow Through*

*Target*

*How many scores in 2 minutes*

ball and attack white

goals.

- Blue team are the

defenders.

- Once ball goes dead,

the red team that

where attackers

become the defenders

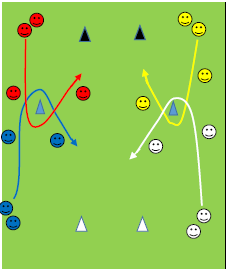
and the next set of

blue attack the black

goals.

- Goals only

**Star Format: Combination Drill (Shooting)**

- Divide into 4

groups,

- From each corner player takes it in turn to solo ball

out to blue cone.

- They turn and take a shot for a point

- Other players at cone retrieve the ball and repeats

drill.

- How many scores

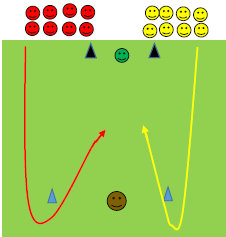
can each group get

**Progression**

- Add in defenders

(token pressure)

**Star Format: Game One 4 v 4 Half Way Line Attack**



- 4 v 4 in each half

of the field.

***Teaching Points***

*Move the ball through Hands*

*Intensity*

*Good first touch*

*Front & NHT*

*Finish*

*Low & Work the Keeper*

*Shooting*

*Pick a spot behind the goal*

*Head Down*

*Follow Through*

*Target*

*How many scores in 2 minutes*

- Players sprint

out to middle

cone.

- Once they go

around cone and

enter playing area,

coach (gold)

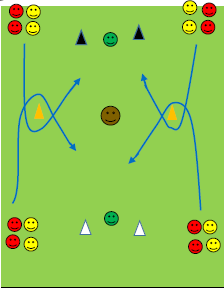
throws ball in.

- Whoever wins

ball attacks & tries

to score a goal.

**Star Format: Progression**



- Coach (gold)

throws ball up

1. Whoever wins

ball, attacks any

goal.

2. Team must get

3 passes before

scoring.