

FUNdamentals For Your Club



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AREAS OF FOCUS

- What IS Physical Literacy?
- Ideal Structure to Deliver
- Stations - Task & Feedback
- Games - Task & Feedback
- Sample Games & Set Ups
 - Good & Bad Practice
 - Moving Forward
 - Conclusion



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	UNDER 6 – FUN & Participation	UNDER 8 - FUN & Participation
PHYSICAL LITERACY	Agility, Balance, Coordination, Running Jumping, Throwing Speed.	Agility, Balance Coordination, Running Jumping, Throwing Speed.
TECHNICAL DEVELOPMENT	Body Catch, Low Catch Hand Pass, Fist Pass Ground Kick, Punt Kick Crouch Lift.	Body Catch, Low Catch Hand Pass, Fist Pass Ground Kick, Punt Kick Crouch Lift, Side Tackle,
TACTICAL DEVELOPMENT	Spatial Awareness Co-operation Non Invasion Games Simple rules and ethics	Spatial Awareness Co-operation Non Invasion Games Simple rules and ethics
MENTAL DEVELOPMENT	Positive Attitude to sport Build Self Confidence Respect to Coaches Respect to Other Players	Positive Attitude to sport Build Self Confidence Respect to Coaches Respect to Other Players Respect to Referees
PHYSICAL DEVELOPMENT	Push/Pull Exercises	Push/Pull Exercises
ANCILLARY CAPACITIES	Advise on Nutrition and Hydration.	Advise on Nutrition and Hydration.

IDEAL Structure to Deliver

1) WARM UP

2) GAME 1

3) SKILL REFINEMENT

4) GAME 2

5) COOL DOWN

Is this Structure
ALWAYS Possible?



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STATIONS

WHY should Stations be used?

WHEN should Stations be used?



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STATIONS – GROUP TASK

GET INTO YOUR GROUP NUMBER

2 MINUTES TO SET UP THE STATION CARD



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STATIONS - FEEDBACK

Benefits of Stations?

Drawbacks of Stations?



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The FUNdamentals

<u>FUNdamentals</u>	<u>2-3 yrs</u>	<u>4- 5 yrs</u>	<u>6 - 8yrs</u>
<u>Run</u>	Walk/Jog	Run/Spatial Awareness	Match Runs Directions/Pathways
<u>Jump</u>	In Situ	Run/Jump	Run/Jump/Catch
<u>Turn</u>	Log Roll	Egg/Tumble	Forward Rolls
<u>Hop</u>	In Situ	Hop & Step	Hop/Step & Jump
<u>Skipping</u>	Swing Rope	Skip In Situ	Skip & Travel
<u>Strike</u>	Hand	Big Bat/Small Bat	Hurl/Rounders Bat
<u>Catch</u>	Balloon	Big Ball Roll/Bounce	Big/Small Ball – Airborne Hurl/Small Ball – Air
<u>Evasion</u>	Dodging	Side Step	Feint/Side Step
<u>Balance</u>	Big Parts	Small Parts	In Motion
<u>Coordination</u>	Walk/Big Small	Jog/Pathways	Sprint/Pathways
<u>Kicking</u>	Ground	Punt – Moving	Solo/Punt Kick - Game
<u>Leaping</u>		Over Obstacles	Hurdling/Small Jumps



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GAMES

Why should Games be Played?

What Skills can be Developed in Games?

TECHNICAL DEVELOPMENT	Body Catch, Low Catch Hand Pass, Fist Pass Ground Kick, Punt Kick Crouch Lift.	Body Catch, Low Catch Hand Pass, Fist Pass Ground Kick, Punt Kick Crouch Lift, Side Tackle,
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GAMES – GROUP TASK

- GET INTO YOUR GROUP NUMBER
- DRAW A GAME FOR U8's TO PLAY
 - 5 mins



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SAMPLE GAMES

<u>TARGET</u>	<u>COURT</u>	<u>FIELD</u>	<u>NON- INVASION</u>	<u>PART INVASION</u>	<u>FULL INVASION</u>
Tower Ball	Over The River	Continuous Rounders	Team Ball Pass	Steal & Solo/Dribble	Touch Down Tag
Clear Circle	Prisoner Ball	Quik Rounders	Circle Score	Gladiators	All Up All Back
Cone Bombardment	Scout Ball	Danish Rounders	Rotate Defender	Pressure Square	Opposite Corners
	Make the Link	Field Rounders	Uneven Teams	Space Invaders	Double Back
					Captain Ball
					Wide Man

GAMES – STEPR Principle

S –

SPACE

T –

TIME / TASK

E –

EQUIPMENT

P –

PLAYERS

R –

RULES



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CIRCLE SCORE



ROUNDERS



PUNT VOLLEYBALL



ATTACK THE ZONES



GOOD PRACTICE

- 1. Arrive early and arrange before children arrive**
- 2. Have plan of area drawn out and mark in stations**
- 3. Safety check: Hall, Changing facilities, Benches, Toilets and fire exists.**
- 4. Registration of children**
- 5. Two coaches co-ordinating event – not attending stations(floating coaches)**
- 6. Two/three children per station max**
- 7. Coach at moveable stations i.e. hurdles/ladders**
- 8. Availability of phone and First Aid Kit/Defibrillator in case of an emergency**
- 9. Spare equipment availability to coaches – for making stations harder or easier**
- 10. Number stations and station cards – this assists with the direction of movement**
- 11. Ensure session completed within an hour**
- 12. Children start and stop stations on sound off music/air horn/whistle**
- 13. Grouping children – line children in a train formation, group coach is the train driver and drops of two pupils at each station.**



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13m 20m

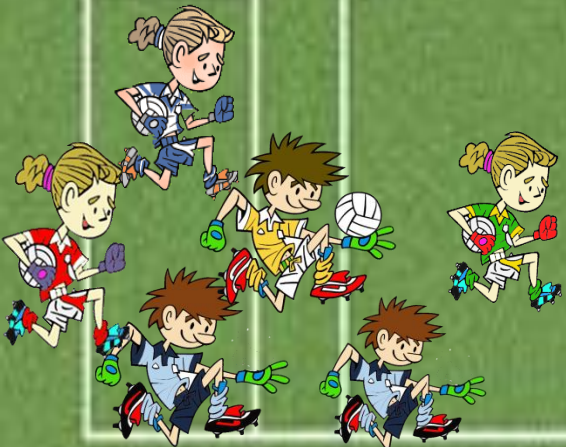
45m

65m 65m

45m

20m 13m

2 Laps



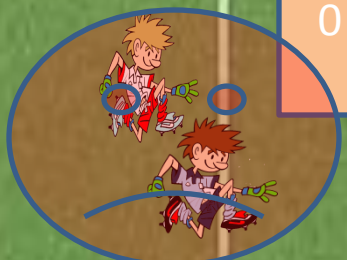
13m 20m

45m

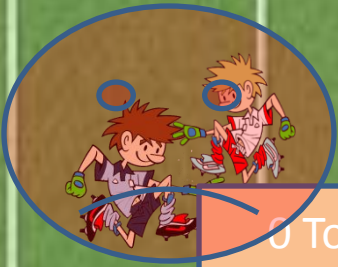
65m 65m

45m

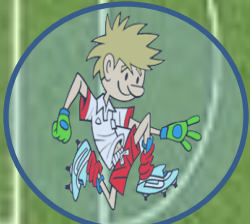
20m 13m



0 Touches
Bored



0 Touches
Bored- ZZZZ



10 Touches
2 Goals
5 Points



1 Touch
1 Lost Ball



20 Touches
6 Points



24 Touches



Moving Forward



*Children are like Wet Cement –
Whatever Falls on them Makes
an Impression*



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CONCLUSION



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