



Session 1

Physical Literacy Focus – Running

Key Teaching Points for Running

- Run on the balls of the feet
- Keep the head up, back straight and chest up
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

Skill Focus – Bounce

Key Teaching Points for the Bounce

- Hold the ball with both hands. Eyes on the ball.
- Spread the fingers behind the ball. Extend the arm, pushing the ball to the ground.
- Extend both arms towards the ball as it returns. Spread the fingers and cushion the ball into the hands.
- Hold the ball securely and bring it into the body.

For more details on exercises see links below

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Exercise 1 – Bop Along - 3 minutes



Video Link to Exercise

<https://youtu.be/LGfhaodv4uo>

Organisation

- The players sit with their legs out in front.
- Beginning slowly swing each hand up to the side of the head in turn as if running.
- Speed up as technique improves.
- Attempt to achieve a rhythm without losing control.

For more details on exercises see links below

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Exercise 2 – High Knee Lift Run - 3 minutes



Video Link to Exercise

<https://youtu.be/QheF0dDu6Jg>

Organisation

- Jog on the spot using an exaggerated high knee-lift.
- Run on the balls of the feet.
- Keep the head up and the back straight.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

For more details on exercises see links below

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Exercise 3 – Linear Running - 3 minutes



Video Link to Exercise

https://youtu.be/N7xQnAcyD_M

Organisation

- Mark out channels using caps or domes.
- Place one foot and the opposite arm forward, the arms should be bent at the elbows with the head up looking forward.
- Sprint over a small distance concentrating on technique.
- Run on the balls of your feet keeping your head up and your back straight.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

For more details on exercises see links below

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Exercise 4 – Left/Right Hand Bounce & Catch **- 5 minutes**



Video Link to Exercise

<https://youtu.be/Ou0yWbJJRpU>

Organisation

- The players bounce the ball with the right hand and catch with left hand.
- After catching with the left hand, then bounce the ball with the left hand and catch with the right hand.
- Ensure when bouncing the ball it is not done too softly or too hard.

For more details on exercises see links below

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Exercise 5 – Bounce at Coloured Cones - 5 minutes



Video Link to Exercise

<https://youtu.be/7-0KW426jRc>

Organisation

- Mark a series of cones using 4 different colours.
- Four players are assigned different colours.
- The player must run to their assigned coloured cone bounce it and then run to the next cone of their assigned colour and bounce it before running to their last assigned colour to bounce before returning to the start line again.

For more details on exercises see links below

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Exercise 6 – Team Pursuit - 10 minutes



Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit.
- Tag to release the next player on the team

For more details on exercises see links below

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Session 2

Physical Literacy Focus – Running

Key Teaching Points for Running

- Run on the balls of the feet.
- Keep the head up, back straight and chest up.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

Skill Focus – Bounce

Key Teaching Points for the Bounce

- Hold the ball with both hands. Eyes on the ball.
- Spread the fingers behind the ball. Extend the arm, pushing the ball to the ground.
- Extend both arms towards the ball as it returns. Spread the fingers and cushion the ball into the hands.
- Hold the ball securely and bring it into the body.

For more details on exercises see links below

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Exercise 1 – Under Stride/Over Stride - 3 minutes



Under Striding



Over Striding

Video Link to Exercise

<https://youtu.be/QH8nzGCmHy4>

Organisation

Under Striding

- Run through the ladder at pace placing each foot in every second space.
- Speed up as technique improves.
- Focus on technique, move at a controlled pace so that the stride must be consciously shortened.
- Run on the balls of the feet, keep the head up and the back straight.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

Over Striding

- Run through the ladder at pace skipping as many spaces as is comfortable.
- Increase the number of spaces skipped as technique improves.
- Focus on technique, progress the length of the stride gradually over time.

For more details on exercises see links below

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Exercise 2 – Run & Turn - 3 minutes



Video Link to Exercise

<https://youtu.be/TCZR1-yhmco>

Organisation

- Place cones at varying distances in a straight line.
- Sprint out and around each cones and back in turn.
- Use short strides when turning and longer strides when running in a straight line.
- Have the players turn off the opposite side e.g. left to right.

For more details on exercises see links below

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Exercise 3 – Straight Slalom - 3 minutes



Video Link to Exercise

<https://youtu.be/KuhdH1OMn2E>

Organisation

- Place a number of cones or poles approximately 1m apart in a straight line.
- The players run in and out between the cones or poles without knocking them.
- Use the side-step technique.
- Push or drive off the outside leg to 'dodge' around each pole.

For more details on exercises see links below

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Exercise 4 – Bounce at Coloured Cones - 10 minutes



Video Link to Exercise

<https://youtu.be/7-0KW426jRc>

Organisation

- Mark a series of cones using 4 different colours.
- Four players are assigned different colours.
- The player must run to their assigned coloured cone bounce it and then run to the next cone of their assigned colour and bounce it before running to their last assigned colour to bounce before returning to the start line again.

For more details on exercises see links below

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Exercise 5 – Bounce & Clap On Whistle - 10 minutes



Video Link to Exercise

<https://youtu.be/Q7rSvfBpbGY>

Organisation

- Players bounce the ball on their coaches whistle
- When players bounce the ball they must clap their hands before the ball reaches them again.

For more details on exercises see links below

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Exercise 6 – Team Pursuit - 10 minutes



Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit.
- Tag to release the next player on the team.

Progression

- A ball can be used to perform a bounce in-between each cone while chasing after the other player.

For more details on exercises see links below

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Session 3

Physical Literacy Focus – Jumping

Key Teaching Points for Jumping

- Eyes focused forward or upwards, head up and back straight throughout the jump.
 - Crouch with the knees.
 - Legs forcefully extend and straighten in the air.
 - Arms swing forwards and upwards.
 - Players land and take-off on the balls of their feet.
 - Focus on a soft landing (silent as possible).

Skill Focus – Hand Pass

Key Teaching Points for the Hand Pass

- Support the ball on the palm of one hand in front of the body.
 - Swing back and extend the striking arm. Eyes on the ball.
- Lean forward and strike through the middle of the ball with the open hand.
 - Follow through the strike in the direction of the pass.

For more details on exercises see links below

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Exercise 1 – Standing Long Jump - 3 minutes



Video Link to Exercise

<https://youtu.be/WfNxbQ74XZY>

Organisation

- Players stand and progress to a squat position.
- They then propel themselves forward using both their hands and legs.
- Ensure the players land on both feet in a stable position.

For more details on exercises see links below

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Exercise 2 – Lateral/Linear Jump - 3 minutes



Video Link to Exercise

<https://youtu.be/la2w89pvK2c>

Organisation

- The players are asked to jump over an obstacle moving forward and back.
- Players are asked to land and take-off on the balls of their feet.
- Speed up as technique improves.
- Attempt to achieve a rhythm without losing control.
- After a minute and a half switch to lateral jumps from side to side.

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Exercise 3 – Jump The Arc - 3 minutes



Video Link to Exercise

<https://youtu.be/3Kx6BpfSzJQ>

Organisation

- The players are asked to run and perform a jump.
- Players are asked to land and take-off on the balls of their feet.
- Both hands should be raised as high as possible to reach the ball.
- One knee being used to propel the player up in the air.

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Exercise 4 – First-Touch Throw With Partner - 5 minutes



Video Link to Exercise

<https://youtu.be/e8oZPFdoRuY>

Organisation

- Players stand across from each other approximately 2 metres away from each other.
- The player will throw the ball to their partner who will catch the ball.
- Use both left and right hands to throw the ball.

For more details on exercises see links below

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Exercise 5 – Hand Pass to Coach - 5 minutes



Video Link to Exercise

<https://youtu.be/-ZXA33SzLI4>

Organisation

- Mark out 2 cones, 2 metres apart.
- A player stands at one cone and the coach at the other cone.
- The players handpass the ball to the coach.
- The coach will then handpass the ball back to player who will then proceed to the end of the line.

For more details on exercises see links below

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Exercise 6 – Hand Pass To Partner When Moving **Moving - 10 minutes**



Video Link to Exercise

<https://youtu.be/-q29GzT6Fiw>

Organisation

- Divide the players into 2 groups one team per side.
- The players must perform as many handpasses as they can.
- Players must continue to run around the area while performing the handpass.

For more details on exercises see links below

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Session 4

Physical Literacy Focus – Jumping

Key Teaching Points for Jumping

- Eyes focused forward or upwards, head up and back straight throughout the jump.
 - Crouch with the knees.
 - Legs forcefully extend and straighten in the air.
 - Arms swing forwards and upwards.
 - Players land and take-off on the balls of their feet.
 - Focus on a soft landing (silent as possible).

Skill Focus – Hand Pass

Key Teaching Points for the Hand Pass

- Support the ball on the palm of one hand in front of the body.
 - Swing back and extend the striking arm. Eyes on the ball.
- Lean forward and strike through the middle of the ball with the open hand.
 - Follow through the strike in the direction of the pass.

For more details on exercises see links below

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Exercise 1 – Scissors Jump - 3 minutes



Video Link to Exercise

<https://youtu.be/k9C0aWKaCbl>

Organisation

- Starting in a standing position the players must propel themselves vertically.
- While in the air kick one leg forward and the opposite arm backward.
- Ensure the players eyes are focused forward, head up and back straight through the jump.

For more details on exercises see links below

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Exercise 2 – Jump & Turn - 3 minutes



Video Link to Exercise

<https://youtu.be/brXyuH0xYoc>

Organisation

- Starting in a standing position the players are asked to jump and turn 180 degrees when instructed by the coach.
- Ensure players are turning both to the left and right side.
- Eyes are focused forward, head up and back straight through the jump.

For more details on exercises see links below

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Exercise 3 – Bunny Hop - 3 minutes



Video Link to Exercise

<https://youtu.be/GvBlh1ZOhK4>

Organisation

- Players are asked to hop in a forward motion over obstacles (ladder, hurdles, poles).
- Ensure all players eyes are focused forward, head up and back straight throughout the jump.
- Players must crouch with their knees.

For more details on exercises see links below

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Exercise 4 – Beanbag Target - 5 minutes



Video Link to Exercise

<https://youtu.be/zxFOADNPBJo>

Organisation

- Set out 2 cones 1 metre apart and a target 2 metres from the second cone.
- They must then run towards the second cone and try and throw the beanbag into the target.
- Ensure an underhand throw is used.

For more details on exercises see links below

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Exercise 5 – Hand Pass To Coach - 5 minutes



Video Link to Exercise

<https://youtu.be/-ZXA33SzLI4>

Organisation

- Mark out 2 cones, 2 metres apart.
- A player stands at one cone and the coach at the other cone.
- The players handpass the ball to the coach.
- The coach will then handpass the ball back to player who will then proceed to the end of the line.
- If there are large number make multiple lines.

For more details on exercises see links below

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Exercise 6 – Hand Pass To Partner When Moving - 10 minutes



Video Link to Exercise

<https://youtu.be/-q29GzT6Fiw>

Organisation

- Divide the players into 2 groups one team per side.
- The players must perform as many handpasses as they can.
- Players must continue to run around the area while performing the handpass.

Progression

- Count how many passes each team can make in 1 minute, the team with the most passes wins.

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Session 5

Physical Literacy Focus – Throwing

Key Teaching Points for Throwing

- Eyes on the ball.
- Throw the ball and ensure to follow through after the ball has left your hand.

Skill Focus – Punt Pass

Key Teaching Points for the Punt Pass

- Hold the ball firmly in both hands. Release the ball into the hand at the kicking side.
 - Head down, eyes on the ball.
 - Step forward with the non-kicking foot. Drop the ball onto the foot.
 - Kick the ball with the instep of the foot.
 - Keep toes pointed and follow through in the direction of the target.

For more details on exercises see links below

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Exercise 1 – Bridge Ball - 3 minutes



Video Link to Exercise

<https://youtu.be/HdEKd4b9cbM>

Organisation

- The players work in pairs.
- One player forms a bridge position.
- The other player throws the ball under the bridge and receives the ball the other side.
- Players reverse roles.

For more details on exercises see links below

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Exercise 2 – Knock The Cap - 3 minutes



Video Link to Exercise

<https://youtu.be/rDfHzJDKb9g>

Organisation

- Two cones are set out with one cone on top of them.
- Setup a cone 2m back from the target.
- Players are asked to throw a ball to try and knock the cones using an underhand motion.

For more details on exercises see links below

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Exercise 3 – Standing Hand Roll - 3 minutes



Video Link to Exercise

<https://youtu.be/llcHJfV9ArU>

Organisation

- Each player gets a ball.
- In a standing position the players roll the ball in a confined area.
- Players should use both hands.

For more details on exercises see links below

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Exercise 4 – First Touch Ball on Ground - 5 minutes



Video Link to Exercise

<https://youtu.be/SrYgAzzB9k8>

Organisation

- A small ball is placed on a cone or kicking tee.
- Players kick the ball through to the coach using the punt kick.
- Encourage players to kick off both sides.
- Depending on numbers setup multiple lines.

For more details on exercises see links below

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Exercise 5 – First Touch Out Of Hands - 5 minutes



Video Link to Exercise

<https://youtu.be/5k3li5Bf0t0>

Organisation

- Set up to 2 cones approximately 4 metres apart.
- The players line up in two lines and perform the punt pass to the coach.
- The coach will hand pass the ball back to the player who passes it back to the next player in line to perform the kick pass.
- Depending on numbers setup multiple lines.

For more details on exercises see links below

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Exercise 6 – Football Rounders - 10 minutes



Video Link to Exercise

https://youtu.be/Dxhf5oXMW_Q

Organisation

- Divide the players into 2 groups one team per side.
- One team are the kickers while the other are the fielders.
- The kickers must perform a punt kick into the space.
- Once kicked the player must run to the first base.
- If the ball is tagged on the base before he gets there the player is out.
- Each team has three outs and if the player can get around all 4 cones it counts as a score.
- The team with the most scores after 3 outs each wins the game.

For more details on exercises see links below

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Session 6

Physical Literacy Focus – Throwing

Key Teaching Points for Throwing

- Eyes on the ball.
- Throw the ball and ensure to follow through after the ball has left your hand.

Skill Focus – Punt Pass

Key Teaching Points for the Punt Pass

- Hold the ball firmly in both hands. Release the ball into the hand at the kicking side.
 - Head down, eyes on the ball.
- Step forward with the non-kicking foot. Drop the ball onto the foot.
 - Kick the ball with the instep of the foot.
- Keep toes pointed and follow through in the direction of the target.

For more details on exercises see links below

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Exercise 1 – Underhand Throw - 3 minutes



Video Link to Exercise

<https://youtu.be/PPdpMDR5Kcg>

Organisation

- The players work in pairs.
- Throw the football back and forth to each other.
- Players may progress from a 2 hand underhand throw to a 1 hand underhand throw.

For more details on exercises see links below

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Exercise 2 – Target Throw - 3 minutes



Video Link to Exercise

<https://youtu.be/E-Fyo3Zc24U>

Organisation

- One ball per player.
- Setup a cone 2m away from the target i.e. bin.
- Players must attempt to throw a ball into the target.
- Players may use one or two handed throw.

For more details on exercises see links below

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Exercise 3 – Sling Throw - 3 minutes



Video Link to Exercise

<https://youtu.be/3qIYznusMCY>

Organisation

- Using a straight arm throw, players must throw a ball into or at a designated target (use another player if no target is available).
- Players must be encouraged to use both hands.

For more details on exercises see links below

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Exercise 4 – Punt Kick With Partner - 5 minutes



Video Link to Exercise

<https://youtu.be/oDBhoXZ0p18>

Organisation

- Players work in pairs.
- Players are 3-4 metres apart (extend depending on ability).
- Players kick the ball through to the coach using the punt kick.
- Encourage players to kick off both sides.

For more details on exercises see links below

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Exercise 5 – Punt Kick Into Target - 5 minutes



Video Link to Exercise

https://youtu.be/KviesiO6A_c

Organisation

- Set up to zones approximately 10 metres away from the players.
- The player performs the punt pass attempting to land the ball into the zone.
- Have a player at the far end to bring back the ball quickly.
- Encourage players to kick off both feet.

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Exercise 6 – Football Rounders - 10 minutes



Video Link to Exercise

https://youtu.be/Dxhf5oXMW_Q

Organisation

- Divide the players into 2 groups one team per side.
- One team are the kickers while the other are the fielders.
- The kickers must perform a punt kick into the space.
- Once kicked the player must run to the first base.
- If the ball is tagged on the base before he gets there the player is out.
- Each team has three outs and if the player can get around all 4 cones it counts as a score.
- The team with the most scores after 3 outs each wins the game.

For more details on exercises see links below

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Session 7

Physical Literacy Focus – Agility

Key Teaching Points for Agility

- Move your feet as quick as you can.
- Try and use some side-step motions to avoid a person or obstacle.

Skill Focus – Body Catch

Key Teaching Points for the Body Catch

- Move to receive the ball between the arms and the chest.
 - Eyes on the ball.
- Extend the arms in front of the chest with elbows close together and palms facing up.
- Relax the chest on impact to cushion the ball into a secure position with both hands.

For more details on exercises see links below

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Exercise 1 – Back To Back Grab - 3 minutes



Video Link to Exercise

https://youtu.be/82cFT_Eripo

Organisation

- Players stand back to back with the ball between them.
- On the coaches whistle both players try and grab the ball first.
- The player who gets it first wins.

For more details on exercises see links below

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Exercise 2 – Closing The Space - 3 minutes



Video Link to Exercise

https://youtu.be/-nLV_wb8LiY

Organisation

- Set out a small playing area.
- The coach gradually makes the playing area smaller but walking slowly closer with arms out.
- Players must use quick movements to avoid the obstacles.

For more details on exercises see links below

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Exercise 3 – Fox & Hen - 3 minutes



Video Link to Exercise

<https://youtu.be/LPUY2X9rTiU>

Organisation

- Divide the players into two teams.
- One team puts a bib hanging from the back of their shorts.
- The other team must chase after them and try and pull the bib off them.
- Switch roles for each team.

For more details on exercises see links below

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Exercise 4 – Beanbag Coach to Player - 5 minutes



Video Link to Exercise

<https://youtu.be/wDT96gALfgI>

Organisation

- All the players line up behind each other behind a cone.
- A coach stands 2 metre away from the player.
- The coach will throw a beanbag or a small ball towards the player who must perform the body catch.
- Depending on the number of players, set up multiple lines.

For more details on exercises see links below

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Exercise 5 – Beanbag Player to Player - 5 minutes



Video Link to Exercise

https://youtu.be/nd5bw_SQ158

Organisation

- Mark a 2 cones 2 metres apart.
- A player stands at each cone.
- The players throw the beanbag or small ball, back and forth to each other while performing the body catch.

For more details on exercises see links below

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Exercise 6 – No Man’s Land - 10 minutes



Video Link to Exercise

<https://youtu.be/IRWZHkkH1XI>

Organisation

- Divide the players into 2 groups one team per side.
- The players must kick the ball over shoulder height.
- The fielders must try and body catch the ball.
- If a player drops a body catch he must go to the back of the opposite teams group.
- The only way this player can re-join his own group is if one of his teammates kicks a long pass out behind the opposition towards that player and he completes a body catch.

For more details on exercises see links below

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Session 8

Physical Literacy Focus – Agility

Key Teaching Points for Agility

- Move your feet as quick as you can.
- Try and use some side-step motions to avoid a person or obstacle.

Skill Focus – Body Catch

Key Teaching Points for the Body Catch

- Move to receive the ball between the arms and the chest.
 - Eyes on the ball.
- Extend the arms in front of the chest with elbows close together and palms facing up.
- Relax the chest on impact to cushion the ball into a secure position with both hands.

For more details on exercises see links below

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Exercise 1 – Freezing/Simon Says - 3 minutes



Video Link to Exercise

https://youtu.be/GeL_XzGHCEY

Organisation

- A number of coloured cones are set out in the playing area.
- On the coaches call the player must get to the colour in which the coach calls.
- The coach will also add in Simon says which will require them to be even more concentrated.
- During Simon says, the players must listen to the coach and act out what is said, when the word “Simon says” is said i.e., Simon says touch the floor.
- If the coach does not say Simon says, the players must not act out what is said i.e., touch the floor.

For more details on exercises see links below

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Exercise 2 – Tail-Tag - 3 minutes



Video Link to Exercise

https://youtu.be/NUDn97_37fs

Organisation

- Players are matched in accordance to their ability.
- Each match are given a number 1 or 2.
- On the coaches call the number 1s must catch their opposition 2.
- The 2 should use quick agility like movements to avoid each other.

For more details on exercises see links below

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Exercise 3 – Bridges & Rivers - 3 minutes



Video Link to Exercise

<https://youtu.be/d3PBv3D2ihs>

Organisation

- Divide the players into two teams.
- One team is the bridge while the other is the river.
- Players move around freely in the set area.
- On the coaches call the bridges must go in a bridge shape and the river must crawl under.
- The roles are then reversed.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Catch On The Run - 5 minutes



Video Link to Exercise

<https://youtu.be/auKwC2ihGXI>

Organisation

- All the players line up behind each other behind a cone.
- A coach stands 2 metres away from the player.
- The coach will throw a beanbag or a small ball towards the player.
- The player must be on the run and catch the beanbag or ball on the run using the body catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 5 – Kick & Catch With Partner - 5 minutes



Video Link to Exercise

https://youtu.be/q5_EsVm5wqA

Organisation

- Players match up in pairs.
- Players are approximately 5 metres apart from each other.
- Players must kick the ball to their partner who performs the body catch.
- The partner will then return a kick for the other player to perform the body catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 6 – No Man’s Land - 10 minutes



Video Link to Exercise

<https://youtu.be/IRWZHkkH1XI>

Organisation

- Divide the players into 2 groups one team per side.
- The players must kick the ball over shoulder height.
- The fielders must try and body catch the ball.
- If a player drops a body catch he must go to the back of the opposite teams group.
- The only way this player can re-join his own group is if one of his teammates kicks a long pass out behind the opposition towards that player and he completes a body catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 9

Physical Literacy Focus – Balance

Key Teaching Points for Balance

- Head stable with eyes focused forward or on target.
- Keep body straight and try and prevent any sudden movements.

Skill Focus – Solo

Key Teaching Points for the Solo

- Release the ball into the hand at the kicking side. Eyes on the ball.
- Step forward with the non-kicking foot. Drop the ball onto the kicking foot.
 - Flick the toe upwards towards the body. Straighten the leg.
 - Extend the arms forward to catch the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Leaning Tower - 3 minutes



Video Link to Exercise

<https://youtu.be/V9FyB9VBVP8>

Organisation

- Players must sway or lean in different directions.
- They must maintain their balance while doing this.
- Progress from two legs to one leg.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Animal Walk - 3 minutes



Video Link to Exercise

<https://youtu.be/smRDQXGvkOk>

Organisation

- Players must mimic various animal movements.
- Exercises include dog, crab, monkey and rabbit.
- Players are encouraged to move in multiple different directions in multiple different ways.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Copy Cat - 3 minutes



Video Link to Exercise

<https://youtu.be/DciMF5aonR8>

Organisation

- The coach carries out a number of immobilisation movements (please see video link).
- Players must mimic the coaches movements.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Knee Flicks With Ball - 5 minutes



Video Link to Exercise

<https://youtu.be/VWUzg1WMCoU>

Organisation

- Set out 2 lines and split the players into either line.
- Players jog up the line and bounce the ball off their knee.
- Encourage players to bounce it off both left and right knee.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 5 – Foot To Ball To Toe - 5 minutes



Video Link to Exercise

<https://youtu.be/rxuJFPTLS2w>

Organisation

- Set out a number of lines with a ball in each line.
- Player walks out and performs the solo but at a lower height.
- Encourage players to use both feet.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 6 – Team Pursuit - 10 minutes



Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit.
- Players must perform the solo while turning each corner while chasing the player in front.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 10

Physical Literacy Focus – Balance

Key Teaching Points for Balance

- Head stable with eyes focused forward or on target.
- Keep body straight and try and prevent any sudden movements.

Skill Focus – Solo

Key Teaching Points for the Solo

- Release the ball into the hand at the kicking side. Eyes on the ball.
- Step forward with the non-kicking foot. Drop the ball onto the kicking foot.
 - Flick the toe upwards towards the body. Straighten the leg.
 - Extend the arms forward to catch the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Tight Rope - 3 minutes



Video Link to Exercise

<https://youtu.be/JhytbhgrMz8>

Organisation

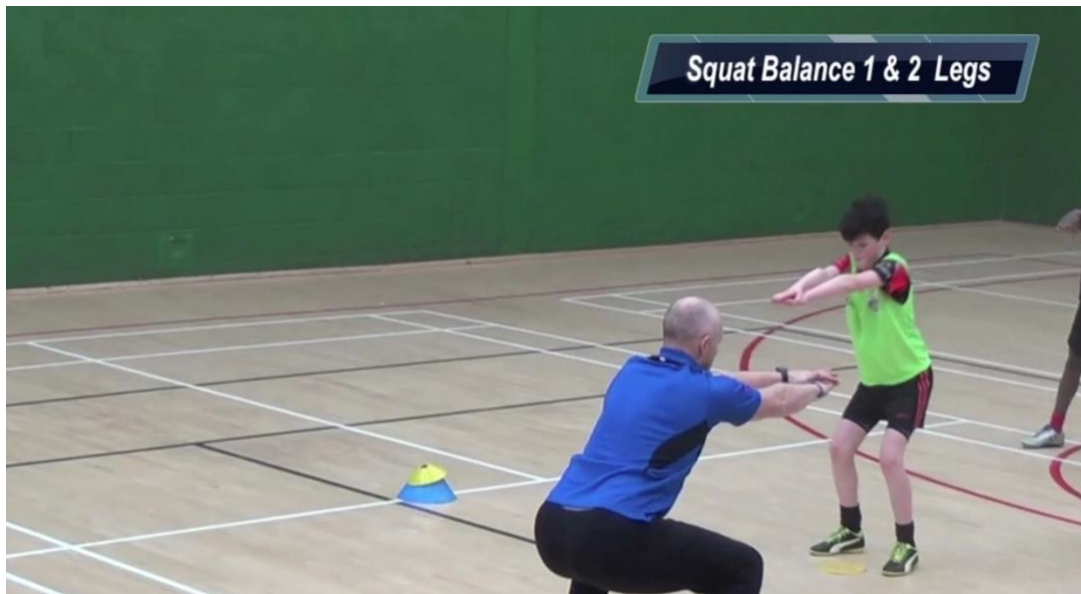
- Players are asked to take off their footwear.
- A rope is placed on the floor.
- Players must maintain their balance with the rope on the centre of their foot.
- Players are encouraged to move in a multiple of different directions.
- Perform with eyes shut and eyes open.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Squat Balance 1 & 2 Legs - 3 minutes



Video Link to Exercise

<https://youtu.be/zOOVff3zwE8>

Organisation

- Players are asked to carry out a squat.
- First with two feet and then with one.
- Important for players to keep their balance during this exercise.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Change The Shape - 3 minutes



Video Link to Exercise

[https://youtu.be/ AW5gf4FAwQ](https://youtu.be/AW5gf4FAwQ)

Organisation

- Players are asked to take a position on the floor on all fours.
- The players must mimic movements of the coach.
- It's important for all players to mimic the movements while keeping their balance.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Straight Line Solo - 5 minutes



Video Link to Exercise

https://youtu.be/GgvKAd0Z_fA

Organisation

- Set out a number of lines with a ball in each line.
- Players jog up the line and perform the solo with the right foot on the way out.
- On the way back players perform the solo with their left foot.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 5 – Solo On The Whistle - 5 minutes



Video Link to Exercise

<https://youtu.be/una4Da8XWYA>

Organisation

- Players are to jog around freely in a marked out area.
- All players must have a ball in their hands.
- When the coach blows the whistle once, they perform the solo with the right foot.
- When the coach blows the whistle twice, they perform the solo with the left foot.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 6 – Team Pursuit - 10 minutes



Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit.
- Players must perform the solo while turning each corner while chasing the player in front.

For more details on exercises see links below

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Session 11

Physical Literacy Focus – Co-Ordination

Key Teaching Points for the Co-Ordination

- Co-ordination is a combination of all the different physical literacy skills in which we have learned to date.

Skill Focus – High Catch

Key Teaching Points for the High Catch

- Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg.
 - Extend the arms over the head. Head up, eyes on the ball.
 - Spread the fingers to form 'W' shape behind the ball.
 - Draw the ball into the chest with both hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Marching - 3 minutes



Video Link to Exercise

<https://youtu.be/yeOUK72ZiVo>

Organisation

- Players are asked to march forward along a line.
- Ensure the players keep their heads up while marching.
- A synchronised arm and knee action is required while marching.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Stepping Stones - 3 minutes



Video Link to Exercise

<https://youtu.be/F7tVJP-Pmd0>

Organisation

- A set area is placed out with a number of different colour markers in the area.
- Players are told to plan ahead and decide on a route to a certain marker they want to land on.
- Players must put one foot on the marker before leaving it.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 3 – Log Roll - 3 minutes



Video Link to Exercise

<https://youtu.be/-V2W1Hr84dE>

Organisation

- Players roll along on the floor with their hands and legs extended.
- Ensure the players move in both directions.
- Ensure players have enough room to perform this safely.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 4 – Catch Off The Coach - 5 minutes



Video Link to Exercise

<https://youtu.be/qEN18n05tIQ>

Organisation

- Players jog out and perform a high catch and grab the ball off the coach.
- Ensure the players use fully extended arms and legs when grabbing the ball from the coach.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 5 – Coach Throws & Player Jumps - 5 minutes



Video Link to Exercise

<https://youtu.be/aywkGh2Wtaw>

Organisation

- The coach throws the ball in the air.
- The player runs out and performs the high catch.
- Ensure the players arms and legs are fully extended.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 6 – Kick & Catch - 10 minutes



Video Link to Exercise

<https://youtu.be/oS1hqLt1hNg>

Organisation

- Set up two zones and divide the players into two teams.
- One team kicks the ball into the other zone where a player must perform the high catch.
- If the high catch is performed correctly that team is awarded 2 points.
- First team to 10 points wins.

For more details on exercises see links below

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Session 12

Physical Literacy Focus – Co-Ordination

Key Teaching Points for Co-Ordination

- Co-ordination is a combination of all the different physical literacy skills in which we have learned to date.

Skill Focus – High Catch

Key Teaching Points for the High Catch

- Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg.
 - Extend the arms over the head. Head up, eyes on the ball.
 - Spread the fingers to form 'W' shape behind the ball.
 - Draw the ball into the chest with both hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Turn The Cap - 3 minutes



Video Link to Exercise

<https://youtu.be/1Y26JGMAQew>

Organisation

- An area is set out with a number of two coloured cones around the area i.e. red and white.
- Players are split into two teams and assigned a colour marker.
- On the coaches call players must run in and turn over their coloured cones.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Ladder Hop-Scotch - 3 minutes



Video Link to Exercise

<https://youtu.be/oL10R4Ho8fM>

Organisation

- Set out an agility ladder in front of the players (can also be performed without a ladder).
- Players must throw a beanbag out on the ladder.
- Players must then hop out on one foot to collect the beanbag.
- On the way back players must hop back on the opposite foot.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 3 – Skipping - 3 minutes



Video Link to Exercise

<https://youtu.be/48i8GJxZinc>

Organisation

- Players are asked to skip using a variety of techniques.
- Two-footed, one-footed and jogging.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Coach Throws & Player Jumps - 5 minutes



Video Link to Exercise

<https://youtu.be/aywkGh2Wtaw>

Organisation

- The coach throws the ball in the air.
- The player runs out and performs the high catch.
- Ensure the players arms and legs are fully extended.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 5 – Throws Between Two Players - 5 minutes



Video Link to Exercise

<https://youtu.be/mV-Wb-39UKM>

Organisation

- The players match up in pairs to someone who is a similar height and build.
- The coach throws the ball up between two players.
- Both players must try and perform the high catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 6 – Kick & Catch - 10 minutes



Video Link to Exercise

<https://youtu.be/oS1hqLt1hNg>

Organisation

- Set up two zones and divide the players into two teams.
- One team kicks the ball into the other zone where a player must perform the high catch.
- If the high catch is performed correctly that team is awarded 2 points.
- First team to 10 points wins.

For more details on exercises see links below

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Session 13

Physical Literacy Focus – Running

Key Teaching Points for Running

- Run on the balls of the feet
- Keep the head up, back straight and chest up
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

Skill Focus – Bounce

Key Teaching Points for the Bounce

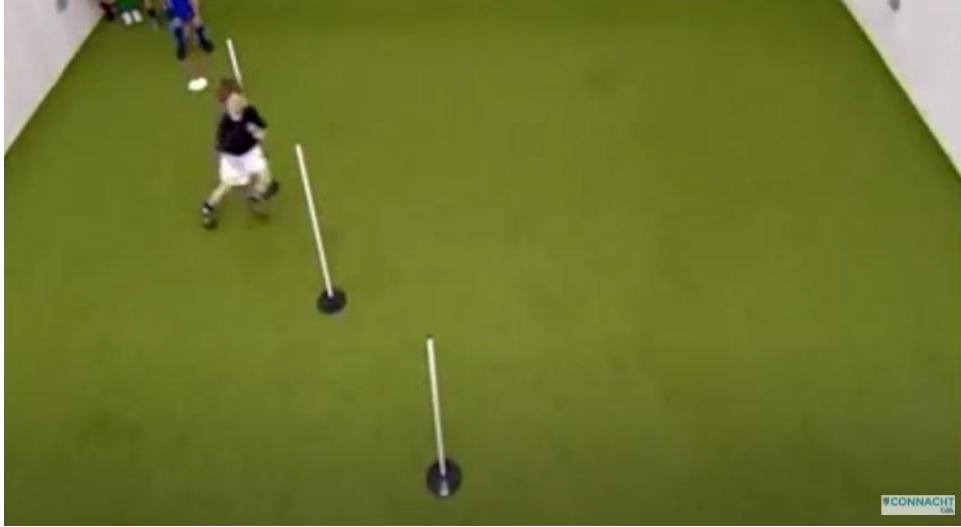
- Hold the ball with both hands. Eyes on the ball.
- Spread the fingers behind the ball. Extend the arm, pushing the ball to the ground.
- Extend both arms towards the ball as it returns. Spread the fingers and cushion the ball into the hands.
- Hold the ball securely and bring it into the body.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Straight Slalom - 3 minutes



Video Link to Exercise

<https://youtu.be/KuhdH1OMn2E>

Organisation

- Set out three poles/cones approx. 1 metre apart.
- Run in and out of cones.
- Ensure the players drive off the outside foot.
- Ensure the players dodge poles without knocking them.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Beanbag Transfer - 3 minutes



Video Link to Exercise

<https://youtu.be/nHSO06VJxYE>

Organisation

- Beanbags are left on a cone.
- On the coach's signal the player runs out and lifts the beanbag and places it on the opposite marker.
- The next player in line will do the same.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Team Pursuit - 10 minutes



Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The objective is to catch up to the player from the other team before reaching your teammate who continues the pursuit.
- Tag to release the next player on the team.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 4 – Bounce and Clap on Whistle - 5 minutes



Video Link to Exercise

<https://youtu.be/Q7rSvfBpbGY>

Organisation

- Players bounce the ball on their coaches whistle.
- When players bounce the ball they must clap their hands before the ball reaches them again.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 5 – Crossover Bounce in Zone - 5 minutes



Video Link to Exercise

<https://youtu.be/5FH0dNxd0bM>

Organisation

- Mark out a zone for the players to jog around in.
- Players jog around zone and do a cross over bounce i.e. players bounce the ball from one hand to the other, then alternate.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 6 –Last Man Standing in Zone- 10 minutes



Video Link to Exercise

<https://youtu.be/W-cwdcENOMY>

Organisation

- Split the players into two teams.
- The team with footballs bounces ball around the zone.
- The team of defenders attempts to knock the footballs out of the zone.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 14

Physical Literacy Focus – Running

Key Teaching Points for Running

- Run on the balls of the feet.
- Keep the head up, back straight and chest up.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

Skill Focus – Bounce

Key Teaching Points for the Bounce

- Hold the ball with both hands. Eyes on the ball.
- Spread the fingers behind the ball. Extend the arm, pushing the ball to the ground.
- Extend both arms towards the ball as it returns. Spread the fingers and cushion the ball into the hands.
- Hold the ball securely and bring it into the body.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Run and Turn - 3 minutes



Video Link to Exercise

<https://youtu.be/TCZR1-yhmco>

Organisation

- Place cones at varying distances in a straight line.
- Sprint out and around each cones and back in turn.
- Use short strides when turning and longer strides when running in a straight line.
- Have the players turn off the opposite side e.g. left to right.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Pyramid Runs - 3 minutes



Video Link to Exercise

<https://youtu.be/DrhbtK6C-rl>

Organisation

- Set out markers spaced 5 metres apart for 20 metres.
- Players must run to cone indicated by the coach.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Team Pursuit - 5 minutes



Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The objective is to catch up to the player from the other team before reaching your teammate who continues the pursuit.
- Tag to release the next player on the team

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 4 – Bounce at Coloured Cones - 5 minutes



Video Link to Exercise

<https://youtu.be/7-0KW426jRc>

Organisation

- Mark a series of cones using 4 different colours.
- Four players are assigned different colours.
- The player must run to their assigned coloured cone bounce it and then run to the next cone of their assigned colour and bounce it before running to their last assigned colour to bounce before returning to the start line again.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 5 – 1v1 Bounce and protect - 5 minutes



Video Link to Exercise

<https://youtu.be/FvpjAwwBeTA>

Organisation

- Players pair off, one has a ball and the other is shadowing.
- Players must bounce the ball around zone, attempting to evade partner.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 6 –Last Man Standing in Zone- 10 minutes



Video Link to Exercise

<https://youtu.be/W-cwdcENOMY>

Organisation

- Split the players into two teams.
- The team with footballs bounces ball around the zone.
- The team of defenders attempts to knock the footballs out of the zone.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 15

Physical Literacy Focus – Jumping

Key Teaching Points for Jumping

- Eyes focused forward or upwards, head up and back straight throughout the jump.
 - Crouch with the knees.
 - Legs forcefully extend and straighten in the air.
 - Arms swing forwards and upwards.
 - Players land and take-off on the balls of their feet.
 - Focus on a soft landing (silent as possible).

Skill Focus – Hand Pass

Key Teaching Points for the Hand Pass

- Support the ball on the palm of one hand in front of the body.
 - Swing back and extend the striking arm. Eyes on the ball.
- Lean forward and strike through the middle of the ball with the open hand.
 - Follow through the strike in the direction of the pass.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Scissors Jump - 3 minutes



Video Link to Exercise

<https://youtu.be/k9C0aWKaCbl>

Organisation

- Starting in a standing position the players must propel themselves vertically.
- While in the air kick one leg forward and the opposite arm backward.
- Ensure the players eyes are focused forward, head up and back straight through the jump.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – Jump the Arc - 5 minutes



Video Link to Exercise

<https://youtu.be/3Kx6BpfSzJQ>

Organisation

- The players are asked to run and perform a jump.
- Players are asked to land and take-off on the balls of their feet.
- Both hands should be raised as high as possible to reach the ball.
- One knee being used to propel the player up in the air.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Lob and Catch - 5 minutes



Video Link to Exercise

<https://youtu.be/UF-LazYlyi8>

Organisation

- The players will work in pairs.
- They take turns throwing the ball to each other to catch.
- Players are encouraged to catch the ball over their head.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 –Straight Line Handpass to Player- 5 minutes



Video Link to Exercise

<https://youtu.be/4Vgrk6ie0bQ>

Organisation

- Players line up in groups at a cone.
- The first player runs out and around the cone, hand passing back to the second player in line.
- Continue for the time period and encourage players to use both left and right hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 5 – Hand Passing in the Zone - 5 minutes



Video Link to Exercise

<https://youtu.be/7rkRXGWh2wY>

Organisation

- All players move around the zone, handpassing to a different player each time.
- Encourage the players to use both left and right hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 6 – Piggy in the Middle - 10 minutes



Video Link to Exercise

<https://youtu.be/ABMfCQMeHOA>

Organisation

- Divide players into groups of 4 to 5.
- One player is defender who is in the middle.
- The other players attempt to keep ball away from defender.
- Each players must take turn as defender i.e. in the middle.

For more details on exercises see links below

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Session 16

Physical Literacy Focus – Jumping

Key Teaching Points for Jumping

- Eyes focused forward or upwards, head up and back straight throughout the jump.
 - Crouch with the knees.
 - Legs forcefully extend and straighten in the air.
 - Arms swing forwards and upwards.
 - Players land and take-off on the balls of their feet.
 - Focus on a soft landing (silent as possible).

Skill Focus – Hand Pass

Key Teaching Points for the Hand Pass

- Support the ball on the palm of one hand in front of the body.
 - Swing back and extend the striking arm. Eyes on the ball.
- Lean forward and strike through the middle of the ball with the open hand.
 - Follow through the strike in the direction of the pass.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Jump & Turn - 3 minutes



Video Link to Exercise

<https://youtu.be/brXyuH0xYoc>

Organisation

- Starting in a standing position the players are asked to jump and turn 180 degrees when instructed by the coach.
- Ensure players are turning both to the left and right side.
- Eyes are focused forward, head up and back straight through the jump.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – Fosbury Jump - 3 minutes



Video Link to Exercise

https://youtu.be/7UckZ24s_oc

Organisation

- Players work in pairs.
- Players must jump from one foot to the other.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Move, Jump and Catch - 3 minutes



Video Link to Exercise

<https://youtu.be/Otn98eB7d0s>

Organisation

- Players work in pairs moving freely around the area.
- In turns one player throws the ball up in the air, while the other player catches.
- Catching overhead is encouraged.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Handpass to Partner When Moving - 5 minutes



Video Link to Exercise

<https://youtu.be/-q29GzT6Fiw>

Organisation

- Divide the players into pairs.
- The players must run around the area handpassing to their partner.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 5 – Hand Passing in the Zone - 5 minutes



Video Link to Exercise

<https://youtu.be/7rkRXGWh2wY>

Organisation

- Set out a zone for the players to run around in.
- All players move around the zone, handpassing to a different player each time.
- Encourage the players to use both hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 6 – Piggy in the Middle - 10 minutes



Video Link to Exercise

<https://youtu.be/ABMfCQMeHOA>

Organisation

- Divide players into groups of 4 to 5.
- One player is defender who is in the middle.
- The other players attempt to keep ball away from defender.
- Each players must take turn as defender i.e. in the middle.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 17

Physical Literacy Focus – Throwing

Key Teaching Points for Throwing

- Eyes on the ball.
- Throw the ball and ensure to follow through after the ball has left your hand.

Skill Focus – Punt Pass

Key Teaching Points for the Punt Pass

- Hold the ball firmly in both hands. Release the ball into the hand at the kicking side.
 - Head down, eyes on the ball.
 - Step forward with the non-kicking foot. Drop the ball onto the foot.
 - Kick the ball with the instep of the foot.
 - Keep toes pointed and follow through in the direction of the target.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Underhand Throws - 3 minutes



Video Link to Exercise

<https://youtu.be/PPdpMDR5Kcg>

Organisation

- The players work in pairs.
- Throw the football back and forth to each other.
- Players may progress from a 2-hand underhand throw to a 1 hand underhand throw.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Target Throw - 3 minutes



Video Link to Exercise

<https://youtu.be/E-Fyo3Zc24U>

Organisation

- One ball per player.
- Setup a cone 2m away from the target i.e. bin.
- Players must attempt to throw a ball into the target.
- Players may use one or two handed throw.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Bounce and Shoot - 3 minutes



Video Link to Exercise

<https://youtu.be/b6h-L9U11KQ>

Organisation

- Each player gets a ball.
- Using alternate hands players must bounce the ball around the cones.
- They then attempt to throw the ball into a target e.g. bin/basket.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Punt Kick With Partner - 5 minutes



Video Link to Exercise

<https://youtu.be/oDBhoXZ0p18>

Organisation

- Players work in pairs.
- Players are 3-4 metres apart (extend depending on ability).
- Players kick the ball through to the coach using the punt kick.
- Encourage players to kick off both sides.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 5 – Kick and Catch 3v3 - 5 minutes



Video Link to Exercise

<https://youtu.be/OTi6cSqDJu0>

Organisation

- Set up two teams of 3 players per team.
- One team punt kicks ball to each other while moving around in the zone.
- Other team attempts to turnover the ball from the team in possession.
- Teams alternate roles of attack and defence.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 6 – Piggy in the Middle - 10 minutes



Video Link to Exercise

<https://youtu.be/LsMBbEx8nU>

Organisation

- Split the players, 3 attackers vs. 1 defender.
- Attackers must punt/kick the ball to each other, evading the defender.
- Defender tries to stop the ball reaching its target.
- Rotate the defensive player.

For more details on exercises see links below

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Session 18

Physical Literacy Focus – Throwing

Key Teaching Points for Throwing

- Eyes on the ball.
- Throw the ball and ensure to follow through after the ball has left your hand.

Skill Focus – Punt Pass

Key Teaching Points for the Punt Pass

- Hold the ball firmly in both hands. Release the ball into the hand at the kicking side.
 - Head down, eyes on the ball.
- Step forward with the non-kicking foot. Drop the ball onto the foot.
 - Kick the ball with the instep of the foot.
- Keep toes pointed and follow through in the direction of the target.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Underhand Throw - 3 minutes



Video Link to Exercise

<https://youtu.be/PPdpMDR5Kcg>

Organisation

- The players work in pairs.
- Throw the football back and forth to each other.
- Players may progress from a 2 hand underhand throw to a 1 hand underhand throw.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – 1 Handed Overarm Throw- 3 minutes



Video Link to Exercise

<https://youtu.be/Td5YVpdisoU>

Organisation

- Players match up in pairs.
- They must throw a ball/beanbag to each other with an overhand motion.
- Players must step forward as they throw.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Sling Throw - 5 minutes



Video Link to Exercise

<https://youtu.be/3qIYznusMCY>

Organisation

- Using a straight arm throw, players must throw a ball into or at a designated target (use another player if no target is available).
- Players must be encouraged to use both hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Punt Kick With Partner - 5 minutes



Video Link to Exercise

<https://youtu.be/oDBhoXZ0p18>

Organisation

- Players work in pairs.
- Players are 3-4 metres apart (extend depending on ability).
- Players kick the ball through to the coach using the punt kick.
- Encourage players to kick off both sides.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 5 – Kick Over Goals 4v4 - 5 minutes



Video Link to Exercise

<https://youtu.be/4ijSO27jvYc>

Organisation

- Players set up two zones of 2 vs 2 (two teams of 4) either side of a goal.
- A point is scored by punt kicking through/over the goals to a teammate.
- Goalkeeper can be included if desired.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 6 – Piggy in the Middle - 10 minutes



Video Link to Exercise

<https://youtu.be/LsMBbIEx8nU>

Organisation

- Split the players, 3 attackers vs. 1 defender.
- Attackers must punt kick the ball to each other, evading the defender.
- Defender tries to stop the ball reaching its target.
- Rotate the defensive player.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 19

Physical Literacy Focus – Agility

Key Teaching Points for Agility

- Move your feet as quick as you can.
- Try and use some side-step motions to avoid a person or obstacle.

Skill Focus – Body Catch

Key Teaching Points for the Body Catch

- Move to receive the ball between the arms and the chest.
 - Eyes on the ball.
- Extend the arms in front of the chest with elbows close together and palms facing up.
- Relax the chest on impact to cushion the ball into a secure position with both hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Freezing/Simon Says - 3 minutes



Video Link to Exercise

https://youtu.be/GeL_XzGHCEY

Organisation

- A number of coloured cones are set out in the playing area.
- On the coaches call the player must get to the colour in which the coach calls.
- The coach will also add in Simon says which will require them to be even more concentrated.
- During Simon says, the players must listen to the coach and act out what is said, when the word “Simon says” is said i.e., Simon says touch the floor.
- If the coach does not say Simon says, the players must not act out what is said i.e., touch the floor.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – Tail-Tag - 3 minutes



Video Link to Exercise

https://youtu.be/NUDn97_37fs

Organisation

- Players are matched in accordance to their ability.
- Each match are given a number 1 or 2.
- On the coaches call the number 1s must catch their opposition 2.
- The 2 should use quick agility like movements to avoid each other.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 3 – Bridges & Rivers - 3 minutes



Video Link to Exercise

<https://youtu.be/d3PBv3D2ihs>

Organisation

- Divide the players into two teams.
- One team is the bridge while the other is the river.
- Players move around freely in the set area.
- On the coaches call the bridges must go in a bridge shape and the river must crawl under.
- The roles are then reversed.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 4 – Beanbag Player to Player - 5 minutes



Video Link to Exercise

https://youtu.be/nd5bw_SQ158

Organisation

- Mark a 2 cones 2 metres apart.
- A player stands at each cone.
- The players throw the beanbag or small ball, back and forth to each other while performing the body catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 5 – Kick Off Wall and Catch - 5 minutes



Video Link to Exercise

<https://youtu.be/vPSyTSM-EXE>

Organisation

- Players line up in small groups at cones 10 to 15 metres from a wall.
- Player kicks the ball off the wall and then performs a body catch.
- Player turns and handpasses the ball to player on the cone.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 6 – Football Rounders - 10 minutes



Video Link to Exercise

https://youtu.be/Dxhf5oXMW_Q

Organisation

- Divide the players into 2 groups one team per side.
- One team are the kickers while the other are the fielders.
- The kickers must perform a punt kick into the space.
- Once kicked the player must run to the first base.
- If the ball is tagged on the base before he gets there, the player is out.
- Each team has three outs and if the player can get around all 4 cones it counts as a score.
- The team with the most scores after 3 outs each wins the game.

For more details on exercises see links below

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Session 20

Physical Literacy Focus – Agility

Key Teaching Points for Agility

- Move your feet as quick as you can.
- Try and use some side-step motions to avoid a person or obstacle.

Skill Focus – Body Catch

Key Teaching Points for the Body Catch

- Move to receive the ball between the arms and the chest.
 - Eyes on the ball.
- Extend the arms in front of the chest with elbows close together and palms facing up.
- Relax the chest on impact to cushion the ball into a secure position with both hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Minefield with/without Ball - 5 minutes



Video Link to Exercise

<https://youtu.be/NWwIwVORK1A>

Organisation

- Set up grid as shown in video.
- Players are divided into four teams, with one team lining up per side of the grid.
- On a coach's call, the given team must get across the zone by dodging the obstacles.
- To progress the activity, a football can be carried across the zone and further on, a bounce/solo can be introduced.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – Zig-Zag Slalom - 5 minutes



Video Link to Exercise

<https://youtu.be/zEMGwc0nR4s>

Organisation

- Cones are placed in a zig zag pattern in front of them.
- Players run out, plant outside foot at the cone, and drop the opposite shoulder to move from cone to cone as quickly as possible, and run back in.
- Players repeat the drill for the required time.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 3 – Watch the Move - 3 minutes



Video Link to Exercise

<https://youtu.be/DIt81EhxZ7w>

Organisation

- Set out cones as shown, two identical sets.
- Players work in pairs, taking turns as “leader”.
- Leader moves from cone to cone (e.g., blue to yellow) and the other player must copy the leader.
- Different movements encouraged, forward, backward, sideways, jumping, skipping, etc.
- Ball can be introduced which incorporates solo, bounce, etc.

For more details on exercises see links below

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Exercise 4 – Small Ball Throw Up Clap and Catch - 5 minutes



Video Link to Exercise

<https://youtu.be/OMAKVQBnS-w>

Organisation

- Players move around the zone with a small ball.
- Players must throw the ball up in the air.
- Players must clap their hands before making a body catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 5 – Kick & Catch with Partner - 5 minutes



Video Link to Exercise

https://youtu.be/q5_EsVm5wqA

Organisation

- Players match up in pairs.
- Players are approximately 5 metres apart from each other.
- Players must kick the ball to their partner who performs the body catch.
- The partner will then return a kick for the other player to perform the body catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 6 – Football Rounders - 10 minutes



Video Link to Exercise

https://youtu.be/Dxhf5oXMW_Q

Organisation

- Divide the players into 2 groups one team per side.
- One team are the kickers while the other are the fielders.
- The kickers must perform a punt kick into the space.
- Once kicked the player must run to the first base.
- If the ball is tagged on the base before he gets there, the player is out.
- Each team has three outs and if the player can get around all 4 cones it counts as a score.
- The team with the most scores after 3 outs each wins the game.

For more details on exercises see links below

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Session 21

Physical Literacy Focus – Balance

Key Teaching Points for Balance

- Head stable with eyes focused forward or on target.
- Keep body straight and try and prevent any sudden movements.

Skill Focus – Solo

Key Teaching Points for the Solo

- Release the ball into the hand at the kicking side. Eyes on the ball.
- Step forward with the non-kicking foot. Drop the ball onto the kicking foot.
 - Flick the toe upwards towards the body. Straighten the leg.
 - Extend the arms forward to catch the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Animal Walk - 3 minutes



Video Link to Exercise

<https://youtu.be/smRDQXGvkOk>

Organisation

- Players must mimic various animal movements.
- Exercises include dog, crab, monkey and rabbit.
- Players are encouraged to move in multiple different directions in multiple different ways.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Tight Rope - 3 minutes



Video Link to Exercise

<https://youtu.be/JhytbhgrMz8>

Organisation

- Players are asked to take off their footwear.
- A rope is placed on the floor.
- Players must maintain their balance with the rope on the centre of their foot.
- Players are encouraged to move in a multiple of different directions.
- Perform with eyes shut and eyes open.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Change The Shape - 3 minutes



Video Link to Exercise

[https://youtu.be/ AW5gf4FAwQ](https://youtu.be/AW5gf4FAwQ)

Organisation

- Players are asked to take a position on the floor on all fours.
- The players must mimic movements of the coach.
- It's important for all players to mimic the movements while keeping their balance.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Solo at 3/4 Cones in Zone - 5 minutes



Video Link to Exercise

<https://youtu.be/AnNO9rum9Qs>

Organisation

- Set up 4 groups on the corners at a coloured cone.
- In the middle place three cones of each colour.
- Players leave their corner and solo at each of 3 corresponding cones (i.e. blue solos at blue).
- Players return to corner.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 5 – Zig Zag Soloing - 5 minutes



Video Link to Exercise

<https://youtu.be/25QY2-bdXSs>

Organisation

- Set up a zig zag pattern using cones.
- Players must solo out around the cones, using both feet.
- Players can be progressed by adding a time cap to finish the drill.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 6 – Team Pursuit - 10 minutes



Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The aim is to catch up to the player from the other team before reaching your teammate who continues the pursuit.
- Players must perform the solo while turning each corner while chasing the player in front.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 22

Physical Literacy Focus – Balance

Key Teaching Points for Balance

- Head stable with eyes focused forward or on target.
- Keep body straight and try and prevent any sudden movements.

Skill Focus – Solo

Key Teaching Points for the Solo

- Release the ball into the hand at the kicking side. Eyes on the ball.
- Step forward with the non-kicking foot. Drop the ball onto the kicking foot.
 - Flick the toe upwards towards the body. Straighten the leg.
 - Extend the arms forward to catch the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Squat Balance - 3 minutes



Video Link to Exercise

<https://youtu.be/zOOVff3zwE8>

Organisation

- Players are asked to carry out a squat.
- First with two feet and then with one.
- Important for players to keep their balance during this exercise.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 2 – Wobble and Balance - 3 minutes



Video link to exercise

<https://youtu.be/hSP9XBEBfO8>

Organisation

- Players are asked to carry out a squat on an uneven surface, such as a wobble board or tackle bag.
- Any uneven surface can be used, such as a pile of bibs or jerseys.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Body Balance - 3 minutes



Video Link to Exercise

<https://youtu.be/bqWHz04ezE>

Organisation

- Coach performs various body balance positions, which the players attempt to mimic.
- Positions could include one foot, high plank, high plank with one hand, sitting without hands or feet touching the ground, etc.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Straight Line Solo - 5 minutes



Video Link to Exercise

https://youtu.be/GgvKAd0Z_fA

Organisation

- Set out a number of lines with a ball in each line.
- Players jog up the line and perform the solo with the right foot on the way out.
- On the way back players perform the solo with their left foot.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 5 – Solo with Ball in each hand - 5 minutes



Video Link to Exercise

<https://youtu.be/iCvQSHOMoIU>

Organisation

- Players have two balls, one on each hand.
- In a straight line they solo with alternating feet using proper technique i.e. left hand left foot, right hand right foot.
- This can be progressed by working in a zone where players can change directions.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 6 – Team Pursuit - 10 minutes



Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The aim is to catch up to the player from the other team before reaching your team mate who continues the pursuit.
- Players must perform the solo while turning each corner while chasing the player in front.

For more details on exercises see links below

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Session 23

Physical Literacy Focus – Co-Ordination

Key Teaching Points for the Co-Ordination

- Co-ordination is a combination of all the different physical literacy skills in which we have learned to date.

Skill Focus – High Catch

Key Teaching Points for the High Catch

- Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg.
 - Extend the arms over the head. Head up, eyes on the ball.
 - Spread the fingers to form 'W' shape behind the ball.
 - Draw the ball into the chest with both hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Turn The Cap - 3 minutes



Video Link to Exercise

<https://youtu.be/1Y26JGMAQew>

Organisation

- An area is set out with a number of two coloured cones around the area i.e. red and white.
- Players are split into two teams and assigned a colour marker.
- On the coaches call players must run in and turn over their coloured cones.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Ladder Hop-Scotch - 3 minutes



Video Link to Exercise

<https://youtu.be/oL10R4Ho8fM>

Organisation

- Set out an agility ladder in front of the players (can also be performed without a ladder).
- Players must throw a beanbag out on the ladder.
- Players must then hop out on one foot to collect the beanbag.
- On the way back players must hop back on the opposite foot.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Ladder and Bounce - 3 minutes



Video Link to Exercise

<https://youtu.be/AOGct2NlbWE>

Organisation

- Ladder is set out with a number of targets (e.g., cones) on either side.
- Players must walk out bouncing ball on the targets.
- The use of both hands is encouraged.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 4 –Coach Throws, Player Jumps- 5 minutes



Video Link to Exercise

<https://youtu.be/aywkGh2Wtaw>

Organisation

- The coach throws the ball in the air.
- The player runs out and performs the high catch.
- Ensure the players arms and legs are fully extended.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 5 – Kick off wall and catch - 5 minutes



Video Link to Exercise

<https://youtu.be/iDs8CHip6Jk>

Organisation

- Players must kick the ball off the wall to themselves.
- When the ball is coming back players must run up and perform the high catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 6 – Football Rounders - 10 minutes



Video Link to Exercise

https://youtu.be/Dxhf5oXMW_Q

Organisation

- Divide the players into 2 groups one team per side.
- One team are the kickers while the other are the fielders.
- The kickers must perform a punt kick into the space.
- Once kicked the player must run to the first base.
- The defenders must try and catch the ball or tag the ball on the base to get the player out.
- Each team has three outs and if the player can get around all 4 cones it counts as a score.
- The team with the most scores after 3 outs each wins the game.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 24

Physical Literacy Focus – Co-Ordination

Key Teaching Points for Co-Ordination

- Co-ordination is a combination of all the different physical literacy skills in which we have learned to date.

Skill Focus – High Catch

Key Teaching Points for the High Catch

- Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg.
 - Extend the arms over the head. Head up, eyes on the ball.
 - Spread the fingers to form 'W' shape behind the ball.
 - Draw the ball into the chest with both hands.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Skipping - 3 minutes



Video Link to Exercise

<https://youtu.be/48j8GJxZinc>

Organisation

- Players are asked to skip using a variety of techniques.
- Two-footed, one-footed and jogging.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Volley Ball Push - 3 minutes



Video Link to Exercise

<https://youtu.be/X-0-Jz7baSc>

Organisation

- Players must work in pairs.
- Using a volleyball players aim to keep the ball off the ground by pushing the ball with their fingertips, passing the ball to each other.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 3 – Pass in a Ladder - 3 minutes



Video Link to Exercise

<https://youtu.be/pKkDy1XmRVA>

Organisation

- Two ladders are set out facing each other.
- Players are asked to walk out sideways while hand passing a ball to each other.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 4 – Coach Throws & Player Jumps - 5 minutes



Video Link to Exercise

<https://youtu.be/aywkGh2Wtaw>

Organisation

- The coach throws the ball in the air.
- The player runs out and performs the high catch.
- Ensure the players arms and legs are fully extended.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 5 – Throws Between Two Players - 5 minutes



Video Link to Exercise

<https://youtu.be/mV-Wb-39UKM>

Organisation

- The players match up in pairs to someone who is a similar height and build.
- The coach throws the ball up between two players.
- Both players must try and perform the high catch.

For more details on exercises see links below

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Exercise 6 – Football Rounders - 10 minutes



Video Link to Exercise

https://youtu.be/Dxhf5oXMW_Q

Organisation

- Divide the players into 2 groups one team per side.
- One team are the kickers while the other are the fielders.
- The kickers must perform a punt kick into the space.
- Once kicked the player must run to the first base.
- The defenders must try and catch the ball or tag the ball on the base to get the player out.
- Each team has three outs and if the player can get around all 4 cones it counts as a score.
- The team with the most scores after 3 outs each wins the game.

For more details on exercises see links below

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