

U7

## STATION 1 ABCs

- The Whistle Game
- Balance Game
- Tail Tag

## STATION 2 RJT

- Simon Says
- The Bean Game
- Crusts & Crumbs

## STATION 3 CPS

- Jog with Ball
- Piggy in the Middle
- Beat the Circle

**ABCs:** Agility • Balance • Co-ordination • Strength

**RJT:** Running • Jumping • Throwing

**CPS:** Catching • Passing • Striking



Under 7	Station 1 - ABCs	Station 2 - RJT	Station 3 - CPS
Warm-Up Activity	The Whistle Game	Simon Says	Jog with Ball
Fundamental Movement	Balance Game	The Bean Game	Piggy in the Middle
Fun Game	Tail Tag	Crusts & Crumbs	Beat the Circle



### The Whistle Game - 1a

1. Set out 4 cones in a square. Divide players into 2 groups (A + B) at opposite side of square
2. On a coach command, both groups run to the opposite side of the square.
3. When the whistle blows once, partners must find their partner ((A + B) and stand back to back on one leg for a 4 seconds
4. Then the groups return to their own side of the square and run again.
5. When the whistle blows twice partners find each other, one partner kneels down on one knee and the other partner sits on it
6. When the whistle blows three times the partners find each other. One partner stretches up to be as tall as possible while the other crouches down to be as low as possible

### Balance Game - 1b

1. All players lying on stomach on ground
2. On coach signal players get up and balance on one leg as fast as possible. (repeat on other leg)
3. Same as above, only this time with eyes closed
4. Same as above, and when players stand up, open eyes and touch foot with opposite hand (twice) to the leg on ground
5. Introduce different starting signals
6. Introduce forward and reverse lunges

### Tail Tag - 1c

1. Set out 4 cones in a square
2. Players run around the square with a bib (tails) tucked into the back of their shorts
3. Players try to grab other peoples tails while protecting their own
4. Decrease the size of the playing area
5. Introduce players with no tails as catchers

### Simon Says - 1e

1. Set out 4 cones in a square.
2. Players jog around square and when the coach calls "Simon Says", the players complete the action  
*Simon Says* - hop on one leg  
*Simon Says* - hop on two legs  
*Simon Says* - jump around like a kangaroo  
*Simon Says* - jump around like a frog  
*Simon Says* - hop backwards on one leg  
*Simon Says* - hop backwards on two legs  
*Simon Says* - hop sideways
3. If the players do the action without "Simon Says, they stand on one leg and miss a turn

### The Bean Game - 1f

1. Set out 4 cones in a square.
2. The coach calls out different kinds of beans and the players perform the actions:  
*String Bean* - Stand tall and thin.  
*Broad Bean* - Stand in a star shape.  
*Jumping Bean* - Jump up and down.  
*Kidney Bean* - Cross your legs and say: Oooh.  
*Jelly Bean* - Wobble like jelly.  
*Baked Bean* - Hold your nose and say: Phew  
*French Bean* - Say: Ooo la la
3. If the coach says Runner Bean, everyone runs as fast as they can. The coach chases everyone.
4. Whoever is tagged becomes the next caller.

### Crusts & Crumbs - 1g

1. Set out 2 rows of cones, 2mts apart
2. Divide players into 2 groups (A + B). One team are the crusts (A) and the others the crumbs (B)
3. The coach calls either crusts or crumbs
4. If crusts is called all crusts run to their base line, crumbs chase them and tag them

### Jog with Ball - 1x

1. Set out 4 cones in a square.
2. Divide players into 2 groups, one with a ball, one group without.
3. Players jog around inside square,
4. On coach signal (1, 2 or 3), players - 1=drop ball, 2=chest pass, 3=throw in air.
5. Change movements in square, jog forwards, backwards, side shuffle, fast and slow

### Piggy in the Middle - 1y

1. The players spread out around the playing area
2. One player is designated the 'piggy in the middle'
3. The other players pass the ball around attempting to keep it away from the 'piggy in the middle'
4. If the ball is dropped or intercepted the player who missed the catch or attempted the pass becomes the new 'piggy in the middle'

### Beat the Circle - 1z

1. Divide the players into two teams
2. Team A forms a circle with a distance of 3m between each player
3. Team B lines up behind a cone outside the circle
4. In turn the players in Team B run round the circle, while Team A throw the ball around the circle from one to another
5. Team A count the successful Chest Catches completed before the last player in Team B finishes their run
6. Reverse the roles; the team with the most Chest Catches wins



U9

## STATION 1 ABCs

- Jungle Run
- Crawl & Basketball
- Animal Walks

## STATION 2 RJT

- Simon Says
- Bouncing
- Horse & Jockey

## STATION 3 CPS

- Jog with Ball
- Toss & Catch
- Beat the Circle

**ABCs:** Agility • Balance • Co-ordination • Strength

**RJT:** Running • Jumping • Throwing

**CPS:** Catching • Passing • Striking



Under 9	Station 1 - ABCs	Station 2 - RJT	Station 3 - CPS
Warm-Up Activity	Jungle Run	Simon Says	Jog with Ball
Fundamental Movement	Crawl & Basketball	Bouncing	Toss & Catch
Fun Game	Animal Walks	Horse & Jockey	Beat the Circle



### Jungle Run - 2a

1. Set out 4 cones in a square.
2. Players jog around square (the jungle) until they hear the coaches call
3. When coach calls a signal - SWINGING BRANCH - players duck under the swinging branch (squat)
4. CROSS THE RIVER - Walk on the stepping stones across the river (lunge)
5. A ROLLING LOG - players jump over the rolling log (jumps)
6. QUICK SAND - players tip toe through the quick sand (high knees)
7. TIGER - players run as fast as they can from the tiger (speed & agility)
8. MONKEYS - players talk to the monkeys (movement & fun)

### Crawl Basketball - 2b

1. Divide the players into 2 groups (A + B)
2. Set out 2 rows of cones 15mts apart, group A at one side, group B at the other side
3. Place a container/bucket mid way between each row of cones
4. Players in press-up position at each cone, on coaches signal they crawl to a ball 5mts away and throw into container
5. Players crawl backwards and tag the next player in their group
6. Group with the most balls in the container after a period of time is the winner

### Animal Walks - 2c

1. Set out 4 cones in a square.
2. Players walk around square until they hear the coaches instruction
3. Coach calls an animal and players have to make the movement like the animal  
BEAR - FROG - CROCODILE - CRAB - DUCK - BUNNY  
HOPS - GORILLA

### Simon Says - 2e

1. Set out 4 cones in a square.
2. Players jog around square and when the coach calls "Simon Says", the players complete the action  
*Simon Says* - hop on one leg  
*Simon Says* - hop on two legs  
*Simon Says* - hop backwards on one leg  
*Simon Says* - hop backwards on two legs  
*Simon Says* - hop sideways  
*Simon Says* - form a bridge (press-up)  
*Simon Says* - form an upside down bridge
3. If the players do the action without "Simon Says, they complete 10 x star jumps

### Bouncing - 2f

1. Place 2 rows of hurdles (end to end) on ground (the river). Have players jump over the river (2 feet)
2. Place hurdles end to end in straight line. Have player hop over and back, one foot.
3. Then in a line facing line of hurdles, hop over and back diagonally along the line of hurdles
4. Groups of 5, place hurdles on ground in a circle. Players hop one foot around the outside of circle and sit. First team to sit wins.

### Horse & Jockey - 2g

1. Set out 2 rows of cones 15mts apart
2. Divide group into pairs (Horse & jockey)
3. Horse stands at cone, jockey stands behind.
4. Jockey raises right leg in front for the horse to hold with right hand.
5. Horse raises left leg behind for the jockey to hold with left hand
6. On the coach signal horse & jockey hop together (both on one leg) without letting go of each others leg
7. Players hop to cone 15mts away and then change position, horse to jockey
8. First horse & jockey back to start cone wins

### Jog with Ball - 2x

1. Set out 4 cones in a square.
2. Divide players into 2 groups, one with a ball, one group without.
3. Players jog around inside square,
4. On coach signal (1, 2 or 3), players - 1=drop ball, 2=chest pass, 3=throw in air.
5. Change movements in square, jog forwards, backwards, side shuffle, fast and slow

### Toss & Catch - 2y

1. In pairs, throw ball in the air and catch with 2 hands. Next catch with 1 hand.
2. Next throw in the air and catch with 1 hand while on 1 knee
3. Next throw from one knee kneeling position and stand and catch with one hand.
4. Throw and catch while on 2 knees kneeling.
5. Next in groups of 4s and repeat above while throwing to partner next to you

### Beat the Circle - 2z

1. Divide the players into two teams
2. Team A forms a circle with a distance of 3m between each player
3. Team B lines up behind a cone outside the circle
4. In turn the players in Team B run round the circle, while Team A throw the ball around the circle from one to another
5. Team A count the successful Chest Catches completed before the last player in Team B finishes their run
6. Reverse the roles; the team with the most Chest Catches wins



# KILKENNY GAA'S FUNDAMENTAL MOVEMENT 3

U11

## STATION 1 ABCs

- Agility Run
- SL Ball Pass
- RPS & Crawl

## STATION 2 RJT

- Ladder Drill
- Over & Unders
- Horse & Jockey

## STATION 3 CPS

- Partner Pass
- No Mans Land
- Beat the Circle

**ABCs:** Agility • Balance • Co-ordination • Strength

**RJT:** Running • Jumping • Throwing

**CPS:** Catching • Passing • Striking



Under 11	Station 1 - ABCs	Station 2 - RJT	Station 3 - CPS
Warm-Up Activity	Agility Run	Ladder Drill	Partner Pass
Fundamental Movement	SL Ball Pass	Over & Unders	No Mans Land
Fun Game	RPS & Crawl	Horse & Jockey	Beat the Circle



### Agility Run - 3a

1. Set out 2 rows of 10 cones. 5 cones 1mt apart, 3mts space and 5 cones 1mt apart.
2. Divide players into 2 groups, each group behind one row of cones.
3. On coach signal, first 2 players zig zag between cones to the end and jog back to start
4. Next players zig zag running backwards
5. Next players go forward through first 5 cones then backwards through second 5 cones
6. Next players go forward through first 5 cones, cross over in the space and backwards through second 5 cones on opposite row
7. Next same as above with players jab lifting a ball and soloing back to start

### Single Leg (SL) Ball Pass - 3b

1. Set out 2 rows of cones 5mts apart
2. Players stand on one leg at a cone facing each other
3. Players handpass the ball to each other without leg touching the ground
4. Change standing leg after 5 passes
5. Next have players touch ball to standing ankle and pass
6. Alternate passing and catching hands
7. Set targets of number of successful catches for winning team

### Rock, Paper, Scissors Crawl - 3c

1. Divide players into pairs
2. Players get into press-up position facing each other
3. Players play rock, paper scissors while in the press up position
4. Losing player must crawl backwards 5mts and then crawl back to partner and go again
5. Winning player must stay in press-up position until partner crawls back to start

### Agility Ladder Drills - 3e

1. Double leg forward hop
2. Double leg, 2 forward, one back
3. Double leg diagonal hop forward (in and out of ladder)
4. Double leg sideways hop
5. Single leg hop (left and right)
6. Single leg forward and backwards
7. Single leg diagonal, in and out of ladder

### Over & Unders - 3f

1. Divide players into pairs
2. Players jog around, on the coaches signal (whistle once or twice)
3. Player 1 forms a bridge (press-up position)
4. Player 2 crawls under player 1 bridge
5. If whistle blows twice, player 1 forms a bridge (plank position) and
6. Player 2 jumps over player 1

### Horse & Jockey - 3g

1. Set out 2 rows of cones 15mts apart
2. Divide group into pairs (Horse & jockey)
3. Horse stands at cone, jockey stands behind.
4. Jockey raises right leg in front for the horse to hold with right hand.
5. Horse raises left leg behind for the jockey to hold with left hand
6. On the coach signal horse & jockey hop together (both on one leg) without letting go of each others leg
7. Players hop to cone 15mts away and then change position, horse to jockey
8. First horse & jockey back to start cone wins

### Partner Pass - 3x

1. Divide group into pairs (A + B)
2. Player A passes ball to player B while player B hops on one leg (left and right)
3. Next, player A moves left and right and passes ball to player B (hopping)
4. Next, player A moves and passes ball while player B hops forward and backwards on one leg (left and right)
5. Next, player A moves and passes ball while player B hops side to side on one leg (left and right)
6. Each player get a turn passing and catching

### No Mans Land - 3y

1. Divide players into 2 teams (A + B)
2. Set out 2 squares, 15mts x 15mts and 15mts apart.
3. Team A starts with the ball and must pass it twice before player 3 strikes it high to team B
4. One player from team B must catch the ball and then handpass it to teammates before striking to team A
5. Scores are got for clean catches.
6. Set time limit for games and best of 3 wins

### Beat the Circle - 3z

1. Divide the players into two teams
2. Team A forms a circle with a distance of 3m between each player
3. Team B lines up behind a cone outside the circle
4. In turn the players in Team B run round the circle, while Team A throw the ball around the circle from one to another
5. Team A count the successful Chest Catches completed before the last player in Team B finishes their run
6. Reverse the roles; the team with the most Chest Catches wins



U13

## STATION 1 ABCs

- Raise the Body Temp
- SL Ball Pass
- RPS & Press-Up

## STATION 2 RJT

- Run & Jump
- Hurdle Hops
- Horse & Jockey

## STATION 3 CPS

- Jog with Ball
- 3 Man Weave
- Hexagon Hand Pass

**ABCs:** Agility • Balance • Co-ordination • Strength

**RJT:** Running • Jumping • Throwing

**CPS:** Catching • Passing • Striking



Under 13	Station 1 - ABCs	Station 2 - RJT	Station 3 - CPS
Warm-Up Activity	Raise the Body Temp	Jump & Run	Jog with Ball
Fundamental Movement	SL Ball Pass	Hurdle Hops	3 Man Weave
Fun Game	RPS & Press-Up	Horse & Jockey	Hexagon Hand Pass



### Raise the Body Temperature - 4a

1. Set up 4 cones in a large square
2. Players jog all different directions inside square, forward and backwards, side shuffle, skipping.
3. Next, Jogging + high knees, jogging + heel flicks, dynamic calf stretch (press-up position).
4. Walking with straight leg raises, jogging + forward lunge.
5. Finish with slow jogging into speed for 5 seconds in different directions (x 3 times).

### Single Leg (SL) Ball Pass - 4b

1. Set out 2 rows of cones 5mts apart
2. Players stand on one leg at a cone facing each other
3. Players handpass the ball to each other without leg touching the ground
4. Change standing leg after 5 passes
5. Next have players touch ball to standing ankle and pass
6. Alternate passing and catching hands
7. Set targets of number of successful catches for winning team

### Rock, Paper, Scissors & Press Up - 4c

1. Divide players into pairs
2. Players get into press-up position facing each other
3. Players play rock, paper scissors while in the press up position
4. Losing player must complete 3 x press-ups and start again
5. Winning player must stay in press-up position until partner completes press-ups
6. Best of 3 is the winner



### Jump & Run - 4e

1. Players in 2 lines 3mts apart facing forward, one behind the other
2. Players complete 3 x pogo hops and jog out 10mts
3. Players complete 2 x tuck jumps and jog out 10mts
4. Players complete single leg hops x 3 and jog out 10mts
5. Players in pairs, shoulder to shoulder (lean against each other) and jog out 10mts
6. Partners, turn to face each other, hands on shoulders, push and jog sideways 10mts
7. Partners jog out 5mts, jump and shoulder in the air x2

### Hurdle Hops - 4f

1. Divide players into 2 lines facing forward.
2. Place 5 hurdles in front of each line of players
3. Players move through the hurdles with different movement mechanics
4. Players start by marching (walking) focussing on proper leg/arm action (running mechanics)
5. Next, increase speed through hurdles (focus on technique, not speed)
6. Next, introduce double leg hops forward and sideways
7. When players are competent with double leg hopping, introduce single leg jumping and landing  
NOTE; Make sure hips, knees and ankles align when landing

### Horse & Jockey - 4g

1. Set out 2 rows of cones 15mts apart
2. Divide group into pairs (Horse & jockey)
3. Horse stands at cone, jockey stands behind.
4. Jockey raises right leg in front for the horse to hold with right hand.
5. Horse raises left leg behind for the jockey to hold with left hand
6. On the coach signal horse & jockey hop together (both on one leg) without letting go of each others leg
7. Players hop to cone 15mts away and then change position, horse to jockey
8. First horse & jockey back to start cone wins

### Jog with Ball - 4x

1. Set out 4 cones in a square.
2. Divide players into 2 groups, one with a ball, one group without.
3. Players jog around inside square,
4. On coach signal (1, 2 or 3), players - 1=drop ball, 2=chest pass, 3=throw in air.
5. Change movements in square, jog forwards, backwards, side shuffle, fast and slow

### 3 Man Weave - 4y

1. Set up 6 cones, 3 cones (12mts apart) on the 20M line, and 3 cones (12mts apart) on the 65M line
2. Divide players into 2 groups (A + B).
3. Team A divides into 3s and stand at the 3 cones on 20M line
4. Team B divides into 3s and stands on 3 cones on 65M line.
5. Team A starts with ball at the middle cone.
6. Drill starts with Team A (first 3 players) moving towards Team B, while players from the 2 outside cones criss cross and change position to middle position
7. Player in middle position handpasses ball to one of the players from the outside position.
8. Team B (first 3 players) receive pass from Team A and begin same passing movement with ball towards start position

### Hexagon Handpass - 4z

1. Set out 5 cones in a hexagon shape
2. Divide players into 5 groups, one group at each cone.
3. First player at each cone has a ball
4. Players miss the cone on immediate left and run and pass ball to next group of players
5. One player from each group runs at the same time.
6. Players move at pace and avoid other players
7. Complete 20 second drill x 3 time