

Unit 6: Gaelic football

LEARNING OUTCOMES

The student will:

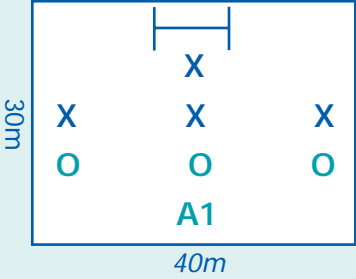
- demonstrate an understanding of the attacking and defending principles involved in gaelic football
- demonstrate an ability to make appropriate decisions regarding 'what to do' and 'how to do it' in a game of gaelic football.

EQUIPMENT

15 balls (ball between 2 or 3), bibs, cones, goals.

CLASS ORGANISATION

Groups of 4 or larger.

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
<p>Warm up</p> <p>Introductory activity</p>	<p>Movement/Penetration</p>	<p>Give appropriate warm up.</p> <p>1. As introductory activity for lesson 5 .</p>	<ul style="list-style-type: none"> • Best way to score: point/goal? • How do we create space in attack?
<p>Development</p>	<p>Defending</p> <ul style="list-style-type: none"> - slowing down - interception <p>Attack</p> <ul style="list-style-type: none"> - drawing out opposition - teamwork - creating space - shooting / scoring <p>Defence</p> <ul style="list-style-type: none"> - denying shooting space - closing down player with the ball - marking 	<p>2. 4 v 4</p> <p>A1 starts play with ball. O's attack goal defended by X. After 5 attempts the O's and X's swap positions.</p> <p>A1 not allowed to score.</p>  <p>3. Possible variation: A1 joins with attack.</p>	
<p>Concluding activity</p> <p>Cool down & stretching</p>		<p>4. 6 v 6, 7 v 7, 8 v 8 final game</p> <ul style="list-style-type: none"> - still only one bounce / toe to hand 	