



# KILMEENA GAA CLUB

My

Football

Skills

Booklet

Name: \_\_\_\_\_

Dear Kilmeena GAA Club member,

Welcome to Kilmeena GAA Gaelic Football Skills  
Club Booklet!

### What does this booklet do?

This booklet will help you with practicing your skills at home and track your progress while training with your Kilmeena GAA team

### What is involved?

- Practice **1 different skill, 5 days a week for 8 weeks**
- Log your practice
- Bring your football skills booklet to your weekly coaching sessions and your coaches will give you feedback to help with your progress

### What do you need?

- A ball, any kind or size will do!!!
- A wall or a partner (parent, guardian, brother or sister!)
- 10 minutes of your time per day!

### Role of the parent/guardian?

- Encourage
- Support
- Assist (if possible) and sign off on practice

**BEST OF LUCK, YOU CAN DO IT!**

The targets on your practice charts are the minimum targets for each exercise that the club has set and if you are able to do more, great!

**Remember, practice makes perfect!**



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## Your Practice Chart - Weeks 1 and 2

*PARENT/GUARDIAN Tick box ( ✓ ) when practice complete and sign your name*

NOTE: Hand/Fist Pass

Try practice all skills while moving if possible

**Your Target:**

**Your Target:**

**Your Target:**

**Your Target:**

**Your Target:**

Left Hand 10  
Right Hand 10

Left Leg 10  
Right Leg 10

Left Leg 10  
Right Leg 10

10 Body Catches  
10 High Catches

Left Leg 10  
Right Leg 10

**Your Coaches Weekly Feedback**

### Week 1

Parent/Guardian Signature

Monday ☐

Tuesday ☐

Wednesday ☐

Thursday ☐

Friday ☐

Coach stamp here

### Week 2

Parent/Guardian Signature

Monday ☐

Tuesday ☐

Wednesday ☐

Thursday ☐

Friday ☐

Coach stamp here

*Please ask your trainers/coaches if you any any questions!*



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## Your Practice Chart - Weeks 3 and 4

**PARENT/GUARDIAN** Tick box ( ✓ ) when practice complete and sign your name

NOTE:

Try practice all skills while moving if possible

Hand/Fist Pass

**Your Target:**

Left Hand 20  
Right Hand 20

Punt Kick

**Your Target:**

Left Leg 20  
Right Leg 20

Pick Up

**Your Target:**

Left Leg 20  
Right Leg 20

Body & High Catch

**Your Target:**

15 Body Catches  
15 High Catches

Solo

**Your Target:**

Left Leg 20  
Right Leg 20

Your Coaches Weekly Feedback

### Week 3

Parent/Guardian Signature

Monday ☐

Tuesday ☐

Wednesday ☐

Thursday ☐

Friday ☐

Coach stamp here

### Week 4

Parent/Guardian Signature

Monday ☐

Tuesday ☐

Wednesday ☐

Thursday ☐

Friday ☐

Coach stamp here

Please ask your trainers/coaches if you any questions!



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## Your Practice Chart - Weeks 5 and 6

*PARENT/GUARDIAN Tick box ( ✓ ) when practice complete and sign your name*

### NOTE:

Try practice all skills while moving if possible

	<b>NEW!</b> Hand/Fist Pass & Punt Kick <b>Your Target:</b>	<b>NEW!</b> Pick Up & Hook Kick <b>Your Target:</b>	Body & High Catch <b>Your Target:</b>	<b>Solo</b> <b>Your Target:</b> Left Leg 20 Right Leg 20 <i>Solo with right leg then solo with left while moving</i>	<b>NEW!</b> Block <b>Your Target</b> 10 blocks Need partner	<b>Your Coaches Weekly Feedback</b>
<b>Week 5</b> Parent/Guardian Signature	Monday <input type="checkbox"/>  	Tuesday <input type="checkbox"/>  	Wednesday <input type="checkbox"/>  	Thursday <input type="checkbox"/>  	Friday <input type="checkbox"/>  	Coach stamp here
<b>Week 6</b> Parent/Guardian Signature	Monday <input type="checkbox"/>  	Tuesday <input type="checkbox"/>  	Wednesday <input type="checkbox"/>  	Thursday <input type="checkbox"/>  	Friday <input type="checkbox"/>  	Coach stamp here

*Please ask your trainers/coaches if you any questions!*



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## Your Practice Chart - Weeks 7 and 8

*PARENT/GUARDIAN Tick box ( ✓ ) when practice complete and sign your name*

NOTE:

Try practice all skills while moving if possible

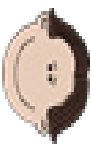
	<b>NEW!</b> Hand/Fist Pass & Punt Kick	<b>NEW!</b> Pick Up & Hook Kick	<b>NEW!</b> Body & High Catch	<b>Solo</b>  <b>Your Target:</b>	<b>Block</b>  <b>Your Target</b>	<b>Your Coaches Weekly Feedback</b>
	Right Hand 20 Left Hand 20 Left Leg 20 Right Leg 20	Left Leg 20 Right Leg 20	25 Body Catches 25 High Catches	Left Leg 25 Right Leg 25  Change feet Solo left then solo with right moving	20 blocks Need partner	
<b>Week 7</b>						
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Parent/Guardian Signature						Coach stamp here
<b>Week 8</b>						
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Parent/Guardian Signature						Coach stamp here

*Please ask your trainers/coaches if you any questions!*



## How To Do The Skills

**What is my head doing?**



**Where are my hands?**



**What are my feet doing?**



### Hand / Fist pass

- Face target
- Keep eye on ball
- Place ball in one hand about waist high. Keep it Steady!
- Use open palm or Form fist with other hand, keep arm straight, draw back and forward to hit ball.
- Follow through with pass
- Step forward with same leg as hand with ball

### Body Catch

- Face target
- Keep eye on ball
- Stretch out arms
- Catch ball in arms and pull into chest
- Step forward with one foot
- Lean towards the ball

### High Catch

- Keep eyes on ball
- Raise arms above head, keep head up and eyes on ball
- Form 'W' shape with hands
- Catch the ball slightly in front of the head and bring down quickly, cushion the ball and secure into the chest with both hands
- Approach the ball and move forward
- Plant the jumping foot and raise other knee

### Pick Up

- Keep eye on ball
- Place one hand in front of the ball and other behind the ball
- Place one foot beside the ball when picking up ball
- Make sure both knees are off the ground when picking ball up

*Please ask your trainers/coaches if you any questions!*



## How To Do The Skills

**What is my head doing?**



**Where are my hands?**



**What are my feet doing?**



### **Punt Kick**

- Face target
- Keep eye on ball
- Place ball on the same hand that you are going to kick with
- Step forward with foot you are not kicking with
- Keep head down and kick with lace part of boot in direction of target
- Follow through with kick

### **Solo**

- Keep eye on ball
- Place ball on same hand as kicking leg
- Drop ball onto kicking foot
- Hands ready to catch ball after flick from solo
- Step forward with foot you are not kicking with
- Point toe towards body and
- Flick ball back into body

### **Block**

- Keep eye on ball
- Do not face away
- Place hands close together
- Hold stiffly together
- Put nearest leg close to kickers foot
- Block ball as close to the boot as possible

### **Hook Kick**

- Face shoulder to the target
- Keep eye on ball
- Place ball on the same hand that you are going to kick with
- Step forward with foot you are not kicking with
- Keep head down and kick with instep of boot
- Follow through with kick

*Please ask your trainers/coaches if you any questions!*