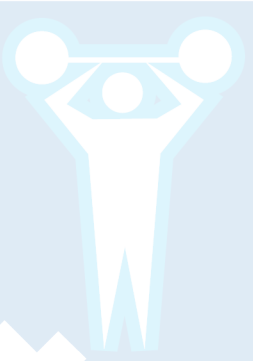
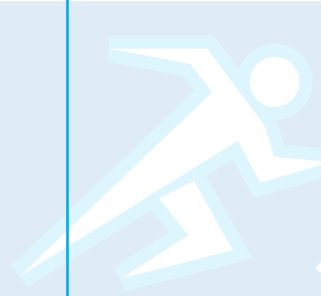


# GAA Award 1 Youth & Adult Syllabus (Hurling/Football)

## Session 2 – Technical Proficiency



Commentary	Objectives/Outcomes	Content	Methodology of Delivery	Time	Resources
<p>This session is a mixture of theory/ practical. The session could be conducted in a field/hall, using classroom for theory elements</p>	<p>That coaches be able to:</p> <ul style="list-style-type: none"> <li>-identify the key body movements of the advanced techniques outlined below.:</li> </ul> <p>Optional ICE BREAKER and divide into groups</p>	<p>Tutors outline the aim and format of session</p> <p>Definition of Technical Proficiency.</p> <p>I.D.E.A.L Principle</p> <p>How can Tech Prof be developed</p> <p>S.T.E.P - How can activities be changed to progress or regress drill/game?</p>	<p>Tutor Led PowerPoint</p> <p>Flip chart</p> <p>Brainstorm &amp; Flip Chart</p>	45 mins	Videos showing skills being performed
<p>It is essential that key elements of each technical skill can be showed by each coach.</p>	<p>(Choose Hurling or Football)</p> <p><b>Hurling</b></p> <p>Hooking/Blocking/flick-Tutor led</p> <p>Batting/Overhead striking</p> <p>Catching (Overhead, Low).</p> <p>Striking from Hand on the run</p> <p>First Touch</p> <p>Jab/Roll Lift</p> <p>Hand Pass</p> <p><b>Football</b></p> <p>Blocking-Tutor Led</p> <p>Tackling (Near Hand)</p>	<p>D ICE BREAKER/GAA 15 WARM-UP</p> <p>Overview of Practical</p> <p>Tutor models best practice coaching for one skill (Hooking) &amp; (Blocking) using IDEAL and then progressing to a game including S.T.E.P.R.</p> <p>Divide participants into groups of 3. Colm fill this out</p> <p>Tutor will assign a technique to each group - The group completes both parts before moving on to the next group</p> <p>Part 1 The group coach the technique using I.D.E.A.L</p>	<p>Tutor led practical</p> <p>Observation &amp; feedback</p> <p>Tutor leads debriefing</p>	10 mins	

<p>Lifestyle Workload, Recovery &amp; Nutrition</p>	<p>Kick (Hook &amp; Punt) Hand Pass on the move Solo with Evasion High/Body Catch (Mark) Crouch Lift</p>	<p>Part 2 The group progress the technique using the S.T.E.P.R. method (using a game)</p> <p>Tutor asks how you can increase pressure in your training.</p> <p>Applying pressure of task/time/ space/ movement/ reaction/ opposition/ competition.</p> <p>Modified / conditioned playing rules. Small sided games</p> <p>Refer to adaption and progressions</p>		<p>90mins</p>	<p>Football/Cones Bibs Whistle</p>
<p>The session takes technical proficiency from non-pressure to pressurised levels</p>	<p>That coaches will be able:</p> <p>To develop technical proficiency through drills/ formations which demand repetition with added pressure of time, space (conditioned), opposition and/ or competition</p> <p>Demonstrate effective 'How to coach skill' through the organisation of appropriate activities to develop technical proficiency.</p> <p>Coaches to be able to show which part of the S.T.E.P.R. model was introduced</p>				
		<p>Conclusion</p> <p>Check for learning from the Technical Proficiency module</p>	<p>Tutor asks questions recapping the key learning from the practical session</p>	<p>5 min</p>	

