



FUNDamentals

www.ulster.gaa.ie

clondalkinroundtowergpo@yahoo.ie - Una McKay



Many of today's children lack the fundamental movement skills necessary for future sporting success. More importantly their future health is put at risk. If early skills aren't learnt they will be lost forever no matter how much training or coaching they get later. That's why it is essential for us to be knowledgeable at imparting these **fundamental** motor skills. This information has been edited from the Ulster 'Fundamentals' Pack (Terence McWilliams and Ladies Gaelic Football 'Unlocking The Potential- FUNDamentals' packages).

Some tips!!!

- Safety- no jewellery, hall clear of equipment, laces tied.
- Use both hands or feet. If you have a strong child encourage them to use their other side.
- All children mature at different rates- set realistic goals for each of them.
- Cross-curricular- Numbers, Language, Colours, Group work.
- Stretches- over 8 years old only as younger just need to warm up



ABC's



Agility

Agility= keeping balance while moving the feet quickly.

1. Snow paths- Set out about twenty coloured cones. Allow the children to walk, hop, skip etc... through each different colours i.e- an imaginary path is left behind them.
2. Who can touch 4 different colours first? The child finished first should put their hand above their head.
3. Mine-field- Nominate a set number of pupils to stand along each side of the hall. Select two opposite groups to dodge across the 'mine-field' without touching the 'mines' or bumping into anyone. Challenge further by having them all come across at the same time.
4. Dodgems- each child holds a dome like a steering wheel and 'drives' about avoiding the rest of the 'cars'. If one car comes close to another they go 'beep-beep' and change their pathway in order to move off into a free space.
5. Making shapes- The teacher calls out a shape e.g. 'triangle' for groups to form.

Balance and co-ordination

It's the most important as it under lines all movement.

1. Leaning tower- Begin standing straight. Attempt to find your centre of balance by swaying from side to side and back and forward. Repeat with your eyes closed.
2. Animal races- travel like a named animal to a cone and change animal e.g. 'Dog' to 'Rabbit' ('Duck' 'Crab' etc.... Partner balance challenge. Use partner to challenge their skills e.g. Both holding a rope in one hand, stand on one leg and attempt to pull partner on to the other leg.
3. Passing under the Bridge- In pairs use a ball to pass under your partner's bridge. Who can pass the ball under the most times. Use hands, feet, or sticks to send the ball.

4. 'Stubborn Donkey' here one pupil kneels down and pretends to be a donkey. The other pupil attempts to move the donkey by pushing and pulling various parts of the donkey's body.



RTJ's

Running

It's natural for children to run so we should encourage them to run as much as possible in a fun environment.

1. Gear change- standing on the spot, start slowly e.g. 'first gear' and on signal i.e. 'second gear' players move their feet quicker etc... Move your feet as fast as you can the arms should be moving faster than their feet.
2. Team relays- with ladders, hurdles, cones, hoops etc... use 'high five' for changing over.
3. Run letter shapes i.e. M , Z, T, S
4. The 10/20/50/100KM Club run this distance over a set period.
5. Tag- Use tags or bibs. On the whistle change chasers or use the whole class as chasers

Jumping

Safety- Use balls of feet, bend your legs when landing.

1. Speed Bounce- 30 sec to jump over hurdle, line, hoop, bench- can you beat your score by 3 the next time?
2. Standing high/ long jump- one foot, two foot take off. Can you beat your last jump?
3. 'High 5s pinkie' - two players of the same height face each other. On a signal all the pairs jump at the same time to touch/ clap their right hands as high as possible. 'High 5s perky' repeat using left hand. Or running high 5s.
4. Log Jumps- five or more players lay on the ground about one metre apart. The first player jumps over all the 'logs' before lying down at the end of the line. As soon as the first runner has jumped over the first 'log' that 'log' becomes the next runner.

5. Other- use ropes, scissor jumps, jump with twist, quarter turns, clockwise and anti-clockwise.

Throwing

1. Sitting with legs opposite a wall, roll the ball against it. Repeat by kneeling. Can you get 10, 20 etc...?
2. Toss the bag- Using bean bags line group up about 2m apart. On signal everyone throws their bean bags. OR Split class half throw while other half collect and throw back into a basket. Team that has least amount of beanbags wins in 30secs.
3. One arm Bandit: Who can throw the furthest?
4. Target games- throw into 3 hoops different distances away. Try this lying down, kneeling and standing with right and left hands.



CPKS

Catching and passing

Always use different sizes of balls and different equipment to strike them.

1. Partners- How many passes in 30 sec? Can you get 20 passes without dropping the ball? Stand on one leg, pass with 'other' hand, partner point to right or left to where they want the ball and partners bounce the ball to each other.
 2. 'Piggy in the middle' Work in threes one in middle and two at sides with a ball. Player in middle must receive a roll, bounce, chest or high pass and pass it back. How many can you do? Can you beat your number by 5?
 3. Balloons- hold balloon up for partner to catch. Ask children to hop/skip up to catch the balloon. Work with a ball after between two.
 4. Target bounces- use scattered hoops as targets to bounce ball in. Who can bounce ball in a set number of hoops first?
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2. Swop shop- with a class of 30 children set out about 27 balls. The children have to pick one up and set it down still then go to pick up another. Work in pairs

Kicking

Try to have one ball for everyone or between two. Use larger softer balls with beginners. Beanbags, balloons, balls etc... can be used.

1. Dribbling- keep ball inside 'magic semi-circle/rainbow' walk, jog, sideways, backwards. Hold up fingers or cone colours- pupils have to call out how many you are showing.
2. Obstacle course- set up a simple course with cones to dribble throw and others for goals to score through. Let the children move around with a ball of their own. How many laps can you do?
3. Through the gap- set two cones for pupils to kick their ball through. How many can you get through in one minute? Increase/decrease the gap size.
4. Wall rebounds- stand 3m off the wall. Can you get 10, 30 etc... passes. Kick stop the ball and kick again.
5. Timed kicking- Girls v Boys girls kick the ball away. Boys collect the balls and return it to a coned area. Swap around.

Striking

Equipment- Hand, fist, small and larger bats, sticks, bean bags, balloons, tennis balls, indoor sliothars

1. Use a wall – to strike ball off the wall how many in one minute?
2. Dome dribble- Use the spaced out cones to dribble in and out of.
3. Targets- hit posters on the wall, skittles, hoops or benches.
4. Rounders
5. Partner work- how many passes in one minute?
6. Poc Fada- how far can you strike the ball?



Games

1. Dribble knockout- all with a ball keep a hold of your own while attempting to knock away others.
2. Hit The kerbs- Two teams. Place two sets of different coloured cones in the middle. Roll, Throw, Fist pass or Kick to knock down cones.
3. Relays- Hand groups of 4-6 with 4 pieces of equipment. Ask them to make an obstacle relay for the rest of the class to attempt.

All the best!!!- Una McKay- umckay@ulster.gaa.ie

