

Carlow GAA



Fundamentals Workshop

Handout

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What are the Fundamental Movement Skills?

- ABC's
- RJT
- CKS



ABC's

AGILITY-changing directions

BALANCE-keep upright and stable

CO-ORDINATION-move different body parts e.g. Hand-eye co-ordination

STRENGTH-support your body weight



RJT

Running

Jumping

Throwing



CKSP (Skills of our game)

Catching

Kicking

Striking

Passing



Coaches must be...

- Friendly and Funny
- Motivating and encouraging at all times
- Treats everyone the same and with respect
- Makes sessions fun and enjoyable
- Organised and punctual
- Approachable
- Shows patience
- Firm but fair at all times
- Reliable
- Prepared and have planned out session beforehand
- Have variety in the sessions

Remember...

“Children don’t always remember what you tell them BUT they remember how you made them FEEL”



“Children are no mini adults so don’t treat them like it”



Coaching "Tricks of the Trade"

Communication/Voice:

Getting your message across

Tone, speed, clarity, amount (2-3 key points Max)

REMEMBER:

Tell me and I forget

We remember 10% of all we hear

Show me and I remember

We remember 50% of all we see

Involve me and I understand

We remember 90% of all we do



Teaching a skill:

IDEA method

I-Introduce-

What is the skill? Who uses it?

D-Demonstrate-

From all angles/sides.

E-Explain/Execute-

Recap key teaching points, Allow children to practice.

A-Attend

(Spot and Fix)

When Teaching a skill-Try to break it down into:**HEAD**-What the head does? Eyes looking at ball**HANDS**-What are hands do? Shape of a “W”, off the shelf...**FEET**-What our feet are doing? Stepping forward..Toes pointing straight..**Gaining attention:**

- Gather the group in a semi circle. Separate the “Giddy Players”.
- Gather in sliotars/balls.
- Face players away from distractions like the sun and other groups.
- Speak with the breeze
- On the whistle the activity stops and players jog in.

How to adopt and modify games:

Follow STEP model

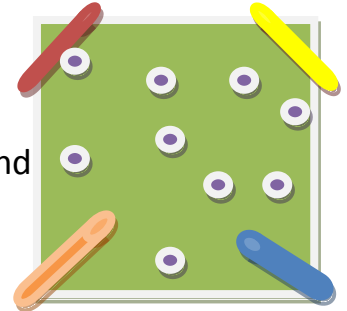
S- Space**T**- Task**E**- Equipment**P**- Players**Other ways to adapt and modify games:**

Rules, Zoning, Scoring.



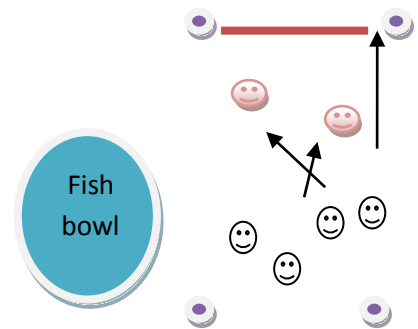
ROCKET SHIP

- Split group into 4 equal teams. Yellow, Red, Orange and Blue Rocket Ship.
- Place Poles at slight angle into ground at corners of area.
- Scatter cones around area.
- The cones are the “fuel” needed for the rocket to take off.
- One person is only allowed to go and get the “fuel” at a time and must tag team mate before they can run.
- One cone only ie “fuel” at a time.
- First team to collect the most cones on their rocket ship wins.



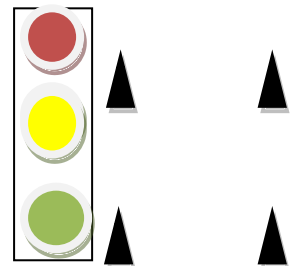
SHARKS AND FISHES

- Get group to line up on one side of the square.
- Pick two children to be hungry ‘sharks’ that didn’t have their breakfast this morning.
- On your call the ‘fishes’ try to get to the other end of the grid without getting caught.
- If they get caught they go into the fishbowl where they have to do star jumps.
- Play to see who is the last fish to not get caught by the sharks.



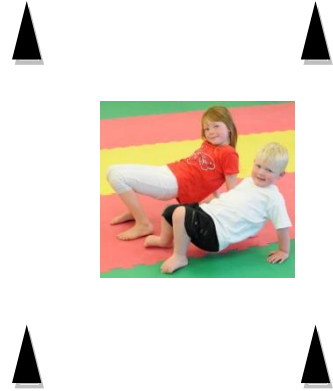
TRAFFIC LIGHTS

- Set up a square.
- Give each child a cone and tell them it’s a steering wheel of their car.
- When they meet someone they have to go ‘beep beep’.
- When the coach shows a colour of the traffic lights they must obey it.
- **RED LIGHT=STOP**, **GREEN LIGHT=GO**, **AMBER LIGHT=WALK**
- Get children to use all areas of the grid and move in all directions.
- Don’t follow anyone else.
- If players crash into each other they lose their driving licence and must complete 5 star jumps to get it back



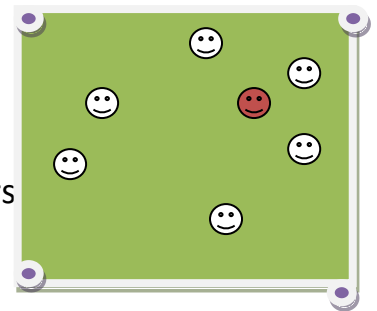
WALK LIKE AN ANIMAL

- Get children to run around the square.
- On your call they must walk like an animal.
- Elephant-stamping your feet and arm over your face.
- Crab-Walk on your hands.
- Rabbit-Bunny Hop.
- Use your imagination.



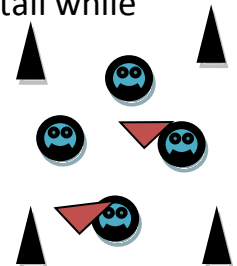
TOILET TAG

- Set up a square with 4 cones on outside.
- Pick 3-4 players to be on. Those who are on have to tag others
- When tagged, the child becomes a toilet!
- They have to kneel on one knee with one arm out straight.
- To be released, someone must sit on your knee and flush the toilet and must make the flushing noise.
- Swap over every few minutes. Allow everyone to be on.



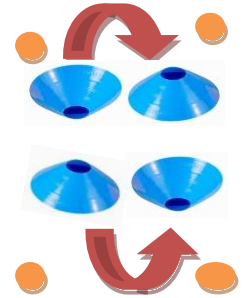
TAGTAILS

- Give each player a bib/tail.
- Get them to tuck it into their trousers/shorts.
- On whistle they must run around area trying to grab someone else's tail while stopping other people from getting theirs. No one is out.
- See who gets the most tails at the end of the time wins.



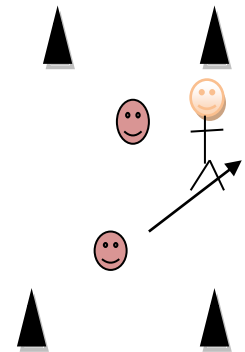
DISHES AND DOMES

- Split group into two teams. Get them to name their team.
- Then give one group the task of turning all cones up and the other team the task of turning them down.
- They must stop and put their hands in the air when you blow the whistle at the end.
- You must then count to see which team is the winner.



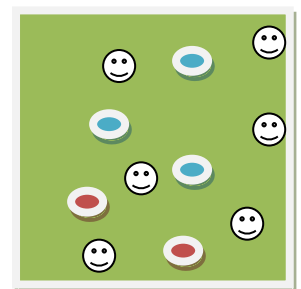
BALL TAG

- Players move around in a square marked out.
- Two people are on with a tennis ball and they have to touch their teammates to get them caught.
- Once a player is caught they stand with their legs apart and in order to be freed another player must crawl underneath their legs.
- Change catchers.



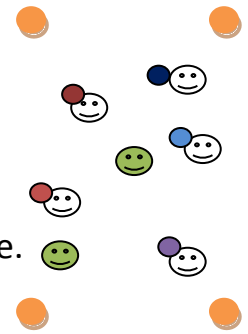
ICE WARRIORS

- Set up four cones for a square.
- Give 3 children each a blue cone (which represents ice).
- Give 3 children each a red cone (which represents fire).
- Everyone else is free and can run around inside area.
- The ice people try to freeze as many people by tagging them with their blue cone.
- When you get tagged by an ice person you becomes frozen (standing still with both hands on head).
- The fire people try to then free all of their frozen teammates.
- They do this by placing the red cone on the frozen persons head.
- Play for 2-3 mins then have the ice people give their cones to someone who hasn't been an ice person.



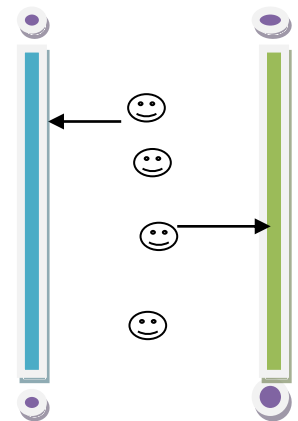
SHAMROCKS AND LEPRECHAUNS

- 3/4 children selected as leprechauns and given a bib.
- All other players take a cone.
- On whistle leprechauns chase and when a player is tipped they hand over the cone to the leprechaun and goes to coach for new one.
- Leprechauns attempt to collect as many cones as possible in time.
- Cones can be counted to determine winner.



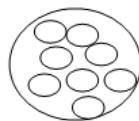
SHIP SEA SHORE

- 3 boundaries marked out with cones. Ship, Sea, Shore.
- Line children up along the ship to start game.
- Coach calls out a command ie. Shore-all the children run to shore.
- The children must wait till next command is called.
- Introduce more calls ie. On the ship-scrub the deck. In the sea-swim,
- On the shore-pick some fruit.



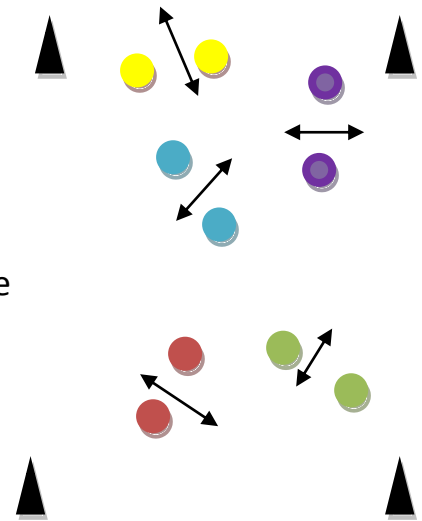
ROB THE NEST

- Split group into 4 even teams depending on numbers e.g 4 teams of 8.
- All players are designated a coloured team-Red team, Blue team etc.
- Get children to come up with a name for their team.
- Place all balls in the middle of area.
- On the whistle the first player from each team runs and roll picks up a ball from the middle and brings it back to their own grid and next player goes.
- Continue till no balls are left.
- When all balls are gone players are allowed to steal from opponents nests.
- Winning team is the team that has most items in their nest..



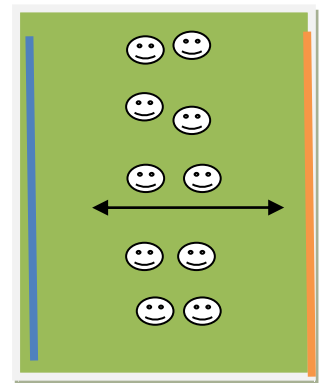
THROUGH THE GATES

- Set up some gates around area as in diagram.
- Players pair up in twos.
- Each group starts between two different cones.
- On whistle players work as a team to see who can get the most successful handpasses through different gates.
- You must hand pass ball through and back again without ball touching ground to count as a score.
- Count your teams score out loud.



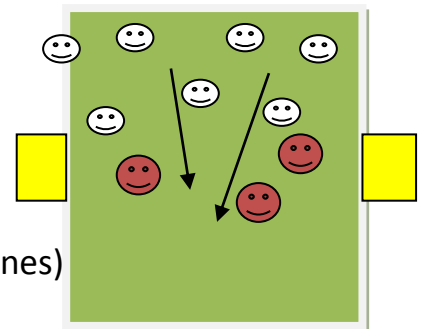
RATS AND RABBITS

- Split children into 2 lines, next to each other.
- 1 line of players are “rats” and the other line of players are “rabbits”.
- On the call of “rats” the rats aim to sprint to their line before can catch them, and vice versa.
- Players count their own score.
- Aim to catch your partner before they get to their line.



SPIDERS AND FLIES

- Select 3/4 children to be spiders and remainder are flies.
- Flies start at end line with spiders in the middle.
- Flies try to get to other end without getting caught.
- If they get caught they must go to the spiders web (yellow cones) And must complete 5 star jumps to get back into the game.



NOTES:

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A large empty rectangular box intended for taking notes during the workshop.