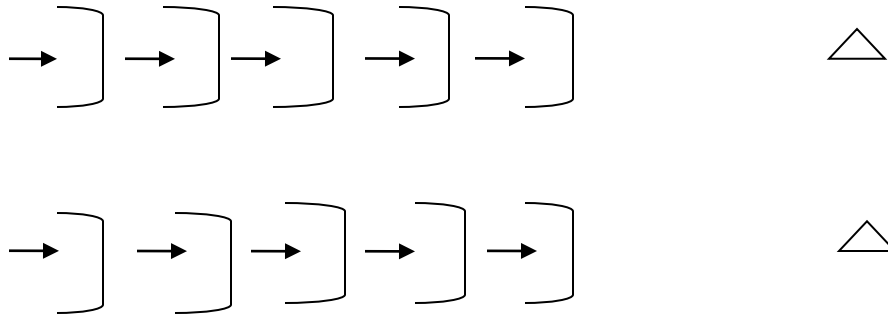


Footwork For Gaelic Games

Diagram



Text

Use 5 hurdles

Players run through the hurdles putting one foot between each hurdle

Make sure players go 4 times each.

2 Starting with left foot first and 2 starting with right foot first

Coach looks for good body posture,

Coach makes sure the knee lift is in front of the body to a height between the knee and the hip joint

Front of foot only on the ground when running

Coaches Notes

Empty box for Coaches Notes.

Progressions 1

Coach can introduce foot movement when he /she feels players are ready.

Coach can introduce “Bouncing on both Feet” as a start and a suggestion would be to do this movement for 2 weeks

Coach can also introduce Moving “feet in and out from side to side” and again the coach can allow this from 2 weeks

Coach can introduce moving Feet “Forwards and Backwards” and can do this for 2 week as well.

Progressions 2

Coach works on Hearing reaction

Coach calls Left / Right and the player puts the correct foot into the first hurdle to start their run. Coach looks for correct foot to start the run.

Progression 3

Coach works on Visual Reaction

Coach stands in front of the players and shows them a coloured Cone. The colour will be either Yellow or Red.

If the player sees Yellow the **L**eft foot is placed over the first hurdle to start the run

If the player sees **R**ed the **R**ight foot is placed over the first hurdle.

Players are not allowed to call the colours from behind the Player in front of the line.