

GAA COACHING MANUAL 2023

COACH : ALAN MULLEN



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ATTACKING PLAY



QUICK HANDS/DECOY RUNS/LOOPING SCORE

(1) STARTS WITH BALL AND RUNS TOWARDS (2)

AT THE SAME TIME (DECOY RUNNER) CUTS ACROSS (1) PATH TO DISTRACT DEFENDER

(2) RECEIVES BALL, (3) TIMES RUN AND LOOPS AROUND THE BACK AND TAKES SHOT ON

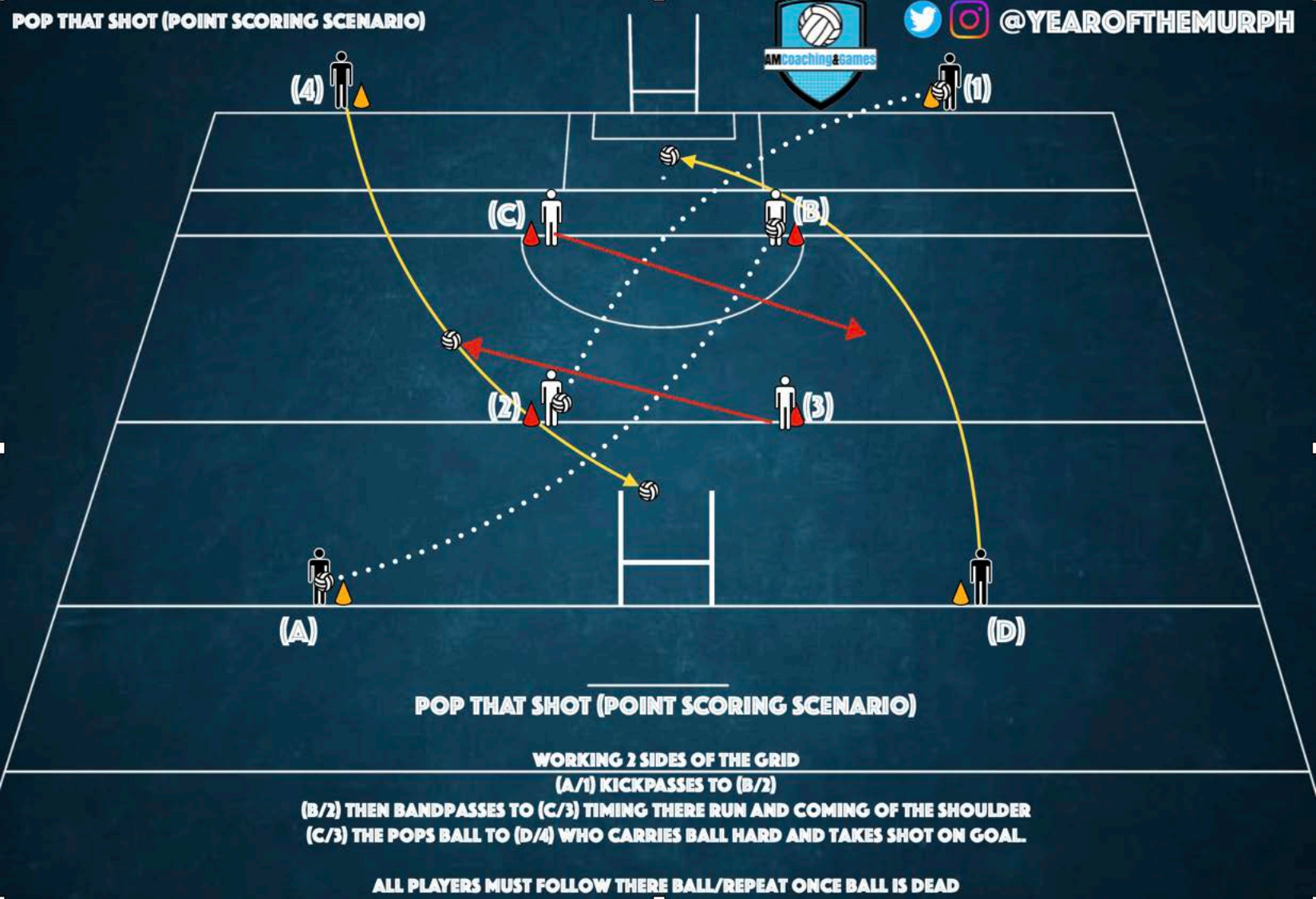


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POP THAT SHOT (POINT SCORING SCENARIO)



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POP THAT SHOT (POINT SCORING SCENARIO)

WORKING 2 SIDES OF THE GRID

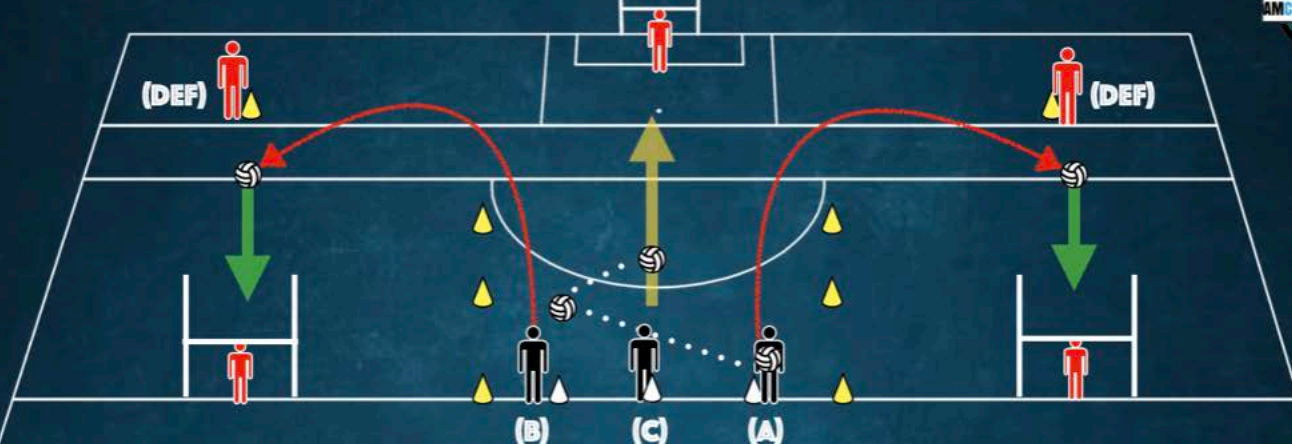
(A/1) KICKPASSES TO (B/2)

(B/2) THEN BANDPASSES TO (C/3) TIMING THERE RUN AND COMING OF THE SHOULDER

(C/3) THE POPS BALL TO (D/4) WHO CARRIES BALL HARD AND TAKES SHOT ON GOAL.

ALL PLAYERS MUST FOLLOW THERE BALL/REPEAT ONCE BALL IS DEAD

3 SHOTS/ 3 GOALS (SCORING PRACTICE)



3 SHOTS/ 3 GOALS (SCORING PRACTICE)

GAME STARTS OF AS A 3 MEAN WEAVE THROUGH THE MIDDLE GRID

ONCE (C) RECEIVES FINAL PASS HE TAKES ON THE GOALIE THE CREATE A GOAL SCORING OPPORTUNITY

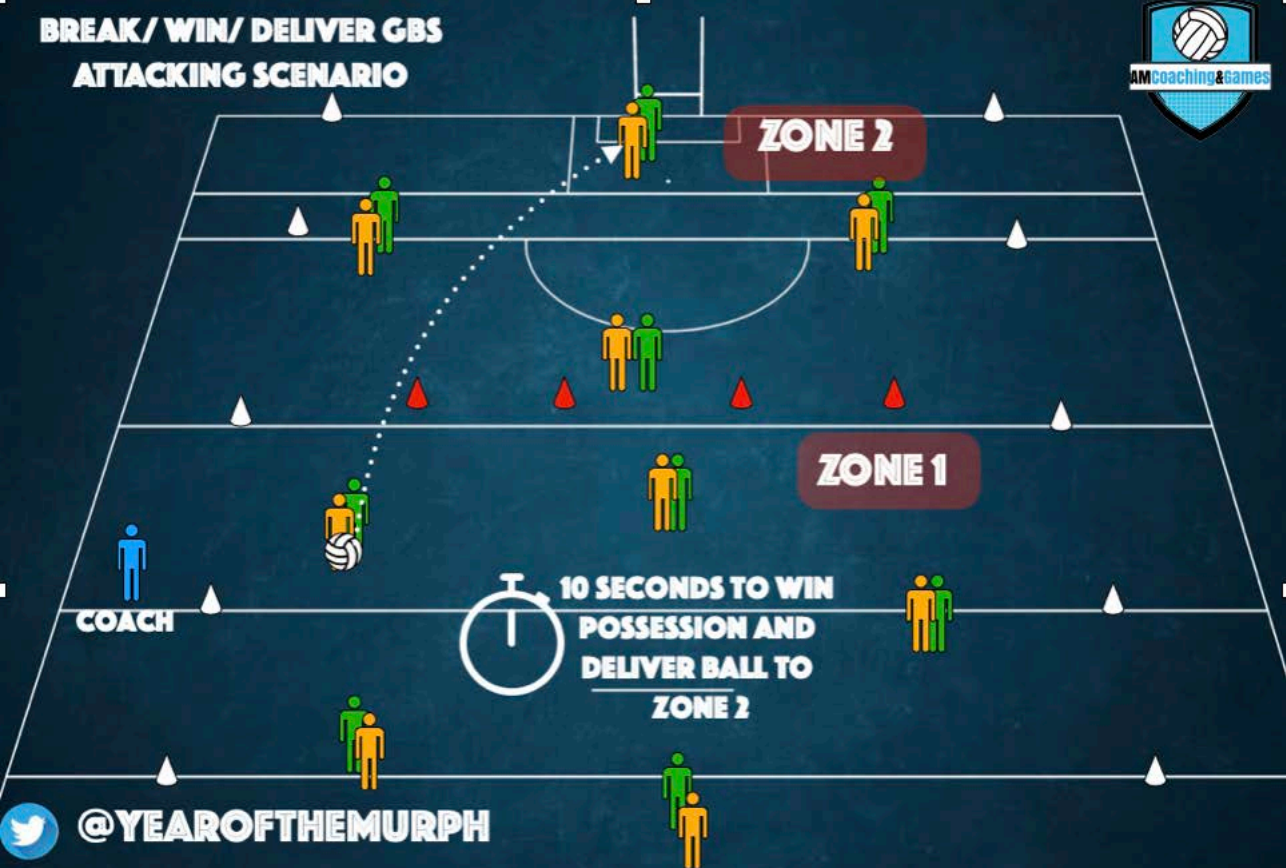
(A) & (B) THEN SPRINT AROUND LAST YELLOW CONE EITHER SIDE AND DEFENDER PLAYS THEM THE BALL.

ONCE ATTACKER RECEIVES BALL DEFENDER THEN CHASES TO TRY CLOSE HIM DOWN BEFORE HE TAKES HIS GOALSCORING OPPORTUNITY



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**BREAK/ WIN/ DELIVER GBS
ATTACKING SCENARIO**



**BREAK/ WIN/ DELIVER GBS ATTACKING SCENARIO
BALL STARTS WITH COACH FROM OUTSIDE THE WHITE CONES
COACH THROWS BALL INTO ZONE 1**

**WINNERS OF POSSESSION MUST DELIVER BALL INTO ZONE 2 UNDER 10 SEC OR COACH
RESTARTS**

ONCE BALL IS DELIVERED TO ZONE 2 THEY CAN WORK THE SCORE



KICK/MOVE/SHOOT

(4) (2)

- (1) RUNS BALL ACROSS PITCH TO (2)
- (2) CUTS AND PLAYS KICK PASS INTO
- (3) KICK PASSES BACK OUT TO (4)
- (4) RUNS BALL ACROSS PITCH TO (5)
- (5) CUTS AND PLAYS KICK PASS INTO (6)

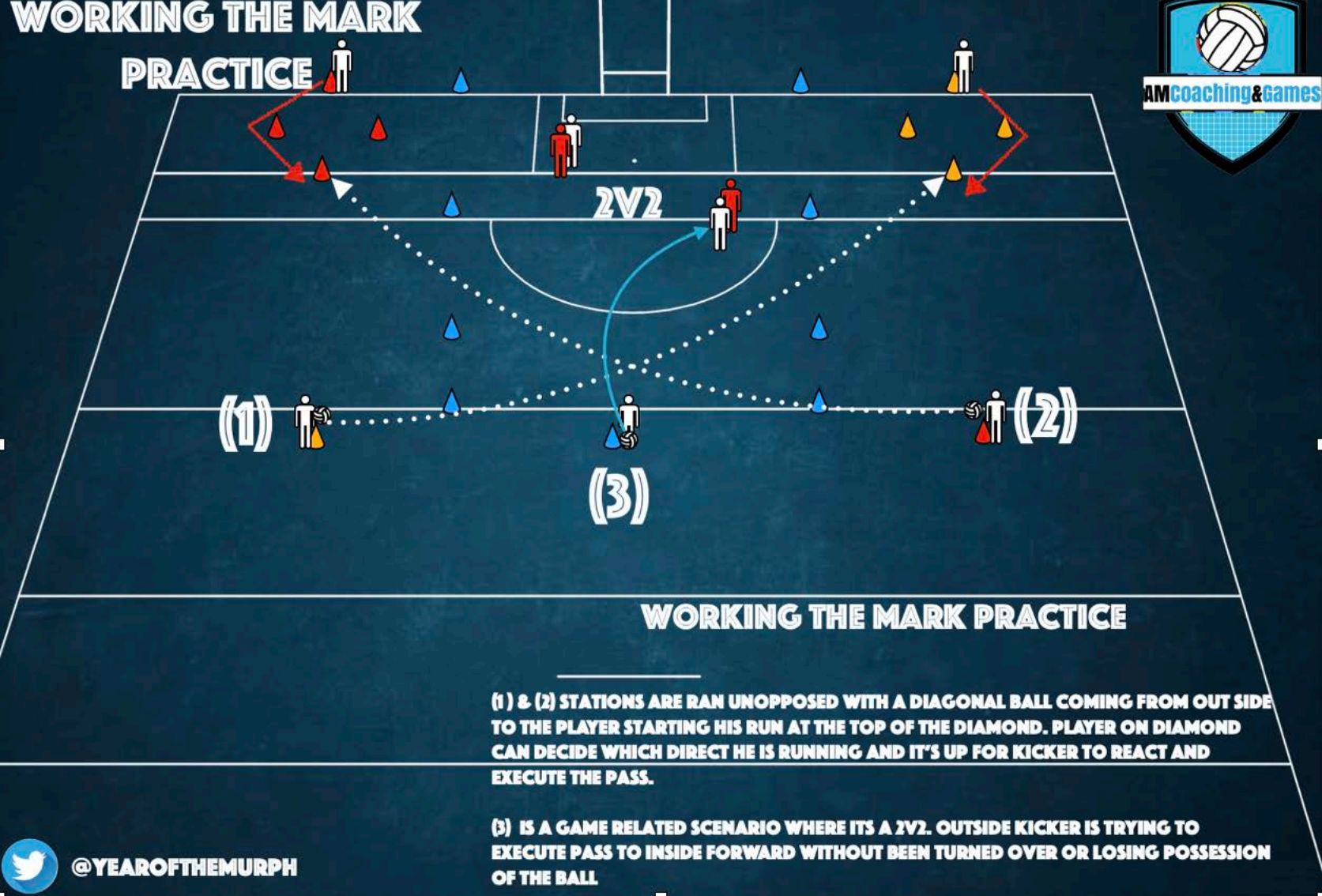
RESTART AGAIN

(3)/(6) ONCE PASS LAID OFFS LOOPS AROUND (A) AND TAKES SCORE, FOLLOWED BY SHOOTING AT (B)



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WORKING THE MARK PRACTICE



WORKING THE MARK PRACTICE

(1) & (2) STATIONS ARE RUN UNOPPOSED WITH A DIAGONAL BALL COMING FROM OUT SIDE TO THE PLAYER STARTING HIS RUN AT THE TOP OF THE DIAMOND. PLAYER ON DIAMOND CAN DECIDE WHICH DIRECT HE IS RUNNING AND IT'S UP FOR KICKER TO REACT AND EXECUTE THE PASS.

(3) IS A GAME RELATED SCENARIO WHERE ITS A 2V2. OUTSIDE KICKER IS TRYING TO EXECUTE PASS TO INSIDE FORWARD WITHOUT BEEN TURNED OVER OR LOSING POSSESSION OF THE BALL



BEAT THE BLANKET GBS



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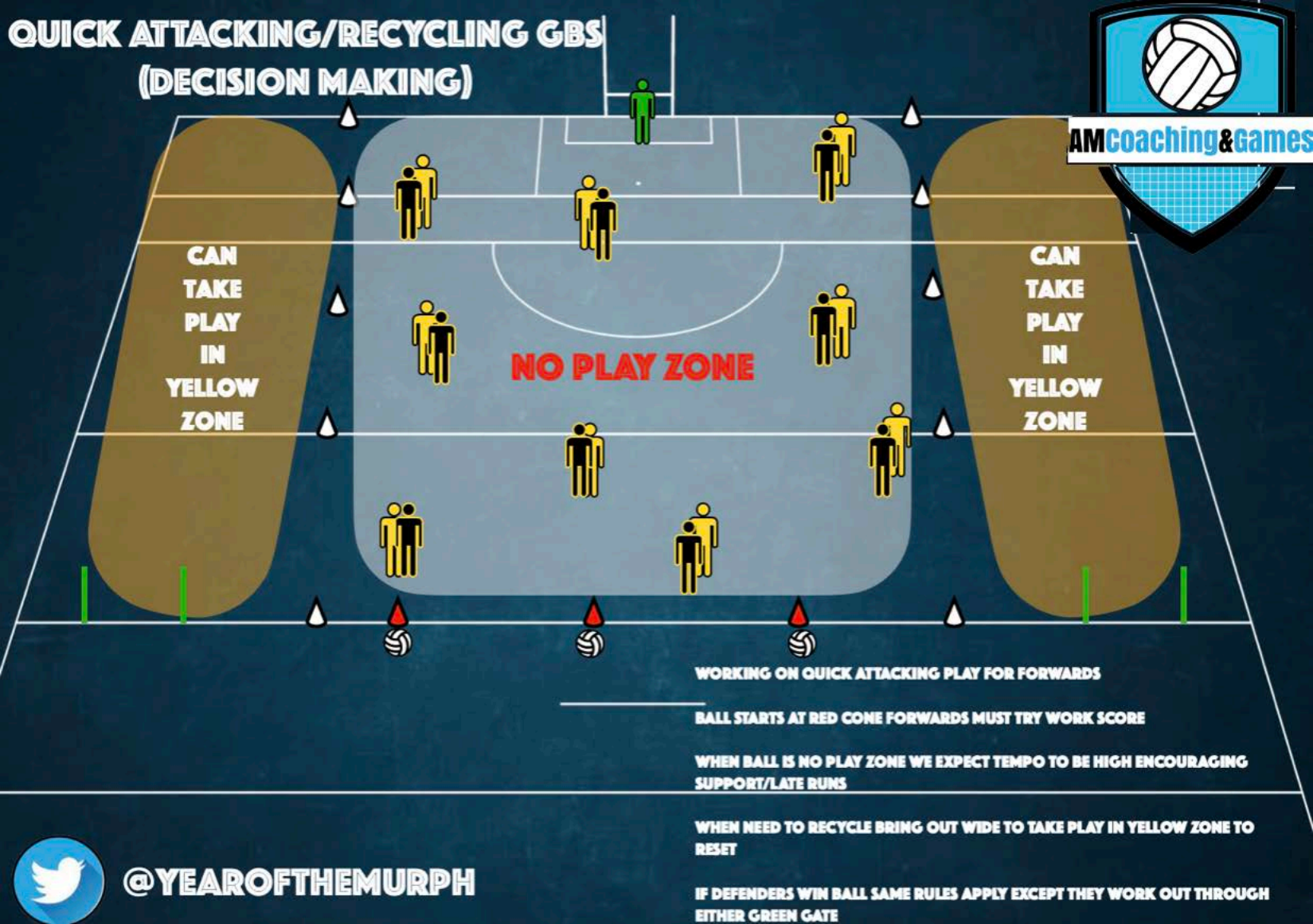
PIVOT/QUATER BACK

- BALL STARTS IN CENTRE OF PITCH AS SHOWN
- OVERLOAD FOR DEFENDERS 10 V 9
- FORWARDS LOOK TO MOVE THE BALL CREATING WIDTH AND DEPTH IN ATTACK
- IF FORWARD WORK BALL INTO EITHER RED BOX ITS 1 PT FOR TEAM
- IF THEY CAN HIT THE POCKETS WITHOUT LOSING POSSESSION AND CREATE SCORE ITS 3 PTS
- IF DEFENDERS OVERTURN BALL ITS 2PT REWARD AND RESTART GAME

QUICK ATTACKING/RECYCLING GBS (DECISION MAKING)



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CAN
TAKE
PLAY
IN
YELLOW
ZONE

NO PLAY ZONE

CAN
TAKE
PLAY
IN
YELLOW
ZONE

WORKING ON QUICK ATTACKING PLAY FOR FORWARDS

BALL STARTS AT RED CONE FORWARDS MUST TRY WORK SCORE

WHEN BALL IS NO PLAY ZONE WE EXPECT TEMPO TO BE HIGH ENCOURAGING
SUPPORT/LATE RUNS

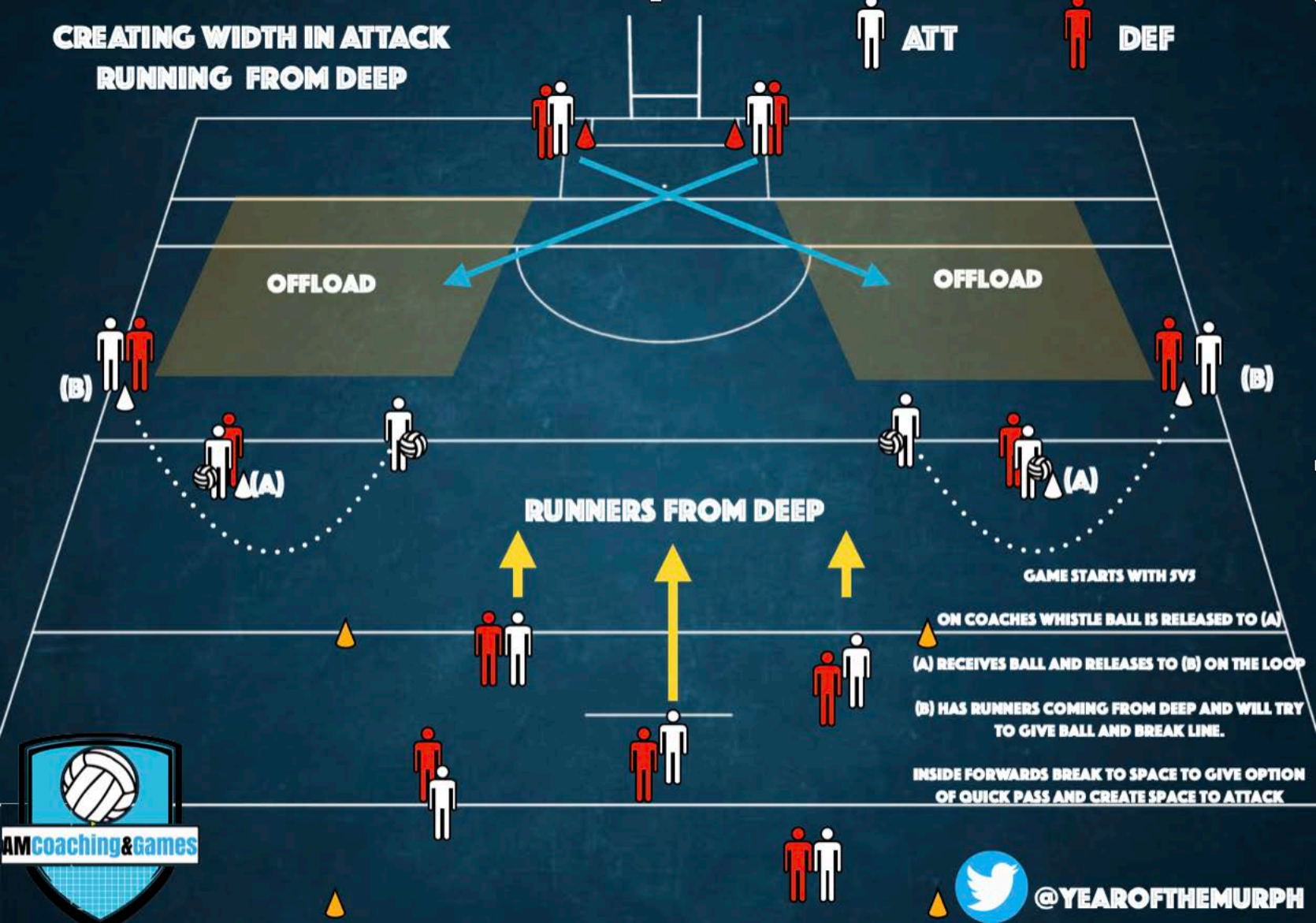
WHEN NEED TO RECYCLE BRING OUT WIDE TO TAKE PLAY IN YELLOW ZONE TO
RESET

IF DEFENDERS WIN BALL SAME RULES APPLY EXCEPT THEY WORK OUT THROUGH
EITHER GREEN GATE



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CREATING WIDTH IN ATTACK RUNNING FROM DEEP



OFFLOAD

OFFLOAD

RUNNERS FROM DEEP

GAME STARTS WITH SV'S

ON COACHES WHISTLE BALL IS RELEASED TO (A)

(A) RECEIVES BALL AND RELEASES TO (B) ON THE LOOP

(B) HAS RUNNERS COMING FROM DEEP AND WILL TRY TO GIVE BALL AND BREAK LINE.

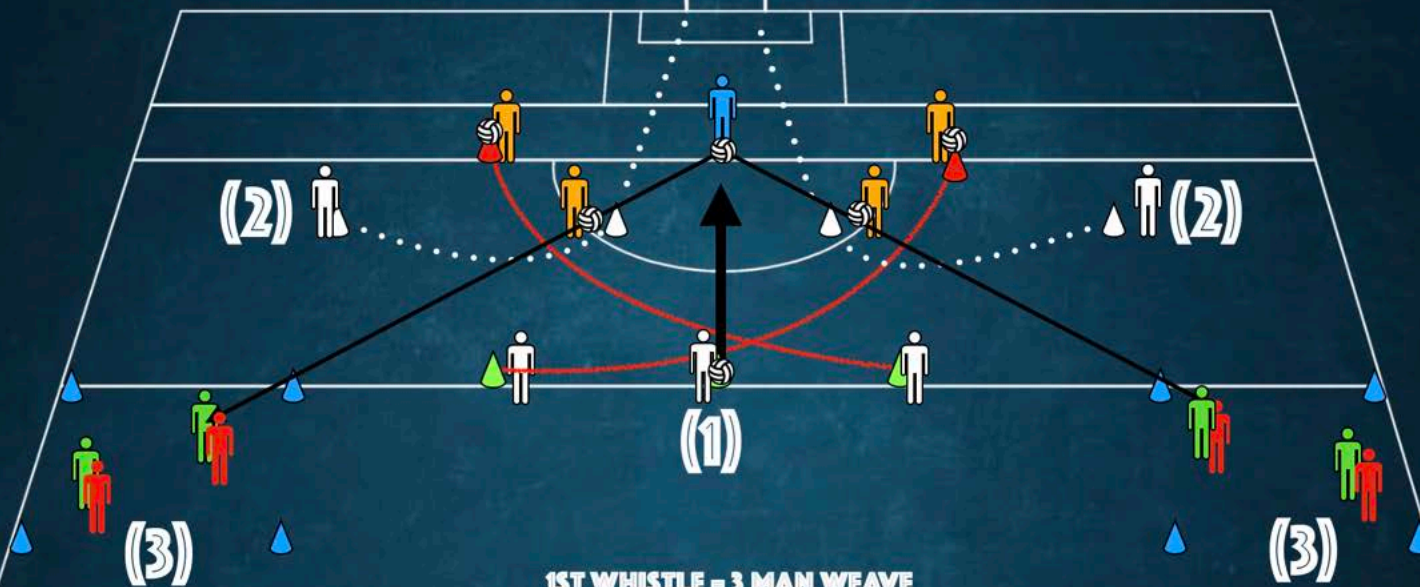
INSIDE FORWARDS BREAK TO SPACE TO GIVE OPTION OF QUICK PASS AND CREATE SPACE TO ATTACK



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3 WHISTLES , 3 MOVEMENTS

COACH GOALIE PLAYER



1ST WHISTLE - 3 MAN WEAVE

2ND WHISTLE - LOOP TOP OF D(HSA) AND STRIKE

3RD WHISTLE - QUICK K/O TO EITHER SIDE IN A 2V2
SCENARIO



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Ball starts at red cone



- DEF



- ATT

Delivery of ball into square 2v2

**Execution of pass into inside forwards
(Game turns into 4v4)
One Bounce or Better**

Late runner coming through middle to create overlap

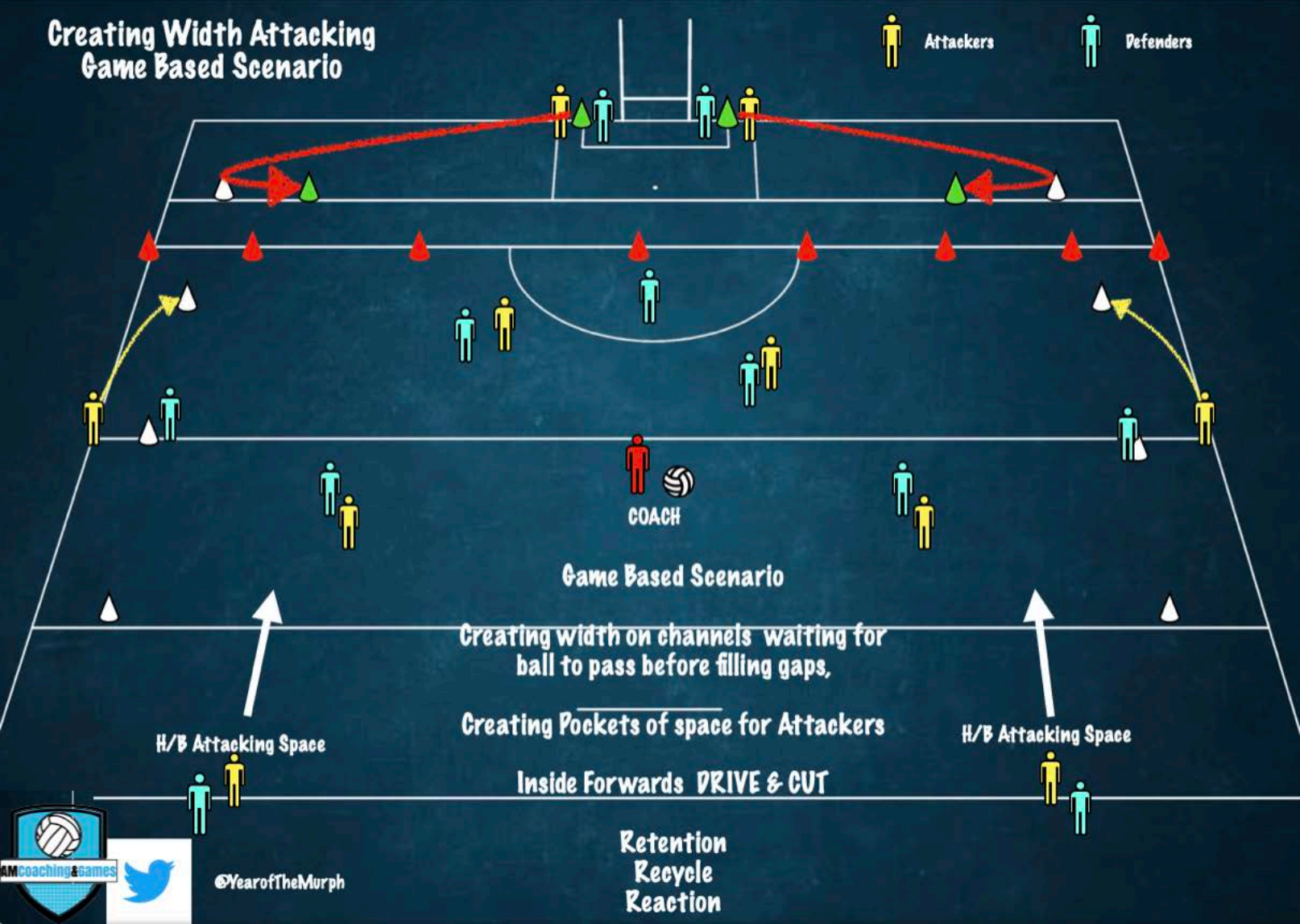
Alternate sides and angles of runs



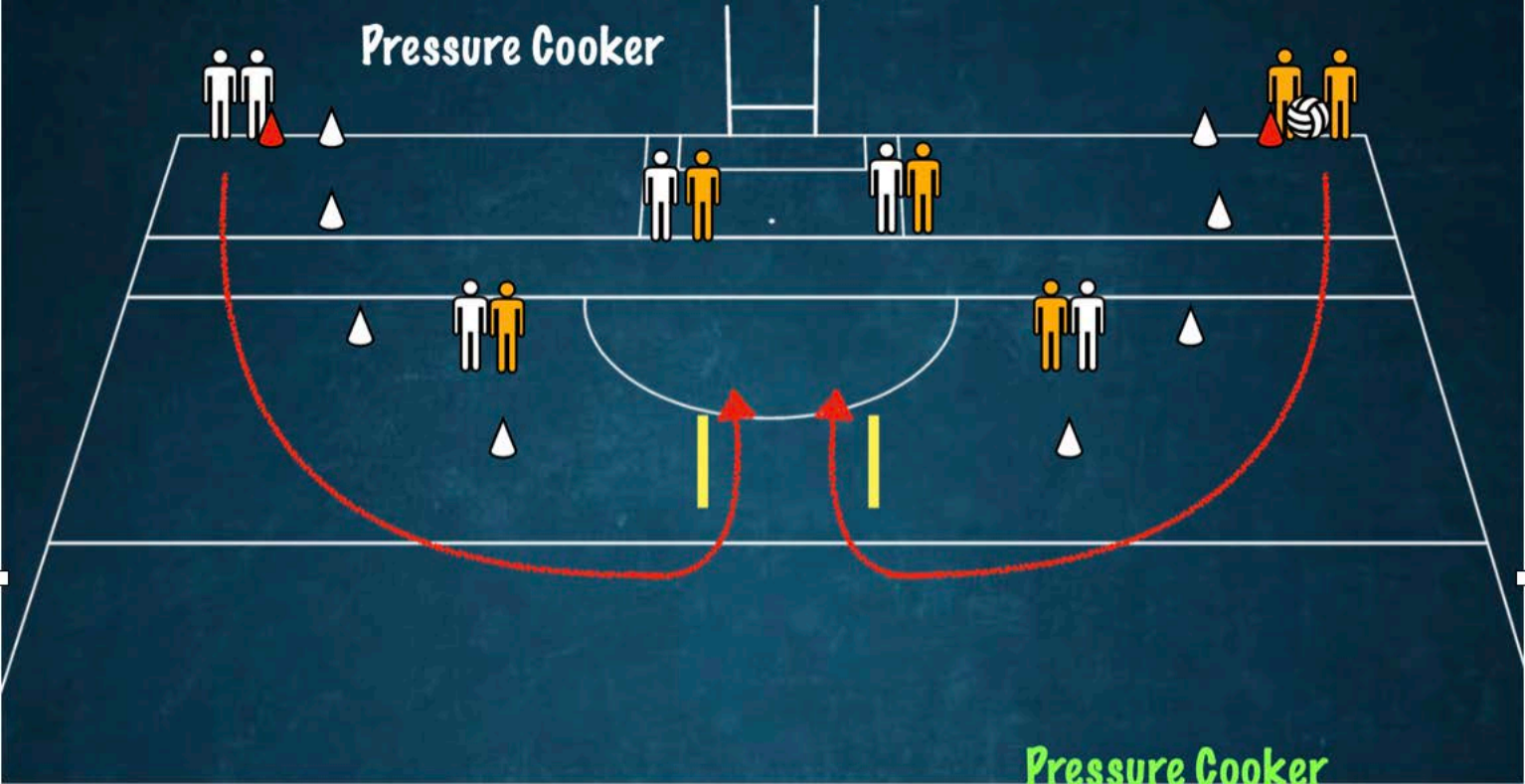
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ONE BOUNCE AND SCORE - CREATING OVERLAP

Creating Width Attacking Game Based Scenario



Pressure Cooker



Pressure Cooker

SSG

Creating space

(Finding the pocket of space)

HSA(High Scoring Area)

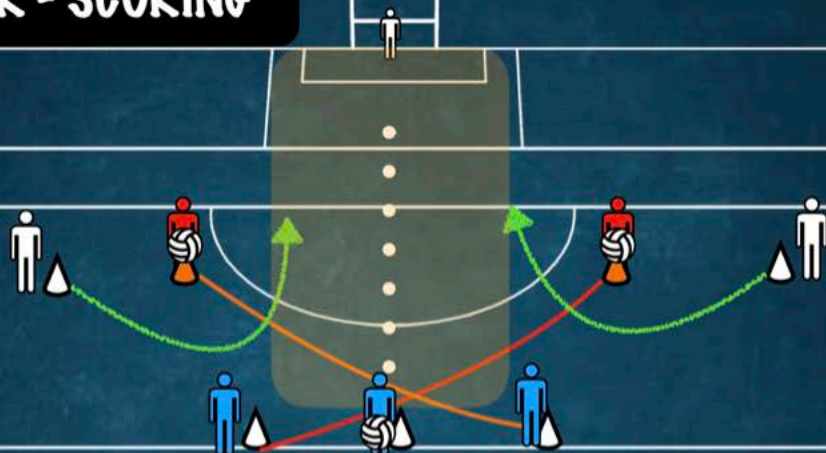
No Plays

Overlaps/Support Runners



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SHOOTER - SCORING



ANGLED RUNS

DECOY RUNNERS

CREATING OVER LAP

WORKING BOTH FEET

SCORES COME FROM HSR



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Shot Attack

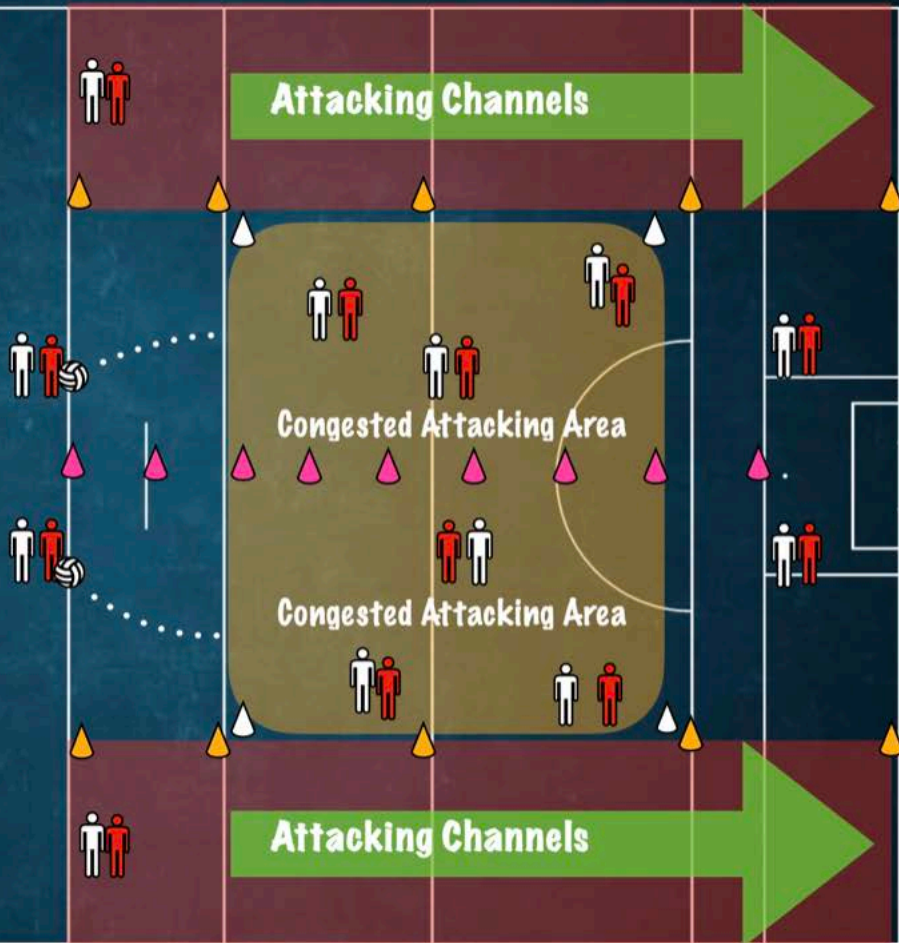
Layout as shown

player's starting with the ball deliver into congested attacking area or carry.

Once ball is delivered it will be a 4v4 in congested area.

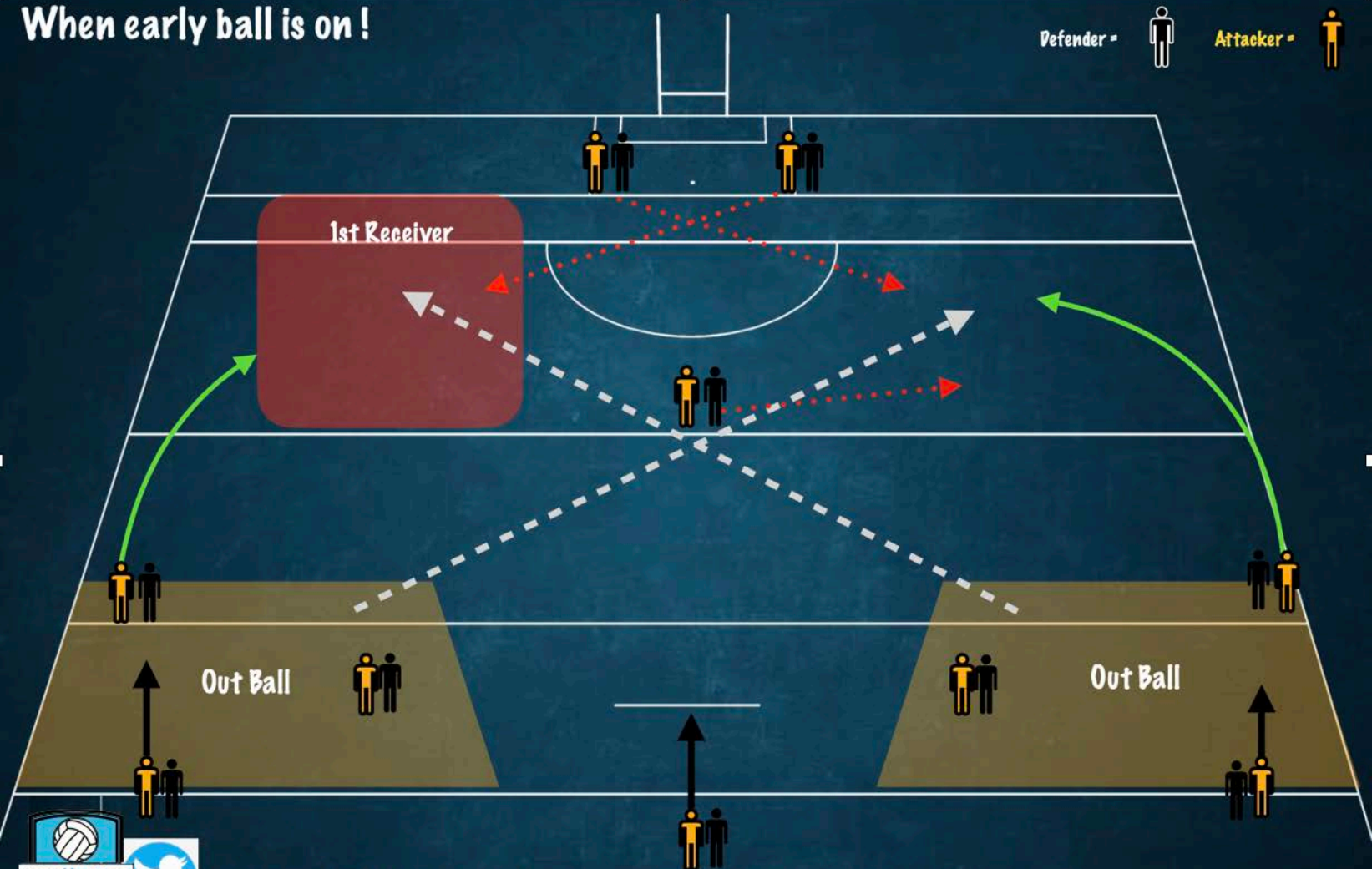
Players in congested attacking area must work ball out of the area once to either attacking channel on there side or inside forward before creating a scoring opportunity

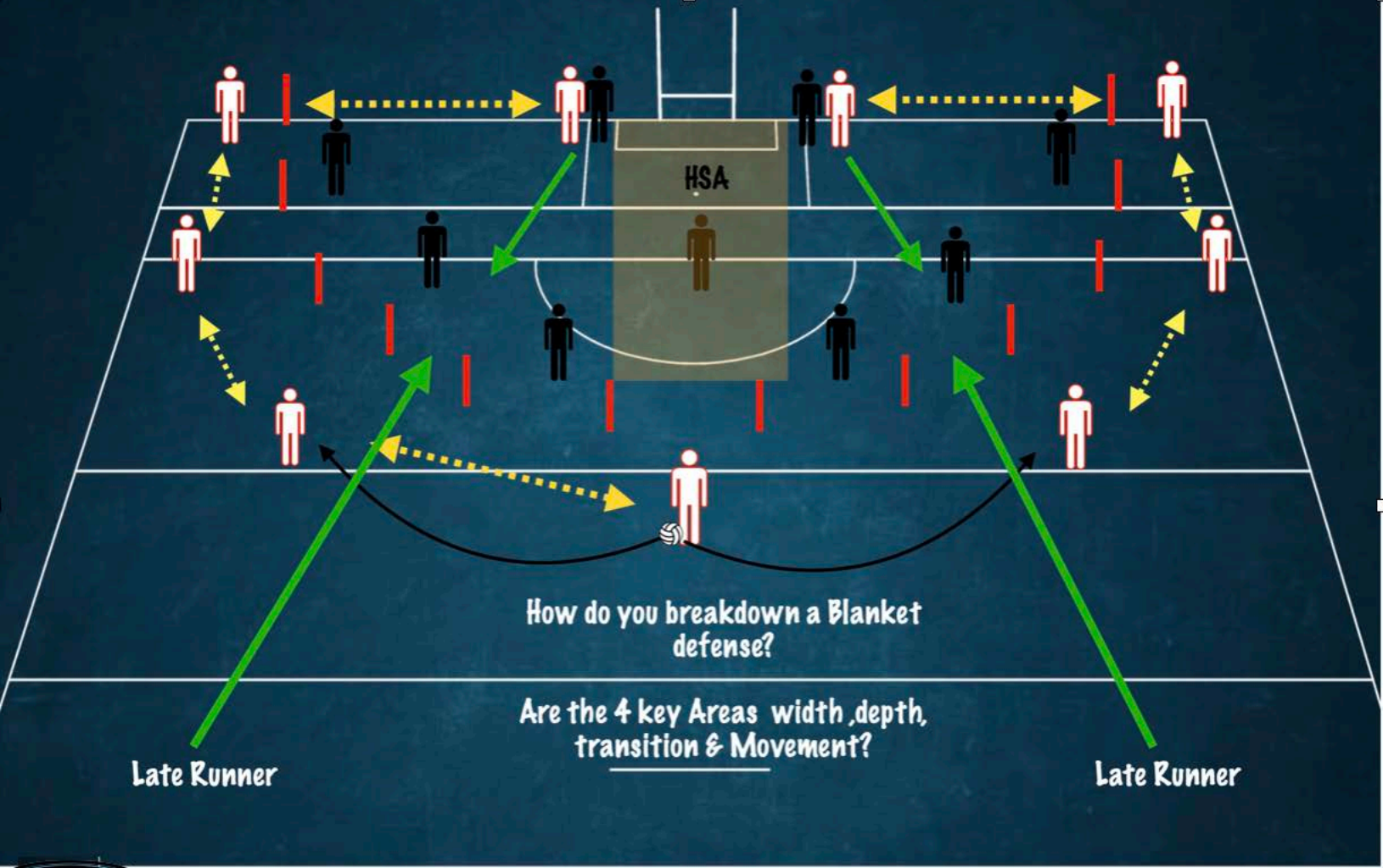
With delivering ball out to attacking channels we are trying to create an overlap to develop a scoring chance



When early ball is on !

Defender =  Attacker = 





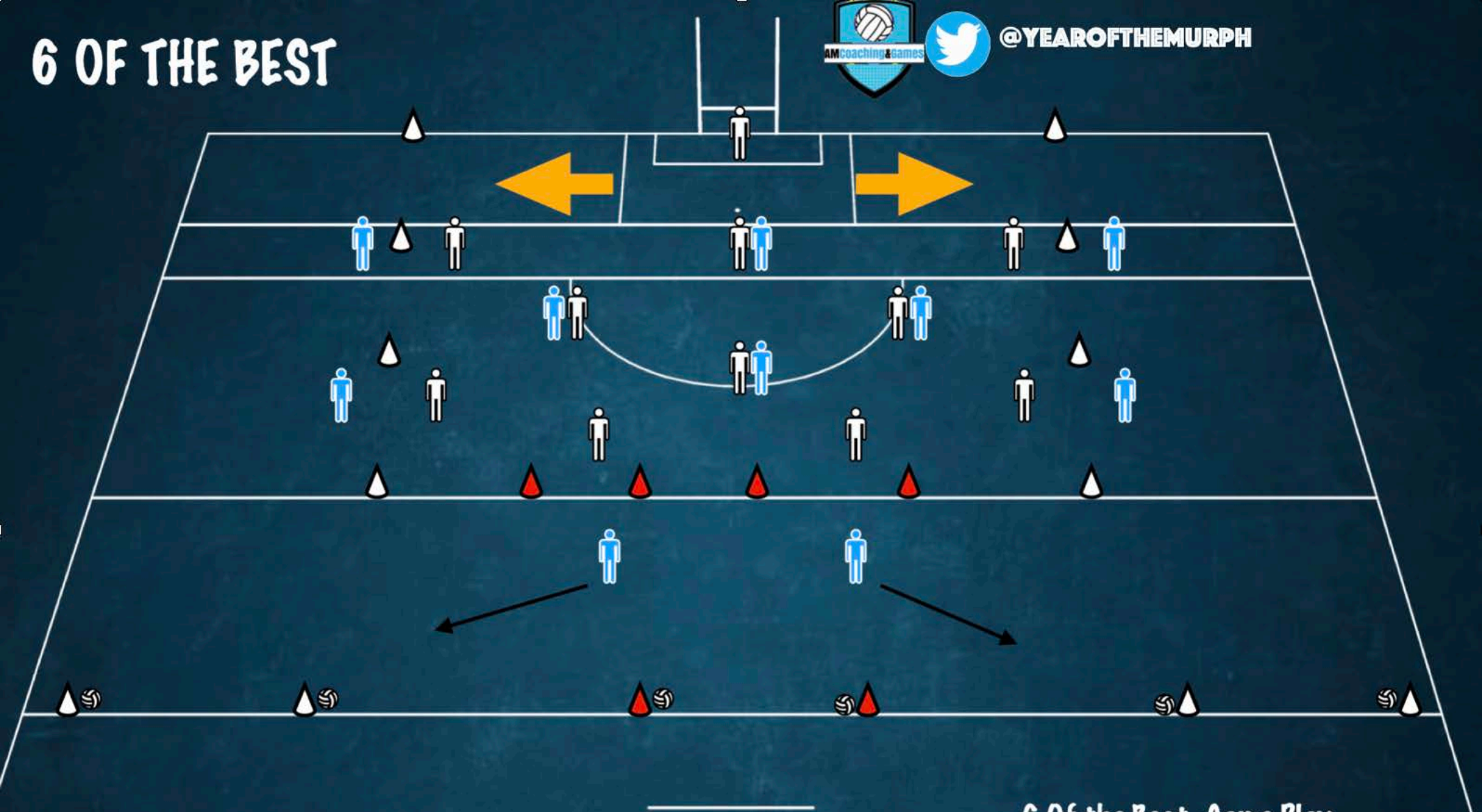


DEFENSIVE PLAY

6 OF THE BEST



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Draw The Bridge - Engagement @45 meter line

Trans Dance - All backs move left and right together, no one crosses each other (i.e-waltz)

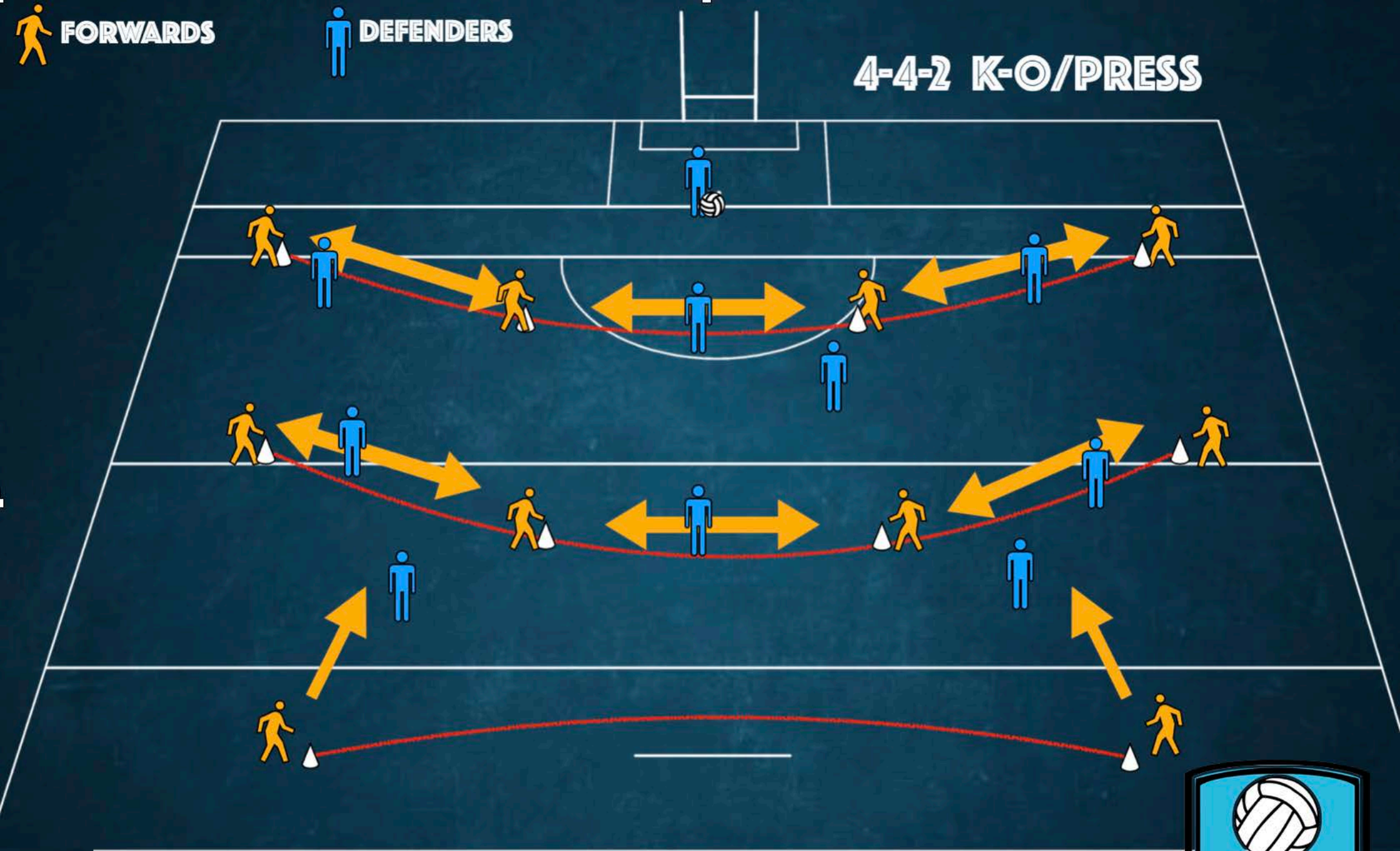
6 Of the Best -Game Play

Blues have 6 opportunities to attack the defense and create scores.

If defense turn ball over they work it out either throw the red cones in the middles(1pt)
Or White cones (2pts)

 **FORWARDS**  **DEFENDERS**

4-4-2 K-O/PRESS



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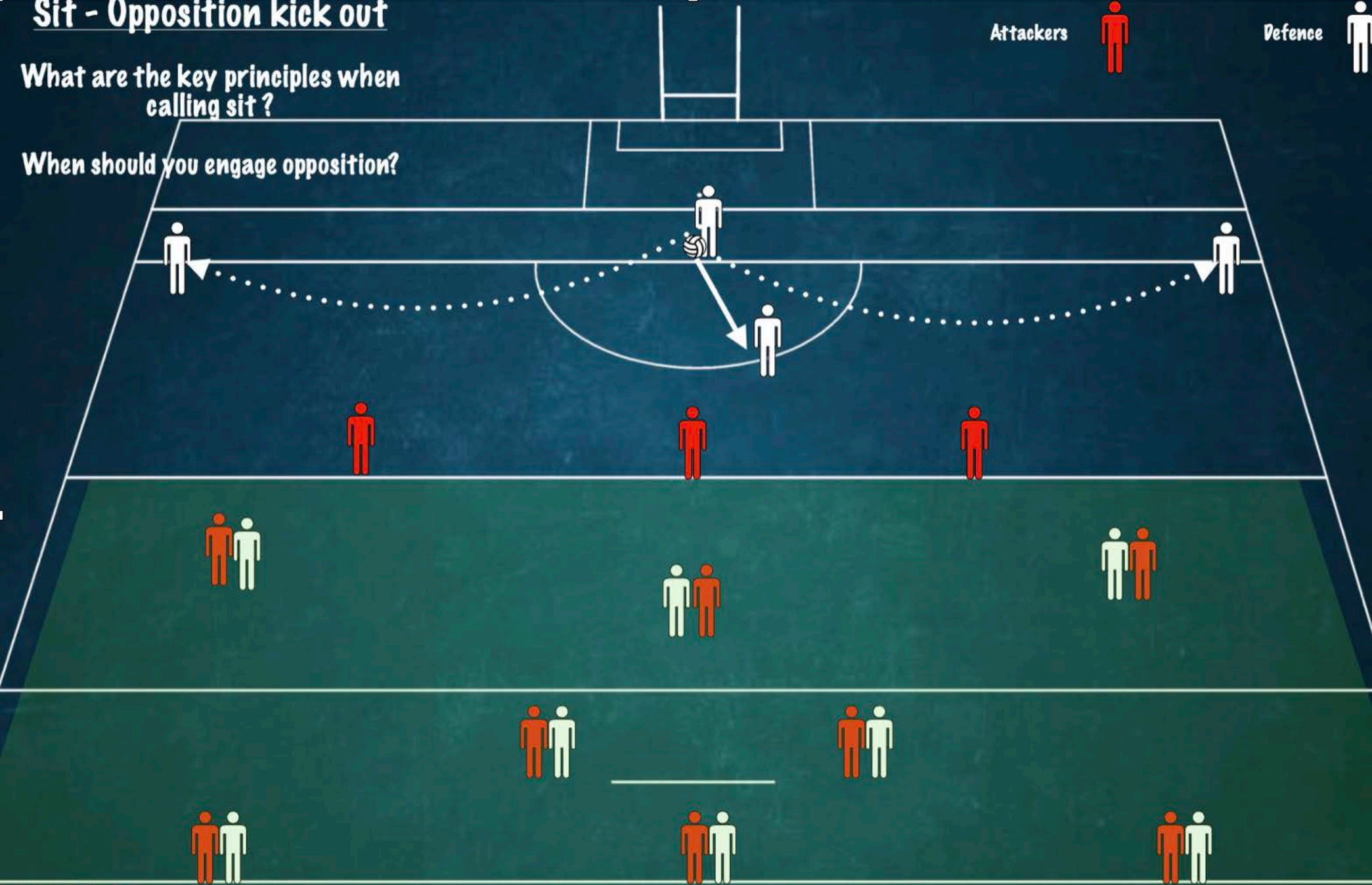
Sit - Opposition kick out

Attackers

Defence

What are the key principles when calling sit ?

When should you engage opposition?



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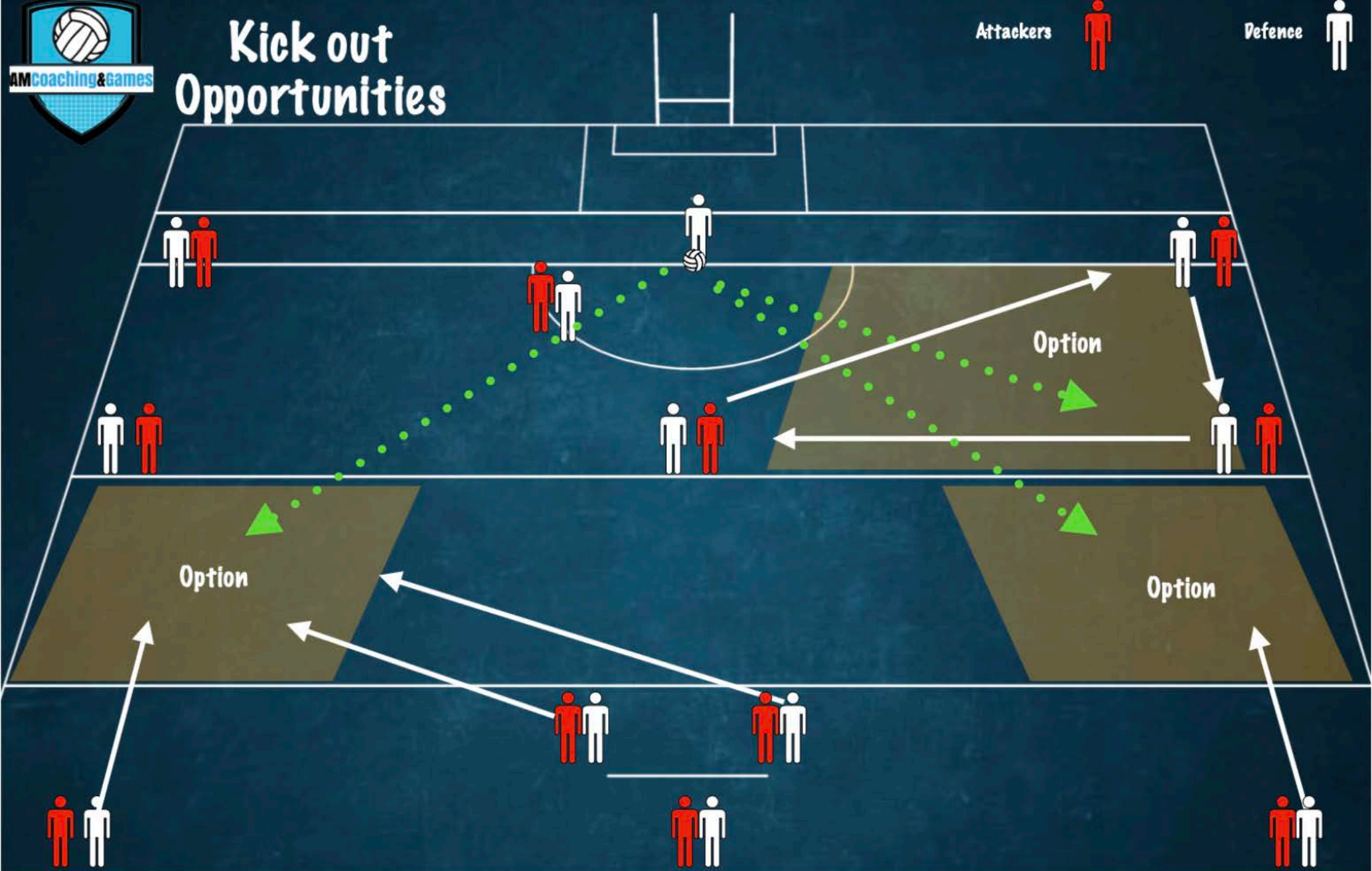


Kick out Opportunities

Attackers



Defence



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QUICK TRANSITION GAMEPLAY'S



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LAST TEAM STANDING GBS (TRANSITION DEF/ATTACK)



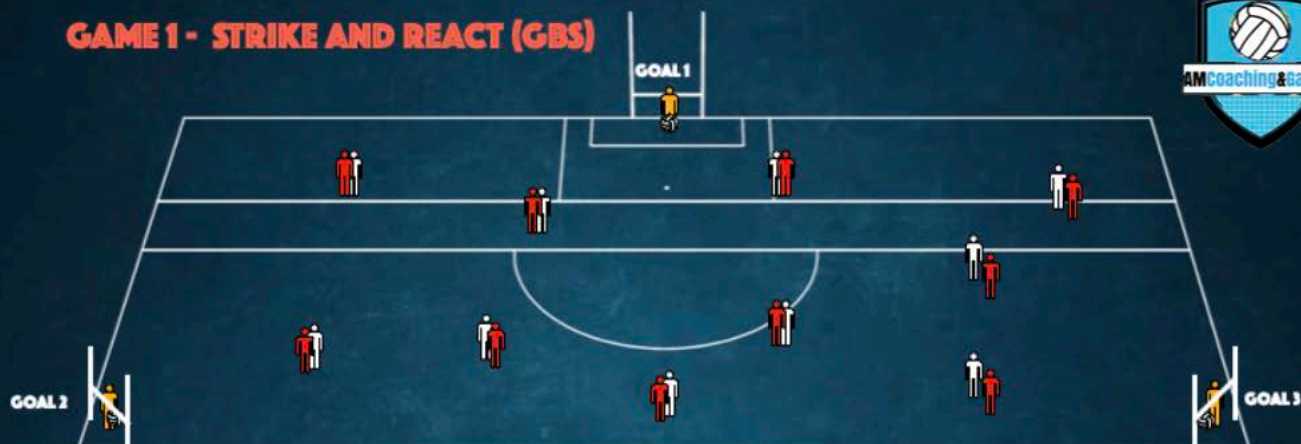
OBJECTIVE FOR ONE TEAM TO WORK THE BALL OUT THROUGH ANYONE OF THE GATES AND THEN THEY CAN ATTACK AND SCORE

START THE GAME BY CALLING BIB COLOUR AND THEY MUST TAKE A HAND PASS FROM KEEPER AND PLAY

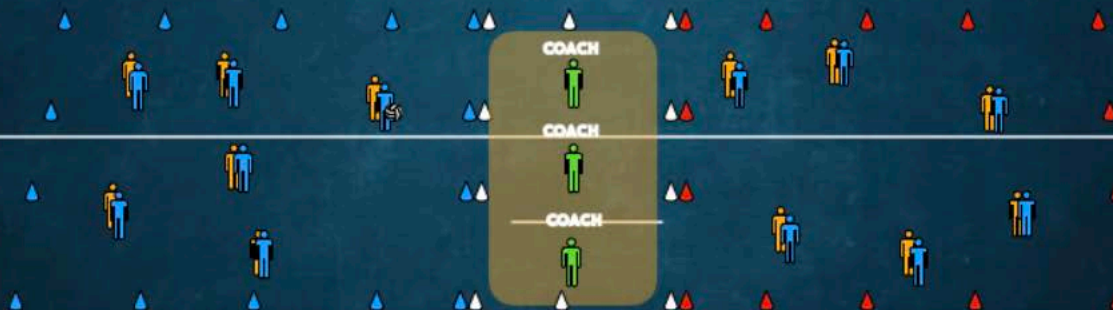
OPPOSITION MUST PREVENT THEM FROM PASSING THROUGH GATES TO ATTACK

WHEN A TEAM SCORES KEEPER STARTS BY GIVING POSSESSION TO THE OTHER TEAM

GAME 1 - STRIKE AND REACT (GBS)



GAME 2 - 3RD MAN RUNS MSG



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GAME 1 - STRIKE AND REACT (GBS)

AIM OF THIS GAME IS TO ENCOURAGE TEAMS TO HOLD POSSESSION OF THE BALL UNTIL A GOAL NUMBER IS CALLED TO ATTACK AND TAKE SCORE.

ONCE BALL IS DEAD COACH SHOUTS ANOTHER GOAL NUMBER AND RESTART COMES FROM THERE.

WE ENCOURAGE REACTION, QUICK THINKING & GOOD DECISION MAKING

GAME 2 - 3RD MAN RUNS MSG

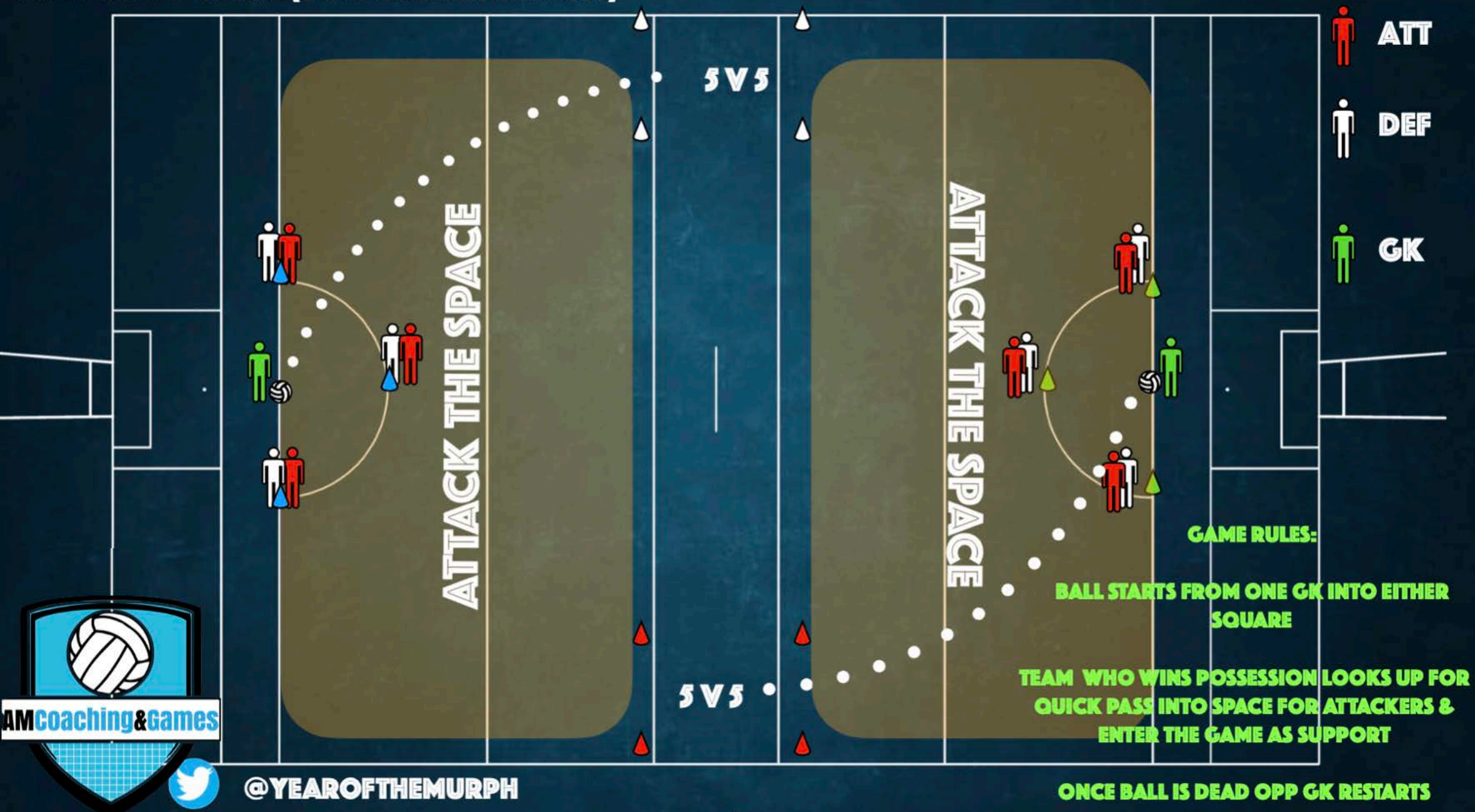
AIM OF THIS GAME IS TO CREATE SUPPORT AND 3RD MAN RUNS

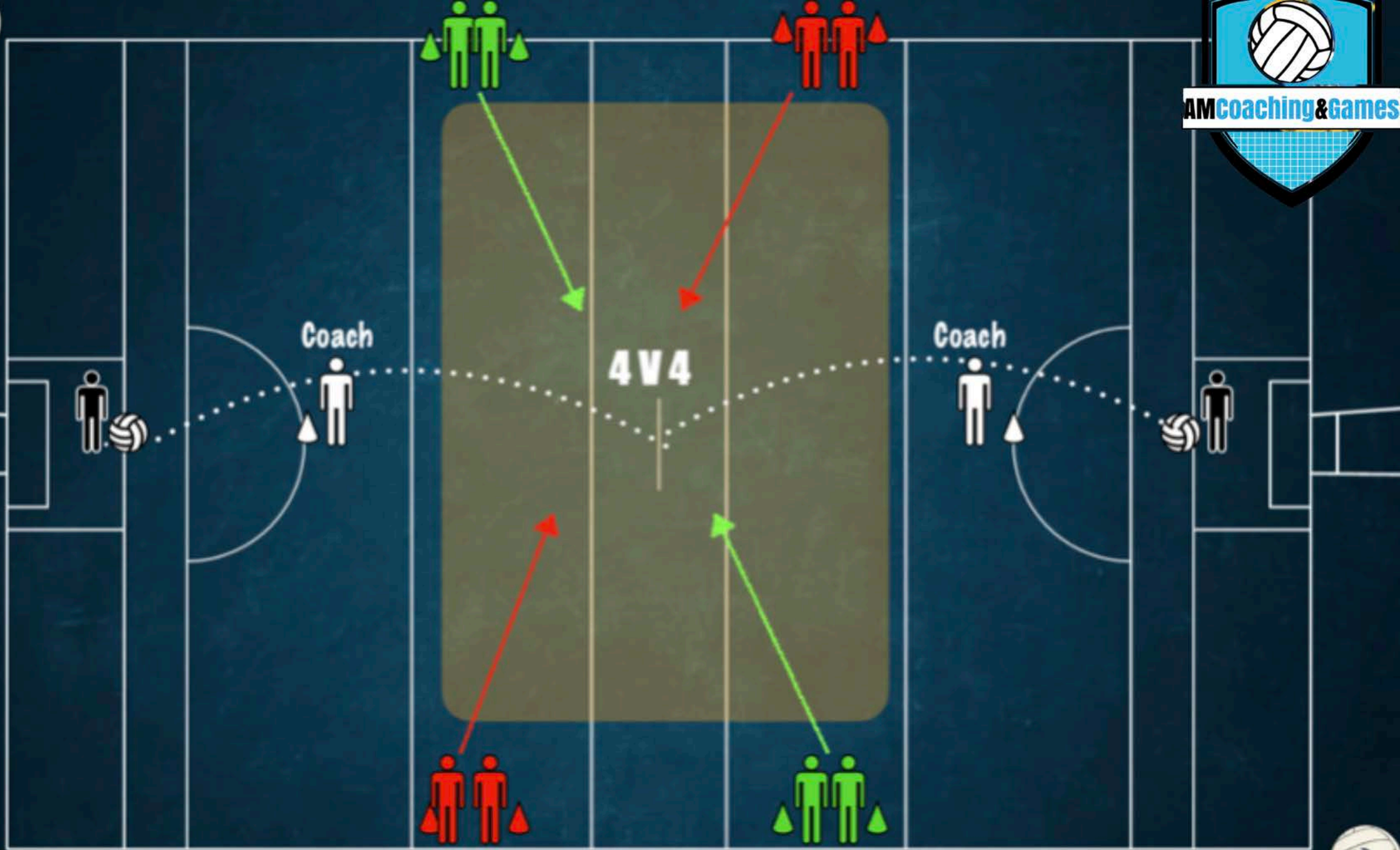
BALL STARTS IN BLUE GRID AS SHOWN. PLAYERS MUST GET 5 HAND PASSES BEFORE DELIVERING BALL TO COACH.

THE SAME PLAYER WHO PASSED TO COACH CAN NOT RECEIVE THE BALL BACK AND MUST ENCOURAGE ONE OF HIS TEAM MATES TO RECEIVE BALL OF COACH (3RD MAN RUN) AND PASS INTO ONE OF HIS TEAM MATES IN RED SQUARE



WORKING THE SCORE (QUICK TRANSITION GBS)





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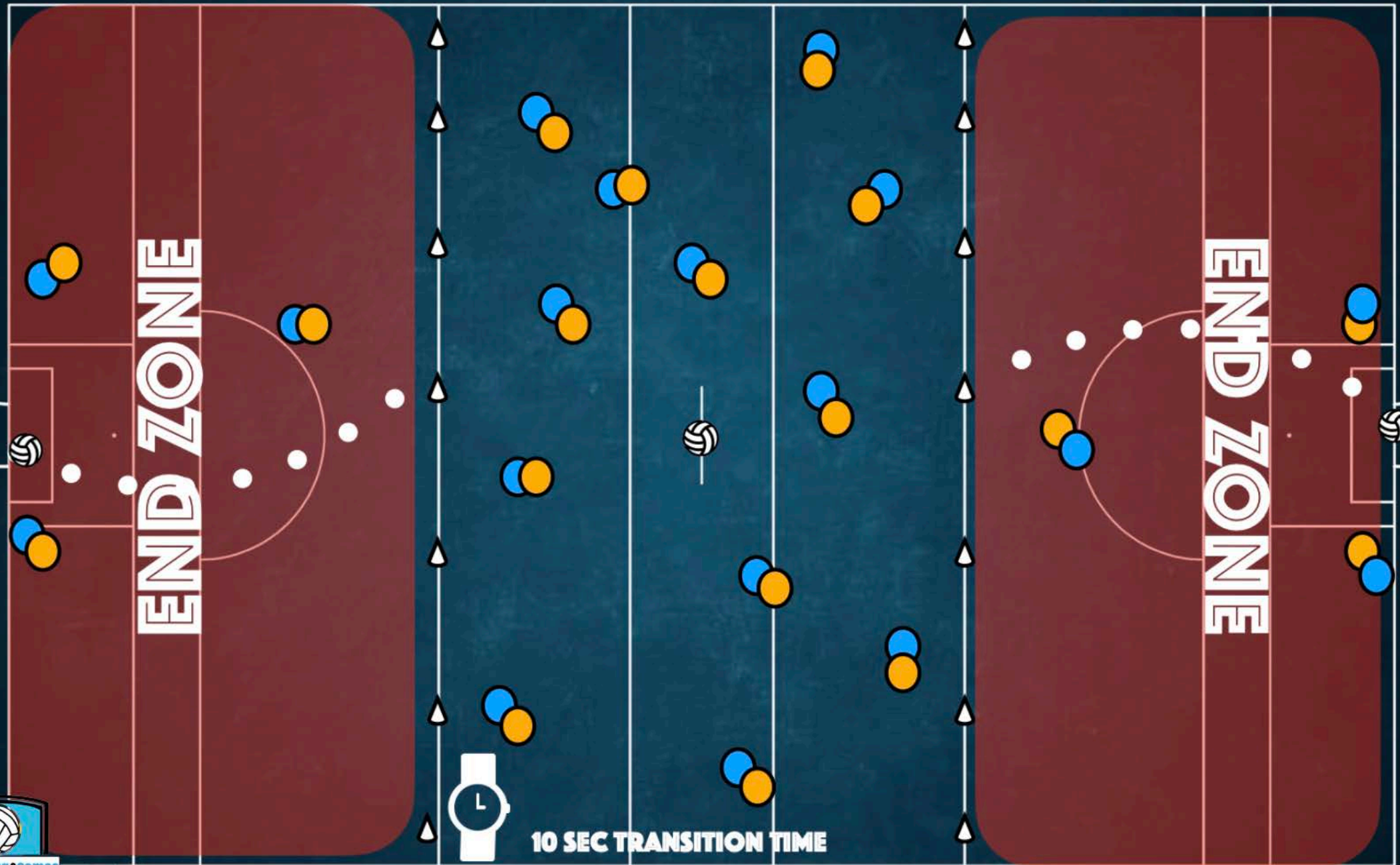
GAME ON - 4V4 REACT & OVERLAP



END ZONE TOUCH DOWN - TRANSITION GB

● - DEF

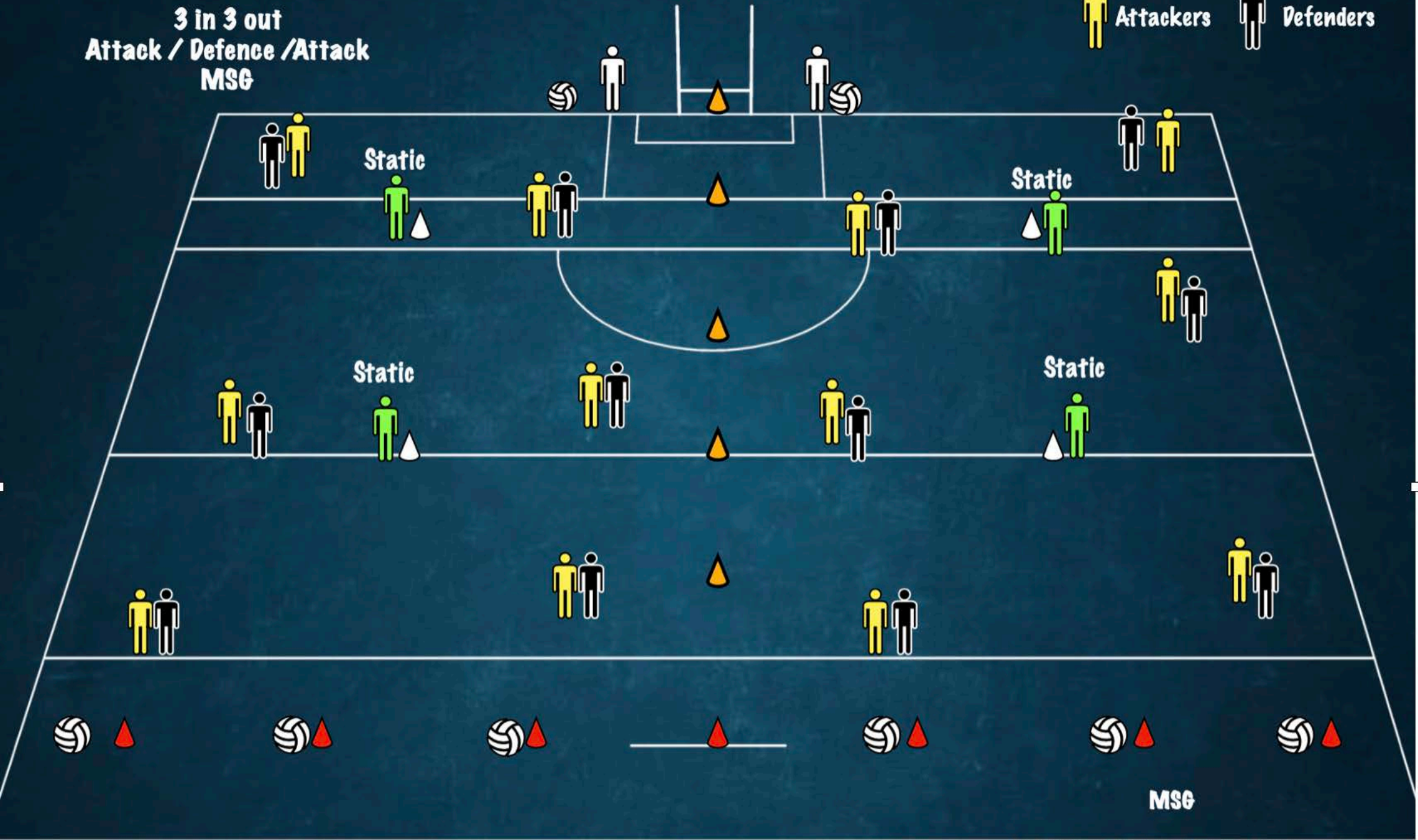
● - ATT



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3 in 3 out
Attack / Defence / Attack
MSG

 **Attackers**  **Defenders**



WORKING ON QUICK TRANSITION

CREATING OVERLAP

MOVEMENT/SPACE



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Sub Principle (Quick transition from DEF to ATT)

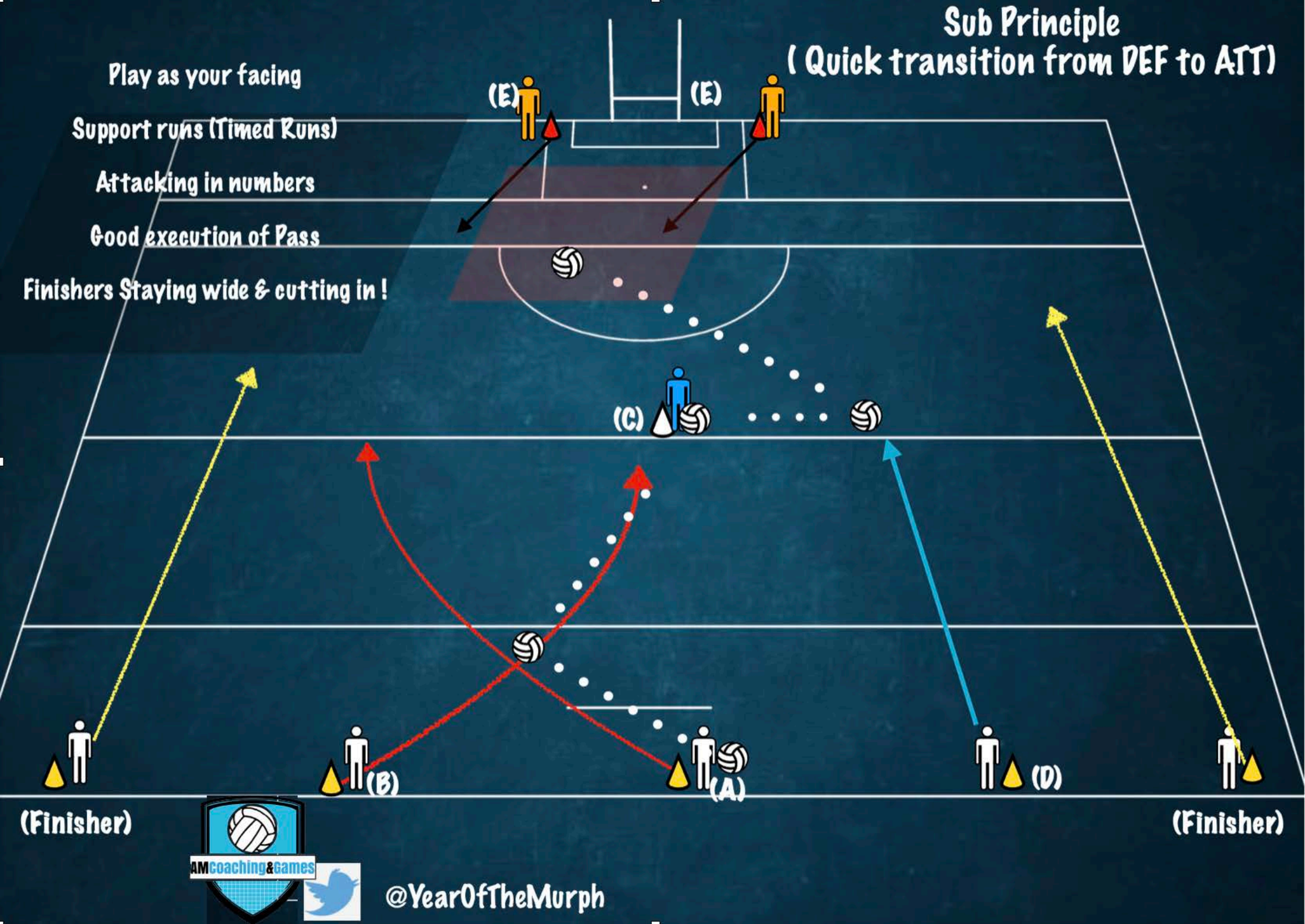
Play as your facing

Support runs (Timed Runs)

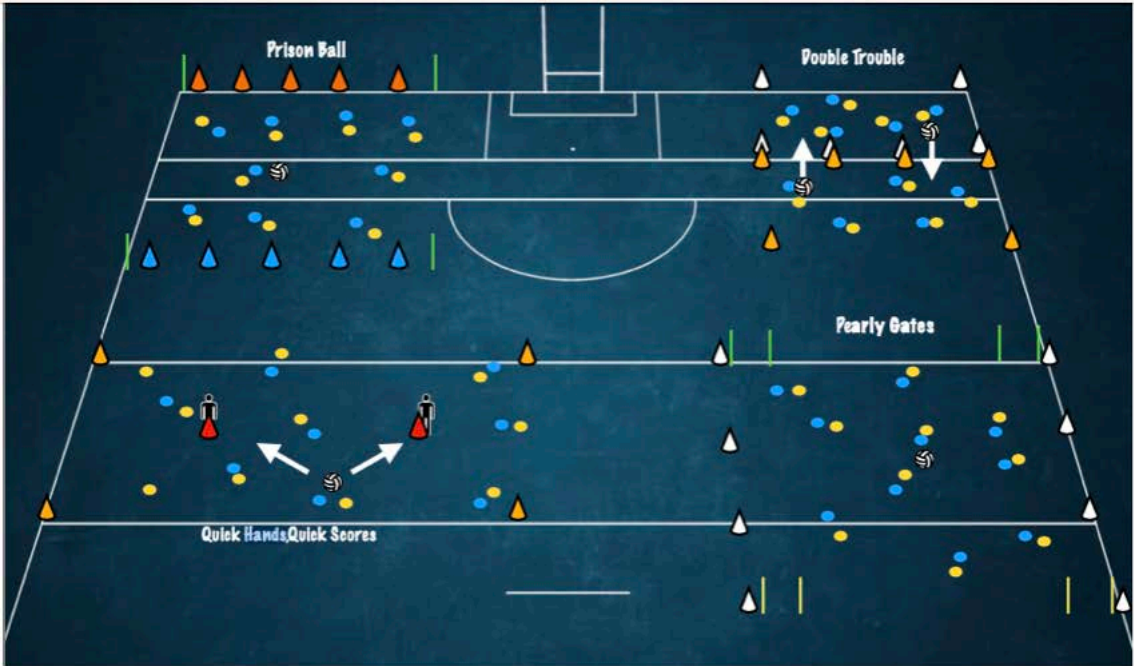
Attacking in numbers

Good execution of Pass

Finishers Staying wide & cutting in !



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Theme: Quick Transition Game Based

Prison Ball

Blues vs Yellows

Handling game - no plays

Player must work ball past their end zone to earn score
(i.e. Blues work ball past orange cones)

Once ball is worked past cones opposition restart, blue team picks up orange cone and brings it back to their end zone

Double Trouble

2- 20x20m Sq

Blues Vs Yellows

One Play

Players must get 3 passes before delivering to the other zone (square)

2 balls will go at same time in both squares to increase focus, Decision making

Quick Hands, Quick Scores

Blues V Yellows

2 Static players on Red cones

One Play

Player must pass a ball to any of the 2 Players on the Red

Player that passed ball cannot get the return pass, support players must try look for pass

Focus- supporting the play

Pearly Gates

Blues Vs Yellows

Unlimited Plays

Team must work the ball through either of their gates to receive score

(i.e. - Blues attacking Green Gates can score in either)

Once team scores, Opposition Restart



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SKILL DEVELOPMENT/CONDITIONED GAMES

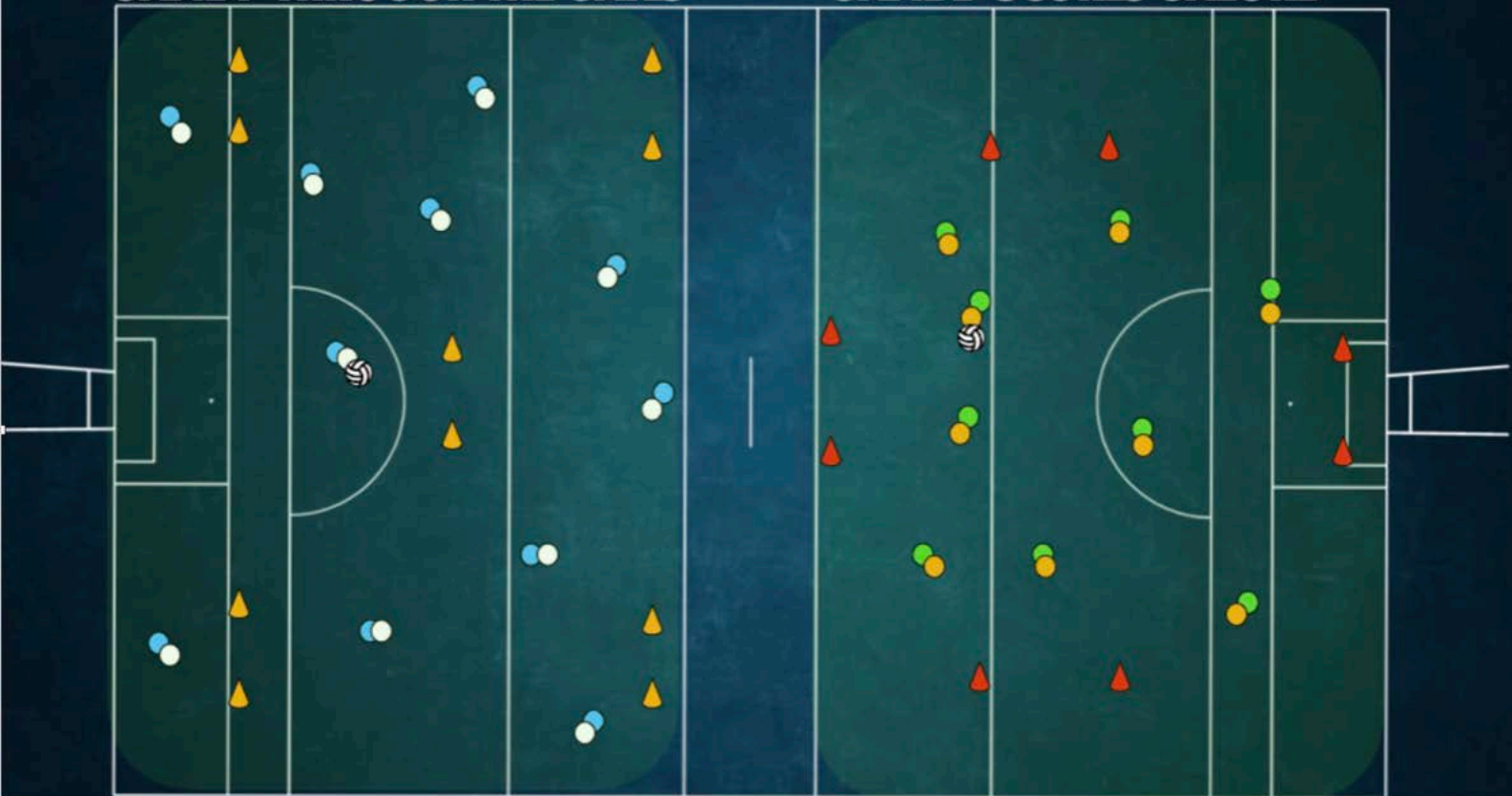
ATTACKING CONDITIONED GAMES



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GAME 1- THROUGH THE GATES

GAME 2- SCORES GALORE

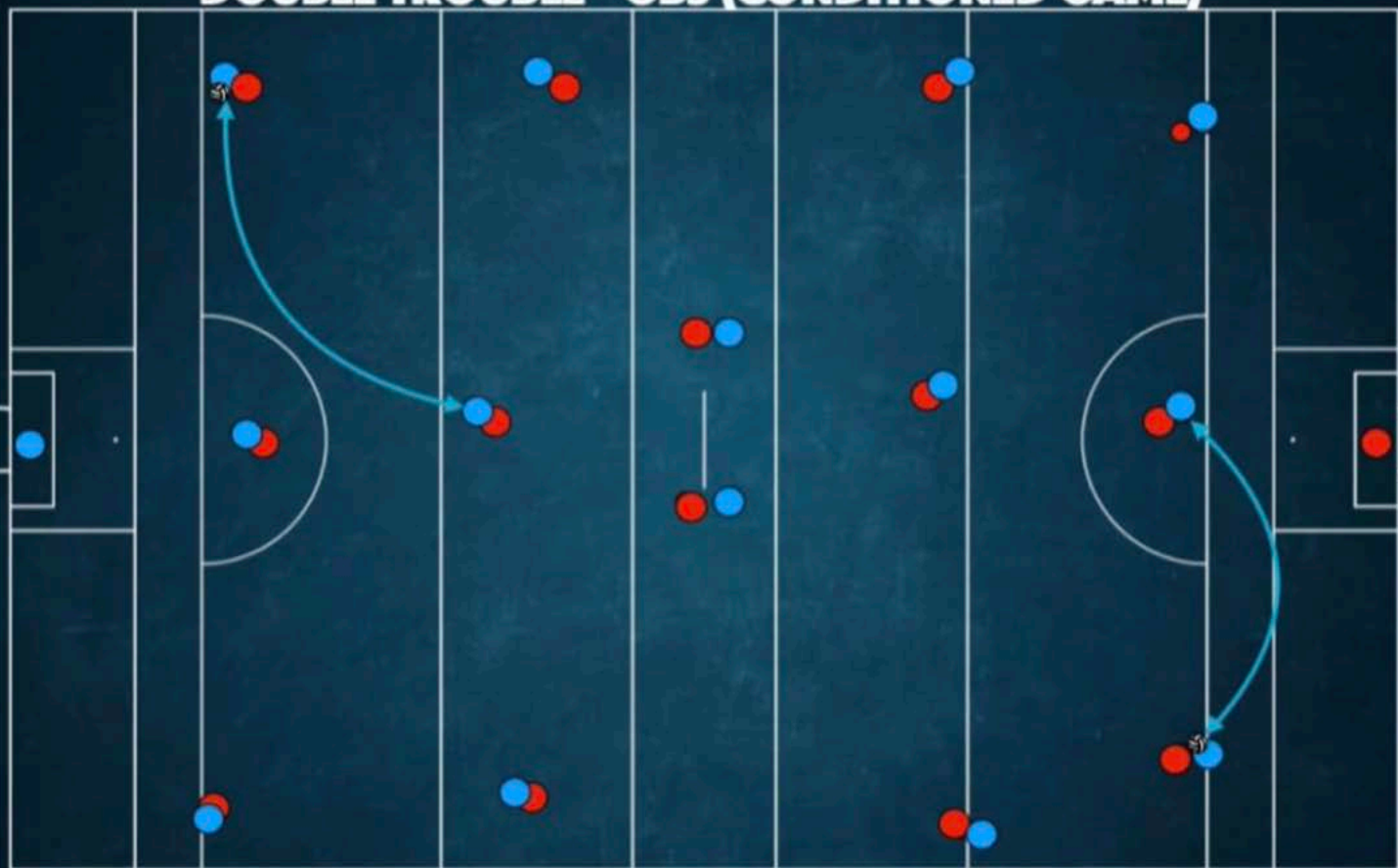


TWO TEAMS
ONE TOUCH ALLOWED
TO SCORE TEAM HAVE TO KICK PASS TO A PLAYER RUNNING THROUGH THE WIDE CONES.
TEAM CAN ALSO SCORE BY FISTING THE BALL OVER THE MIDDLE POLES.
CANNOT SCORE IN THE SAME GOALS TWICE IN A ROW.

ONE MINUTE ON.
YOU HAVE TO SCORE A GOAL IN ANY OF THE GOALS.
IF TEAM SCORES, THEY GET THE BALL BACK, & ATTACK OTHER GOALS.
IF MISS, OTHER TEAM GET THE BALL



DOUBLE TROUBLE - GBS (CONDITIONED GAME)



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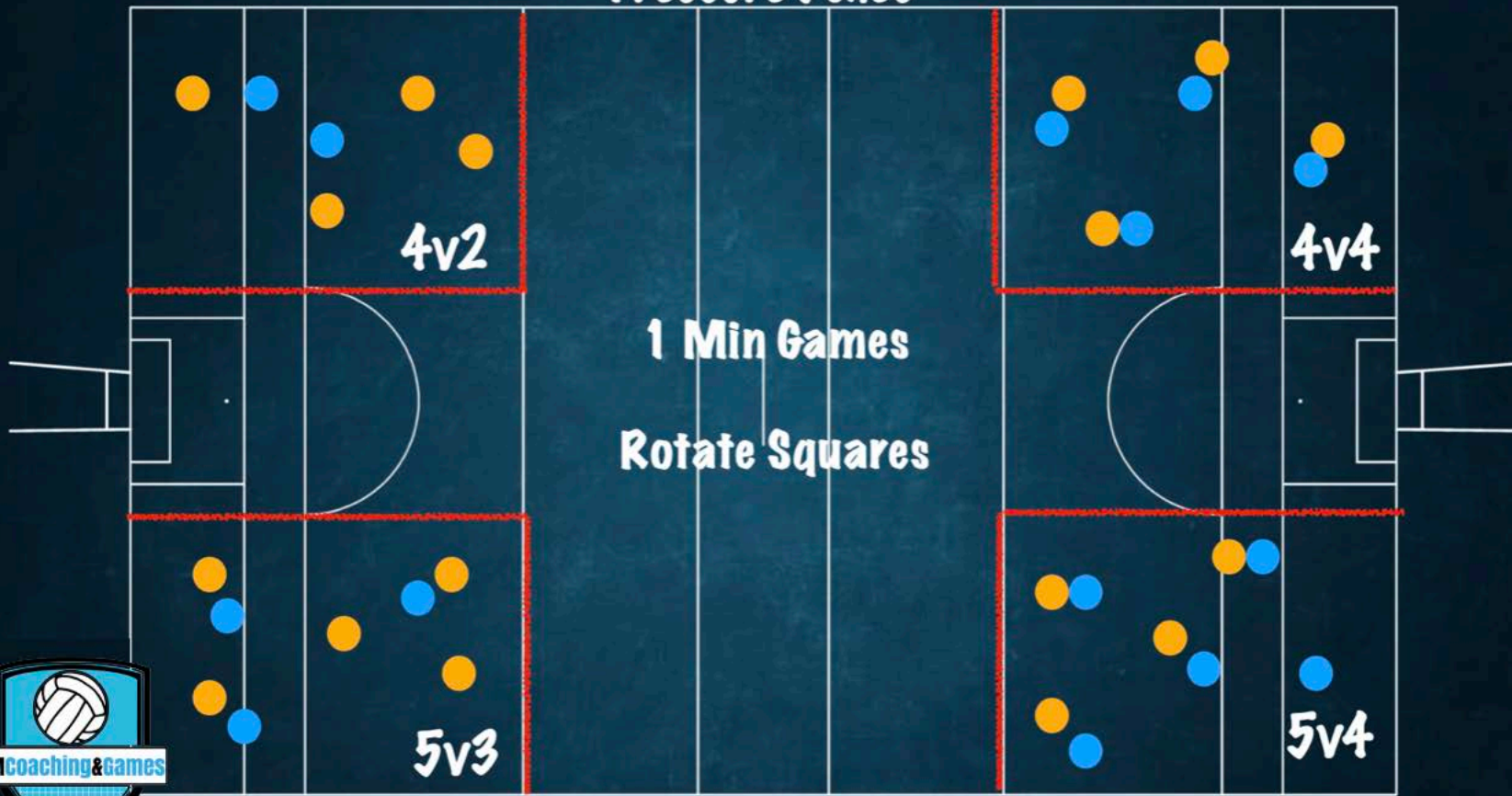
MAN ON MAN COVERING FULL PITCH. OBJECTIVE IS TO KEEP POSSESSION WITH KICK PASS OVER MINIMUM DISTANCE

INTRODUCE 2ND BALL FOR SAME TEAM GREATER FOCUS ON MOVEMENT AND WORK RATE

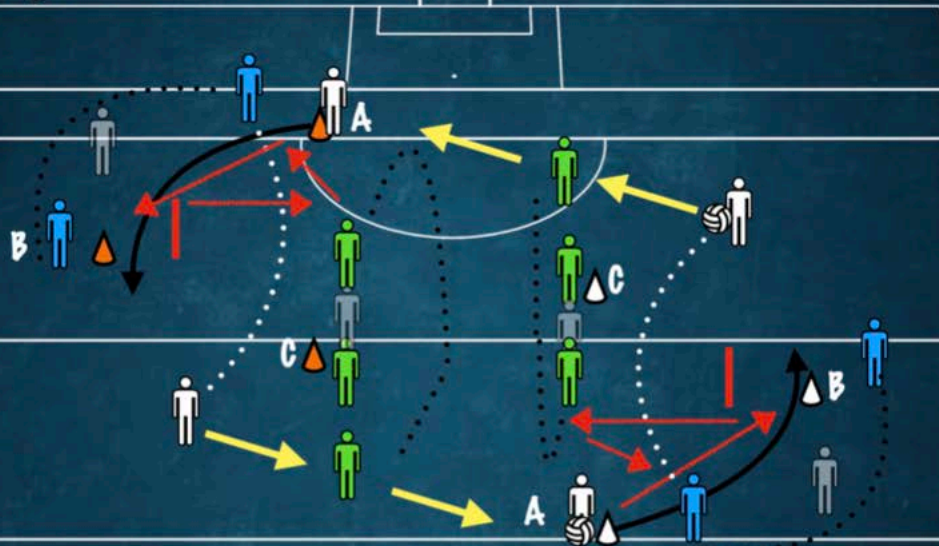
CHANGE OVER POSSESSION. CAN INTRODUCE HIGHER NUMBER OF SEQUENCES FOR PLAYERS RECEIVING POSSESSION



Pressure Boxes



Creating the Overlap Sub- Principle practice



Ball starts with Player A at either end, White hand passes to Blue and continues run around red pole

Blue player completes a quick 1-2 with Green Player who drives and cuts back

Blue kick passes to White

White hand passes to Green coming off his shoulder who finishes the pass into opposite Group A



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Roulette Attack - Defend

3 Blues Attack the goal against 2 whites

Once ball is dead keeper gives to any of two greens either side of the post and they team up with the whites

This then makes it a 4v3 Defensive situation where defenders must work the ball through either Yellow gates

Practice Ideas Focus - Handling



Quick Hands/Quick Feet (Hand passing)

Hand pass straight receive of the the player on the right

Its all about the timing of the runs, communication and execution of the pass

Wagon Wheel

Hand pass to the right run to your color.

Timing, communication & execution



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**COACHING MANUAL 2023 WILL BE ON
SALE THIS DECEMBER
OVER 100 GAME-BASED IDEAS FOR
YOU TO BRING TO YOUR PRACTICE**



COACHING WORKSHOPS ALSO AVAILABLE:

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083-8029119

AMULLENCOACHING@GMAIL.COM

