

Video	Skill Area	Drill	Equip.	Time
<b>Session 1</b>	<b>Station</b>			
1	Grip/Striking	Zorro Swordfighting	No	5 Min.
2	Swing/Striking	Swing Right & Left on imaginary ball, stationary & moving	No	5 Min.
3	Swing/Striking	Striking Pole Trainers R & L	Poles	5 Min.
4	Swing/Striking	Striking Tyres	Tyres	5 Min.
5	Swing/Striking	Striking slotars on a rope	Rope	5 Min.
6	Clash/Striking	Using Pole trainer	Poles	5 Min.
	Fun Game	Chose from Learning.gaa.ie		10 Min.
	Formal Game	3 v 3 up to 7 v 7		20 Min.

Video	Skill Area	Drill	Equip.	Time
<b>Session 2</b>	<b>Station</b>			
7	Clash/Striking	Using tyres	Tyres	5 Min.
8	Clash/Striking	Using ball on rope	Rope	5 Min.
9	Dribble	Dribble ball	Cones	5 Min.
10	Dribble	Dribble & Strike	No	5 Min.
11	Dribble- Strike	Dribble ball & Flick	Cones	5 Min.
12	Strike & Stop	Ground Strike & Stop	No	5 Min.
	Fun Game	Chose from Learning.gaa.ie		10 Min.
	Formal Game	3 v 3 up to 7 v 7		20 Min.

Video	Skill Area	Drill	Equip.	Time
<b>Session 3</b>	<b>Station</b>			
13	Strike & Catch	Strike from Hand & Catch if U can	No	5 Min.
14	Strike & Touch	Strike from Hand low & Touch	No	5 Min.
15	Strike Ground	Strike moving ball on ground	No	5 Min.
16	Hand Pass	Hand pass-standing	No	5 Min.
17	Hand Pass	Hand pass on the run	No	5 Min.
18	Hand Pass	Hand pass-moving no solo	No	5 Min.
	Fun Game	Chose from Learning.gaa.ie		10 Min.
	Formal Game	3 v 3 up to 7 v 7		20 Min.

Video	Skill Area	Drill	Equip.	Time
<b>Session 4</b>	<b>Station</b>			
19	Solo	Solo on the run	No	5 Min.
20	Solo	Solo & Hand pass on the run	No	5 Min.
21	Rising	Roll Lift Running – One & Two Hands	No	5 Min.
22	Rising	Jab Lift Running – One & Two Hands	No	5 Min.
23	Rising	Miss jab lift & retrieve	No	5 Min.
24	Catch	Tummy catch	No	5 Min.
	Fun Game	Chose from Learning.gaa.ie		10 Min.
	Formal Game	3 v 3 up to 7 v 7		20 Min.

Session 5	Station			
25	Catch	Low	No	5 Min.
26	Catch	High/Overhead catch	No	5 Min.
27	Stop/Tap	Stop / Tap high ball	Poles	5 Min.
28	Stop/Tap	Stop / Tap ball High & to side	No	5 Min.
29	Block	Frontal Block-Two hands High & Low	Poles	5 Min.
30	Block	Frontal Block-Two hands Strike from hand. High & Low	No	5 Min.
	Fun Game	Chose from Learning.gaa.ie		10 Min.
	Formal Game	3 v 3 up to 7 v 7		20 Min.
Session 6	Station			
31	Block	Frontal Block-One hands. High	No	5 Min.
32	Hook	Hooking player	No	5 Min.
33	Hook	Hooking player striking balls on a rope	Rope	5 Min.
1	Grip/Striking	Zorro Swordfighting	No	5 Min.
2	Swing/Striking	Swing Right & Left on imaginary ball, stationary & moving	No	5 Min.
3	Swing/Striking	Striking Pole Trainers R & L	Poles	5 Min.
	Fun Game	Chose from Learning.gaa.ie		10 Min.
	Formal Game	3 v 3 up to 7 v 7		20 Min.
Session 7	Station			
4	Swing/Striking	Striking Tyres	Tyres	5 Min.
5	Swing/Striking	Striking slotars on a rope	Rope	5 Min.
6	Clash/Striking	Using Pole trainer	Poles	5 Min.
7	Clash/Striking	Using tyres	Tyres	5 Min.
8	Clash/Striking	Using ball on rope	Rope	5 Min.
9	Dribble	Dribble ball	Cones	5 Min.
	Fun Game	Chose from Learning.gaa.ie		10 Min.
	Formal Game	3 v 3 up to 7 v 7		20 Min.
Session 8	Station			
10	Dribble	Dribble & Strike	No	5 Min.
11	Dribble- Strike	Dribble ball & Flick	Cones	5 Min.
12	Strike & Stop	Ground Strike & Stop	No	5 Min.
13	Strike & Catch	Strike from Hand & Catch if U can	No	5 Min.
14	Strike & Touch	Strike from Hand low & Touch	No	5 Min.
15	Strike Ground	Strike moving ball on ground	No	5 Min.
	Fun Game	Chose from Learning.gaa.ie		10 Min.
	Formal Game	3 v 3 up to 7 v 7		20 Min.

Session 9	Station			
16	Hand Pass	Hand pass-standing	No	5 Min.
17	Hand Pass	Hand pass on the run	No	5 Min.
18	Hand Pass	Hand pass-moving no solo	No	5 Min.
19	Solo	Solo on the run	No	5 Min.
20	Solo	Solo & Hand pass on the run	No	5 Min.
21	Rising	Roll Lift Running – One & Two Hands	No	5 Min.
	Fun Game	Chose from Learning.gaa.ie		10 Min.
	Formal Game	3 v 3 up to 7 v 7		20 Min.

Session 10	Station			
22	Rising	Jab Lift Running – One & Two Hands	No	5 Min.
23	Rising	Miss jab lift & retrieve	No	5 Min.
24	Catch	Tummy catch	No	5 Min.
25	Catch	Low	No	5 Min.
26	Catch	High/Overhead catch	No	5 Min.
27	Stop/Tap	Stop / Tap high ball	Poles	5 Min.
	Fun Game	Chose from Learning.gaa.ie		10 Min.
	Formal Game	3 v 3 up to 7 v 7		20 Min.