

GAA Go Games Football



Aim of the game: To score more points and goals than the opponents

Set up: Outdoor playing area/court (usually 90m x 45 m), with goalposts at either end, as shown in illustration

Rules:

All participants play the full game.

The game is started when the ball is thrown up between 1 player from each team on the halfway line.

Players are permitted to lift the football directly off the ground.

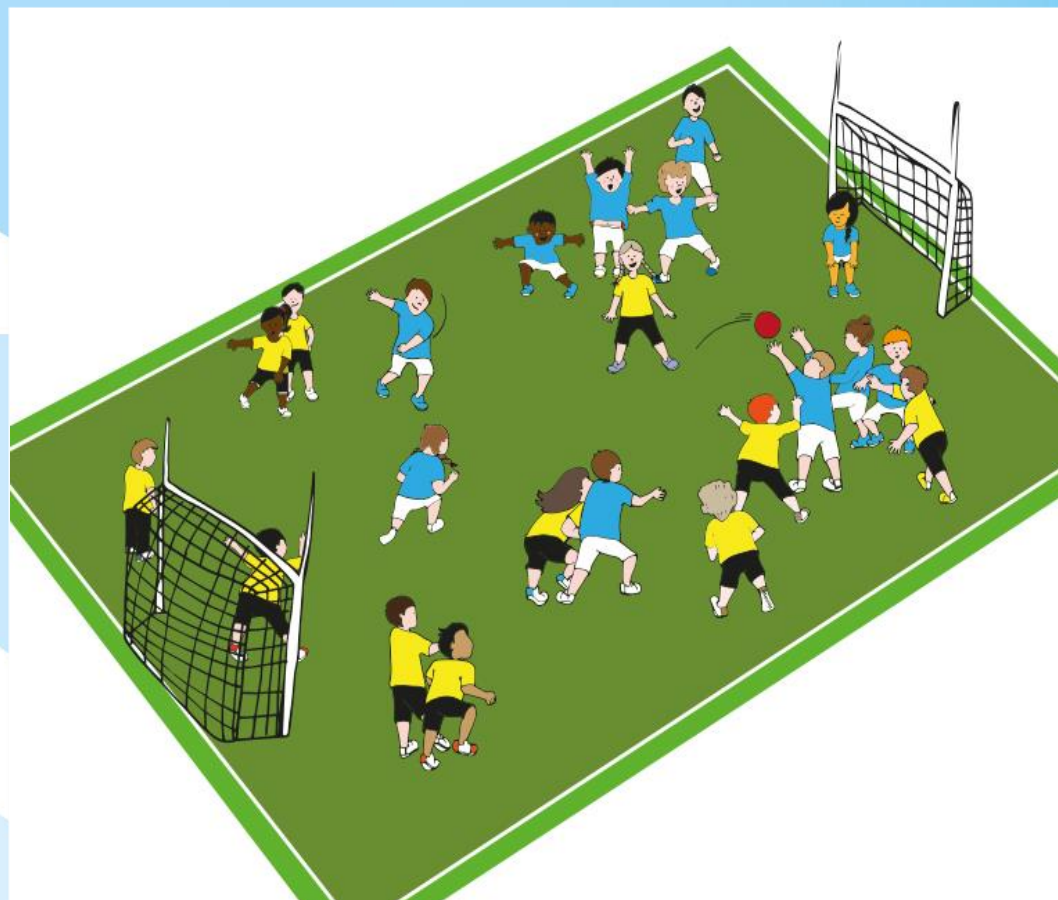
Players are permitted to kick the ball from the hand.

Players may carry the football for 4 steps before bouncing the ball off the ground or tapping the ball with the toe.

Players may fist pass (closed hand) or hand pass (open hand) the ball.

Players who kick the ball over the crossbar of the goalpost score 1 point and under the cross bar is 3 points.

After a score or a miss, the goalkeeper restarts the game by kicking the ball out. All other players must remain 10m away until the ball has been kicked into play.



Equipment and Materials:

Modified Gaelic Football (Size 3). A Volleyball may also be used.

Age:
9+

Number of players:
11 per team

Duration:
40 min.

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Teaching Style

- Provide clear and simple instruction.
- Balance the ability level of the teams.
- Encourage players to communicate throughout the game.
- Safety instructions to be tailored to the environment and participants playing the game
- Practice games before introducing scoring.
- Set the game to have a time limit and incorporate interval periods (timeouts).
- Visuals can be used to supplement audio cues such as the referees whistle.
- Praise and reinforce positive feedback
- Encourage and promote effort

Equipment

- Range of balls can be used that vary in weight, size, speed, texture, density etc.
- Brightly coloured equipment can be used (e.g. ball, goal posts).
- Audible equipment can be used (e.g. rattle ball).
- Use various kinds and sizes of balls to allow for slower / faster moving.

Rules

- Create tackle free zones, where a player is unmarked to receive or make a pass untackled.
- Reduce the speed of the game by allowing players to hold the ball for 3 – 5 seconds before they can be tackled.
- Participants may throw rather than fist pass the ball
- Number of steps allowed can be increased
- Restrict to goals only to be scored

Environment

- Introduce playing zones to avoid players crowding
- Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles.
- Increase/decrease the playing area/ boundaries/zones.
- Zones can be strictly adhered to allow a greater number of ball touches per player.
- Zones may be removed; players are encouraged to use crouch lift.
- Zones can be highlighted using bright colours.

