GAA Skills



www.learninggaa.ie/haveaball

Football Skills

Kicking

* Hold the ball in your hands
* Swing your foot
* Drop the ball onto your foot and kick it.
* Keep your toes pointed straight in your shoes when kicking the ball.

Solo

* Hold the ball in your hands
* Put out foot
* Drop the ball onto your foot and it will bounce back up into your hands.
* To increase difficulty walk/run 3 steps between each solo.

Hand Pass

* Hold ball in one hand on an open hand.
* Make a fist with your other hand.
* Swing your fisted hand and hit the ball