

Heroes are not born. Heroes are made.

Improve Your Game with the Halifax GaelicPerformance Camp Ambassadors

Ireland's only residential camps for boys and girls aged 12-16



CLIODHNA O'CONNOR

Dublin Senior Ladies Captain and goalkeeper

Help Your Defenders Defend

- Give clear instructions
- Don't roar and shout
- Command your square



ALAN DILLON

Mayo

Clever Forward Play: Annoy Defenders

- Stay on the move at all times
- Tackle really hard
- Take them out of their position



BERNARD BROGAN

Dublin

Scoring a Goal: Make One-on-Ones count

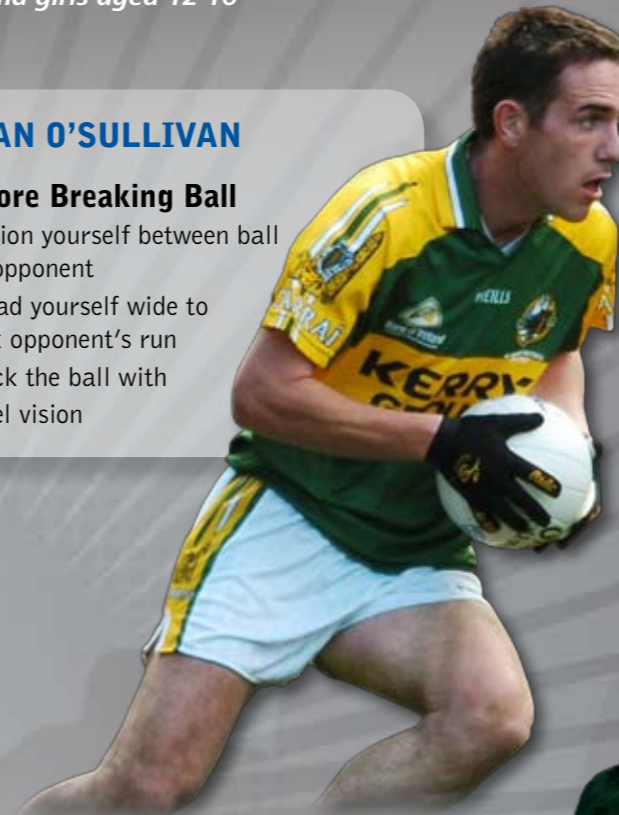
- Head up early
- See where the goalkeeper is
- Keep it low

DECLAN O'SULLIVAN

Kerry

Win More Breaking Ball

- Position yourself between ball and opponent
- Spread yourself wide to block opponent's run
- Attack the ball with tunnel vision



SEÁN CAVANAGH

Tyrone

Jump Even Higher

- Use your arms to push up
- Drive the knee up
- Explode from the hips



STEPHEN BRAY

Meath

Make Good Decisions

- If the shot is on- shoot
- If no shot on- pass
- If no pass on- take on your opponent



ALAN KERINS

Galway and 2007 Halifax/Gaelic Players' Association Fair Play Award winner

Play Fair, But Play Tough

- Read the rule book
- Accept the referee's decision
- What happens on the pitch should stay on the pitch



PAUL FINLAY

Monaghan

Score More Of Your Frees

- Develop a set routine
- Imagine yourself scoring the free
- Forget missed frees immediately



DERMOT MCARDLE

Monaghan - founder of Gaelic Performance

Defending Off The Ball

- Always play with a hand on your opponent, but not holding their jersey - invade their space
- Use your goalkeeper as the eyes
- Note which other player your opponent likes to link up with



JAMES MASTERS

Cork

Create Space For Yourself

- Make minimum of 3 runs for every ball you want
- Move when the defender looks at the ball
- Use the defender to push off



PAUL CASEY

Dublin

Make Your Defending Effective

- Slow your opponent down
- Watch their hips
- Turn them onto their weaker foot

