

**The Trí Little Birds**



# **School Football Programme Booklet**

**Creators Aoife Burns and Tom O Connor**

**The Trí Little Birds School Programme - A Dundalk FC Community Initiative**

Thank you for taking part in The Trí Little Birds Schools Football Programme booklet - a pilot initiative created by Dundalk FC's Football Social Responsibility Officer Aoife Burns and programme co-creator Tom O'Connor, in conjunction with the FAI (Futsal in the Yard).

This booklet is part of our The Trí Little Birds School Football Programme, a pilot Football programme that has 15 primary schools participating around Dundalk Town. The aim is to deliver an inclusive football programme focusing on the aspect that football is fun, promoting respect and understanding, promote wellbeing and positive mental health and learning important team building skills that can then be applied to their classroom and other areas in their lives. We hope in the near future all schools in Louth will be able to participate in this programme.

The print costs for this booklet have been kindly sponsored by Devenneys, Dundalk and it is envisaged that the booklet will be used by both teachers and pupils alike.

We have included plans of coaching sessions if you (or any teacher) would like to use them in your school to give you a taste of what the programme is about.

Also included are some activities and competitions for pupils- our Design a Crest template allows the opportunity for budding artists to create the crest for our Dundalk FC Summer Camps, along with drawing your favourite player. While those who prefer to write can have their Match Report published in our Dundalk FC Matchday Programme. More details are included below or on the competition page including deadlines and who to send the entries to.

We are in search of a New Mascot and we invite the children to work together as part of a team and design Dundalk FC newest mascot for years to come. See inside booklet for more details

Alternatively, there are some Brain Breaks activities for those who just want to relax and figure out some Dundalk FC based puzzles.

We hope you enjoy using this booklet as much as we enjoyed putting it together!

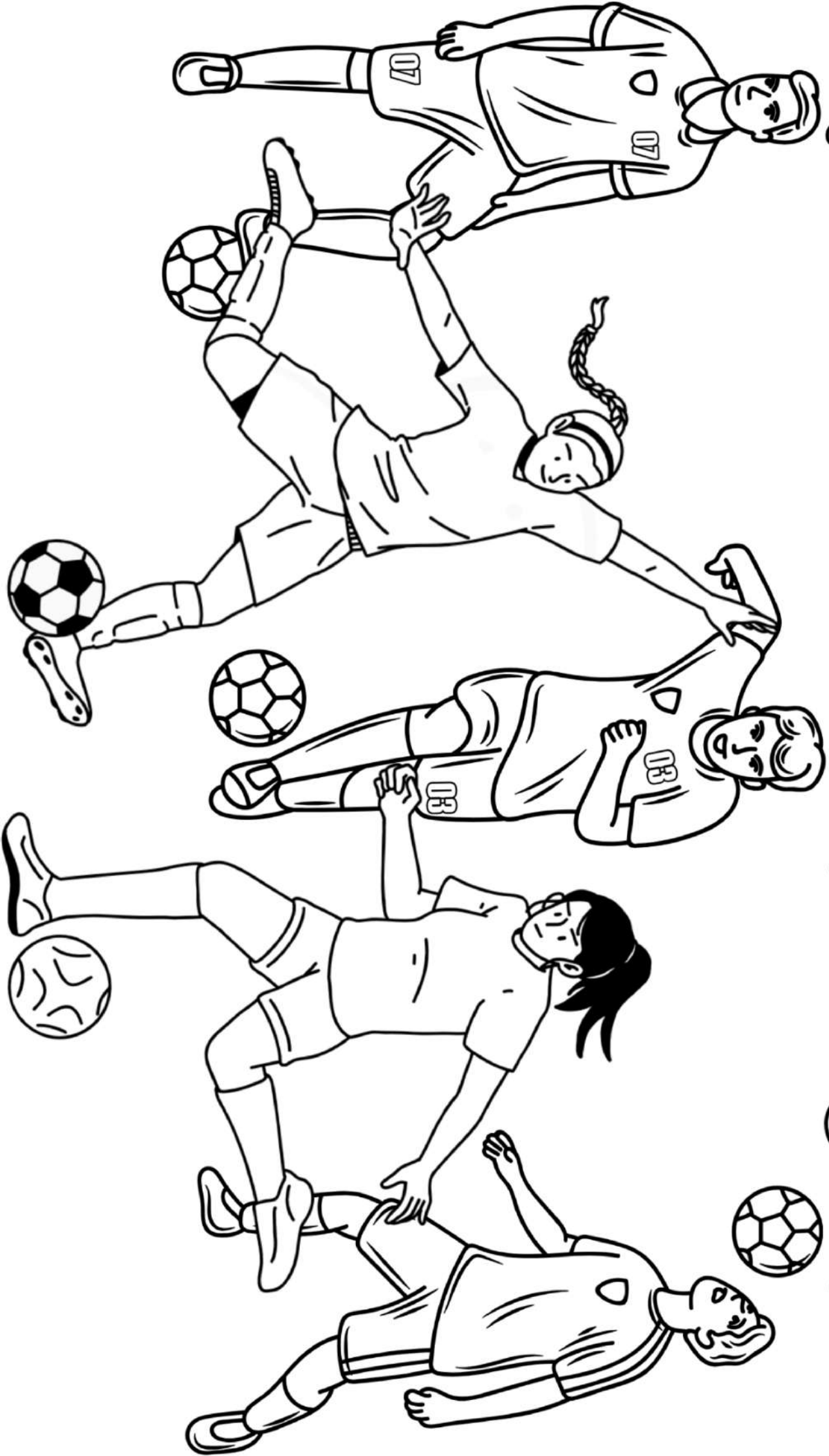
C'mon the Town

Match report - deadline 11th June 2024 - winners will be in the July or August match day programmes. Over all winner will get the chance to interview their favourite player for on of our September match programme

Dundalk FC Summer camp crest - deadline is 31st May 2024 - winner will receive a free place on a summer camp of their choice (subject to availability)

Entries can be left at the office at Dundalk FC , or arrangements can be made for the FSR officer to collect them from the school office prior the closing date. Match reports can be emailed to [aoife.burns@dundalkfc.com](mailto:aoife.burns@dundalkfc.com) entitled Match report

# Dundalk Football Club

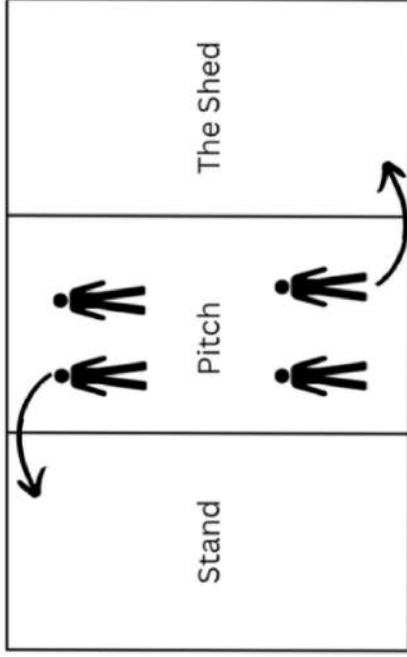


# Week 1

You need: Balls, cones and coloured bibs for all four sessions

## Directional runs

Mark your space into three boxes with cones. Start in the middle box & call it Pitch, the box to your left is Stand, and one to your right is The Shed. Teacher shouts either pitch, stand or The shed and the children run into the box (5-7 mins)

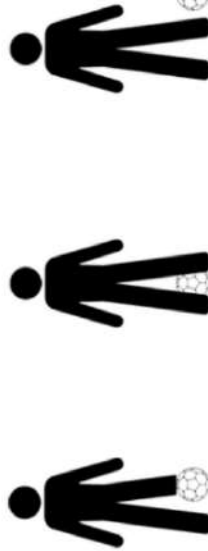


Extension: shout either Pitch, Stand or The Shed and the children must hop or skip or jump into that area

## Ball Mastery: controlling the ball

### Traffic lights

If you don't have a ball for everyone, all children can still participate, some with no ball and then swap over (10-15 mins). To start, everyone is on green either jogging or dribbling the ball



Extension: Change the traffic lights to red: Double step over, orange: Step over and green: change direction.

You can also add your own, knee on the ball, sit on the ball, put ball on your head etc

- Shout red: stop on the ball
- Shout Orange: stop & pass the ball between your feet
- Shout green: shout green: dribbling the ball
- No ball - stand still
- No ball - jog on the spot
- No ball - jog

Finish your lesson with a 5 a side mini blitz but in order for them to take a shot on goals they must complete a minimum of four passes before shooting

# Week 2

Working in twos, as a team. Try to put children together who don't normally play together as we try to build up new relationships

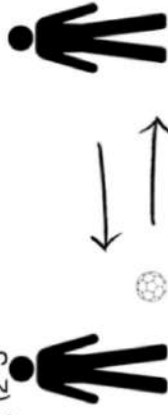
## Team building

In pairs, turn back to back. Place the ball in between their two backs, with out talking or holding the ball they must move together and not let the ball drop. (1-2 mins)



Two players back to back, place ball in between them

In pairs, they do the same as above but this time they make a plan together on how not to let the ball fall. At end, talk about importance of communicating (2-3 mins)



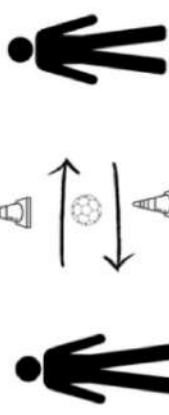
## Passing techniques

Information on passing: Use the inside of the foot - this area tends to be from the base of the big toe to the central area of the heel. Kicking foot should be at 90° to the ball. Stomach/belly button should face the player receiving the pass if it is a standard forward pass.

Simple passing between two, stop, control & pass. When they get more confident ask them to use their weaker foot (5-7mins)



Volleys between two. Player 1 throws ball for player 2 to volley back. When they complete 10 volleys, switch (5-7 mins)



\*Volley is a return of the ball before it touches the ground

Finish your lesson with a 5 a side mini blitz but they must complete four passes before shooting

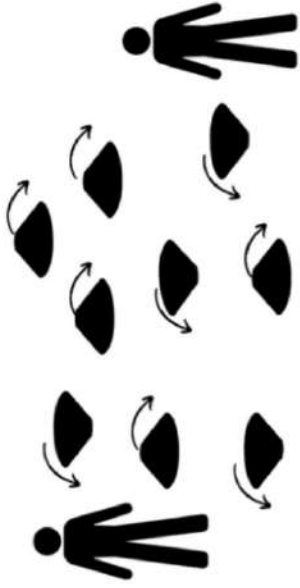
Passing through the gates either simple pass or Volley. Extension: headers through the gates, 1 minute & count how many passes (5-7mins)

# Week 3

Working as part of a team

## Cups and saucers

You need 30 cones placed in two areas apart (15 in each). Spread the cones out. Face some cones upside down. Spilt the group into four teams. Two teams in each area. Cones that are faced up are saucers and cones facing down are cups. (5-7 mins)



Team 1 is cups: they turn all the cones over the right way

Team 2 is saucers: they turn all the cones over upside down

## Precision

Spilt group into four groups, each group is a team  
You need 3 cones per group, 1 cone for where group stand, other two cones 10 paces away from the 1st cone. You place one cone upside down on top of the other cone



They each take turns to try knock the top cone that is upside down off. It's not a race so encourage them to take their time (10 mins)

Extension: They use their weaker foot to kick the ball

Extension: How many times as a team can you knock the top cone off in two mins

Group stands here

Finish your lesson with a 5 -10 min, 5 a side game. Goals are 6 cones, 3 upside down on top of each other(like above)in a line. Must pass four times to your team mates before shooting

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# Week 4

## What are the differences between Futsal & Soccer?

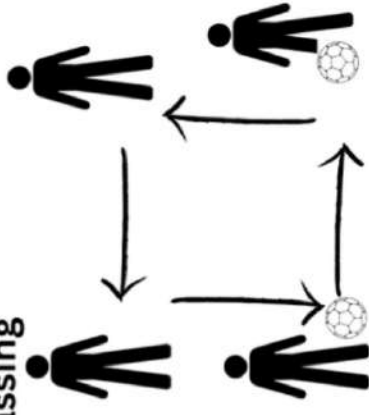
Soccer is normally played as an outdoor game on large fields, whereas Futsal is a type of soccer that is played indoors on a much smaller court. The smaller field size ensures a game of Futsal is fast-paced and more intense, with more opportunity for goalscoring.

## Futsal rules

5 a side. No throw- ins. A kick in is used to restart the play. No off side. No slide tackles. You can not score a goal from a kick-in, kick off or goal kick. Must take free kicks, corners & kick-ins within 4 seconds. No goal kick, goalie starts play by throwing the ball.A futsal ball is heavier than a soccer ball and does not bounce

## Futsal skills - passing

Spilt the group into four teams. Create a box with the four players. Player 1 passes to player 2, they stop it, controls it, then passes to player 3, they stop it, controls it, then passes to player 4, they stop it, controls it and passes to player 1, they stop it, controls it and passes to player 2 etc (5-7 mins) Change direction



Extension: Count how many passes in 1 min between the team then try to beat your score the next minute

## Fake shot sole roll over

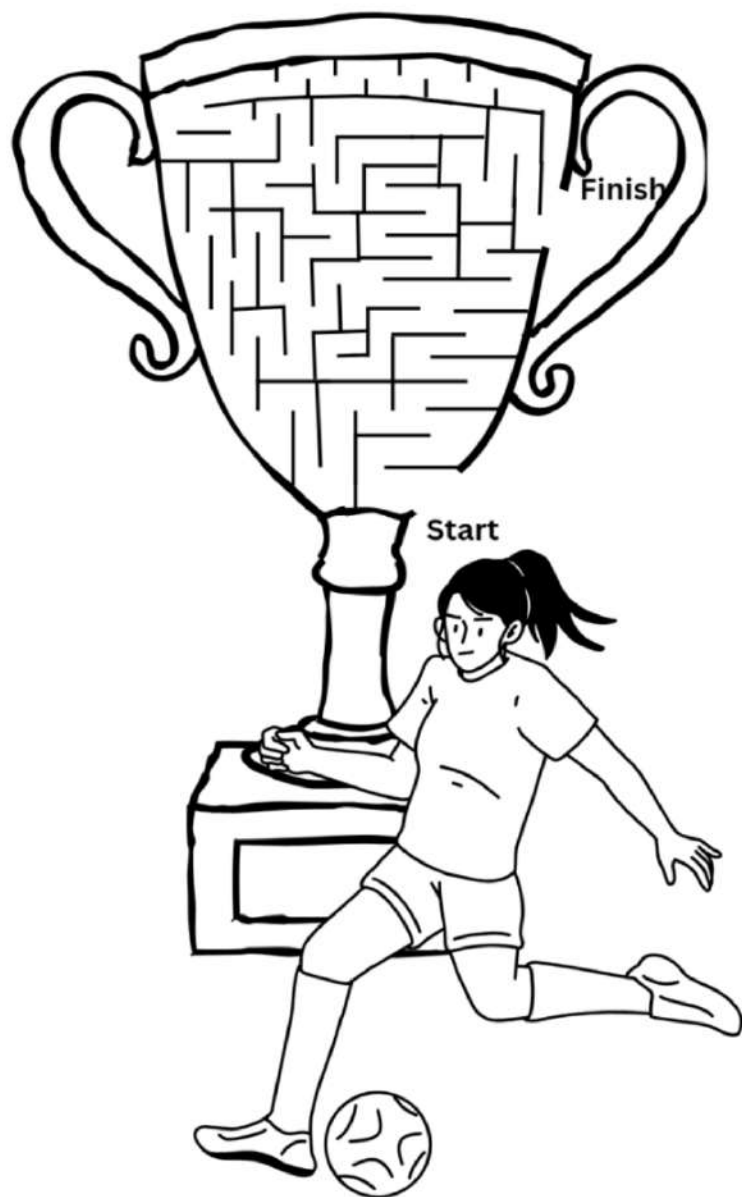
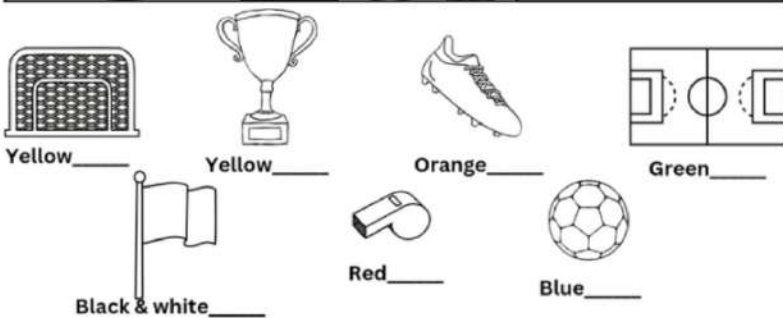
Dribble the ball to the cone (10 paces away)then make it look like you're going to shoot, then roll the ball over your foot, use the inside of your non dominant foot to stop the ball & pass to your dominant foot to the next person (5-7 mins)

## Hidden turn

Dribble the ball to the cone (10 paces away). Roll the ball forward slightly with the sole of your foot, then roll the sole of your foot over the ball backwards & let the ball roll behind you, turn and dribble back to start (5-7 mins)

Finish class with 5 a side games using all the futsal rules. Players must pass minimum of 3 times before shooting

# Colour & count



Can you put the Dundalk FC Players in alphabetical order by surname?



- Ross Munro
- Archie Davies
- Andy Boyle
- Daryl Horgan
- Jamie Gullan
- Ryan O'Kane
- Cameron Elliot
- Harden Muller
- Jamie Walker
- Sean Keogh
- Dara Keane

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

# Dundalk Football Club

## Search for a new mascot

Dundalk FC are in the search for a new mascot since the retirement of our dear friend Lily the Panda a few years ago and we need your help. This competition is opened to individuals or groups from primary school children. Winner or winners will see their design come to life and become Dundalk FC Official mascot for years to come.

Here is how you can be part of Dundalk FC history

### **1. Identify an animal, creature or character**

What is the link of your animal, creature or character to Dundalk FC, what does it represent. Write a short paragraph of how you came about this idea

### **2. Name it**

Give your mascot a name and write a short paragraph why or how you choose that name

### **3. Design it**

This is where the magic happens and you bring your idea alive. We need a minimum of one A4 page submitted of your design however you can also use other forms of Art to bring your idea to life

### **4. The mascot's story**

Tell us a little more about the mascot you designed, their character, their likes/dislikes, their background story to bring your mascot to life

Make sure to add your name, age, school & parent/guardian contact details to your entry

Closing date for entries is 5pm 1st July 2024. Entries can be left at Dundalk FC, Main Office, posted or emailed to [aoife.burns@dundalkfc.com](mailto:aoife.burns@dundalkfc.com). Short listed entries will be invited and announced on the 2nd August at halftime at the Galway match. Short listed entries will then have the opportunity to present their Mascot idea to Dundalk FC judging panel. Winner or winners will be announced on the 30th August at halftime at the Shamrock Rovers match. Winner or winners mascot will then be made so it can come alive and become Dundalk FC Official mascot

# Colour by number

1. Yellow

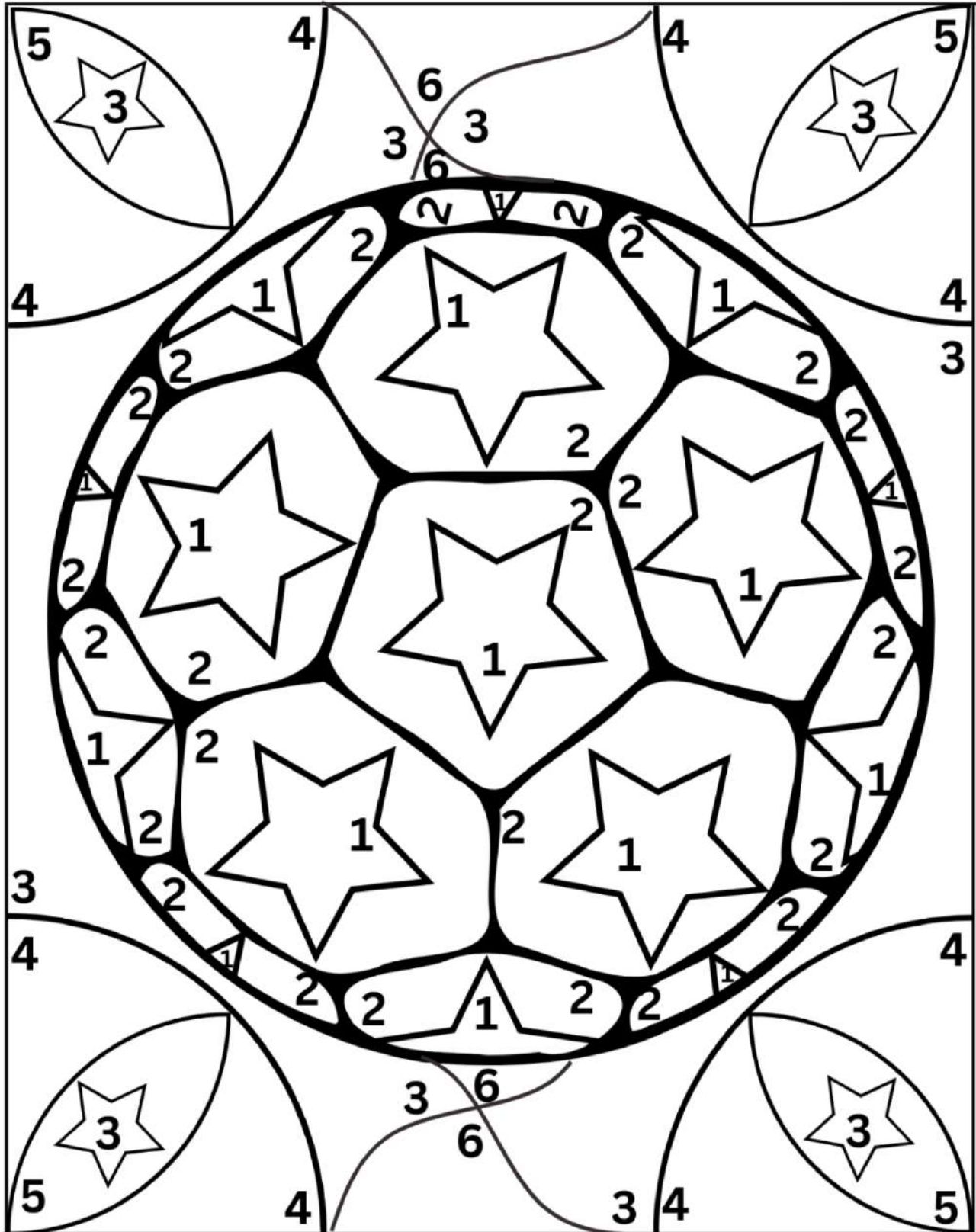
3. Blue

5. Green

2. Purple

4. Red

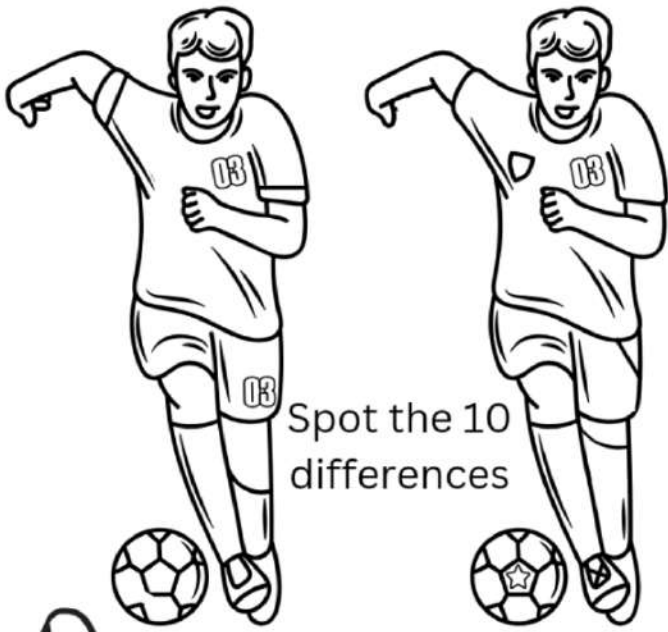
6. Pink





# Dundalk FC alphabet

Can you think of a word that is related to Dundalk FC for each letter in the alphabet?



Spot the 10 differences



A _____	N _____
B _____	O _____
C _____	P _____
D _____	Q _____
E _____	R _____
F _____	S _____
G _____	T _____
H _____	U _____
I _____	V _____
J _____	W _____
K _____	X _____
L _____	Y _____
M _____	Z _____

## WORD SCRAMBLE

klundadcf \_\_\_\_\_

fldieidm \_\_\_\_\_

mtae \_\_\_\_\_

kpeeeroalg \_\_\_\_\_

atmch \_\_\_\_\_

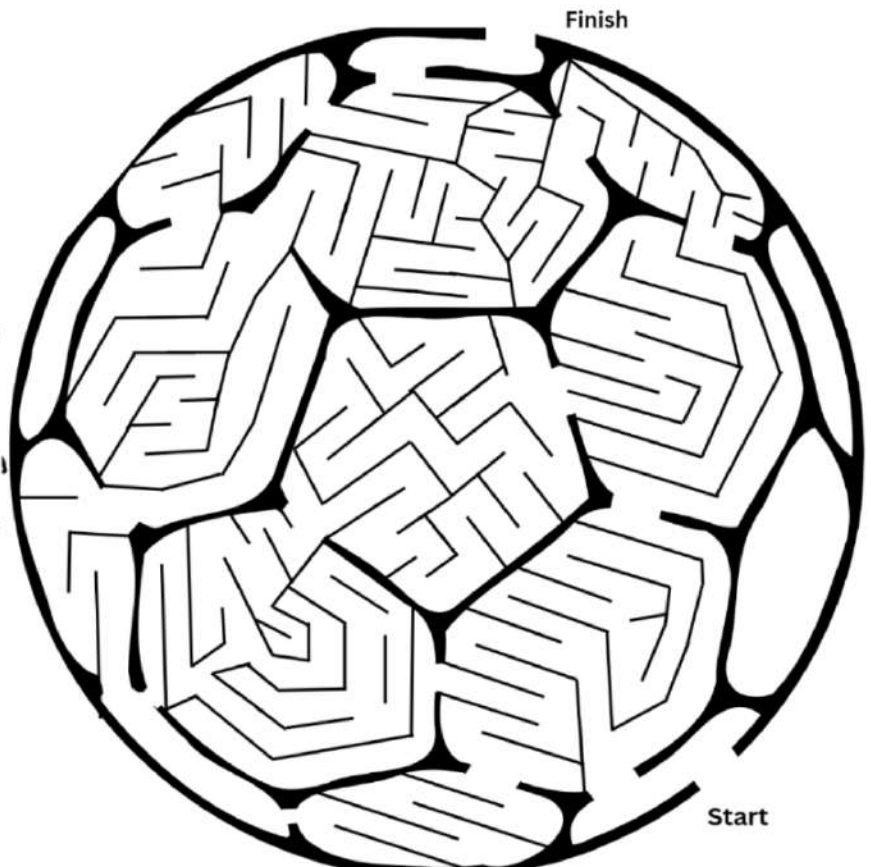
oolltfab \_\_\_\_\_

toob \_\_\_\_\_

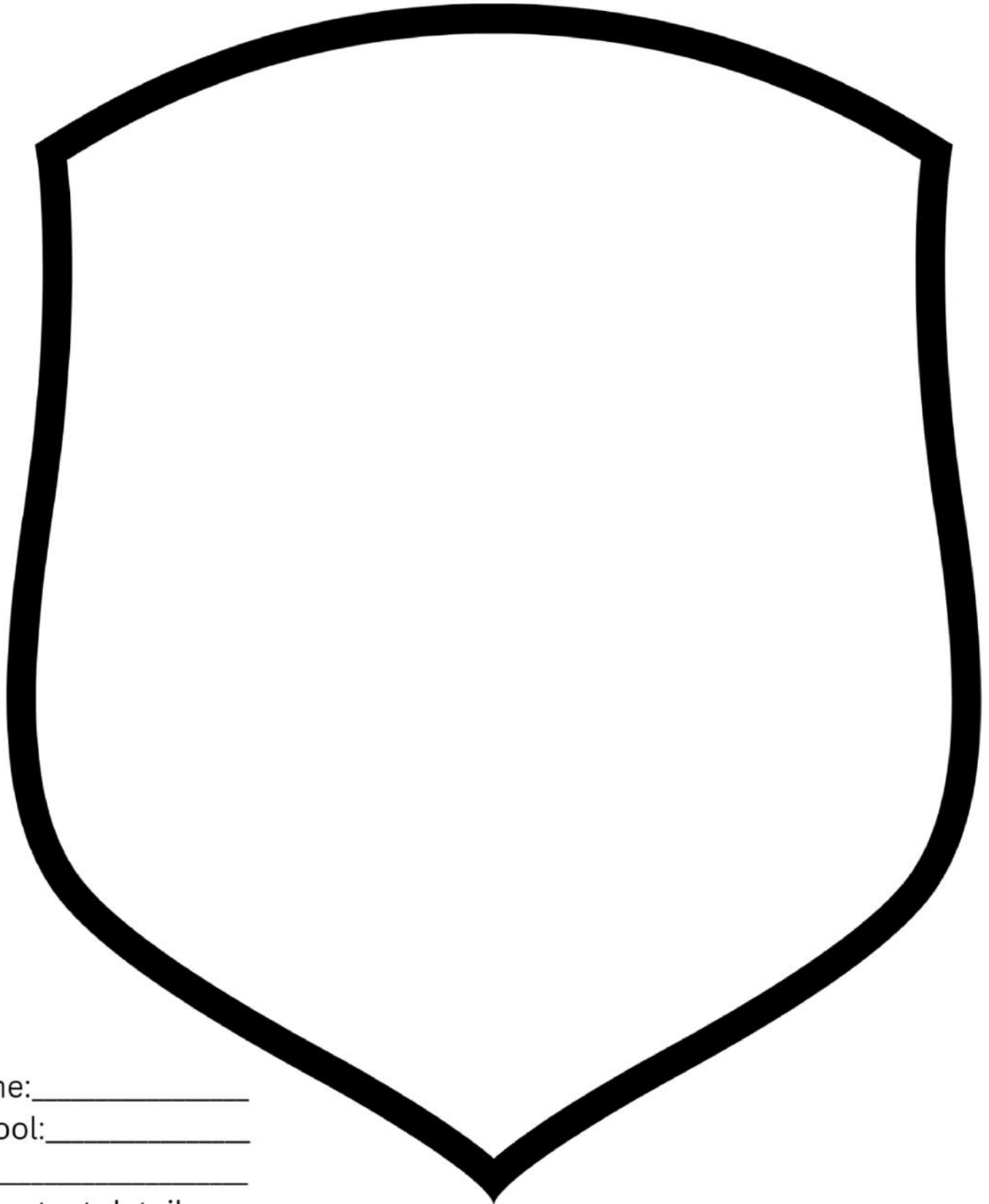
suaidtm \_\_\_\_\_

ssppotrer \_\_\_\_\_

nfas \_\_\_\_\_



# Design Dundalk FC Summer Camp crest



Name: \_\_\_\_\_

School: \_\_\_\_\_

\_\_\_\_\_

contact details:

\_\_\_\_\_

# Developing Skills of Comprehension

## Dundalk hit the right notes to beat Finn Harps

Dundalk took a deserved three points following a comprehensive two goal victory over Finn Harps at a damp Oriel Park on Monday night.

Dundalk bossed the first half and took an early lead through former Derry City attacker Patrick Mc Eleney who ghosted along the edge of the penalty area before firing a shot low into the bottom right hand corner of Ciaran Gallagher's net on six minutes. That appeared to set the tone for a goal laden evening however this failed to materialise in the opening forty five minutes as the home side had the monopoly on possession but failed to increase their lead due to a well organised Finn Harps defence.

Gallagher, who had missed the side's first league meeting due to work commitments, was a busy man in the first half as he saved well from both John Mountney and Daryl Horgan in quick succession before referee Neil Doyle was forced to intervene and ask the net minder to speed up his set pieces.

Just on the stroke of half time Dundalk almost increased their lead but Paddy Barrett's close range header from an inswinging free kick thumped the crossbar and Harps escaped further punishment.

The second half began in a subdued manner as Ruairí Keating departed the field on a stretcher in the 52nd minute and his replacement David Scully was one of five Harps players booked in the second half. Manager Ollie Horgan was sent to the stand for protesting following the booking of Gallagher for timewasting in the 68th minute and his name sake Daryl put the game to bed less than ten minutes later as he rifled the ball home from ten yards following Dundalk pressure down the right.

Game set and match to the home side as the game wound down to a close with a succession of substitutions and bookings in front of a crowd of 2053.

Dundalk FC- Gary Rogers; Sean Gannon, Paddy Barrett, Andy Boyle, Dane Massey; Chris Shields, Robbie Benson; John Mountney (Ronan Finn 68), Patrick Mc Eleney (Dean Shiels 77), Daryl Horgan; David Mc Millan (Ciaran Kilduff 82)

Finn Harps- Ciaran Gallagher; Ciaran Coll, Keith Cowan, Packie Mailey, Tommy Mc Monagle, Josh Mailey; Mickey Funston (BJ Banda 85), Gareth Harkin, Tony Mc Namee (Mark Coyle 76), Ryan Curran; Ruari Keating (David Scully 82)

Referee- Neil Doyle

# Recall Questions (Scanning-looking for key words)

1. Name the two teams who played.

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2. Who won and by how many goals?

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3. How many people watched the game?

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4. Who was the referee?

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**Determining Importance (The main ideas of the text)**

5. Underline or highlight the five most important pieces of information in the text.

**Inference (reading between the lines-there is no wrong answer)**

6. In which month of the year was this game played? \_\_\_\_\_

7. Why do you think this?

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**Summarising (Retelling the most important parts of the text in your own words)**

8. Write a short summary of the article on another page. (Use the answers from number 5 to help you)

**Extension/Additional Activities**

**Written-** Suggest an alternative title for the piece- Why did you choose this title?

**Oral Work (Incorporating Drama)-** Work in pairs to 'interview' the winning and losing managers after the game. The questions may also be written down in an extra writing activity

**Cross Curricular Linkage- Geography**

Locate Finn Harps home ground on a map and trace their route- look at all the counties on the route and note any towns or landmarks in each.

**Focusing on skills of: (a)Scanning (b) Determining Importance (c)Summarising**



# My favourite Dundalk FC player



My favourite player is\_\_\_\_\_.

He wears the number\_\_\_\_\_jersey.

His position is\_\_\_\_\_ in the team.

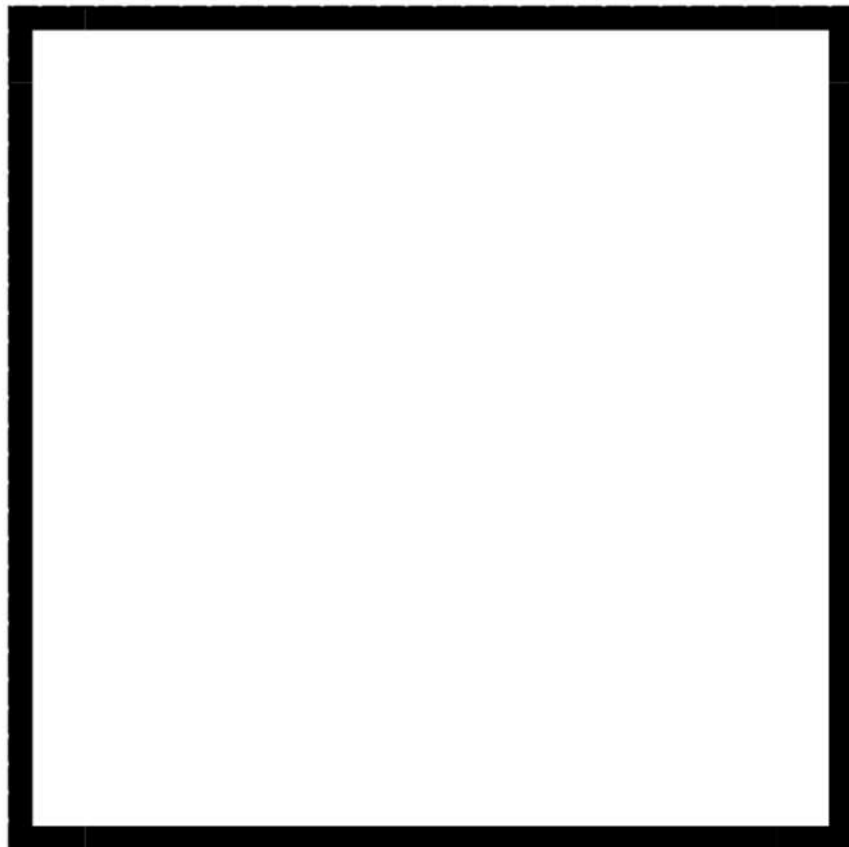
He has played for\_\_\_\_\_ in the past.

\_\_\_\_\_ is my favourite player because

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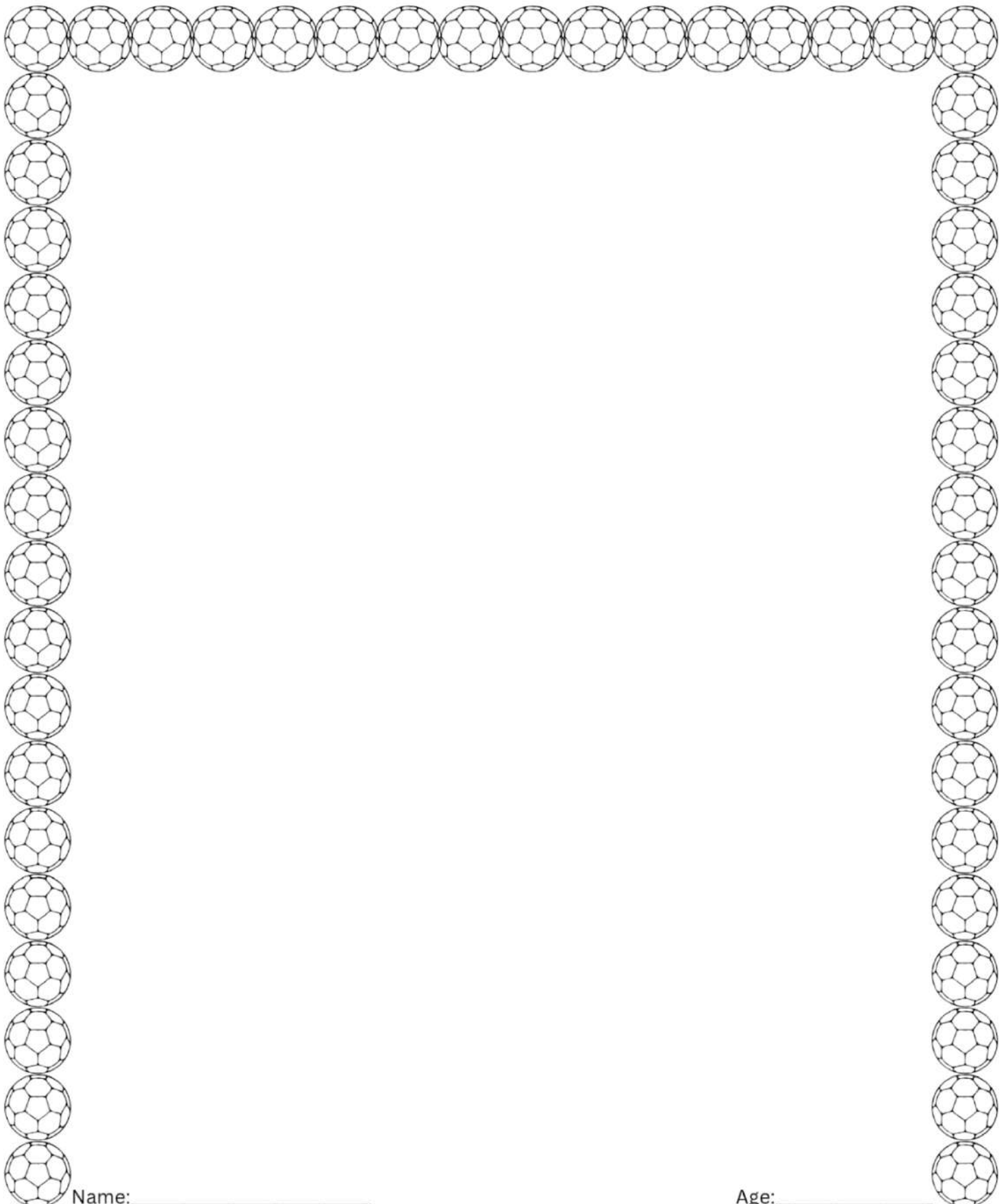
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# ***My favourite Dundalk FC player is***

\_\_\_\_\_



Name: \_\_\_\_\_

Age: \_\_\_\_\_

Draw your favourite Dundalk FC player and be in with a chance of a VIP meet & greet to meet that player, for you and 2 of your friends

School: \_\_\_\_\_

Contact Details of a

Parent/guardian: \_\_\_\_\_