

# The Trí Little Birds



# School Football Programme



# Booklet

Creators Aoife Burns and Tom O Connor



Thank you for taking part in The Trí Little Birds School Football Programme Book. This initiative was 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 football programme for primary schools to participate around Co. Louth. The aim of this programme 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.

The print cost for this booklet is in conjunction with the 'Not Around Us' campaign by Healthy Ireland and Louth County Council. This campaign 'Not Around Us' initiative is an invitation from young people to consider your activity in spaces where there are children and young people, in order to provide smoke/vape free environments for our young people and to help de-normalise smoking and vaping for the next generation. Not Around Us is another step Towards a Tobacco Free Oriel Park.

We have included plans of four 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 and design the Dundalk FC jersey allows the opportunity for budding artists to create the crest for our Dundalk Halloween, Easter and Summer Camps along with what they think a Dundalk FC jersey should look like!

We have a cool competition where your design could end up on a t-shirt by drawing what you think a healthy, smoke free and vape free world would look like. While those who prefer to write can have their Match Report published in one of our Dundalk FC matchday programmes.

More details are included below or on the competition page including deadlines and who to send the entries to.

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!

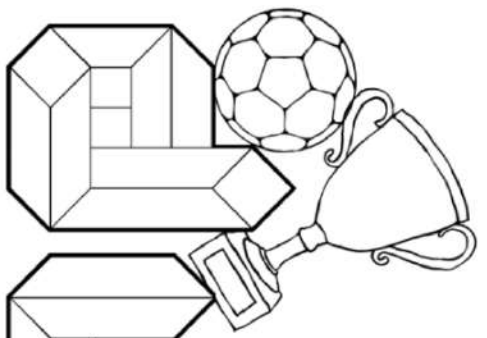
'Not Around Us' t-shirt deadline December 13th 2024

Dundalk FC crest deadline, see inside booklet

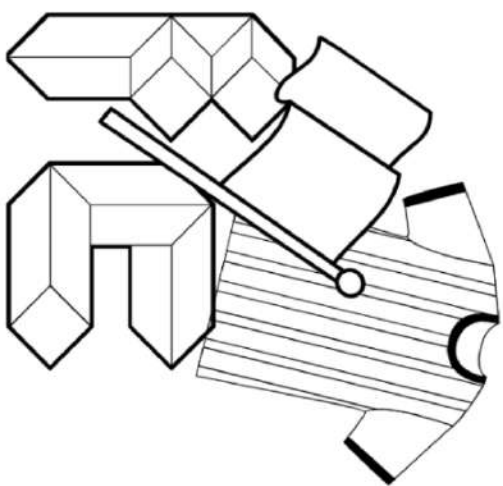
Match Report and Jersey design deadline March 7th 2025

'Not Around Us' t-shirt December 13th 2024

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 officer prior the closing date. Match reports can be emailed to [aoife.burns@dundalkfc.com](mailto:aoife.burns@dundalkfc.com) entitled Match report



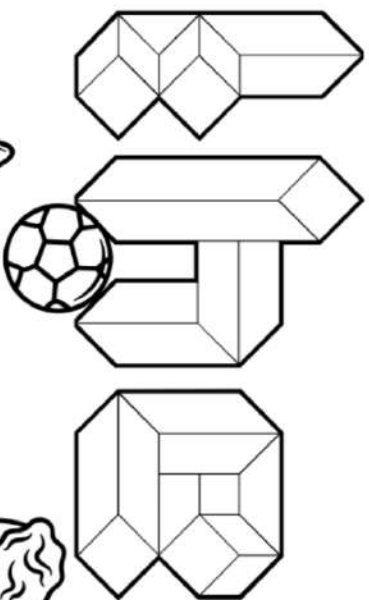
GOALKEEPER



GOAL



FORWARD



MIDFIELDER

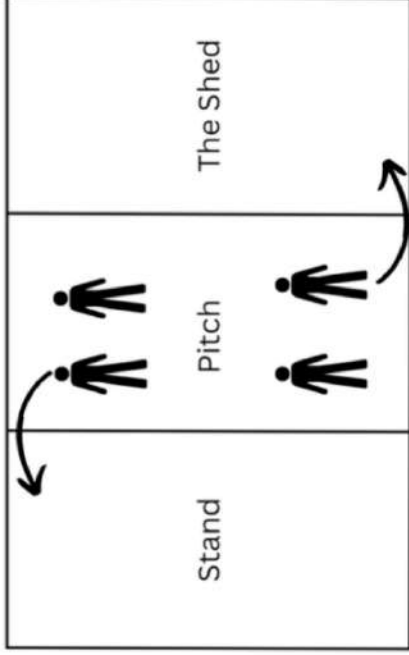
DEFENDER

# 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)

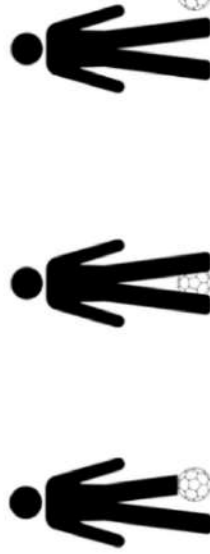


Extension: shout either Pitch, Stand or The Shed and the children must hop or skip or jump into that area

## 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



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

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

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

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# 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

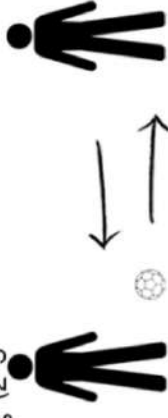
## Team building

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)

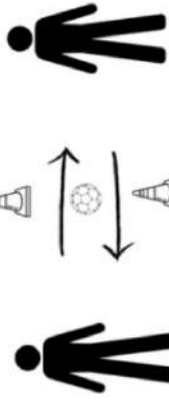


## Passing techniques

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.



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



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)

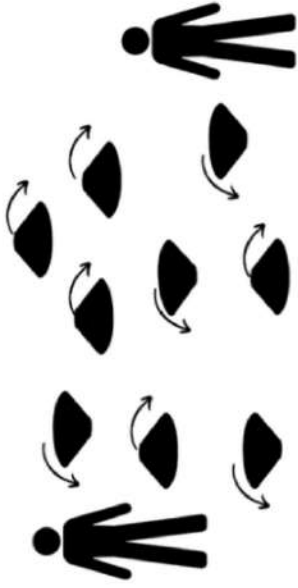
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# Week 3

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?

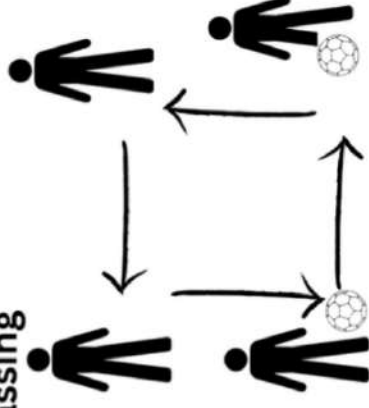
Soccer is normally played as an outdoor game on large fields, whereas Futsal is a type of soccer that is played indoors on a much smaller court. The smaller field size ensures a game of Futsal is fast-paced and more intense, with more opportunity for goalscoring.

## 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

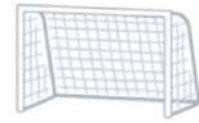
Dribble the ball to the cone (10 paces away)then make it look like you're going to shoot, then roll the ball over your foot, use the inside of your non dominant foot to stop the ball & pass to your dominant foot to the next person (5-7 mins)

## Hidden turn

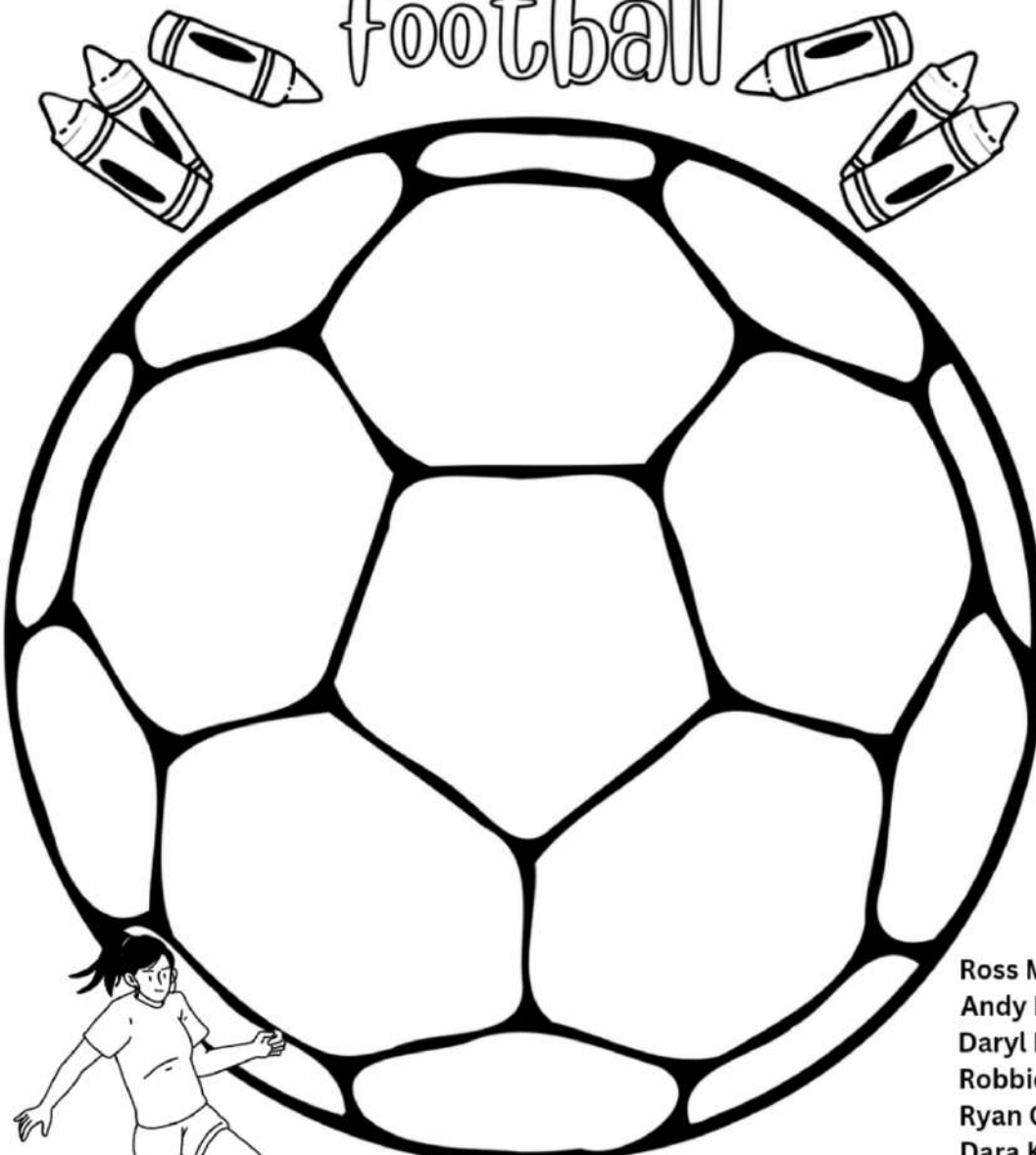
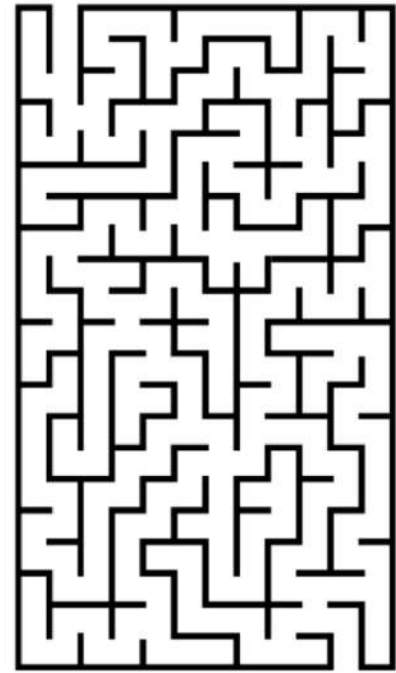
Dribble the ball to the cone (10 paces away). Roll the ball forward slightly with the sole of your foot, then roll the sole of your foot over the ball backwards & let the ball roll behind you, turn and dribble back to start (5-7 mins)

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

# Design your own football



Can you get the ball into the nets?



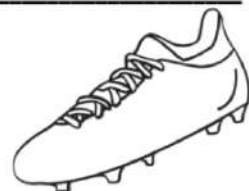
Spot the 5 differences



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

- Ross Munro 1. \_\_\_\_\_
- Andy Boyle 2. \_\_\_\_\_
- Daryl Horgan 3. \_\_\_\_\_
- Robbie Benson 4. \_\_\_\_\_
- Ryan O'Kane 5. \_\_\_\_\_
- Dara Keane 6. \_\_\_\_\_
- Luke Mulligan 7. \_\_\_\_\_
- Paul Doyle 8. \_\_\_\_\_
- John Mountney 9. \_\_\_\_\_
- Eoin Kenny 10. \_\_\_\_\_
- Jad Hakiki 11. \_\_\_\_\_

Break the code



-----  
 19 9 14 3 5 9 23 1 19 25 15 21 14 7  
 -----  
 9 6 15 12 12 15 23 5 4 20 8 5 13

1.a 2.b 3.c 4.d 5.e 6.f 7.g 8.h 9.i 10.j  
 11.k 12.l 13.m 14.n 15.o 16.p 17.q 18.r  
 19.s 20.t 21.u 22.v 23.w 24.x 25.y 26.z

## Geography 3rd-6th class Human Environments

Geographical Skills- Developing a sense of place, Using Pictures, Maps and Models.

1. Use an atlas to help you fill in the names of all the counties in the map below
2. Place these former Dundalk FC players in their correct county using the map below

Gary Rogers- Meath

Seán Gannon- Dublin

Brian Gartland- Dublin

Chris Shields- Dublin

Michael Duffy- Derry

Patrick Hoban- Galway

Patrick McEleney- Derry

Georgie Kelly- Donegal

3. Which player has to travel furthest from their home county to Dundalk?
4. Do you know any other League of Ireland clubs? Can you mark them on the map?

### **Extension Work**

Find out which League of Ireland clubs are: (a) closest to (b) furthest away from Oriel Park and find out, using online resources such as [www.irishrail.ie](http://www.irishrail.ie), [www.buseireann.ie](http://www.buseireann.ie) how much it would cost a squad of 20 players to travel to:

(a) The nearest club

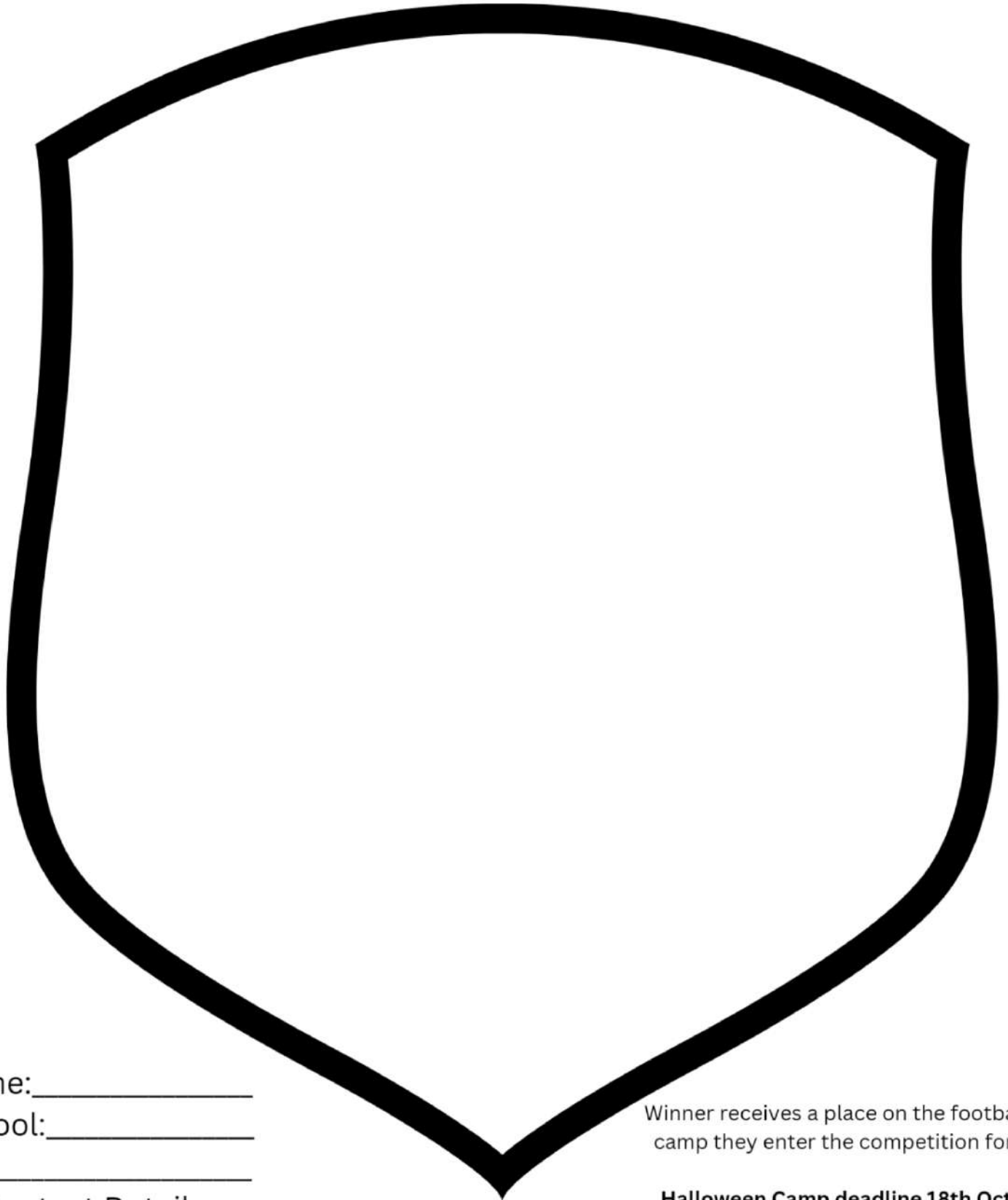
(b) The furthest away club

Bonus Question- What time would they have to leave at to make sure they were in time for a 7.45pm kick off?





# Design Dundalk FC Football Camp crest



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

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

\_\_\_\_\_

Contact Details:

\_\_\_\_\_

Winner receives a place on the football  
camp they enter the competition for:

**Halloween Camp deadline 18th Oct**

**Easter Camp deadline 4th April**

**Summer Camp deadline 20th June**

## Below is a daily timetable for John Mountney.

8.00am	Wake Up
8.10am	Get Up and Get Dressed
8.30am	Have Breakfast
8.40am	Walk to Training
9.00am	Arrive at Oriel Park for Pitch Session
11.00am	Shower and Gym
12.30am	Lunch Time and Tactics Session
2.45pm	Day finishes
3.05pm	Arrive Home
3.15pm	Stretches
4.00pm	Finish stretching
6.00pm	Dinner and read tactics homework
8.30pm	Relax

1. What time does he get up at? \_\_\_\_\_
2. How long does it take to walk to Oriel Park? \_\_\_\_\_
3. How long does it take to do stretches? \_\_\_\_\_
4. What happens at 11.00am? \_\_\_\_\_

5. Write out the following times in words

11.10 am \_\_\_\_\_  
2.40pm \_\_\_\_\_  
3.15pm \_\_\_\_\_

6. Fill in the time table below for your own day

_____	Wake Up
_____	_____
9.05am	_____
12.30pm	_____
2.45pm	_____
_____	_____
_____	_____
_____	Bed Time



Not Around Us is all about making our world healthier and happier, especially for kids like you!

Here's what it's about:

1. Keep the Air Fresh and Clean: We're working to make sure no one has to breathe in yucky smoke or vape clouds, especially kids. Fresh air is the best air!
2. Let's Make Smoking and Vaping Uncool: Imagine a world where no one thinks smoking or vaping is cool. By keeping these away from places where kids are, we can make sure the next generation grows up thinking there are way better things to do!
3. Clean and Green: Did you know cigarette butts and vape cartridges are some of the most littered items in the world? Yuck! We're helping keep our world clean and green by reducing tobacco and vape waste.

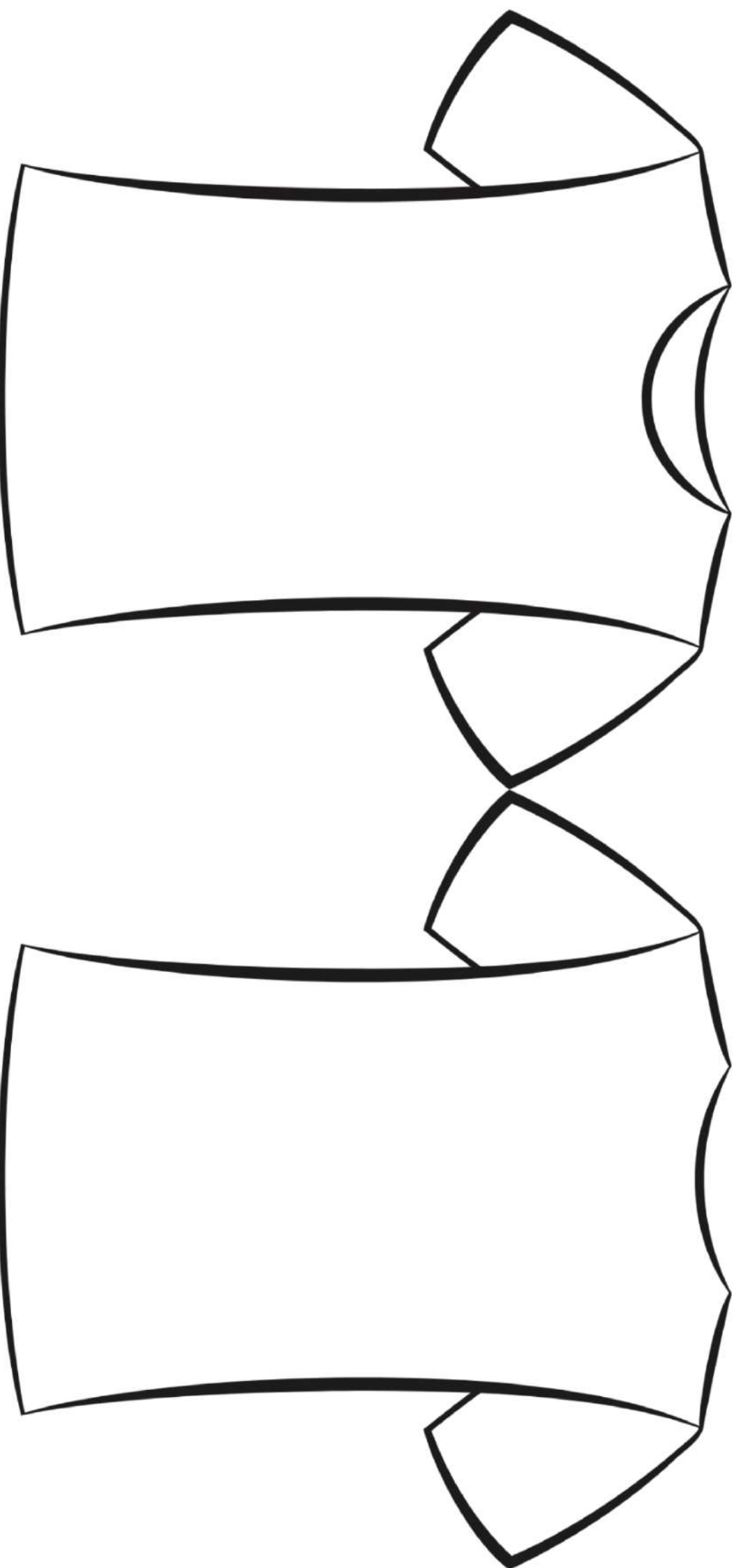
Exciting Drawing Competition!

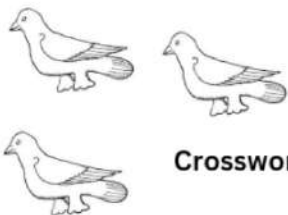
Now, here's the fun part! We're having a super cool drawing competition where you can show off your creativity. Draw a picture of what a healthy, smoke-free, and vape-free world looks like to you! The best drawings will be featured in a special gallery, and the top design will be turned into an awesome T-shirt! Imagine wearing your own design and showing the world your vision for a cleaner, healthier future. So, grab your colours and start imagining the coolest, cleanest world ever!

**Draw a picture of what a healthy, smoke-free, and vape-free world looks like to you! The best drawings will be featured in a special gallery, and the top design will be turned into an awesome T-shirt!**

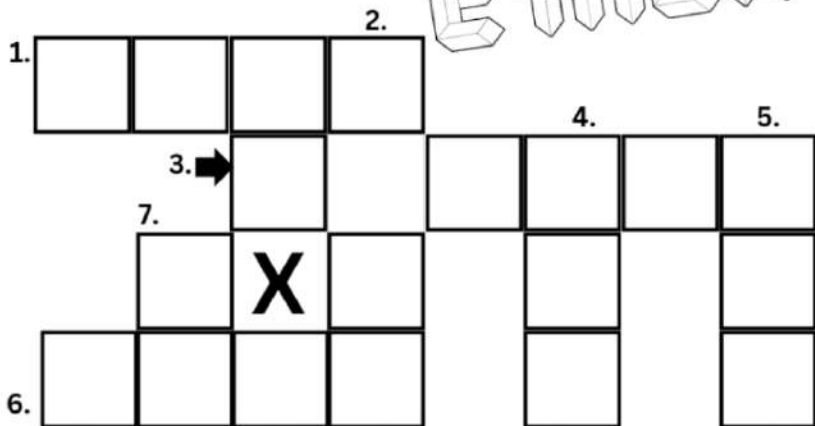
## Design Dundalk FC Jersey

Design front and back of Dundalk FC jersey. Get creative! Winner will win the new 2025 Dundalk FC Home jersey. Closing date for entries March 7th 2025





**Crossword**



eman the town

**Across**

- 1. You wave this at a match
- 3. Four flags sit here?
- 6. You kick it

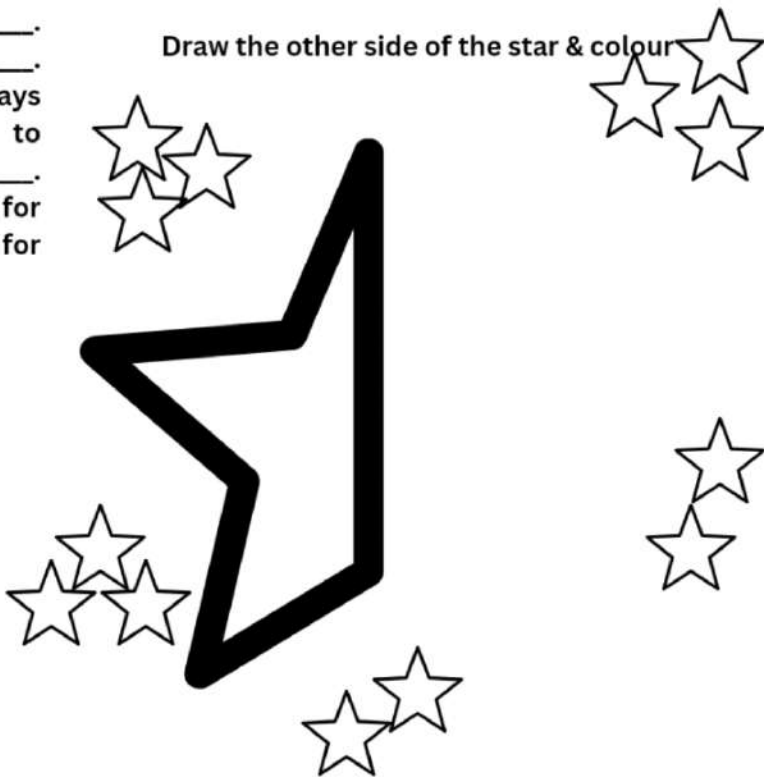
**Down**

- 2. You score a?
- 4. Something that catches the ball when you score
- 5. You get this colour of a card when you get sent off
- 7. The name you call people who follow a football team

My favourite Dundalk FC player

My favourite Dundalk FC player is \_\_\_\_\_.  
 His jersey number is \_\_\_\_\_.  
 The position he plays is \_\_\_\_\_. He used to play for \_\_\_\_\_.  
 He has scored \_\_\_\_ goals for Dundalk FC. He signed for Dundalk FC in \_\_\_\_\_.

Draw the other side of the star & colour



Colour & count the little & big stars to find out how many league of Ireland titles Dundalk FC have won \_\_\_\_\_

Since I was young, I followed them,  
 Dundalk FC the team for me,  
 nah nah nah nah, nah nah nah nah



dundalk fc



the team for me



# COINNIGH UAINN É



no smoking or vaping around us



I DTREO AN LÚ SAOR Ó THOBAC  
TOWARDS A TOBACCO FREE LOUTH