

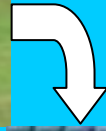
# 4. Checking



Position the body between the opponent and goal.



Arms spread out.  
Use short steps



Keep one foot slightly ahead for balance



Attempt to intercept when given an opportunity

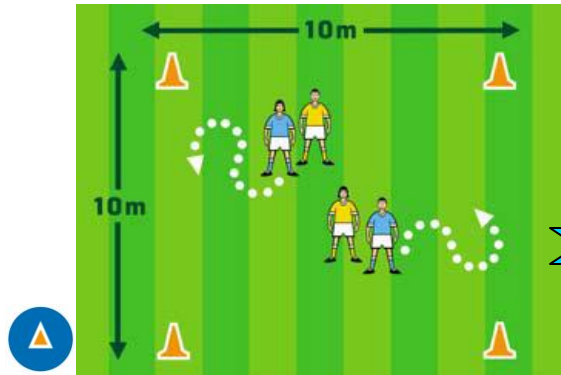
- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

- Look out for:
- Poor positioning
  - Reaching in and losing balance
  - Crossing the legs

Checking in Gaelic Football is a tackling skill used to force an opponent away from goal, into a poor position or onto their weaker side. Performed intelligently it is a very effective form of tackle.

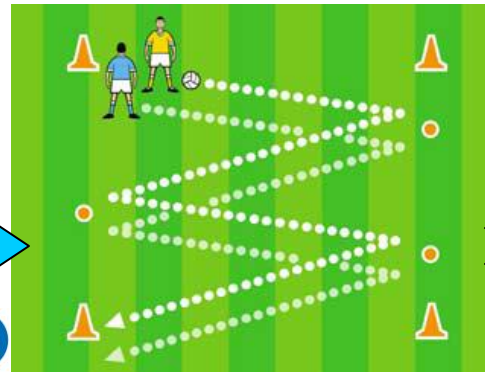
# Checking

## Practice the Technique



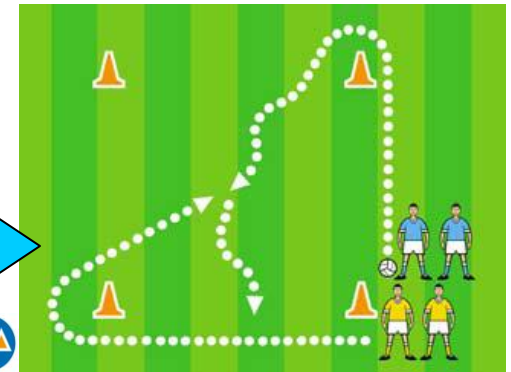
### Hang On

Defender tries to remain in contact with the attacker using one arm



### Zig-Zag Check (with ball)

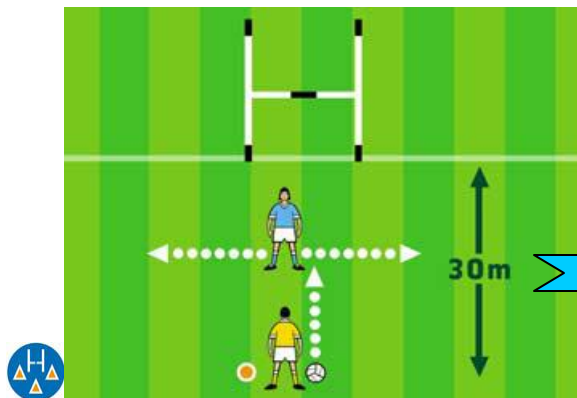
B faces A and attempts to maintain the 'Check' position throughout



### Grid Check

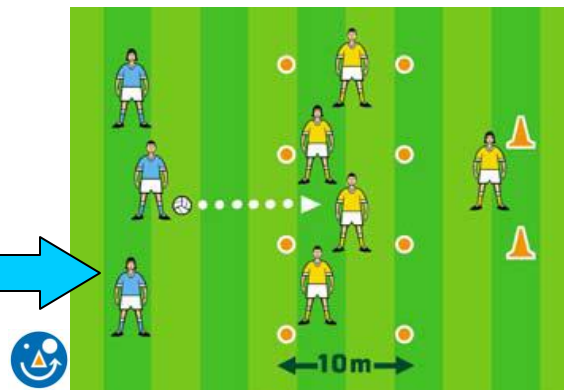
Defenders attempts to 'Check' the attacker after he has rounded the corner

## Develop the Skill



### Check Mate

Attacker tries to progress to score while the defender attempts to Check and dispossess him



### Check Zone

Attackers attempt to pass the defenders who try to Check them and prevent them from scoring.

# STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill