

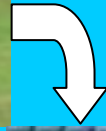
4. Checking



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

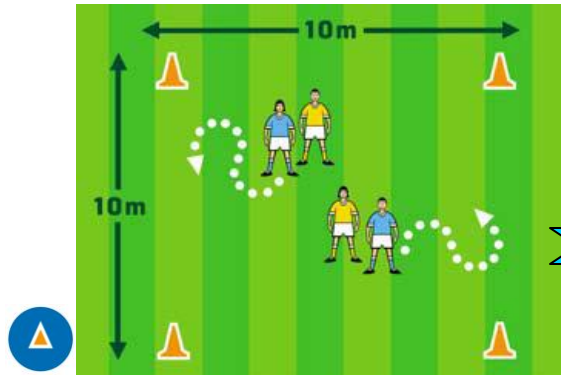
- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

- 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.

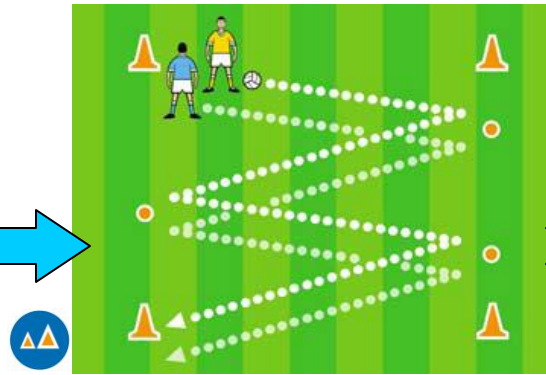
Checking

Practice the Technique



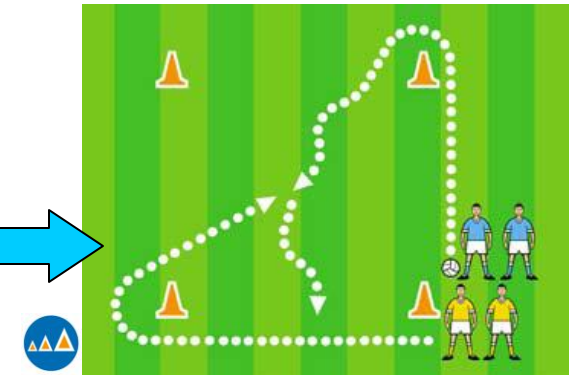
Hang On

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



Zig-Zag Check (with ball)

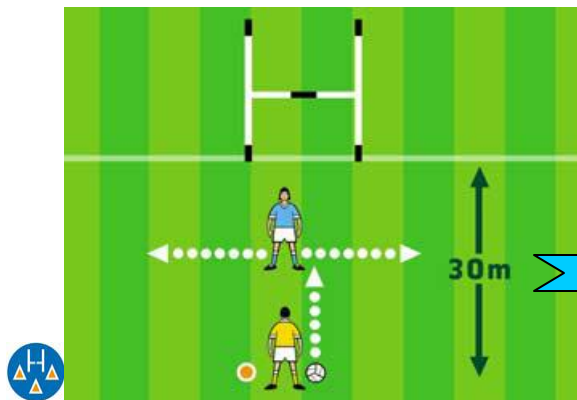
B faces A and attempts to maintain the 'Check' position throughout



Grid Check

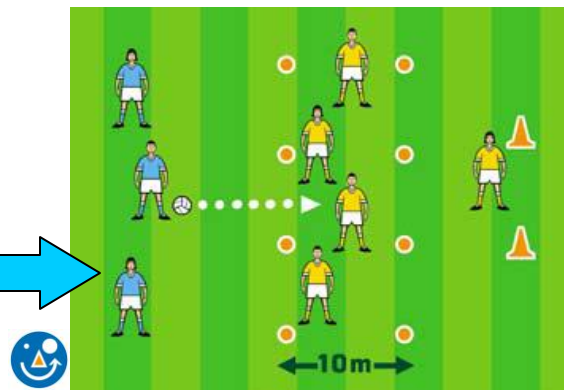
Defenders attempts to 'Check' the attacker after he has rounded the corner

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