[Skill Drills - Ladies Gaelic Football](https://ladiesgaelic.ie/learn/skill-drills/)

Below are sample activities that can be used by a coach should they face any of the following issues:

* [Maximising Space](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Maximising-Space.pdf)
* [Developing The Tackle](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Developing-The-Tackle.pdf)
* [Winning the Breaking Ball](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Winning-the-Breaking-Ball.pdf)
* [Using Kickpass to Find Teammate](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Using-kKckpass-to-Find-Teammate.pdf)
* [Maintaining Possession](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Maintaining-Possession.pdf)
* [Kicking for Distance](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Kicking-for-Distance.pdf)
* [kicking-accuracy](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Kicking-Accuracy.pdf)
* [Indoor Games](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Indoor-Games.pdf)
* [Improving Support Play](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Improving-Support-Play.pdf)
* [Improving Goalkeepers Distribution](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Improving-Goalkeepers-Distribution.pdf)
* [Games for the Solo](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Games-for-the-Solo.pdf)
* [Develop Attack from Defence](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Develop-Attack-from-Defence.pdf)
* [Coaching Near Hand Tackle](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Coaching-Near-Hand-Tackle.pdf)
* [Clean Tackling](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Clean-Tackling.pdf)
* [Changing Direction](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Changing-Direction.pdf)
* [Bunching](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Bunching.pdf)
* [Being Clinical on Goal](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Being-Clinical-on-Goal.pdf)
* [Adapted Indoor Games](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Adapted-Indoor-Games.pdf)
* [Skills Challenges](https://ladiesgaelic.ie/wp-content/uploads/2018/02/Skills-Challenges-Spring-Peil-2017.pdf)
* [Alternate Warm Ups](https://ladiesgaelic.ie/wp-content/uploads/2019/07/Alternate-Warm-Ups.pdf)