

3. Treoir don traenáil agus don imirt

Encouragement for training!

Cleachtadh a dhéanann máistreacht!



Practice makes perfect!

Tá sí ag ciceáil na liathróide.



She is kicking the ball.

Cuir an liathróid fríd na lámha!
Ná ciceáil í!



Hand-pass it!

Don't kick it!

Téigh síos uirthi!
Gabh síos ar an liathróid!
Tóg an liathróid i gceart!



Pick the ball off the ground!

Pick up the ball!

Pick up the ball correctly!

Cuir do chois faoin liathróid agus thú á tógáil den talamh!



Put your toe under the ball as you pick it off the ground!

Cuir do chois faoin liathróid agus thú ag ardú na liathróide!

Put your foot under the ball as you pick up the ball!

Déan ruathair aonair leis an liathróid.



Do a solo run with the ball.

Preab an liathróid ó chois go lámh!

Bounce the ball from foot to hand!

Bí ag preabadh na liathróide le do chois agus thú ag gluaiseacht!



Bounce the ball with your foot as you move!