

Football Coaching Workshop

Games Based Coaching

&

Conditioned Games



Date: 21st February 2018

Venue: Moyderwell Primary School Hall

Coaches: James Costello & Pa McCarthy

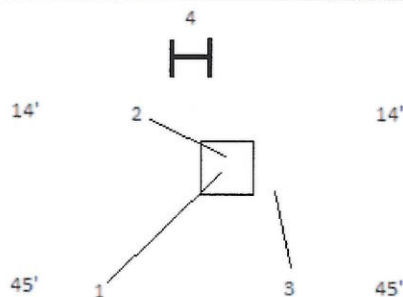
Warm Up

What we focus on in the Warm Up:

- Revision of what was done in previous session(s)
- Mobilising and Dynamic Stretching
- Introduction to skill of the present session

Point Kicking Support Drill

- Focus on one bounce kick passing, outside the forward.
- Focus on support runner not going too early.
- Focus on finishing – goals and points.
- Drill can be added to each week i.e. incorporate dummy run by position 2.

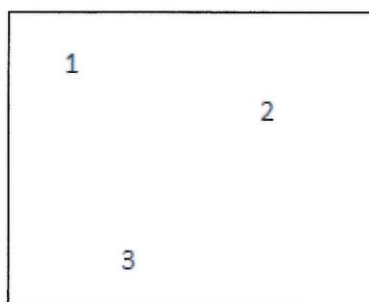


- 1 kick passes to 2, who makes an angled run
- 3 must time run to support 2 and then take his score.
- 4 retrieve the ball and kick passes out to position 1.
- Each player follows where they give the ball to.

Kicking in 3's

Main focus:

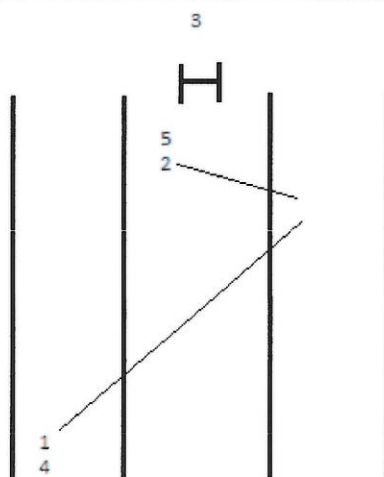
- Get players kicking to the correct side of man receiving the ball
- Kicking one bounce and into chest
- Hitting space as opposed to the man



- Incorporate mobilisation and dynamic stretching
- Incorporate support play i.e. 1 kicks to 2, 3 gets hand pass from 2.

Channels

- Groups of 5
- Can't receive ball in channel you start run in (*look for space*)
- Follow ball
- Position 5 remains as defender throughout.
- This drill will incorporate lateral runs and kick passing in different directions i.e. straight and diagonal.
- 1 kick passes to 2, 2 kicks score, 3 retrieves ball and kick passes to 4.
- 5 shadows only at start, focus on 1 kicking the ball to forwards side.



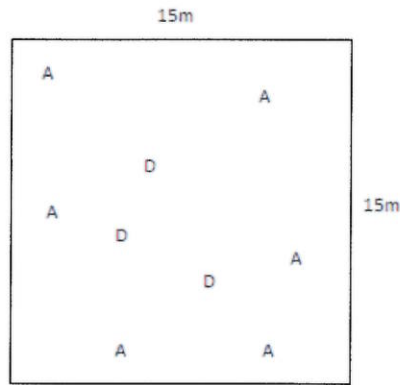
- 3 groups of 5 can work at the same time.
- Start each round with whistle.
- Same setup in other half of field if required.

Progressions:

- 4 goes as support runner from 2
- 5 marks fully
- 3 and 5 bring ball out to 4 through channel that 2 kicked score from or any empty channel. 1 and 2 stop them. This will incorporate tackling into warm up and will get forwards to refocus quickly after score i.e. short kick outs.

6 vs 3 – Tackling

- 6 forwards starts with the ball
- 3 defenders must get as many turnovers as they can in 30 seconds
- Rotate defenders after 30 seconds
- Reward defenders for using side lines
- Encourage 1st man to the ball to focus on stopping momentum, 2nd man focus on tackling ball and 3rd man clean up.



- This can also be done with 8 vs 4 or 10 vs 5.
- A 2:1 ratio ensures each player only defends once.

Progression:

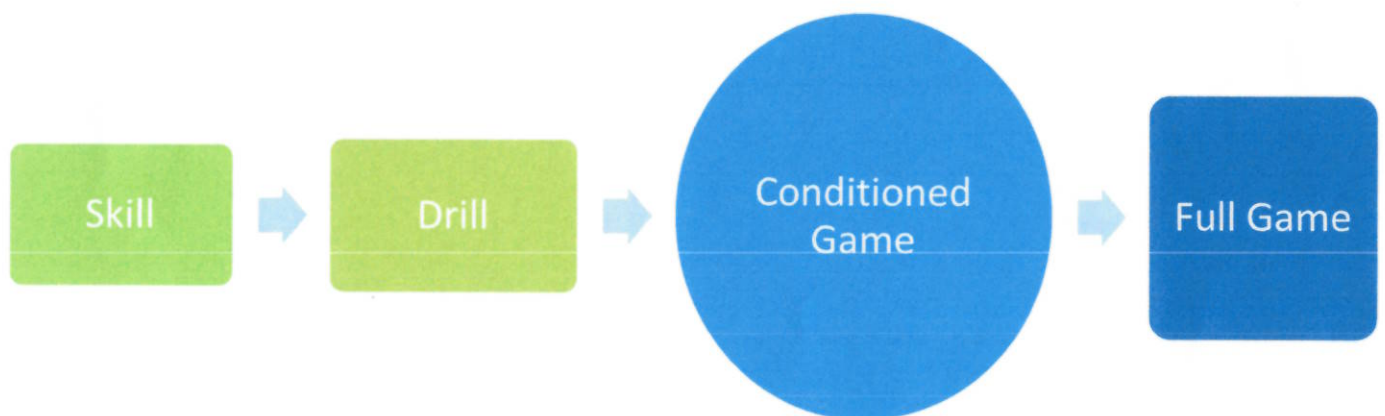
- Again, 6 attackers vs 3 defenders

However,

- Game starts with 3 vs 3
- After 20 seconds, another attacker joins game i.e. 4 vs 3
- Same after another 20 seconds i.e. 5 vs 3
- Same after another 20 seconds i.e. 6 vs 3.

Defenders need to communicate and decide which form of defending is best at each stage i.e. man to man, zonal or all going after the ball. This is an excellent drill for work rate and team defending also.

How we plan our sessions:



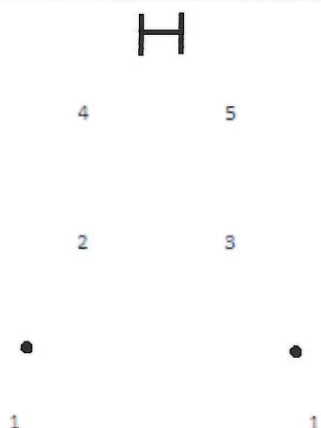
Ways of including Goalkeepers in sessions:

1. Start drill with Goalkeeper giving short kick out, short kick out over player or long kick out.
2. Use Goalkeepers to talk defending teams through conditioned games.
3. When using Goalkeepers in drills, get them organising and ensuring players go where they are supposed to.

Forward Movement

Skill

- Lateral Movement
- Timing of Runs (*Don't go too early*)
- Flat run vs Angled run

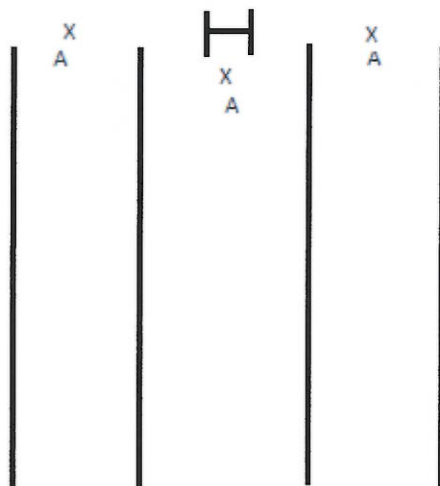


- Drill starts with player/coach giving hand pass to 1

- 2 makes an angled run to create a pocket of space for 3 to run into (*2 is always an option for the pass however*)
- Similar inside with 4 and 5
- Players alternate sides but remain in same positions.
- Encourage diagonal kick.
- This can be progressed to incorporating support runner from 45.

Drill

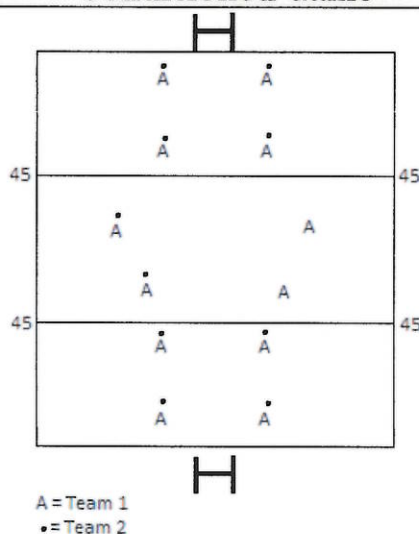
- 1 vs 1 – 1 channel (*Lateral Runs*)
- 2 vs 2 – 1 channel
(*Communication between forwards and multiple runs*)
- 2 vs 2 – 2 channels (*Finding space*)
- 3 vs 3 – 3 channels (*Finding Space*)
- 4 vs 4 – Middle Channel only
(*Timing of runs by inside forwards and more than 1 run*)



- Where more than 1 channel in play, encourage players to receive the ball in a different channel to where they start each run.
- Ball kicked in by midfielder from 45.

Conditioned Game

- 4 vs 4 inside each 45.
- Players must remain in their zones.



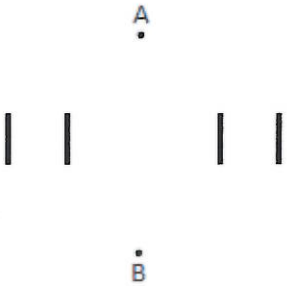
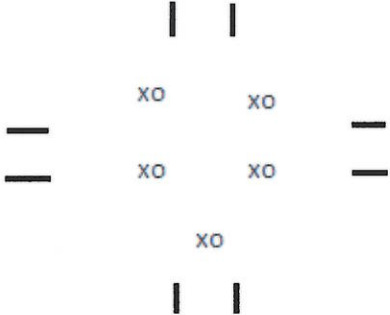
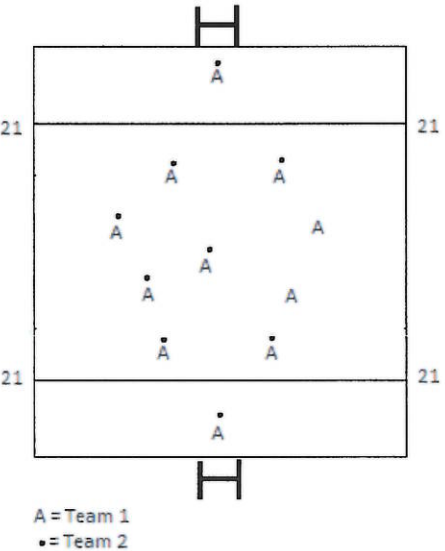
- Bring in side lines 10metres each side.
- Keeping players in their zones will encourage more kick passing and as a result more movement in each zone.
- Restart with hand pass from GK to improve tackling by forwards.

Full Game

- Leave cones down as guides only.

- Watch for players getting ahead of the ball and therefore taking up the 'good space'.

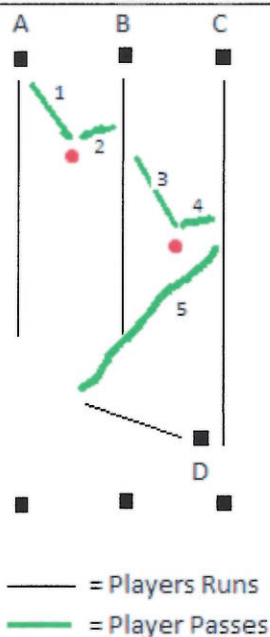
Frontal Tackle

Skill		
<ul style="list-style-type: none"> A goes to either gate B stops him with frontal tackle 		<ol style="list-style-type: none"> 1. Get square on before attempting tackle. 2. Feet position – on ball of feet, squat low. 3. Power hands into chest – aim for jersey logo. 4. Go after ball.
Drill		
<ul style="list-style-type: none"> Player carries ball through gates. Player then places ball on ground and prepares to defend with frontal tackle. 		<ul style="list-style-type: none"> Grid 20m x 20m This drill can be progressed to 1 ball between players.
Conditioned Game		
<ul style="list-style-type: none"> Get a score by playing the ball to man inside 21 yard line. Must make 5 passes in the middle before kicking the ball in to promote contact. 	 <p>A = Team 1 • = Team 2</p>	<ul style="list-style-type: none"> Bring in side lines and/or shorten pitch based on numbers. Restart game with goalkeeper hand passing ball to defender inside small rectangle – this will promote more contact.
Full Game		
<ul style="list-style-type: none"> See who can bring in principles learned. 	<ul style="list-style-type: none"> Bring in side lines and shorten pitch if needed. 	<ul style="list-style-type: none"> Look for frontal tackling

Support Play

Skill

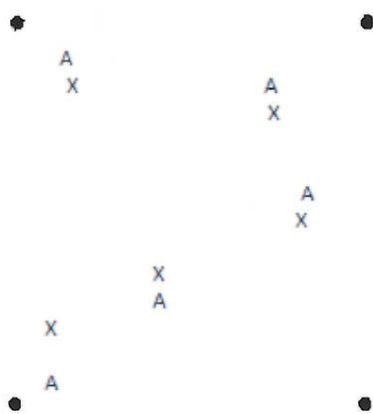
- Eye Contact
- Be late, rather than early
- Sprinting to receive ball



- 1, 2, 3, 4 are hand passes
- 5 is a kick pass
- Player A, B and C continue run after they give pass.
- C kick passes to D, A and B support
- Repeat on way back in.

Drill

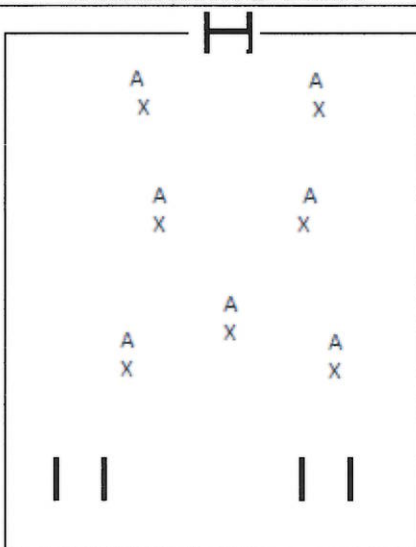
- Kick pass followed directly by hand pass for a score
- If you are not kicking or receiving the kick pass, then you should be trying to support the man receiving the kick pass.



- Grid 40m x 40m
- Encourage team in possession to keep width.

Conditioned Game

- This game will introduce direction to the support play i.e. moving forward.
- Attacking team must have a support play before going for score.
- Defending team must have a support play before going through either gates.



- Place gates approx. 65 yards from goals, bring in side lines if needed.
- To encourage more support play, introduce the following rules:
 - No play
 - Play the way you face
- 2nd GK can start with short kick out to attacking team.

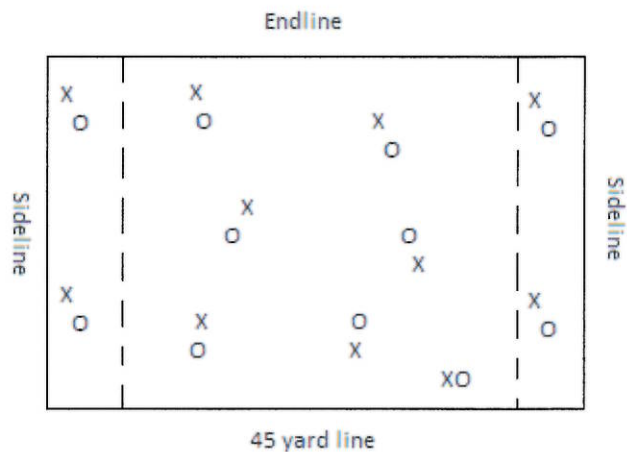
Full Game

- See who brings in principles learned.
- Bring in side lines 10 metres from each side
- Shorten pitch if required
- Look for players making support runs

More Conditioned Games

Support Play

- Aim of the game is to get the ball to one of the 2 players in the smaller rectangle that you are attacking at that time.
- After you pass the ball into the small rectangle, you go in and replace your team mate that received the ball.
- Follow your own man throughout the game.



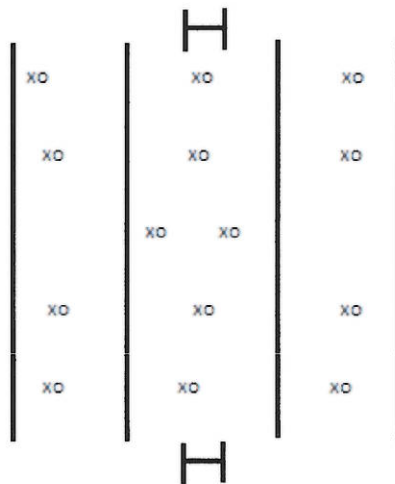
Place a line of cones 10 metres in from each side line.

Scoring – 1 pt for hand pass into rectangle
3 pts for kick pass into rectangle

- Encourage players in the small rectangle to make lateral runs
- No play will encourage more support play.
- If using this in a warm up before game, then it is a good way to get combinations working together i.e. 2 inside forwards.
- Option not to replace after kicking in also, instead the man that receives the ball must get past the side line. He then puts the ball down and sticks his man.

Forward Movement

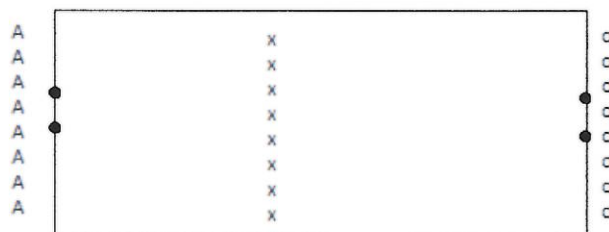
- Ball can't be received from a kick pass in the same channel the player starts his run in.



- No play if needed to encourage players to get their head up and kick the ball and therefore encouraging more forward movement.

Tackling

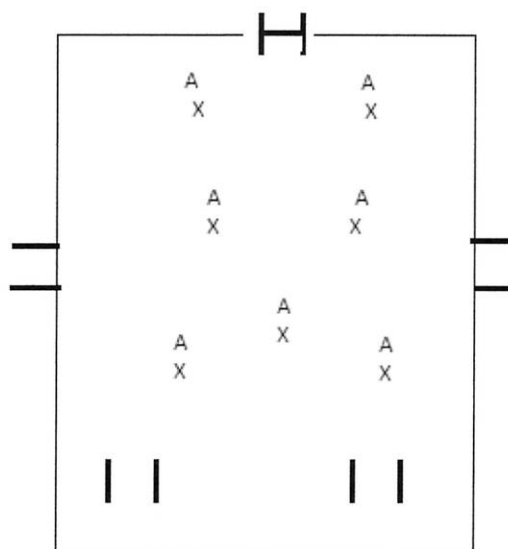
- 3 teams
- 1 team defends continuously for 1 minute.
- Other 2 teams alternate
- Attacking team is going for goals only.



- Encourage defending team to push up high and pressure the team on the ball.
- 3 second restarts by team coming into the game i.e. give defending team 3 seconds to set.

Getting the ball wide

- 3 pts for a goal
- 1 pt for a point
- 1 pt for getting the ball through wide gates for attacking team.
- 2 pts for defending team getting ball through gates opposite goals they are defending.



- Full Rules
- Encourage players to go wide to draw out the defence and then attack goals.

Prior to session beginning i.e. 5-10 minutes before start of warm up:

- Get players static kicking with both feet.
- Get players hand passing with both hands.
- Get players practicing dummy bounce or dummy solo.
- Positional coaching, e.g.
 - ✓ Revision of forward movement including timing of runs and blocking.
 - ✓ Throw In's with Midfielders.
 - ✓ Marking from the front for defenders.
 - ✓ Kick outs for goalkeepers and midfielders.