

SECOND EDITION

Give us a Game

THE GAMES BOOK FOR HURLING
AND GAELIC FOOTBALL



DEVELOPED BY:
GERARD O'CONNOR



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Contents

Preface	2
Introduction	3
Game Finder	10
Chapter 1 Chasing & Fleeing Games	17
Chapter 2 Target Games	36
Chapter 3 Court Games	48
Chapter 4 Field Games	64
Chapter 5 Part Invasion Games	73
Chapter 6 Full Invasion Games	86
Reference List	112



Preface

Coaches are always on the lookout for new ways to make their coaching sessions more enjoyable and engaging for their players. They are constantly looking for activities that both challenge and motivate the players they coach.

All too often coaches don't always have the time to create new games and are just glad for someone to give them a few ideas to keep them going.

This book is a collection of favourite games, some which I have designed and others that have been shared by experienced coaches I've met along the way in my capacity as Games Manager.

The book is organised so you can quickly find the games you are looking for with each chapter dedicated to a specific category. The categories are chasing, target, court, field, and part/full invasion games.

The games in "Give us a Game" can be used by coaches of all levels and ages and are designed to be easily followed. The book provides a multitude of games that you can incorporate into your training sessions. I hope you find this book a valuable coaching resource.



Introduction

The one thing that all players want and crave is to play a game. How many times have you heard players say they love playing games and hate training. Well that doesn't have to be the case, training can be enjoyable and still provide the learning experiences that develop and motivate players. This can be done through a games related approach to coaching. This book contains over 200 game activities appropriate for all ages and abilities. Using various methods of adapting the games the coach can improve the technical and tactical ability of the players. Players of all ages and abilities want to be excited, challenged and active while they learn to play the game.

"Give us a Game" has six chapters, based on the type of game addressed. The first chapter presents basic chasing games, ideal for warm ups and younger players. Chapters two to six includes: target games, court, field, part and full invasion games. The game finder is a quick guide to help you locate the appropriate game for your training session. Keep in mind that although a game might not appear in the category of football or hurling, you may be able to modify it for the game you want to play. All of the games have additional variations which mean there are a lot more than 200 games in this book.

Benefits of games

The reason we play games is to get players to work together as a team and understand what to do, how to do it and when to do it. A game provides increased opportunities for players to make decisions and solve problems. The traditional method of teaching skills and developing players was through drills and training routines. The drawback of this approach was that when the skill is learned it then had to be transferred to the game situation. Not only do the players learn the skill but they also learn where and when it fits into the game.



Family of Games

The Games in this book are categorized in several ways according to the format in which they are played and their basic games structure. Regardless of how a game is categorised, there is a simple guide to remember the difference between a game and a training drill. These can be remembered by using the acronym GAMES.



Goal

While a drill focuses on learning a skill through repetitiveness, a game normally has a goal or a target that the player tries to meet. This could be a score or a set number of passes or a target to hit.



Active Learning

This is where the players are actively engaged in solving a particular problem or challenge. This could be a full invasion game where they try to penetrate their opponent's territory and score. It could also be a simple target game such as football cricket where they try to hit the ball into space to get as many runs as possible.



Motivation

Every game has a purpose. There is an element of being challenged against an opponent or against yourself. The challenge could be provided by the clock, a target or a competitor. Either way there is a 'winner'. This provides the motivation players need to engage in the learning experience.



Enjoyment

Games are fun and show players that learning a skill doesn't have to be dull and boring. Everyone loves a game. The traditional idea of a game is 15v15. This book highlights that there are many different types of games and these can be adapted to meet the needs of different player groupings. Small-sided games provide more ball contacts for each player and therefore more enjoyment.



Scores

As opposed to a drill, in a game a score is kept. This provides a purpose and focus for the players.

Again, this increases the enjoyment level of the players.

The six major categories of games are

- Chasing & Fleeing Games
- Target Games
- Court Games
- Field Games
- Part Invasion Games
- Full Invasion Games

These categories are ranked in order of difficulty with full invasion games being the most complex and difficult



Chasing Games

These games involve tagging and chasing like tag where players perform skills as fleeing, and dodging. Appropriate for warm up activities. Any traditional chasing or tag games where players can run, turn and stop safely and not be caught. Traditionally known as Tag or chasing games, involve players moving within a playing area while attempting to reach others and/or avoid being reached themselves.



Target Games

The simplest form of game which challenges players to use accuracy and control to aim into or at a target. Players score when they successfully throw or strike an object closer to a target than their opponents. Players have lots of time to perform the task without any distraction from other players.



Court Game

Opponents share the same space or are divided by a net or defined area, this requires players to pass or send the ball over an obstacle like a net or zone to the oppositions area. The level of decision making has increased but is limited. The use of other skills essential for team work like communication, anticipation and spatial awareness become more apparent.



Field Games

Striking and Fielding games are based on the notion of a batter or kicker who strikes the ball into the opposition territory to elude the fielders and then to use the time to gain score runs. Teams alternate. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more obvious.



Part-Invasion

Games require players to complete a task with limited direct opposition. Such games encourage awareness of time and space but also help develop characteristics of Team Play, e.g. support play and communication. Part-invasion games allow players to develop positional sense, and limit the opposition that players meet



Full-Invasion

The core objective in invasion games is to move into an opponent's territory in order to score. To achieve this objective, the players must maintain possession of the ball, create and use space and attack a 'goal' (Werner, Thorpe and Bunker, 1996). Key element with invasion games is the number of players involved Player = space = time = skill should be adopted to create a learning environment.



General definition of a game

Games are forms of competitive play characterised by established rules and set goals. At the heart of every game are challenges and obstacles to overcome. Whether playing chasing games, that challenge players to respond quickly to signals, such as the voice of the coach or the movements of other players, these games focus on the first building blocks of physical literacy, agility, balance and coordination (A.B.Cs). Playing games with rules tends to be common after about 6 years of age, whereas simple play is more frequent in 2 to 6 year-olds. Hurling and Gaelic Football games are contrived environments that require very specific actions to be successful.

How can we begin a game?

A game of one team against the other, which involves simple rules, can be developed by simply changing or adding different varieties. What are the things we change or add?

- The numbers involved, the area in which we play, making it narrower, wider or changing to a different shape.
- There are other ways a game changes its focus or aim. For example, how the participants enter the playing area: side, back, do they walk or jog.
- How the players begin the activity either moving, facing away from each other, arriving at different times or coming from different directions can all change the type of game played.
- The shape of the attack and defence, bunched, lines, groups circle.
- How the football or sliotar is introduced, passed, rolled or lobbed.
- The key is we can develop our own games and help players come up with their own ideas for games. All it takes is a little imagination.

Practice guidelines

Based on a review of sport organisation guidelines and athlete development literature, recommendations for the optimal number of practice sessions per week and practice length are provided in table

Limiting practice sessions to 90 to 120 minutes might seem counterintuitive to popular cultural depictions of what it takes to succeed in sport (e.g., we have to train longer and harder than our opponents!) Table: Recommend Number of Weekly Practices and Practice Length

ATHLETE AGE GROUP	NUMBER OF PRACTICES	DURATION OF EACH PRACTICE
Under 6 years old	1–2 days per week	45–60 minutes
Under 8 years old	2 days per week	60–75 minutes
Under 10 years old	2 days per week	60–90 minutes
Under 12 years old	2–3 days per week	75–90 minutes
Under 14 years old	3 days per week	75–90 minutes
Under 16 years old	3–4 days per week	90–120 minutes
17 years old and older	4–5 days per week	90–120 minutes

Guidelines for teaching the game

- Have an aim or theme and explain the game.
- Set out the rules and restrictions of the game at the start.
- Let the game begin and observe before making any changes.
- Ask yourself is the game working, if not, modify it.
- Vary the level of pressure e.g. extra defender or attacker. Increase the time.
- Always ask your players questions during the game. e.g. "What would help you move the ball quicker?"
- Freeze frame the play and replay the game.
- Give players feedback in the form of questions; ask how players think they did in the game.



STEPP PRINCIPLE

There are different ways you can change the game played to make it more challenging for every player.



Space - Where the activity is happening, e.g. increasing or decreasing the area in which the task is performed.



Time/Tempo - Use time to challenge players e.g. 30 seconds let's see how many passes you can get. Slowing the tempo of the practice gives players time to think and perform successfully.



Equipment - What is being used? e.g. Modify the equipment changing the size, level and height of equipment.



Players - Who's involved? e.g. Modify the players in pairs, small or bigger teams.



Progressions - Include adapting the rules of the game to assist with achieving a certain outcome.

The level of challenge can be raised or decreased in most, step is the model which helps you to adapt your activities to suit the different skill activities and needs of your group.

Simply using games in practice is not enough. The coach must take steps to make sure that games are properly organised to ensure maximum player development and learning through maximum effort. Some of the important considerations in organizing games include: Every game is governed by a number of conditions and rules that dictate how the game will be played and which skills and concepts will be highlighted. Conditions and rules must be closely followed; otherwise the game may not help players accomplish the predetermined goals. Conditions and rules are what separate and distinguish one game from another. The skill of the coach is CHANGE the conditions of the game. Creativity is a key to keep games and practices fresh and exciting. The types of games that can be played and the rules they are played by are limited only to the imagination of the coach.

Change it		Example
C	Coaching Style	Demonstrations, use of questions, role models, verbal instructions
H	How To Score	Rules
A	Area	Size, Shape or surface of the playing environment
N	Numbers	Number of participants involved in the activity
G	Game Rules	Number of passes and shots
E	Equipment	Softer or Larger balls with more or less equipment
I	Inclusion	Everyone has to touch the ball before the team can score
T	Time	'How many...in 30 seconds'

Team Play Continuum

STAGE 1 - Under 6

(Learning to master the ball)

Me and my ball



STAGE 2 - Under 8

(Learning to use the ball well)

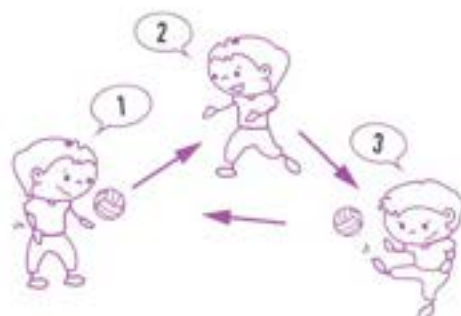
Me, the ball and my friend



STAGE 3 - Under 10

(Learning to play together)

The start of us



STAGE 4 - Under 12

(Learning about positions)

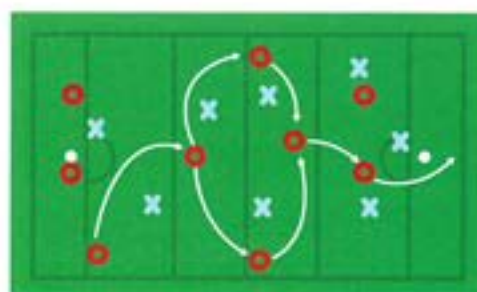
We are a team



STAGE 5 - Under 14

(Learning to perform)

The formal phase



Game Finder



Chasing & Fleeing Games

NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL	PAGE
Astride Ball	Handling, balance & decision making	Any	18
Back to Back	Reactions, looking up & thinking on the spot	Any	18
Back to base	Evasion and vision	Any	18
Ball	Agility & Reactions	Any	19
Bean Bag Tag	Agility & Evasion	4-10	19
Catch the Train	Agility & Teamwork	5-10	19
Cats and Mice	Reactions, evasion & planning	5-10	20
Cat and Mouse	Agility, evasion and vision	4-10	20
Chase your Partner	Evasion & running with the ball	Any	20
Chasing Cars	Agility, reactions & decision making (finding space)	4-10	21
Chaos	Carrying the ball, hand-passing & crouch pick ups	4-10	21
Circle Chase	Speed & shadowing	4-10	21
Coach Tag	Reactions, agility & evasion	4-10	22
Commando	Shouldering, timing tackles, hopping & soloing under pressure	4-10	22
Crows and Cranes	Reactions & agility	4-10	22
Dodge and Tag	Agility & evasion	Any	23
Dribbling Circle	Dribbling & shadowing	5-12	23
Escape	Disciplined tackling, speed, agility	Any	23
Everyone is 'It'	Agility, evasion & decision making	Any	24
Find the coach	Reactions	5-12	24
Flick & Strike	Timing, reach & flick	5-12	24
Follow the leader	Reactions and soloing	4-10	25
Free Movement	Carrying the ball, changing direction & finding space	Any	25
GO GO GO!	Speed with the ball and evasion	Any	25
Here, There Everywhere	Reactions & thinking/acting quickly	Any	26
Human tunnel ball	Organisation, team work & communication	5-10	26
Hurling Minefield	Accurate striking, decision making & scanning for space	Any	26
Jammy Dodgers	Evasion, scanning & perception	5-12	27
Jaws	Soloing under pressure & evasion	4-10	27
Last Man Standing	Scanning for players/cones, evasion & control	Any	27
Last Person Awake	Perception, agility & reactions	Any	28
Mountains and valleys	Speed of movement & agility	Any	28
Musical Footballs	Agility, reactions & peripheral vision	5-12	28
On the Whistle	Reactions & taking instruction	Any	29
One Two Three Red Lights	Hopping and soloing the ball at pace & reactions	5-12	29
Out of Control	Hopping and soloing at speed, reactions & stopping and starting quickly	Any	29
Pick n Run	Speed & and evasion	Any	30
Poison Ball	Accuracy and evasion	Any	30

Rob the goal	Soloing at pace, pick up at pace	4-10	30
Rob The Nest	Dribbling, agility, & scanning	Any	31
Shadow Running	Agility & shadowing	Any	31
Shark Tag	Speed and evasion	4-10	31
Signal Man	Reactions & thinking on your feet	Any	32
Snatch the Bacon	Speed & carrying	Any	32
Snakes In the Grass	Evasion	5-12	32
Stuck in the mud	Evasion and agility	Any	33
Submarines and Mines	Evasion and agility	Any	33
Tackle your it	Disciplined tackling & evasion	Any	33
Team Ball Pass	Passing & looking for space	10-Adult	34
Team Tag	Agility and evasion	4-10	34
The Iceman	Awareness and quick reactions	Any	34
To Guard or not to Guard	Carrying the ball & evasion	Any	35
Turtle Flip Chasing	Evasion & vision (looking for unturned players)	5-12	35

Target Games

NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL	PAGE
All Coned Out	Passing, creating space, accurate kicks/hand passes at the target & defending	Any	37
Bombardment	Accurate kicks & blocking shots	5-12	37
Bullseye	Accurate hand passing	4-10	37
Catch and Kick if you Can	Accurate shooting on the run & shadowing	Any	38
Circle in Circle Out	Fast accurate shooting & blocking	5-12	38
Clear The Circle	Accurate hook kicking to different targets	5-12	38
Cone Bombardment	Accurate and appropriate shot selection	5-12	39
Cone Croquet	Accurate kick passing	Any	39
End zone	Transition from defence to attack using kick passes	Any	39
Falling Asteroids	This game develops accurate kicking and hand passing	Any	40
Find the Goals	Accurate shooting/passing	5-12	40
Free/Sideline taking duel	Accurate free taking & sideline cuts	16-Adult	40
Gates Game	Creates the habit of switching the play in players which is essential in breaking down mass defences in the modern game	5-12	41
Going for distance	Emphasises the importance of the practising long kicking and striking to the players	5-12	41
Golf Hurling	Dribbling & close control	5-12	41
Guard the Yard	This game develops accurate kick passing	Any	42
Hit The Cone	Accurate kicking	5-12	42
Kick and Tackle	Accurate kick passing and disciplined tackling	16-Adult	42
Kicking Rounders	Accurate direct kick passes	Any	43
Kick to Zone	Timing of runs and the weight of the pass	Any	43
Low ball into the corner forward	Early delivery to forwards and off the shoulder running	Any	43
Make the most of the extra man	This game develops good decision making in attacking scenarios	16-Adult	44
Monster Ball	Accurate kick passing	Any	44
Move the Goals	Ball control, first touch & accurate passing	5-12	44
Play it back	Reactions, striking on the move & goalkeeper saving low shots	Any	45
Serve up the Ice-Cream	Accurate hand passing & reactions	10-Adult	45

Skittles	Accurate kicking/striking & shot selection	5-12	45
Target Man	Early ball and running off the shoulder	5-12	46
Through the Legs	Accurate passing	5-12	46
Tower Ball	Accurate kicking & blocking kicks	5-12	46
WarBall	Accurate hand passing	16-Adult	47

Court Games

NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL	PAGE
Be on Your Guard	Quick passing, accurate striking & tackling	Any	49
Bridge Ball	Picking the ball up while moving & finding space	4-10	49
Captains Ball	Quick & accurate hand-passing	Any	49
Chuck it Out	Dodging, evasion & vision	5-12	50
Corner Forward Dodgeball	Accurate hand passing and agility	Any	50
Crazy Slalom	Soloing at pace & turning with the ball	Any	50
Crossfire	Smart passing, timing & blocking	Any	51
Dodge the Gauntlet	Speed, agility, accurate hand pass to moving player	16-Adult	51
Dodge the hand pass	Agility, Speed, Accurate hand passing	16-Adult	51
Down and Back	Carrying the ball at pace & peripheral vision	Any	52
Escape the Prison	Accurate kick passing and catching ability	16-Adult	52
Fire Ball	High catching & reactions	Any	52
Fire Zone	Striking on the move under pressure & blocking shots	Any	53
Flick The Flies	Flicking the sliotar quickly	5-12	53
Four Ball Battle	Quick kicking, catching & handling	5-12	53
Four Squared hurling	This game promotes good first touch and spatial awareness in order to best	Any	54
Frozen Ball	Catching, accurate hand passing & decision making	Any	54
Frozen Wall Ball	Hand passing, vision & decision making	Any	54
Grid Block	Accurate kick passing, catching & blocking	Any	55
Hit the Corners	Accurate kicking, kick selection, high catch & vision	Any	55
Hoopster	Hand passing & creating space	Any	55
Hot Shot (Tennis Hurling)	Striking first time & accurate strikes	Any	56
Hot Sun	Hand passing & catching	Any	56
Kick it Save it	Kick passing with accuracy and catching	6-Adult	56
Knockout Ball	Soloing under pressure, peripheral vision & near-hand tackling	5-12	57
Land Mines	Pace, control & dribbling	5-12	57
Mayhem	Dribbling, evasion, peripheral vision & finding space	5-12	57
Over the Bar	Accurate shooting & high catching	Any	58
Over the Border	Striking first time & accurate strikes	5-12	58
Over the River	Accurate kicking, high catching & vision	8-16	58
Pass the Guards	Striking a moving ball & striking on both sides	Any	59
Prisoner Ball	Accurate kicking, catching & vision	8-16	59
Protect the Ball Partner Work	Dribbling, close control & flicking the sliotar away	Any	59
Siege the Tower	Accurate kicking and hand passing to different targets	6-Adult	60
Top of the Pole	Carrying the ball under pressure, vision, passing & tackling	Any	60
Traffic	Accurate passing & vision	Any	60
Traffic Jam	Carrying the ball at pace, vision & evasion hand passing	5-12	61
Two Court Dodge Ball	Vision, evasion & catching	5-12	61
Up North / Down South	Decision making, vision, shadowing, carrying the ball & shooting	5-12	61

Where's the Goal	Decision making, hand passing, vision & tackling	Any	62
Working After the Pass	To focus the mind of the passer, hand passing & tackling	Any	62
Your Number's Up	Reactions, hand passing & tackling	Any	62
4 Choices	Carrying the ball at pace, vision & reactions	Any	63
4 v 1	Accurate smart hand passing & timing to intercept	Any	63
5 Up & SPY	Hand-passing, anticipation & long kicking	Any	63

Field Games

NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL	PAGE
Batters Bonanza	Keeping eye on the sliotar & striking in the air	5-12	65
Batting & Fielding Game	Striking & Catching	5-12	65
Beat the Ball	Scanning and directing the ball, fielding and retrieving	Any	65
Beat the Bucket	Accuracy of the pass	Any	66
Big Hitter	Striking on the ground, controlling the sliotar & handling	5-12	66
Catch the Egg	Catching and retrieving the ball	Any	66
Crazy Kicks	Kicking to space, vision & reactions	5-12	67
Empty the Circle	Anticipation, dribbling, ground striking & ground control	5-12	67
Feed and hit	Timing of the strike and accuracy	Any	67
Field Rounders	Striking, catching & anticipating movement off the ball	5-12	68
Four Corners	Striking technique, catching & agility	5-12	68
Four Hitters	Striking & catching	5-12	68
Goalkeeping	Hand-passing, shooting, goalkeeping reactions & shot stopping	10-Adult	69
Hit 4 And Go	Striking, catching & anticipating the movement of the outfield players	5-12	69
Long Ball	Long kicking and movement off the ball	8-18	69
Over the Fence	Striking and anticipation	Any	70
Over the Pit	Timing and direction of the strike	Any	70
Pick up and run	Pickup, reaction & agility	Any	70
Quick Rounders	Striking, vision & decision making	5-12	71
Rotate	Vision, kicking, catching & agility	5-12	71
The best kickball game ever	Kicking, catching and anticipating of outfield players	Any	71
The Danish Long Ball	Kicking, catching and anticipating of outfield players	Any	72
Whacky Hurling	Striking, catching, vision and decision making	Any	72

Part Invasion Games

NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL	PAGE
Bench Ball	Accurate hand-passing, maintaining possession & vision	5-12	74
Border Raiders	Accurate hand-passing, attacking as a team, tackling & blocking	10-Adult	74
Boxing	Passing under pressure, catching & tackling	16-Adult	74
Catching Game	Catching, reactions & peripheral vision	5-10	75
Chase The Hound	Carrying the ball under pressure, breaking tackles, chasing down attackers & tackling	16-Adult	75
Cúchulainn	Striking, high catching, hooking, blocking & vision	12-Minor	75
Deny Possession	Passing, gaining possession, tackling & makes players play with heads up	14-Adult	76
Find the Link Man	Passing, shooting & vision	14-Adult	76
Forward Kicking Forward thinking	Long kick pass, tackling, shooting & defending	16-Adult	76

'Goid' (Rob)	Smart hand-passing, anticipation & tackling	8-16	77
Incoming	Accurate passing, agility & catching	5-12	77
Keep Ball	Hand-passing, gaining possession, smart runs & accurate kick passes	Minor/Adult	77
Line Game	Reactions, taking players on & last man defending, tackling	Any	78
Long Channels	Vision, intelligent runs & tackling	Minor/Adult	78
Midfield Build-up	High catch & winning breaking ball	16/Adult	78
No Man's Land Elimination	Accurate hand-passing, vision & catching	6-Minor	79
Over the River Pass And Attack	Accurate kick passing & vision	10-Minor	79
Pick and Drop & Pick If You Can	Picking up ball in traffic	5-12	79
Possession Game	Quick passing, decision making, vision & tackling	Any	80
Possession Striking	Hand-passing & accurate striking	8-16	80
Pressure Play	Tackling, passing the ball under pressure & vision	16-Adult	80
Rotate the Defender	Creating space to receive pass, anticipation for interception & vision	14-Adult	81
Scout ball	Accurate punt kicks, high catches & tackling	8-16	81
Short Ball Long Ball	Accurate passing & decision making	14-Adult	81
Space Tennis 30 Possession	Maintaining possession under pressure, hand-passing, kick-passing & decision making	10-Adult	82
Space Invaders	Attacking as a team, defending & accurate passing	12-18	82
Strike Away	Maintaining possession & flicking sliotar away	5-12	82
Tackle Alley	Soloing under pressure, tackling, going by defenders & accurate shots on goal	10-Adult	83
Tom Tiddler	Decision making, reactions, carrying the ball & evasion	Any	83
Triple Circle Pass	Smart passing & vision	10-Adult	83
Twilight Zone	Carrying past defenders & tackling	16-Adult	84
War	High Catching, winning breaking ball & accurate kicking	Any	84
Zones	Decision making & discipline in keeping to your own position	16-Adult	84
Zone to Zone	Accurate passing, vision & smart runs	8-Adult	85
1,2,3 and in	Quick passing & tackling	Any	85
4 Passes to Kick	High catching, winning the breaking ball, hand-passing & tackling	12-Adult	85

Full Invasion Games

NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL	PAGE
All Up and All Back	Quick attacking & defending as a team	16-Adult	87
Back-Ball-Back	This is a great game for switching play and support (on, around or away) from the ball carrier	16-Adult	87
Backwards Gaelic	This game will help players develop creativity on the ball as they will be forced to think and play differently	16-Adult	87
Beat the Man Tommy	Pick up at pace, going by players & shooting	16-Adult	88
Beat the 2 Corner Men	Carrying the sliotar, shooting & tackling	16-Adult	88
Best of 5	Decision making, vision, creating space, shooting & tackling	16-Adult	88
Breaks win Matches	Winning breaking ball, high-catching & accurate long kick-passes	16-Adult	89
Breakout	Breaking the tackle, carrying the ball under pressure & tackling	16-Adult	89
By-Pass Midfield	Hand-passing, carrying the ball & vision	16-Adult	89
Continuous play	Quick reactions, decision making & hand-passing	16-Adult	90
Corner Ball	Hand-passing, catching, creating space & vision	16-Adult	90

Crazy Ball Hurling	This game develops awareness and concentration given the high volume of balls used	Any	90
Distant Circle Score	Shooting from distance, reactions & smart passing	12-Adult	91
Double Back	Long kick passing, accurate shooting for goal, tackling & goalkeeping	16-Adult	91
Double Handed Touch	Breaking tackles, supporting players from behind & tackling	16-Adult	91
Double or Quits	Attacking play, accurate passing & free taking under pressure	16-Adult	92
Feed the Forward	This game develops intelligent movement, shooting and passing	Any	92
Goals Goals Goals	Maintaining possession, hand-passing, vision & decision making	16-Adult	92
Goal to Goal	Fitness with the sliotar, hand-passing & attacking the goal	16-Adult	93
Go 4 Goal	Carrying the ball past players & last men defending	16-Adult	93
Hitting the Target	Maintaining possession, hand-passing, decision making & vision	16-Adult	93
In the Hole	This game develops agility, smart intelligent movement and disciplined tackling	Any	94
Keepings Off	Hand-passing, creating space & tackling	16-Adult	94
Kick For Goal	Accurate punt passing & decision making	Any	94
Kick It Run It	Catching, working space & accurate shooting for goals	16-Adult	95
Long Range Shooting	Long range kicking/striking	Any	95
Lose it/Win it	Defending from the front	16-Adult	95
Mid Field Set Up	Carrying the ball, creating space & accurate passing	16-Adult	96
Mighty Man	Accurate passes to space, running at attackers & closing space	16-Adult	96
Non-Stop Hurling	Winning your own ball, attacking/ defending & continuous play	16-Adult	96
Numbers Game	Reactions, accurate shooting, beating the defender, tackling & last man defending	Any	97
Numbers Hurling Game	Communication and shooting	Any	97
One on One	High catch, accurate point taking & blocking	14-Adult	97
Opposite Corners	Hand-passing, creating space & decision making	14-Adult	98
Patient Shooting	lose quarter hand-passing, creating space & first time shooting from distance	10-Adult	98
Pay the Price	Working the ball into shooting zones & clean tackling	Any	98
Play the Zone	Sticking to your position, accurate passing, tackling & blocking shots	16-Adult	99
Quadrants	Decision making under pressure and defending and accurate finishing in tight confined spaces	Any	99
Reactor Game	Reactions, attacking as a team & tackling a man running at you	14-Adult	99
Rolling Attack	Game plan & creating space	16-Adult	100
Running the Channels	Sprinting with the ball, support play, working ball to scoring situation, man marking & tackling	14-Adult	100
Run the Rapids	Maintaining ball under pressure, offloading through tackle & taking a hit	Any	100
Shoot On Sight	Taking the first option, quick shooting & blocking	14-Adult	101
Silent Game	Quicker movements & makes players play with their heads up	16-Adult	101
Staying Alive!	Fitness in match situations, quick passing & supporting and making telling runs	16-Adult	101

ASTRIDE BALL

HOW TO PLAY: 2 teams line up and face each other about 2 metres in apart • Each player stands shoulder width apart with his feet astride, touching the players feet next to him • The object is to throw the ball from one side to the other side and to force the ball through an opponent's legs to score a point • The ball must be thrown underarm with two hands, and it can only be thrown through the legs of the opposite team • Feet cannot be moved • A time limit of 5 seconds is allowed to serve

PROGRESSION: Ball may be hand passed only. Circle formation.

WHAT IT DEVELOPS: Handling, balance & decision making



BACK TO BACK

HOW TO PLAY: Children move about the area and on coach's command to stop children must pair off 'back to back' • Have an odd number playing so that the last person not standing back to back must stand out each time • This person then gets to call back to back and rejoin the game

PROGRESSION: Get into groups of 3/4.

WHAT IT DEVELOPS: Reactions, looking up & thinking on the spot



BACK TO BASE

HOW TO PLAY: Set up different coloured bases with cones in each corner of the playing area, choose 2 taggers to start in the middle • Split the rest of the group equally in each of the bases • The aim of the game is to get to the bases without getting caught • The teacher calls out instructions for the kids to do such as red run to blue, purple skip to green and yellow hop to blue • You must try to get to the new base without getting tipped by the tippers in the middle • If you get tipped, you must go back to the base you just came from.

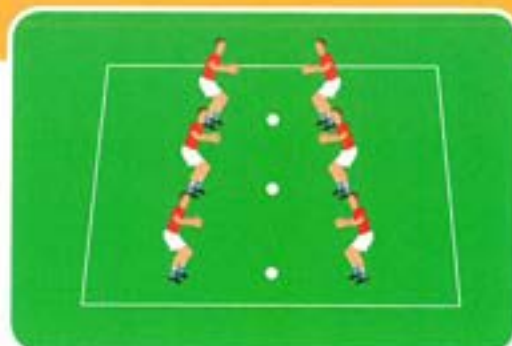
WHAT IT DEVELOPS: Evasion and vision



BALL

HOW TO PLAY: Get the kids into pairs with a ball between them on the floor • Players stand opposite sides of the ball about one meter away • Players stand in the ready position (knees bent, hands out ready) and the teacher calls out different instructions such as "hands on head", "sit on the ground", "lie on your back" or "balance on one leg" • As soon as the teacher shouts "ball", players have to try and grab the ball with two hands • The first person to grab it gets 1 point • Play multiple rounds, and switch up partners as well.

WHAT IT DEVELOPS: Agility & Reactions



BEAN BAG TAG

HOW TO PLAY: All players move around the grid throwing bean bags to each other • One player tries to touch any player inside the grid • If the player is carrying a bean-bag they cannot be tagged

PROGRESSION: Add or reduce the size of the grid. Add or reduce number of bean bags.

WHAT IT DEVELOPS: Agility & evasion



CATCH THE TRAIN

HOW TO PLAY: 3 players form a "train" by placing their hands on the hips of the child in front of them • All the other players chase the train and try to join the end of the train

PROGRESSION: Add in more than 1 train. Have 2 or 3 trains to catch.

WHAT IT DEVELOPS: Agility & teamwork



CATS AND MICE

HOW TO PLAY: Two players are chosen as 'Cats' • The remaining players are mice • The 'Cats' sit in the middle while the mice move around by hopping or skipping, etc • The 'Cats' sit quietly and patiently until they are ready to leap up and chase the mice towards the boundary • The mice that are caught become cats in the next round • The game ends with the last mouse as the winner

PROGRESSION: Increase the number of cats at the beginning. Decrease / increase the size of the grid to make it easier/harder.

WHAT IT DEVELOPS: Reactions, evasion & planning



CAT AND MOUSE

HOW TO PLAY: Mark out a big enough space with 4 cones • Divide group in two • Half become mice while the other half become cats • The mice have to avoid having their tail taken by the cats, but must stay in the area • If they lose their tail, they become the cats and chase the mice • The game finishes when all the mice have become cats.

WHAT IT DEVELOPS: Agility, evasion and vision



CHASE YOUR PARTNER

HOW TO PLAY: Players are divided into pairs • The player with the Ball stands still while his/her partner runs in the grid • On the whistle the ball carrier chases their partner trying to tag them on the back • When they do so the roles are reversed

PROGRESSION: Increase size of grid. Increase number of players. Players must hop and solo when in pursuit.

WHAT IT DEVELOPS: Evasion & running with the ball



CHASING CARS

HOW TO PLAY: Players are in pairs – “cars” • One player is the driver the other is the passenger • The ball is the steering wheel. Use calls;

Red = STOP

Orange = READY TO STOP

Green = GO

PROGRESSION: Some of the pairs act as trucks. They try and bump into the “cars”. The “cars” use agility to avoid a crash.

WHAT IT DEVELOPS: Agility, reactions & decision making (finding space)



CHAOS

HOW TO PLAY: Players in pairs • One player on outside square/ one player inside • Players run in different directions • On call inside player finds outside partner-completes ten hand-passes and ten pick ups

PROGRESSION: Switch roles.

WHAT IT DEVELOPS: Carrying the ball, hand-passing & crouch pick ups



CIRCLE CHASE

HOW TO PLAY: Mark out a circle with cones • 2 players per cone, numbered 1 & 2 • On the whistle all the number 1's run clockwise • The aim is to tag the person in front • When the number 1's return to their start cone, the number 2's await the coaches whistle

PROGRESSION: Solo/bounce a ball. Change direction.

WHAT IT DEVELOPS: Speed & shadowing



COACH TAG

HOW TO PLAY: Coach stands in the centre holding a football
 • Players move around carrying out the actions indicated by the coach, e.g. walking, running to the right, running to the left, jumping on the spot etc
 • When the coach hides the football behind his back all players run to the boundary, as coach tries to tag them

PROGRESSION: Instead of coach being in command 2 players are in charge.

WHAT IT DEVELOPS: Reactions, agility & evasion



COMMANDO

HOW TO PLAY: Make out a square 20m by 20m • Each player has a football • Have 4 players from the panel wearing the tackle bags

• On the coaches call players must hit the tackle bags with left/right shoulder • The players with the tackle bags should attempt to dispossess the players hopping and soloing around

PROGRESSION: Change men on the bags. Change the calls—pick up the ball.

WHAT IT DEVELOPS: Shouldering, timing tackles, hopping & soloing under pressure



CROWS AND CRANES

HOW TO PLAY: Divide children into two groups and organise them in 2 lines parallel to each other • Name one line 'crows' and the other line 'cranes' • Coach calls either crows or cranes • If crows are called they must react quickly and run to allocated line away from cranes and cranes chase crows to try and catch them before they reach the line and so on • The key to the game is the way in which the coach rolls the 'r' in cr,r,r,rows and cr,r,r,ranes.

WHAT IT DEVELOPS: Reactions & agility



DODGE AND TAG

HOW TO PLAY: Players in pairs • One attacker, one defender, inside square • On call attackers must run to lose the defender
• 30 seconds-1 minute then swap roles

PROGRESSION: Play 2v1.

WHAT IT DEVELOPS: Agility & evasion



DRIBBLING CIRCLE

HOW TO PLAY: In pairs player 1 dribbles the sliotar around the area and player 2 follows behind • On whistle changes roles • Player without the ball runs in the ready position

PROGRESSION: At first use one hand only on hurley, then two hands. Finally compete for the ball with each-other.

WHAT IT DEVELOPS: Dribbling & shadowing



ESCAPE

HOW TO PLAY: This game involves pairs • One member of each pair assigned to one of the two teams • Each player should have a ball that they have to hop and solo around a circle of cones • Once you call one of the teams each member must run with the ball out of the circle in the centre of the pitch to the goals outside
• The players of the team not called leave their balls behind and chase their personal opponent trying to disposes the ball carrier and return the ball to the centre.

WHAT IT DEVELOPS: Disciplined tackling, speed, agility.



EVERYONE IS 'IT'

HOW TO PLAY: In an area 20m x 20m, each child runs around trying to tag as many other children as possible while not being tagged themselves • Each bout lasts for 30 to 45 seconds • The children must be aware of their surroundings and make decisions about where to go and where to avoid

PROGRESSION: One or two players is it.

WHAT IT DEVELOPS: Agility, evasion & decision making



FIND THE COACH

HOW TO PLAY: The coach gets all the children to close their eyes • While their eyes are closed the coach moves position quietly • On the command, "find the coach" the children open their eyes and run to tag the coach

PROGRESSION: This progresses from the coach staying still to the coach moving even after the children have opened their eyes.

WHAT IT DEVELOPS: Reactions



FLICK & STRIKE

HOW TO PLAY: Mark out a grid (size depends on number of players) and place sliotars into the grid • Players move around the square in the ready position • On the whistle they move to a ball & flick it away • To progress the drill, put players into pairs with a sliotar • One player tries to flick the sliotar away while the other attempts to strike it

PROGRESSION: Ready position. Press the thumb on the hurl. Hold the hurl at the top

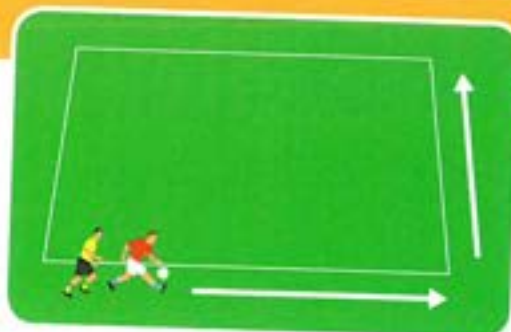
WHAT IT DEVELOPS: Timing, reach & flick



FOLLOW THE LEADER

HOW TO PLAY: Get the kids in pairs with one ball for each pair • Use a sports hall or playground where there are court line markings if possible • One player solos around the marked area while the other player runs behind, following the leader • When the teacher calls switch, the leader passes the ball to the follower and the roles switch.

WHAT IT DEVELOPS: Reactions and soloing.



FREE MOVEMENT

HOW TO PLAY: Set out square area that all players must remain inside • Allow players to move about the square as they wish but may only take 4 steps before changing direction • Demonstrate the use of the out-side foot in transferring weight to make the change in pathway i.e. use the inside of the outside foot to drive off • This encourages players to move in all different directions and avoid contact with other players • Look for the free spaces to move into at all times

PROGRESSION: Introduce joint mobilisation Exercises (e.g. high knees, heel flicks, Skipping etc.) every 15/30 seconds, depending on fitness levels. Challenge them to travel in different pathways and directions. Can they change 'gears' as they travel? Players must hand pass ball to a free player then receive another. Encourage players to move in all different directions and 'CALL' for the ball to avoid player not being ready for a pass or more than one ball going to a player at the same time.

WHAT IT DEVELOPS: Carrying the ball, changing direction & finding space



GO GO GO!

HOW TO PLAY: One player is at a cone 3m in front of another cone which another player is at • They should both be in different positions • For example, both players on their backs, both players on their stomachs • When the coach blows the whistle they both get up and the player in front gets the ball from a player feeding the ball in different ways • For example, along the ground, bouncing and tries to make it to a cone 20m away before the player behind catches him.

WHAT IT DEVELOPS: Speed with the ball and evasion



HERE, THERE EVERYWHERE

HOW TO PLAY: Coach uses three words that have special meaning • For example: 'Everywhere' stands for a particular activity—running for example on hands and feet • 'There' players run after Coach • 'Here' player run towards a designated boundary or cone

PROGRESSION: Changes can be made to calls. Calls changed completely or new calls added. Stop and go for example.

WHAT IT DEVELOPS: Reactions & thinking/acting quickly



HUMAN TUNNEL BALL

HOW TO PLAY: Players divide into two different groups • They stand in line formation one behind the other • On 'go' they move their feet apart and the first player in the line crawls through the tunnel of legs to the back of the line • Upon reaching the back of the line he stands up and shouts 'tunnel' • The next player then turns and crawls through the tunnel • The winning team is the team that gets all their players through the tunnel and back to their original position in the line

PROGRESSION: Player must bring ball through the tunnel with them and then kick pass it up to the front of the line to the next player.

WHAT IT DEVELOPS: Organisation, team work & communication



HURLING MINEFIELD

HOW TO PLAY: Randomly place cones throughout a defined area • Cones should be rather close together, 1m apart on average and no set pattern, but make sure that there are no clearly defined lanes, end to end • Divide players into two teams • Have each team line up in pairs, the two teams will be at one of the defined areas end lines • The object of each pair of players is to pass to his teammate through the cones without the ball or a player's foot touching a cone • Do not allow players to dribble but only to make passes • Begin by allowing the first pair from each team to go • Once a pair of players reach the far end line, the next pair from their team can go • If a ball or a player's foot touches a cone (land mine), that pair has to go back to the starting line and begin again • First team to successfully get all of their players across the mine field wins • To deal with odd numbers of players or pairs, make one or more players or pairs go twice as needed

WHAT IT DEVELOPS: Accurate striking, decision making & scanning for space



JAMMY DODGERS

HOW TO PLAY: Create a grid approximately 25x30m grid (the size of the grid can be adjusted depending on the age and number of players) • Have all of the teammates spread out on one of the end lines without a ball • The coach or coaches should be in the middle of the grid with every ball • On the coach's command, every player must sprint from one side of the grid to the other while avoiding balls being knocked at them by the coaches in the middle • The coach attempts to hit the players as they pass from the knee down • If a player is struck by the coach's pass, those players collect the balls and join the coach in the middle of the grid attempting to hit the remaining players • The last player standing wins!

PROGRESSION: Vary different types of kicks: Punt kick/ hook kick/ slice kick. Also use weak foot only.

WHAT IT DEVELOPS: Evasion, scanning & perception



JAWS

HOW TO PLAY: Put out lots of hoops around the playing area and choose 2-3 kids to be tippers • Everyone else find a space around the area with a ball each • (Tippers = Sharks/ Hoops= Safe Island) • Bounce your ball around the area (not in the hoops) • When the coach calls out "JAWS", you must quickly solo to a hoop and sit down with your ball and at the same time, the tippers try to run and steal your ball away • If your ball gets stolen before you get to a hoop, you then become a shark • Play multiple rounds and wait at least a minute before calling "JAWS".

WHAT IT DEVELOPS: Soloing under pressure & evasion.



LAST MAN STANDING

HOW TO PLAY: Square 20m x20m with cones scattered out in it • Every player is given a sliotar which they hold on the palm of their hand • The players must run around with the square without dropping the ball, bumping into each other or hitting the cones which are scattered around the square • Cone is hit= out • Player is out if a ball is dropped • The last man remaining in the square wins

PROGRESSION: Solo with sliotar on hurl.

WHAT IT DEVELOPS: Scanning for players/cones, evasion & control



LAST PERSON AWAKE

HOW TO PLAY: On coaches call/whistle players run around multi-coloured cones • On coaches second call/whistle players must run and stand at nearest cone • Person standing with no cone is out • Repeat till there is one person left = they are the winner

PROGRESSION: Instead of cones football can be used.

WHAT IT DEVELOPS: Perception, agility & reactions



MOUNTAINS AND VALLEYS

HOW TO PLAY: Split teams evenly, one team will be mountains, one team will be valleys • Put two cones per person in a square 15m by 15m • The valleys try to put as many cones as possible upside down and the mountains try to put as many cones as possible up normal • The team that has put the most amount of cones upside down or normal after a minute wins.

WHAT IT DEVELOPS: Speed of movement & agility.



MUSICAL FOOTBALLS

HOW TO PLAY: All players jog around the outside of the square • On the whistle each player runs into the square and sits on a free football • Any player who doesn't find a ball to sit on is eliminated • After each whistle coach removes 2 footballs and the three steps above are repeated • Game continues until a winner is found

PROGRESSION: Increase size of square. Different movements.

WHAT IT DEVELOPS: Agility, reactions & peripheral vision



ON THE WHISTLE

HOW TO PLAY: Set out square, all players situated inside the square • Begin to hand-pass to each-other while moving inside square • On whistle drop footballs and follow instruction given as quick as possible (Give piggy-back/wheelbarrow for example) • Last person to follow instruction is eliminated

PROGRESSION: On whistle get into groups of 3/4/5 set to certain colour cone outside the square.

WHAT IT DEVELOPS: Reactions & taking instruction

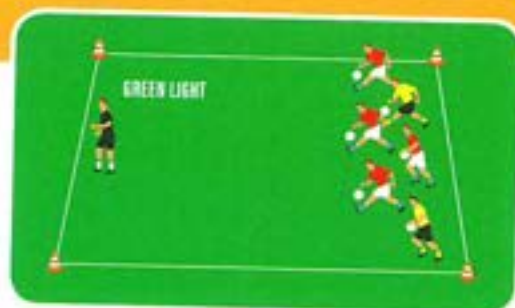


ONE TWO THREE RED LIGHTS

HOW TO PLAY: Create a starting line for each of the players, and the coach should move 15-20m away • With the coaches back to the players, he yells GREEN LIGHT and the players try to hop and solo to the coach • When the coach yells RED LIGHT, he waits a moment and then turns to face the players • Anyone who is not stopped has to go back to the farthest person from the coach

PROGRESSION: Have the players hop and solo with only the right or left foot.

WHAT IT DEVELOPS: Hopping and soloing the ball at pace & reactions



OUT OF CONTROL

HOW TO PLAY: Create a 15x15m grid marked with cones • All players are required to play within the grid and each player must have a football • All players Hop and Solo around in the grid • They must react to the following directions given by the LAPD (the coach) • "Green" is go, "Yellow" slow down, "Red" is stop with foot on the ball for 3 seconds

PROGRESSION: "Crash" all must fall to the ground, and "Runaway Speeder" the coach runs into the grid and kicks the balls out of the grid.

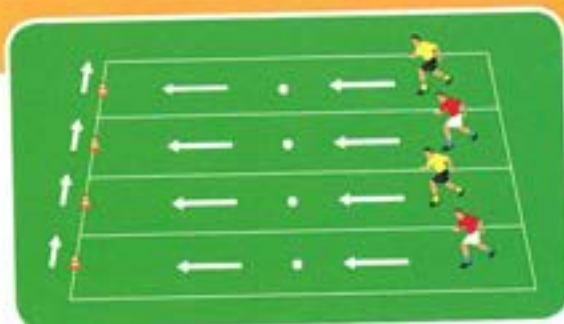
WHAT IT DEVELOPS: Hopping and soloing at speed, reactions & stopping and starting quickly



PICK N RUN

HOW TO PLAY: Set up a row of cones in a straight line • Have the same number of players as cones and have them facing the cones • Between the player and cones have a ball • On the whistle all players sprint, pick up the ball then proceed to sprint towards their cone • When they reach the cone they attempt to catch the player to the right of them, everyone should be chasing someone other than the two players on the end cones.

WHAT IT DEVELOPS: Speed & evasion



POISON BALL

HOW TO PLAY: Layout a large circle of cones (around 15m diameter) • Divide the class into two even groups. Half around the outside of a circle with a ball and the other half in the middle of the circle without a ball • Players on the outside must throw their ball to try to hit the people in the middle, below the knees • Players in the middle must try to dodge the incoming balls • If players in the middle are hit, they're out and join the outside of the circle • The last people to survive in the middle win.

PROGRESSION: Swap everyone from the outside to the inside. The ball action can also be changed to rolling, kicking and left hand or right hand only.

WHAT IT DEVELOPS: Accuracy and evasion



ROB THE GOAL

HOW TO PLAY: Set out two bases 50-100m apart • Put 8-10 footballs/sliotars at each base • Create two teams of equal number • Players have to run to the opponent's base one person at a time from each team • They pick the ball/sliotar up correctly (foot under the ball and jab lift or roll lift) • Players run back to home base while hopping and soloing the ball or sliotar and place the ball down • Teams keep stealing the opposing team's balls/sliotars until the whistle blows • The team with the most ball/sliotars win.

WHAT IT DEVELOPS: Soloing at pace, pick up at pace.



ROB THE NEST

HOW TO PLAY: 12 players split into 4 teams of 3 • In 60 seconds dribble as many sliotars as possible from the centre to your own area • When the centre is empty, take sliotars from other teams' areas & move clockwise back to own area • Only collect one ball at a time • Do not tackle other players • Count which team has most sliotars after 60 seconds

PROGRESSION: Reduce the number of sliotars. Modify the size of the area

WHAT IT DEVELOPS: Dribbling, agility, & scanning



SHADOW RUNNING

HOW TO PLAY: Players work in pairs for 30 second periods • The lead player runs for 30 seconds with multiple changes of direction while the partner attempts to follow him/her • 30 seconds break after each bout of work • Players perform each role 3 times, i.e. 3 x leading & 3 x following

PROGRESSION: Get the lead player to carry a ball.

WHAT IT DEVELOPS: Agility & shadowing



SHARK TAG

HOW TO PLAY: Mark out a 10 x 20m rectangle with four cones • Create an "island" near each corner. Create a "ship" near the centre • Divide players into "sharks" and "sailors" • When the "sailors" hear "abandon ship" they run to an island without getting "tagged" by a shark • A tagged sailor becomes a shark • Sailors sprint back to ship, avoiding the sharks • Keep going until all the sailors have become sharks.

WHAT IT DEVELOPS: Speed and evasion



SIGNAL MAN

HOW TO PLAY: Players space out at random in a grid • Coach stands in front and signals with hands i.e. if s/he points to his left all the players move sideways to their right etc • If he points forward, all move back • Same as above but respond to audio commands i.e. 'Right', 'Left' etc • Challenge them to move the opposite way to the way pointed i.e. if the coach points behind him all move forward etc.

PROGRESSION: Introduce the ball and perform the bounce after each signal movement.

WHAT IT DEVELOPS: Reactions & thinking on your feet



SNATCH THE BACON

HOW TO PLAY: Two teams line up opposite to each other • Each player has a number • Coach calls number and both players run to get the ball and returns hand pass to coach

PROGRESSION: Person who does not get the ball must defend player who got the ball and prevent him from returning ball to coach.

WHAT IT DEVELOPS: Speed & carrying



SNAKES IN THE GRASS

HOW TO PLAY: Create a small grid approximately 15x15m • All of the players should be inside the grid • The coach should designate two players to be the "snakes" by lying on their stomachs • Each of the players begin with one of their hands on the snakes in the grass • When the coach yells "SNAKE IN THE GRASS" the non-snake players attempt to avoid the snakes as the snakes attempt to slither around on their stomach and touch a non-snake player • As a player is touched, that player too becomes a snake • The activity continues until everyone is a snake

WHAT IT DEVELOPS: Evasion



STUCK IN THE MUD

HOW TO PLAY: Stuck in the mud is a classic game and is a great pulse raiser for any age • Two people are 'on' (that is depending on the size of the group – (my example is for a group of 15-23 players)) • They have to chase the people that are not 'on' and tag them • When they have tagged another player who was not on, that person is 'stuck in the mud' • They stand with legs and arms out and they cannot move • The only way to release them is if another person who is not stuck goes under the player that is stuck to free them • They can go through the person's legs, or under their arms • This continues for about 5-10 minutes or until everybody is stuck.

PROGRESSION: To increase the difficulty level, use more catchers.

WHAT IT DEVELOPS: Evasion and agility



SUBMARINES AND MINES

HOW TO PLAY: The main object of the game is that the runners will try to go from one end of the zone to the other end without being touched by the submarines' or the mines (participants who got tagged laying on the floor on their stomach) • 3 hula hoops are placed in centre of play area – 1 captain in each submarine (hula hoop) each with 2 balls – at the signal, runners must try to go across zone without being touched by ball (even if it touched the ground first); if they get touched, they become mines and lay on the floor on their stomach • The only way they can move is by pivoting on their stomach • They try to assist the submarines by touching the passing participants either with their feet or hands – the last 3 to survive become the submarines – the submarines' captains must be in their submarine while throwing and can run to fetch their balls but must come back in subs to throw again • Remember that with the 'go' signal, everyone is in play until they reach a safe zone at the other end of gym.

WHAT IT DEVELOPS: Evasion & agility



TACKLE YOUR IT

HOW TO PLAY: Split into two teams, one team chasing another team running away • The team running must have a ball and the chasing team must tackle the ball out of the players hand in order to catch them.

WHAT IT DEVELOPS: Disciplined tackling & evasion



TEAM BALL PASS

HOW TO PLAY: Mark out grids 7m x 7m (Larger 20m x 30m for kicking or striking) • 3/4 People in each grid • Make quick passes to your partners in the grid by sending the ball in a static position • After passing the ball player moves to find best possible free space • How many successful passes in a set time or 10 passes completed first

PROGRESSION: Number players 1 to 4. Start by No.1 passing to No.2 and so on.

WHAT IT DEVELOPS: Passing & looking for space



TEAM TAG

HOW TO PLAY: Create a zone with cones and divide the players into two teams • Team 1 wearing the tags are 'it' and are timed to see how long it takes them to tag all other players • When tagged children are out • Repeat until every player has had a turn.

WHAT IT DEVELOPS: Agility and evasion



THE ICEMAN

HOW TO PLAY: Mark out a starting line at one end of the playing area • Kids line up across the starting line with a ball each • Put another cone out at the other end 15-20m and choose 1 kid to stand there without a ball, to be the Iceman • The iceman stands with his back to the other kids, facing the other way • Your aim is to solo the ball to the other side as quickly as possible – the first person to touch the cone next to the iceman wins • However, if the iceman turns around to face you, you must stop soloing and freeze with your ball • If the iceman sees you soloing your ball when he turns around, he points to you and you must take 3 steps back • The iceman turns around again to have his back to the class, and he turns back when he wants to after at least 5 seconds • Whoever touches the cone behind the iceman first, wins, and becomes the new iceman.

WHAT IT DEVELOPS: This game develops awareness and quick reactions.



TO GUARD OR NOT TO GUARD

HOW TO PLAY: Mark out a grid 15m x 15m • Six players attempt to solo across the grid • Two players act as defenders and attempt to tag the soloing players • Once a player has been tagged they must leave the Game • The soloing players continue over and back until all have been tagged • Rotate the defenders and repeat the game

PROGRESSION: Increase the width of the grid to reduce the difficulty for the soloing players and vice versa

WHAT IT DEVELOPS: Carrying the ball & evasion



TURTLE FLIP CHASING

HOW TO PLAY: Assign a few players as catchers • The rest are turtles that are trying to avoid being caught • Once caught, players get down on their backs and pretend to be a turtle that has been flipped on its back • They can be freed by being flipped back up the right way by their team-mates.

WHAT IT DEVELOPS: Evasion & vision (looking for unturned players)



Target Games

The simplest form of game which challenges players to use accuracy and control to aim into or at a target. Players score when they successfully throw or strike an object closer to a target than their opponents. Players have lots of time to perform the task without any distraction from other players.



Aiming



Location



Releasing



Shot



Distance



Control



Trajectory



Velocity

ALL CONED OUT

HOW TO PLAY: 3 teams 3 footballs • 1 team attacking, 1 team defending, 1 team retrieving the footballs • 2 teams play inside the grid • The aim of the game is to work the opportunity to be able attempt to knock over the opponents cones with a kick-pass or hand-pass with the footballs available in the centre of the square • Each team is given 2 minutes to do this • The defending team attempts to put off the attacking team in their attempts to score • After 2 minutes all the teams rotate • Game is finished when each team has had 2 go's at each role

PROGRESSION: Use bean bags target instead of 2 cones. Hand pass only. Kick pass only

WHAT IT DEVELOPS: Passing, creating space, accurate kicks/hand passes at the target & defending



BOMBARDMENT

HOW TO PLAY: Area approx size of basketball court • Players attempt to knock down their opponents cones and attempt to protect their own cones • Players positioned in each half of the court, may move around more freely, but not outside their court • Players are not permitted in the five foot area containing the targets • Game commences with one player rolling the ball at the opposing team's cones • The winner is the team that first knock down all the cones of the other team

PROGRESSION: Hand-passing or kicking the balls.

WHAT IT DEVELOPS: Accurate kicks & blocking shots

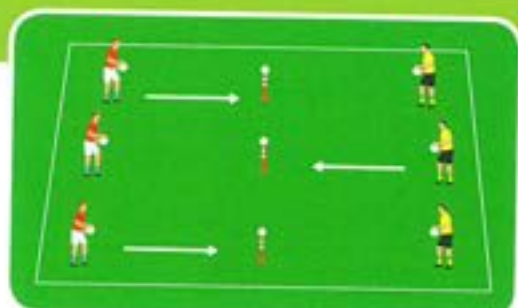


BULLSEYE

HOW TO PLAY: Split the gym or playing area into two halves • Create two teams • Each team is on their own half • Each team is split into two along both side-lines, with 3 cones between them • On the 3 cones are balanced 3 footballs as targets • Give all players their own ball • On the signal, players attempt to hand pass their footballs back-and-forth at the balanced balls to knock them off of the cones • First team to knock over all 3 balls wins the round • Set back up and repeat!

PROGRESSION: Use weaker hand

WHAT IT DEVELOPS: Accurate hand passing

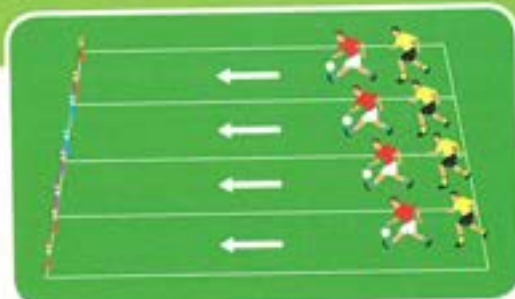


CATCH AND KICK IF YOU CAN

HOW TO PLAY: Split group into pairs • Player 1 in each of the pairs has possession of the ball • He attempts to run down the lane and kick through the goals • Player 2 attempts to chase him and stop him from doing so (token opposition) • Scoring: 1 point if you put it through the goals • 1 point if the chaser puts the kicker off

PROGRESSION: Have two players chase the kicker.

WHAT IT DEVELOPS: Accurate shooting on the run & shadowing



CIRCLE IN CIRCLE OUT

HOW TO PLAY: Layout as displayed • Man in the middle attempts to strike/score through the 5 goals • 5 players outside the circles attempt to block the middle man's scoring attempts • Change Player in the Middle after 1 minute • Encourage ground block position

PROGRESSION: Players on the outside 1 at a time strike the ball into the middle. Man in the middle attempts to block and stop all attempts.

WHAT IT DEVELOPS: Fast accurate shooting & blocking



CLEAR THE CIRCLE

HOW TO PLAY: Mark out circle 4m radius with cones as shown • Mark out 4 other circles 4m radius with domes as shown • Uneven teams 6 v 3 • Team of 6 are outside the circle, other 3 players are inside circle • Players inside circle, clear the circle by using the hook kick at targets • Outside players must retrieve balls and roll them back into circle • Reverse the roles after a set time

PROGRESSION: Vary different types of kicks used Punt Kick/ Hook kick.

WHAT IT DEVELOPS: Accurate hook kicking to different targets

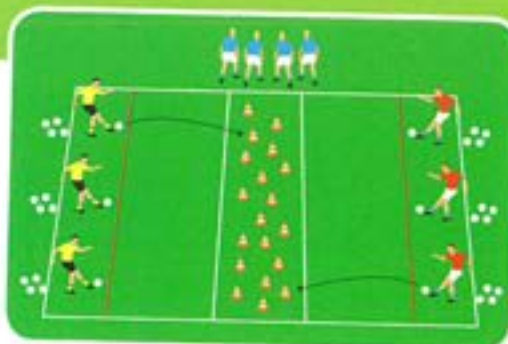


CONE BOMBARDMENT

HOW TO PLAY: 3 Teams x 3/4/5 aside • No. Teams 1 to 3 • Large rectangle with 5 zones: A/E - 10 x 5m; B/D 10m x 3m; C 10m x 3m • Place 10/15 cones in middle zone C for players in two outer zones A & E to aim at • Leave next 2 zones B & C as No Man's Land • Teams Nos. 1 & 2 go to outer zones A & C with 5 balls each • Team 3 remains outside the middle zone C to count and replace the knocked down cones • Change roles after 1 min, i.e. Team 1 go to middle zone C, while Team 3 go to outer zone E etc. Score - 1 point is scored for each cone knocked down in a set time Winner - Team with most points after 3 goes

PROGRESSION: Weak foot only.

WHAT IT DEVELOPS: Accurate and appropriate shot selection

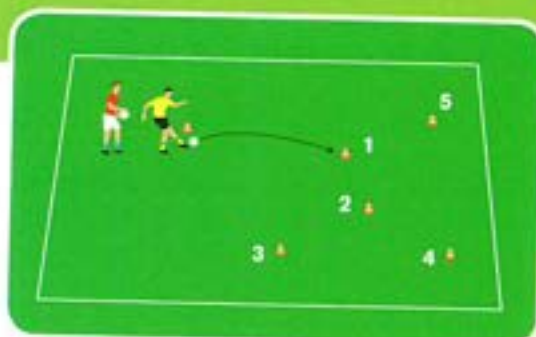


CONE CROQUET

HOW TO PLAY: Two players are given six cones and their own football (or hurls) and get to set up their own playing area • One cone is selected as the "Start" location, and the other cones are numbered one to five • Players decide who will start the game by playing "rock-paper-scissors" • The first player then begins the game by standing at the "Start" location and kicking their ball in an attempt to hit cone #1 • Player's alternate turns kicking their ball • The goal of the game is to hit all of the cones in order before your opponent.

PROGRESSION: The start cone can be placed further away from the target cones. Players must use their weaker foot.

WHAT IT DEVELOPS: Accurate kick passing



END ZONE

HOW TO PLAY: In this game, two teams will compete in an attempt to work the ball from one end of the pitch to the other end using kick passes • The attacking team have four attempts to play a kick pass which is caught cleanly in the chest without touching the ground • If a clean catch the number of attempts taken is reset to zero and they have four more attempts to work the ball to their zone • If the attacking team fail to make a foot pass in four attempts then the defending team will take the ball themselves and try to work the ball up to their end zone • If the defending team intercept the ball then they will start again themselves under the same rules.

PROGRESSION: Increase number of passes needed to score.

WHAT IT DEVELOPS: Transition from defence to attack using kick passes



FALLING ASTEROIDS

HOW TO PLAY: Divide your group into two teams and set up an area that is 20m in length and 10m in width • Mark out with a line of cones a half way point in the area. Instruct one of the teams to line up across one end of the grid • On the other half of the area, mark out three different zones with cones and/or hoops • Allocate different points rewards to the three zones • The players must attempt to kick or hand pass their ball into one of the zones in the other half of the area • If the ball lands in one of the zones, that team will get points according to whatever points tally you have attributed to the zone • Each person on the team will get three attempts each and the team's points will be tallied up • Following on from this, the opposition team will play to see if they can beat that score.

PROGRESSION: To progress this game, the coach can make the zones smaller or make the distance required to reach the zones longer. The coach can also instruct two of the opposition players to attempt to stop the footballs landing in the zones.

WHAT IT DEVELOPS: This game develops accurate kicking and hand passing.

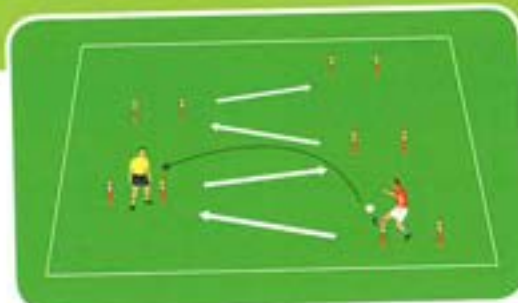


FIND THE GOALS

HOW TO PLAY: 10 players in pairs • Each pair sets out two cones 1m apart and attempts to punt kick the ball to each other, using the cones as goal-cones • Pairs then move and repeat this working their way around the five sets of goals • The course is complete when a goal has been scored through each set of goals

PROGRESSION: Increase distance. Increase the width. Use weak foot.

WHAT IT DEVELOPS: Accurate shooting/passing



FREE/SIDELINE TAKING DUEL

HOW TO PLAY: Free taking Duel: Arrange 8 cones at random between 21m and 55m lines with pairs waiting behind goals to strike balls out into field • Players in pairs take two frees at each cone, starting closest to goals • Keep your score • Sideline Cut Duel: Cones along both sidelines from 13m to 45m lines • Players in pairs take two sideline cuts from each cone

WHAT IT DEVELOPS: Accurate free taking & sideline cuts



GATES GAME

HOW TO PLAY: Set up a square with four gates inside, split players into two teams • The objective is to run, kick pass or hand pass through any of the four gates • The coach should encourage the players to look up and be aware of space throughout the grid in order to exploit the least protected gate.

PROGRESSION: Remove one gate. Encourage one player to

WHAT IT DEVELOPS: This creates the habit of switching the play in players which is essential in breaking down mass defences in the modern game.



GOING FOR DISTANCE

HOW TO PLAY: In this game, the coach will position the players on one end of the field • Every player will then attempt to strike the sliotar or kick the ball the length of the field in as few strikes/kicks as possible.

PROGRESSION: Lengthen the playing area. Players have to use weaker side/foot.

WHAT IT DEVELOPS: This game will emphasise the importance of the practising long kicking and striking to the players.



GOLF HURLING

HOW TO PLAY: Players are in pairs • Mark out 10 holes • One player dribbles the sliotar through the 10 holes • Sliotar must stay on the ground • The other player counts the number of strikes it takes to complete the course • Players then swap roles

PROGRESSION: Use weak side only.

WHAT IT DEVELOPS: Dribbling & close control.



GUARD THE YARD

HOW TO PLAY: Mark out a large circle of cones about 8-10m wide • Put the balls around the outside of the circle • Put the targets in the middle of the circle which can be knocked down – e.g tall cones, pins • Have everyone stand around the outside of the circle • Choose 5-6 players to stand in the middle of the circle around the targets as defenders • When the coach blows the whistle, the players on the outside of the circle must try and kick the balls and knock over the different targets inside the circle • The players inside the circle can try and block the balls and prevent the targets from being hit • All of kickers must be outside of the circle before taking their shot • The game keeps going until all the targets have been knocked over • Play multiple rounds, swapping defenders in the middle in the process.

PROGRESSION: Players must use their weaker foot. Increase the number of defenders inside the circle.

WHAT IT DEVELOPS: This game develops accurate kick passing.



HIT THE CONE

HOW TO PLAY: Players are paired off about 20 metres apart • In between each pair is a pole/ cone or a pole with a cone on top of it • Every time a pole/cone is hit or a cone is knocked off a pole the player who kicked the ball gets a point • The pair with the most points wins

PROGRESSION: Weak side only. Increase distance from cone/pole.

WHAT IT DEVELOPS: Accurate kicking



KICK AND TACKLE

HOW TO PLAY: This game involves three players in a group • Players stand 20/30 yards from one another • Player 1 kicks the ball to player 2 and immediately follows the pass to try and tackle the player receiving the ball • The player who receives the ball will then look to try and pass to the third member of the group before being blocked • As soon as the passer gives the ball, they become the tackler • Player 3 should be looking to kick for a point.

PROGRESSION: Players can only kick with their weaker foot

WHAT IT DEVELOPS: This game develops accurate kick passing and disciplined tackling.



KICKING ROUNDERS

HOW TO PLAY: 3 groups in grids 15-20m apart • Players kick ball to partner in next grid • 3 partners-3 kicks completed and the ball is kept off the ground = 1 score

PROGRESSION: Grids Further apart. Use smaller balls (tennis ball). Turn on call, receive the ball. Time limited for the game. Use the other foot.

WHAT IT DEVELOPS: Accurate direct kick passes



KICK TO ZONE

HOW TO PLAY: Divide a square area into three equal rectangles • Either side of these rectangles, set up a small square about 20 yards outside of these rectangles • In the rectangles, there will be three attackers' vs two defenders • They must work the ball from the first rectangle to the third one by passing through the middle rectangle • In each of the rectangles one pass must be made before moving on to the next rectangle • Once the attackers have completed the final pass they must then look to complete a kick pass to one of their teammates but the caveat is that the receiver of this kick pass inside the small square outside the rectangles.

PROGRESSION: The kick pass given must be with weaker foot.

WHAT IT DEVELOPS: Timing of runs and the weight of the pass



LOW BALL INTO THE CORNER FORWARD

HOW TO PLAY: In this game, you will set up two small squares either side of the goalposts from the end line to the 14m line • The attacking team can only score after they have played a ball into one of their full forward line and the forward has taken the ball inside the designated small squares • After that the attacking team are free to play the ball as they wanted • However, the coach should emphasise the importance of running off the shoulder to create a goal scoring opportunity after the corner forward has received the ball.

PROGRESSION: The coach can set a 5 second limit on the ball being delivered to the corner forward or make the area smaller for the corner forward to run into.

WHAT IT DEVELOPS: Early delivery to forwards and off the shoulder running.

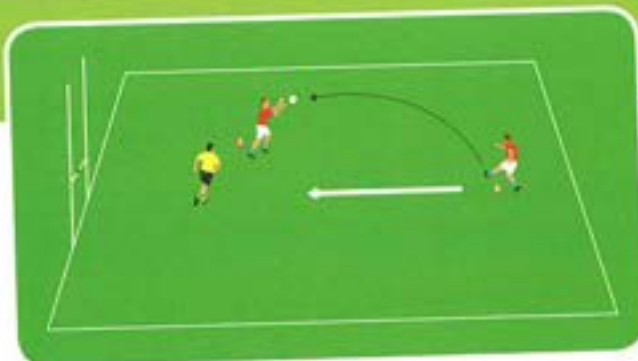


MAKE THE MOST OF THE EXTRA MAN

HOW TO PLAY: In this game, the players will split into groups of three • One player will act as a defender and another as the 'receiver' • The third player will begin 30 metres from goal and will play the ball to the 'receiver' • The receiver will then have the choice between taking a shot on goal himself or passing it to the on rushing passer who has joined the attack since passing the ball • All players should rotate and run through one play each play in each of the roles.

PROGRESSION: This game can be extended to have 3v2, 4v3 etc.

WHAT IT DEVELOPS: This game develops good decision making in attacking scenarios.

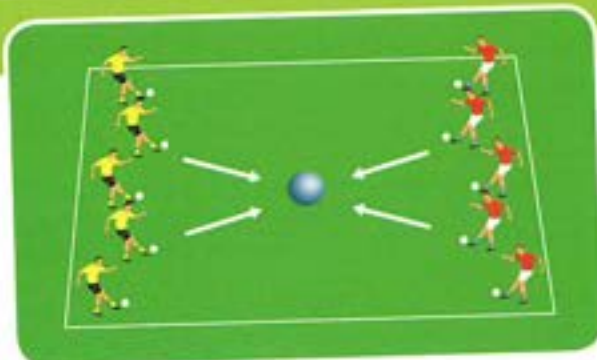


MONSTER BALL

HOW TO PLAY: The group is divided into two teams • Each team sets up on one side forming a large square • The yoga ball is placed in the middle and the footballs are distributed equally between the two teams • On the signal the players will try to move the yoga ball towards another team's side only by kicking the footballs at it • Players may only kick the footballs when they are standing on their side-line • Players may leave that line to pick up footballs but they must bring them back to their line before kicking the balls.

PROGRESSION: Use weaker foot

WHAT IT DEVELOPS: Accurate kick passing

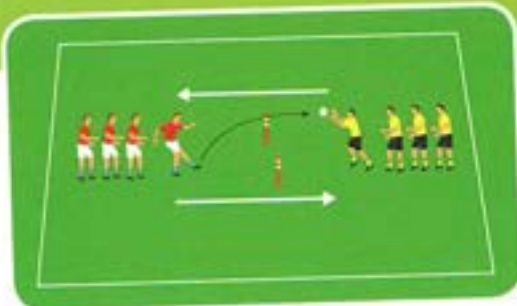


MOVE THE GOALS

HOW TO PLAY: Create two lines of four, facing each other • The first person in one line, attempts to kick the ball through a set of poles • After a player makes a pass, he/she runs to the back of the other team's line • The player who receives the pass may only touch the ball two times (i.e., control then pass) • After everyone has switched sides, move the poles closer together • Continue until the poles are barely the width of the ball • Challenge teams to see how quickly they can complete the task together

PROGRESSION: Use weaker side.

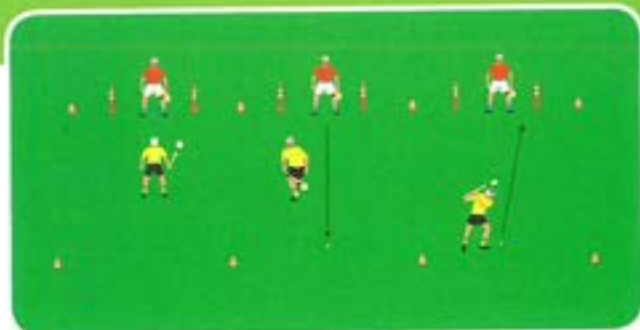
WHAT IT DEVELOPS: Ball control, first touch & accurate passing



PLAY IT BACK

HOW TO PLAY: In pairs one player stands in front of the other player • Channels are marked out using cones • The goalkeeper throws the sliotar through the legs of the player standing in front of him out in front of him • The striker sprints out and try's to strike for a goal behind him • Players cant stop the ball to take the shot • 1 point awarded if your score a goal • 2 points awarded if score using your non-dominant side

WHAT IT DEVELOPS: Reactions, striking on the move & goalkeeper saving low shots

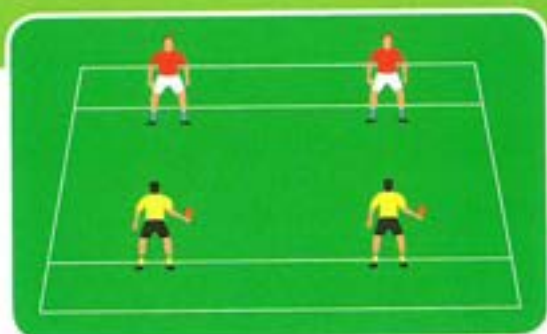


SERVE UP THE ICE-CREAM

HOW TO PLAY: Get your players into pairs • Each pair will need a tennis ball and a tall triangular cone • The players will stand face to face about 2-3m apart, standing at a cone each • 1 player has a ball and the other has the triangular cone • The player with the ball will attempt to hand pass the tennis ball into their teammates cone and the catcher will attempt to catch the tennis ball in their cone • After ten throws, switch roles • Each pair will get 1 point every time they successfully catch the ball in their cone.

PROGRESSION: Use weaker hand when hand passing

WHAT IT DEVELOPS: Accurate hand passing & reactions



SKITTLES

HOW TO PLAY: Two players face each other with a set of cones in between • Players stand a designated distance back and try to knock the cones with the ball/sliotar • Award one point if skittle is hit, 2 if it is moved and 3 if it is knocked down • Players must replace skittle if it's knocked over

PROGRESSION: Increase the distance. Reduce the number of cones. Add a defender to guard the skittles.

WHAT IT DEVELOPS: Accurate kicking/striking & shot selection



TARGET MAN

HOW TO PLAY: Set up a pitch with three different zones • Two of the zones will be from the endline to the 21m line on either end of the pitch • This will be called the Target Zone • The middle zone will run from the 21m line of one end of the pitch to the 21m line of the other pitch. In each of the 'Target Zones' will be one attacker and a defender accompanying them • The rest of the players will have to work the ball in their zone and try to deliver fast early ball into the target man in the 'Target Zone' and then from there try to work a score.

PROGRESSION: Make the zones for corner forwards smaller and/or only give 5 seconds for ball to be played into zone once play has begun.

WHAT IT DEVELOPS: Early ball and running off the shoulder.

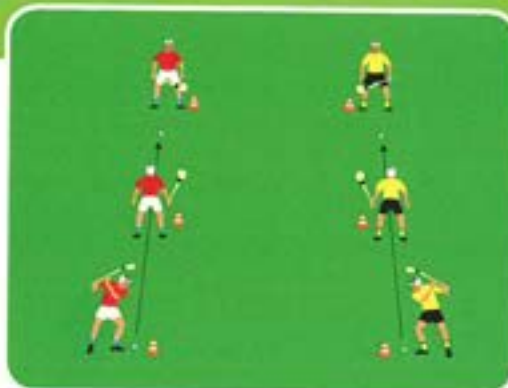


THROUGH THE LEGS

HOW TO PLAY: In groups of 3 • One ball starts at the end of the line • Middle player stands with legs apart • End players attempt to strike the sliotar through the legs of the middle player • If the sliotar passes through the legs the middle player swaps positions with the player who struck the sliotar

PROGRESSION: Increase the distance between players.

WHAT IT DEVELOPS: Accurate passing



TOWER BALL

HOW TO PLAY: 4 objects are set up as targets within a circle • Players are not allowed to enter the circle • One team defends the targets while the attacking team tries to knock down the targets using kicking skills (more than one ball is being used at a time) • Once all the objects are knocked down the team switch roles

PROGRESSION: Reduce the size and/or number of targets.

WHAT IT DEVELOPS: Accurate kicking & blocking kicks



WARBALL

HOW TO PLAY: In this game, 4 teams will each receive a corner piece (or quadrant) of the playing area and guard their base (football on top of a cone, inside a hula hoop) while at the same time trying to knock down the other teams • Using footballs players will do their best job trying to hit the target using a hand pass – not the other players • Another game with lots of action and lots of fun for any team.

PROGRESSION: The players must use their weaker hands when hand passing

WHAT IT DEVELOPS: Accurate hand passing



Court Games

Opponents share the same space or are divided by a net or defined area, this requires players to pass or send the ball over an obstacle like a net or zone to the oppositions area. The level of decision making has increased but is limited. The use of other skills essential for team work like communication, anticipation and spatial awareness become more apparent.



Timing the shot



Where to shoot



Shot Type



Spatial awareness



Covering the angles



Reaction

BE ON YOUR GUARD

HOW TO PLAY: 7 players in a group • 3 attackers in one area • 3 defenders in one area • Both defenders & attackers pass sliotars to each other in their areas • 1 goalkeeper, moving the goals • One attacker moves out of their area with a sliotar and tries to score • The attacker must cross the white line before shooting • One defender spots the danger and leaves the front of their area to stop the attacker scoring • After 3 goals defenders & attackers swap areas

PROGRESSION: Progress to 2 v 2 situations.

WHAT IT DEVELOPS: Quick passing, accurate striking & tackling

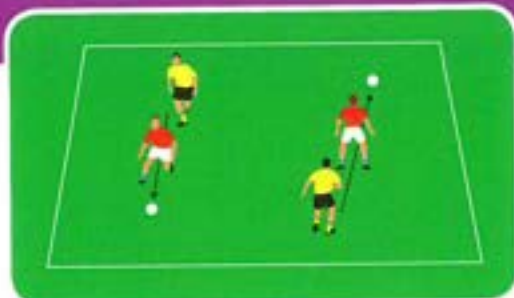


BRIDGE BALL

HOW TO PLAY: Divide the players into pairs, one ball per pair • The player without the ball finds space and stands still with their legs wide apart • Their partner rolls the ball under their legs from behind so that they must chase and lift it as it moves away

PROGRESSION: Perform the pick up under pressure.

WHAT IT DEVELOPS: Picking the ball up while moving & finding space



CAPTAINS BALL

HOW TO PLAY: Two equal teams of 4 • Number the players from 1-4 • Position 1 player (captain) from each team into a scoring box • Using a hand pass players attempt to get the ball to their captain in the box • Rotate the captaincy

PROGRESSION: Put an opponent beside the captain. Reduce the size of the grid. Increase the size of the teams.

WHAT IT DEVELOPS: Quick & accurate hand-passing



CHUCK IT OUT

HOW TO PLAY: Mark out grid as displayed • 2 zones 20m x 30m with a 'River' 5m in length in the middle • 10-15 players on each side • Each player has a ball • Each player must attempt to dodge the opponent's ball and throw his own ball • Each player has 5 lives • If hit you lose a life • Can't cross the river

PROGRESSION: Right hand only, Left hand only.

WHAT IT DEVELOPS: Dodging, evasion & vision



CORNER FORWARD DODGEBALL

HOW TO PLAY: Corner Forward dodgeball starts with 4 teams in their corners • When players are hit, they join the team that hit them • If one team is left with no players, the space opens up for another team. Lots of action, dodging and hand passing • Divide the area into 4 playing areas using cones • Create 4 even teams • Whenever a player is hit, he joins the team who hit him (so players are constantly changing teams) • If one space has no players left in it, take the cones away to open up a bigger space for a different team • Play until there's only 1 team left!

PROGRESSION: Encourage players to hand pass with their weaker hands to make this game more difficult!

WHAT IT DEVELOPS: Accurate hand passing and agility.



CRAZY SLALOM

HOW TO PLAY: Divide players into pairs • One ball each • Start at starting line & on coaches whistle solo the ball around the track at full speed • First player through the finish line wins • Players must stay within the cones and return to the start if they go outside • Change opponents each time

PROGRESSION: Reverse /change direction. Attackers and defenders rotated.

WHAT IT DEVELOPS: Soloing at pace & turning with the ball

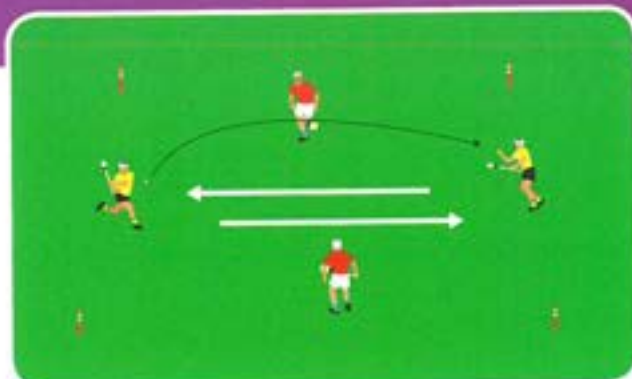


CROSSFIRE

HOW TO PLAY: Mark out a grid as shown (6m x 6m) • 2 players act as strikers and 2 players act as defenders • The strikers attempt to pass to each other as many times as possible across the grid evading the interception attempts of the 2 defenders • The defenders alternatively attempt to intercept the pass by reading the path of the pass and sliding in to intercept or block

PROGRESSION: Defenders move to the opposite side. Use two sliotars.

WHAT IT DEVELOPS: Smart passing, timing & blocking



DODGE THE GAUNTLET

HOW TO PLAY: Create a rectangular playing area and divide it up into four corners using cones • In addition, set up a running channel straight through the middle of the rectangle • Divide the players into four teams and place each team into one of the four corners • Using soft balls, a game of dodgeball will start where the players will attempt to hand pass the ball and hit the opposition players below the waist • When a player is hit, he must enter the running zone and successfully run from one end back to the other without getting hit, and then he can re-join his team.

PROGRESSION: Use weaker hand to hand pass. Lengthen running zone. Increase number of hand passers.

WHAT IT DEVELOPS: Speed, agility, accurate hand pass to moving player.



DODGE THE HAND PASS

HOW TO PLAY: Players travel along the perimeter of the gym, and are able to stop at safe zones on the ends to catch their breath • Start with two safe areas (mats work well) • Those are areas where players can't get hit by a ball, but can only stay for a few seconds • All players except for the hand passers in the middle will travel around the perimeter in the same direction • The hand passers in the middle will try to hit the runners • When a runner is hit, he becomes a hand passer in the middle • Hand passers can leave the middle circle only to get a ball • They must throw the balls from inside the circle.

PROGRESSION: Make the safe zones bigger so those who are hand passing have to be quicker and more accurate with their attempts. Make the safe zones smaller or remove entirely so runners have to be more agile and aware.

WHAT IT DEVELOPS: Agility, Speed, Accurate hand passing.

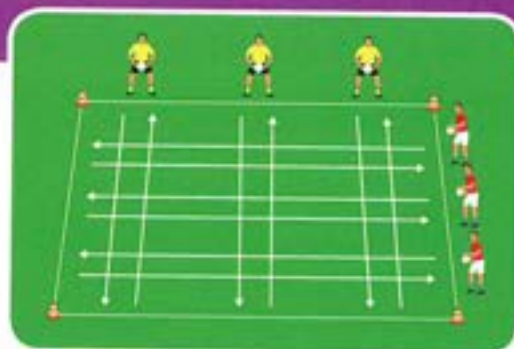


DOWN AND BACK

HOW TO PLAY: Mark out a 20m x 20m grid • Players are split into two groups • Each player has a ball • On the coaches call players carry the ball to the far side of the grid and back to their starting position as quick as possible • Players should avoid collisions with each other and maintain control of the ball while moving at speed

PROGRESSION: Increase the number of players moving in each direction.

WHAT IT DEVELOPS: Carrying the ball at pace & peripheral vision



ESCAPE THE PRISON

HOW TO PLAY: Divide your team into two groups • Mark out a court with cones • Place 2 cones on one half of the area about 3 metres from the centre line • Organise one team (kickers) to line up on one end of the area with a ball each • The other group (Catchers) start spread out on the other side and are in 'prison' • The players with the ball one at a time kick their ball into the other side • The catchers on the other side of the ball attempt to catch the ball as it comes over the net • If your ball is caught, you join the other side and go to 'prison' • If a player catches a ball, they are free from prison and can join the other side and join the kickers • If you kick your ball over successfully without it being caught you can collect your ball and join the line • Keep going until there is a winner, that is 1 person left and everyone else in prison.

PROGRESSION: Players will kick with their weaker foot. Coach can lengthen the distance required to reach the other side.

WHAT IT DEVELOPS: Accurate kick passing and catching ability



FIRE BALL

HOW TO PLAY: Players with the ball turn and face the opposite way • The other players stand and wait for the ball to be thrown into the square • The ball is thrown under-hand into the square as high as possible • Awaiting players move and catch the ball • If you drop the ball you lose a life change each time

PROGRESSION: 3 throwers and 4 catchers.

WHAT IT DEVELOPS: High catching & reactions



FIRE ZONE

HOW TO PLAY: Set up grid as is shown • The central zone (in red) is the fire zone • Split players up into even teams either side of the fire zone • 4-6 players each side • 1 team on one side of the grid is in possession of a sliotar per player • The aim of the game is that both teams advance into the 'Fire Zone' • The attacking team in possession of the sliotars attempt to strike the ball and score through the goal at the back of the grid • The defending team without the sliotars attempt to block these attempted scores with a frontal block 3 goals

PROGRESSION: Each player with a ball. Use two balls each.

WHAT IT DEVELOPS: Striking on the move under pressure & blocking shots



FLICK THE FLIES

HOW TO PLAY: Draw two parallel lines of 4 metres distance two players facing each other on the parallel lines • Put a ball in the middle (2 metres distance) • Execution: the winner is the player who flicks the ball away first • Each flick reward is 1 point • Set player to execute from ready position to flick action, using your thumb and finger as a spring

PROGRESSION: Move to different positions. Change partners.

WHAT IT DEVELOPS: Flicking the sliotar quickly



FOUR BALL BATTLE

HOW TO PLAY: Divide players into 2 teams, each team with two footballs • Each team must attempt to kick ball into the opponents grid • If all footballs are in one grid, the team with no footballs gets 1pt

PROGRESSION: Award 2pts for high catch and 1 pt for body catch. Weak foot only. Place goal in opponents square to shoot into.

WHAT IT DEVELOPS: Quick kicking, catching & handling



FOUR SQUARED HURLING

HOW TO PLAY: In this game a 20m x 10m square playing area is split into 4 squares using a net or cones. There are 4 pairs/teams playing at the same time. Teams enter the game from the number 4 square and aim to make it to square number 1. The team in square 1 flick a tennis into another square to begin the game. Teams can flick the ball into any of the opposing team's squares. If the tennis hits the ground the point is over and the losing team moves to Square 4. The other teams move up a square. The pair/team have to keep the ball from hitting the ground inside their square and must make one pass to their teammate before flicking it to another square.

PROGRESSION: To progress this drill, players take turns being the active player on the court. Partners wait outside the playing area until their partner has sent the ball away. As soon as that happens, partners exchange roles. The partner coming onto the court must quickly position themselves in the middle of their playing area.

WHAT IT DEVELOPS: This game promotes good first touch and spatial awareness in order to best exploit gaps in other team's squares.



FROZEN BALL

HOW TO PLAY: Skill: Catching. Half or full basketball court size. A passing or catching game for 10-15 players in which the object is to lose as few lives as possible. Game continues until one player has lost all three lives. Players are either numbered in sequence or their names are used. Game starts when a player in the centre kicks or throws the ball in the air and calls a number or a name. Player named runs to gather the ball, remainder scatter. Player holds ball above his/her head and calls FREEZE. All players must stop immediately and stand still. Ball is hand-passed at nearest player. A hit means target player loses a life, a miss means thrower loses. The target players may not move their feet, but may attempt to catch the ball. Thrower loses a life if the ball is caught. The player who loses a life restarts play in the centre.

WHAT IT DEVELOPS: Catching, accurate hand passing & decision making



FROZEN WALL BALL

HOW TO PLAY: Two teams of 8 aside. All other players lined up along outside of 'wall' 2v2 in middle trying to get the ball to end player to score a goal. Players may use outside 'wall' players to assist in moving ball - ('Wall' players may not move). Hand passing only no tackling (Intercept only).

PROGRESSION: Wall players may move along the straight line.

WHAT IT DEVELOPS: Hand passing, vision & decision making



GRID BLOCK

HOW TO PLAY: Mark out a grid approx 40x20m using cones • Divide the grid into 4 sections • Divide the players into 2 teams of 4 (one player per section) • The players attempt to retain possession by kicking the ball from section to section • The opposing team attempt to block the kick attempts • If the kick is successful, that team must be allowed to retain possession • Continue the game for a set period of time

PROGRESSION: Initially allow the players to pass either in a clockwise or anti-clockwise fashion: as the play progresses, allow the ball to be played in any direction.

WHAT IT DEVELOPS: Accurate kick passing, catching & blocking



HIT THE CORNERS

HOW TO PLAY: Mark out a grid for 2 teams of 4 with a "road" separating the two sides • Mark out 4 circles (targets) on each side • Teams aim to kick pass the ball into one of the opposition's circles in order to score • The defending team must try to catch the ball before it bounces in one of their circles in order to prevent a score

PROGRESSION: Increase the width of the road. Reduce the size of the circles.

WHAT IT DEVELOPS: Accurate kicking, kick selection, high catch & vision



HOOPSTER

HOW TO PLAY: Place two teams of four to six players in a specific area (e.g. badminton court) • Place hoops at both ends of the playing area • One player from each team (the hoopster) stands inside a hoop • Players advance the ball by passing to each other • Players must pass within five seconds and can take a maximum of three steps with the ball • Players previously decide what type of throw will be used for the final pass to the hoopster (e.g. underhand pass) • Switch hoopsters after each point is scored • Use basketball style defence

PROGRESSION: Increase number of hoops.

WHAT IT DEVELOPS: Hand passing & creating space



HOT SHOT (TENNIS HURLING)

HOW TO PLAY: Two teams of 5 players • Game is played all on the ground • No goals required • Each side tries to keep the ball moving over the border line • Players may not cross the border • 5 points are awarded if ball goes out of the grid at the back or if the opposition play the ball more than twice • Bonus points are awarded if you hit the sliotar through the tyres

PROGRESSION: Only allow one touch per team. Use two balls. Strike the ball out of the hands.

WHAT IT DEVELOPS: Striking first time & accurate strikes



HOT SUN

HOW TO PLAY: 4 Squares, each is numbered • Each player is designated his or her own square • The goal of the game is to be in the no.1 grid • In order to do this you must knock out the opponents who are in higher squares • Player in grid no.1 begins the game by serving the ball (the hot sun) into any other square using a hand pass • The player's square that the hot sun lands in must then return the hot sun to any other player's square without dropping the ball • If the ball is dropped you are knocked out and you move to the grid marked number 4

PROGRESSION: Use two balls.

WHAT IT DEVELOPS: Hand passing & catching



KICK IT SAVE IT

HOW TO PLAY: Divide your team into two teams, one team each side of a 30mx15m marked out area • Instruct the players to spread out in their half and sit down • Instruct one player from each team standing at the opposite sides' end line with five balls • The aim is to 'save' all of your team first by kicking them the ball to catch the ball • On the whistle, the starting kickers try to kick their footballs to their teammates who are sitting on the other side of the court • If one of the players sitting down catches the ball, they stand up and joins the other side to become another kicker • Continue until you have saved all of your players on the other side • The first team plays for 4-5 mins and count up the score totals from both teams.

PROGRESSION: Use weaker foot and/or lengthen the playing area

WHAT IT DEVELOPS: Kick passing with accuracy and catching.



KNOCKOUT BALL

HOW TO PLAY: Ten players in a grid • Players have a ball each
 • Players dribble ball around a grid at random while attempting to knock out another player's ball
 • If your ball is knocked out you must sit down • Last player left is the winner

PROGRESSION: One hand only.

WHAT IT DEVELOPS: Soloing under pressure, peripheral vision & near-hand tackling



LAND MINES

HOW TO PLAY: Two teams start in middle of square
 • As many balls as possible to be moved with hurley on the ground to hula hoops at edge of square without hitting any obstacles • The group with the most sliotars in their hoops are the winners

PROGRESSION: Add in defenders to guard home base.

WHAT IT DEVELOPS: Pace, control & dribbling



MAYHEM

HOW TO PLAY: Set out grid and everyone spread out inside the cones • 6/7 sliotars are put in and players must keep the balls moving at all times • Ground hurling only

PROGRESSION: Bigger Court. Weak Side only.

WHAT IT DEVELOPS: Dribbling, evasion, peripheral vision & finding space

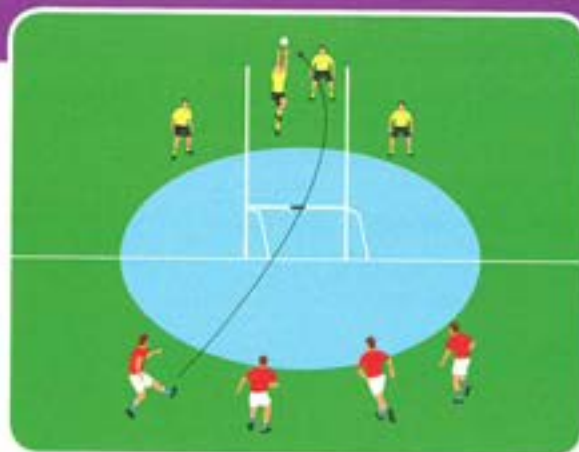


OVER THE BAR

HOW TO PLAY: Two teams • One team either side of the goals • Kick the ball over bar and if it bounces, kicker gets a point • If player(s) behind goal catches the ball, then they get a point

PROGRESSION: Mark out a square and if ball goes out of the square then your team loses all their points.

WHAT IT DEVELOPS: Accurate shooting & high catching

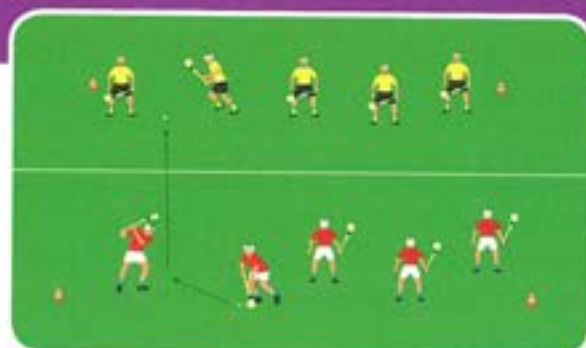


OVER THE BORDER

HOW TO PLAY: Teams of equal numbers • Games played on the ground • No goals required • Each side tries to keep the ball moving over the border line • Players may not cross the border • Each time the team is allowed to touch the ball twice but only once per player • Points are awarded if ball goes out of the grid or if the opposition play more than twice

PROGRESSION: Increase number of touches. Decrease number of touches.

WHAT IT DEVELOPS: Striking first time & accurate strikes



OVER THE RIVER

HOW TO PLAY: Players are split into 2 teams • They must punt kick "over the river" into the opposition's area • The team receiving the punt kick are aiming to complete a clean catch • Implement a scoring system for catches i.e. 2 points for overhead catch, 1 point for standard catch, 1 point for a ball that hits the ground

PROGRESSION: Increase the size of the playing area including the river. Use more than one ball.

WHAT IT DEVELOPS: Accurate kicking, high catching & vision

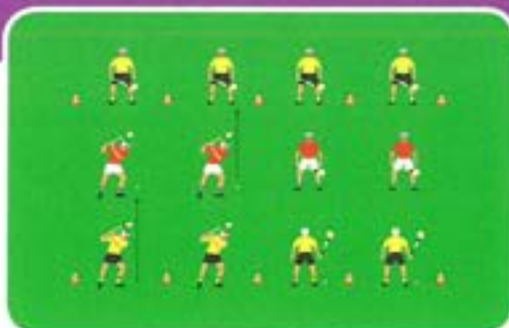


PASS THE GUARDS

HOW TO PLAY: Mark out a grid 10m x 20m • Divide players into three teams • The first player begins by striking the sliotar towards the central player • The central player, without stopping the ball, must strike it on towards the third player • The third player strikes it back to the central player again and so the game continues • Encourage the central player to play the ball on whatever side it approaches • The first team to move the ball up and down the line a set number of times wins

PROGRESSION: Teams A and C attempt to strike the ball past the guards from either end of the grid. One point is scored each time a ball passes the guards. Each team has a turn in the centre.

WHAT IT DEVELOPS: Striking a moving ball & striking on both sides



PRISONER BALL

HOW TO PLAY: 2 teams – No mans land in middle meaning ball cannot hit that area • Kick the ball to other side • If it hits the ground you get a score • If someone on the other team catches you go to prison on the opposite side • Released from prison if you catch the ball kicked from other team • Return to team

PROGRESSION: Make the whole area smaller. Introduce 2 footballs at a time

WHAT IT DEVELOPS: Accurate kicking, catching & vision



PROTECT THE BALL PARTNER WORK

HOW TO PLAY: Mark out a grid using cones • Divide the players into pairs, one sliotar per pair • One player attempts to keep possession by dribbling and using their body to shield the ball • The second player tries to push or flick the ball away • After a set time, or after a dispossession reverse the roles

PROGRESSION: A large sliotar makes the technique easier to perform, a smaller sliotar makes it more difficult. To reduce the challenge: the tackling players provide only token opposition.

WHAT IT DEVELOPS: Dribbling, close control & flicking the sliotar away



SIEGE THE TOWER

HOW TO PLAY: Set up an area of 30m by 15m and layout lots of coloured cones and hoops • Divide the team into two teams • One team is spread around on the half with all the cones and hoops – **(Defending team)** • The other team is on the other half with a ball ('rock') each – **(Attacking team)** • The aim is for the attackers to hit as many towers (cones and hoops) as they can before time is up (4-5 minutes) • Defenders try to stop the balls from hitting/knocking over the targets (Towers).

PROGRESSION: Attackers must use their weak foot and/or weak hand to hit the targets. Increase the number of defenders.

WHAT IT DEVELOPS: Accurate kicking and hand passing to different targets.



TOP OF THE POLE

HOW TO PLAY: Split the players into two teams • Position 4 poles inside the playing area • To score players must touch the pole when in possession • They cannot score at the same pole twice in a row.

PROGRESSION: Assign each team to two poles. They can only score at those two poles.

WHAT IT DEVELOPS: Carrying the ball under pressure, vision, passing & tackling



TRAFFIC

HOW TO PLAY: 4 sets of pairs • Each pair has a ball • Pairs work together passing • Can score in any goals but you must score in the opposite goals next time • Kick to score • No Goalies • Aim-avoid traffic, move and pass and work together

PROGRESSION: Introduce some goalies.

WHAT IT DEVELOPS: Accurate passing & vision



TRAFFIC JAM

HOW TO PLAY: Step off a grid approximately 30x30m • Randomly place tall cones and training poles (flags will work as well) in the middle of the grid • Split the group into 4 even teams who start on the corners of the grid with 1 ball per group • On the coach's command, the first player from each line will race through the "Traffic Jam" (training sticks and cones) in attempt to not hit a stick, cone, or another player • Once the player makes it through the traffic jam instruct them to hop and solo with speed to the line they are facing and pass the ball to the first player in line • That player should immediately head towards the traffic jam at speed in an attempt to get through the traffic jam first • At first don't keep score, simply let the players enjoy the close calls before playing the game

PROGRESSION: After 8-10 minutes, combine the two teams that are facing each other into one team. Next, have the players race through the traffic jam to the cone on the opposite side of the grid, around that cone and back through the traffic jam. As each player finishes the race they must sit down to signify to the group that they have completed the race. The team that has all players sitting down first wins the game.

WHAT IT DEVELOPS: Carrying the ball at pace, vision & evasion hand passing



TWO COURT DODGE BALL

HOW TO PLAY: Two teams, 6-10 members, scattered on court, as per diagram • Start with one player (the thrower) behind each line

• The object is to be the last team out of the game • One team is selected to have first throw • Play commences when ball is thrown at an opponent (below the knee), in the opposite court • If hit he goes to the opposite backline and becomes a thrower only • Hits are made from the front and behind the teams • Teams alternate in turns at throwing the ball • The winner is the team to be 'hit' out • The ball is 'dead' once a player is hit or if it is caught on the full, or goes over the sideline • To score the 'hit', the ball must be thrown either by a 'thrower only' behind the backline or members of the team still in, from within their own court • For the 'thrower only' to have a valid throw, they must receive a pass on the full from one of their team mates inside their court • Passes may be intercepted by the opponents • A 'hit' can be cancelled if a player can gather the ball cleanly, not necessarily on the full

WHAT IT DEVELOPS: Vision, evasion & catching



UP NORTH / DOWN SOUTH

HOW TO PLAY: Two teams of 6 a side • Mark out a pitch about 30m & 20m • Within the teams get players to pair up • The 6 pairs all have a ball • On the whistle the pairs try and make passes, moving across the pitch when they get to the other side (Up North, Down South) they shoot for a score • There is no tackling, only avoiding the other partner moving across the pitch • Once they have scored the retrieve a ball and head either up north or down south • Game continues for two minutes

PROGRESSION: Introduce defenders. Limit the number of passes before shooting.

WHAT IT DEVELOPS: Decision making, vision, shadowing, carrying the ball & shooting



WHERE'S THE GOAL

HOW TO PLAY: Both teams play into a moving goal that is marked by two players one from each team • Each holds 1 pole each to form the posts • This 'Living goal' must move in such a way that as few goals as possible are scored • Goals/points can be scored from both sides • One team starts in possession • Once a score is kicked players/team in possession continues until ball is lost or goes out of bounds • The 'Living Goal' is replaced every 2 minutes

PROGRESSION: Increase number of moving goals.

WHAT IT DEVELOPS: Decision making, hand passing, vision & tackling



WORKING AFTER THE PASS

HOW TO PLAY: Possession game with players in a team having to make 4 passes to score • However, on passing to a team-mate, the player giving the pass must run around one of the cones used to mark out the grid before he comes back into play • On making four consecutive passes, ball is set down for next team to start • Game to last 60-75secs – very intense once players get the hang of it • To focus the mind of the passer – no admiring the pass • On passing you don't stand still, you must work hard to get back into the game by rounding a cone • While the passer is rounding the cone the game becomes 2 or 3 v 4 • Therefore, person on the ball must remain composed while under greater pressure, while third player must work hard to get free • Less time it is 3 v 4 the better for the team in possession • Tendency will be for player on the ball to stand looking for the other team-mate – player on the ball must learn to break tackle(s), pick out his team-mate while under pressure and then work for team after making the pass to get back into the game

PROGRESSION: Increase or decrease the number of passes to make a score. Put in a roving player who plays for the team in possession – this makes it 3 v 3 when the passer is working to get back into the game. Throw in a tackle bags instead of defenders.

WHAT IT DEVELOPS: To focus the mind of the passer, hand passing & tackling



YOUR NUMBER'S UP

HOW TO PLAY: 2 Sets of bibs • Cones to mark out grids 30m x 20m • 2 Teams of 10, split into 2 Teams of 5 • Number them 1 & 2 Yellow & 1 & 2 Blue • Number the Players in teams 1 to 5 • When a player's number is called e.g. 1's from both sets of teams play against each other • To score you must make 4 passes

PROGRESSION: 2 Numbers may be called at a time. Uneven team numbers could be called given one team a numeric advantage e.g. 'Yellow 2,3, & 4' v 'Blue 2 & 5' etc.

WHAT IT DEVELOPS: Reactions, hand passing & tackling



4 CHOICES

HOW TO PLAY: Create a small grid approximately 20m x 20m
 • From each of the four corners, place a pole about 7-10m from the corner cone
 • Each player should have a ball inside the grid
 • Instruct the players to hop and solo inside the grid using the entire grid
 • When the coach calls out a player's name, that player picks which of the four flags they want to hop and solo around and quickly hops and solos around that flag
 • The entire team must also hop and solo with speed around the same pole as quickly as possible

PROGRESSION: Assign the player's numbers and call out the player's number rather than their name. Call out a player's name or number and the leader should pick a flag to run around, the rest of the group should run around the diagonally opposite flag.

WHAT IT DEVELOPS: Carrying the ball at pace, vision & reactions



4 v 1

HOW TO PLAY: Put players in groups of 5 (1 defender & 4 attackers)
 • Use grids (10m x 10m)
 • Attackers stay outside the area, defender stays inside
 • Attackers score a point when they make a successful pass to another attacker
 • Defenders score two points for a block/intercept
 • Change the defender every 30 seconds

PROGRESSION: Increase the time. Increase/reduce the grid size.

WHAT IT DEVELOPS: Accurate smart hand passing & timing to intercept



5 UP & SPY

HOW TO PLAY: Two teams of 6 aside
 • Players try and make 5 passes to their team mates before kicking over the river to their spies on the other side
 • The spy tries to stop the team in possession making 5 passes

WHAT IT DEVELOPS: Hand-passing, anticipation & long kicking



Field Games

Striking and Fielding games are based on the notion of a batter or kicker who strikes the ball into the opposition territory to elude the fielders and then to use the time to gain score runs. Teams alternate. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more obvious.



Striking/Kicking direction



Striking/Kicking force



Anticipation



Collecting & Retrieving



Catching & Passing



Positioning & Moving

BATTERS BONANZA

HOW TO PLAY: Players work in pairs • 1 player is a batter the other is a pitcher • Use 3 large hoops as targets • Give each hoop a scoring value • The pitcher throws 5 balls to the batter and he attempts to strike the balls towards the targets • If a ball finishes inside one of the targets the batter receives the corresponding score • Add up the total score for the 5 balls • Players then switch roles

PROGRESSION: Reduce the size of targets. Increase the distance to the targets.

WHAT IT DEVELOPS: Keeping eye on the sliotar & striking in the air.



BATTING & FIELDING GAME

HOW TO PLAY: 1 "Batter" & 4 "Fielders" • For beginners, the batter throws up the ball and strikes • To progress the game, have one of the "Fielders" throw the ball to the "Batter" to strike • After the ball is struck, the "Batter" runs out & back between the cones as many times as possible before the fielder retrieves the ball.

PROGRESSION: Fielder must strike the ball back to the batter.

WHAT IT DEVELOPS: Striking & Catching



BEAT THE BALL

HOW TO PLAY: Set up a playing zone with 4 cones as 4 bases with a team of batters and a team of fielders • The batter kicks or strikes the ball/sliotar into the field of play and attempts run around the bases as each base equals one point but if the ball beats the batter home, the fielders get a point • The batter is out if the ball kicked is caught or if the ball beats him home • The fielders become the batters when they have caught or tagged the batters three times.

WHAT IT DEVELOPS: Scanning and directing the ball, fielding and retrieving



BEAT THE BUCKET

HOW TO PLAY: Set up a playing zone in the shape of a square with 4 cones and place a bucket in the middle of the zone • Use the cones as a home base and 3 bases • Pick one player from the group to be the base runner while the other players become fielders • The base runner throws three balls into the field and attempts to run around the 4 markers before the fielders place all the balls in the bucket and call "STOP" • The base runner runs to the first base as soon as the third ball is thrown and continues to the next base until a fielder calls "STOP" • Each base equals 1 point and the player who finishes with the most points wins • When "STOP" is called, one fielder switches with the runner and a new runner starts at home base.

WHAT IT DEVELOPS: Accuracy of the pass



BIG HITTER

HOW TO PLAY: One Team of hitters and one team of fielders • First hitter must hit all 3 balls on the ground • They must then run to the base as many times as possible until the fielders return the balls back to the base • Fielders can use their hurley to pick up the ball and stop it • However, it must stay in their hands at all times

PROGRESSION: Use weak side. Jab and Lift. Striking from your hand.

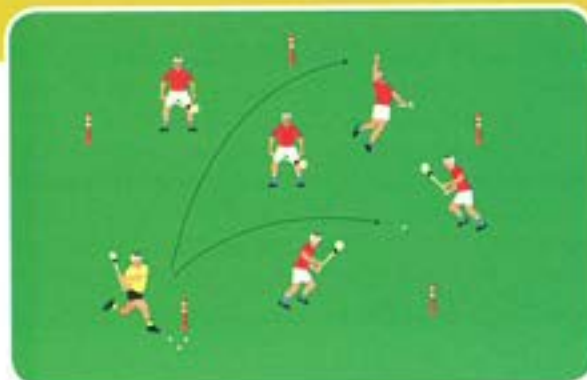
WHAT IT DEVELOPS: Striking on the ground, controlling the sliotar & handling



CATCH THE EGG

HOW TO PLAY: Set up a playing zone to suit the number of players in the group • Each group starts with one hitter while the rest spread out in the playing zone and become fielders • The hitter has 5 hits out the field and the fielders try to catch the sliotar or retrieve the sliotar and bring it back to the hitting zone • The fielders get 1 point if they retrieve the sliotar before the other fielders and put it back, 2 points if the sliotar bounces once and it's caught and 3 points if they catch it before the sliotar hits the ground • Once the hitter has 5 hits, switch around with a fielder • Everyone gets to bat 5 times and the fielder with the most points wins.

WHAT IT DEVELOPS: Catching and retrieving the ball



CRAZY KICKS

HOW TO PLAY: One person on the batting team receives three balls • The first batter kicks all three balls anywhere into the playing area • After all three balls have been kicked, the entire batting team runs from home base to an opposite pylon and back as many times as possible • While the batting team is running, the fielding team must try to retrieve all the objects and place them into a hoop that is located 5m to the right of home base • Fielding players are not permitted to run with the objects • There are no "outs" • Switch batting and fielding teams after each person on the batting team has had a chance "at bat"

PROGRESSION: Use weak foot. One player runs and accumulates scores.

WHAT IT DEVELOPS: Kicking to space, vision & reactions



EMPTY THE CIRCLE

HOW TO PLAY: 2 players are assigned to the circle • They stay inside the circle for 1 minute and attempt to strike all of the sliotars outside the circle • The players outside the circle must stop the sliotars and dribble them back into the circle for the two players to strike again • Count number of sliotars struck in 1 minute

PROGRESSION: Increase the number of players outside the circle.

WHAT IT DEVELOPS: Anticipation, dribbling, ground striking & ground control



FEED AND HIT

HOW TO PLAY: Get the players into pairs with a hurley and a sliotar • Put out cones so players stand at a cone facing their partner, about 3-4m apart • 1 player has the hurley and the other player has the sliotar • The player with the sliotar throws it underarm for it to bounce in front of their partner • The hitter waits for it to bounce, then hits it back for their partner to catch • You get 1 point every time you successfully catch the ball • After 4-5 minutes, have partners switch roles.

WHAT IT DEVELOPS: Timing of the strike and accuracy



FIELD ROUNDERS

HOW TO PLAY: 4 players per team • Team A (Yellow) fielders retrieve the ball, pass it to the bowler standing in hoop • Team B, batter sends ball to a free space and attempts to get round the green cones to score a run • 1 point is awarded for each cone, or 5 points if they make it all way round square without stopping • Players must stop running when ball back to bowler • Each player gets 3 attempts at sending before teams change roles if not out

PROGRESSION: Weak sidefoot. Change of direction

WHAT IT DEVELOPS: Striking, catching & anticipating movement off the ball



FOUR CORNERS

HOW TO PLAY: Mark out a large grid with 4 poles and mark a smaller grid inside this with cones • Each cone should have a ball on top of it • A batter is assigned to each cone • The balls are struck by the batters as far as possible • The batters then run as many times as possible out to a pole and back • The fielders retrieve the balls as quickly as possible

PROGRESSION: Increase the number of retrievers. Increase the size of the large grid.

WHAT IT DEVELOPS: Striking technique, catching & agility



FOUR HITTERS

HOW TO PLAY: Area is marked out in a square with four poles • A small square is made in the middle with four tees lined up inside it • The four batters stand in the middle and hit four balls into the surrounding space • To score runs, each batter runs out to a different corner of the big square and attempts to come back • Every pole that is reached counts as one run making a collective score • The fielders collect the balls and return them • If a player is caught off base once the balls are returned their runs do not count for that round

PROGRESSION: Give players a choice of bats and balls to use to hit. Make the fielding space smaller so it takes less running to cover.

WHAT IT DEVELOPS: Striking & catching



GOALKEEPING

HOW TO PLAY: 7 players in a group. 3 goalkeepers – one in each goal • 3 attackers and 1 defender in the square • Attackers can shoot at any goal • When a goal is scored the goalkeeper hand passes the ball back into the square and it begins again • When 1 attacker has scored 3 goals, players rotate

PROGRESSION: Add more defenders. Reduce the goal size.

WHAT IT DEVELOPS: Hand-passing, shooting, goalkeeping reactions & shot stopping

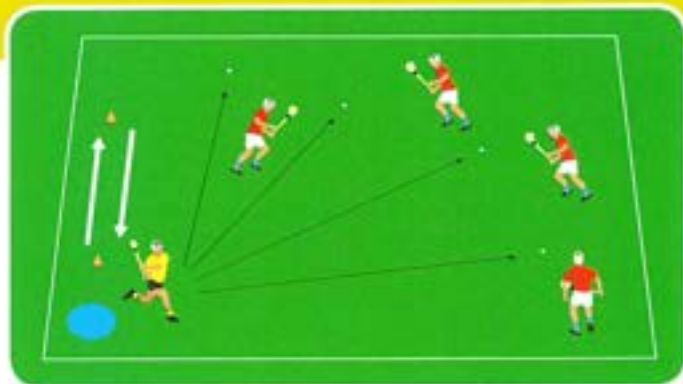


HIT 4 AND GO

HOW TO PLAY: Divide the group into two teams batters and fielders • When a batter comes to bat, they hit 4 balls, one after the other, into the playing space • When the last ball is hit, the batter runs between the marker cones as many times as possible • The fielders must return the ball to the home base – call 'Stop' when the last ball reaches home base • Fielders cannot move until last ball is struck • Fielders must take the ball to the home base not throw • Batter must hit the ball forward of the batting position

PROGRESSION: Devise scoring zones – batters gain extra runs if the ball passes through the zones.

WHAT IT DEVELOPS: Striking, catching & anticipating the movement of the outfield players



LONG BALL

HOW TO PLAY: Long ball is another kickball type activity (or hurling activity if you want to use a hurley and sliotar/tennis ball) that gets more players moving more often, groups will get more sweaty and active, with lots of laughs and fun • Some strategy is for sure important, but in the end it's about having a good time as a class or a group • Divide all the players into two teams and set up a playing zone with 4 cones that holds a fielding team • A small square shaped zone should also be created at both ends of the playing zone which are used as the bases for the kicking team • A member of the fielding team passes the ball to the kicking team in which they try to kick/strike the ball so they can run to the base at the opposite end • When the kicker has ran to the opposite base and back they receive a point • The fielding team must catch or tag the kicker with the ball/sliotar three times in order for them to become the kicking team.

WHAT IT DEVELOPS: Long kicking and movement off the ball



OVER THE FENCE

HOW TO PLAY: Divide the players into groups depending on the number of players • Line out cones with a hurley and sliotar across one end of the playing area • Out in the rest of the area, put out 3 lines of cones (3 different distances in front of the original cones). 1st line – 8m out/ 2nd line – 12m out/ 3rd line – 15m out • Choose one player from each group to start as a hitter while the rest of the group stand out amongst the cones as fielders • (Line of cones=Fences/ Fielders=Angry neighbours) • The hitters try to get as many points as possible, by hitting the sliotar as far as they can • They get 1 point for hitting the sliotar past the 1st line, 2 points for hitting the sliotar past the 2nd cone, 3 points for hitting the sliotar past the 3rd cone • The fielders try to catch and stop any of the sliotars going past, stopping the hitters from getting points • Once you get the sliotar, quickly run and put it back at the original cone where it came from • Each hitter has three hits, then swaps with a fielder who hasn't had a turn hitting yet.

WHAT IT DEVELOPS: Striking and anticipation



OVER THE PIT

HOW TO PLAY: Set up a playing zone with 4 cones in the shape of a rectangle and with another 4 cones set up a rectangular shaped area called the pit within the middle of the playing zone going across ways • Divide the players into batters and fielders with each team on one side of the pit • A player on the batting team bounces a sliotar to another member of the batting team who strikes the ball over the pit and onto the fielder's side • The batter is out if the ball does not go over the pit or if the sliotar is caught by the fielder's • The batting team bats until there are 3 outs and then they swap roles for the fielders turn to bat • Batters score a point if the sliotar goes over the pit and into the playing area without being caught • There is also an extra point for the batting team if the sliotar crosses the pit and continues to run through or past fielders • The sliotar must be below head height also.

WHAT IT DEVELOPS: Timing and direction of the strike



PICK UP AND RUN

HOW TO PLAY: Set up cones 10m apart with a player standing at each cone • Coach calls - left or right, red or white, Crows or Cranes, Stop or go • Middle player races to collect the ball • First to reach the outside player and successfully pick up ball wins • End players have a ball each • Keep body low • Bend the knees • Have two hands ready

PROGRESSION: One handed pick up

WHAT IT DEVELOPS: Pickup, reaction & agility

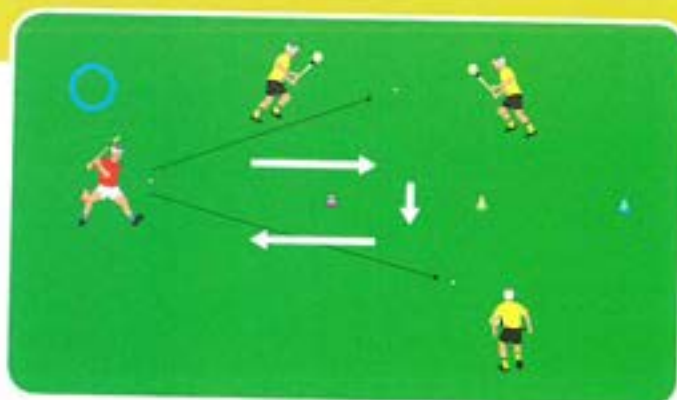


QUICK ROUNDERS

HOW TO PLAY: Set up a hoop and 3 cones as shown • 1 player is the batter, the other 4 are the fielders • Fielders have to retrieve 3 balls sent by batter back to hoop before player gets back • Batter sends 3 balls to the free spaces, then runs out round cone and gets back to the line • Purple cone = 1 Point • Green cone = 3 Points • Blue cone = 5 Points • Rotate the batter after each throw/kick/strike

PROGRESSION: Use Weak side/foot.

WHAT IT DEVELOPS: Striking, vision & decision making



ROTATE

HOW TO PLAY: Poles are arranged in a triangle with one pole at each point and a central pole marked for the pitcher • A ball is pitched to the batter who stands at any of the 3 points of the triangle • The batter hits the ball into an open space • To score the batter runs around the triangle and keeps running until the fielders have collected the ball and either touch a base or the player • The player is out if they are between bases when this occurs, or if the ball is caught without a bounce • The pole that the batter stops running at becomes the new 'home base' to be pitched to • One point is gained by the batter for each new pylon that is run to • After an 'out' or after 5 pitches the players switch and have a new batter and pitcher

PROGRESSION: Use weak side/weak foot. Increase the distance.

WHAT IT DEVELOPS: Vision, kicking, catching & agility



THE BEST KICKBALL GAME EVER

HOW TO PLAY: Set up a playing zone with 6 hula hoops which symbolise bases 1-6 • Divide the players into two groups (Defenders / Kickers) • The kicker kicks the ball and attempts to run to base 1 without being tagged with the ball • The kicker now becomes a runner and can stay at any base for any amount of time or continue to run to the next base in the order of the base numbers • For example, the runners must run from base 1 to base 2 rather than running from base 1 to base 3 • Runners can also lead off or come back to the base they left • The defenders can get the runners out by catching the ball kicked before it hits the ground or if any runners get tagged or hit by the ball • Defenders are not allowed to block the direction of the runners and the teams switch roles when the defenders have knocked out 3 runners.

WHAT IT DEVELOPS: Kicking, catching and anticipating of outfield players



THE DANISH LONG BALL

HOW TO PLAY: The Danish Long ball field is composed of one batting line (marked by two cones), one base (marked by four cones), and one running corridor (the space between the batting line and the front of the base). Divide the class into two teams with one team starting at bat and one team starting in the field. The first player from the batting line advances to the batting line. The second player in line from the batting team will act as the pitcher. The batting player attempts to strike the ball into the playing field (and in front of the batting line or else it is a foul ball). When the ball is struck, the batting player attempts to run to the base and back to score a point for their team. The batting player is out if: a) the ball is caught out of the air, b) the batting player is tagged by a fielding player holding the ball while in the running corridor (however, fielding players may not crowd the running corridor), or c) the batting player runs outside of the running corridor. The batting player may choose to remain in the base and wait there until an opportunity to run back to the batting line presents itself (there is no maximum amount of batting players allowed in the base). Once all of the batting players have had a turn, any remaining players on base are out and the teams switch roles.

WHAT IT DEVELOPS: Kicking, catching and anticipating of outfield players



WHACKY HURLING

HOW TO PLAY: Set up a whacky hurling playing area with 10+ bases. Divide the class into two teams: one batting team and one fielding team. The fielding team spreads out to cover as much as the playing area as possible. The batting team places themselves on the bases (they can be more than one per base) with one player starting a home plate (they will be the first at bat). The coach stands at a safe distance from the batting player and will act as the pitcher. Once the batting player has successfully struck the sliotar, all players on the batting team begin running around the bases. The fielding team attempts to field the ball and place it on top of a cone in the middle of the playing area. Once the ball is on the cone, or if the ball is caught directly out of the air, the teacher says "freeze" and all running players must return to the last base they touched. The batting team earns a point each time one of their players makes it back to home plate. Once all of the players on the batting team have had a turn at bat, the teams switch roles.

WHAT IT DEVELOPS: Striking, catching, vision and decision making



Part Invasion Games

Games require players to complete a task with limited direct opposition. Such games encourage awareness of time and space but also help develop characteristics of Team Play, e.g. support play and communication. Part-invasion games allow players to develop positional sense, and limit the opposition that players meet



Sending & Receiving



Scoring



Running off the ball



Supporting Teammates



Positioning



Anticipation



Defending Space



Marking & Guarding opponents

BENCH BALL

HOW TO PLAY: Using a grid 20m x 10m, the teams play • The teams try and move the ball by hand passing and travelling four steps around the grid • To score you must hand pass the ball to your team mates on the bench • Make a zone in front of the bench of 2m • This is a restricted area and only one player from each team is allowed in this area • Change players from the bench to the game every 1-2 minutes

PROGRESSION: No bouncing, 3 seconds rule.

WHAT IT DEVELOPS: Accurate hand-passing, maintaining possession & vision



BORDER RAIDERS

HOW TO PLAY: Teams of 4 – 3 Attackers (Raiders) & 1 Defender • Number Teams 1, 2 etc. and go to start area as shown • Defenders go to side of mid field • Defender from Team 1 goes to Zone 1 while his/her 3 Attacking team mates start behind end line • On signal the Attackers attempt to by pass the defender and move into Zone 2, go around the cone and attack Zone 3 and 4 as shown • If the defender intercepts she/he returns the ball and moves back to defend Zone 2, Zone 3 etc. before returning to side line • If he fails to gain possession in Zone 1 he may move back to defend in Zone 2 etc • As soon as Team 1 has rounded the cone, Team 2 begin with the Defender from Team 2 moving into Zone 1 etc • Scoring: Teams score 1 Point for successfully passing through each of the zones. Defenders may also score 1 Point every time they intercept the ball in a zone

PROGRESSION: Place a defender in each zone.

WHAT IT DEVELOPS: Accurate hand-passing, attacking as a team, tackling & blocking



BOXING

HOW TO PLAY: 10 v 10 • Pitch size 80m x 40m • Full Rules • A score is registered when team gets the ball cleanly to player marked x in the box • Player inside box area cannot come outside the box area and no one else can come in • After a score that team will get possession and can attack the opposite box

PROGRESSION: After a score when a team gets the ball to the half way line they can decide to attack either box. First pass only. Reaction ball can be used. Apply 4 second rule. Foot pass to score.

WHAT IT DEVELOPS: Passing under pressure, catching & tackling

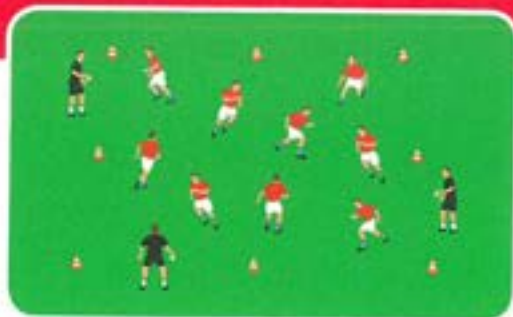


CATCHING GAME

HOW TO PLAY: All players are inside the square & moving in all directions without touching off each other • 3 coaches stand outside the square holding bean-bags • They call players names & throw a bean-bag to them to catch • Players throw the bean-bag back to the coach they got it from

PROGRESSION: Players must give the bean bag back to a different coach than the one they got it from. Introduce tennis balls.

WHAT IT DEVELOPS: Catching, reactions & peripheral vision



CHASE THE HOUND

HOW TO PLAY: 2 Attackers (Blue) on a signal aim to attack the goals soloing through the yellow cones past the red defender • Red defender defends the middle set of yellow cones • The two red defenders at the red cones, chase the 2 blue attackers as soon as they set off from dotted line • The two red defenders at the red cones move as soon as the attackers pass the defender at the yellow cones • All tackles must be made with the near hand on the ball • Change roles after a set time i.e. the attackers move to the defending stations A while the defenders move to the attacking position on the dotted line • Attackers who break through shoot on goal • Have an extra goalie to take over after a set time

PROGRESSION: Allow the red defenders to move as soon as the attackers or blue team move with the ball. Place extra defenders at B to challenge as they break through. These act as 'cover' defenders.

WHAT IT DEVELOPS: Carrying the ball under pressure, breaking tackles, chasing down attackers & tackling



CÚCHULAINN

HOW TO PLAY: Players are split into 2 teams • They must ground strike "across the road" into the opposition's area • One Player from each team goes to the opposite court and acts as 'Disrupter' i.e. attempts to hook/block and dispossess the opposition • If they can get the ball they attempt to score in Goal • Disrupter to be changed after 1 minute • Scoring system for catches i.e. 2 points for overhead catch, 1 point for standard catch, -1 point for a ball that hits the ground • 3 Points if the scout dispossesses and scores in goal

PROGRESSION: Two disrupters. Air hurling.

WHAT IT DEVELOPS: Striking, high catching, hooking, blocking & vision



DENY POSSESSION

HOW TO PLAY: Set up a grid as is displayed • Each forward starts with a ball (5 forwards = 5 balls) • Each forward is to be marked by a defender • The aim of the game is that the defender is to deny the forward possession of the ball from any one of the 9 players on the outside of the grid • However if the forward does gain possession the defender must not allow him to make a pass to another player on the outside of the grid • 1 point is gained for every pass a forward successfully makes • 2 points are gained for every dispossession a defender makes • Time duration: 20 seconds – 1 minute

PROGRESSION: Increase time duration. Increase numbers in grid.

WHAT IT DEVELOPS: Passing, gaining possession, tackling & makes players play with heads up



FIND THE LINK MAN

HOW TO PLAY: Two Teams of 6 – 1 goalkeeper, 1 midfielder, 2 defenders and 2 attackers per team • Extra player (blue) • The team in possession scores by LINKING through the extra player (blue) each time • Players must remain in own zones except the Link player • Player must be used at least once during the attack • Player plays for the team in possession but s/he cannot score • Put a different coloured bib on player for recognition • Change the link player frequently

PROGRESSION: Increase number of teams.

WHAT IT DEVELOPS: Passing, shooting & vision



FORWARD KICKING FORWARD THINKING

HOW TO PLAY: Divide pitch into two halves using a flexi line markers • Conditions: cannot solo or fist pass over the line • Ball has to be kicked • Coaches must insist that players do not simply work the ball close to the line and tap a 5 metre kick across the line • The game forces forwards to make lateral and diagonal runs • It also forces early ball into the forward line

PROGRESSION: Weak foot only.

WHAT IT DEVELOPS: Long kick pass, tackling, shooting & defending



'GOLD' (ROB)

HOW TO PLAY: 2 Teams • Each team of 4 has their own area in which they keep possession of the ball by passing it around • The other team can send one player across to try and win the ball for their side • On doing so, roles reverse in the other teams area • First team to put 10 passes together without losing the ball • With beginners it is better that the player trying to win the ball back has no stick, and has to try and tag the player in possession of the ball • This gives the players in possession more time on the ball • With advanced players, allow 2 players in to try and win the ball back

PROGRESSION: Use two balls. The team in opposite grid pass the ball to each other while their partner is trying to 'rob' the ball from the other group.

WHAT IT DEVELOPS: Smart hand-passing, anticipation & tackling



INCOMING

HOW TO PLAY: Divide participants into four groups • Each group goes to a corner of the square • In the centre of the playing area there are four zones, each with a bin of balls and a hula-hoop • The first player runs towards his designated bin • As s/he collects a ball, this player steps in the hoop, and attempts to return one ball to her/his corner by hitting it with his/her hand • Team members field the ball and then pass it to each other before placing it in a hoop located in their corner • The batter then runs to the back of her/his line and tags the next player on the team to go • Time each team how long it takes to put all the balls in the hoop and encourage them to beat their time on consecutive trials

PROGRESSION: Increase number of players.

WHAT IT DEVELOPS: Accurate passing, agility & catching



KEEP BALL

HOW TO PLAY: Field is divided into 3 sections • In the central section there are 6 players from each team • In the two outside sections there are 2 players from each team • 1 team is attacking one set of goals the other team is attacking the other set • Game starts with a throw in • The team that gains possession attempts to make 5 passes without losing the ball in order to get a free kick • The player on the 5th pass takes the free • He must be patient and wait for the run of his team mates and then deliver the pass • Attacking players attempt to gain possession and beat their marker to score • If a score is achieved then the ball returns to the centre section and the game resumes • If the ball is intercepted by the defenders they must work it in to the centre section for them to make 5 passes • Then the game continues as before

PROGRESSION: Kick passing only. Weak hand pass only.

WHAT IT DEVELOPS: Hand-passing, gaining possession, smart runs & accurate kick passes



LINE GAME

HOW TO PLAY: Two teams of equal numbers e.g. 6 v 6 • Players on both teams are numbered 1-6 • Coach calls out a number and the players who were given that number enter the grid and play against each other • The rest of the players on the defending team stay on the goal line trying to prevent a score • Switch the teams to ensure both get a chance to attack & defend • Make the goals wide enough that everyone can stand shoulder width apart

PROGRESSION: Coach calls out more than one number leading to a 2 v 2 or 3 v 3 situation.

WHAT IT DEVELOPS: Reactions, taking players on & last man defending, tackling



LONG CHANNELS

HOW TO PLAY: This involves 18-30 players, 2 equal teams • The pitch is divided into 3 long channels running the full length of the field • Players can't move out of their channel • The only thing that can change from channel to channel is the ball • Players must stay wide and provide supporting runs at the right time for central players to use if the central section can't be penetrated and vice versa • Scoring: Goals are set up at the end of each channel • Ball must be kicked through the goals for a score • If kicked through 1 of the wide channels = 1 point • If kicked through the central channel = 3 points

PROGRESSION: You must change channel after a pass.

WHAT IT DEVELOPS: Vision, intelligent runs & tackling



MIDFIELD BUILD-UP

HOW TO PLAY: Mark out a large rectangle 50m x 20m with 5 separate zones each 10m long • Two sets of Mid Fielders contest high balls played into the middle zone by 2 players in the outside zones • Score: 2 pts. For a 'clean' catch and 1 pt. for a 'broken' ball • Play for a set time e.g. 1min. and change roles • The two Mid Fielders must work as a unit i.e. decide which player goes for the high catch and which player anticipates the 'broken' ball

PROGRESSION: Place 2 Players (1 playing for either set of Mid Fielders) in Zones 2 & 4 who move to compete for the 'broken' ball. Make players who win possession play into a goals at either end of the zones.

WHAT IT DEVELOPS: High catch & winning breaking ball



NO MAN'S LAND ELIMINATION

HOW TO PLAY: 2 teams split into 2 groups team A (1+2) and team B (1+2) • Team A has half its team on both sides of No Man's Land (as does team B) • Players can pass ball to each other within their side, opposing team in same half can intercept the ball and dispossess them • However to score the team in possession must kick ball in to opposite side of no man's land • Whoever is closest to ball is eliminated • Team with most players left after a period of time wins

PROGRESSION: Points are scored if team mate passes ball accurately over no man's land to a team-mate and he/she keeps possession.

WHAT IT DEVELOPS: Accurate hand-passing, vision & catching



OVER THE RIVER PASS AND ATTACK

HOW TO PLAY: Players are split into 2 teams • They must punt kick "over the river" into the opposition's area • 2 Players from each side play on the opposition's side of the river and try compete for the ball • Score earned (1 point) when either one of these attackers receives a pass from across the road and additional score (2 points) is earned if the attackers shoot the ball through the 2 sets of goals on the back grid

PROGRESSION: Shoot for goals. Use weaker foot only.

WHAT IT DEVELOPS: Accurate kick passing & vision



PICK UP AND DROP & PICK IF YOU CAN

HOW TO PLAY: Mark out a large rectangle with 4 Zones • Mark out two Dens at opposite ends of the large grid • Pick and Drop: Two teams (Yellow and Blue) aim to run to opponent's ball grid to pick up stationary balls and solo back to their own den as shown • Opponents may challenge opposition from picking balls up • See which team can retrieve all the balls from their opponent's grid

PROGRESSION: 2 Teams of 5/6 a side play against each other in a large grid 15m x 15m. 6/8 balls are placed at random about the play area. On signal one team attempts to pick ball up while the other prevent them. See which team can achieve the most pick ups in a set time.

Repeat above but players must mark each other.

WHAT IT DEVELOPS: Picking up ball in traffic



POSSESSION GAME

HOW TO PLAY: 3 v 3 in similar grid lasting 60-90secs •

Possession game with team in possession needing to make four clean hand-passes to score • On scoring the ball is dropped for the other team to take possession • Intense pressure on player in possession • Making correct decisions in tight situations • Moving your feet – game will continually break down unless player in possession drives past his immediate opponent • Getting the 'hurley hand' off the top of the stick to make a hand-pass i.e. **FASTER HANDS** • The player who can only pass with the 'catching hand' will struggle greatly here

PROGRESSION: Increase or decrease the number of passes to make a score. Turn into a lifting game where ball starts on ground – the player lifting cannot be tackled until ball is in hand. Lifter then has to make a hand-pass but as soon as he has ball in hand he can be tackled. Person receiving pass then drops ball on ground for third player to lift and start the process again.

WHAT IT DEVELOPS: Quick passing, decision making, vision & tackling



POSSESSION STRIKING

HOW TO PLAY: 2 teams, evenly split between 2 halves

• Keep possession • A hand pass has to be followed up with a strike into the opposite half • 3 successful strike into opposite half earns a point

PROGRESSION: No hand passing. Use 2 balls.

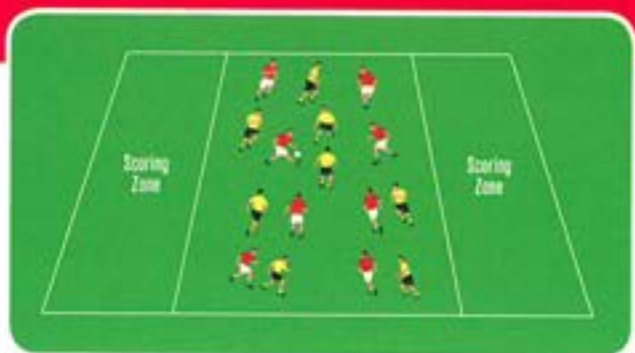
WHAT IT DEVELOPS: Hand-passing & accurate striking



PRESSURE PLAY

HOW TO PLAY: Mark out a playing area half the size of a normal pitch • Mark out a scoring zone 30m deep at either end of the playing area • Divide the players into teams of 8 • Play continues as normal • Scores are awarded when the ball is Played-either hand, fist or Kick passed-into the scoring zone • Each player may only tackle their direct opponent

WHAT IT DEVELOPS: Tackling, passing the ball under pressure & vision



ROTATE THE DEFENDER

HOW TO PLAY: 4 attackers remain on outside lines of grid 7m x 7m • They can move along their line to support the passer • 1 defender on the inside and may move anywhere in the grid • Attackers must look for passes and decide who is in the best position to receive the ball • Change the defender every 30 seconds or on loss of possession • 5 passes = 1 point • Defender gains 1 point for every interception

PROGRESSION: Add in an extra defender.

WHAT IT DEVELOPS: Creating space to receive pass, anticipation for interception & vision



SCOUT BALL

HOW TO PLAY: Players are split into 2 teams • They must punt kick "over the river" into the opposition's area • One player from each team goes to the opposite court and acts as a 'Scout' i.e. your team attempts to punt/strike the ball over to him/her • Scoring system for catches i.e. 2 points for overhead catch, 1 point for standard catch, -1 point for a ball that hits the ground • 3 Points if the scout catches

PROGRESSION: Point for a block on the shot going back over the river.

WHAT IT DEVELOPS: Accurate punt kicks, high catches & tackling



SHORT BALL LONG BALL

HOW TO PLAY: Two equal teams between 9 and 12 players • Idea of the game is to keep possession of the ball • Every pass must change from a kick-pass to a hand-pass • When your team wins possession they decide which sequence it starts in • If possession is lost then the other team starts their sequence • The game only stops for a free kick or if the ball goes outside the boundary

PROGRESSION: Must keep the ball for 30 seconds to score a point ball then goes to the other team. Every kick pass is caught clean or after 1 bounce=1 point. Keep ball until possession is lost.

WHAT IT DEVELOPS: Accurate passing & decision making



SPACE TENNIS 30 POSSESSION

HOW TO PLAY: This game involves 16 players and one football • 8v8 • Teams are divided into groups of 4 inside half of the area marked out • Players can't cross over the halfway line • Game is started with a kick-pass from one section to the other, the team that wins possession starts their 30 second countdown • They must keep possession of the ball for the time frame • Once the time is up the ball is kicked into the other half and they attempt to gain possession • If possession is lost they must attempt to keep ball for the remainder of the time

PROGRESSION: Game to last 5 mins. Scoring: every hand-pass = 1 point. Every foot-pass = 2 points. Team with most points after 5 minutes = winner.

WHAT IT DEVELOPS: Maintaining possession under pressure, hand-passing, kick-passing & decision making



SPACE INVADERS

HOW TO PLAY: Three attackers and one defender (3 v 1) start in zones as shown • Mark out 5 zones – Big zones should be 15m x 10m and Small zones 15m x 2m (Use bigger zones for kicking/striking) • Attacking team/s start at end line and attempt to move through the zones to score • Defender must remain in zone 2 and attempts to stop attackers moving through zone • Points are awarded for passing successfully through each zone • You may score a bonus point by passing ball to receiver over end line at opposite end

PROGRESSION: Increase number of defenders/attackers.

WHAT IT DEVELOPS: Attacking as a team, defending & accurate passing



STRIKE AWAY

HOW TO PLAY: Large Grid 15m x 15m • Each child has a ball • All the players dribble about a large grid • As they dribble they attempt to strike away any balls close to them • Players try and protect balls by using their bodies as shields to screen the ball • Give all players 5 Points to begin • They lose a point every time they are dispossessed and gain one every time they hit a ball away • The player with the most points at the end of a set time e.g. 2 minutes wins

PROGRESSION: Have 3 – 4 players without a ball who attempt to gain possession. Players who lose a ball must attempt to gain possession of another ball. Which player can keep possession the longest without losing their ball?

WHAT IT DEVELOPS: Maintaining possession & flicking sliotar away



TACKLE ALLEY

HOW TO PLAY: Set up 3/4 small grids 10m x 5m with a 3m space between each in front of goals. • The long thin grids allow the defenders a chance of chasing their opponents to execute the N.H.T. (Near Hand Tackle) • Place a defender in each grid • They must remain in their own grid • Have extra defenders ready to come in after a set number of attacks • 3/4 attackers each with a ball attempt to solo, one at a time, through the grids and finish with a shot on goal • The defenders start at the front of the grid and must use a N.H.T. as they chase their opponent • Change roles after a set time • Scoring: Defenders score 1 point for every successful tackle • Winner: Most points scored in a set time e.g. 3 mins

PROGRESSION: Have two defenders in each grid if attackers are very skilled. All grids are empty as a defender chases an attacker through the grids to see which, if any, grid s/he can make a N.H.T. S/he gains 3 Points if the tackle is made in the first grid etc.

WHAT IT DEVELOPS: Soloing under pressure, tackling, going by defenders & accurate shots on goal



TOM TIDDLER

HOW TO PLAY: A five metre diameter circle containing 10-20 footballs • Approx 1/5th of the players are placed inside the circle • The remaining players patrol outside • The robbers must attempt to steal the footballs from the inside of the circle • The guards attempt to protect the balls and tag as many robbers as possible • Any robbers caught remain and help inside the circle

PROGRESSION: Increase number inside circle.

WHAT IT DEVELOPS: Decision making, reactions, carrying the ball & evasion



TRIPLE CIRCLE PASS

HOW TO PLAY: Make 3 circles with a radius of 30/20/10m • Place one defender (Black) inside smallest circle and 4 in outside circle • These players must remain in their own circles • Place 4 attackers (red) around inside circle and the same on the very outside • The 4 inside attackers must stay in their own circle while the 4 outside attackers must remain outside the outside circle • The aim is to play the ball either past the inside defenders to another attacker or to one of your attackers on the outside by passing to the outside defenders

PROGRESSION: Increase number of players in each zone. Decrease/increase diameter of square/circles.

WHAT IT DEVELOPS: Smart passing & vision



TWILIGHT ZONE

HOW TO PLAY: Using cones layout a 30 x 40 yard grid • Divide the grid into four zones • On the top of the grid in zone 4 place 4 players with a ball each on the line • In zone 4 place 3 players (no ball) zone 3, 2 players (no ball) zone 2, 2 players (no ball) and place 1 player (no ball) in zone 1 • Players on the top of zone 5 try to hop and solo the length of the grid without losing possession of their ball, all other players are defenders

• Defenders attempt to steal balls from the attackers while staying in their zone • Each player who hops and solos the length of the grid without losing possession scores 1 point; player with most points after 5 rounds wins • Ensure that defenders only defend in their zone

PROGRESSION: Increase/decrease size of the grid.

WHAT IT DEVELOPS: Carrying past defenders & tackling



WAR

HOW TO PLAY: Set up the 2 grids as is shown • In this game it is every man for himself • A point is awarded for every ball that you win • Then they must return a high ball to the other side where the ball is once again competed for • The game continues for a set period of time and the person with the most points at the end is the winner

PROGRESSION: Increase the duration of the drill. Increase the number of players in each grid.

WHAT IT DEVELOPS: High Catching, winning breaking ball & accurate kicking



ZONES

HOW TO PLAY: Regular rules apply except: Each player cannot leave her/his zone • Divide field into enough zones so that each player can be assigned a zone to play in with an opponent • After a score, have each player move to a different zone

PROGRESSION: Increase or decrease the number of zones. Add more than one ball. Change type of ball. Ball must go to two other zones before a team can score.

WHAT IT DEVELOPS: Decision making & discipline in keeping to your own position

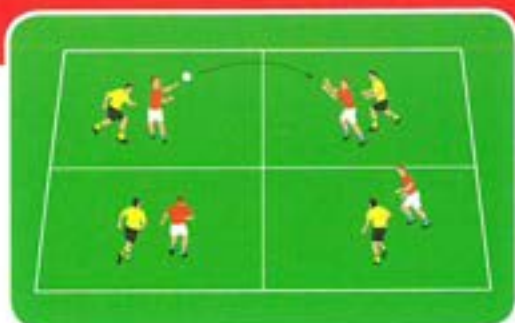


ZONE TO ZONE

HOW TO PLAY: Divide players into two teams • Spread out into 4 areas in grid as is shown • One person from each team in each section • To score you must pass ball to team mates in other zone

PROGRESSION: 4 people in each square to create a 2v2 situation.

WHAT IT DEVELOPS: Accurate passing, vision & smart runs



1,2,3 AND IN

HOW TO PLAY: A team of 4 stand inside the grid and make 3 hand-passes before first opponent comes in • Opponents enter after 3,6,9,12 hand-passes • Aim to make as many hand-passes as possible before ball is intercepted or goes out of bounds

PROGRESSION: Increase/decrease size of square. Increase number of players.

WHAT IT DEVELOPS: Quick passing & tackling



4 PASSES TO KICK

HOW TO PLAY: Group is split into 2 teams • Teams split into 4 different groups • Spread the 4 groups around the pitch as is displayed • Game starts with a high kick pass into 1 of the teams • The team that wins the ball must make 4 passes before kicking it on to the next group • Every ball must be a high ball to simulate the breaking ball effect • Points are gained for winning the breaking ball and making the 4 passes

PROGRESSION: Increase time duration of the game. Increase the distance between each group.

WHAT IT DEVELOPS: High catching, winning the breaking ball, hand-passing & tackling



Full Invasion Games

The core objective in invasion games is to move into an opponent's territory in order to score. To achieve this objective, the players must maintain possession of the ball, create and use space and attack a 'goal' (Werner, Thorpe and Bunker, 1996). Key element with invasion games is the number of players involved
Player = space = time = skill should be adopted to create a learning environment.



Attacking the goals



Maintaining possession



Contesting possession



Communication as a team

ALL UP AND ALL BACK

HOW TO PLAY: 2 Teams: 4 Attackers v 3 Defenders (nominate extra player to play for team in possession) • Mark out 2 grids 20m x 20m as shown • Aim of game is for 1 team (black) to start at one end and attempt to get all its players past the half way line and score through a target • For a score to count, the entire team must be over the half-way line and into opponents half when the shot/score is struck • If possession is lost, or after a score, defending team then have opportunity to attack • Change teams after a set time

PROGRESSION: Have the attacks timed.

WHAT IT DEVELOPS: Quick attacking & defending as a team



BACK-BALL-BACK

HOW TO PLAY: A 2 goal pitch, but with goals back-to-back in the centre of the field • This game can be played with target goals and Goalkeepers are optional • Each team can score in either goal, on the turnover of possession you can tweak the rules to suit your players • Either, score straight away, have to complete 'x' number of passes or have to dribble to the edge before they can attack.

PROGRESSION: Decrease size of the goal, adding goalkeepers.

WHAT IT DEVELOPS: This is a great game for switching play and support (on, around or away) from the ball carrier.



BACKWARDS GAELIC

HOW TO PLAY: This is Gaelic football, but with everything backwards • The nets are backwards, the rules are backwards, and whatever else you'd like to turn backwards • No using feet to advance the ball, players must use their hands to shoot and pass • But goalies? No using hands for them • Quite a mix-up from the regular game of Gaelic football, but worth trying out to add something new and exciting • Set-up the playing area similar to as shown, with nets backwards • Add in your balls. Players go at it with all the backwards rules.

PROGRESSION: Make this game even more challenging by only allowing players use their weaker hands when hand passing.

WHAT IT DEVELOPS: This game will help players develop creativity on the ball as they will be forced to think and play differently.



BEAT THE MAN TOMMY

HOW TO PLAY: The attacker lines up at cone number 1 which is placed between the halfway line and the 45m line

- A second cone and a sliotar are placed on the 45m line
- On the edge of the D there are 2 poles placed to make a gate
- A defender is placed in this gate
- The purpose of the game is that the attacker must sprint out and pick the ball and travel through the gate evading the defender and taking their score

PROGRESSION: Place an extra defender behind the first defender.

WHAT IT DEVELOPS: Pick up at pace, going by players & shooting



BEAT THE 2 CORNER MEN

HOW TO PLAY: Place 2 cones in the corner of the pitch either side of the goal • Place 2 more cones further out on the 21 slightly in from the sideline • Split the team up into 2 different groups of backs and forwards either side of the goal • Backs and forwards pair off together • Aim of the game is that the forward must solo around the cone on the 21 and beat the defender and score a goal

PROGRESSION: Add in extra defender.

WHAT IT DEVELOPS: Carrying the sliotar, shooting & tackling



BEST OF 5

HOW TO PLAY: Place 5 fielders around the pitch on the 45 in a half circle set up • Place 3 attackers and 2 defenders inside the 45 • The aim of the game is for the feeder to make the correct decision and pick out the free forward • The free forward must carry the ball and create space for the other 2 attackers and make the correct pass to avail of this space and create a scoring opportunity

PROGRESSION: Add in another defender.

WHAT IT DEVELOPS: Decision making, vision, creating space, shooting & tackling



BREAKS WIN MATCHES

HOW TO PLAY: Set up players as is shown • This game works on the breaking ball and long kick-passing and decision making • The ball is played long from midfield into the square • Backs and forwards compete for the break • If the back wins it he plays it to the wing back, who sends it cross field to the middle section • If the forward wins it they turn and attempt to score • If they are successful the back must retrieve the ball and work it out

PROGRESSION: Increase numbers in groups. Increase duration of drill.

WHAT IT DEVELOPS: Winning breaking ball, high-catching & accurate long kick-passes



BREAKOUT

HOW TO PLAY: Attackers attempt to get outside the border line by evading the defenders' efforts at tackling • Defenders must stay within their zone • Defenders attempt to dispossess the attackers as they attempt to pass through their zone - (normal/hair hand tackle) • 2 points are scored for every 'Breakout' and 1 for every dispossession

PROGRESSION: Increase number of defenders.

WHAT IT DEVELOPS: Breaking the tackle, carrying the ball under pressure & tackling



BY-PASS MIDFIELD

HOW TO PLAY: 3/4 Players attempt to pass the ball from one End Zone to another by passing it around a middle zone 2/3 defenders defend their play area • Start with 3 Teams - 2 at one end and another team at the other end • The aim is for the first team to use hand/fist passes and body catches to move the ball from one End Zone to the opposite • The ball is not allowed to be passed through the middle zone • If the defenders intercept the ball they must return it to the attacking team • When they get to the other end the resting team start the sequence again • Teams have 2/3 minutes to score as many points as possible i.e. a point is scored for successfully playing the ball from one zone to the other without losing possession • Defenders gain points for every interception which may be added on to their overall score at the end etc

PROGRESSION: Challenge the attackers by having the same number of defenders.

WHAT IT DEVELOPS: Hand-passing, carrying the ball & vision



CONTINUOUS PLAY

HOW TO PLAY: Set out two teams as is shown and with 6 Footballs • There are 6 designated positions for the Footballs • Play begins with the referee calling a position (1-6) and the nearest player to the ball gets the game going • When the ball goes out of play again the referee calls another number • This game allows for 6 consecutive plays • It encourages quick reactions and decision making for the player who receives the ball • When all balls are used up the players must reset the balls

PROGRESSION: Use weaker foot. Increase the number of designated positions for footballs.

WHAT IT DEVELOPS: Quick reactions, decision making & hand-passing



CORNER BALL

HOW TO PLAY: Basketball size court • 8-15 players each team—two players from each team in corner boxes • The object is to pass the ball to the corner men who attempt to catch it • All players rotate through corner boxes in turn • Game is started with a toss up at the centre between two opposing players • On gaining possession a team passes the ball so that their corner men catch it • When the ball goes out of bounds the nearest player passes it back into play

PROGRESSION: Ball may be hand-passed or kicked.

WHAT IT DEVELOPS: Hand-passing, catching, creating space & vision



CRAZY BALL HURLING

HOW TO PLAY: Great for any grade or age level, Crazy Ball hurling is basically a hurling game with a little bit of attitude • Set-up a hurling game as normal, except that instead of just using a sliotar, add in whatever crazy equipment you might have to strike around! • Some tested equipment that works well in this game are foam footballs, large foam dice, or beach balls – use all of them at the same time and watch them bounce all crazy-like around the field as the players try to strike them • Add in whatever rules desired when it comes to goalies, points, etc. Set-up your hurling playing area. Add in crazy but safe equipment as the sliotars.

PROGRESSION: Increase the number of goals that each team needs to protect to make it more difficult to defend.

WHAT IT DEVELOPS: This game develops awareness and concentration given the high volume of balls used.



DISTANT CIRCLE SCORE

HOW TO PLAY: Two equal teams of between 9 and 12 players • Portable goalposts are positioned safely in the middle of the field • A circle of multi markers is placed around the goalposts about 50 metres in diameter • Scores can only be taken from outside these markers • Ball is thrown up, the team that wins possession tries to set up a score • The ball and players are allowed inside the markers • The game is continuous and doesn't stop after a score, players on the other side of the goal attempt to regain possession after a score is kicked • Players can move anywhere inside the boundary line • The only time the game stops is if the ball goes outside the boundary line

PROGRESSION: 3 or more passes before a score can be executed. Shoot on sight with no limits on passes. Midfielders and goalkeepers must stay inside the arc of cones to practice high catches when ball comes from other side of posts after a score.

WHAT IT DEVELOPS: Shooting from distance, reactions & smart passing



DOUBLE BACK

HOW TO PLAY: 1 goalkeeper, 1 attacking player (A) in end zone (inside the black line/domes) • Goalkeeper must stay in goal until 'A' receives the ball • 'A' cannot come outside the black line • 4 v 4 between the black lines • When A's receive the ball, players in the middle zone support them • Ball must be played out again by A to support players for a score • Could give extra points if score is taken with weaker foot

PROGRESSION: Ball must be played in with first time pass (This encourages players to look up and use the 'early' ball into their forwards). Have an extra defender marking the A player and play high balls into them. The ball must be 'broken' out to the in rushing attackers.

WHAT IT DEVELOPS: Long kick passing, accurate shooting for goal, tackling & goalkeeping



DOUBLE HANDED TOUCH

HOW TO PLAY: This game is played in a rectangular field with the short ends of the field serving as the 'touch' lines • Based on the rules of touch rugby • No kicking or tackling is permitted • The ball must be hand passed backwards and then carried forward • Play stops when an opponent touches the ball-carrier with both hands • If after five sequences of play a goal hasn't been scored, the ball is turned over • A goal occurs when the ball is touched on the ground at the end of the field • A number of balls are placed at each end of the field so the opposing team can play on immediately when a goal is scored, resuming from the defended touch line • The team with the highest score at the end of the game wins • This game can be played for longer periods of time • Two 15-minute halves are suitable • The 'double hand' aspect of this game is important • If only one hand is used to 'stop' a play, the game will not flow

PROGRESSION: 4 second rule in possession.

WHAT IT DEVELOPS: Breaking tackles, supporting players from behind & tackling



DOUBLE OR QUILTS

HOW TO PLAY: 5/6 multi markers scattered between 13m and 45m at both ends of the pitch • Game to be played with normal rules until one team scores a point or a goal • If it's a point let their free taker choose a marker and take a free from that spot • If the player scores, remove that marker and the team gets 2 points, but if the free is missed take away the original point and leave the marker as it was • If a team scores a goal then the nominated player takes a penalty and if successful, the team gets 6pts but if unsuccessful then the original goal doesn't stand • When kicking frees from markers, goalkeepers can be setting up next ball for kick-out to keep the game flowing

PROGRESSION: Penalty kicks to be taken instead of frees.

WHAT IT DEVELOPS: Attacking play, accurate passing & free taking under pressure



FEED THE FORWARD

HOW TO PLAY: This game involves 8 players in a 4 v 4 match at one end of the field with the two feeders in the middle of the field • Two players are positioned between the end line and 21m line and two between the 21m and 45m line with each of them being marked by a defender • The feeder's take turns to feed in from opposite sides of the field • Balls should be fed to the square to the feet of the forwards • When the ball is fed, play begins • All forwards react and play with the aim to get a score using the other forwards also if needed • When play breaks down or ends, reset the positions and switch up the player's roles.

PROGRESSION: Add in another ball. Allow one of the feeders to join the attack after passing in order to make defending more challenging.

WHAT IT DEVELOPS: This game develops intelligent movement, shooting and passing.



GOALS GOALS GOALS

HOW TO PLAY: Two teams play against one another • There are five small goals (two poles) scattered in the area • One team attempts to maintain possession and score as many points as possible by passing the ball through any of the goals • The ball is only turned over if a team loses possession or the ball goes out of play • Each team has to get to so many points before the other team

PROGRESSION: Instead of passing through the goals, the ball must be hopped and soloed through.

WHAT IT DEVELOPS: Maintaining possession, hand-passing, vision & decision making



GOAL TO GOAL

HOW TO PLAY: 40m x 20m or 30m x 15m depending on age or ability • 2 sets of goals (poles) 2-3m wide at either end • Hand-pass only • Score by carrying through or hand-passing through goals (carrying is 2 points, hand-pass is one) • Other team then gets possession • Game lasts 60-90secs • It is excellent for developing fitness with the sliotar and decision making • Game gives players a focus for attack rather than just maintaining possession • Encourages players to use their 4 steps and drive past opponents • Promotes passing and moving • Much easier game when on the ball so it is excellent for making defenders work hard in order to turn over possession

PROGRESSION: Allow soloing to encourage going past players. Allow scoring team to keep possession and play in opposite direction – this is excellent for teams that have players who fail to track back. Play a 'roaming midfielder' who is always on the team in possession – this simulates the overlapping player from midfield or half-back.

WHAT IT DEVELOPS: Fitness with the sliotar, hand-passing & attacking the goal



GO 4 GOAL

HOW TO PLAY: Players in groups of three/two, one team defends/attacks • Coach plays in ball to forwards who attempt to work ball in to score goal or take shot on goalie • Defenders attempt to work any ball out to the coach • Play ends when ball goes dead • Defenders step off the field so attackers now become defenders & new group on are the forwards

WHAT IT DEVELOPS: Carrying the ball past players & last men defending

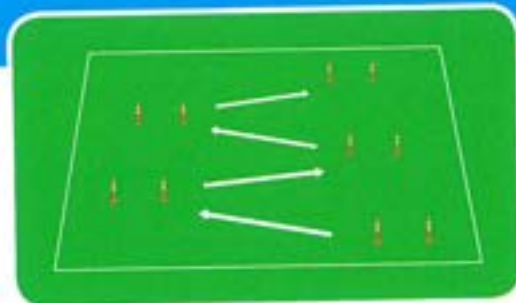


HITTING THE TARGET

HOW TO PLAY: Two teams play against one another • There are five small goals (two poles) scattered in the area • One team attempts to maintain possession and score as many points as possible by passing the ball through any of the goals • The ball is only turned over if a team loses possession or the ball goes out of play • Each team has to get to so many points before the other team

PROGRESSION: Instead of passing through the goals, the ball must be hopped and soloed through.

WHAT IT DEVELOPS: Maintaining possession, hand-passing, decision making & vision



IN THE HOLE

HOW TO PLAY: Get the kids into pairs with one ball per pair and 2 hoops about 8-10m apart • Play a mini game of basketball -1v1- to score you must try and bounce the football into the other player's hoop • If you score, give the ball to your opponent who then has to try to score against you • If you have the ball, you are the attacker and if you don't have the ball you are the defender • Attackers try to get past the defenders by bouncing or soloing the ball to the left or right of the defender without losing the ball • Defenders try to stop the attackers from scoring by taking the ball (swiping, stealing) • Remember you cannot touch the attacker, only the ball.

PROGRESSION: Use smaller hoops in order to make scoring more difficult.

WHAT IT DEVELOPS: This game develops agility, smart intelligent movement and disciplined tackling.



KEEPINGS OFF

HOW TO PLAY: Set up-Square 10-15 metres apart • 2 Teams- 4 v 2 in the square • The four move around attempting to keep possession • The two 'chasers' /defenders attempt to intercept • Team in possession score a point by making 3/5 successful hand-passes • Chasers/defenders to be changed every 2 minutes

PROGRESSION: Increase number of attackers/defenders.

WHAT IT DEVELOPS: Hand-passing, creating space & tackling



KICK FOR GOAL

HOW TO PLAY: Set up grid as shown with 2 Goals at either end of a 20m x 15m grid • Play 1 v 1 initially then 2 v 2 with no Goalies • Players aim to punt kick through their opponents goal • Players may move anywhere and score from anywhere • 2 points for getting it between the poles and 1 point for getting it between poles and cone

PROGRESSION: Make the grid bigger. Play with more players.

WHAT IT DEVELOPS: Accurate punt passing & decision making



KICK IT RUN IT

HOW TO PLAY: Create a mini-pitch (approx. 40m x 25m) • At one end only, set up goals using cones or posts • Choose two teams of four players each • Start one team in a line across an end-line • Give the ball to the other team and start them from the end-line that has the set of goals, but with only three of their players lined across it • The fourth player does goals to allow a 3 v 4 situation to develop outfield • On the whistle, one of the three kicks the ball high and long towards the opposing team of four • Both teams advance quickly to meet each other • The team of four should now be in possession of the ball • The four must work the ball past the three to get in a shot for goal • A score is only awarded if the ball is kicked low into the goal (on or close to the ground) • Should the three win the ball back, they simply work it out to the far end-line • After each play, the teams switch roles, rotate goalkeepers and start again

WHAT IT DEVELOPS: Catching, working space & accurate shooting for goals



LONG RANGE SHOOTING

HOW TO PLAY: The aim of this game is to develop the long range kicking/striking of players • Set up a normal pitch with two goals at either end of the playing zone • Place cones 35m out from each goal outlining an area in which the players must strike or kick the ball from outside • Divide the players into two teams with one team scoring in one goal and the other team scoring in the other • When the whistle is blown, a normal game of hurling/gaelic begins with the exception that scores inside the 35m zone do not count • This forces the players to shoot from longer ranges and the team with the most points at the end of the game wins.

PROGRESSION: Only allow players to take the shot with their weaker foot/side.

WHAT IT DEVELOPS: Long range kicking/striking.



LOSE IT/WIN IT

HOW TO PLAY: Simulates those match situations when forwards have made good runs to get a pass from midfield but the pass ends up with the opposition goalkeeper • To properly copy this, force forwards to stand at multi-markers at least five or six metres away from any backs • The ball starts with the goalkeeper • He throws it in the air and catches it to signal 'game on' • The forwards immediately try to stop the backs getting the ball out easily and carrying it over the halfway line • Do this over and over to work on suppressing a forward's instinct to simply watch where the ball goes and to improve his ability to close an opponent down

WHAT IT DEVELOPS: Defending from the front



MID FIELD SET UP

HOW TO PLAY: 20m x 30m pitch • 5 players per team • 2 Defenders v 3 Attackers in each grid • 4/8m wide road - two rows of cones across the middle • To pass ball/sliotar to midfield zone to attempt to set up attack for a shot on goal • Allow a minimum number of passes before ball reaches midfield e.g. 5 attackers should always try and use their extra player to create an overlap • The attacker with the ball soloing into midfield is the only player allowed in this zone • Scoring: A set number of passes e.g. 5 or pass the ball through either goals on end Line • Have goalkeepers to score against

WHAT IT DEVELOPS: Carrying the ball, creating space & accurate passing



MIGHTY MAN

HOW TO PLAY: Mark out a playing area from the end-line to the 45m line • Place 2 feeder players on the 45m line, either side of the goal • Place 2 defenders either side of the goal on the end-line • Place the full forward on the edge of the small rectangle • The feeder kicks the ball into space

WHAT IT DEVELOPS: Accurate passes to space, running at attackers & closing space



NON-STOP HURLING

HOW TO PLAY: Can be played with teams of various sizes provided pitch is adapted to suit e.g. 9 v 9 from 20m line to 20m line or 15 v 15 on a full pitch • Again based on the principle of not stopping for every break in play; keepers have plenty of balls and puck out immediately after scores or wides • Balls are placed up and down the side-line and if one team puts a ball over the line the other team lifts the nearest ball and plays on

PROGRESSION: Focusing on winning your own ball – balls into attack are played long and high to promote high catching and winning dirty ball. Put a condition that every time a player gets on the ball he must try to drive past the first player he comes into contact with. Goals only. Quick side-lines – ball can't be set up and when ball goes over line the nearest one must be hit – encourages short side-line balls and promotes maintaining of possession.

WHAT IT DEVELOPS: Winning your own ball, attacking/ defending & continuous play



NUMBERS GAME

HOW TO PLAY: An exercise where pairs of defenders and attackers are matched and stood at cones spaced out around the edge of one half of the pitch • Each pair is given a number (usually from 1-6 or 1-8) • The coach calls a combination of numbers (e.g. 1, 2, 5, 8) and this is the signal for those pairs to race onto the playing area and compete • The coach plays the ball to an attacker • Attackers try to score points while defenders attempt to win the ball and work it over the halfway line • Once the ball goes wide or over the bar, the pairs jog back to the edge of the pitch and the coach calls the next combination [e.g. 3 and 7]

WHAT IT DEVELOPS: Reactions, accurate shooting, beating the defender, tackling & last man defending



NUMBERS HURLING GAME

HOW TO PLAY: Mark out a hurling field with 2 goals at opposite ends of the playing area • Put out 5 hurleys at each end in front of the goals • Divide the players into two teams, and have them stand at opposite sides of the field (If available, give players coloured bibs) • Give each player in the team a number from 1.... to however many players there are. For example, 6 players in the team = each kid will have a number #1, #2, #3, #4, #5, #6 • The teacher calls out a few numbers and if your number is called, you run out, pick up a hurley and play • The teams play hurling against each other until a goal is scored, or after 1-2 minutes – You then put your hurleys back down on your side, and return to your team on the side line • The manager can proceed to call out different combinations of numbers.

PROGRESSION: Use two balls instead of one.

WHAT IT DEVELOPS: Communication and shooting.



ONE ON ONE

HOW TO PLAY: Organise players in groups of 3, 1 feeder, 1 defender and 1 attacker • The feeder plays the ball from the halfway line into the attacker • The attacker performs a high catch uncontested initially and then attempts to put the ball over the bar

PROGRESSION: Advances with a fully contested high catch between defender and attacker. Switch roles every 2 minutes.

WHAT IT DEVELOPS: High catch, accurate point taking & blocking



OPPOSITE CORNERS

HOW TO PLAY: 2 teams of 3 • 4 goals (red and blue)
 • Team A plays towards one goal while team B play towards the other • Score in either of oppositions 2 goals, 1 point for each goal scored • If ball goes out start with sideline ball • After score other team get possession from the back • No Goalkeepers • Ball behind each goal

PROGRESSION: Add in a third team

WHAT IT DEVELOPS: Hand-passing, creating space & decision making



PATIENT SHOOTING

HOW TO PLAY: A grid should be set out as is displayed • There should be two even number teams in the grid, 6/7 per team • The team in possession must make a minimum of three passes inside the grid before transferring the ball outside of the grid to shoot for a score • Ball is retrieved on far side of the goal and the game continues

PROGRESSION: A second smaller grid from which you must hand pass over the bar.

WHAT IT DEVELOPS: Close quarter hand-passing, creating space & first time shooting from distance



PAY THE PRICE

HOW TO PLAY: Set up a large circle [diameter 40m] • Play backs v forwards to the halfway or far 45m line • The goalkeeper plays for the defenders • Start each play with a kick-out • Let the forwards take possession and attack • Only points count • Should the attackers shoot and score from outside the circle, they are awarded 1 point • A score from inside the zone earns 2 points • A 'free' scored from inside the zone earns 3 points • Defenders must work to keep the scores to a minimum, so they must make sure they do not commit fouls inside the zone and that they mark tightly enough to keep down the number of 2 point scores • Defenders can earn scores for themselves, by winning the ball and working it up the pitch to cross the halfway line or far 45m line while still in possession

WHAT IT DEVELOPS: Working the ball into shooting zones & clean tackling



PLAY THE ZONE

HOW TO PLAY: The pitch is divided into zones • Players are split into two teams • Two players from opposing teams are assigned to each zone • Normal rules apply but players cannot leave their zone • After a score, each player moves to a different zone

PROGRESSION: Add more game conditions i.e. a dropped ball means a turnover in possession.

WHAT IT DEVELOPS: Sticking to your position, accurate passing, tackling & blocking shots



QUADRANTS

HOW TO PLAY: Dimensions – end line to 45m line divided into 4 even sized squares • 4 small sided games 3 v 3 or 4 v 4 • Each game lasts 3 minutes with each pitch having a coach as referee with plenty of footballs for re starting the game • One inner pitch goes for goals only while the other 3 go for points only • Rotate onto a different pitch after 3 minutes with a 1-minute break ensuring 12 minutes' work and 4 minutes' rest.

PROGRESSION: Make one pitch and over load game – 5 v 3 or 4 v 2. Finish with one game but players can't leave their zone.

WHAT IT DEVELOPS: Decision making under pressure and defending and accurate finishing in tight confined spaces.



REACTOR GAME

HOW TO PLAY: 3 players move through the poles as fast as they can • 2 defenders lie on their backs and wait for the coach to call • The coach calls a colour, the attacker that is nearest to the cone of that colour picks up the ball & the 3 attackers try to score • Defenders must react & stop the attackers • Player that shoots moves to the back of the group • The other two attackers become defenders

PROGRESSION: Attackers must pass once before shooting.

WHAT IT DEVELOPS: Reactions, attacking as a team & tackling a man running at you



ROLLING ATTACK

HOW TO PLAY: This may be set up and played as part of a backs v forwards exercise or in a full game • An attacking play where the six forwards wait for the opposition goalkeeper to kick the ball out: As the ball is in flight, they rotate one position clockwise and play from their new positions • This tends to momentarily upset the defence, with backs wondering should they follow or should they stay in position • If the ball is won at midfield, the attacking options are greatly enhanced

PROGRESSION: Rotate anti clockwise on the coaches call.

WHAT IT DEVELOPS: Game plan & creating space



RUNNING THE CHANNELS

HOW TO PLAY: 10 poles forming a 40m wide channel

- Each pole 10m wide apart
- At each end of the channel put up a set of goals
- At the mid-pole on each side start 4 players
- Two are attackers (red) and two are defenders (green)
- The reds on the right side of the channel have the ball
- On the whistle, the reds sprint with the ball to the nearest pole and turn into the channel to attack
- At the same time the greens on the same side do exactly the same and turn into the channel to defend
- On the other side the 2 reds and greens sprint to the 'end pole' and turn into the channel to back up their team-mates and form a second wave of defenders and attackers
- This leads to a 4 v 4 situation, with reds attempting to work the ball into a goal scoring situation and greens trying to work the ball back and score into the other goals

WHAT IT DEVELOPS: Sprinting with the ball, support play, working ball to scoring situation, man marking & tackling



RUN THE RAPIDS

HOW TO PLAY: 3 players start the drill by moving forward while passing a ball • 6 players with tackle bags assigned to 6 cones of 3 different colours • Coach calls a colour & the players at that colour must react and enter the grid to make a hit on any one player • Players with the ball must maintain control of it and reach the end of the grid

PROGRESSION: Coach calls more than 1 colour.

WHAT IT DEVELOPS: Maintaining ball under pressure, offloading through tackle & taking a hit



SHOOT ON SIGHT

HOW TO PLAY: Use a small pitch with the small portable goals e.g. 45m x 40m • 2 uneven teams e.g. 5 v 2/3: 5 players with coloured tops play against an unequal number for a set time i.e. 3 mins • This makes it easier for one team to get plenty of shooting action • Have a good supply of balls behind either goals • Aim is to shoot as soon as you have possession or one hand pass only to get the scorer into a favourable position • Less skilled players may be permitted one solo or bounce before shooting • Have extra balls at the side of the goals to keep the game in action • Allow the other team an even number after a set time i.e. 3 mins

PROGRESSION: The ball must be played inside a specific line e.g. 15/20m from goals and then played back out again before a shot on goal may be attempted.

WHAT IT DEVELOPS: Taking the first option, quick shooting & blocking



SILENT GAME

HOW TO PLAY: Start the game you want to play, be it a small-sided or full-sided one, on a shortened pitch or not • Let the game run for a few minutes to get the flow going and then introduce a single rule • NO SPEECH ON THE PITCH! That includes...no calling for passes, no reminding team-mates to mark opponents, no speaking to the referee, no issuing instructions of any kind • Should any player break the 'no speech' rule, award a 'free' to the opposition This game forces players to look up when passing and to make themselves available for that pass

PROGRESSION: Alternate with normal game.

WHAT IT DEVELOPS: Quicker movements & makes players play with their heads up



STAYING ALIVE!

HOW TO PLAY: In a full practice game, set flexi-markers across the halfway line and add one rule; when a team is in possession and on the attack (i.e. one of its players has the ball in the opposition half), all supporting players in that half of the pitch must move constantly and at pace! • No player may stand, jog, walk etc • Movement may be for a pass, on a decoy run or in support – as long as the ball stays alive, the attackers must do likewise • If a player breaks the rule, the penalty must be a 'free' against the team • On average, the ball stays alive for 6-10 seconds before it is lost (e.g. wide, score, sideline or dispossession)

WHAT IT DEVELOPS: Fitness in match situations, quick passing & supporting and making telling runs



SWAP BALL

HOW TO PLAY: Football rules apply but there is no kicking the ball • Players can run, tackle and handpass as often as they like

• One point is scored every time the ball is hand passed to a team-mate • Six points are scored if the team with possession of the ball can swap the ball in play for a ball which is placed randomly on the field by the coach • This 'swap' ball is only placed on the field three to four times per half and is only on available for 30-45 seconds • Only the team with possession of the ball can swap the ball • The ball in play must be placed next to the swap ball before the new ball can be brought into play • The team with the highest score at the end of the game wins

PROGRESSION: Because of the high intensity of this game, 5 – 7 minute halves are recommended. Ensure the 'umpire' keeps the game flowing as much as possible so there are no throw ups.

WHAT IT DEVELOPS: Quick passing, vision, creating space & tackling



SWITCH THE PLAY

HOW TO PLAY: Pitch is divided into 3 long lanes marked out with multi-markers • Player cannot pass the ball to someone in the same lane • If player passes ball to someone in the same lane a penalty free will be awarded for the opposition • Always encourage diagonal runs and better passing

PROGRESSION: Must pass to a player in each lane before a score.

WHAT IT DEVELOPS: Speed of thought, diagonal running & accurate long passing



TANDEM DEFENCE

HOW TO PLAY: Three players stand in line 5m apart each facing across the field • The attacker is the man in the middle • One defender has a ball • He kicks a bad pass and it goes straight to the attacker who turns and tries to beat the defender behind him • The man who kicked the poor pass runs around behind his fellow defender (he doesn't attempt to tackle from behind and concede a free kick) and acts as a cover in case the first line of defence is breached • The attacker must attempt to take the ball fully across the field

PROGRESSION: Use 5 or 7 players.

WHAT IT DEVELOPS: Individual and group defence, tackling & defenders covering space



TELLING PASS

HOW TO PLAY: A simple game to make passes more telling and players more economical in their play when in the opposition half of the field • Once a team takes possession of the ball inside the opposition half of the pitch, the ball may only be passed between players a maximum of two times before a shot is taken • 2 passes max • This does not mean that the players MUST take two passes [perhaps one pass may get them into a scoring position – e.g. if they take possession deep into the opponents' half]

PROGRESSION: The coach may change the rule to suit the skill level – would three passes be better for younger teams? Would a smaller pitch be more effective?

WHAT IT DEVELOPS: Clinical passing & smart runs to get into scoring positions



THREE SECOND HURLING

HOW TO PLAY: Full rules 9 v 9 except players can only be on the ball for 3 seconds • Coach counts out loud 1,2,3 initially • Defenders and attackers are to be in their own half for all puck-outs • If a defender/attacker are on the ball they can cross into the other half, their marker may follow but they must retreat on delivering the ball • This promotes moving the ball quickly and encourages players to scan the pitch before using the ball • It improves decision making on the ball and encourages players to go looking to take the ball of a team mate • Again it involves continuous play with quick puck-outs, side-lines etc

PROGRESSION: Players are only allowed 3 seconds so those defending are aware ball must be played-award a point for execution of the frontal block. After a few minutes coach begins to count into himself-the onus is now on the players to be aware of moving the ball quickly. There are always players who will call for everything, whether they are in the right position or not...put in a NO TALKING condition. Reduce time on the ball to 2 seconds.

WHAT IT DEVELOPS: Moving the ball quickly, vision, decision making & supporting the man in possession



THREE ZONES TO WIN

HOW TO PLAY: Split players into 2 teams & begin in zone 1 • Normal rules apply, except the team that wins possession must make 6 consecutive passes to score in that zone • Once a team has scored they move into the next zone and try to complete 6 passes again • The first team to complete 6 consecutive passes in all 3 zones wins

PROGRESSION: Increase the number of passes needed to score. No hop/solo.

WHAT IT DEVELOPS: Maintaining possession, creating space, accurate hand-passes & last ditch defending to turn over possession



THROUGH THE GATES

HOW TO PLAY: Set up 5 gates between the two 21m lines • The centre gate measures approx 20m while the other 4 measure approx 25m • Aim: to score a kick pass through the gate to a team mate running on to the ball
• Encourages long passing, diagonal movement and forwards to attack the ball

PROGRESSION: Hand-pass through the gate to a team mate to encourage over-lap running.

WHAT IT DEVELOPS: Accurate kick-passing, smart diagonal runs & winning possession to score



TOTAL FOOTBALL

HOW TO PLAY: 4 sets of goals • Dimension: Half pitch
• Score by kicking for goals • Team that scores keeps possession and attacks another set of goals • Any one team cannot score into the same goals in succession • Apply 4 second rule • Supply of balls at each goal

PROGRESSION: Use four goalkeepers.

WHAT IT DEVELOPS: Decision making, reactions for defenders, shooting for goals & creating space



TRIANGULAR GOALS

HOW TO PLAY: A game played on a reduced pitch (50m x 50m is best) with teams of 5 and 1 goalkeeper who plays for neither team • The goalkeeper (yellow) is the focus of this game
• He/she must defend three different goals (set together in the middle of the pitch, as a triangle of posts or cones) • Outfield players work to score into any of the three goals, forcing the goalkeeper to reposition every few seconds • A team may attack one goal and suddenly switch the point of attack to shoot at another goal • The shooting rule is that players may only score with shots that are struck low and hard along the ground • Coach decides if a goal is scored the ball is still in play and may be picked up by any player from either team • The ball is only out of play when it crosses a touchline

PROGRESSION: Add in a second goalkeeper.

WHAT IT DEVELOPS: Goalkeeper reactions, vision, attacking play & tackling



TURNOVERS COUNT

HOW TO PLAY: Split team up so its 7 versus 7 • Place 1 team on the end-line, the other team on the 45 • Place 2 gates on the 45, one on either side of the pitch • The team on the end-line starts with the ball and has to get out through the gates and then score • The other team attempts to turn over the ball and also get through the gates and score themselves

PROGRESSION: Increase numbers e.g 9v9.

WHAT IT DEVELOPS: Attacking as a team, smart passing to create space, supporting the player in possession, tackling & shooting



TWO BALL GAME

HOW TO PLAY: The game can be played with 6v6 8v8 or 15 v15 the goalkeeper will take the restart and immediately after will release a second ball Hurling/Gaelic • It's essentially a big Hurling/Gaelic game with the added bonus of 1 more football/sliotar • Set up a typical playing zone with two teams and let the game begin • Great game to play especially with large groups of players • The added football/sliotar also give players more opportunities on the ball than they would usually get with one football/sliotar which makes it more fun and interesting for everyone.

PROGRESSION: Add in the principle of 'Short/Long' where the first pass after gaining possession must be a short one and the next one must be long and so on.

WHAT IT DEVELOPS: This game develops good team communication, awareness and breeds high concentration levels.



TWO WAY MIDFIELD

HOW TO PLAY: A game where two teams are chosen and lined out with only ONE midfielder between them [not one each, but one to play for both teams] • The midfielder is then given a neutral bib to identify him • His job is to play for whichever team is in possession • At no stage does he tackle; he simply plays both ways • This gives the player more opportunities to practise how best to support forwards and how to do the same for defenders • Rotate who plays this role at least every five minutes during the play

PROGRESSION: Use two midfielders.

WHAT IT DEVELOPS: Midfield supporting forwards & using an overlap



WHEN YOUR NUMBER IS CALLED

HOW TO PLAY: The coach calls 2,3,4,5 etc • Players set off from either side of the pitch • Defenders have the ball and pass to each other • Attackers just run out to 45 • Defenders once they have reached the end-line turn and kick the ball out to the field to the attackers • Attackers collect the ball and head for goals • Defenders take up positions in the scoring zone (Inside the D) • Only once the attackers have entered the zone can they shoot for a score

PROGRESSION: Use more than one ball.

WHAT IT DEVELOPS: Defenders meeting attackers as there running at them & working ball to scoring zones



WHO'S ATTACKING

HOW TO PLAY: Two teams of 6-8 outfield players line out in one half of the pitch • One goalkeeper stands ready to play for whichever team is defending • The coach starts the game by lobbing a ball into the playing area • The team that wins possession must work the ball out over the halfway line, keeping possession • Once across the line, this team turns with the ball to attack the goals • The other team defends and tries to win the ball back • If the ball goes dead (score, wide, sideline) the coach lobs the next ball in • Should one team dispossess the other during open play, that team must work the ball out in the same fashion • In short, no attack may be mounted without the ball first being taken over the halfway line

PROGRESSION: After a Score the defending team must work ball out over half way line.

WHAT IT DEVELOPS: Switching between offense & defence quickly, shooting, tackling & winning possession



WHO'S ATTACKING WHO'S DEFENDING

HOW TO PLAY: 2 Teams play against each other

- The defending team (Blue) with an extra player aim to score by hand/fist passing and then soloing the ball through either goals formed by two sets of cones as shown 20/30m from the end line
- If successful the extra player, waiting behind the goals, plays for the attackers and attacks the defender's goal who must retreat immediately after scoring
- If either team lose possession on the way out or in they change roles

PROGRESSION: Add in extra attacker.

WHAT IT DEVELOPS: Working the ball from defence, defending on the back foot & continuously ready for the ball



WIPE-OUT

HOW TO PLAY: Players are keener to defend, to find space, to shoot sooner and to turn the ball over • Rules: Choose two teams [e.g. 7v7 up to 15v15], bib them and adapt the size of the pitch to suit • The game is normal with one twist • To win the game, a team must score 3 times consecutively (without their scores being interrupted by an opposition score) • Should the opposition score before 3 consecutive scores are taken, any scores earned are wiped out and the opposition are now deemed to be winning 1-0 e.g. Team A scores a point and then a goal • They are now winning 2-0 in scores taken • Team B scores a point • Team A's two scores are wiped out and Team B leads 1-0.

PROGRESSION: A game to try as part of a series. Delay the 'wipe-out' element until a certain number of scores has been reached. Play to 5pts but goals count as 3 or 2pts.

WHAT IT DEVELOPS: Taking scores when the opportunity arises & focuses players to a higher degree of intensity



WORK IT OUT

HOW TO PLAY: Area from one end line to the 65m or far 45m line • Teams line out in backs v forwards style goalkeeper starts with all the balls • As soon as the ball goes dead i.e. wide or score the keeper starts again • The scoring is as follows • The attackers get 1pt for a point and 2pts for a goal • The defenders get 1pt for playing the ball through either set of poles and 2pts if they can carry the ball through either poles • Don't tell your players any tactics just the rules at the beginning • Let them work it out

PROGRESSION: To improve the length of the Goalkeepers Puck out / Kick Out, have a 5pt bonus if they can hit it through the poles.

WHAT IT DEVELOPS: Defenders working the ball out & forwards defending and trying to win the ball back



ZONE SOLO

HOW TO PLAY: Mark out a grid with 3 zones as shown • Place 4 small scoring areas in the corners • Select 3 Teams – red, blue & white • Two teams (blue and white) play 3 a-side against each other while red defends the middle zone • Blue play one way and white the other into opposing grids • When white crosses the middle zone they play 3 v 3 on the blue • Each member of the team in possession must solo three times before they pass • There aim is to solo through the middle zone and score in the end zones (corners) • A goal is scored by a player soloing into their scoring grid – they retreat to their own half • The other team then take possession and start a new attack in the opposite direction • Play each game for 3 minutes and then change roles • Which team can score the most goals?

PROGRESSION: Allow one member of the team in the middle to defend from anywhere. Only two attacking players are allowed to pass the middle zone.

WHAT IT DEVELOPS: Breaking tackles, maintaining possession & hand-passing



2 MINUTE COUNTDOWN

HOW TO PLAY: A simple backs v forwards series of games • For the purposes of this game, the backs may only defend the lead and try to clear the ball out over the far 45m line • A number of balls are set out along that far 45m line • The game starts with the defenders 1 point ahead and an attacker lifting a ball from the far 45m line • The attackers have two minutes on the clock to draw or win the game • Should a ball go out of play as a 'wide', a 'score', a '65' or a defensive clearance over the far 45m line, the game always restarts with an attacker lifting another ball from that far line

PROGRESSION: A win for either team earns 2 points – a draw earns 1 point. Give one-minute rest between games, keep switching the teams and play 4 or 6 games to see which team earns most points. Play on from Sidelines and frees.

WHAT IT DEVELOPS: Defending a lead & smart attacking to work a simple score



3 BEATERS

HOW TO PLAY: 3 attackers start in possession of a sliotar on the 45m line • 2 defenders start on the end-line either side of the goal • The attackers must pass the ball a minimum of 3 times and must carry the sliotar, beat the defenders and work a goal

PROGRESSION: Increase number of attackers/defenders.

WHAT IT DEVELOPS: Carrying sliotar, hand-passing, beating a defender with the sliotar & shooting for goal



3V3; ROAD TO SAM

HOW TO PLAY: Set up 3 mini pitches; Recommend at least 30m by 50m • Each game last 3min • There are no goalkeepers as goals are quite small around 10m wide and either use poles or 12" cones • Team must play the ball out after a score or wide, cannot solo ball out • How the movement works – If you win you move closer to Sam • If you lose you move further away

PROGRESSION: Ball must be under the height of the cone to score. If a foul occurs the team committing the foul have to restart from their goals and the opposition are awarded 1pt. 2 passes before you can shoot or only allowed 3 seconds on the ball.

WHAT IT DEVELOPS: Smart hand-passing, vision, creating space & working ball as a team from one goal to the other



4 ZONE BALL

HOW TO PLAY: Two teams play in an area as is displayed

- One team begins with the ball and attempts to score points by having one team member catch the ball in one of the goal zones outlined by the markers
- The attacking team cannot run with the ball and have 5 seconds to pass the ball to a team mate once in possession
- Attacking players cannot stand in the goal zones, but must enter the zone just before receiving the pass to score a point
- Once a point is scored the same team continues with the ball and must attack another zone

WHAT IT DEVELOPS: Quick passing, smart runs, vision & supporting player in possession



6 OF THE BEST

HOW TO PLAY: Full Rules • Six footballs set at half way line

- Six scoring opportunities
- One forward picks up a ball and along with his team-mate attempt to set up a score
- If the ball is intercepted or the defenders win back possession then that attacking opportunity is gone
- The forwards must then go back to the halfway line, retrieve another ball and set up another attack
- How many scores do the forwards get from 6 attacks
- Rotate defenders with attackers after 6 attacks

PROGRESSION: Apply 4 second rule. Scores for goals/points only.

WHAT IT DEVELOPS: Attacking as a team, creating scoring opportunities, tackling & decision making



6 SQUARE MEN

HOW TO PLAY: A pitch is divided into the sections as is shown

- The players aim to create space for either themselves or for team-mates
- The player in possession may not move from their square to a team-mate unless he is on his own in a square
- Teams can make as many passes as they wish in the same square
- Players should make dummy runs to drag opponents away and create space
- If the ball is turned over it must be worked out to the middle and then the game restarts again

PROGRESSION: The ball may only enter each square twice in one play.

WHAT IT DEVELOPS: Creating space, decision making & vision



10 SEC TOUCHDOWN

HOW TO PLAY: A game played across the pitch (from sideline to sideline) and in an area 30m wide • Best run with 6 players; 3v3 • Each team starts on its own end line; one team has the ball and a limited time to work the ball across the pitch and over the opposition line [i.e. the countdown from 10 to 0 called out by the coach] • The team without the ball drops one player off for this play, leaving two to defend against three; 3v2 • Rotate roles and repeat

PROGRESSION: Add more players or reduce time. Make team even i.e. 3v3.

WHAT IT DEVELOPS: Attacking at pace, tackling & carrying the ball



10-7-5 SECOND GAME

HOW TO PLAY: Mark out a large zone 60m x 20m with 3 equal zones • Two teams 3 v 3 aim to solo the ball past their opposite end line • The team in possession must keep possession of the ball for 10 seconds in their defending zone, 7 seconds in their middle zone and 5 seconds in their attacking zone before crossing their end line for a score • If a team regains possession of the ball in their attacking or middle zone they must first solo back to their defending zone before they may start the game

PROGRESSION: When a team gets to their attacking zone they may go for a score after a set number of passes. This game encourages players to play 'Keep Ball' in their defending zone, 'Set Up Ball' in their middle zone and 'Score Ball' in their attacking zone.

WHAT IT DEVELOPS: Maintaining possession & hand-passing



30 METRE PASS

HOW TO PLAY: Two teams of 10 v 10 • Playing area marked out 60m x 80m • 1 ball • Full rules apply • Score awarded for 30 metre pass • After a score the player who receives the ball places it on the ground for the opposition • First team to 5 scores wins.

PROGRESSION: Play with two extra defenders.

WHAT IT DEVELOPS: Accurate long kick-passing, vision & decision making



50/50 POSSESSION

HOW TO PLAY: Keeper kicks out a 50/50 ball to start • The team that wins the ball has to work it out past the boundary line before the ball becomes live to score • When a team scores then the goalkeeper will try and find that team on the kick-out • If the ball went wide then the goalkeeper will try and find the other with the kick-out • If the ball had dropped short he would have also passed it to the other team • If the team that is defending turns the ball over then they work the ball out past the line before they can set up to score

PROGRESSION: Reverse roles to add emphasis.

WHAT IT DEVELOPS: Goalkeepers' kick-outs, working the ball from defence, vision & decision making



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