

# GAA FOOTBALL TRAINING TENS

A white GAA football with blue chevrons is positioned in the center of the cover, resting on a green grass field. The background is a dark blue sky with horizontal stripes. The title 'GAA FOOTBALL TRAINING TENS' is written in large, bold, white and yellow letters across the top. The word 'TENS' is written vertically on the right side. There are three blue chevrons pointing right, one on the left and two on the right, overlapping the football.

**ALL  
NEW**

**GAMEFUL LEARNING IDEAS**  
FOR FOOTBALL COACHES OF ALL TEAMS

By Colm Nally

# INTRO

INTRO

Thanks Coach!

Without you there wouldn't be training or a game.  
As a coach you help make Gaelic football happen.

Coaching is about sharing your knowledge and experience, making our sport fun and giving everyone a go. It's about teaching discipline, fair play and skills that will help players in all aspects of their lives. You will play an important role in making sure your players learn to enjoy sport.

*An effective coach....*

- » Has a genuine concern to help others develop, both physically and mentally.
- » Understands and appreciates the strengths and weaknesses of individual players.
- » Is well organised, on time and plans ahead.
- » Is a good communicator.
- » Is able and willing to learn.
- » Is motivated and enthusiastic.
- » Abides by the principles of fair play.
- » Is committed to playing the game well, rather than winning at all costs.

This book is only a small part of the coaching pie. As you can see from all of those points you need many skills as a coach, the aim of this book is to provide some content to help coaches plan fun, engaging and challenging coaching activities for their teams and players.

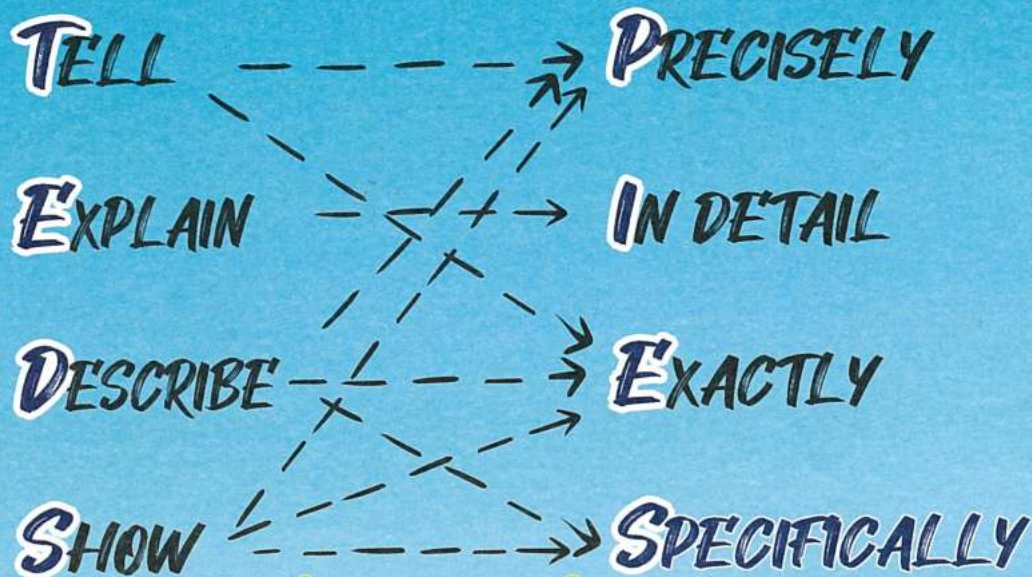
It is broken into different sections but all activities can be turned on their heads to focus on one part of the game or another or even both while being run.

So take what you want, adjust as you need and adapt the activities to suit your teams needs and best wishes in your coaching journey.

*Colm*



# TEDS PIES



@colmnally

# CONTENTS

Technical Activations (Warm Ups)	4
Attacking Activities	16
Defensive Activities	28
Fitness With The Ball Activities	40
Skill Primers	52
Tactical Games	64
Skills Games	76
Team Play & Tactical Ploys	88
Free Taking Session	100
3 Man Weave Progressions	101
3rd Man Run Session	102
The Last Dance Game	103
Thank You	104

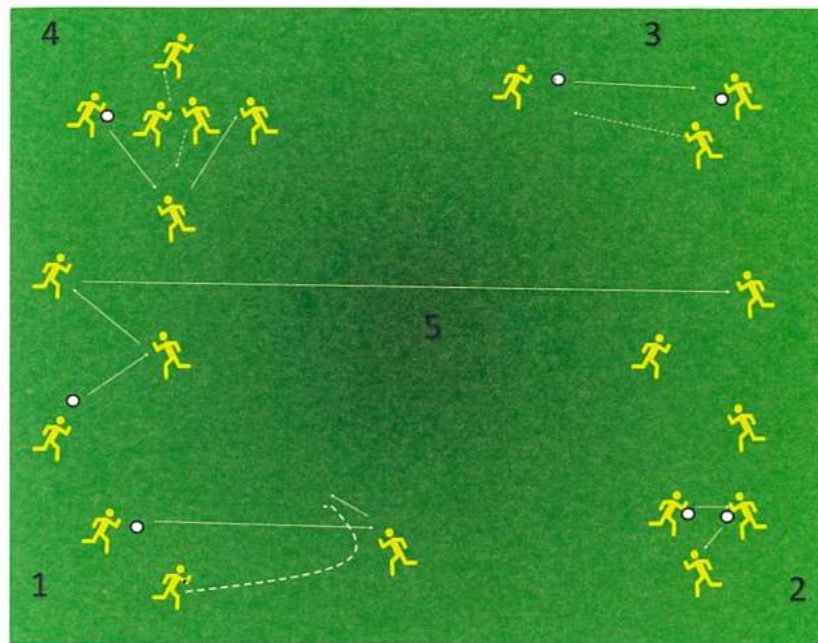


# TECHNICAL ACTIVATIONS (WARM UPS)

The following ten activities are ideas that can be used to begin each training session, they are low on intensity and give players the chance to practice some technical skills in a controlled manner. Integrate dynamic warm up movements before during or after using one of these warm ups.

## ATTACKING SKILLS WARM UP:

Working in groups of 3 to begin with.



ATTACKER



RUN



PASS



- 1: Long pass short pass. One player must play a long foot pass to player 2 and player 3 must take a short hand pass from him before playing it long again to 1 and so on.
- 2: Short hand passing. – In 3s, 2 players with a ball passing left & right to a single player. Players with a ball perform an action (dummy solo/hop) before passing to single player.
- 3: 2 players have a ball and the player without must try to tackle 1 of them to win a ball, these players can pass to each other.
- 4: Diamond of 4 players who pass left & right while being put under pressure by 2 others. Players are encouraged to pass to teammate in best position.
- 5: Two kick passes between 3 players followed by a long kick pass to opposite 3 (40mts away). Progress to bibbed player putting 2 under pressure before kick pass across. Swap roles.

Run each exercise for 2/3 minutes rotating roles of players.

“MOVE THE BALL TO MOVE THE OPPOSITION”



DEFENDING SKILLS  
WARM UP:

DEFENDER



RUN



PASS



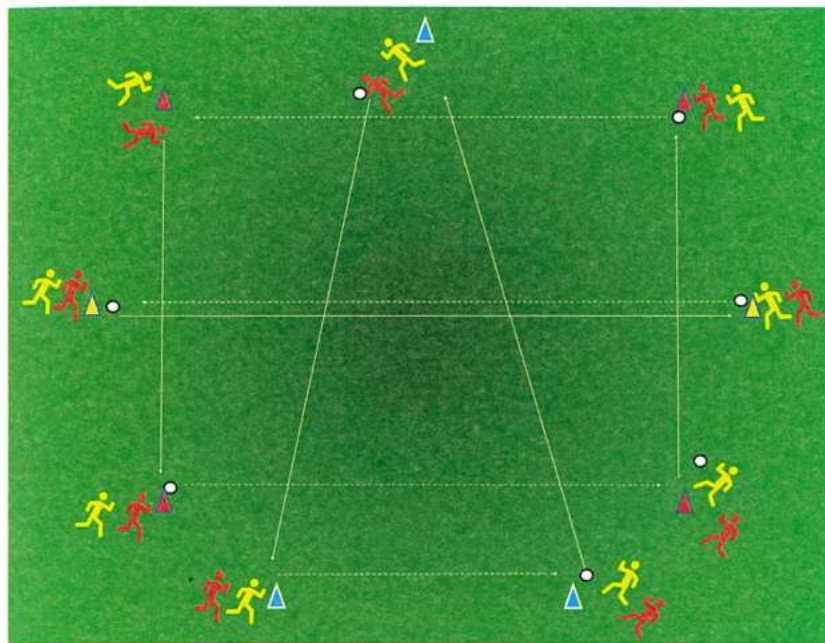
Working in groups of 3 to begin with.

- 1: 1 player holds the ball while one player shoulders him and turns quickly to hit the ball a few times with his open hand, he then turns to kick and the 3rd player comes into block the kick.
- 2: 2 players 20m apart with 1 player in the middle with a ball, he hand passes or throws high for his teammate to break the ball and he collects the break before playing it to the other player to do the same.
- 3: 1 player solo's out with ball in any direction while the other 2 chase him and try to strip him of the ball.
- 4: 1 player holds onto the ball while the 2 other players try and strip him of the ball by tackling the ball only, player in possession can only walk and turn.
- 5: 1st player runs 10mts places ball on the ground and back pedals to face ball, player 2 picks ball up and passes to player 3 who now must go by player 1 without being stripped of the ball, he then places ball on the ground, the tackler picks it up plays player 3 who breaks the tackle and so on.

WARM  
UP

3

## THREE STATION SKILLS WARM UP:



Players of even numbers are spread across three different start shapes (at least 2 players at each cone). Blue cones – triangle 30m x 30m, Red cones – square 20m x 20m & Yellow cones – straight line 30mts long all interlinked as displayed. Each group of players work for 3 minutes on each shape performing a different skill.

▲ 2 balls are foot passed around the triangle with each player following their pass.

▲ 2 balls are soloed across the line and passed to next player in line. Players can solo two balls as a progression.

▲ 3 balls are hand passed around the outside of the square with each player following his pass.

As there will be lots of balls and players moving at once players must keep their head up and scan as the pass and move.

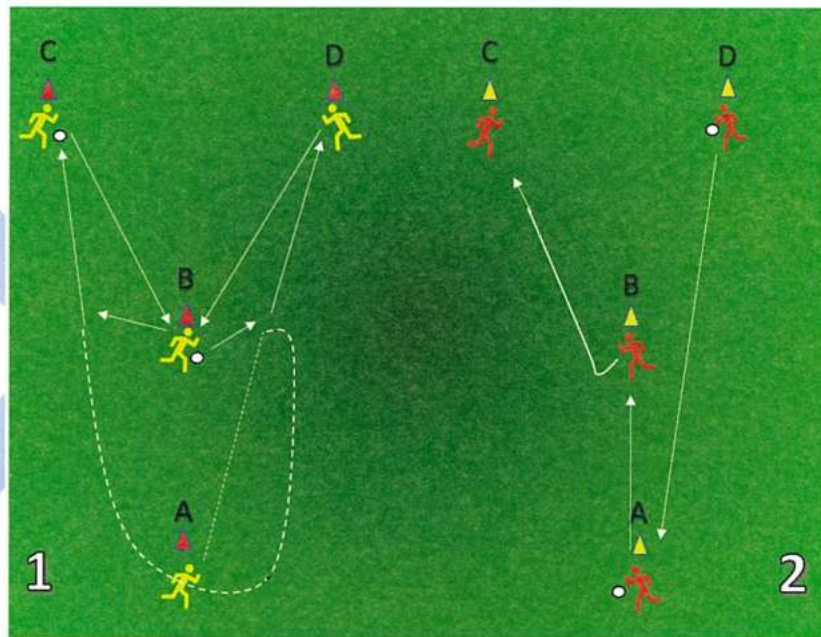
Rotate start positions.



“ YOUR GOALKEEPER IS YOUR FIRST ATTACKER  
& CORNER FORWARD YOUR FIRST DEFENDER ”



## FIRST TOUCH WARM UP:



Working in groups of four players & set up as many grids as needed for the panel. Two quick-hands activities.

1: Next is for quick-hands. Balls at A & D to start, A plays B who spins and plays to C, at the same time D plays the second ball to A who plays B and spins and play it back to D. Players remain at their station for this activity.

2: Set up the cones as displayed. Each cone is 10mts apart. 1 ball at B & C. Player at A runs towards D and catches a high ball played from B, he plays D a hand pass when he catches it and then runs back around A cone to catch a second-high ball from B (C plays B this once he has played the first ball high for A), A does the same back and forth with players C & D feeding B once he has played the ball for A.

45 Seconds each player at A, rotate roles and vary type of ball to bounce etc.

TEAM 1



TEAM 2



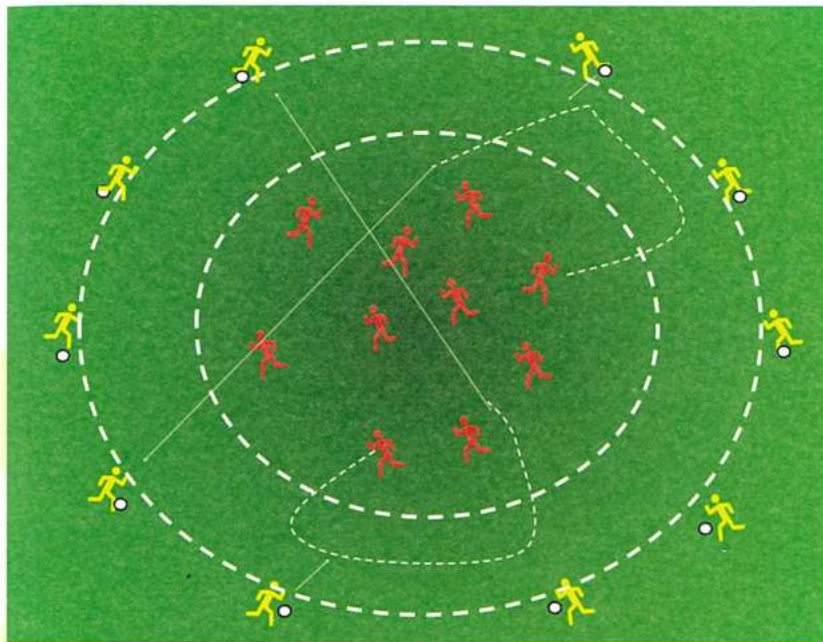
RUN



PASS



## CIRCLE REPS WARM UP:



TEAM 1



TEAM 2



RUN





PASS



KEEPER



Split the team in two groups  &  of even numbers. Mark out two circles with the outer one 40m in diameter and the inner one 20m in diameter, place the red players inside the small circle and the yellow players along the outside of the large circle with each player having a ball.

Red players run out of their circle and collect a ball from a yellow player before turning and running back through the circle avoiding all the other red players and passing to a free yellow player, they quickly collect another ball from a yellow player and do the same. Players must keep their heads up when moving in and out of circles. Red players can vary their pass to use their foot or hand, they should also play a variety of passes such as;

- High ball
- Bouncing ball
- Along the ground

90 seconds on before swapping roles and at least two sets for each group.

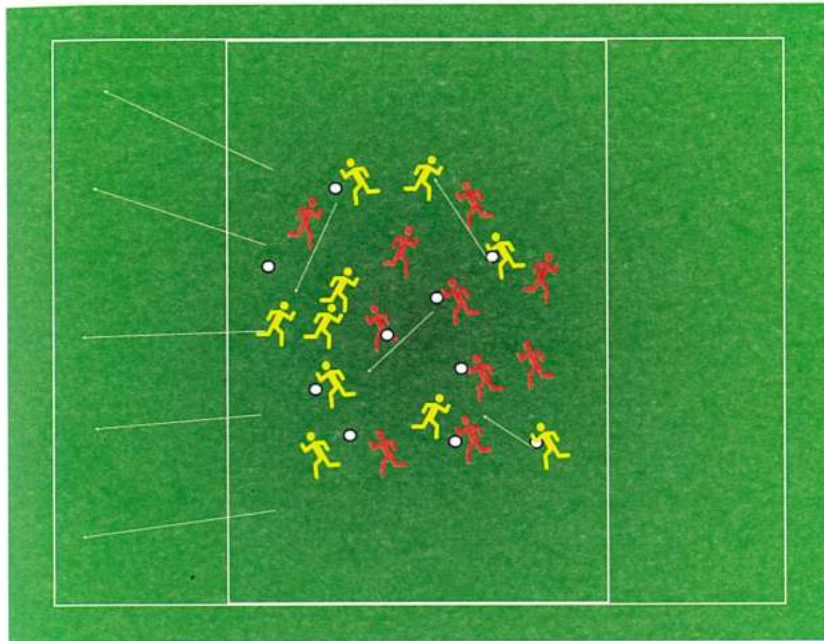




BRING YOUR BRAIN TO  
TRAINING WARM UP:

4 Teams of even numbers playing on a 40m X 40m pitch. Reds & Yellows play together and Blues & Oranges. Reds can only use their hands they can pass to another red using the hand pass but can only pass to their yellow teammates feet, yellows can play to another yellow along the ground but can only pass to a red by chipping the ball into their hands. Blues & Oranges play the same rules with blues using hands and oranges using their feet. After 5 minutes swap roles. Looking at tuning in, thinking and adapting to what is next required in passing and moving. Players who use their feet shouldn't tackle those who can use their hands. Players must communicate with each other as the game goes on and direct each other.

Let the game play for a few minutes without addressing the conditions to allow players figure it out. Swap passing roles after a few minutes.

## THE MULTIPLIER WARM UP:



All players   are in a large rectangle 40m x 20m in the centre of the pitch. They have lots of balls with them and are passing and moving freely around the grid. Coach calls various dynamic stretches that they perform while passing and moving. After a set time they move out of the grid towards one sideline picking up the pace and still passing and moving the ball. They work like this over and back through the rectangle grid from sideline to sideline stopping to stretch at each sideline. After a few minutes of this bring them all back into the rectangle grid and get the balls moving amongst them a little quicker. On the signal they break out towards one sideline, only this time when they pass the ball they are not allowed get the pass back but instead must go and look for another ball multiplying the pace of movement of that ball. Work over and back like this for a set time. The multiplier adds intensity; this warm up prepares players to add intensity in the session to follow.

TEAM 1



TEAM 2



RUN



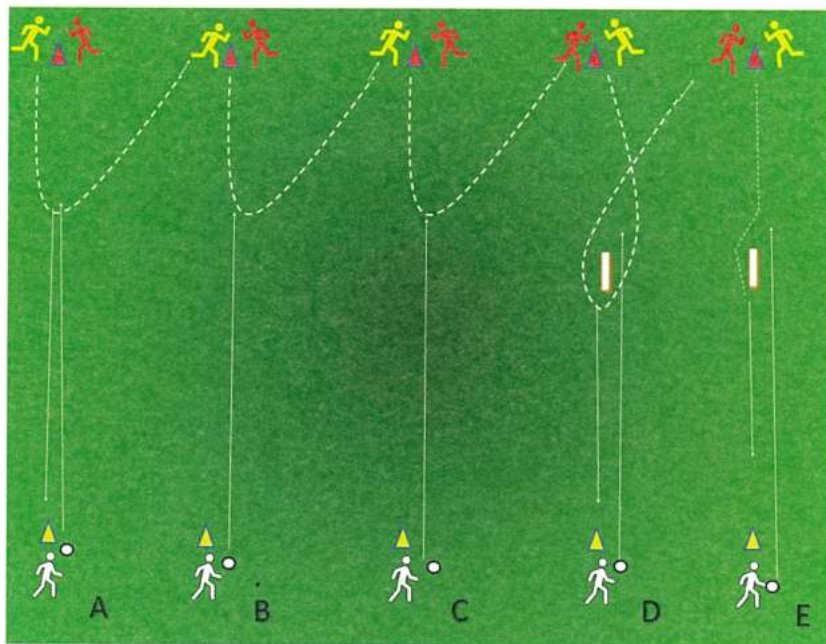
PASS




“ INTENSITY IS WHAT TAKES ALL YOUR INGREDIENTS YOU HAVE AND MAKES THEM SOMETHING SPECIAL ”



## SKILLS MEDLEY WARM UP:



Five skill stations with even numbers of players at each. Each station is 15mts apart and 20mts in front of each  is a coach or injured player with a supply of balls. First player from each station run out towards the coach in front of him and works on a skill before passing the ball back to the coach and turning to join the next station on his right. Sequence as follow;

- A. Pick up
- B. Bounce catch
- C. High catch
- D. Roll around pole after collecting pass
- E. Side step around pole after collecting pass.

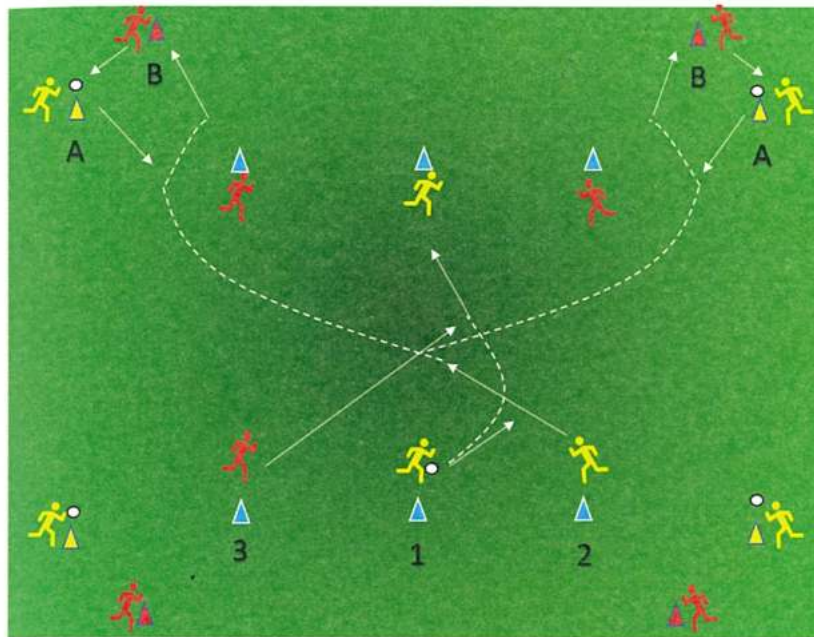
Introduce a hand pass behind the players to the player leaving station E and moving to join station A after he performs his side step. Add more skill station if numbers allow.



WARM  
UP

9

## TIGHT 3 MAN WEAVE WITH INSIDE PASS WARM UP:



Three-man weave and extra inside pass.  
15m x 30m grid with extra stations at each corner. Red cones are 10m away and yellow cones are 5m from the red. Even number of players at the blue cones and 1 player at each yellow and red cones as displayed.

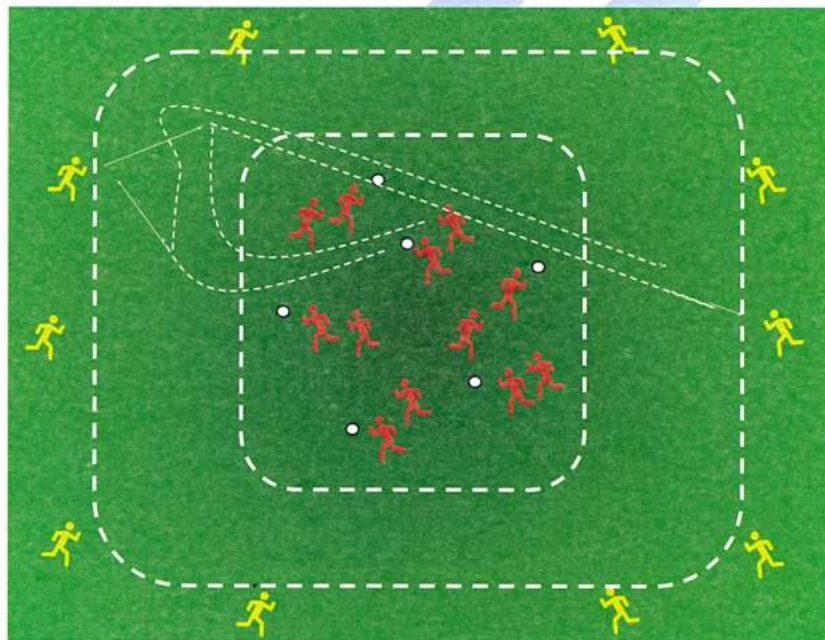
1 Plays 2, 2 plays 3 and 3 gives it back to 1 who will play the centre man of the top group of 3. 3 & 2 continue with their wide hard run and collect a ball from each A before quickly changing the direction of the ball with an inside pass to the players at B using their right and left hand. Top group of 3 do the same coming back. To start with, leave the players at A & B stations static. Once players are familiar with the exercise, the static players can move as follows, 3 & 2 goes to B, B goes to A and A joins the 3-man weave groups. Ensure that there are at least 6 players at the start and 3 players at the top so activity can flow.





“ DO YOUR CORE ROLE FOR THE TEAM - EVERY TIME ”



# REVERSE PASS & 3RD MAN RUN WARM UP:



Split the team in two groups  &  of even numbers and in pairs:

Working in a 50m square box with a 15m x 15m box in the middle.

1. Reverse Pass: Using all players, player with the ball solo's out and must take 2 solo's before turning and playing a reverse hand pass to his partner who is following. His partner does the same while moving off in a different direction with the passer following.
2. 3rd man support run. Set up a group of players around the big grid and the rest in pairs with a ball per 2, 1st player runs hard towards a player on the outside and passes the ball to him, his partner is following and checks to collect pass back from the outside man as the support/3rd man run, he then must run through the small box and pass to another outside man and his partner collects and so on.

TEAM 1



TEAM 2



RUN



PASS

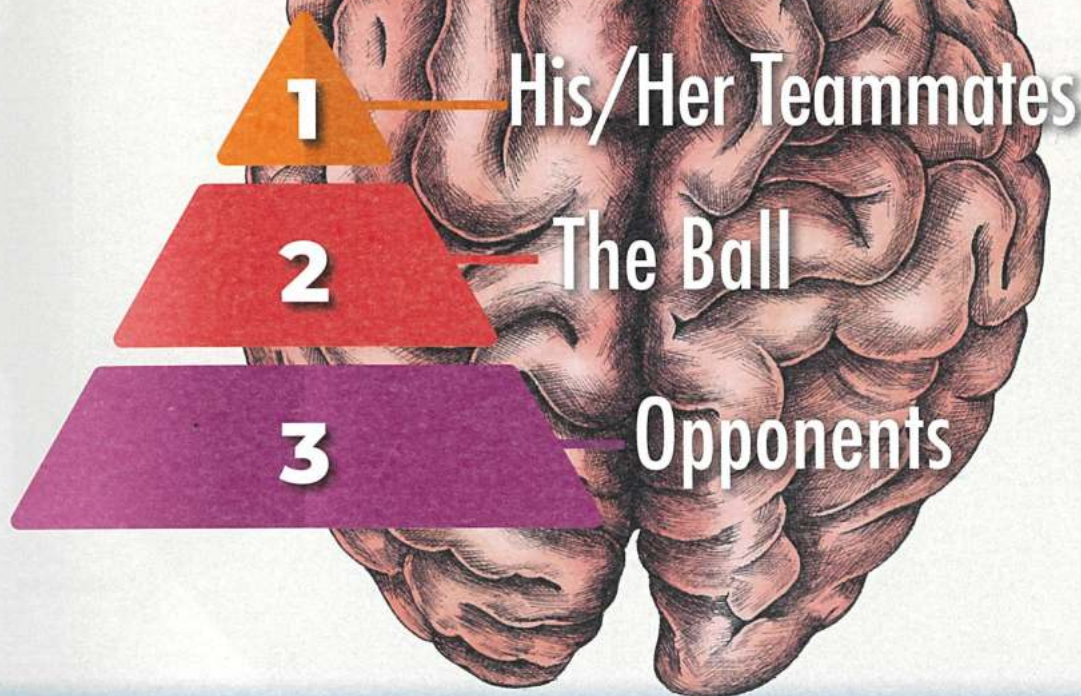


KEEPER



# THE HIERARCHY OF A PLAYER'S THOUGHTS

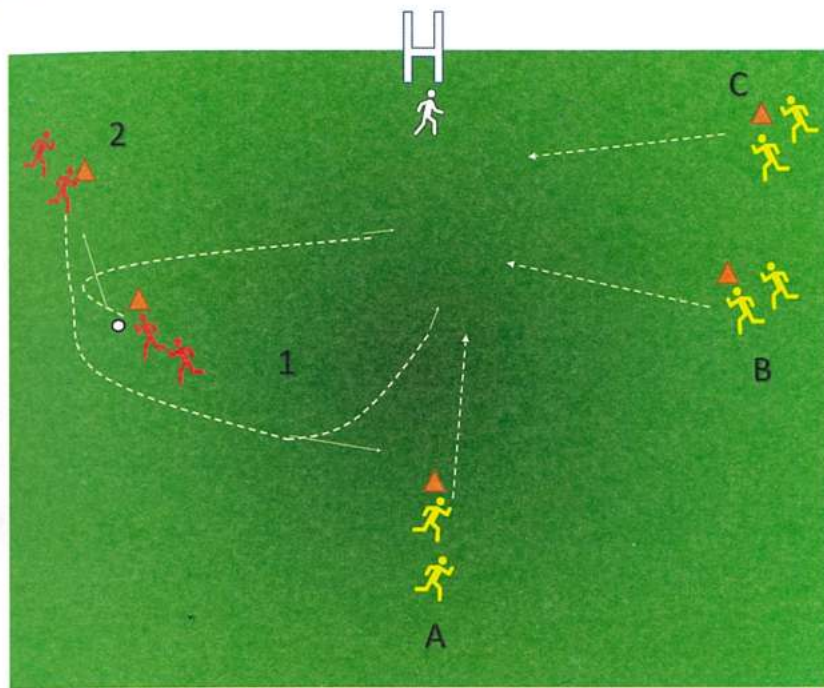
## IN A GAME







# ATTACKING ACTIVITIES

These ten activities will flow between unopposed, semi opposed and fully opposed work. There will be elements of these activities that can work on other elements of the game such as defending.



Defenders  start just in off the left sideline 10mts apart. One attacker  lines up in the centre and two more line up on the opposite sideline 15mts apart. On the signal, defender at 1 runs towards defender at 2 and he plays him a pop hand pass, defender 1 loops into the main pitch and defender 2 plays a foot-pass to attacker at A, defender 2 now runs into main pitch. Attacker at A runs towards the goal and the attackers at B & C also join the game making it a three v two game with the attackers going for a goal first but settle for a point. Next game starts once all players have cleared the pitch.

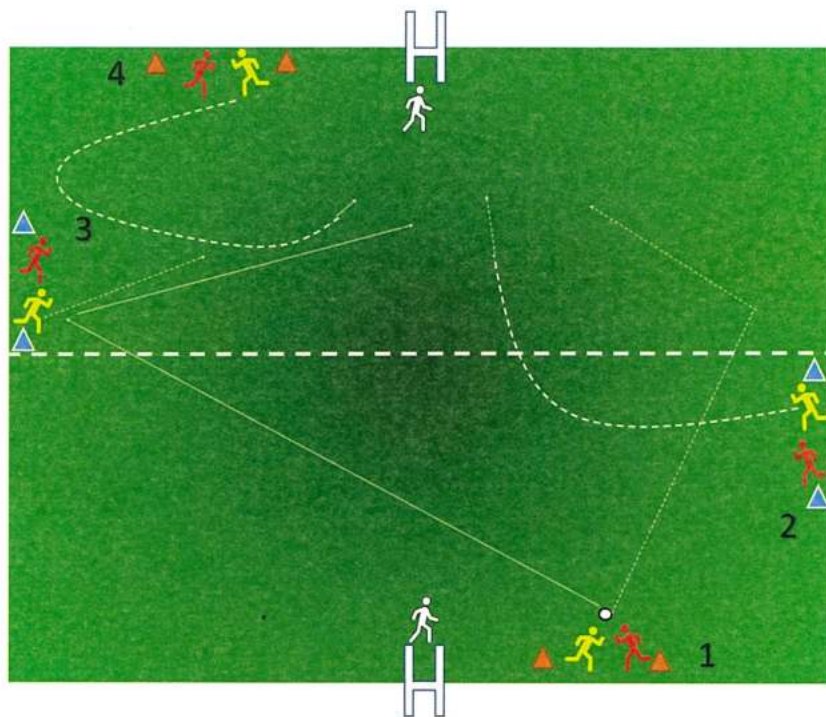
**AIMS:** Attack from wide and at pace with proper timing of movement.

**PROGRESSION:** Suspend all touches for the attackers. Add a one v one inside. Give defenders a counter attack option.

ATTACKER  DEFENDER  RUN  PASS  KEEPER 

“ HAVE A WIDE PLAYER MARKED BY THE LINESMAN ”





End line to 45m line with a set of portable goal on the 45m line. Pitch width 45m also. Four start stations (two in each half) placed around the pitch as displayed. 4 Defenders Vs 4 Attackers. Ball starts with the attacker on 45m line. He can run it or kick it on the signal and 1 pair from each station join in making it a 4 vs 4 game. Each team goes for a goal but can take a point. If defenders turn over the ball they counter attack the goal on the 45m line. Rotate starting positions. Swap roles. Allow game to run before coaching.

**AIMS:** Create space for the attack and defend it, counter attack on turnover.

**PROGRESSION:** Each game must start with a foot pass from the attacker on the 45m line. Add a joker to play wall passes with the team in possession.

ATTACKER



DEFENDER



RUN



PASS



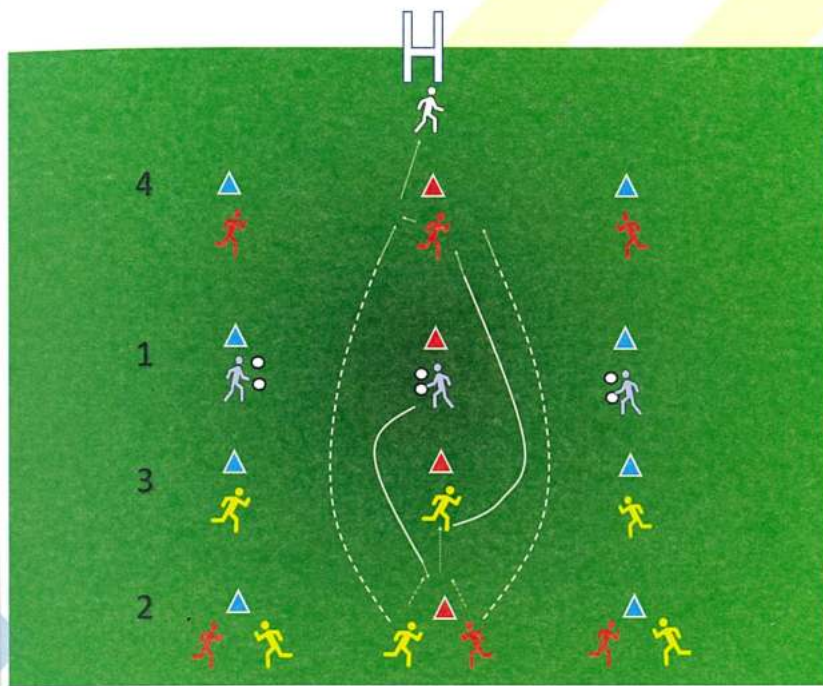
KEEPER



## ATTACKING ACTIVITY

# 3

## BATTLE FOR THE SHOT:



3 Stations, the two wide stations go for points and middle one goes for goals. Ball starts at station 1 with coach who plays a ball in the direction of station 2 for the two players to compete in a 1 v 1 situation. Whoever wins the ball is the attacker and must turn and play a pass to the player at 3, 3 quickly kicks into 4 (4 is just off the 45m line, space other cones 15m – 20m apart), now the attacker tries to make a run to collect the ball from D while his marker tracks his run and tries to stop him scoring. Players stay in their lane for 4 minutes. If a player needs a break, he switches with cones 2 or 4 but must be the same colour swapping. Middle station is closer to the goal to allow this pair go for goals.

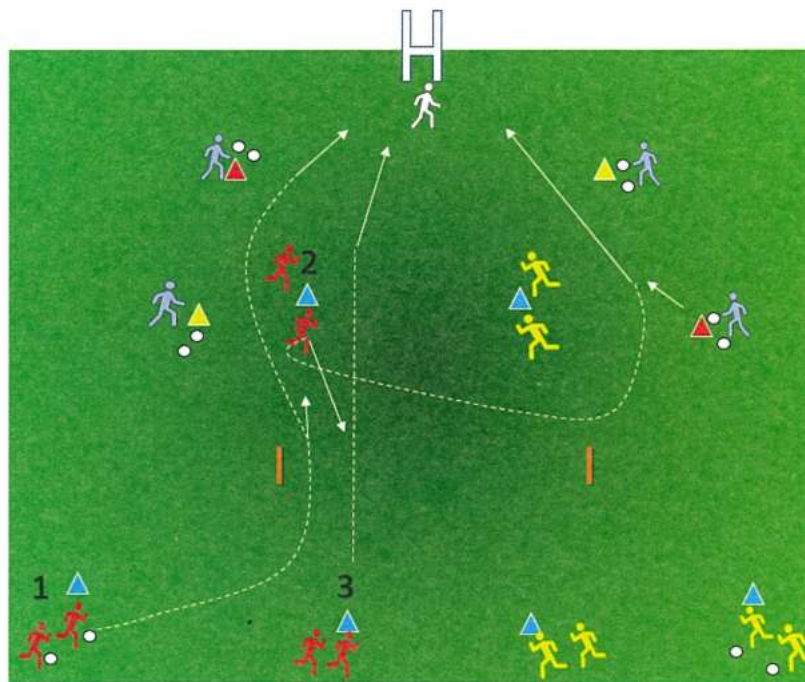
**AIMS:** 1 v 1 Ball winning and tracking on & off the ball runs, putting pressure on movement and scoring.

**PROGRESSION:** If defending player wins the ball back he must work it back to station 2.

ATTACKER  DEFENDER  COACH  RUN  PASS 

**"MAXIMUM INVOLVEMENT = MAXIMUM RECRUITMENT"**



CHANGE DIRECTION OF  
THE BALL SHOOTING:

Working both sides if large numbers or work one side at a time. Three start stations with players at each & and 4 static stations with feeders as displayed. Station 1 is 10mts off the sideline 50mts from the goal. Station 2 is 35m from goal on the edge of the D and station 3 is on the 45m line in line with one goal post. Place the feeders as displayed to allow players move onto shots. First player starts on the sideline at 1 soloing at pace to the pole before changing direction toward the goal, 1st player at 2 changes the direction of the ball by taking it off him and playing in the 3rd player who times his run, leaving 3 to collect and shoot for a point, the other two players continue their runs as displayed to get a ball from the feeder at their coloured cone and shoot for a point.

**AIMS:** In and out ball movement & shooting

**PROGRESSION:** As above but when player 3 gets his pass back he plays a long hand pass into the path of player 1 to go for goal, other 2 players continue to feeders for their shots.

TEAM 1



TEAM 2



FEEDER



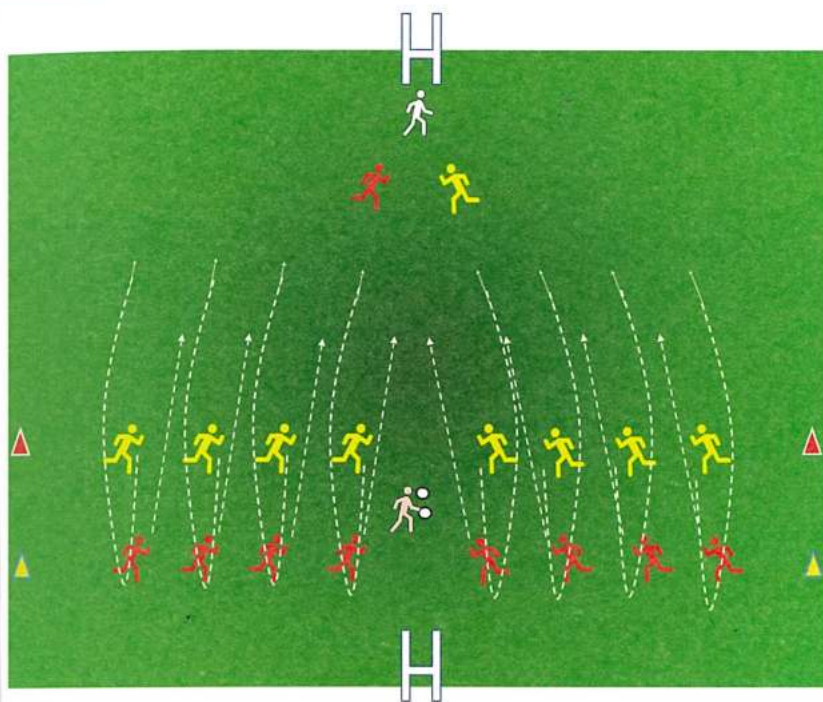
RUN



PASS



## DROP OR PRESS GAME:



Even number of players per team, attackers vs defenders. Line out a 1 v 1 inside, then 8 attackers on the 65m line facing the opposite goal and 8 defenders 8m in front of them facing the main goal. The coach stands in the middle with 2 balls. On his call, the defenders race back towards the goal and the attackers race out to the yellow cone 8mts in front and turn to attack, the coach plays any attacker a ball and its game on, attackers try to score a goal first but can score a point if defenders delay them. Defenders must decide how to defend, if dropping make sure they defend with the numbers on their backs facing the black spot on the cross bar. Once attack is broken up or shot taken the coach plays the second ball to another attacker and they attack again. Re set and rotate roles.

**AIMS:** Scramble defence, kick long or run attack.

**PROGRESSION:** Set up a goal on the half way line for a counter attack.

ATTACKERS



DEFENDERS



COACH



KEEPER



RUN

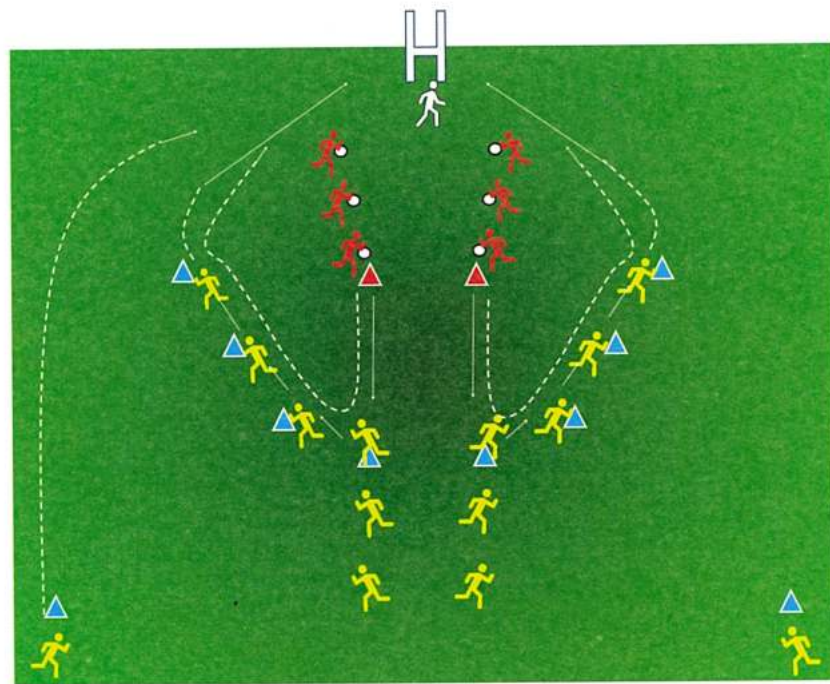


PASS



**"WE DON'T PLAY TO WIN, WE PLAY TO PLAY"**





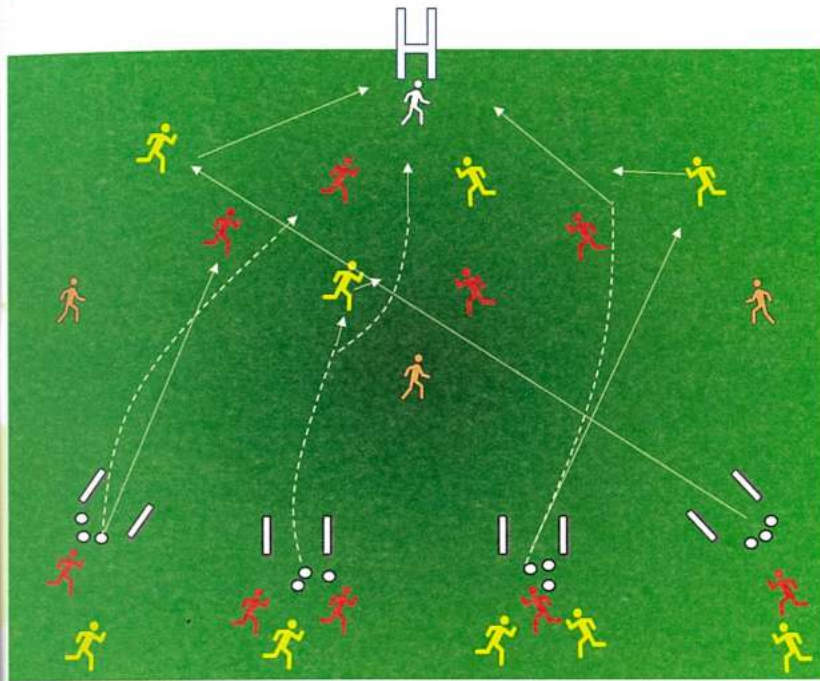
Two shooting stations with pressure on the shot. Red players start on the D and plays a hand pass out to the 1st Yellow player who transfers it to the next player, the 2nd player plays the 3rd player who plays the 4th player who takes off trying to step inside to take a point. The Red player must rush each pass controlling his feet and using his hands to put pressure on the passers decisions before getting close to the 4th player and using his near hand to tackle the ball and not let him inside to shoot. Each Yellow player moves to next station after his pass with a new player stepping in as they move. Each cone is 8m apart.

Rotate roles and swap sides.

**AIMS:** Trying to get a shot off while being put under defensive pressure.

**PROGRESSION:** Add a late runner as a 5th player to make it difficult on defender.





Mix up the team into attackers and defenders, place half the group randomly inside the 45 and the other half on the half way line, on the 65m line set up 4 gates 3m wide and have a supply of balls at each. Place a few coaches around the pitch to keep balls moving back to the start and to apply token pressure. On the signal 4 players from the half way line take a ball from one of the gates and start the activity, they can do as they please so they can play a pass into any player inside and follow their pass for a return, run it into the players and play a 1 – 2, play a cross field ball or a simple give and go. The inside men decide when they receive the ball whether to return it or play for a score themselves, next 4 balls are played almost immediately, keep balls coming quick fire and keep players swapping from inside to outside.

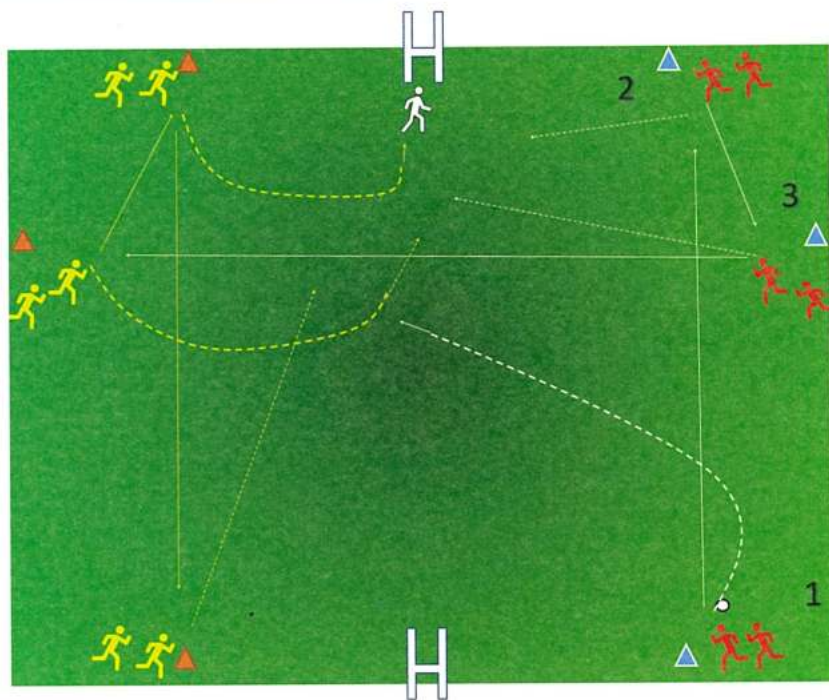
**AIMS:** Every player/position shooting.

**PROGRESSION:** Set up an area in front of the goal and allow players go for goal.



“ ATTACK THE OPPOSITION WITH OUR DEFENCE ”





Passing and moving skill primer which moves into a 3 v 3 game. Defenders are set up one side of the pitch and attackers the other, 1st station on each starts on the 45m line, 2nd off the end line and 3rd on the sideline on the 20m line. 1 plays a long pass to 2 who offloads to 3 who is moving off the sideline, he then kicks long to the no. 3 on the opposite side and he offloads to 2 who plays 1 who is joining the move. Each player is moving into a defensive or attacking position after each pass and it becomes a 3 v 3, last attacker decides if he shoots for a long point or they build a goal. Swap roles.

**AIMS:** Linked up passing and reacting to what happens.

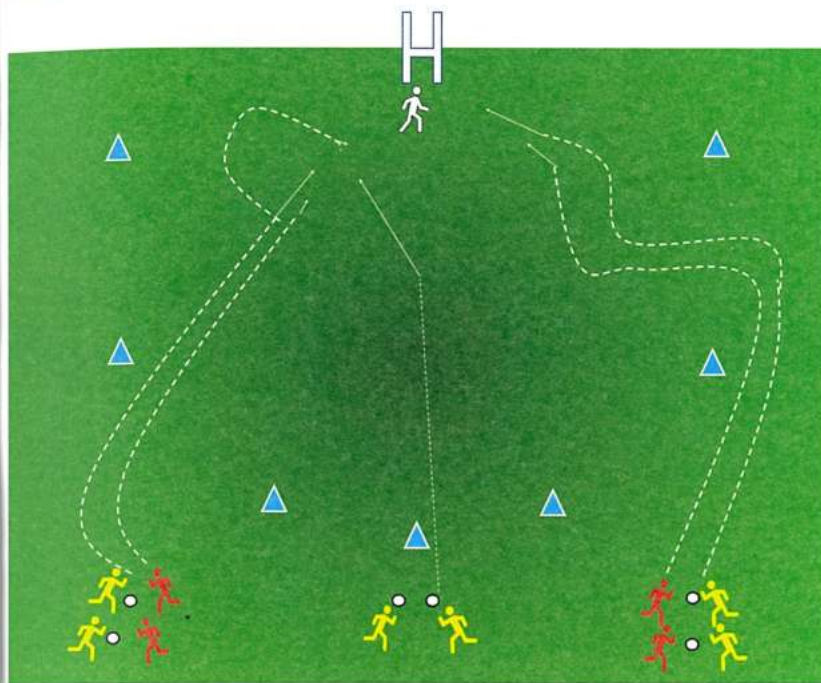
**PROGRESSION:** Set up gates on the 45m line to allow defenders counter attack.



ATTACKER  DEFENDER  RUN  PASS  KEEPER 

## ATTACKING ACTIVITY

# 9

## EXPLOIT THE OVERLOAD GAME:



Three Attackers  and two Defenders  line up 50mts from the goal. Mark out the scoring zone with cones and start one attacker and one defender either side of the arc with one attacker only in line with the goal on the 50m mark. On the signal, the two wide pairs go with the attacker heading along the scoring zone trying to cut in while the defender tries to stop the attacker cutting in and getting their shot off, once both players have got their shot off or have been dispossessed they remain live in the game, the single attacker now drives down the middle of the pitch with a ball creating a 3 v 2 with the attackers trying to score a goal. Next five players go immediately after this. Rotate roles.

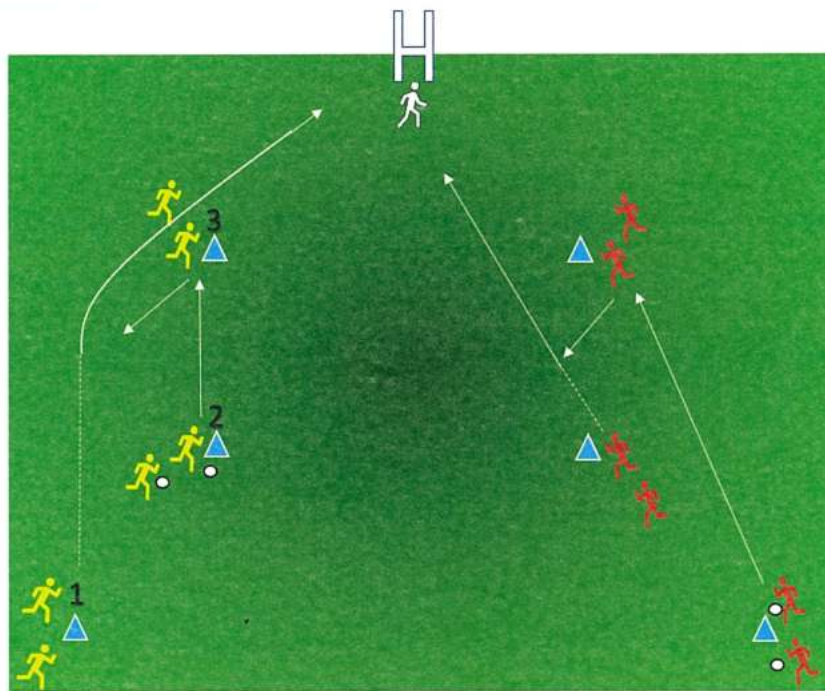
**AIMS:** Taking your man on, exploiting an overload attack.

**PROGRESSION:** Add a defender to mark the middle attacker making the game a 3 V 3.



“MOVEMENT CREATES REACTION”





Three shooting activities to promote ball circulation and second and third ones. Two stations with an even number of players at each . Cone 2 is on the 45m line, cone 3 is 15mts ahead with cone 1 on the 65m line to the right and left of 2 as displayed.

1. 2 plays 3 and 1 times to collect from 3 and shoot. Each player follows their pass with 3 collecting ball and bringing it back to 2.
2. 1 plays 3, 2 collects and shoots. Each player follows their pass.
3. 1 plays 3, 3 plays 2, 2 plays into space for 1 to run onto and take a goal from one side while the other hand passes over the bar. Each player follows their pass.

Adjust the distances to suit and highlight scoring distance.

**AIMS:** Unopposed shooting and ball movement. Empty out fill in runs.

**PROGRESSION:** Shadow shooter runs and apply token pressure.

ATTACKER



DEFENDER



RUN



PASS



KEEPER



## ATTACKING RUN:

Player in possession moving forward with intent and momentum

## SUPPORTING RUN:

Player making an offensive run to support the player in possession, providing a viable passing option right or left

## HARD RUN:

Committed run made from the attacking goal towards the ball carrier in an attempt to create space to receive the ball

## COVERING RUN:

Player makes a run to cover the space left by attacking and support runners

## DUMMY RUN:

Committed run made from the attacking goal towards the ball carrier in an attempt to bring a defender away from the scoring zone

## RESET RUN:

Run made to remove player from a crowded defensive area and get them into an effective position to be a fresh attacking threat

## WIDTH RUN:

Timed run off the width to change the angle of the attack entry

## DEPTH RUN:

Timed run from deep to offer option of a wall pass or to screen a defender to create space

## LATE RUN:

Without the Ball:  
Holding back seeing what's happening then explode and do damage

## EMPTY OUT &

**FILL IN RUN:** Notice and react to space vacated, in to out & out to in

# Attacking Runs

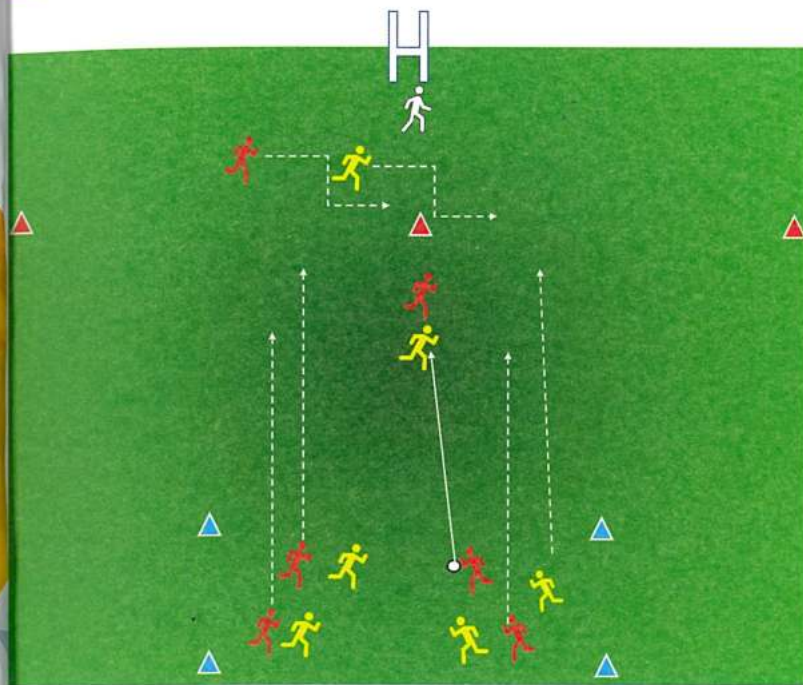
ALL RUNS DONE AT PACE AND TIMED AND SEQUENCED WITH INTENT TO ASSIST, CREATE, CAUSE HAVOC, BUY FREES AND PUT THE OPPOSITION ON THE BACK FOOT.



# DEFENSIVE ACTIVITIES

Similar to the section before there will be other elements to these activities that players will benefit from but as with all defensive work it is important that we coach correct technique when tackling and highlight potential fouls in real time to aid our players learning.

## WHAT DO I DO GAME:

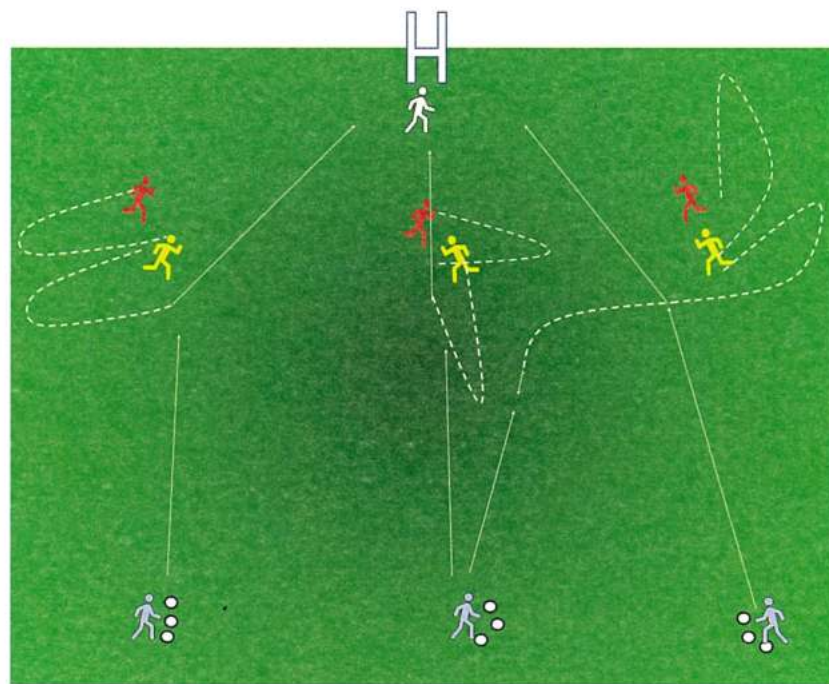




Work into both goals from half way line, in this 6 v 6 game for big numbers. 4 v 4 line out in a 20m x 20 grid on the half way line, 1 v 1 on the edge of the D and 1 v 1 inside the 20m line as displayed. To start the game one red player from the half way grid kicks the ball into the yellow player on the D, the yellow player is allowed win the ball before being tackled by his marker. Once this ball is won it's game on with the 4 v 4 breaking out to support the attacker (yellow) or support the defence (red). The inside 1 v 1 are also in play with the inside attacker continually moving but trying to hold depth. The yellow player who wins the first ball must decide what to do, pass back, turn and burn his marker or pass inside? Defenders must also decide what to do, defend the goal, track runs, delay the pass? If defenders win ball they run the ball to half way grid to score. Swap roles.

**AIMS:** Defending team decides on back filling, tracking, contacts and how to stop various attack methods.

**PROGRESSION:**  
Add extra players to inside line and middle line.



ONE V ONE –  
THREE V THREE GAME:

Three Attackers  and three Defenders  line up in the full forward positions, three feeders are spread across the 65m line facing one of the pairs each with a supply of balls as displayed. On the signal each 1 v 1 run towards their feeders, the feeders play a ball in the favour of the attacker, the two wide attackers must go for a point while the middle attacker goes for a goal. The first attacker who gets a shot off now turns quickly and runs to get another ball from the middle feeder and the game becomes a 3 v 3 with the other two attackers & defenders joining in once they have played their shot, they now try to get a goal within 10 seconds of the pass from the middle feeder or they take a point if the time passes. Look for good delivery of first pass and good movement of attackers. Six new players in once game finishes.

**AIMS:** One V One defending and reacting.

**PROGRESSION:** If any attacker kicks wide or is dispossessed he's out of the second part of the game, making it a 3 v 2 or 3 V 1.

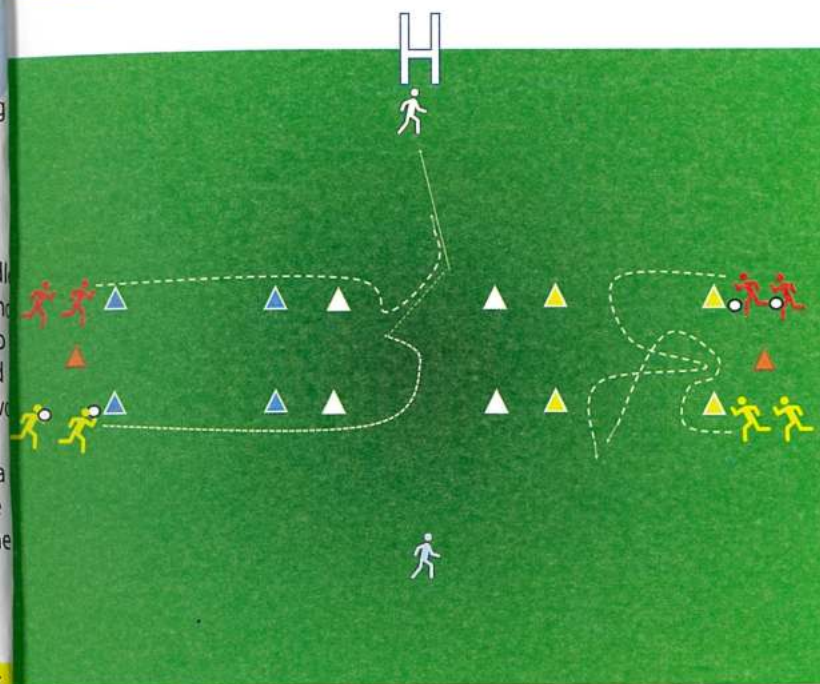
E:

DEFENSIVE  
ACTIVITY

3

## DEFEND THE EVASION:

enders  
s, three  
n line facing  
ly of balls  
v 1 run  
; play a ball  
two wide  
le the middle  
attacker who  
and runs to  
feeder and  
he other two  
once they  
try to get a  
ss from the  
nt if the time  
f first pass  
rs. Six new



Working in pairs from the 45m line in. Along the 45m line mark out three or four coloured squares 10m x 6m. Pairs start on either side of each square with attacker on the ball as displayed. On the coaches signal the first pair run out across the pitch and when the coach calls a colour the attacker turns into that square and the defender also turns in, the attacker is trying to use his evasion skills to go by the defender while the defender tries to dispossess him or not let him out by blocking and turning him without pulling or dragging him. Once out, they run to the opposite side where they will swap roles for working back over when their turn comes up again. Coach keeps the activity flowing by calling the pairs in quick succession.

**SSION:** If  
er kicks wide  
essed he's  
second part  
e, making it  
V 1.

**AIMS:**

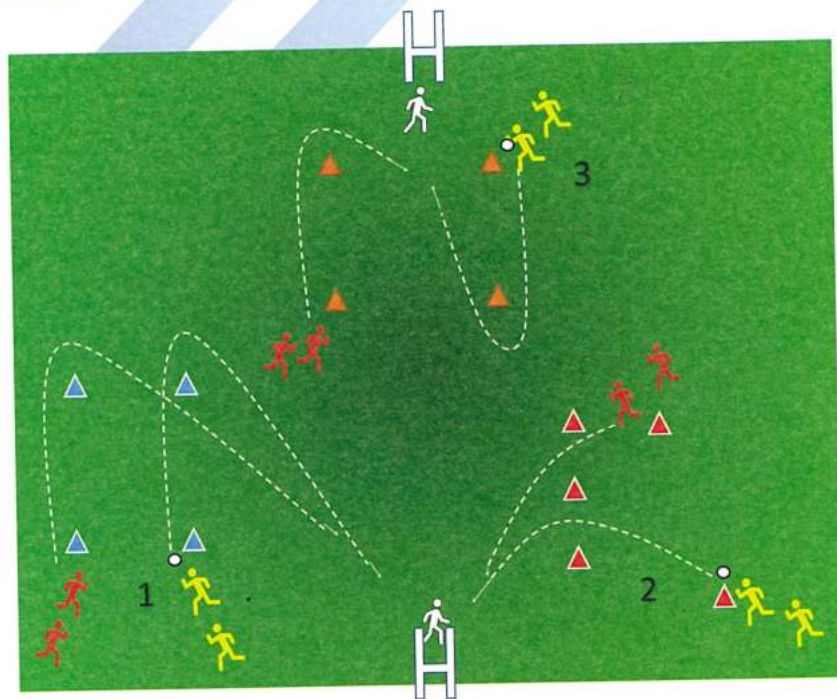
Defending using  
high hands  
and quick feet.  
Evasion skills.

**PROGRESSION:**

When the player  
breaks out of a square  
he goes for a score  
while still being chased  
by the defender.

“ VOLUME, INTENSITY, FREQUENCY & COACHING ”



TACKLE FROM THE SIDE,  
FRONT & BEHIND:

Tackling and footwork. Two goals one on the 45m line and one on the end line. 3 stations with one station (2) attacking the 45m line going for goals, and station 3 going for goals.

1. Near hand. 8m x 15m. Both players run to cone in front of them and turn towards main goal for hand passed point with defender coming in with near hand.
2. As above with defender coming in from behind. 10m x 10m
3. Going for goals with defender turning and facing attacker. 15m x 15m.

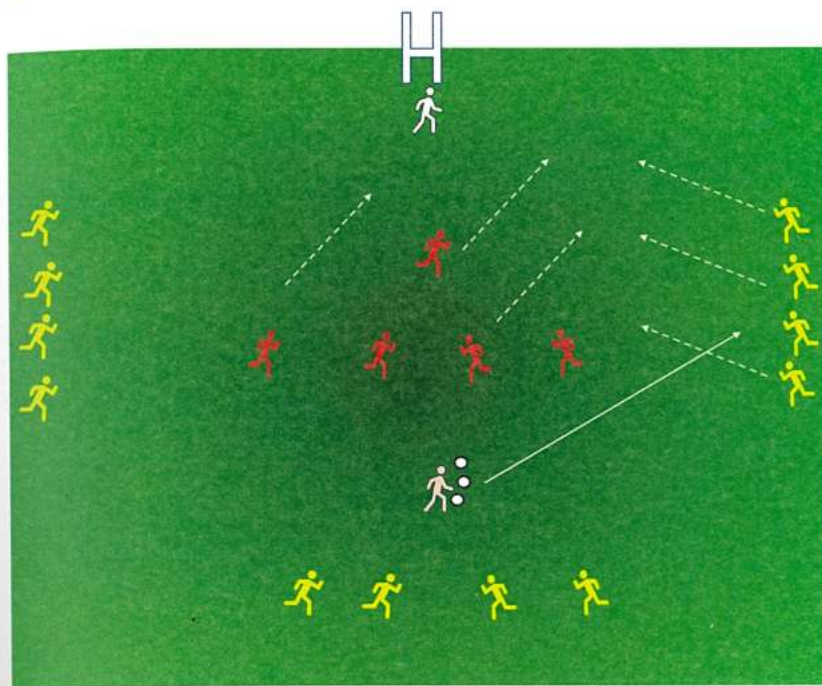
Rotate roles and move to the next station after a set time.

**AIMS:** Tackling side on, from behind and in front in game like situations.

**PROGRESSION:** Work on opposite side for bi lateral tackling work.



## DEFEND FOR 3 GAME:



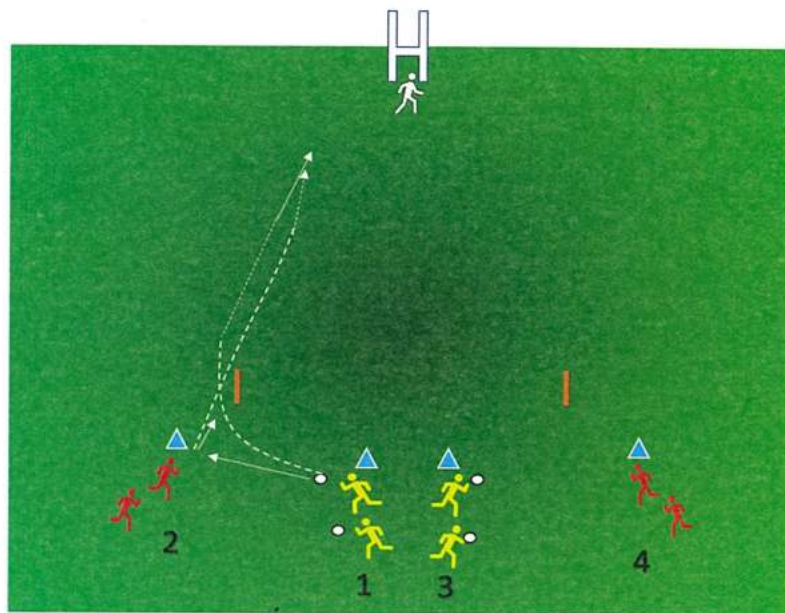
Divide attackers into 3 groups of even numbers and place them in off both sidelines (10mts) and on 65m line. Defenders always have a +1 and are split into groups too with each group staying in for 3 attacks. So for this group of defenders it's a 5 v 4 and they stay in to face the 3 sets of attackers 1 at a time before being replaced by 5 new defenders.



Coach plays a ball to any attack group and they go for score, once ball is dead he plays to another attack & defence must adapt quickly to face the new attack from a new area. Defenders must scramble to protect the goal and to pressure the point chance. New defenders in after each attack and attackers swap starting positions.

**AIMS:** React and decision making for both attackers & defenders.

**PROGRESSION:** Allow defenders work a punched score into a portable goal on the 65m if they turn over attackers.



DON'T LET HIM ON  
THE INSIDE:

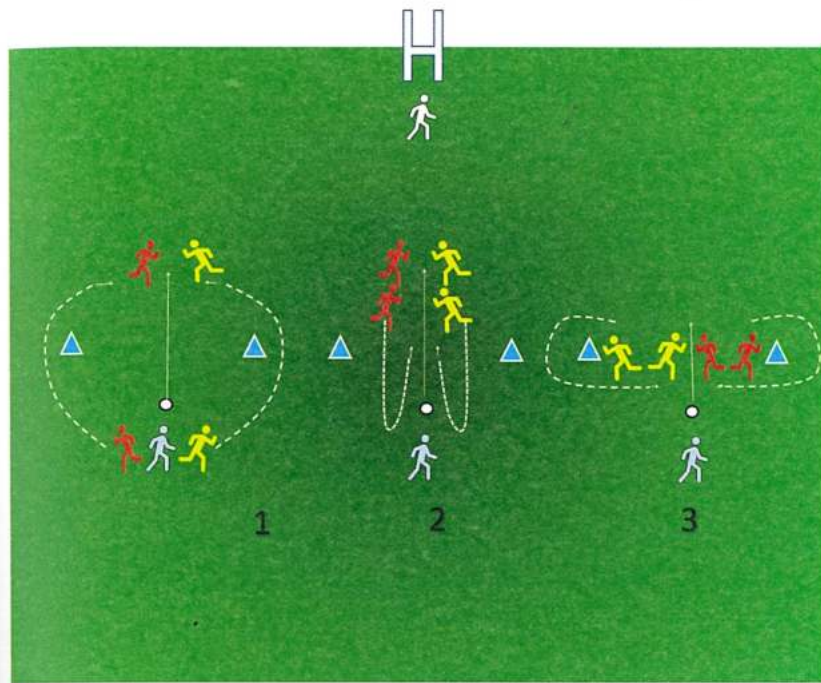
Working both sides with the attackers  at stations 1 & 3 with balls, these start in line with each goal post on the 65m line. Defenders  start 10mts to the attackers left and right with a mannequin or a pole 5mts in front of both defenders stations as displayed. On the signal the first attacker from both sides plays a hand pass to the first defender at both sides and runs on to get the return pass back from the defender, once this pass is played back the defender tries to get between the mannequin and the attacker (who must run around the mannequin) and it becomes a 1 v 1 with the attacker trying to score a point and the defender trying to keep him on the outside and not let him turn inside for a shot. Swap sides and rotate roles.

**AIMS:** Correct body shape and hand in whilst trying to dispossess the attacker or push him wide and out of the scoring zone.

**PROGRESSION:** Nominate one side to go for a goal – bring starting positions onto the 45m line.



## SECOND BALL WORK:



Working on the second ball/ breaking ball in groups of four players with a feeder working at each. Three different second ball scenarios set up along the 45m line each cone is 12m apart.

1. Coach throws a high ball from 10mts for a pair to contest and break, support pair come from in front around cones to contest break.
2. Coach throws a high ball from 10mts for a pair to contest and break, support pair sprint out to coach and back to contest break.
3. Coach throws a high ball from 10mts for a pair to contest and break, support pair sprint out left & right and back to contest break.

Rotate roles.

**AIMS:** Front & Square with their bodies to break for contesting players.

**PROGRESSION:** Finish each break contest with a shot for a score making it a 4 v 4 game, middle 4 go for goals.



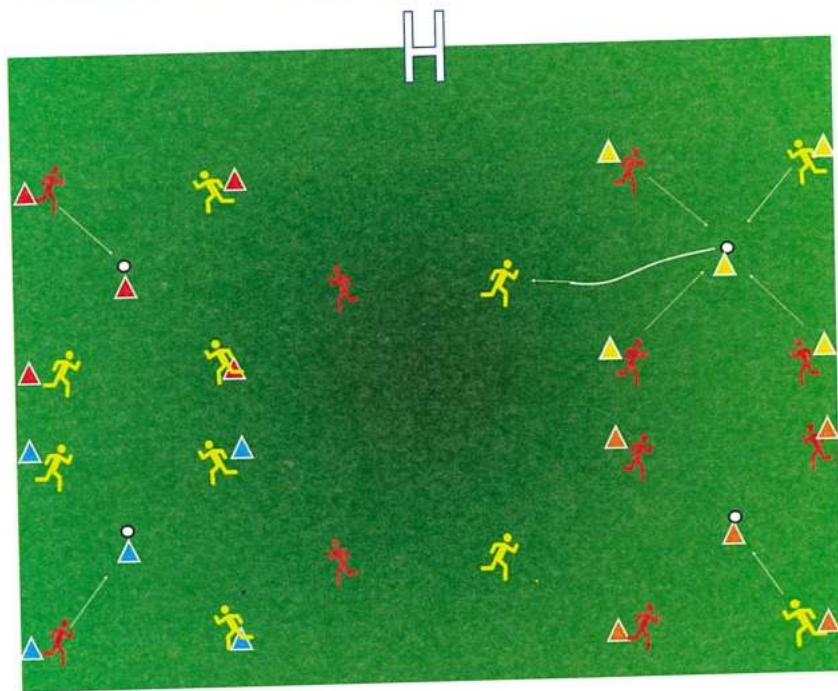
“ YOU DON'T NECESSARILY NEED TO LEAD;  
FOLLOW IF THE STANDARD IS SET ”



DEFENSIVE  
ACTIVITY

8

## DEFENSIVE TRAP WORK:



Working in groups of 5. Mark out four 15m x 15m squares and place them on each sideline, one on the 20m line and one on the 45m line. In each square place 4 players (1 at each corner), 1 is the attacker and the other 3 are defenders, the attacker has a buddy outside the square. Each player will get 3 goes as an attacker and he varies his start position each time. In the centre of each square is a ball on a cone. The attacker decides when to go and he is trying to take the ball from the cone and pass it to his buddy outside the square. The defenders must try and trap him and either dispossess him, make him over carry or force him over the sideline, all without fouling him. Attacker restarts from a different cone. Rotate roles.

**AIMS:** Aggressive defending towards the ball, minimum contact on attacker, use of hands – in out/on off.

**PROGRESSION:** If attacker gets his pass to his buddy they attack for a score making it a 2 v 3 game.

TEAM 1



TEAM 2

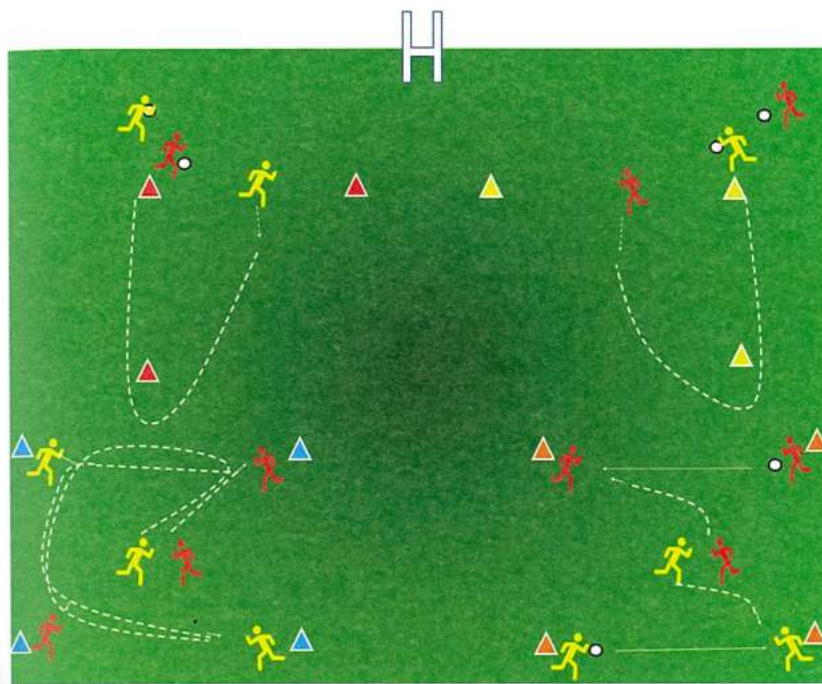


RUN



PASS





TEAM 1



TEAM 2



RUN



PASS



Set up as many tackling stations as need, Tackling & Footwork stations on the half way line and Break the line work on the 20m line.

**TACKLING & FOOTWORK** - 6 per group. 2 inside a 10m v 10m grid each time for 45 seconds with each player experiencing attacking and defending.

- Tag - small balls in hand. One player tries to high 5 the outside men while he's tracked and tagged.
- Stutter steps 1 - 2 balls are passed around the square while the inside players run towards them come to stutter stop and move to the next with hands high.
- 1 V 1s sweat box with small balls in hand of defender to stop pulling.

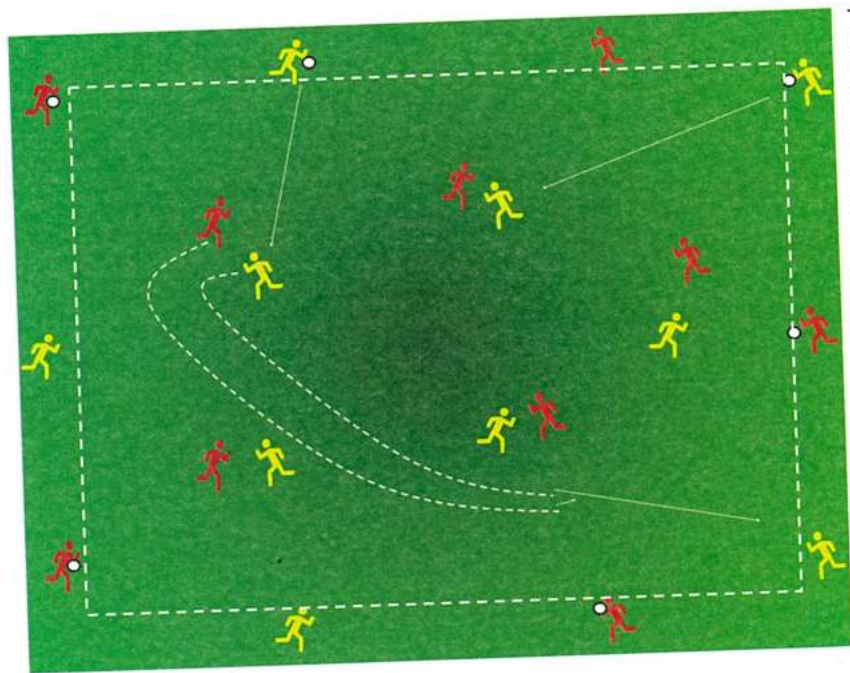
**BREAK THE LINE** - 1st player solos out around cone and tries to break by defender by doing a trick, if he does he gets to shoot for a point. He now becomes the defender. Defender should step towards the ball carrier and try to dispossess him.




# DEFENSIVE ACTIVITY

# 10

# DEFENSIVE ONE V ONE'S:



Two even numbered teams  working in 50m grid. Split the group into two groups 10 players inside ( 5 one v one's) and 10 players around the grid with every second player having a ball. To start with, the yellows are on and are looking to get a pass from any player outside the grid and get a pass off to another free player outside the grid while the red player tries to defend him from winning the pass and getting his pass off. Each set is 90 seconds long, the inside 10 replace the outside 10 and reverse roles when inside the grid the next time.

**AIMS:** Defending the receiver and defending the delivery along with tracking and tagging runs.

**PROGRESSION:** Reduce the times in the grid to ensure better quality, the delivery back out must be a foot pass only.



“FACING NOT CHASING”

# MISTAKES ARE:

- EXPECTED
- RESPECTED
- INSPECTED
- CORRECTED

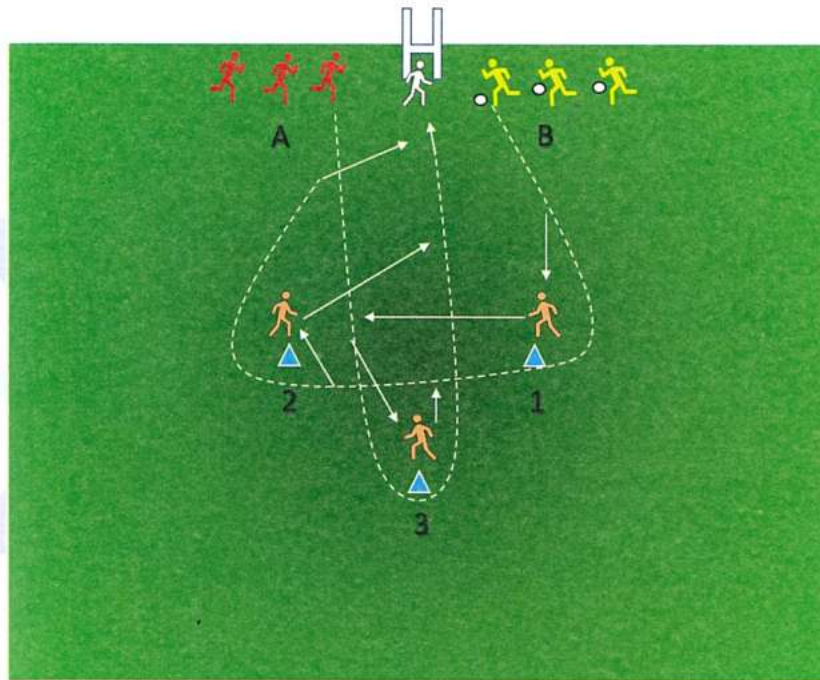




# **FITNESS WITH THE BALL ACTIVITIES**

If conditioning is a skill of the game, then it makes sense that it should be trained like the game, these ten activities focus on conditioning but with the ball central to everything in them.

# CLOSED TO OPEN SKILL/SPEED ACTIVITY:



Players  start on the end line either side of the goal, balls with players at B. 3 static players or coaches line out in a triangle shape 6mts apart with station 3 on the top of the D as displayed. Keepers in. On the signal the 1st players from A & B start, B plays the ball to 1 and loops as shown, 1 plays a quick hand pass to A, A plays it to 3 and loops around 3, 3 now plays it back to B who is looping towards 2, B quickly plays 2 while going around him and 2 now plays A who is now running back towards the goal, A tries to score a goal while B cuts in and tries to defend him. Next pair go straight after the move is over. Reverses roles.

**AIMS:** Speed work on the ball and off the ball.

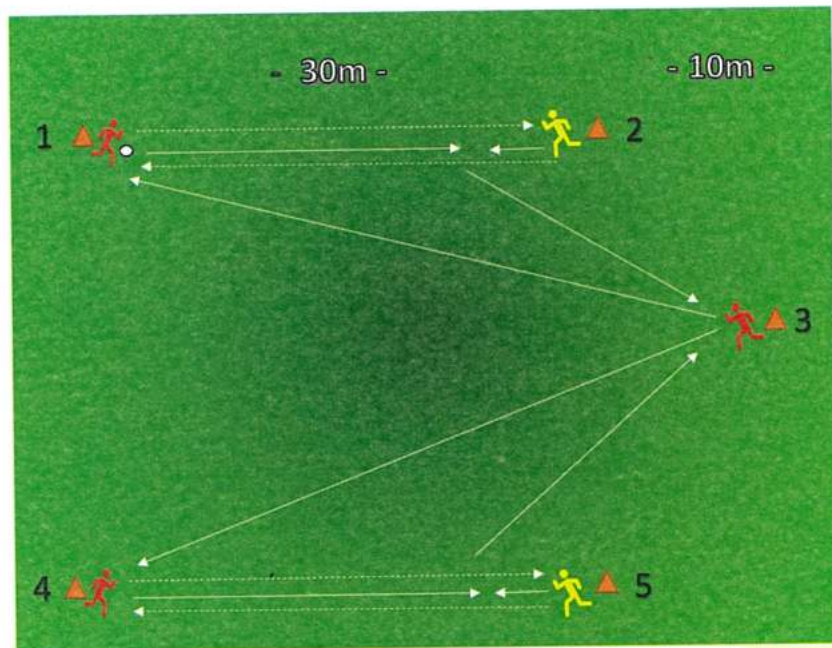
**PROGRESSION:** Add another static player in front of the goals to allow A play a wall pass to add more speed to the attack.

TEAM 1  TEAM 2  RUN  PASS  STATIC PLYER  KEEPER 

“DO WHAT’S RIGHT NOT WHAT’S EASY”



# CATAPULT PASSING:



In groups of 5, set up as many grids as required.

1 passes to 2 (30mts) gets it back and quickly hand passes to 3 (10mts), 3 runs onto ball and kicks to 4, 4 kicks to 5 gets it back and passes to 3 who passes to 1 and so on. Players at 1 & 2 swap after passing to each other and players at 4 & 5 swap after passing to each other. Player 3 stays on for a minute collecting passes from both sides and foot passing back to players 1 & 4.

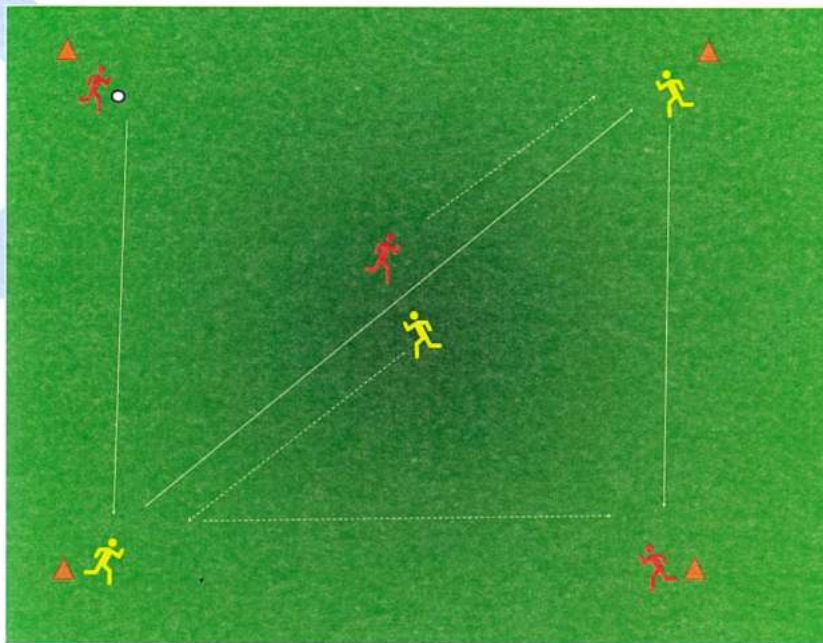
Rotate positions after 1 minute and allow about 30 seconds between each restart.

**AIMS:** First Touch & accurate passing while working on endurance.

**PROGRESSION:** Shorten the distance so as to only use a hand pass and sharper movements.



# HUNTING THE FOOT PASS:



Working in groups of 6, set up as many grids as required. 30m x 30m area, adjust for age or ability. 4 v 2 games, 2 hunters try to win the ball from the other 4 players who must pass by the foot to each other while moving and presenting themselves for the pass. If the ball is won by a hunter it is given back to the 4 to continue. Count how many balls the hunters win, each pair hunt for 60 seconds before swapping roles with 2 of the passers. Each pair work for 2 x 60 seconds and 2 x 30 seconds.

**AIMS:** Chasing and hunting, acceleration and deceleration work.

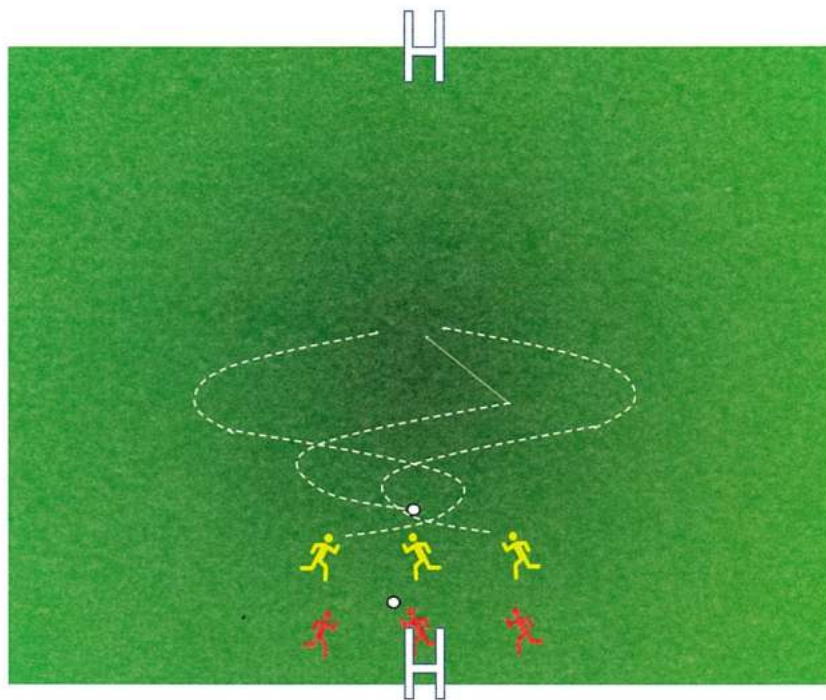
**PROGRESSION:** Add an extra football for the 4 players to kick and keep while being chased by the 2 hunters.



“GOOD PLAYERS DON'T NEED INSTRUCTIONS”



## 3 MAN WEAVE & ATTACK GAME:



Working in groups of 3, Using all of the players. Start at one end of the pitch. First 3 players perform a 3-man wave up to the half way line before dropping their ball and turning to face the next 3 players on their weave, these 3 players are now going to take on the first 3 players and attack the top goal trying to score a point. Continue like this until all players have moved up to the pitch with every second group of 3 players attacking the first group of 3. Rotate rolls on the way back down the pitch with each group alternating between attacking and defending.

Work for 10 minutes.

**AIMS:** Football  
endurance work.

**PROGRESSION:**  
Add goalkeepers  
and go for goals.

PLAYER



PLAYER

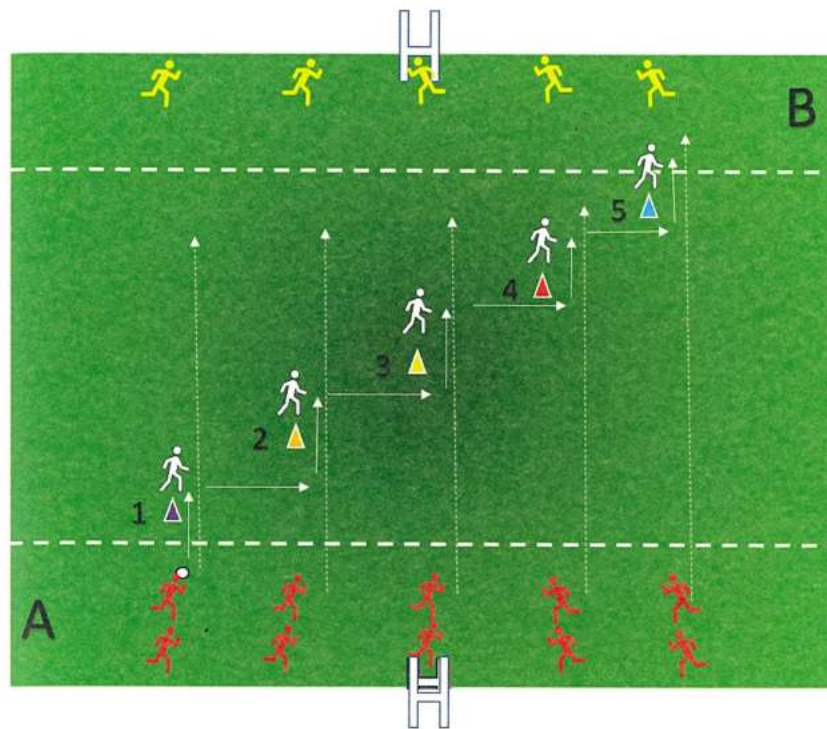


RUN



PASS





Working in groups of 5 and working between both 45m lines. 10 players at line A, 5 players at line B and 1 player at cones 1-5. Cones 1 – 5 are lined out in a diagonal format 10mts apart starting in line with 20mts out from each goal post on the 45m line. The start lines are 10mts behind each 45m line.

Line A starts with ball, 1st player passes to cone 1, he passes to 2nd player from line A, he passes to cone 2, he passes to 3rd player from line A, he passes to cone 3, he passes to 4th player from line A, he passes to cone 4, he passes to 5th player from line A, he passes to cone 5 gets it back and passes to first player at line B and they do same back. Timing of run and work on run after making pass.

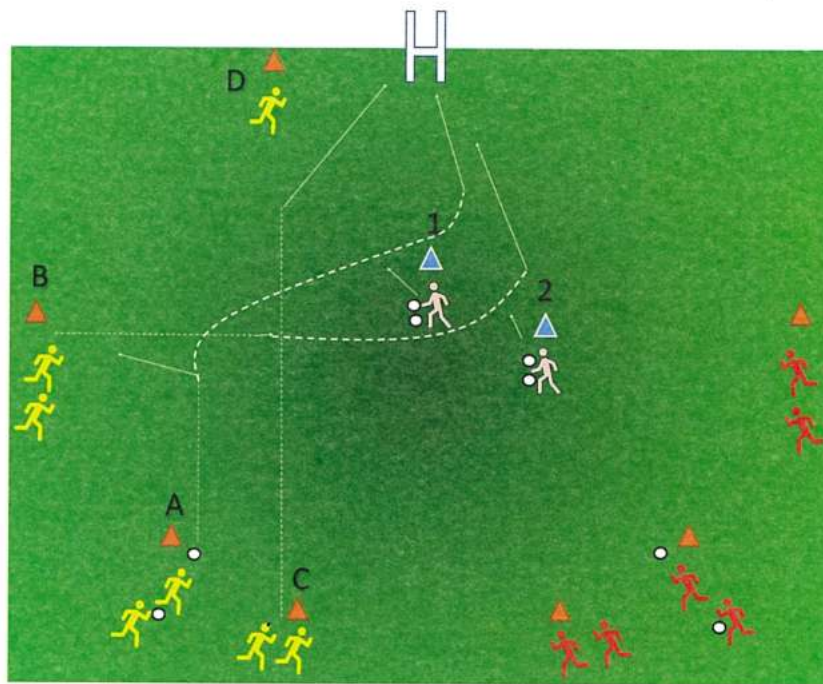
Rotate players at centre cones after each line has gone up and down the pitch once.

**AIMS:** Speed  
endurance  
support runs.

**PROGRESSION:**  
Add a shot for a point at  
each end of the runs up  
& down the pitch.



# BALL & PLAYER CIRCULATION WORK:



Working from the 60m line into the main goals. 3 players shooting and working on angles and movement of the ball. A starts and runs straight down the channel, B comes off sideline to change the direction of attack and feeds C who has started a little late (65m) with his support run, C shoots for a point when in position, A has cut in to collect a ball from feeder 1 and shoot, B has continued straight to collect a ball from Feeder 2 and shoot for a point also. A variation of this is for C to play it back to A who has continued his run and finishes with a score, B continues his run to collect from Feeder 2 and C collects a ball from Feeder 1.

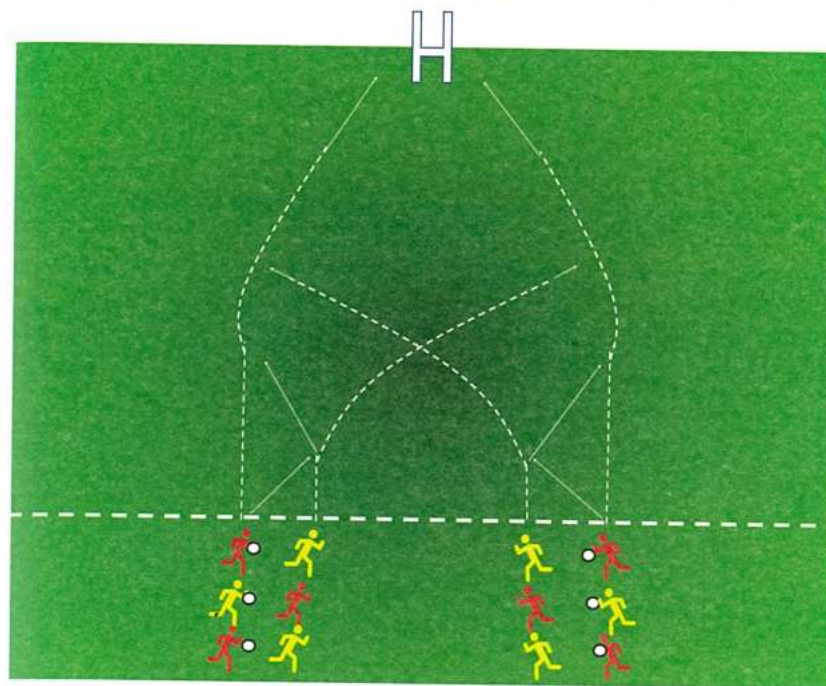
## AIMS:

Changing the direction of ball and attack at pace. Taking scores at different angles.

## PROGRESSION:

Go for a goal, same movements but C kicks to D and all 3 players present for a return pass and whoever gets it shoots for a goal. Swap sides and do the same.

# LONG RANGE & LONG RUN SHOTS:



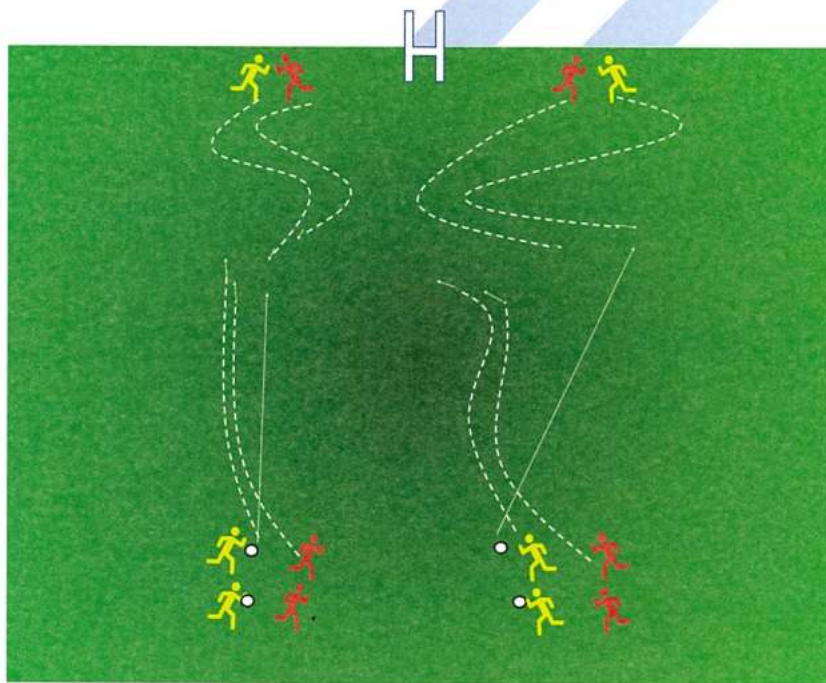
Groups of 4 starting on the opposite 45m line to the main goal. 10mts between each player, 1 ball with players at each end of the 4 as displayed. On the signal all 4 players move towards the goal, each end player passes their ball to the player nearest him and takes a return pass from them, once this happens the two middle players cross each other to the opposite end, players to put pressure on them as they head towards the goal to take a point. Next 4 go once shots are taken. Rotate roles to allow all players practice shooting while being closed down.



**AIMS:** Long running, closing a player down while he tries to get into his scoring zone. Players need to know their correct shooting zone.

**PROGRESSION:** Move closer to the goal and one player goes for goals while the other hand passes over the bar.

“ WE ONLY RUN SLOW WHEN WE SCORE ”





Working from the end line to the 65m line. Either side of the goals on the end line there is one attacker  v one defender , opposite each pair on the 65m line there is the same with the attacker having the ball. On the signal the inside attacker from both sides must make runs out trying to get rid of his marker before being played a ball in from the attacker on the 65m line, the attackers on the 65m line are allowed play their first pass unopposed before joining the game and offering support to their inside teammates while being tracked by a defender. If both inside attackers are successful in winning their pass this means there will be 8 players and 2 balls working in this area, attackers are trying to score. If defenders win the initial ball or turn over the attack they must break and transition the ball over the 65m line to register a score, they must run this ball and not just kick it over. Swap roles.



**AIMS:** Hard running on and off the ball.

**PROGRESSION:** Add a portable goal for defenders to attack on the counter.

“ THE INDIVIDUAL MUST UNDERSTAND WHAT THE TEAM REQUIRES ”

# PLAYER MOVEMENT SPEED ACTIVITY:



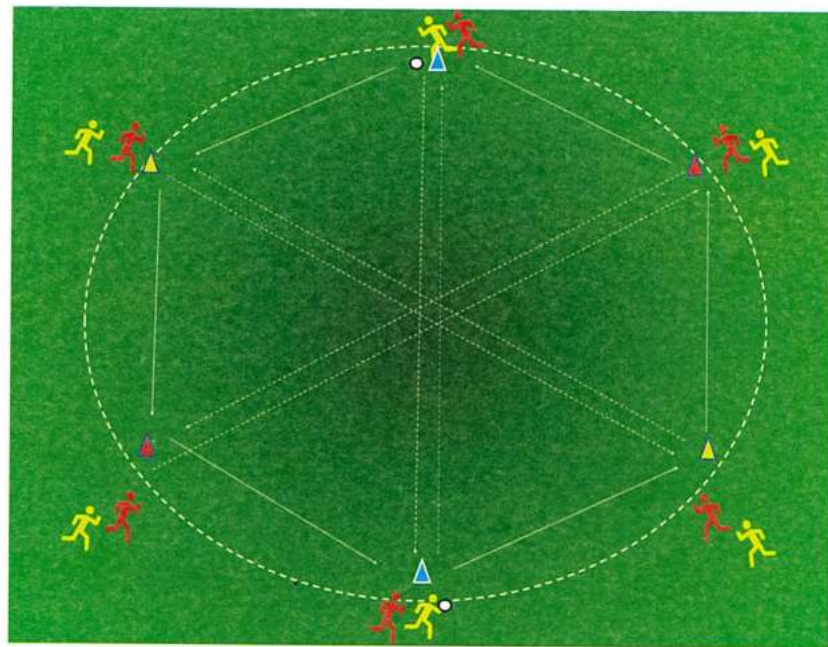
Set up as many grids as need, end line to 45m line (can work either side of the goals). Even numbers of players at each end with a coach/feeder at stations 1 & 2. Each blue cone is 15m apart with station 1 & 2 also 15m from B cones. Working in 3's the first player from B plays a hand pass to the first player from A, A plays 1 and B must adjust his run to get it back from 1 before playing the next pass to 2, the first player from C has started his run slightly late so he is collecting a pass from 2 at full pace before playing it to the centre player from the 3 on the 45m line, these do the same back. Players are encouraged to make angled runs at pace simulating decoy runs and finishing runs out.

**AIMS:** Hard angled runs – player movement.

**PROGRESSION:** Shorten the grid to make it more intense and less room to move for the 3 players up and down.







Spilt the team into groups of 12 players & and set up as many grids as needed. Each circle is 30m in diameter (adjust for younger players). Mark out 6 cones in the circle shape with 3 coloured cones, each colour cone is opposite each other with 2 players on each as displayed. On the signal the first player at the top blue cone and bottom blue cone hand passes to their right and must sprint down to the opposite blue cone to be there before the ball gets there. Each player does the same once they receive a pass, they keep passing it around the circle and sprint to their opposite cone they have passed the ball. Players can leave early to time their collection. Start off with a set of 90 seconds, followed by 60 second followed by 30 seconds.

**AIMS:** Short sharp movement and tidy skills.

**PROGRESSION:** Swap direction and use both hands.



# Training Buckets

**80%**

*of training sessions should  
land in this bucket*



*About* **20%**

*should be spread between these two buckets*

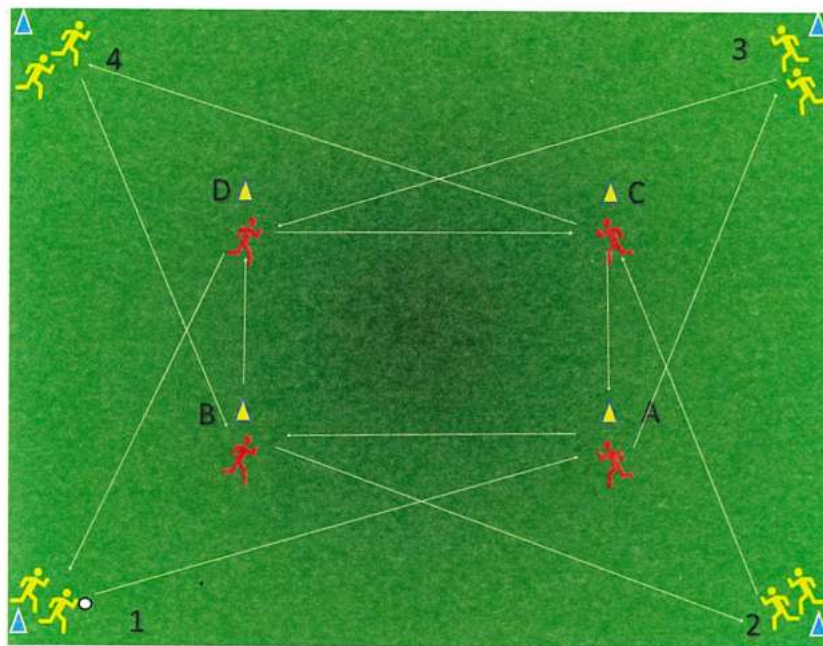




# SKILL PRIMERS

Each time we conduct a training session as a coach, we need to adapt to our environment and our players. Skill levels will be different and so will the learnings. Have fun with these skill activities the more fun you have the more likely the learning is to be recalled by the learner.

# LONG PASS SHORT PASS TOUCH ACTIVITY:



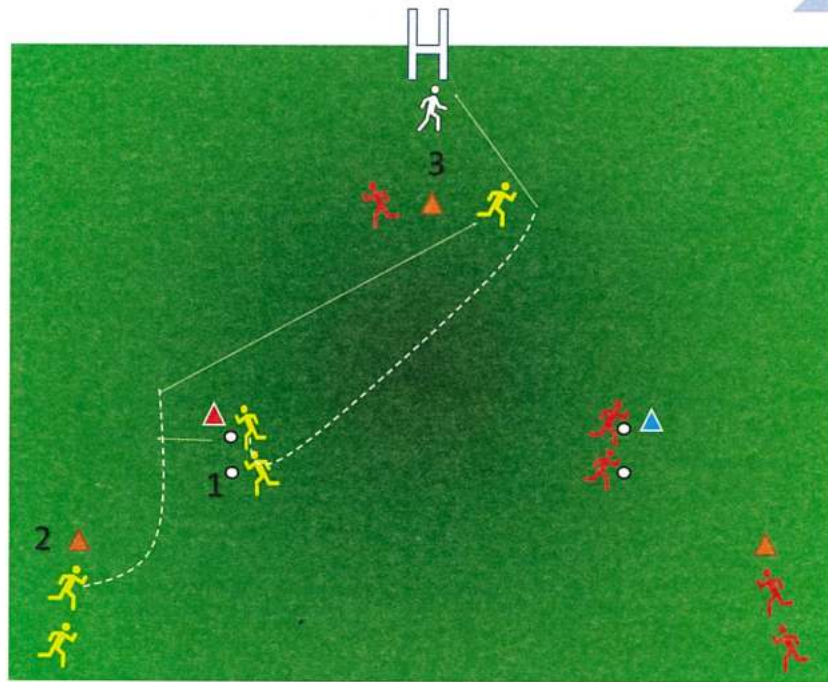
Two square grids, outer one is 50m x 50m with at least two players at each corner, and inside one is 20m x 20m with one player at each corner. Set up a second grid if numbers allow. Each player follows his pass with this skill primer working on long passing and short passing along with timing and sequencing of movement. 1 plays a long foot pass to A (follows his pass), A plays a short hand pass to B (follows his pass), B plays long to 2 and exercise continues on this loop, 2 – C, C – A, A – 3, 3 – D, D – C, C – 4, 4 – B, B – D & D – 1. As players get familiar with the sequence they can leave their cones earlier so the activity moves faster. Switch players starting positions.

**AIMS:** Collect and pass the ball without breaking your stride or the stride of the player you are passing to. First touch.

**PROGRESSION:** Swap direction and add another ball starting at station 3.







Working both sides at the same time, station 1 is on the 65m line station 2 on the half way line and station 3 on the 20m line in the middle of the goal. 1 plays a hand pass into the path of 2 who is attacking down the wing, 1 spins and runs towards 3, 2 plays a long angled ball in for 3 to win and 2 must adjust his run to collect from 3 and take a point. 2 goes to 1, 1 goes to 3 and 3 collects the ball and brings it back to the 1 before joining 2.

Rotate sides, explore the range of passing and the timing and sequencing of the support run and collection of pass

**AIMS:** Moving the ball infield from wide and linking up players.

**PROGRESSION:** Add a goalkeeper and nominate one side to go for a goal. Add one sweeper to an area to cut out short balls.

ATTACKER



DEFENDER



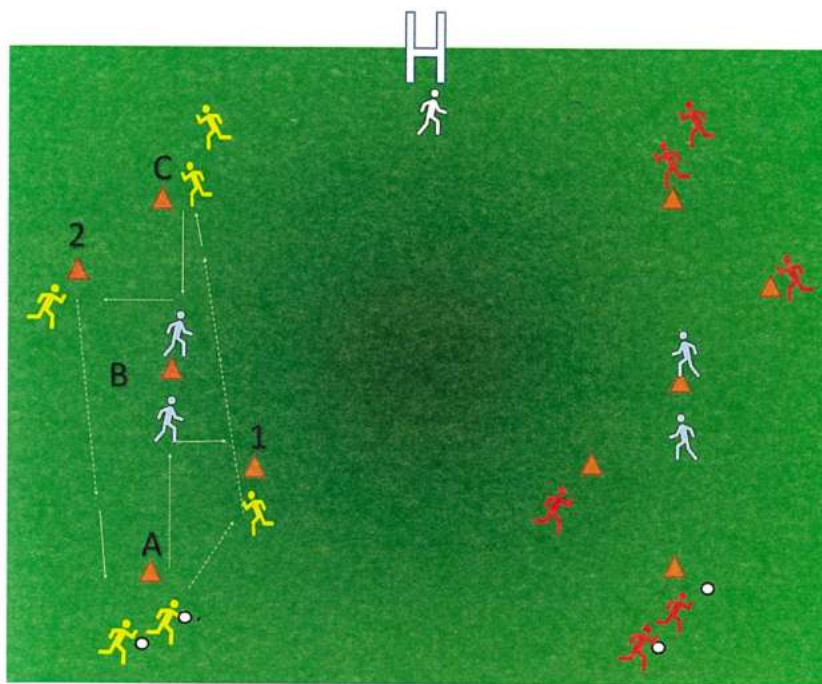
RUN



PASS



# HIGH FIELDING & OFFLOAD WORK:



Working both sides of the goal with an option of setting up a third grid in front of goals if numbers are big enough. Station A & C are 30m from B with stations 1 & 2 15m away from B. Place 1 or 2 midfielders at B as displayed. Ball is kicked high from A for B to catch high, once he catches the ball 1 must time his run to collect an offload pass and deliver a foot pass into first player at C, C does the same back with player 2 collect the offload pass and playing the ball back to A. A runs to 1, 1 runs to C, C runs to 2 and 2 runs to A. if using 1 midfielder he catches and offloads from both sides.

**AIMS:** High fielding and quick timed offloads.

**PROGRESSION:** Evolve the exercise to a knock down and collect, take away the C station and instead of the pass add a shot for a goal or point.

PLAYER



PLAYERS



RUN



PASS

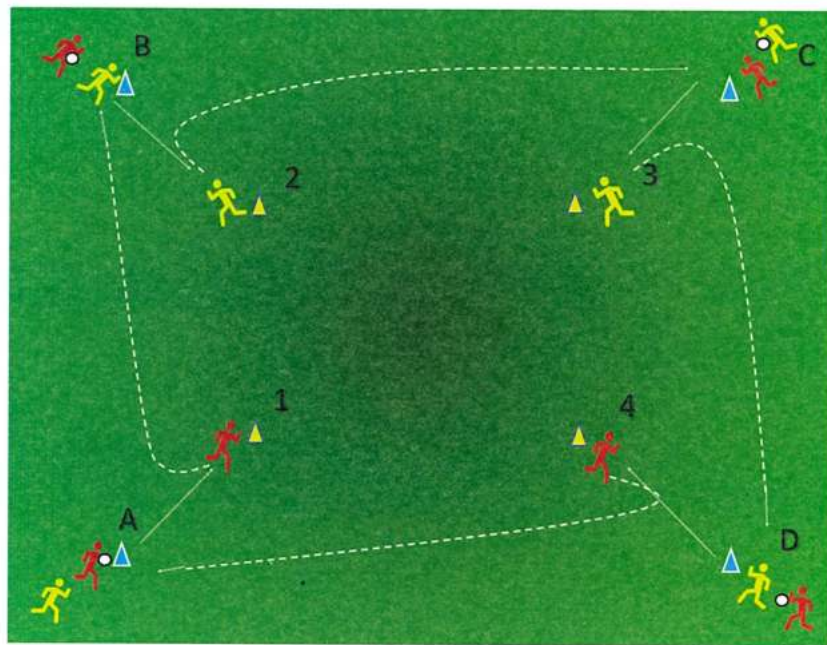


MIDFIELDER



“ DO WHAT YOU DO ON PURPOSE, WITH PURPOSE ”



TOUCH & TURN  
ACTIVITY:

Divide Players between the cones A – D and with 1 player at cones 1 – 4. Set up as many grids as needed for large numbers. Two squares A-D 40m X 40m and 1 – 4 20m X 20m as displayed. Start with 1 ball at A. A hand passes to 1 and follows his pass, 1 collects and spins left towards B and passes to B again he follows his pass, activity continues on this loop.

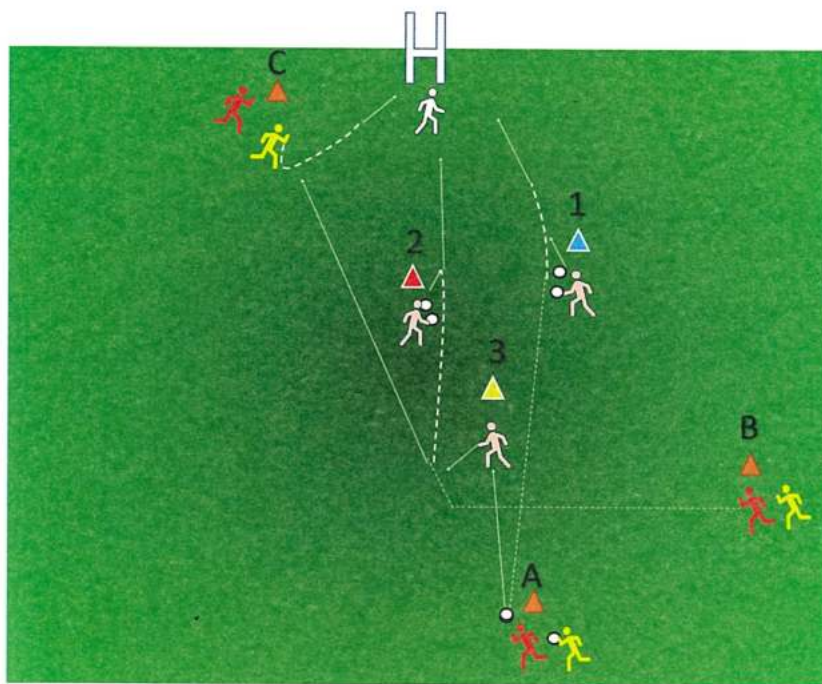
Add more balls eventually getting to 4 balls starting at once. Swap directions to work on the other side.

**AIMS:** Early catch and spin passing with both hands.

**PROGRESSION:** Extend the size of the grid to add in a kick pass from the numbered cones. Remove the numbered cones and challenge the players to remember the movement sequence.



## TREBLE SHOT ACTIVITY:



Station A is on the 65m line, station C is on the end line, the rest of the stations are spaced out to suit the ability of your team. Even numbers at stations A, B & C with feeders and link players at 1, 2 & 3, players at 1 & 2 have a supply of balls as displayed. On the signal A plays a hand pass to 3 and continues his run ahead of the ball in the direction of 1, timing his run B leaves his wide station to collect the first pass from 3 and play a long delivery into C who collects spins and goes for a goal, B arcs his run to collect a pass from 2 and shoot for a point, A collects from 1 and also shoots for a point. Players rotate starting positions and must ensure all start stations are always full.

**AIMS:** Pass and get ahead of the move, shooting accuracy goals & points.

**PROGRESSION:** Swap sides to have the shot on goal coming from the other side. Mark the attacker at C going for goals.

PLAYER



PLAYERS



RUN

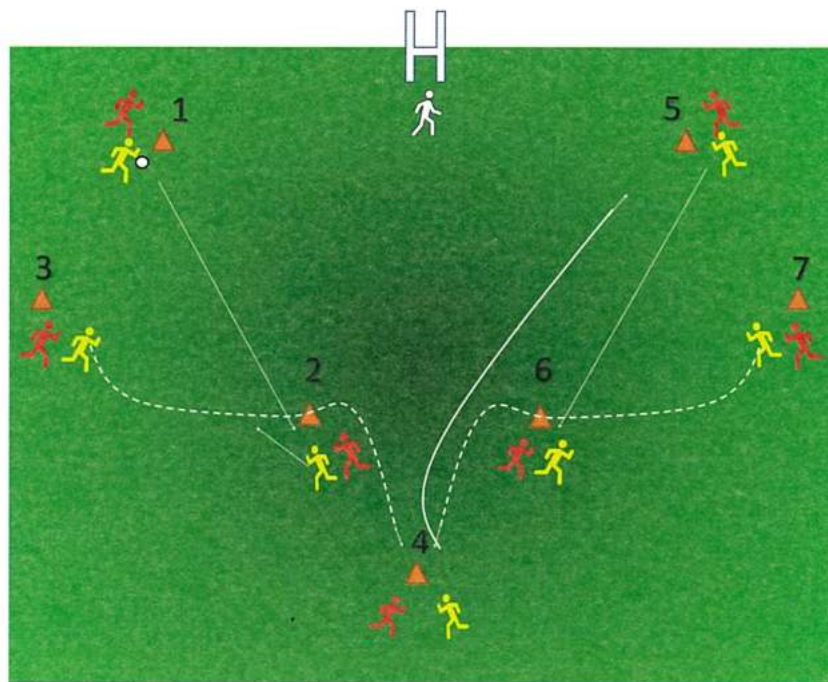


PASS



“ CREATE AN ENVIRONMENT TO LEARN,  
SPACE TO EXPERIMENT - CURIOSITY ”



OFF THE  
SHOULDER ACTIVITY:

Even numbers at the seven stations, adjust distances to suit foot and hand passing ability of your players. Each player moves to the cone he passes to.

1 kick passes to 2, 3 times his run to collect a hand pass from 2 and hand passes to 4 as he moves towards him, 4 foot passes to 5, 5 foot passes back to 6, 7 times his run to collect off his shoulder and passes to next player at 4 who foot passes back to 1 and activity continues on this loop for a set period of time. Set up two grids if numbers allow.

**AIMS:** Off the shoulder collecting, foot passing weight and depth work.

**PROGRESSION:** Add a shot for a point from 4 instead of playing to 5 or 1 and start ball from 1 & 5 when shooting.

PLAYER



PLAYERS

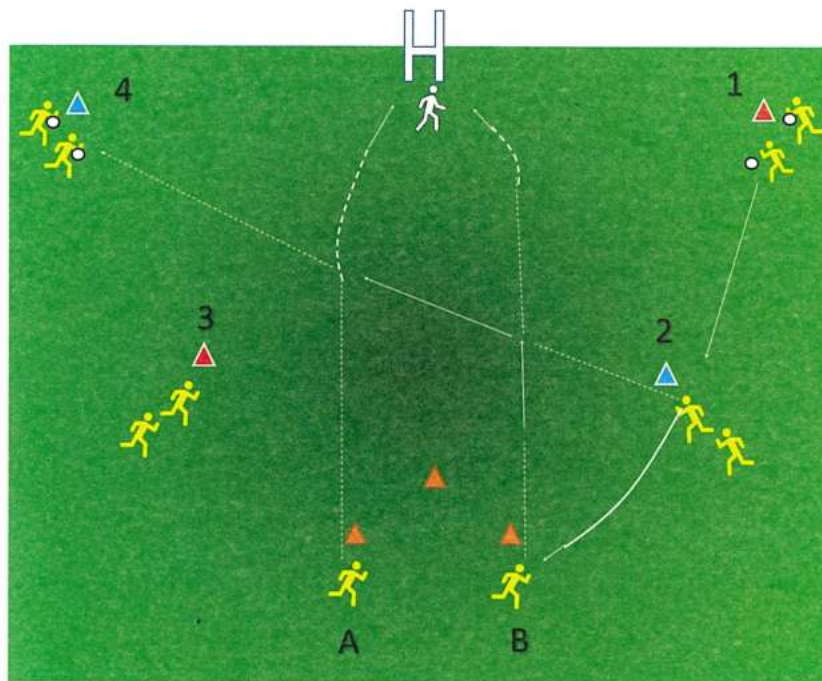


RUN



PASS





Six start stations are marked out around the pitch in an arc formation. Even number of players at each station. Each station must be about 20 – 30mts apart. On the signal the first player at 1 passes to 2 and follows his pass. The first player at 2 must collect and spin and play a pass to the first player at B who is moving in the direction of the goal, this player must play a quick pass back to player 2 who is now running hard across the pitch in the direction of 4, player 2 should collect at pace and quickly offload to player A who has timed his run along with B in the direction of the goal and between them (A & B) they must finish with a goal. Next ball starts from 4 and is worked similarly.

**AIMS:** Swing the ball from the corners and add runners from wide & deep. Break down packed defence work.

**PROGRESSION:** Add a defender in the middle to try an intercept some of the forward passing.

ATTACKER



DEFENDER



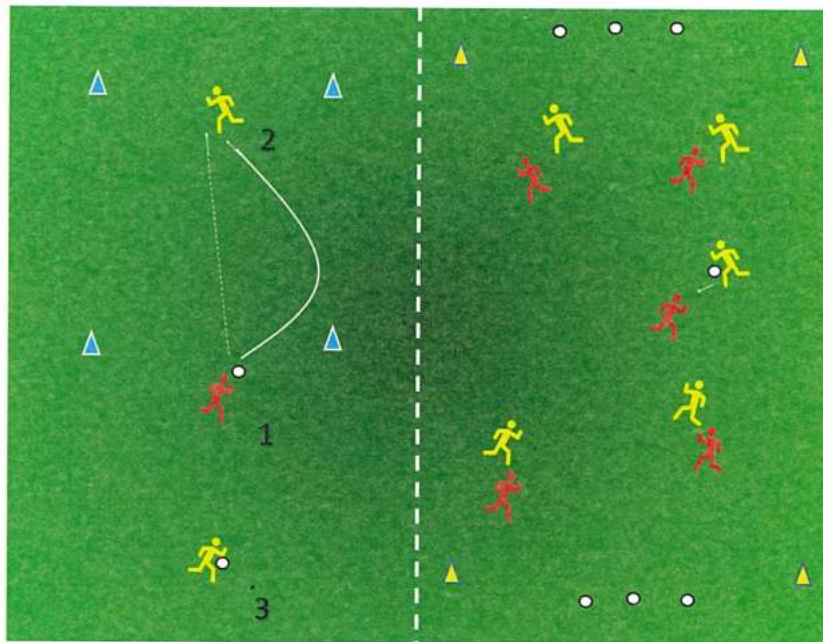
RUN



PASS







Two exercises working on the block in a game like situation. Set up as many grids as needed and progress from activity 1 to 2.

1. Groups of 3, Player 2 inside a 5m square, player 1 5mts outside and player 3 20mts outside. Player 1 plays a ball to the player 2 and runs to block his pass to the player 3, all players move up 1 after pass is successful or block is successful. Keep extra balls outside to keep exercise flowing.
2. 4 v 4 or 5 v 5 in a 20m square. One team tries to pass while other blocks, no intercepting or tackling and nominate one foot at time i.e. right foot before allowing dummies etc.

**AIMS:** Blocking technique from linear to random movements.

**PROGRESSION:** When playing a full game award points for blocks.

PLAYER 1



PLAYER 2



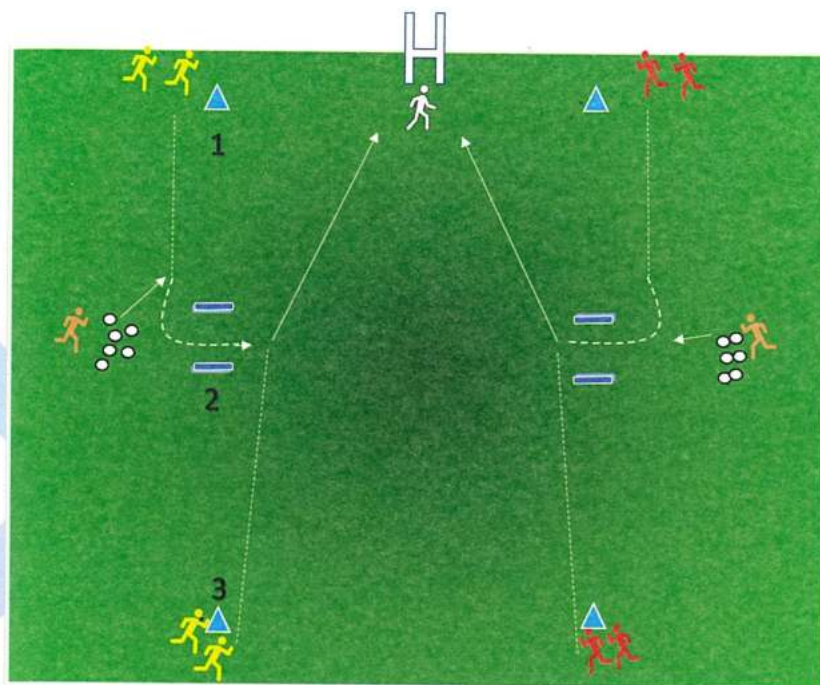
RUN



PASS



## RAPID FIRE SHOOTING:



Two shooting stations working both sides of the goals. 14m line to 65m line with a set of gates (5m) on the 45m line. Even number of players (yellow and red) at each end of each station. On the signal the first player from each side on the 14m sprints out the pitch towards the 65m line when he gets to the 45m line a coach plays him a ball to turn into the gates and play a tight pass to the player who has run from the 65m line at the same time, this player finishes with a shot for a point and finishes his run to the end line while the first player runs on out to the 65m line. One side is played a pop pass by the coach before he turns into the gates and one side has to pick up a rolling ball played by the coach before he turns into the gates and lays off his pass.

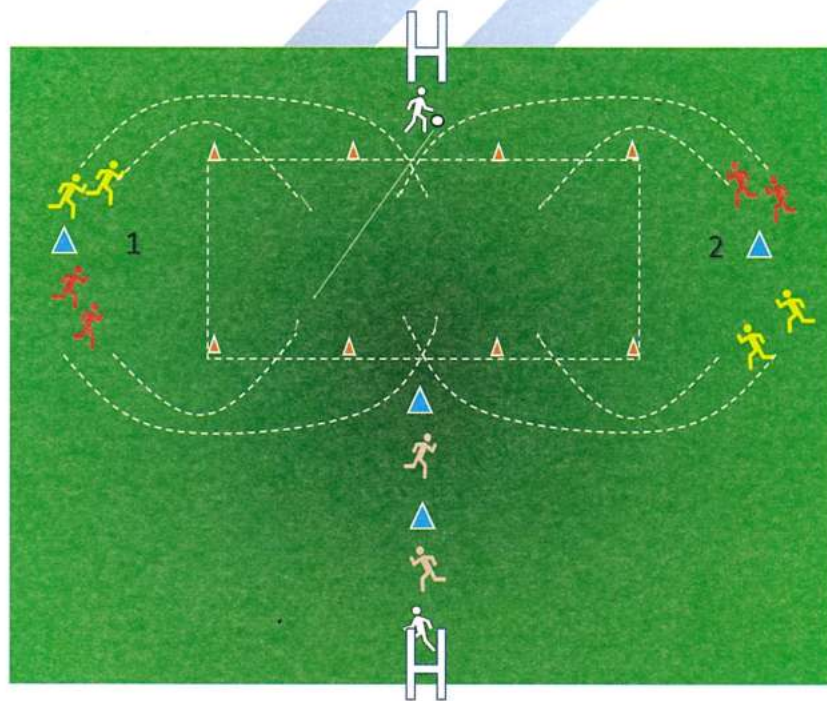
**AIMS:** Out to in shooting, timing and close collection of a pass before shooting quickly.

**PROGRESSION:** Bring one side closer and go for goals, shadow the deep runner.



“ SELF-AWARENESS – KNOW WHAT YOU KNOW  
& KNOW WHAT YOU DON'T KNOW ”



HARD TRANSITION  
GAME:

Full pitch, 4 v 4 with keepers in, two outlet stations on the opposite 65m and edge of the D with coaches or injured players at them. Set up a 20m x 20m grid on the 45m line in front of one goal. Keeper in this goal has a ball. On the signal 8 players sprint from wide cones 1 & 2 into the small pitch through the gates as displayed, the keeper must time it to find a red player, the red team must get the ball out of the grid as quick as possible attacking the opposite goals using the outlet stations, if turned over in the grid the yellow can attack for a goal against the keeper the kick out came from with reds defending, if turned over out the pitch game ends. Have another 8 players ready to go once game ends. Rotate roles.

**AIMS:** Quick transition from defence to attack while under pressure from opponents. Pressure Kick out work.

**PROGRESSION:** Set up a temporary goal on the opposite 65m line and play without the outlet stations.

PLAYER 1 PLAYER 2 RUN PASS KEEPER COACH

“ OWNERSHIP IS THE MOST POWERFUL WEAPON  
A TEAM CAN HAVE ”

# COACH ON THE RUN...

become skilful at asking questions at the

## RIGHT TIME!

How are you deciding to make that pass?

How can you improve your off the ball movement for your teammate on the ball?

If you did this what may happen?

What did you see before you made that decision?

How can you improve ?

What are you seeing?

What are you feeling?



Stop the game at teachable moments

Stop the game and have a 'timeout moment' to discuss the question in small groups

Don't stop the game just call an individual off the field and ask the question

Don't stop the game, pose the question and let play continue

Question between reps and/or activities

Ask questions during rest/water breaks

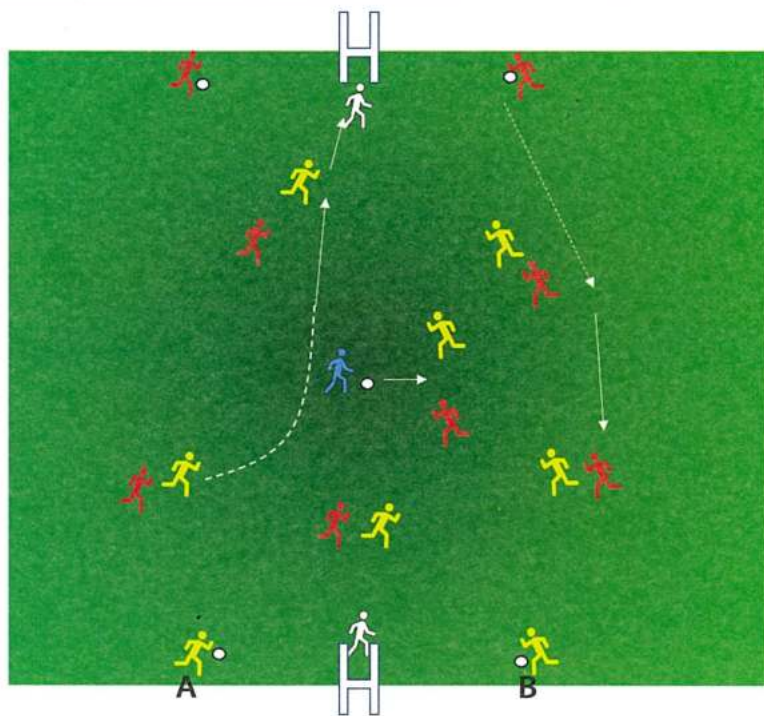




# TACTICAL GAMES

"Bring your brain to training", game-awareness is a very important part of a player's DNA, these games are to help players think during situations and challenge their decision-making skills in real time.





OVERLAP WITH  
OVERLOAD GAME:

Pitch size 80m x 50m, 6  Vs 6  with 2 extra players on each teams end line with a ball each. Coach throws the ball in and whichever team wins the ball attack the oppositions goal. When a team scores or kicks a wide, one extra player from the end line starts straight away creating an overlap for his team while they attack. ( 1, 2 or A, B). For example if yellow team score one red player from 1 or 2 re-starts the game. Once they shoot their overload is over and one of their players must leave the game and go back to their end line while their opponents now have the re-start and overload

**AIMS:** Create overlaps, exploit numerical advantage.

**PROGRESSION:** Both players from the end line restart after each score creating two extra players on each attack.

ATTACKER



DEFENDER



RUN



PASS

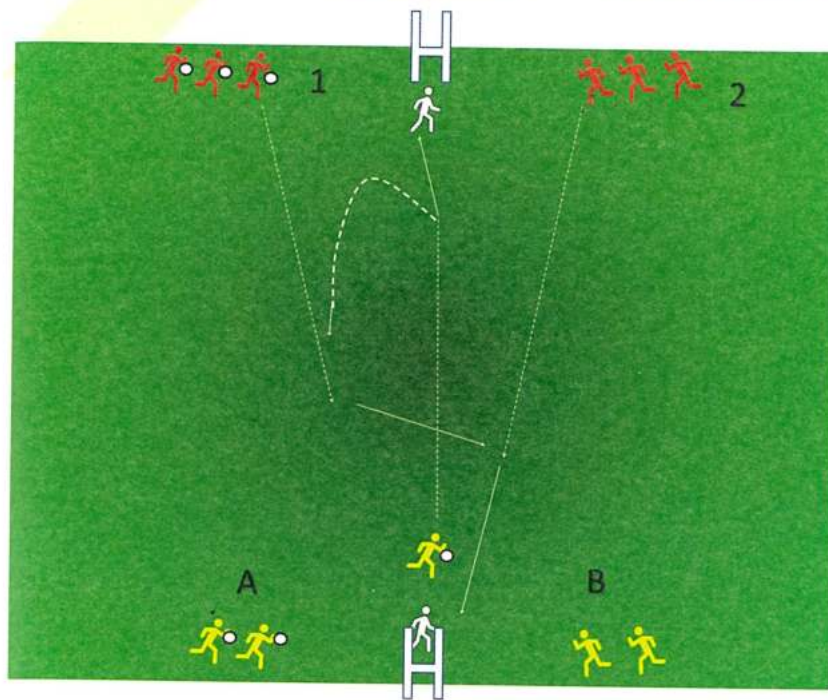


KEEPER



COACH



OVERLOAD  
GOALS GAME:

Pitch size end line to 45m line and 45m wide. 5 yellow Vs 6 red with keepers in each goal as displayed. First yellow player solos towards the goal on the end line at pace and takes a shot for goal, once he takes his shot two red players leave their position with a ball making it a 2 v 1 as the first attacker now tries to defend them working towards the goal on the 45m, game continues like this with two new players joining after each shot creating an overload each attack, sequence should run like;

- 1 v 0
- 2 v 1
- 3 v 2
- 4 v 3
- 5 v 4
- 6 v 5

Next 11 players in (game will last 90 secs max).

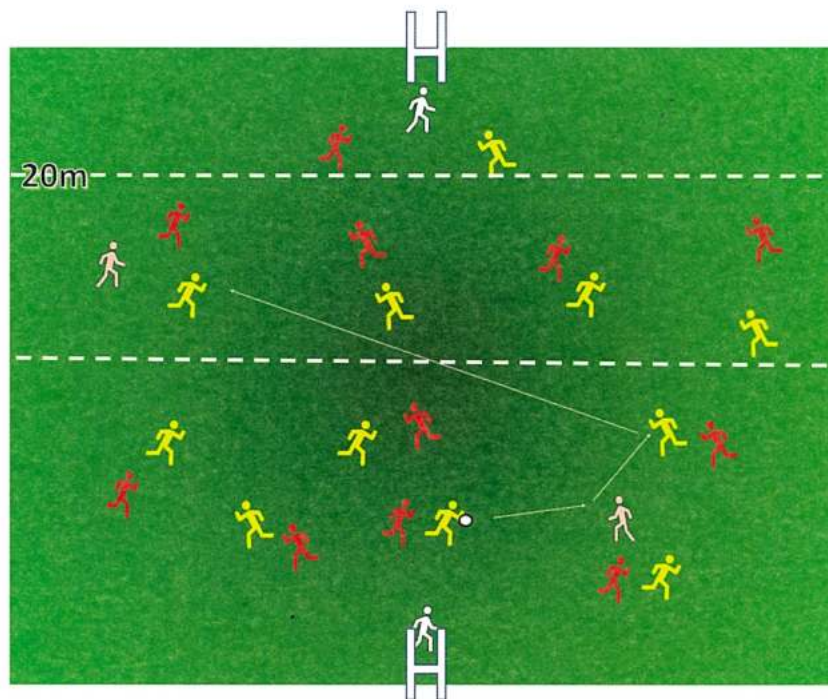
**AIMS:** Create Overloads exploit numerical advantage.

**PROGRESSION:** Add a wall pass player.



“NO TEAM HAS WON THE NEXT COMPETITION YET”



EXPLORE  
TRANSITIONS GAME:

Adjust pitch size to suit numbers, for this game the pitch size is  $\frac{3}{4}$  of a full size pitch and 12 Vs 12 plus a floating player in each half to support the team in possession. Play as follows;

- Teams of 11 v 11 with 1 floater each
- Floaters only come into play when their team has possession. They do not defend
- 1 team building the ball by running. The other team looking to kick pass.

Yellow team must keep one player inside the 20m line. Their team is looking to kick pass over the half way line in their attack. Floater ensures they have an overload to do this. Normal play other than that. Reds are looking to run the ball to create a score. Floater can join in to ensure they have an overload. Swap roles

**AIMS:** Explore different transition styles.

**PROGRESSION:** Play normal rules looking for transferable learnings.

ATTACKER



DEFENDER



RUN



PASS

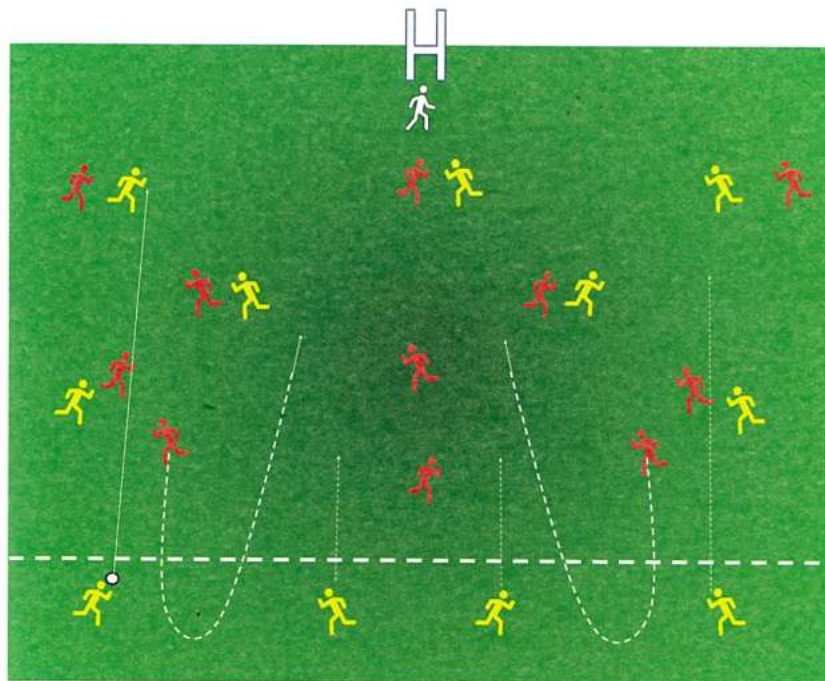




KEEPER



FLOATER



DEFENCE  
DELAY GAME:

End line to 65m line. 11  Vs 11  with keeper in the goal on the end line. Four attackers line up outside the 65m line one player with a ball as displayed. To begin the game Coach calls two defenders numbers or names (he chooses two of the free defenders) and the game begins, these two defenders must sprint out to the 65m line before joining their defence and the four attackers launch their attack at the same time trying to exploit their numerical advantage before the defenders get back. If defenders turn the ball over they must keep the ball for 10 seconds to register a score.

Rotate rolls after a set time.

**AIMS:** Delay the attack until defenders get back.

**PROGRESSION:** Only one defender out at a time. Defenders have a target to attack to on turnover.

ATTACKER



DEFENDER



RUN



PASS

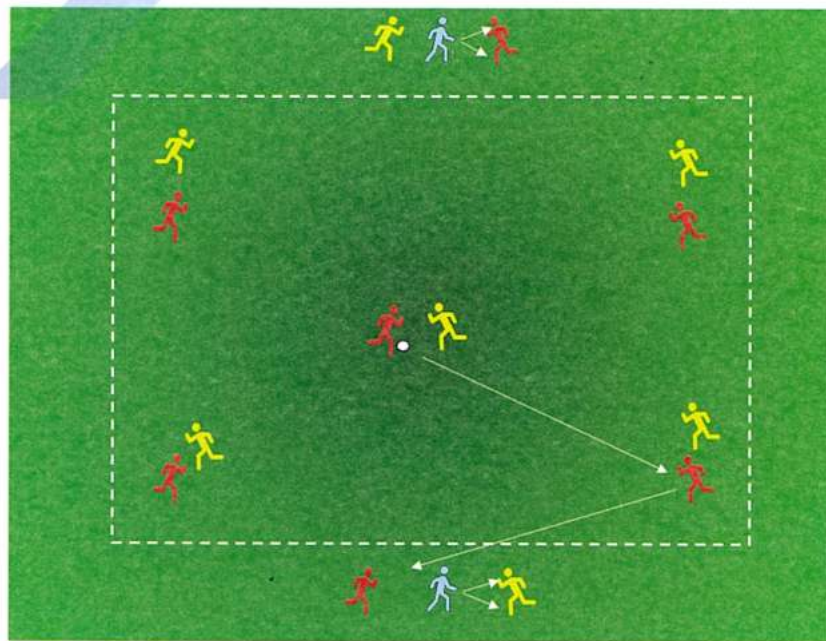


KEEPER



“COACHING IS NECK UP – TRAINING IS NECK DOWN”



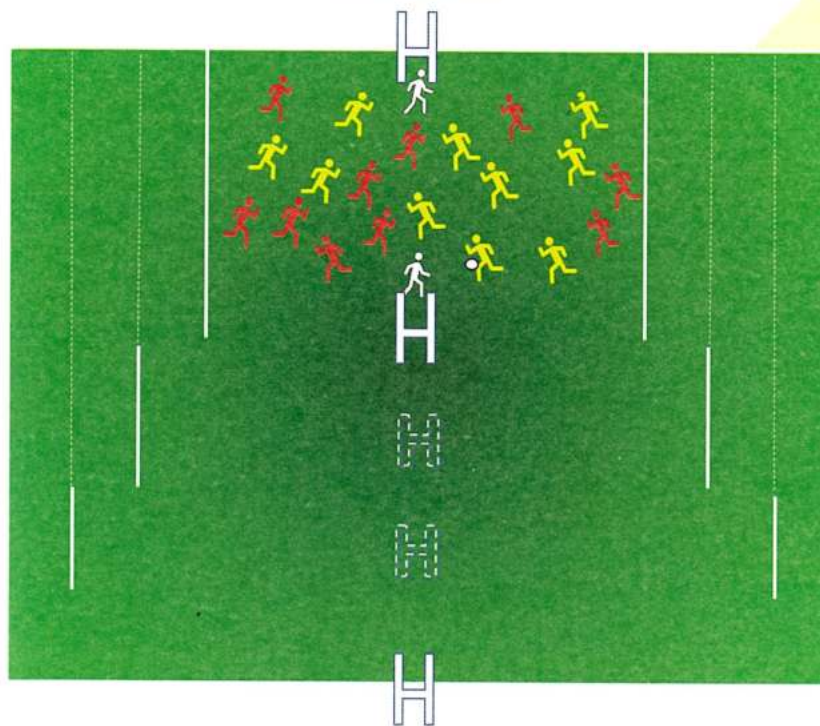


Two teams of seven with one Screener. Set up as many pitches as needed for the panel. Pitch size is 50m X 50m inner square and 60m X 60m outer square. Two end channels has a 1 v 1 with a screener (can also use the side channels). Possession game in the middle area, each team tries to work the ball to their man in the channel while the screener tries to stop his opponent tackling him by blocking/screening his movement to allow him get into space. Ball can move up and down and each team can attack either channel when on the ball. Rotate channel men and give as many players as possible a chance screening. Ball can be passed by hand or foot.

**AIMS:** Proper screening of player looking to get on the ball and looking at how to avoid being screened.

**PROGRESSION:** Play full game on half a pitch using screeners.





TEAM 1



TEAM 2



RUN





PASS



KEEPER



Split the full panel into two teams   of even numbers. End line to 45m line to start with and 45m wide, portable goals on the 45m line. Full game in the small area with full teams playing in the area. Playing a series of games lasting 3 minutes with the pitch growing after each 3 minutes.

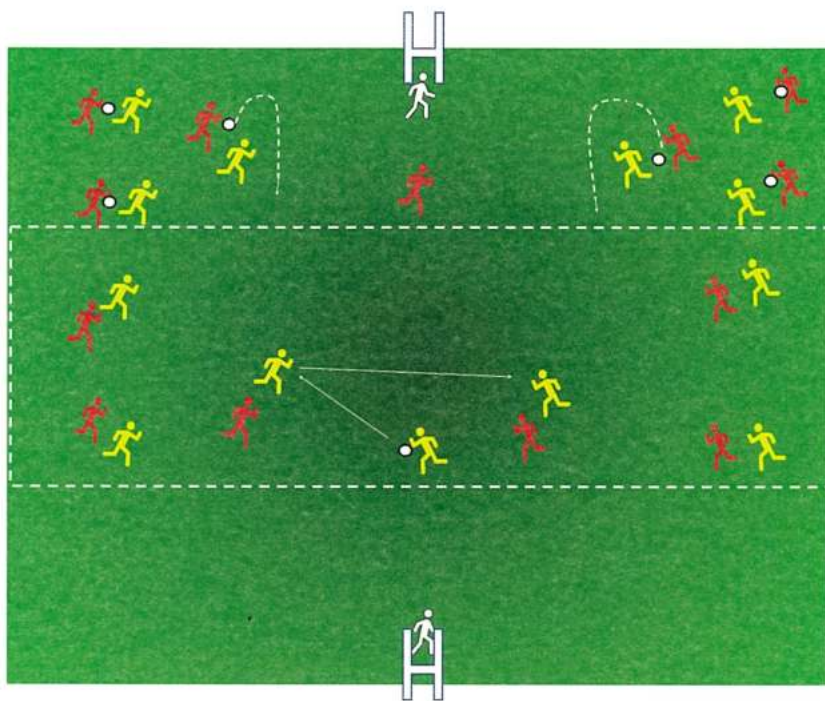
- 45m x 45m Game - 3 minutes
- 65m X 55m Game - 3 minutes
- Half pitch x 60m Game - 3 minutes
- $\frac{3}{4}$  pitch x 70m Game - 3 minutes
- Full Pitch Game - 3 Minutes

Get players to adjust pitch size after each 3 minute games, question what's happening and what are they seeing or doing differently during the adjustment of the pitches.

**AIMS:** Players adjusting to space and time available to them as the pitch size changes.

**PROGRESSION:** Play in reverse – big pitch to small reducing in size.





Spilt the full panel into two teams of even numbers. 7 Defenders Vs 6 Attackers inside the 45m line and 6 defenders Vs 7 attackers between the two 45m lines as displayed. Each defender inside the 45m line has a ball (except the extra defender). On the signal they pass the ball over the attacker's head to start the game, each attacker tries to score a goal or a point in a series of 1 v 1 battles going on at once, the spare defender can double up and help a teammate, each attacker can offer support when he plays his shot. At the same time between the 45m lines the spare attacker starts the game with 1 ball trying to keep the ball until all attackers inside have played their shot, once this happens the coach signals and they attack the goal assisted by the players inside. If defenders turn over the ball in second phase of the game they break to opposite 45m line to score. Swap Roles.

ATTACKER



DEFENDER



RUN



PASS



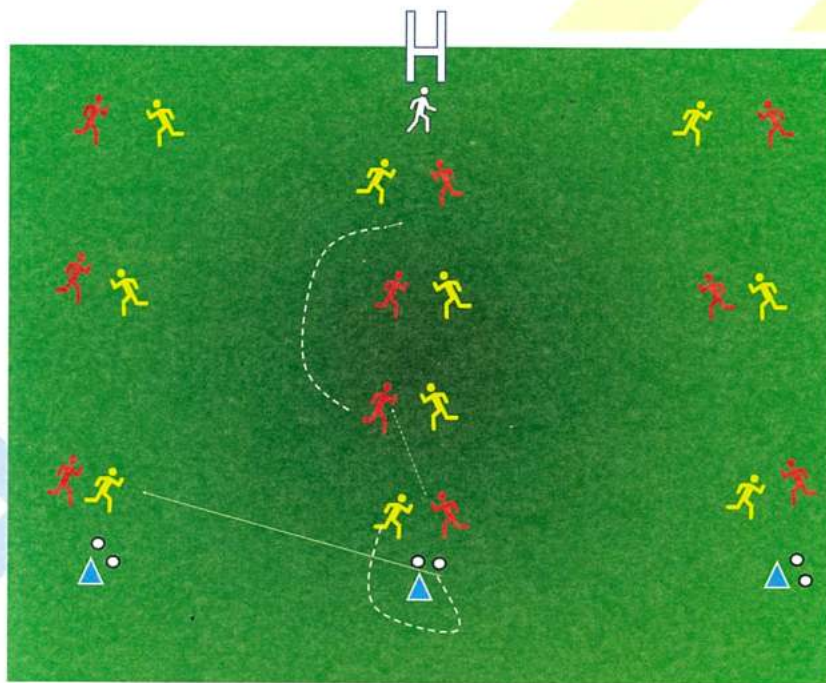
KEEPER





**AIMS:** Decisions in bedlam.

**PROGRESSION:**  
Counter attack to opposite goal.

# CREATE A PLUS ONE GAME:



Two even numbered teams   playing on half the pitch. Three start stations along the half way line. The yellow team starts by one of their players collecting a ball from one of the start stations, when he does this his marker (red player) must get to one of his teammates to mark his man thus freeing him to be the plus one or Sweeper. The yellow player who starts the game now becomes his teams "Conductor" and is not allowed join the attack but instead he conducts his teams attack from behind the cones, being available to switch the play, being available for a recycled ball and being ready to disrupt a counter. If Red team turns over the yellows they just break and carry the ball by the cones to score. Game restarts from a new station after a score/wide. Rotate roles.

TEAM 1



TEAM 2



RUN



PASS



KEEPER



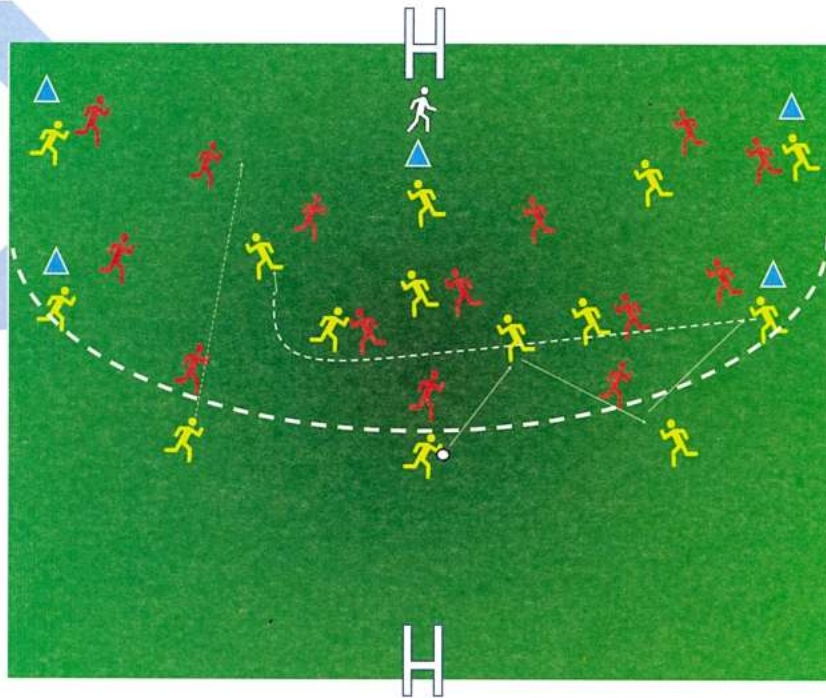
**AIMS:** Generate a Plus One by passing on a player. Different pass on options.

## PROGRESSION:

Set up a set of goals on the opposite 45m line for the counter team to attack and attack team defend.

“ THINK ACTION, THINK NEXT ACTION,  
MAINTAIN ACTION, MAINTAIN NEXT ACTION ”



BREAK THE BLANKET  
AND COUNTER GAME:

15 Vs 15 or two even numbered teams starting in one half of the pitch. The attacking team must line out players on the blue cones for width and depth shape, defending team are all packed inside their own half as displayed. On the signal an attacker from the centre starts the game and attacks for a score. Allow game to develop but every time the ball is worked towards a wide man he must change the direction of the attack by sprinting off his station and trying to add pace to the attack and link runners down the middle, these players must be replaced by teammates quickly and if the attackers don't get a shot of and keep possession the recycle and start again. If reds win it they counter attack opposite goal while yellows must try and disrupt their attack and not allow a kick pass, if reds are successful in their attack they set up as above in opposite half and the roles are reversed.

TEAM 1



TEAM 2



RUN



PASS



KEEPER



**AIMS:** Attacking shape for a blanket defence and stopping a counter.

**PROGRESSION:** Leave a plus one for attacking team.

# TEAM CAPTAIN'S

# BINGO!

*Be the First  
One In and Last  
One Out*

*Have  
the Best  
Attitude*

*Challenge an  
Unmotivated  
Teammate*

*Exude Energy  
and Enthusiasm*

*Model Mental  
Toughness and  
Composure*

*Act with  
Character,  
Class, and  
Integrity*

*Compete  
Relentlessly on  
Every Play and  
Drill*

*Set High  
Standards for  
Yourself and  
Your Team*

*Encourage  
and Demand  
Everyone's Best  
Effort*

*Call Out  
Negativity,  
Excuses, and  
Laziness*

*Connect  
with a  
Teammate and  
Coach*

*Compliment  
a Hardworking  
Teammate*



*Comfort a  
Struggling  
Teammate*

*Be the  
Hardest  
Worker  
Ever*

*Build Team  
Chemistry and  
Culture*

*Exemplify  
and Encourage  
a Team-First  
Attitude*

*Hold Self and  
Teammates  
Accountable*

*Refocus  
Team When  
Down or  
Distracted*

*Have  
Teammates'  
and Coaches'  
Backs*

*Remind Team  
of Your Goals  
and Purpose*

*Make It Fun,  
Love Your Sport  
and Your Team*

*Call Out and  
Celebrate Team  
Successes*

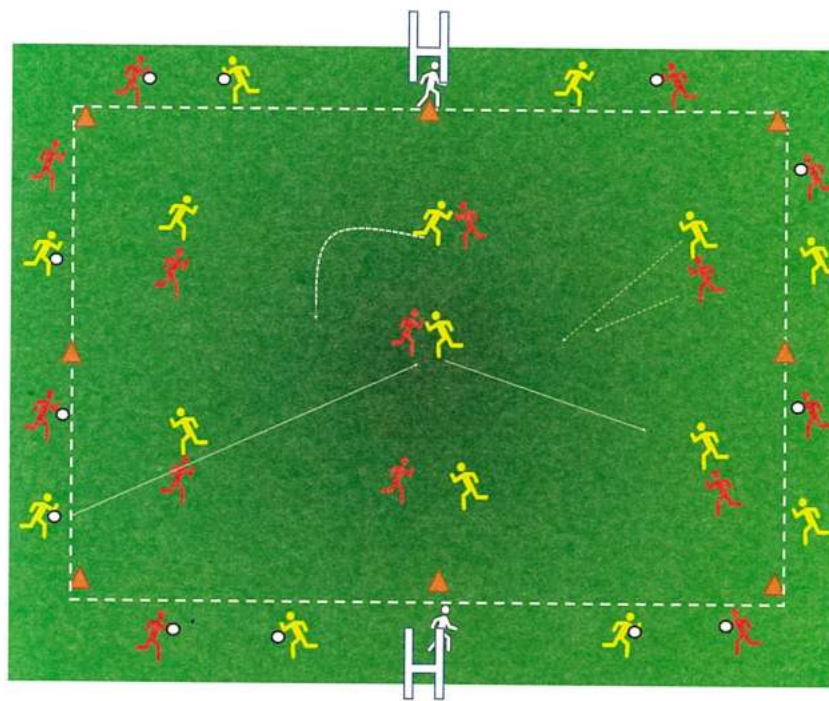
*Recognize,  
Own, and  
Correct  
Mistakes*



*Appreciate  
Everyone's Role  
and  
Contribution*



# SKILLS GAMES

One of our outcome goals as coaches is to get our players to have the ability to perform the underlying techniques of the game accurately, consistently and at match tempo, an effective way to do that is through these types of games.

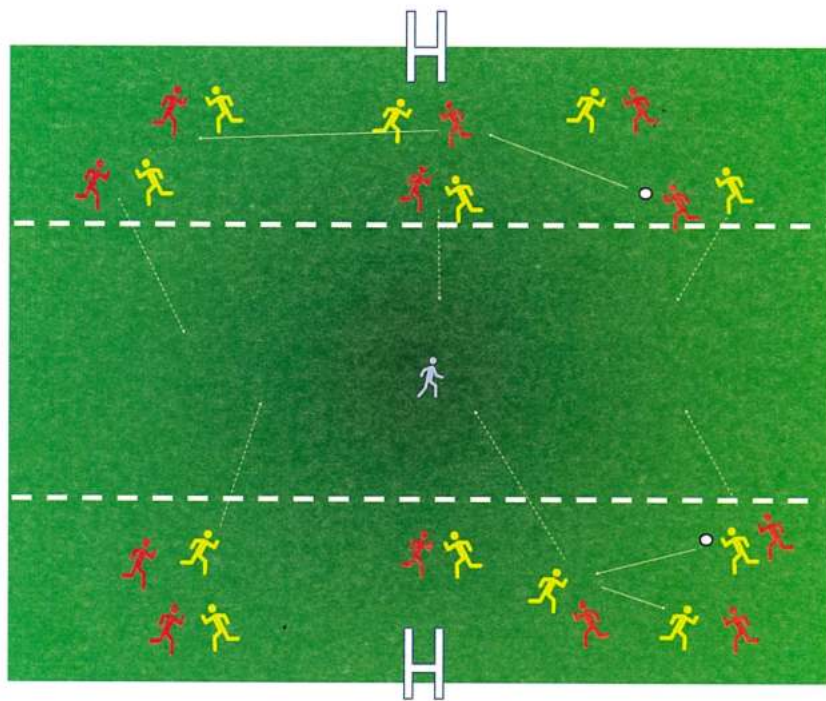


Two teams   playing on half the pitch and 15mts in from each sideline. Each team is split in half with one half of each inside the pitch and the other half outside the pitch each with a ball. One team attacks the main goal and the other attacks the goal on the half way line. On the signal the coach nominates 1 team to start by calling a player outside to play a ball to his team on the inside and it starts, they try to attack their goal scoring a point and the other team must just chase to get the ball and turn over the ball. When a team score they get the restart from another outside player called by coach and if they miss or are turned over the other team gets the restart. Each game last from 2-3 minutes and should be frantic with opponents pressing & chasing. Players outside replace inside players and so on for 20 minutes.

**AIMS:** Chaos, putting decisions under pressure. Game like Shooting.

**PROGRESSION:** Allow teams score in any goal at any time.



KICKING KEEP  
BALL GAME:

TEAM 1



TEAM 2



RUN



PASS



COACH

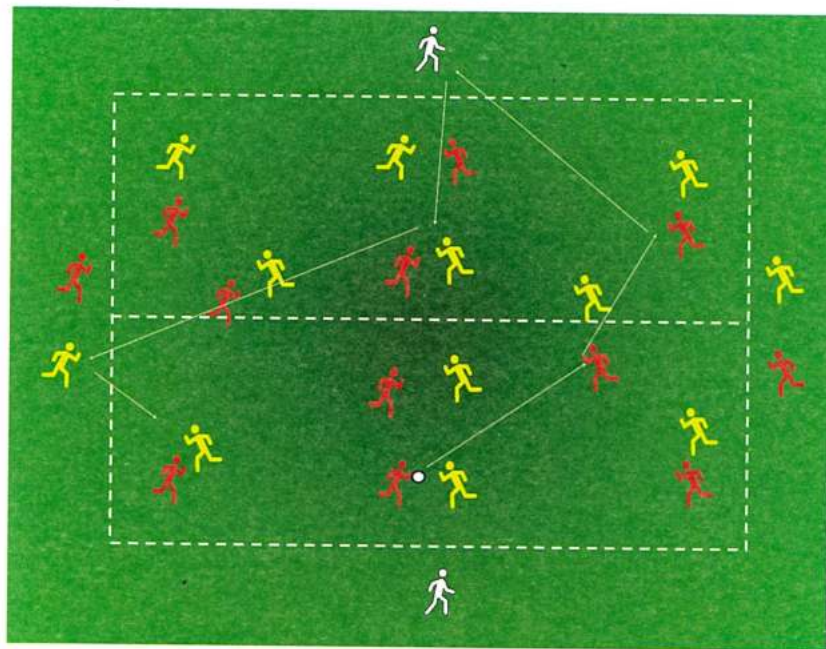



Set up an end zone at each end of the pitch as displayed. (Adjust the pitch in accordance of numbers). Two teams of even numbers split each team into two groups at either end of the pitch. Start with possession hand passing games running at the same time at both ends. On the signal from the coach the team in possession at the top end of the pitch break out and kick long to their teammates at the bottom end who drop their ball and break out. Kicking zone game is played in between the two end zones. After five consecutive bounce passes (30m+) by a team the coach blows the game up and players go back to hand passing game in the zone they have not being in the previous time.

**AIMS:** Kick passing under game like pressure.

**PROGRESSION:** No touches in kicking game, look for direct kick pass without bounce. Allow one hand pass in kicking game to get out of trouble.

# SHORT SUPPORT - LONG SUPPORT GAME:



Two teams  of even numbers, pitch is between the two 45's and 15mts in from each sideline. Each team has a target player at each end (can be the keepers) and link player in each side channel as displayed. On the signal one team starts and they must work the ball to their target player to score, once they score they keep possession but must work the ball back into the opposite half before they can attack their target player again. Target player can only return the ball to his team with a hand pass and his team must build again. Players can move in and out of each half and can use their link men out wide to help with transition. Wide men cannot be tackled and cannot take any touches. Link players and target players can move freely in their zones. 1 point for every possession the target player gets. If ball is turned over in opponent's half, they can hit their target player straight away.

TEAM 1



TEAM 2



RUN



PASS



KEEPER



## AIMS:

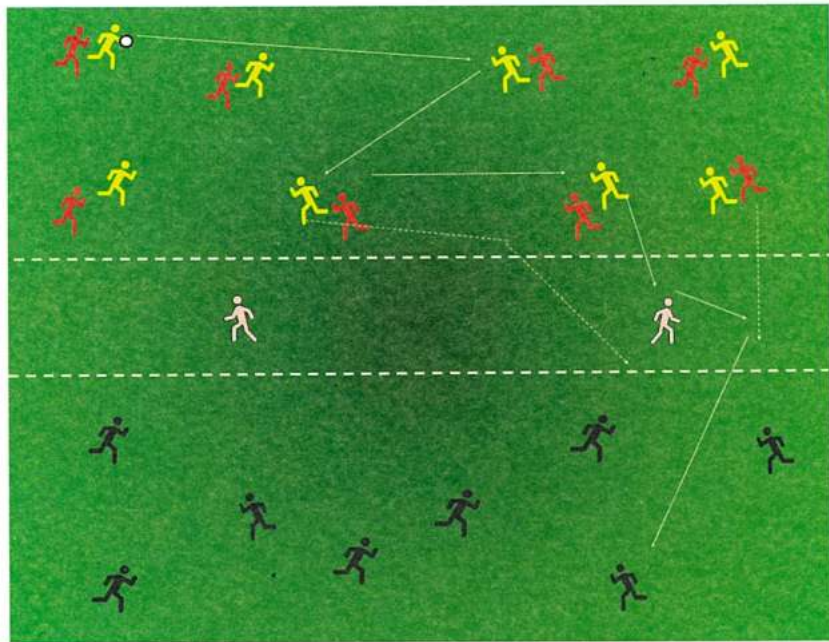
Transition and support.



## PROGRESSION:

Can only score via a foot pass to target player.

“SCANNING – A VISUAL SEARCH”





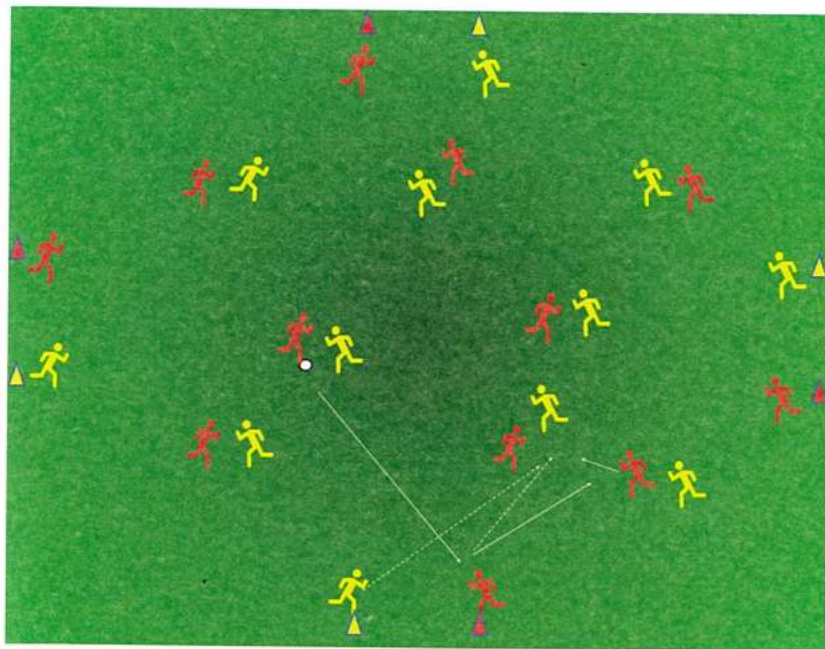
Playing between both 45m lines and full width, mark out a 10m channel running straight up the pitch. 3 teams of 8    with 2 neutral players  in the channel, line up the teams as displayed. On the signal, the yellow team starts with possession and keeps the ball until they all get a touch or a call from the coach, once this happens they must play either of the neutral players and try to speed up the transition with any of their team getting it back before playing the ball into the 3rd team on the other side of the pitch, (a wall pass) the team out of possession must now sprint into that half of the pitch to play the 3rd team with the same rules applying. The team that transitioned the ball now take up positions back in their pitch and wait for the ball to be transitioned back to them. Game continues on this loop.



**AIMS:** Speed the transition up.

**PROGRESSION:** Must deliver the transition via a foot pass.

# STOP THE RETURN PASS GAME:



Two teams of even numbers, pitch is 50m x 50m (adjust to suit numbers). On each sideline there is a red and yellow cone 8m apart with a player from each team at their coloured cone as displayed. Each player is man marked for this game and they must follow each other for the duration of the game. On the signal the red team start by keeping possession, they are trying to work the ball to one of their players at any of the 4 stations, if they get a pass to him he leaves the cone followed by his marker (he can't be tackled receiving the pass) he is trying to play a 1 – 2 with a teammate, if successful his team gets a point, if he doesn't get the ball back but his team keep possession they just attack another station. Opponents do the same on a turnover. As players leave the stations they are replaced by the passer and his marker.



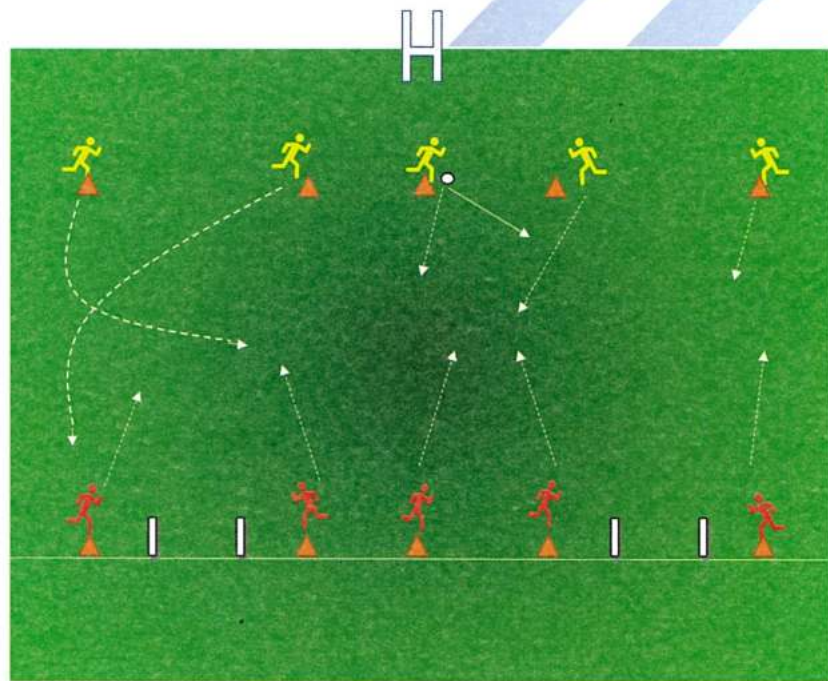
**AIMS:** Don't let the receiver create overlaps or play a 1 – 2.



**PROGRESSION:** Players leaving stations have no touches.

“ YOU DON'T NEED TO BE FAST, JUST GET THERE FIRST ”



# DEFENCE ATTACK DEFENCE GAME:



End line to 45m with the two temporary goals on the 45m line. 5  players start 10m apart on the 20m line and 5  players start on the 45m line 10mts apart. The ball starts at the centre cone on the yellow team, they try to break and work the ball out through one of the goals on the 45m line while the red team advance to defend them. If the red team turn them over they attack the main goal looking for a point. Next 10 players roll in straight away when the ball goes dead on either side. Rotate roles for both team.

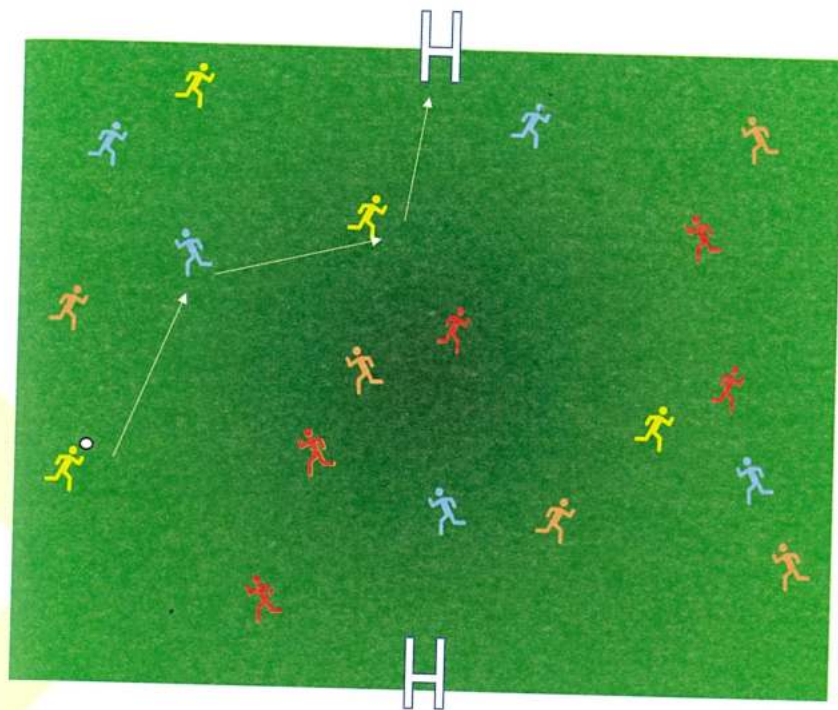
**AIMS:** Quick breaks and angled runs from defence, turnover pressure from attackers in the attacking third.

**PROGRESSION:** Add a goalkeeper to both small goals to make saves only, add a keeper to main goals to assist attack from deep.





# SWAPPING TEAMS GAME:



TEAMS



RUN



PASS



4 Teams of even numbers, adjust the pitch to suit numbers but try to get to  $\frac{3}{4}$  of the pitch with a full goal on the opposite 45m line. To start with red & yellows players play together attacking the main goal and the blues & oranges play to the portable goal. Blue & Red are the anchor teams, the key to the game is every 3 minutes or so the coach calls the yellows and oranges to swap teams i.e. oranges join reds and yellows join blues, players must adapt quickly to their new team and new opponents. Swap anchor teams after half way through the game. Goalkeepers always play with the anchor team and must be alert to his changing teammates.

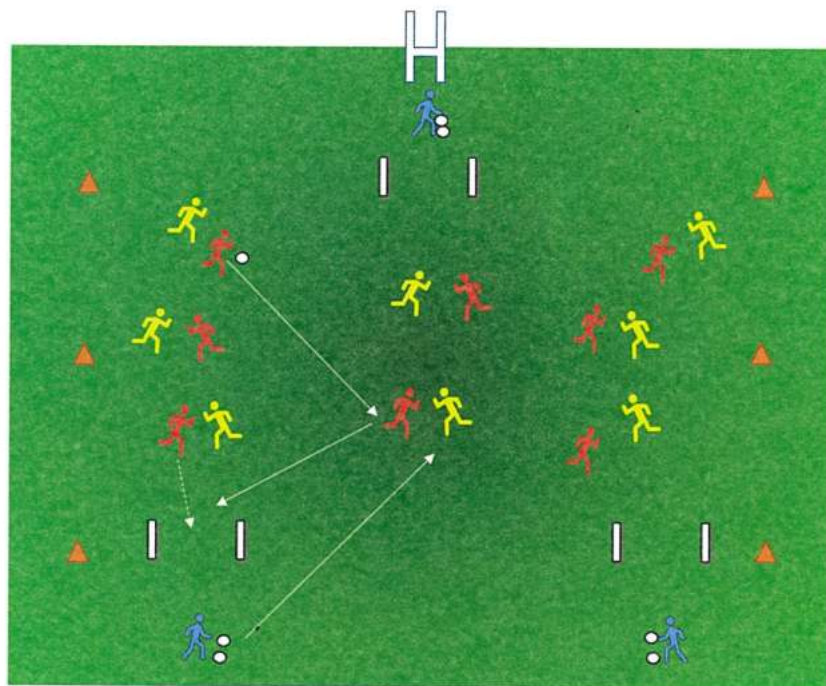
**AIMS:** Quick thinking and pressure on decisions, can players adapt through chaos.



**PROGRESSION:** Play two normal games using all teams at once on the same pitch i.e. Red V Yellows & Blue V Oranges going for points only into nominated goals.

“LEARN FROM FAILURE”



# TRANSITION INTERCHANGE GAME:

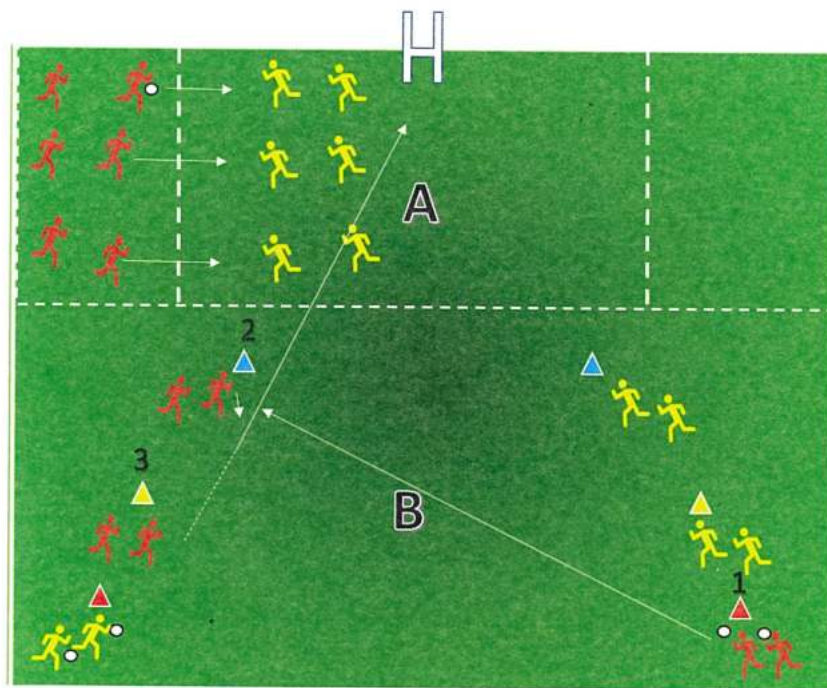


End line to 65m with the two temporary goals on the 65m line and one on the 20m line in front of the main goals and 20m in from each sideline. Two even numbered teams   as displayed. A coach has a supply of balls behind each goal. On the signal the red team start with the ball trying to work it out through one of the temporary goals. If successful, the coach behind that goal plays a ball quickly to the yellow team to attack the temporary goal on the 20m line game continues on this loop. If the yellow team turns over the red team as they are attacking the 2 goals they can shoot for a point into the main goals. Players must run the ball through the poles to register a goal thus giving their opponents a chance to start their attack with an extra player. Players are not allowed stand between the poles they must man mark opponents. Swap sides.

**AIMS:** Transition interchange, and speed up breaks.

**PROGRESSION:** Suspend or add touches, 3-5 seconds on the ball, Add 1 kick pass.

TEAM 1  TEAM 2  RUN  PASS  COACH 

SHOOTING  
AWARENESS GAME:

Two activities going on at the same time. Split the group into even numbers of players in A & B. In A it's a 6 v 6 break out game using the full width of the pitch from end line to the 45m line. Two end zones of 20m x 20m are marked out and the red team must break out of their zone and try to work the ball into the opposite zone without being turned over by the yellow team. Teams cannot be tackled until the ball leaves their zone when attacking. In B we are working on the players shooting from distance while being aware of the game going on ahead of them. Set up two shooting stations, 1 is on the half way line in off the sideline 2 is 50m from the goal and 3 is 15m away from 2 at an angle, ball is played from 1 to 2 and 3 times his run to collect from 2 and shoot for a point. Each player follows his pass.

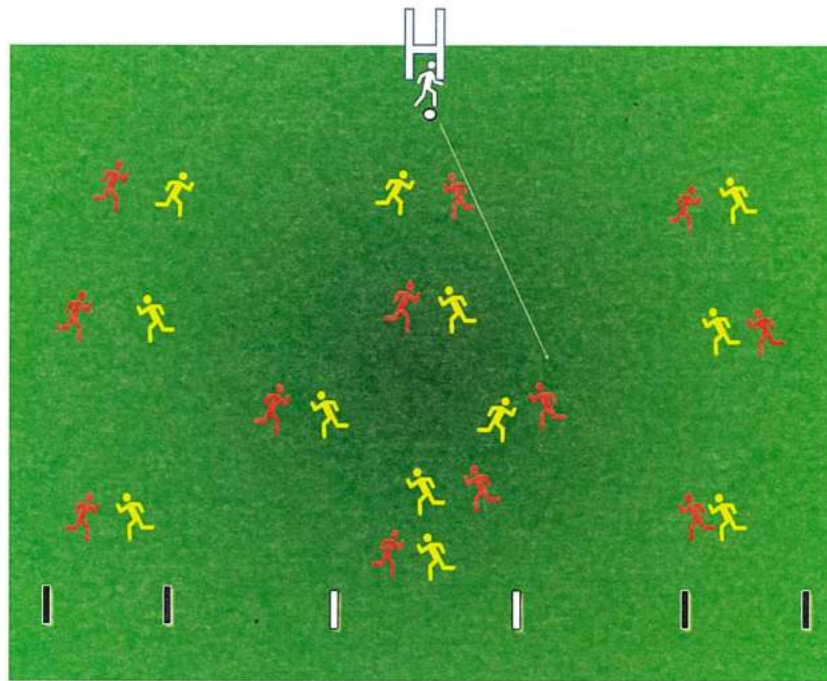




**AIMS:** Players must be aware of their shooting distance and focus on getting the appropriate length and height into their shots while be distracted.

**PROGRESSION:**  
Rotate roles.

“YOUR TIME TO PERFORM”



PRESS THE  
KICK OUT GAME:

Two teams   of even numbers, pitch size is end line to opposite 45m line. Game always starts with a kick out. Ball must be worked out through any of the gates on the opposite 45m if kick out is won by the red team, middle gate is wider than the other two. Line up most of the attackers (yellows) to practice pressing the kick outs, attackers can practice zonal (4 players in full forward line) or man on man. If attacker wins the kick outs they go for a score if defenders win it, they work through the gates and get a goal for the middle one a point for the wide gates. Try a variety of press options and try flooding area for breaking ball on a long kick out. Rotate keepers kicking.

**AIMS:** Kick out press practice, allow player experiment and feedback to teammates. Kick out Practice under pressure.

**PROGRESSION:** Add an extra player for a set time with each team to allow for some successful pressing or kick out retention. Get an outfield player to hit some kick outs to confuse players.

ATTACKERS



DEFENDERS



RUN



PASS



KEEPER



# TACKLING

- ✓ 'One Step' When using your near hand to tackle, take one more step before putting your hand in so you're not reaching.
- ✓ Focus on making contact with the ball not the man.
- ✓ When facing an on rushing player, watch his belly button and not the ball for evasion movements.
- ✓ For inside defenders if the ball is one kick pass away step in front of the attacker, if its two kicks away be by his side.
- ✓ Hands in out - on off when tackling.
- ✓ Use high hands to block off passing channels
- ✓ Same pressure on a pass as you would put on a shot.
- ✓ No wide arms when facing a player moving towards you at pace.
- ✓ Count your opponents steps when tracking on the ball runs before trying to dispossess.
- ✓ Popcorn tackles when tackling from behind (try to pop the ball from opponent's grasp).

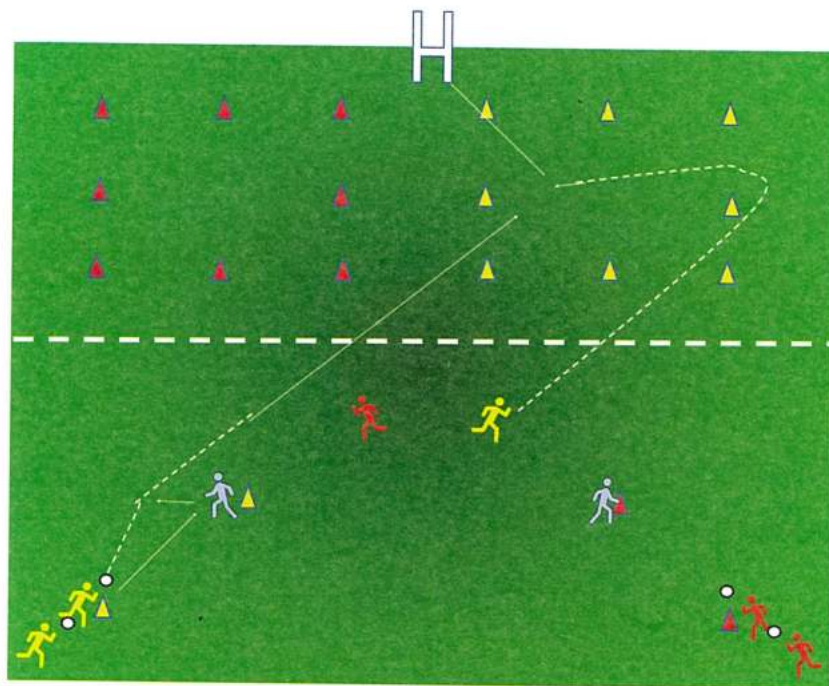
# CHECKLIST




# TEAM PLAY & TACTICAL PLOYS

Have fun trying to upskill your team's ability to predict movements and synchronise who goes where during play or set piece situations. Try different ideas and encourage your team to come up with their own like some examples include here.

## MARK PRIMER:



Two teams   of even numbers working on the 65m line 15m in off each sideline. Inside the 45m line marked out two 20m x 20m squares using 8 cones as displayed. Outside the 45m line diagonally across from each square is where the teams start, place a feeder for a wall pass 5m in front of each team as displayed. On the signal, one player from each group run without the ball into their coloured square and loop around one of the cones to present for a pass, at the same time the next player in line plays a 1 – 2 with the feeder and then tries to play a 20m+ pass for the inside player to take a mark. If ball is caught cleanly he must raise his hand to take a mark then quickly take a shot for a point and gather his ball, the passer is now moving into the square and again loops around a cone to present for the next pass, activity continues on this loop for a set time. Rotate side.

TEAM 1



TEAM 2



FEEDER



RUN

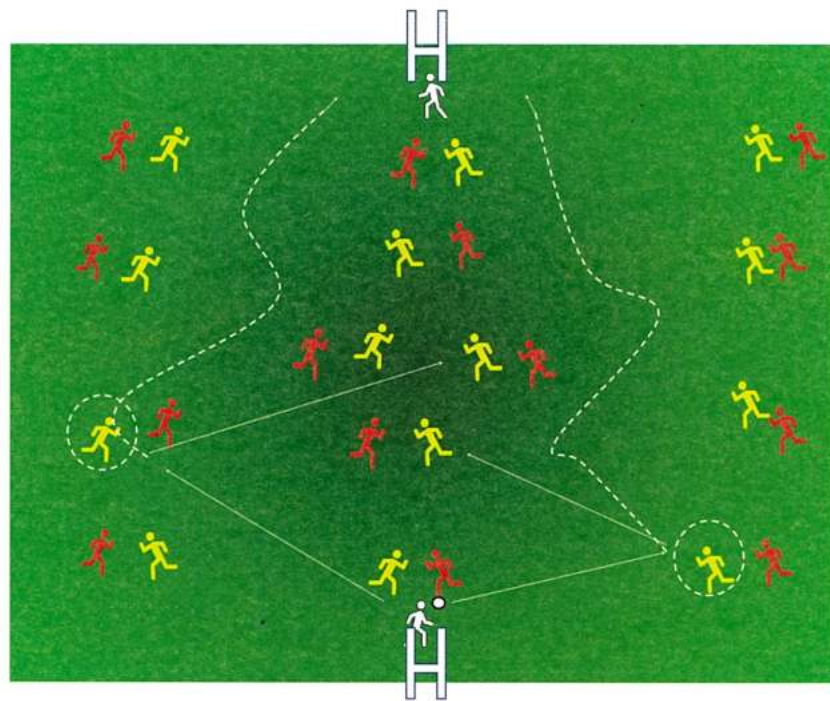




PASS

**AIMS:** Movement  
and Mark work.**PROGRESSION:**  
Shadow mark the  
Mark player.

“WE’RE HERE TO HELP PLAYERS NOT CRITICISE THEM”





Two full teams   playing an in house game. One team working on a Tactical Ploy without the other team being aware. The tactical ploy in this game is finishing the run from deep. On the yellow teams kick outs, anytime the goalkeeper gets a short kick out away to a defender that defender must finish his run all the way to the opposition's end line once he's passed the ball. As his team transitions the ball into their opponent's half he just runs hard from deep getting ahead of the ball and trying to sneak into areas that may stretch the defence or create a decoy to open space, he might even get on the end of a move when he's moving back out if play is slowed up.

**AIMS:** Create an untracked run, the man without the ball does the damage.

**PROGRESSION:** Two players make a deep run with two attackers running towards the defence once aware of this.

TEAM 1



TEAM 2



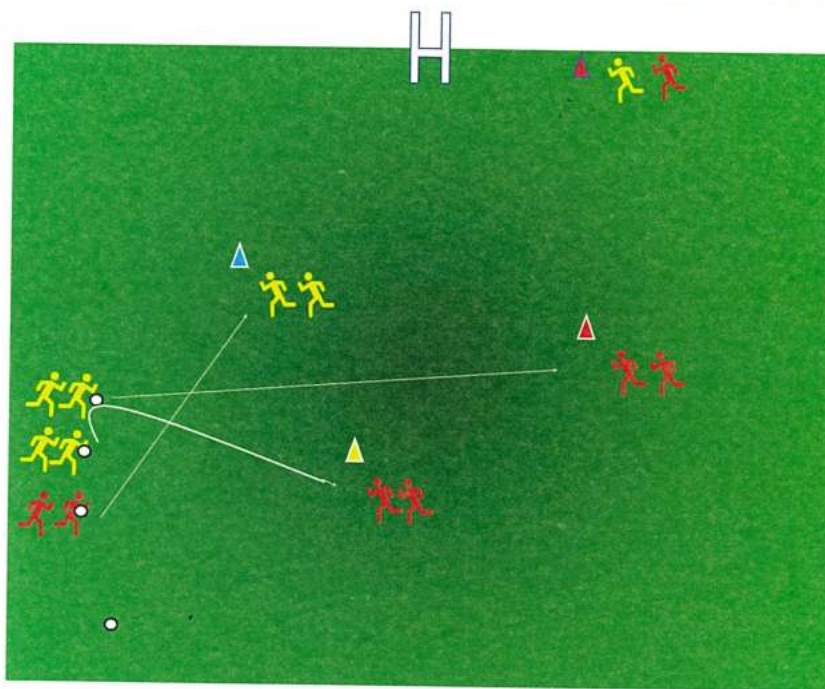
RUN



PASS



# FAST, LONG & CLEVER SIDELINE BALLS:



Working on sideline balls, pick a place on the sideline and put most of the players here with balls. Put 3 stations on the pitch for a long pass, quick pass and short pass and at least 2 players at each of these stations. All players must be off the pitch to play the sideline ball. On the signal, the first player starts by playing a sideline ball to any of the 3 he chooses, the next player must play his pass quickly but cannot play to the same station as the first player, so each player will have an option of a fast pass (close station) long pass (long station) and a disguised pass (quick switch ball) but must react to the player ahead of him. Each player follows his pass with the receivers bringing the balls back to the start.

**AIMS:** Quick thinking and acting on sidelines.

**PROGRESSION:** Add 2 defenders to try and cut out passes. Get the sideline pass back and play a long pass into inside attackers (who can be marked) to work a score.







A routine to introduce players to the components of attacking entries when facing a defensive set up. Working both sides, this exercise has decoy runs and quick ball circulation between players. C starts (50m from end line, cones A – D are 10mts apart) and runs towards D who's in off the sideline providing width, D loops around C while collecting pass (C simulates a screen) B & A have now started their runs and C Skips B to pass to A who now shoots for a point. Add in a coach to play another ball for D to shoot as well so 2 of the 5 players are shooting. Encourage players to explore the options like skip passes and decoy runs and screens.

**AIMS:**

Attacking entries, decoy runs, screens & skip passes.

**PROGRESSION:**

To progress work ball to E who loops A and shoots, A again work the screen. B should finish out his run to the corner of the pitch.

TEAM 1



TEAM 2



KEEPER



COACH



RUN

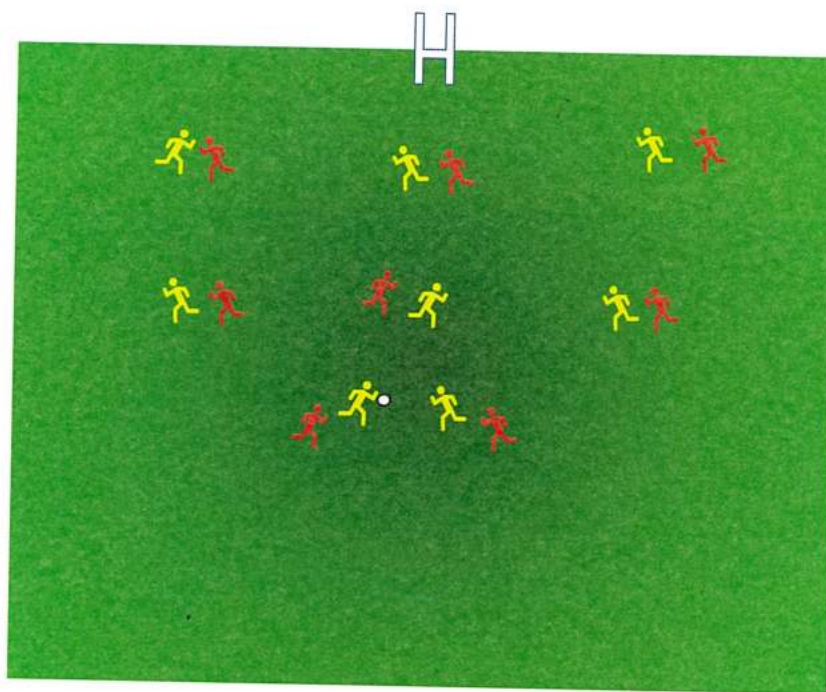


PASS



“ WHEN YOUR OPPONENTS CAN'T READ WHAT YOU'RE DOING  
THAT'S WHEN YOU'RE AT YOUR MOST DANGEROUS ”

## ROTATING ATTACKERS:



ATTACKERS



DEFENDERS





RUN



PASS



A simple attacking routine to help younger players understand and create tactical ploys. Attackers.  line up as normal in their 6 attacking positions. Defenders.  mark them as normal. For a set period in the game – 10 minutes or 6 attacks (ball must go dead to register as an attack) each attacker will rotate a position in a clockwise direction after each attack. Players need to communicate with each other and need to be proactive in moving position. After 6 attacks or the 10 minutes players just play their normal positions.

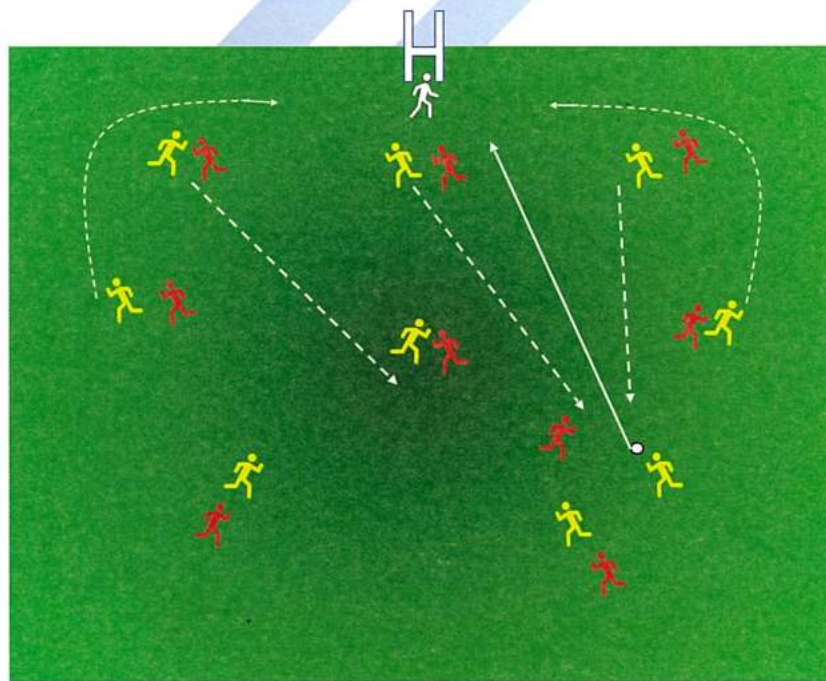
**AIMS:** Create mismatches, introduce players to tactical ploys and allow players take ownership of when to deploy the tactics.

**PROGRESSION:** Speak with the players about what worked well and what could work better, all players explore more tactical ploys.

“EXCHANGE OF INFORMATION LEADS TO DECISION MAKING”



## ATTACKING FREE KICK:



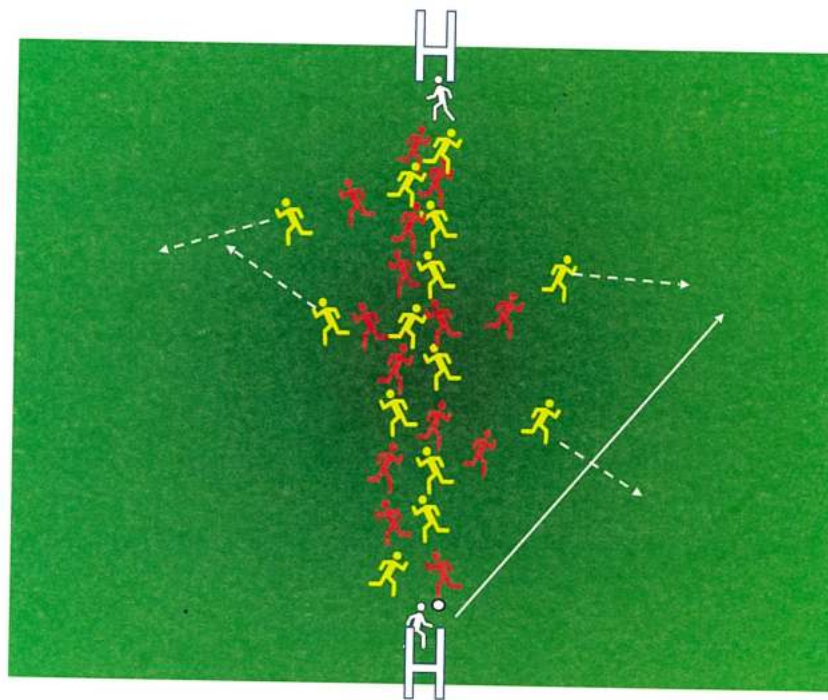
A free kick attacking ploy to help create a scoring opportunity. Attackers win a free kick around the half way line, defenders are marking the attackers, attackers try to get into attacking formation of 3 inside forwards and 3 half forwards, free can be worked from left, right or centre of the goal. On a signal from free taker (i.e. ball held over head) the 3 inside attackers run hard out the field towards the free taker, as soon as they vacant the inside area the 2 wing forwards make a looping run around their men into that space for a long ball to be played towards them, all other forwards have now turned around and are attacking the goal to see if they can win a second ball. If one of the first runs get free the ball can be played from the free taker to him.



**AIMS:** Empty out of attacking area and other players filling it in to create a scoring opportunity.

**PROGRESSION:** Keep the movement of players but encourage free taker to play what he sees.

ATTACKERS  DEFENDERS  RUN  PASS 

“ IT HAS TO HAPPEN ORGANICALLY, PLANT THE SEED  
BUT IT GROWS IN ITS OWN SPACE ”



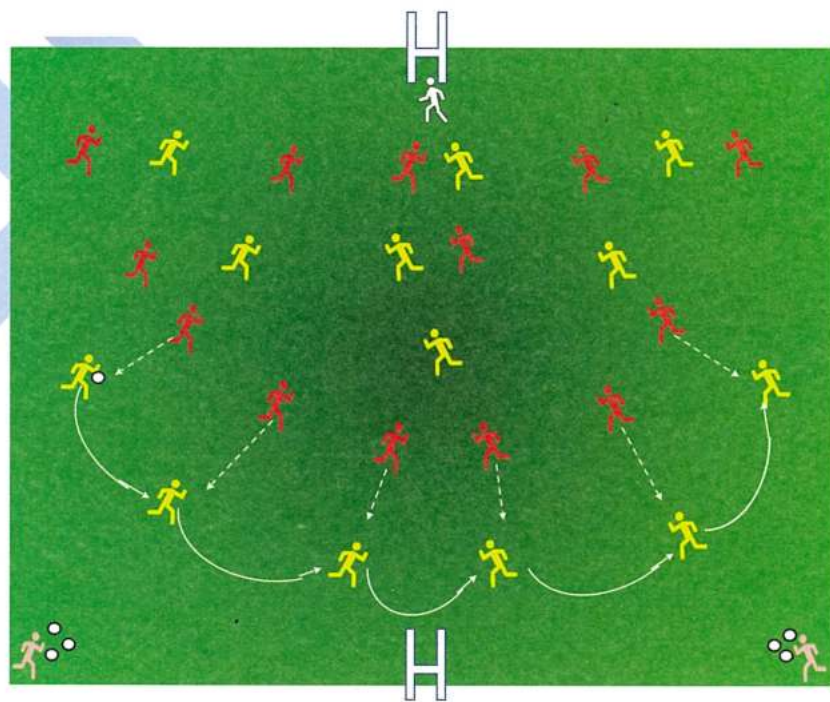
Two full teams   playing an in house game. Practice this kick out as a stock kick out for when your team must win the next kick out for whatever reason. Put a signal or a call on it and the whole team lines up in a spine from one end of the field to the other. When the keeper indicates the yellow players start breaking in multiple direction at pace for the keeper to aim at. The keeper will have plenty of options to go long, medium or short with his kick out. Opposition teams will line up in various ways to counter this movement but if every yellow player moves like he believes he is going to win the kick out they will find it hard to stop all the runners.

**AIMS:** Nobody knows where the kick out is going but keeper has lots of options.

**PROGRESSION:** The yellow defenders do not break allowing wing forwards move into the defence to win the kick out.

“ THE SPEED THE BALL TRAVELS  
THE SPEED OUR FORMATION TRAVELS ”



PRESS OFF  
THE SHAPE GAME:

TEAM 1



TEAM 2



RUN






PASS



FEEDER



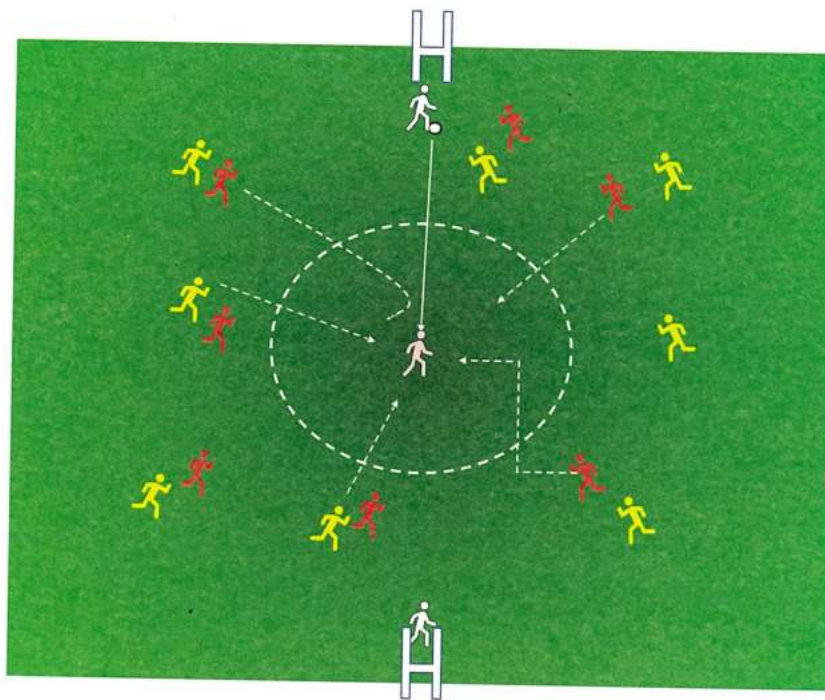
Two even numbered teams   playing a conditioned game in one half of the pitch. The red team is set up with every player behind the ball. Yellow team have men around the defensive shape. Phase one of the game is looking at the yellow team passing the ball around the defensive set up with the red player nearest the receiver "pressing off the shape" using his hands to distract the player from passing inside and forcing him lateral. This phase is non-contact. Next phase the yellow players run around and pass as they move on the outside with red player pressing off the shape but not following the runner, again non-contact. Third phase is to play it fully and allow contact, if red team turn over yellow they work the ball to the wide feeder  with a hand pass to score. Swap roles.



**AIMS:** When teams have players behind the ball they should be active and pressing.

**PROGRESSION:**

Run third phase for 20 seconds and then nominate one wide feeder to play a new ball to the attackers to stretch the defenders and see how they react.

## SCRAMBLE GAME:



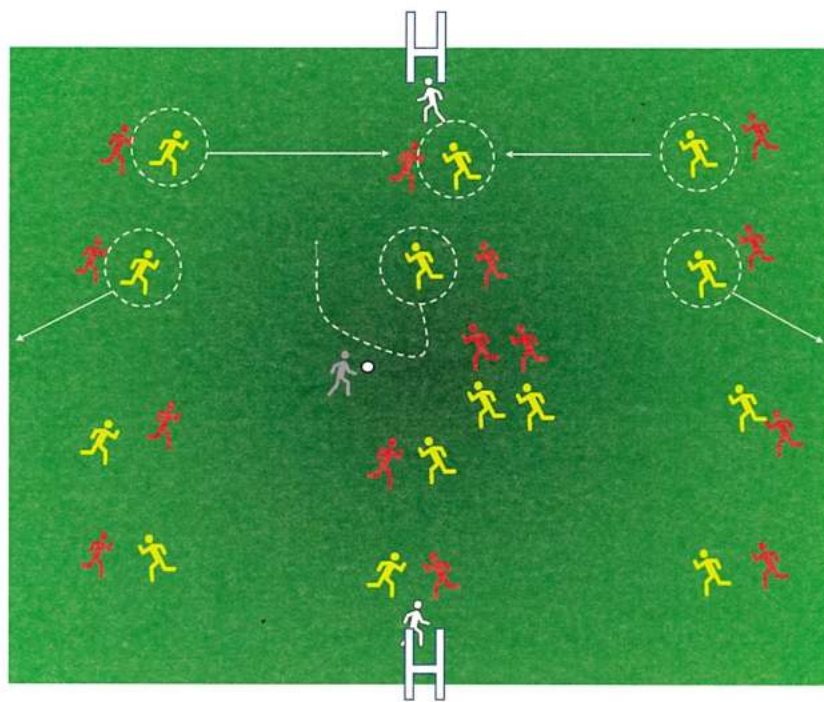
Two teams of even numbered   teams playing on a modified pitch with a set of portable goals on the opposite 45m. Yellow team are attacking the main goal and Red team are attacking the portable goal. Mark out a 15m circle in the middle of the pitch and place a "joker" inside. All players must keep out of this circle until the game begins. The game always begins with a kick out to the joker. When the ball is kicked out the joker catches the ball and the rest of the players can now enter the circle and look for a pass from him, the joker can play the ball to whichever team he chooses, for example if 2 or 3 yellow players run hard towards him looking for the pass he may choose to give it to a red player thus the yellows will have to scramble back to defend their goal. Rotate kick outs and ensure players commit to looking for a pass from the joker.


**AIMS:** Losing a turnover and scrambling back to defend.

**PROGRESSION:** All restarts frees & sidelines are played to the joker.

“A SIDE = STRONG SIDE HANDS & FEET,  
B SIDE = DEVELOPMENT SIDE HANDS & FEET”





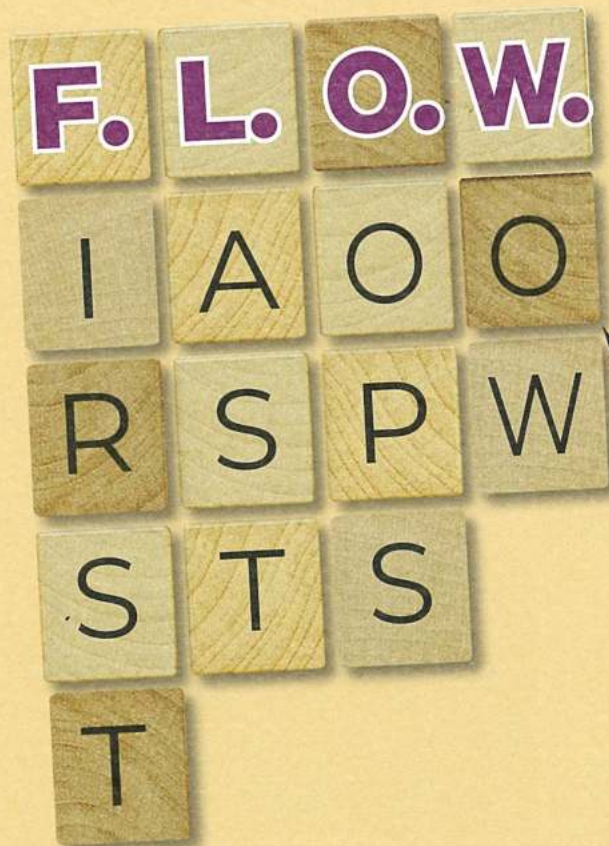
Two full teams  playing an in house game. One team working on a Tactical Ploy of a throw in without the other team being aware. The object of the set-up is for the 6 yellow attackers to move in such a way that they can create space, support a long pass inside, support a short pass to a runner and be able to drop back and help their defence if they lose the throw in.

On the throw in the 2 wingers run out wide and stay there to see what develops, the 2 corner forwards swap positions at pace, 11 runs towards then ball to be available for a pop pass or to loop his run to support a long pass inside. If yellow midfielders win the ball they decide what to do based on the attackers movements, if a red player sits and doesn't follow his man he should be available for the pass.

**AIMS:** Provide numerous attacking options from the throw in.

**PROGRESSION:** Strip the activity right back to an unopposed walkthrough to fine tune movements.

## *Make Sure Your Training Session Has A Nice*

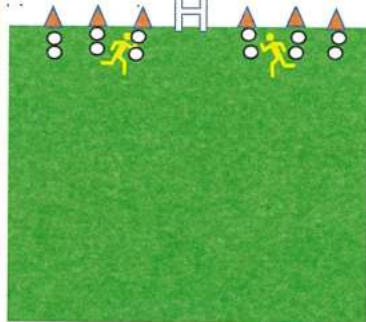


*First and Last activities  
should be memorable  
with an Oops section in  
the middle bookended  
by a Wow Factor.*



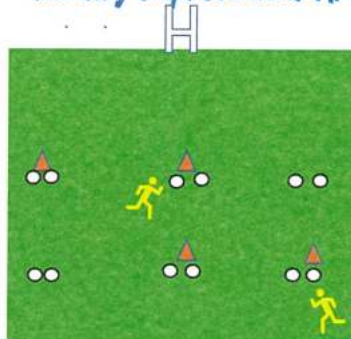
# Free Taking Session:

## Eye in Warm Up



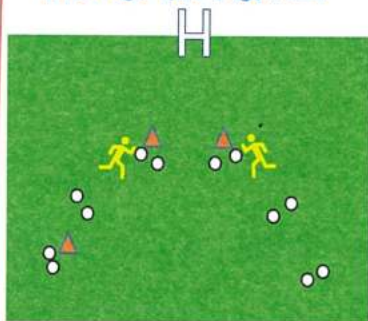
Working along the end line 6 stations are placed along the end line with balls at each. Start from the shortest distance, free taker takes 10 kicks from each station trying to hit the post. Aim is to focus on a smaller target i.e. aiming for middle of the post not trying to curl the ball over the bar.

## Identify Improvement Area:



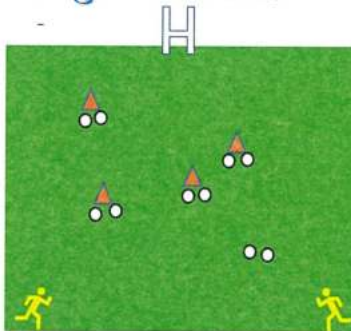
Take 10 kicks (off ground & out of hands) from each station around the scoring zone (adjust for age groups). Record how many you score out of each  $10 - 7/10 = 70\%$ . The purpose of this activity is to identify which position needs most work. Set goal of 90% accuracy.

## Increase The Distance:



Start on 14m line both side from hand & ground. Take 20 kicks when 80% accuracy is reached move back 8mts at an angle hit 20 kicks as above and move back another 8mts when 70% accuracy is reached. Increase accuracy goal every time you practice this activity.

## Fatigued Free Kicks:

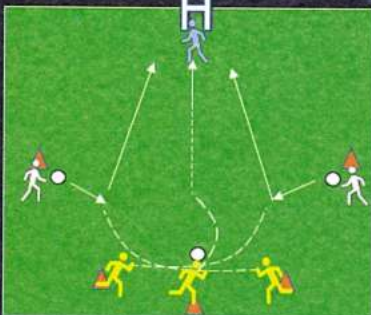


5 stations set up within the scoring zone, 2 balls at each station. Free taker starts on sideline on the half way line. He must sprint to a station and then take a free kick, jog back to other half way line and then sprint to new station for free kick. Record score from 10 kicks.

# The 3 Man Weave

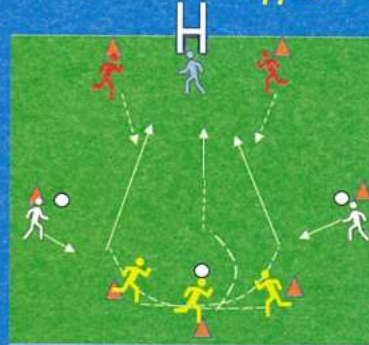
## Shooting Activities & Progressions:

### 3 Man Weave Unopposed:



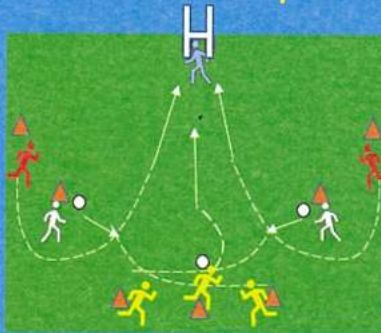
Working from the 65m line in with feeders 40m from goal. 3 man weave with centre player going for goal and other 2 players collecting from feeders and shooting for a point as displayed.

### Man Weave Semi- Opposed:



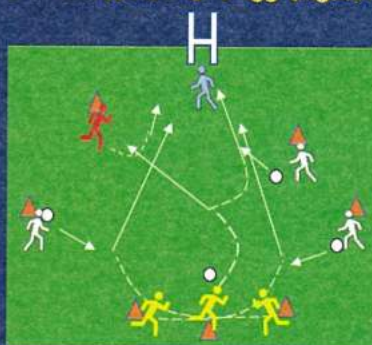
Working from the 65m line in with feeders 40m from goal. 3 man weave with centre player going for goal and other 2 players collecting from feeders and shooting for a point but 2 defenders come out from the 14m line to apply pressure.

### 3 Man Weave & Loop Shot:



As 1st weave with scorers 5m behind the feeders. When feeders play their pass the scorers time their run to loop around receiver collect and shoot for a point, 2 weavers swap with 2 loopers, centre player goes for goal as normal.

### 3 Man Weave & Pass Inside:

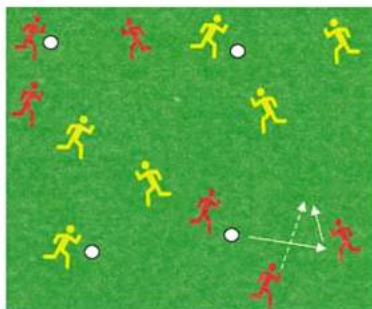


3-man weave, centre player plays long pass inside when he gets ball back from weave, inside player spins and shoots for a point, 2 wide men shoot as normal and extra feeder plays centre man to go for goal.



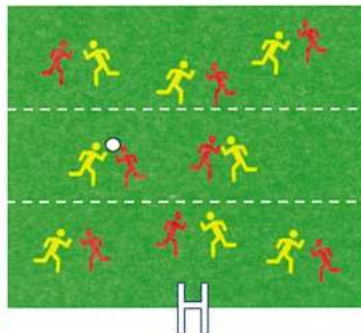
# 3rd Run / Support Session:

## 3 Run Intro



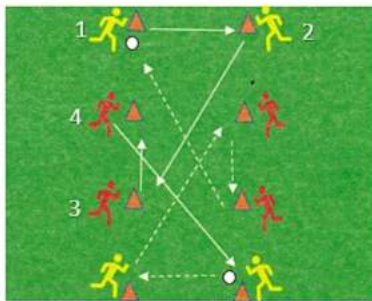
Start off in 3's and moving randomly around the pitch unopposed. 1st player passes to the 2nd player and the 3rd then run in a different direction to collect a pass, he then passes to either player and the 3rd player moves again in a different direction running of the ball receiver.

## Possession Run Zone Game:



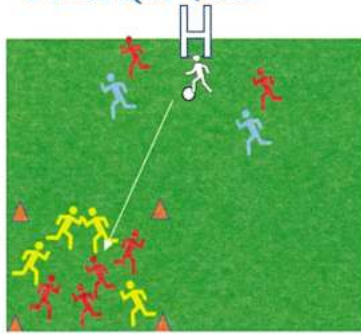
3 zones attackers and defenders in each end zone can move into the middle to create 3rd runs and middle players can move into either end zone to do the same. End zone players cannot move into opposite end zones only from theirs to middle and back. Rotate starting zones.

## 3rd Man Run Activity:



2 or more players at end cones and 1 player at each middle cones. 1st player from 1 hand passes to 2, 2 moves onto ball & plays a foot pass to 3, 1st player from 4 times his run to collect ball from 3 and pass to opposite start cone. Start a ball at each end. Adjust size of grid to suit.

## 3 Man Run Game:

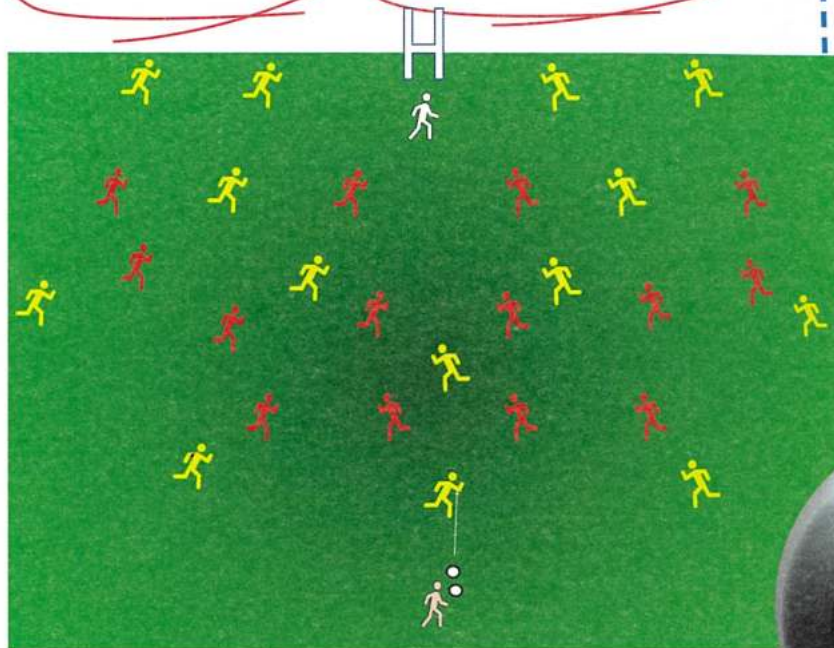


Ball is kicked from keeper to grid on half way line, whichever team wins ball must make 4 passes before breaking and passing to blue players and make 3rd man runs off them and get a score, inner defenders are to defend runners not blue players.

# The LAST DANCE Game:

**Aims:** Create Frustration amongst the attacking team.

**Progression:** Allow each team 1 minute before game begins to plan their attacking or defending strategy.



The Last Dance Game, is played at the end of every training session. Two full teams (or even numbered teams) play in one half of the pitch. Each team have a go attacking and defending and each game lasts for a maximum of 90 seconds. The game begins with the coach playing the yellow team a pass from the middle of the pitch, they have 90 seconds to score or win a free kick. If they give the ball away or are turned over their game is over, even if it's after 10 seconds its game over for them and the teams swap roles with the red team getting their go as attackers.

The object of the game is to try and create the last few plays of a game, either looking for a winning/equalising score or defending a 1 score lead. After a few goes teams will develop different ideas like adding depth on the end line and width to their attack.





THANK YOU

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