

Learn to Train

The Skills of Gaelic Football

Ulster GAA

Coaching & Games Development

www.ulster.gaa.ie



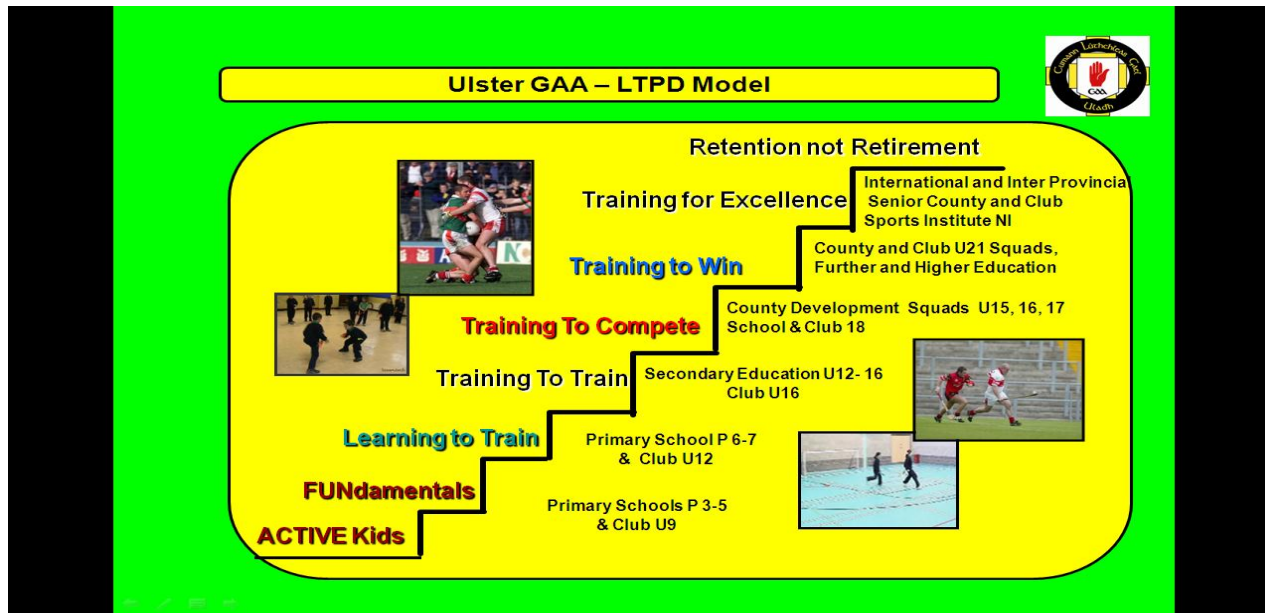
Ulster GAA Coaching Resources



Introduction:

Ulster GAA has, for many years been working at the forefront in the production of resources to develop our players as they progress along the 'Long Term Player Development Pathway' (LTPD).

Our experience has led to the original LTPD model being extended to include development of a younger age group through a Foundation, Key Stage One & Key Stage Two programme that complements the original 'Fundamentals', 'Learn to Train' and 'Train to Train' stages of the player development pathway.





As part of our on going support to teachers and coaches a series of coaching resources from our manuals can now be purchased from the Ulster GAA website www.ulster.gaa.ie to assist with the preparation of classes and coaching sessions that will challenge and improve students and players alike.

The sessions come in a structured format with progression from age 5-6 years through to adult. Rather than having to purchase an expensive manual coaches/teachers can now purchase only those sessions that will be relevant to the age group that they are coaching/teaching.

All sessions are easy to download and can be paid for using the on line Pay Pal account on the Ulster GAA home page. To download a session, simply identify the age group you are working with and the type of sessions that you would like to use to develop your class/team e.g. A teacher working with a group of Primary 3 pupils on handling skills should click on Key Stage One followed by Handling, the sessions will then be automatically downloaded to the teacher's computer following payment of the appropriate fee. Each session can be printed out or retained on the computer where a bank of resources can be built up over time.

Available Resources



Key Stage One - Ages 5-8

Handling Lessons	32 Lessons + End of Stage Tests
Kicking Lessons	32 Lessons + End of Stage Tests
Striking Lessons	32 Lessons + End of Stage Tests

Key Stage Two – Ages 8-11

Football Lessons	25 Lessons + End of Stage Tests
Hurling Lessons	29 Lessons + End of Stage Tests



Gaelic Start – Ages 4-9

Free Introduction – 44 slides	Warm Up Activities - 44 cards
Stretches - 22 cards	Additional Hurling & Football Skills & Games – 30 cards
Stations - 34 cards	Activity Planner - Weekly sessions – 36 weekly sessions for U-6 & U -8
School/Home Activities - 39 cards	Family of Games - 31 cards

Fundamentals – U.6 to U.9

Free Introduction	17		
ABC's – (Agility, Balance & Co-ordination)	37	RJT – (Running, Jumping & Throwing)	45
Kicking Activities	28	Catching & Passing Activities	46
Fundamental Games	41	Striking Activities	38



Learn To Train – U.9 to U.12

Free Introduction	46		
Speed & Aerobic Training & Strength Training	44	Games for better team play & Tactical awareness	26
Nutrition, Hydration & Mental Training	16	Coaching skills & Code of conduct	18
Warm Up & Flexibility Activities	29	The Skills of Gaelic Football	52
Planning for games & Let's Go Games	24	The Skills of Hurling	49



Train To Train – U.12 to U.14

Free Introduction	13		
Conditioning & Core Strength Activities	37	Speed & Stamina Activities	32
Strength & Medicine Ball Running & Jumping	40	Principles of Play, Football Activities with a Purpose & Technical Development (Football)	56
Lifestyle Issues & Mental Skills Training	21	Principles of Play, Hurling Activities with a Purpose & Technical Development (Hurling)	43

Learn to Train

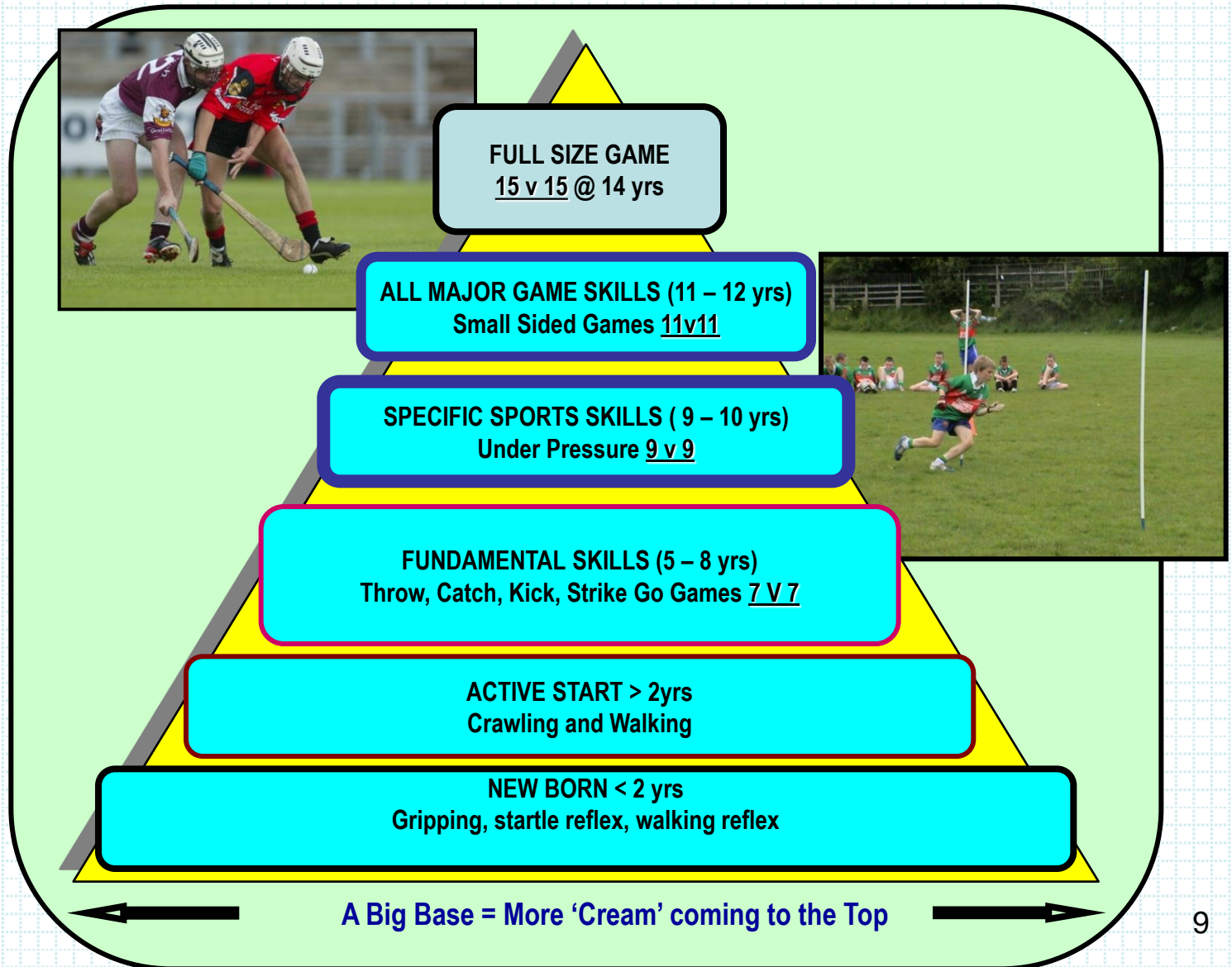
Individual Technical Development Football



Insanity is
doing the same thing
over and over again
and expecting
the same results



Technical ...SKILL DEVELOPMENT PYRAMID



Technical ...SKILL CATEGORIES FOR ANY AGE GROUP

- ✓ Each skill is coached using different Body Parts i.e. The Head, Hands and Feet allowing coach to focus on one aspect of the skills at a time
- ✓ Drills which involve passing and receiving usually start with a ball between one or two players which allows for lots of contact to help and learn the skill and the following progression are:
 1. Passer and Receiver are always stationary as they are coached the key points of the technique
 2. The passer should be challenged to move to a free space after passing to the stationary receiver
 3. Ask the passer to travel (dribble, solo etc.) into a free space before passing to a static receiver
 4. The passer passes to a moving receiver while stationary
 5. This is the final part of passing and involves both passer and receiver moving while passing.
- ✓ Progression 2-5 are known as 'Match' drills since they represent what actually happens in the game
- ✓ Static or Linear drills like Progression 1 have their merit when coaching a technique initially but too many coaches spend far too long on these type of drills which do nothing for improving decision making and usually produces the 'blinkered' type of player
- ✓ The intermediate and advanced drills challenge the players to execute their techniques under pressure of time, space and extra players which they will eventually have to do in the game. The art in coaching is to know when to challenge the players a little further
- ✓ The final part of skill development involves players using their newly acquired skills in a team play situation using grids (play areas) and then in a fun/conditioned game
- ✓ The above coaching method means that players can see how the technique is not coached in isolation but becomes a skill in a game situation. They are then more motivated to learn the technique

Technical ...SKILL CATEGORIES

**A. Gaining Possession:
Non Possession – Defence**

**B. Exploiting Possession:
Possession - Attack**

To help coaches plan their programme these may be sub divided into four components:

1. Receiving Skills:

- a. **Catching:-**
- b. **Low, Bounce (Half-Volley), Tummy, Head-High, Overhead, One-Handed**
- b. **The Lift:**
 - Crouch (Stationary and Rolling)**
 - Jab Lift, Chip & Assist**

3. Defending Skills:

- a. **Tackling:**
 - Side – Near Hand Tackle**
 - Front – ‘The Fencer Tackle’**
- b. **Blocking – From the Feet & The Dive Block**
- c. **Interceptions**
- d. **Man To Man Marking**
- e. **Marking Space**
- f. **3 D’s - Delay, Deny & Dispossess**

2. Playing Skills: Possession Skills, Passing, Breaking Ball

a. Kicking:

- Ground – Short & Long**
- Volleying & Half Volleying**
- Punt – Drive (Front of in step)**
- Hook (Inside of in step) - Swerve (Outside of in step)**
- Drop, Overhead, Tap-on**

b. Handling

c. Travelling Skills:

- The Solo – Hand To Toe & The Bounce**

d. Evasion Skills:

- Dodging, Side-Step, Feint and Side Step, Swerve, The Roll, Ball Feints (Hand and Feet)**

e. Scoring Skills:

- Direct – Feet, Fist - Deflected – Hands ETC. - Free Kicks & Penalties**

4. Non Playing Skills:

- a. **Spatial Awareness: Scanning: On/Off The Ball**
- b. **Running Off The Ball: Calling The Play**
- c. **Marshalling Your Defence**

Technical ...SKILL DEVELOPMENT...MASTERY OF SKILLS

1. Basic Drills:

- ✓ Initially children learn the skill in a stationary position
- ✓ Lots of errors – depends on the coach for instruction and direction
- ✓ Use basic drills i.e. Both players i.e. passer and receiver, stationary before advancing to:

2. Intermediate Drills:

- ✓ Here the skills are coached in a moving environment e.g. passer moves after passing or passing to a moving receiver
- ✓ Achieved basic level of competence
- ✓ Refine the skill further by performing the skill faster with more numbers involved.

3. Advanced Drills

- ✓ Skill is becoming automatic and is performed under pressure. Focus is on decision making through more advanced tasks.
- ✓ Here the passer might be pressurised when passing etc.

4. Grids:

- ✓ The skill is now developed using grids where more numbers are included and more decision making is required

5. Fun/Small – Sided Games:

- ✓ The final stage of skill development is where players use their newly acquired skills in a fast moving match environment e.g. small sided game



Blocking Starting on the Ground



Start Kicking Skills On The Ground

Technical ...SKILL ERRORS...SPOT AND FIX

- ✓ Identify the problem – Know the observable components which when put together make up the skill
- ✓ Break down basic technique: focus on various body parts and concentrate on one at a time : e.g. Head (eyes), Hands, Feet
- ✓ Work out what is required to overcome the problem
- ✓ Take player aside
- ✓ Demonstrate correct technique of faulty part
- ✓ Practice – proper repetition is key to learning

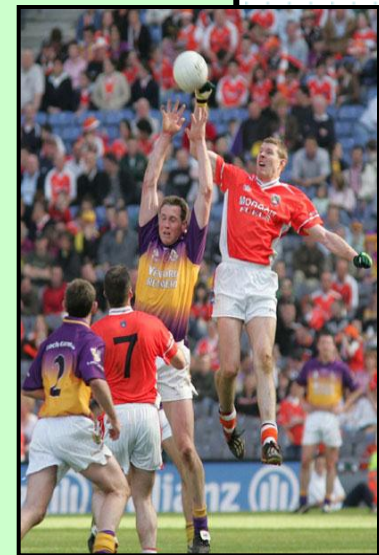
Practice doesn't make permanent but **Perfect Practice** does.

- ✓ The younger inexperienced players need more one to one 'hands on' coaching by the more experienced Coaches

1. Rectify Skill Faults
2. Rebuild the skill
3. No resemblance to model performance
4. Renovate the skill
5. Partially deviates from model performance
6. Practice the skill under match conditions



Practice Jump and Turn



Jump and Turn in Game

Technical ...COACH A SKILL V RUN A DRILL

These are two very different concepts:

Running a drill requires:

- An activity to be set up that allows the players to **practice the technical or tactical aspect of the game** that s/he is working on

Coaching a skill requires:

- The coach to **communicate the correct coaching points or principle of play** that will **help the player** to execute the skill or tactical play more efficiently or effectively during a game
- Sports Skills are Taught when the coach

Aims for mastery of the skill

- ✓ Knows the observable **components of the skill**
- ✓ Spots the 'bits' of the skill being performed incorrectly. Be able to 'Spot and Fix'
- ✓ Gives Feedback about skill performance
- ✓ Praises the parts being performed correctly
- ✓ Instructs how to modify the bits that need correction
- ✓ Demonstrates how to do the 'bits' of the skill correctly
- ✓ Teaches **one component** of the more complex skills at a time e.g. Head, Hands or Feet especially with regards to coaching hurling skills

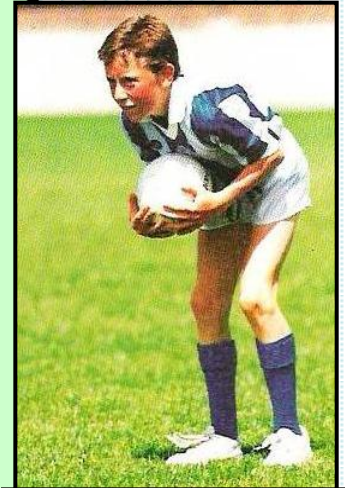


Technical ...RECEIVING SKILLS - CATCHING

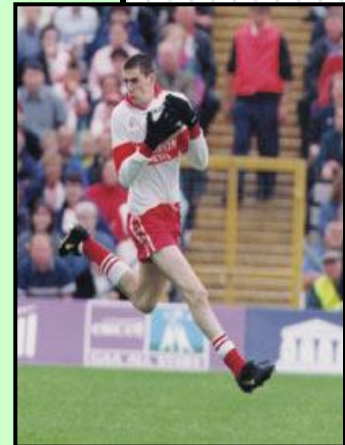
- ✓ Before coaching the sport specific skills all players should have acquired a good level of fundamental training without which it will be more difficult to coach the sport specific skills
- ✓ As the two main skills of Gaelic football are catching and kicking these are the two that should receive the most attention especially the latter
- ✓ Kicking is much more difficult to coach than catching and if not taught properly from an early age is very difficult to learn later as anyone has found out trying to coach an older player how to kick with the weaker foot

Catching:

- ✓ There are two basic types of catches:
- ✓ The Body Catch – Here the ball is taken into the body with the hands and is much easier than the reach catch
- ✓ These include the Low, Tummy catch and the Half Volley
- ✓ As the tummy catch is the easiest to learn it should be coached first, followed by the half volley and finally the low catch
- ✓ The Reach Catch – In this catch the hands go out to meet the ball, either below or above waist height
- ✓ These include the Head- High, Overhead and the One Handed
- ✓ Children should be coached from an early age how to 'dive' for a very low ball. This will involve coaching them how break a fall by landing properly



The Body Catch



Technical ...RECEIVING SKILLS – LOW CATCH

The low catch is used for gaining possession of a low ball travelling just above the ground and below the navel.

HEAD:

- ✓ Eyes on the ball
- ✓ Key Point - Watch the ball all the way into the hands
- ✓ NB This is the key coaching tip for all catches

HANDS:

- ✓ Have the hands in the ready position before the ball arrives
- ✓ Bend and reach down with arms close together – See Picture 1
- ✓ Hands ball width apart and fingers pointing to the ground
- ✓ NB For all low catches the fingers should be pointing down. For ball coming at chest height fingers should be pointing forward while for all high catches the fingers should be pointing upwards
- ✓ Let the ball come into the 'soft' hands to cushion the ball before pulling it close to the body

FEET:

- ✓ Bend the legs preferably one foot in front of the other
- ✓ Get your feet behind the flight line of the ball early in preparation for the catch
- ✓ Stand one foot in front of the other and move into receive the ball early in front of your opponent
- ✓ If the ball is coming on your right withdraw the right leg behind the body so the ball can be 'feed' into the hands
- ✓ Drive through the ball and continue the movement
- ✓ If the ball is travelling very low and fast you might have to dive in to take the ball



Watch the ball all the way into the hands

Technical ...RECEIVING SKILLS – LOW CATCH

Common Mistakes

- ✓ Hands not behind the ball. Not gripping the ball as it enters the hands
- ✓ Not bending the knees to get low and not getting the feet behind the ball
- ✓ Not getting the body behind the flight path of the ball
- ✓ Snatching at the ball

Exercise 1: Basic Drill 1: Bowl and low catch in pairs

- ✓ Knelling Knee Pick Ups
- ✓ 2's: No.1 kneels on the left knee with the backs of the hands on the ground in front of the right knee.
- ✓ No.2 rolls the ball towards the hands of No.1. This allows No.1 to gather the ball in the correct body position.
- ✓ Change rolls after set time

Exercise 2: Basic Drill 2: Crouch Roll Pick Ups

- ✓ Repeat above while catcher in a slightly crouched position with one foot in front of the other
- ✓ The palms of the hands should be facing upwards with fingers well spread
- ✓ No. 2 uses an underhand throw to aim just below knee height
- ✓ No. 1 should step forward to catch the ball and gather to the body
- ✓ These drills also help players to execute the Dive Block

Exercise 3: Basic Drill 3: Read The Pick Up

- ✓ No. 1 stands with both feet together and does not know which side the ball will be coming
- ✓ S/he must decide which foot to move backwards in order to get the hands down to receive the ball i.e. if the ball is coming to the player's left s/he must move the left leg back etc.
- ✓ No.2 may throw the ball to either side of the catcher
- ✓ Change rolls



Learning To Fall



Technical ...RECEIVING SKILLS – LOW CATCH

Exercise 1: Intermediate Drill 1: Beat Your Partner Pick Ups

- ✓ Both players stand and repeat drill above
- ✓ Throw 10 balls each to see who catches the most

Exercise 2: Intermediate Drill 2: Shoulder Roll Pick Up

- ✓ 2's: No. 2 throws a low ball for No. 1 to come and catch while falling
- ✓ Here players should be taught how to roll while catching a low ball
- ✓ They should start on one knee and roll over one shoulder after catching the ball
- ✓ Progress to the player standing and rolling before running in and rolling after catching
- ✓ Change rolls



Roll To Score

Exercise 3: Intermediate Drill 3: Roll To Score

- ✓ 1 V 1: Here two players compete at scoring goals by attempting to throw low balls past each other
- ✓ Use cones etc. for your goals Players should be about 5m apart. Progress to punting low balls past each other
- ✓ Who can score 5 goals first?
- ✓ This drill can progress to punt kicks
- ✓ Shots should be made to both sides of the keeper



Fingers point Down
For Low catches

Exercise 4: Intermediate Drill 4: Low Ball Pick -ups

- ✓ 3's: One 'Feeder' aims a low ball between two catchers who are standing side by side in front of the 'Feeder'.
- ✓ The catchers attempt to gather the ball as soon as it is released by the 'Feeder' who throws 5 balls before changing places with No.2 etc.
- ✓ Make the catchers stand with their feet shoulder width apart and hands on thighs
- ✓ Any catcher who moves before a ball is thrown loses a point
- ✓ Give each catcher 5 points to start with
- ✓ The winner is the player with the most successful catches.

Technical ...RECEIVING SKILLS – LOW CATCH

Exercise 5: Grid Game: 3 V 1 or 4 V 2 (+ 2 Resting Players)

- ✓ Mark out a 10m X 10m grid
- ✓ 4 Players attempt to keep possession by using low passes i.e. ball must below knee height to achieve a set number e.g. 10 consecutive passes to score a goal
- ✓ NB A goal can be a set number of passes or the most in a set time etc. it doesn't have to be goals as scored in a game
- ✓ On signal or on first pass the first two (No. 1 & 2) out side defending players may enter the grid to take possession of the ball
- ✓ After a set time e.g. 30 secs. the other two defenders move in to intercept the passes
- ✓ See which group can score the most goals in 3 mins.
- ✓ After 1 min. change roles i.e. the 4 attackers become defenders and move out side the grid while the defenders become attackers
- ✓ Variation: Attackers must use punt passes only. Use a bigger grid 30m X 20m
- ✓ All catches must be followed by a roll – soft ground only



Three v One



Space Invaders

Exercise 6: Fun Game: Space Invaders

- ✓ 3/4 Attackers (Space Invaders) aim to keep possession by using low passes to move from one end of a rectangle to the other through three different zones
- ✓ A defender (Alien) defends each of the middle zones (Planets) They must remain in their own planets and must give the ball back to the attackers if they gain possession
- ✓ The attackers score points by keeping possession of the ball through each of the 'planets'. They have 2 min. to score as many points as possible by moving up and down the rectangle
- ✓ The 'Aliens' score one point by taking possession of the ball below knee height in their own 'planets'

Technical ...RECEIVING SKILLS – HIGH CATCH

- ✓ Jumping like any other skill must be coached
- ✓ Always coach it from a stationary position before adding a short run up.

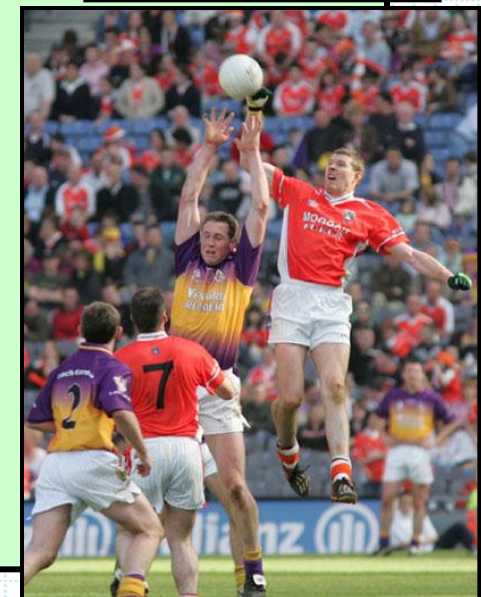
- ✓ Coach the five basic jumps:
2-2, 1-2, 1-1 (Leap), 1-1 (Hop), & 2-1
- ✓ Use small objects like hoops to jump over, into etc.
- ✓ Add shapes to your jumps e.g. wide, long, round etc.
- ✓ Add ball to jumps
- ✓ Add Turns in your jumps
- ✓ Add pressure as you jump i.e. opposition

- ✓ Jumping is probably one of the least coached skills in Gaelic games
- ✓ The 4 Phases are:
Run Up
Take off
Flight Phase
Landing

- ✓ See Jumping section of Fundamentals manual (P. 76 – 89) for 49 different jumping tasks



The High Jump



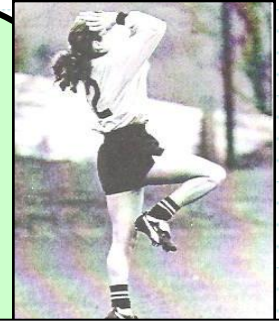
Technical ...RECEIVING SKILLS – HIGH CATCH

HEAD :

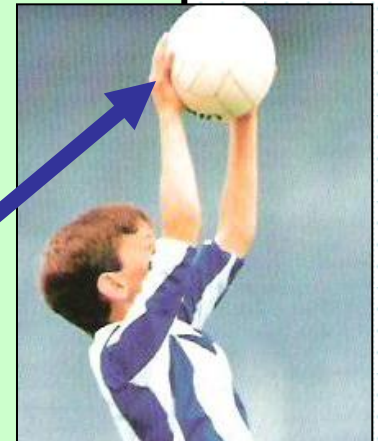
- ✓ Keep your **Eye On The Ball** at all times
- ✓ 'Jump The Arc' - Watch the flight (arc) of the ball at all times in order to judge the best spot to jump from.
- ✓ Watch the ball all the way into the hands especially on contact
- ✓ Keep your eyes open at all times.

HANDS:

- ✓ Up 'One' up 'Two'
- ✓ Swing both arms back behind the body just before take off
- ✓ Swing them forward and upwards on take off – 'Up one'
- ✓ At the top of your jump almost straighten your arms to reach for the ball – 'Up two'
- ✓ Catch the ball in front of your face with 'Big Hands' symmetrically around the ball or keep one hand at the back of the ball to prevent it been 'broken' and the other in front
- ✓ Spread the fingers and thumbs evenly around the ball. The thumbs and fingers should be in the classic W formation.
- ✓ Bring the ball quickly to the chest and land running.



Up 'One' up 'Two'
This player is about to
'throw' the arms at the ball.



Keep one hand at the back of the
ball to prevent it being displaced

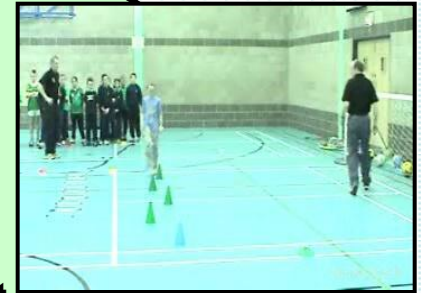
Technical ...RECEIVING SKILLS – HIGH CATCH

FEET: Right Mental Attitude

- ✓ 'Jump The Arc' - Judge the flight of the ball to get your feet in the right place and aim to Jump up the arc (flight path of the ball)
- ✓ Attack the take off with the aim of catching the ball
- ✓ Shorten your last few strides for maximum take off
- ✓ Bend your jumping leg just before take off but always take off a straight leg for maximum drive
- ✓ The knee of the non jumping leg should be driven vigorously upwards to gain maximum height in the jump and to protect the body and force away potential opponents
- ✓ Land on your take-off foot in order to continue running

Tip: Be up first in the air and you will have a better chance of catching the ball

- ✓ Jumping is arguably the least coached skill in Gaelic football, yet it is one of the great skills of our game
- ✓ Coaches should take more time in coaching this marvellous skill to help prevent the enormous amount of 'broken ' ball that exists in our present game



Drills For High Knee Lift



Technical ...RECEIVING SKILLS – HIGH CATCH – *Common Mistakes*

Common Mistakes

- ✓ Failing to keep the eyes on the ball at all times and closing the eyes on contact
- ✓ Poor timing of the jump i.e. jumping too early or late
- ✓ Not getting the feet under the dropping ball
- ✓ Landing on two feet and coming to a stop instead of 'Hitting the ground running'
- ✓ Not going with the right intention (mental attitude) of catching the ball

Exercise 1: Basic Drill 1: The Skipping Drill

- ✓ Skipping with a High knee lift is an excellent activity for introducing all players to high jumping without and then with the ball. Coach them to jump of either foot
- ✓ Coordinate the arms and legs i.e. opposite arm to foot
- ✓ The speed of the knee lift is vital for increasing height in the jump
- ✓ The progression in jumping is from a stationary crouch position and learning the arm and leg drive and then gradually progressing with a short run up while executing the jump at the end etc.
- ✓ If players are not coached these basic jumping techniques there is little chance of them executing the high catch



Skips with High Knee Lift



Crouch before you jump but then take off a STRAIGHT leg (Heel – Toe Take Off)

Technical ...RECEIVING SKILLS – HIGH CATCH

Exercise 2: Basic Drill 2: Snatch The Ball Drill

- ✓ No. 1's hold the ball high up in the palm of the hand while the No. 2's run about attempting to jump and catch the ball
- ✓ After catching, land running, hand pass the ball back to the receiver and repeat a set number of times
- ✓ To make it more challenging the ball could be flicked up as the jumper comes to catch
- ✓ Change roles after a set number of catches e.g. 10
- ✓ Challenge them to jump of either foot
- ✓ Can they jump, catch and turn before landing?
- ✓ Can they grab ball with one hand behind and one hand in front of the ball?



Run, jump and Catch A Stationary Ball

Exercise 3: Basic Drill 3: Crouch and Jump Drill

- ✓ 2's - No.1 crouches down with hands behind the sides
- ✓ No.2 Stands 4/5m in front and lobs ball for No. 2 to jump and catch
- ✓ Repeat 10 times and change roles
- ✓ Catcher uses a short run up before jumping to catch ball lobbed by thrower
- ✓ This is an excellent activity for coaching young beginners the importance of timing in the jump
- ✓ Encourage the catcher to run at right angles to the thrower in order to turn in flight while catching

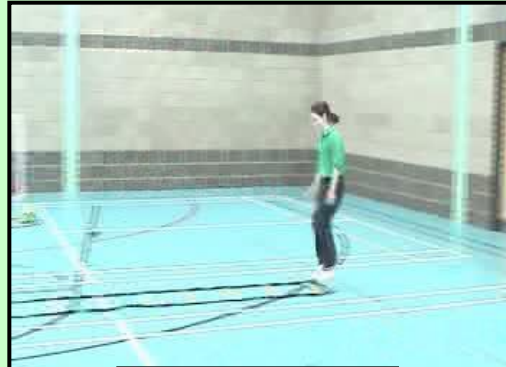


Crouch and Jump Drill
Feeder lobs the ball

Technical ...RECEIVING SKILLS – HIGH CATCH



4:
Landings



5:
Two Feet Jumps



6:
Hopping



7:
Ricochet



8:
Jump And Catch

Technical ...RECEIVING SKILLS – HIGH CATCH

Exercise 4: Basic Drill 4: Run Jump and Catch Drill

- ✓ Walk/Jog/Run about throwing and then punting your ball up to catch it with both feet off the ground
- ✓ Send the ball well in front of you in order to be able to run up and jump
- ✓ Use walls at home to practice. Start with your feet on the ground and then jump with your feet off the ground. Throw, fist and then punt to catch



Run, Throw, Catch off Wall

Exercise 1: Intermediate Drill 1: Triangle High Catch Drill

- ✓ 3 Players form a triangle with No.1 and No. 2 facing No. 3 (The 'Feeder') who starts with a ball
- ✓ No. 3 jogs backwards across the pitch lobbing the ball up for No.1 to sprint forward and catch. He then hand passes to No. 2 running along side, who returns to No.3
- ✓ Change roles at the other side of the pitch
- ✓ Variation: Repeat above with 'Feeder' jogging forwards so that the ball has to be caught while running backwards



Triangle High Catch

Exercise 2: Intermediate Drill 2: Challenge the High Catch

- ✓ Same as above except the support player this time steps in front of the catcher to challenge the high catch
- ✓ Change roles after every 5/6 catches



Run, Throw, Catch off Partner

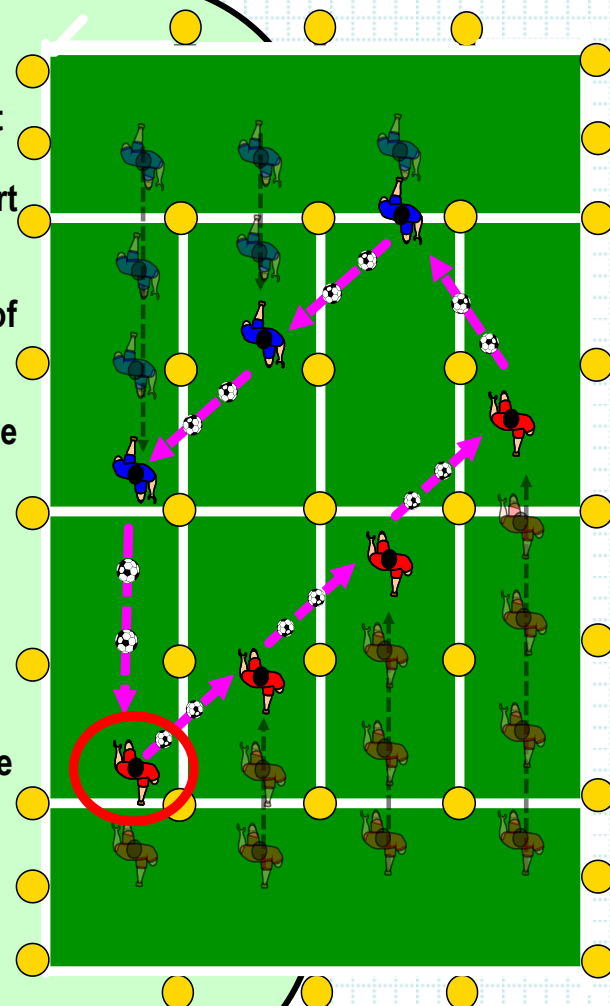
Technical ...RECEIVING SKILLS – HIGH CATCH

Exercise 3: Intermediate Drill 3: Catching in the Alley

- ✓ 4/5 Catchers line up midway between two sets of spaced out 'Feeders' at A
- ✓ The servers with a ball each face the catchers about 8m apart from each other and about 10m behind the 'Feeders' in their line
- ✓ The first catcher runs down half way between the two lines of 'Feeders' attempting to jump and catch a high ball lobbed from each of the 'servers' in turn
- ✓ As soon as the first catcher has caught the second ball in the line the next catcher starts
- ✓ Change roles after a set time i.e. 2 minutes.
- ✓ Which catcher can catch the most high catches in the time set?

Exercise 1: Advance Drill 1: Running in the Lane

- ✓ Four players each in a lane, run parallel transferring the ball from the left to the right lanes
- ✓ When they reach the end of the alley they pass the ball to the end person in the next group
- ✓ The travel back down the alleys again transferring the ball from left to right
- ✓ The exercise continues



Pass across and forward

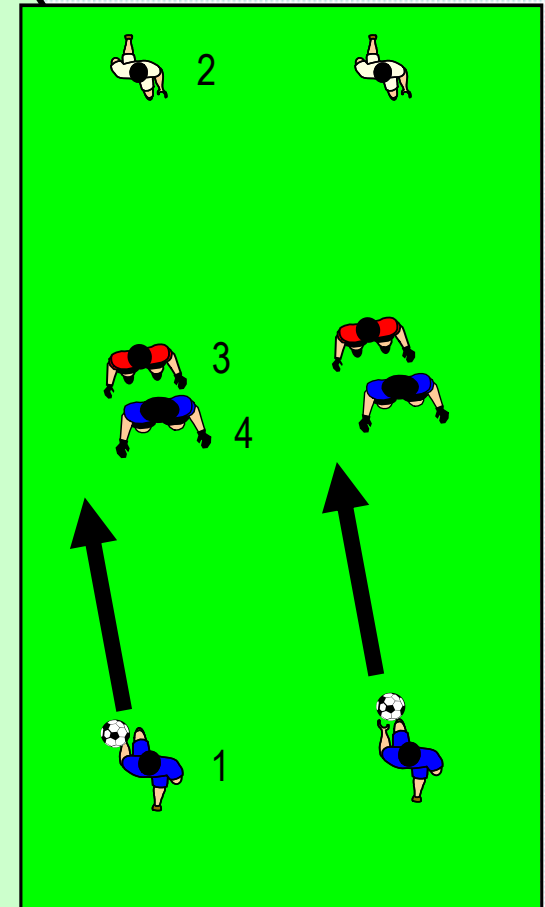
Technical ...RECEIVING SKILLS – HIGH CATCH

Exercise 2: Advanced Drill 2: Kick and Compete

- ✓ Groups of 4, Number person in each group 1-4
- ✓ No. 1 and No. 2 each with a ball, stand 5/6 m from two players (No. 3 & 4) in the middle
- ✓ No. 1 lobs/punts the ball up between the two middle players who stand one in front of the other to contest the high catch
- ✓ The player in front moves forward a few strides to execute the high catch while the player behind attempts to break the ball
- ✓ As soon as they return the ball to No. 1 they turn to contest a high ball from No. 2 etc.
- ✓ Change roles after 1 min
- ✓ 'Feeders' lob the ball high enough in front of the catcher
- ✓ The 'Feeder' always goes to pick any 'broken' ball
- ✓ Make it competitive by awarding one point for each successful catch

Exercise 1: Grid Game 1: Mid Field Build Up

- ✓ Two sets of Mid Fielders contest high balls played into the middle zone by players in the outside zones
- ✓ Score: 2 pts. For a 'clean' catch and 1 pt. for a 'broken' ball
- ✓ Play for a set time e.g. 1 min. and change roles
- ✓ The two Mid Fielders must work as a unit i.e. decide which player goes for the high catch and which player anticipates the 'broken' ball
- ✓ Less skilled players are not allowed to contest the high catch

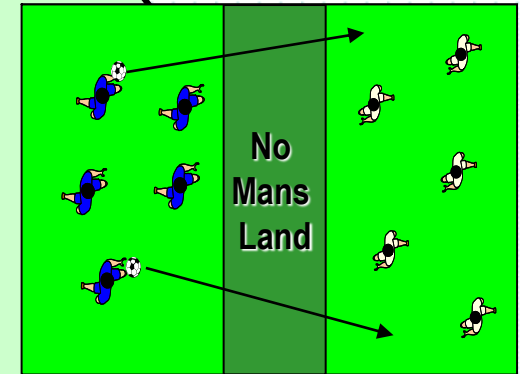


Kick and Compete

Technical ...RECEIVING SKILLS – HIGH CATCH

Exercise 2 : Grid Game 2: Punt Volleyball

- ✓ The aim in this game is to punt the ball high over a barrier e.g. net or an area marked out with domes to strike the floor/ground on the other side in order to score a point. Defending team of 3/4 players must always position themselves to cover as much space as possible e.g. two at the front of the barrier and two at the back etc. Team play may be introduced by making the catcher pass before punting the ball back. Add an extra ball as skill levels improve. Increase space to be defended to make more difficult.



Punt Volleyball

Exercise 3: Fun Game 1: Prisoner Ball

- ✓ Instead of scoring points team may opt to take a player from the opposing team (prisoner) over to their side of the net. Teams that loose a 'Prisoner' must decide how to redeploy their players e.g. three players -keep two to front. Encourage decision making - encourage for better team play. Team that gets all the players over to one side is the winner.

Exercise 4: Fun Game 2: Scout Ball

- ✓ One member of each team goes to the opposite side of the net. The aim is to either punt the ball to your 'Scout' for two points or hit the space for one point. Decision -go for a one or two pointer depending on the position of the Scout.



Scout Ball

Technical ...SENDING SKILLS – PUNT KICK

HEAD:

- ✓ Look at the target you hope to punt at
 - ✓ Watch the ball all the way down onto the boot
 - ✓ Keep your **head down** well after the ball has left the boot
- Tip: Count '1-2' with your head down after the ball leaves your foot

HANDS:

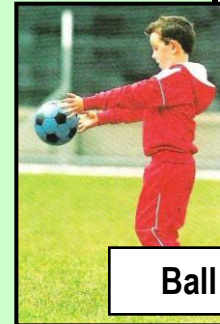
- ✓ Let beginners use 2 Hands to roll the ball down unto the foot (Off The Shelf)
- ✓ Let the ball down onto the boot without spinning, as near as possible with the same hand as the kicking foot
- ✓ Do not let this hand swing across your body after the kick
- ✓ Move your other hand out to the side to help you balance as you kick
- ✓ Try to drop the ball from one hand to the opposite foot
- ✓ Which technique do you find the easiest?

FEET:

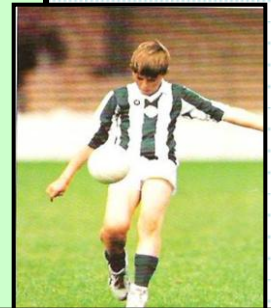
- ✓ With beginners get them to stand one foot in front of the other
- ✓ Use a **fast leg** i.e. bring your foot right up to your bottom for a bigger range of movement and then drive it down as fast as possible to meet the ball with a hard foot (Toe pointing downwards) and the Top Off the Laces to strike the ball
- ✓ Plant your non kicking foot directly at the target
- ✓ Follow through towards the target keeping the 'Hard Foot' in contact with the ball as long as possible i.e. 'Let It Hang'
- ✓ Do not let your leg swing across the mid point of your body. Imagine there is a Pane of glass between your legs i.e. 'Don't brake the glass'
- ✓ Keep your balance through out the whole kicking action



Hard Foot



Ball rolls off hand



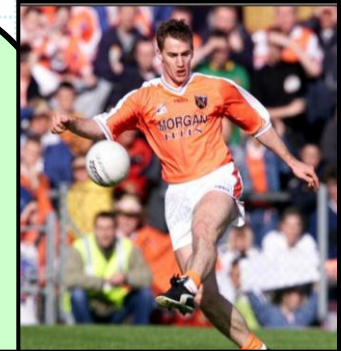
Ball down to foot

Technical ...SENDING SKILLS – PUNT KICK

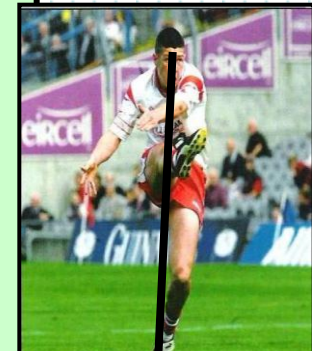
- ✓ As you strike the ball turn your chest onto the target to gain Maximum power in the kick i.e. move from shoulder to chest facing the target
- ✓ For maximum power you should finish up on the toes of your support foot
- ✓ When kicking points aim for the 'Middle of the Middle' i.e. an imaginary line between the two posts
- ✓ When kicking goals imagine a rope hanging from the cross bar to the ground about 1m in from the posts or place a plastic dome on the goal line 1m in from either goal post. This is the target area for all shots on goal
- ✓ Another good tip is to imagine you are kicking at a clock with 12 o'clock in the middle, 1 o'clock would be to the right of the posts for a right footed kicker, or 11 o'clock would be too much left for a right footed kicker. This gives the player something to focus on rather than shouting 'hard luck' or worse !!!

Common Mistakes:

1. Not targeting the ball
2. Not fixing the eyes on the 'Sweet Spot' of the ball pre and post kicking
3. Kicking the ball with a 'soft foot' i.e. up turned toe
4. Kicking the inverted 'C' instead of the 'J' for straight line punting
5. Letting your holding hand come across the mid point of the body
6. Lifting the head too early - keep their heads down until well after the kick



Move from shoulders to chest for max power



Straight line punt the head in line with middle of the body

Technical ...SENDING SKILLS – PUNT KICK

Exercise 1 Basic Drill 1: Wall Target

1's Using a wall is the best place to practice your kicking skills.
Mark targets to aim at and keep your record.
Or use poles, cones or markers to aim at or through with a partner.

Exercise 2: Basic Drill 2: Stage One Of Passing

Passer and receiver are both stationary- emphasise the key coaching points.

HEAD:

- ✓ 2's, Standing 5/6m from each other practice the key points above focusing on key body parts e.g. the head, hands or the feet.
- ✓ Start with the head and ask them to try and punt the ball with the head up and then with the head down.
- ✓ They must count 'One, Two' before they are allowed to lift the head. This helps to reinforce the importance of keeping the head down.

HANDS:

- ✓ Move back 10m and emphasise the hand let down i.e. two hands, especially with beginners, same hand as the same foot and finally opposite hand to kicking foot.
- ✓ Ask the players which they find the easiest and the one they have most accuracy with.

FEET:

- ✓ Move back 20m and work on the feet.
- ✓ Let them experience using different parts of the foot to strike the ball i.e. outside to swerve, inside to hook and the front for straight line punting.
- ✓ Show them how to impart top spin and back spin by kicking up and down the 'sweet spot' on the ball i.e. the 'O' of the O'Neill's or some other mark on the ball.



Poles and Markers as Targets



Passer – Receiver
Static – Stage 1



Passer – Receiver
Move – Stage 2

Technical ...SENDING SKILLS – PUNT KICK

Exercise 1: Intermediate Drill 1: Pass and Move

- ✓ Here the passer travels with the ball before passing
- ✓ 2's: Player A solos 3/4 times before punting to Player B who remains stationary about 20m away. Emphasise – Head, Hands and Feet
- ✓ Player A should move from shoulder to finish with the chest towards Player B. This allows for a greater leg movement through the ball on contact and therefore more power.
- ✓ Try and let your foot 'hang' i.e. keep foot in mid air for a few seconds with the kicking foot pointing down after ball has left the foot



Travel and Pass Stage
3

Exercise 2: Intermediate Drill 2: Triangle Passing

- ✓ In this drill both the passer and the receiver are moving in 3's Triangle Passing:
- ✓ Three players make a triangle about 20m apart
- ✓ One player starts with a ball and passes on the run to a moving receiver
- ✓ The punt should be **aimed to bounce in front** of the receiver who should be indicating where s/he wants the pass by **pointing with the finger**
- ✓ No player should be standing still at any time
- ✓ All players are moving while passing and receiving
- ✓ This is known as a 'match running drill' which actually represents what is happening in a match situation
- ✓ Which trio can make 10 passes first?
- ✓ Can you take the ball without it bouncing?
- ✓ Less skilled players come closer together while more skilled players can move further apart or for complete beginners let them throw/hand/fist the ball while travelling



Hard Foot Hangs after
Kicking

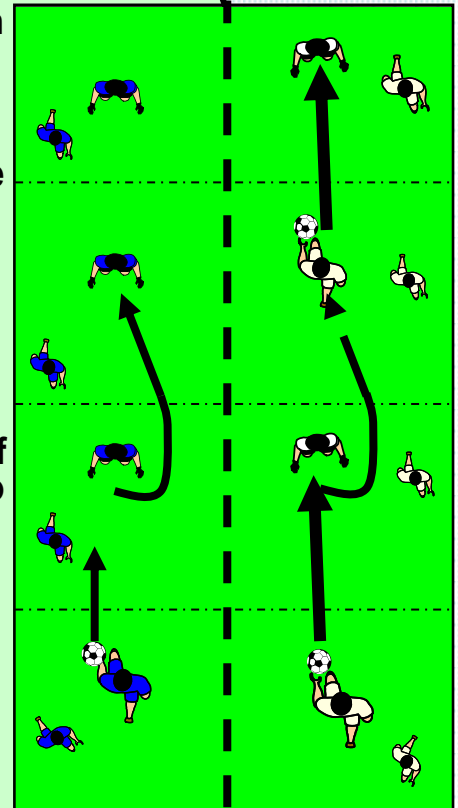
Technical ...SENDING SKILLS – PUNT KICK

Exercise 3: Intermediate Drill 3: Line Punting:

- ✓ Encourages players to move the ball at speed from one end of the pitch to the other with as few passes as possible - getting the ball into a scoring position with as few passes as possible
- ✓ 4's Line Punts: Use High or Low balls - 4 Players stand in a line using the full length of the pitch. Player A starts on the end line, B goes to the 45, C to the other 45 and D to the other end line
- ✓ A solos out and punts to B who must run to receive a pass before turning and punting to C etc. Each player must return to their original place after punting (or alternatively each player moves up a box)
- ✓ Make them use their 'weaker' foot
- ✓ Challenge the groups to complete a number of lengths of the pitch in a set time or which group can move the ball up and down a set number of times. Change roles after a set time i.e. the two outside players move to the middle.
- ✓ This drill can be challenged further by passing the ball at an angle for the receiver or bringing two lines together to form a row where players compete for the ball. Each catch gains one point – collate points in 1 min.?

Exercise 4: Intermediate Drill 4: Variation:

- ✓ Two lines come together to contest the ball - No pair is allowed to move until the ball is kicked.
- ✓ The player who wins the ball can not be challenged as s/he passes it on to the next pair. Repeat above but allow the player on the ball to be challenged - This is one of the best drills for timing a run and challenging a player to pass the ball under pressure.



Technical ...SENDING SKILLS – PUNT KICK

Exercise 1: Advanced Drill 1: 25m Pass

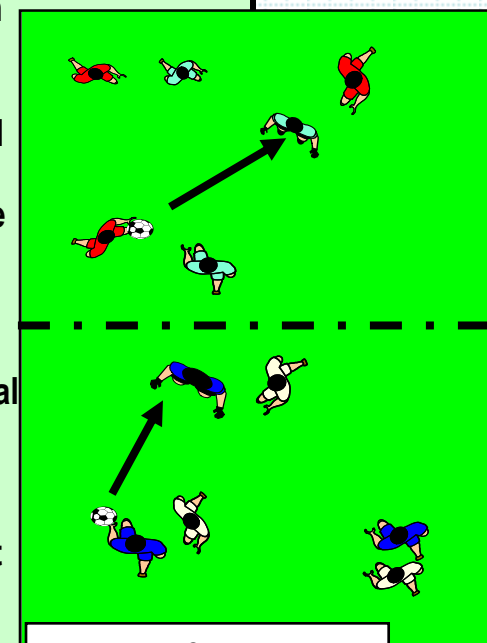
- ✓ 3 v 3 with another 3 v 3 ready to move in:
- ✓ Here 3 Players with coloured bibs aim to keep a ball from their 3 opponents while attempting to make a 20/25m pass
- ✓ Use a fairly large grid i.e. 45m x 80m or smaller depending on skill level (Use the 45m line and the end line)
- ✓ When a team has achieved a 25m pass the coach signals and the ball is immediately placed on the ground for the other team to take possession
- ✓ Work for 1 min. and then change the teams
- ✓ See which 3 can achieve the most number of 25m passes in a 1 min. period or 3x1 min. periods
- ✓ This drill has everything – Support on and off the ball, accurate foot passing, man to man marking etc.

Exercise 2: Advanced Drill 2: Variation on 25m pass

- ✓ Aim to make a set number of consecutive passes e.g. 8 = 1 Goal etc.
- ✓ The ball must go inside a set line e.g. 20m and back out before a team can attempt a score
- ✓ The ball must be played outside the 45m line before an attempt on goals



Passer to Moving Receiver

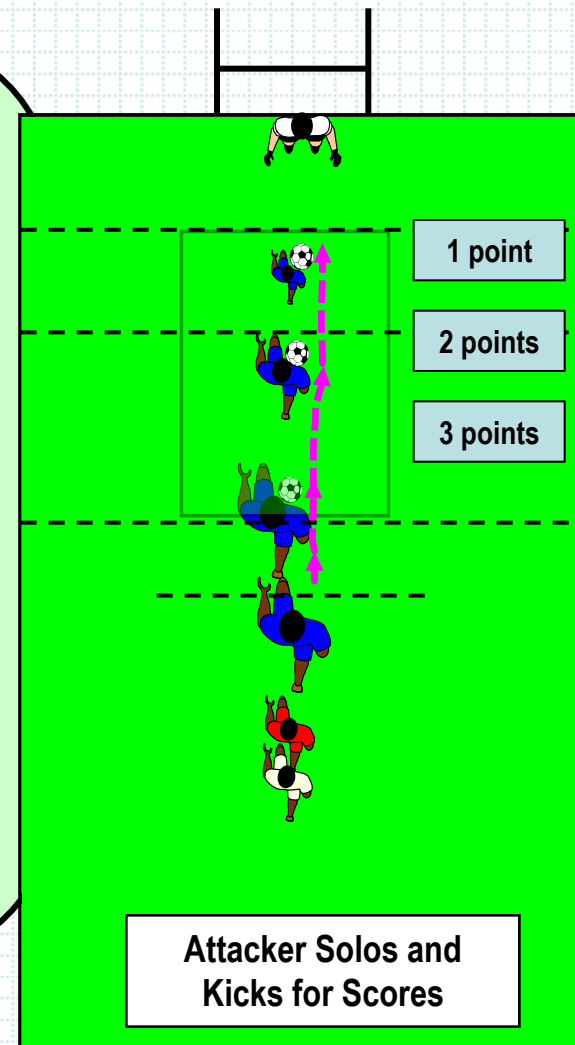


Passer & Receiver Moving

Technical ...SENDING SKILLS – PUNT KICK

Exercise 3: Grid Game 1: Solo and Score

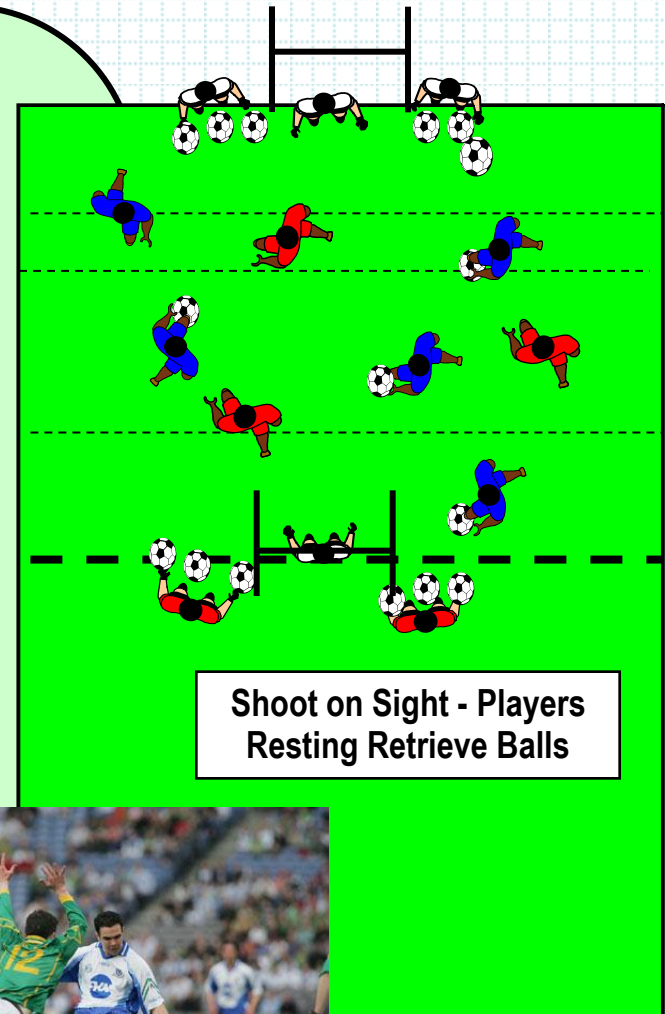
- ✓ Pick Your Grid
- ✓ Players solo to a grid of their choosing and punt for points.
- ✓ Each player has a set time e.g. 1 min. or a set number of attempts e.g. 5 to score as many points for him/her self or team.
- ✓ All punts must be with the chest leading and off the top of the laces at full speed.
- ✓ Player must return to the spare ball area after each attempt for a new ball.
- ✓ The distances of the shooting boxes from the goals will depend on the skill levels of the players
- ✓ Challenge the players to use both feet, this means they could move to the close in grids for their non-preferred foot and the further out grids with their stronger foot.
- ✓ Have an opponent chasing the attacker.



Technical ...SENDING SKILLS – PUNT KICK

Exercise 4: Fun Game: Shoot On Sight:

- ✓ 5 v 2/3:
- ✓ 5 Players with coloured tops play against an unequal number for a set time i.e. 3 mins. This makes it easier for one team to get plenty of shooting action.
- ✓ Use a small pitch with the small portable goals e.g. 45m x 40m.
- ✓ The aim is to shoot as soon as you have possession or one hand pass only to get the scorer into a favourable position.
- ✓ Less skilled players may be permitted one solo or bounce before shooting
- ✓ Have extra balls at the side of the goals to keep the game in action.
- ✓ All shoots must be with chest towards the target and using a 'hard foot' i.e. toe down – heel up action.
- ✓ Allow the other team an even number after a set time i.e. 3 mins.



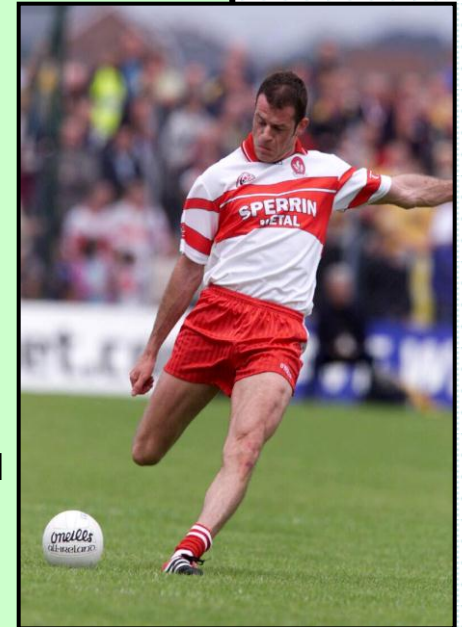
Technical ...SENDING SKILLS – PENALTY TAKING

Key Point 1.

- ✓ Placement: Place the 'Sweet spot' of the ball i.e. the 'O' of the O'Neill's or any other mark on or slightly below the centre line

FEET:

- ✓ Stance: Stand over the ball with your support foot beside the ball and kicking foot directly behind
- ✓ Step back your preferred number of steps starting with your support foot
- ✓ N.B. Always keep your routine the same i.e. run up etc.
- ✓ Move sideways one or two steps to get your run up angle right
- ✓ If right footed step to the left
- ✓ Make a decision to go for power with accuracy
- ✓ To keep the ball low, place the non kicking foot beside the ball, and get the knee over the ball for balance
- ✓ For power use the top of the laces i.e. a 'Hard Foot' and 'Fast Leg' bring your foot down and through the 'sweet spot' as fast as possible
- ✓ If right footed aim your kick to the right of the goalie i.e. 'Top Pocket Contact'
- ✓ To help calm your self take a deep breath



Ball, Head, Knee in Line

Technical ...SENDING SKILLS – PENALTY TAKING

HEAD:

- ✓ Look at the target i.e. the 'O', where you hope to make contact with the ball
- ✓ Know where you are going to place it, but don't let the 'keeper' see you looking at the spot
- ✓ Look at the 'O' on the ball again and don't take your eye of it until you kick it
- ✓ Keep your head down until the ball is on it's way

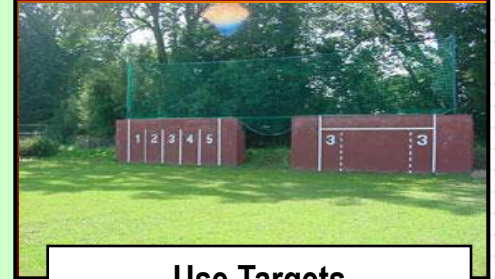
HANDS:

- ✓ Use your arms for balance by swinging the arm on the kicking side slightly backwards while the other arm moves out to the side of the body

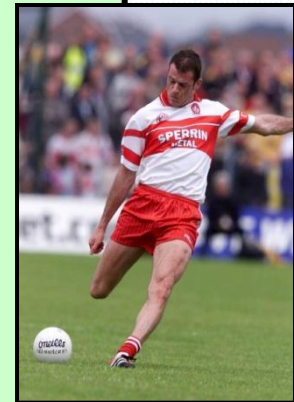
Common Mistake 1

- ✓ Head coming up too soon
- ✓ Tip: Count 'One, Two' before lifting the head
- ✓ Poor balance prior to striking, support foot in the wrong position. The Head, Knee and Foot should be in a vertical line over the ball
- ✓ Toe up and knee not over the ball causing it to go high
- ✓ Not following through in the direction of the target and kicking across the mid line of the body.
- ✓ Not bringing the foot through as fast as possible i.e. 'A Fast Leg'

WALL Targets For Skill Practice



Use Targets



Support foot beside or slightly in front of ball

Technical ...SENDING SKILLS – PENALTY TAKING

Exercise 1: Basic Drill 1: Wall Target

- ✓ 1's Aiming at targets on a wall or markers

Exercise 2: Basic Drill 2 : Kick at the Goal

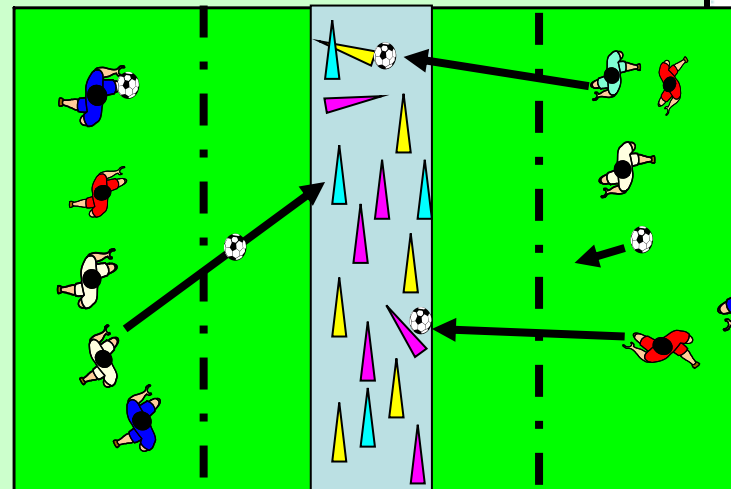
- ✓ Aim to score a goal past your team mate in goals i.e. two cones placed 5m apart.
- ✓ Attempt 5 kicks each from 10m out and then change roles.
- ✓ Place a dome 1m inside the cones as a target to aim at.

Exercise 1: Intermediate Drill 1: Bowling Game

- ✓ 3's Penalty competition with each player to take a set number of kicks. Two penalty takers aim to take a set number of penalties against a goalie

Exercise 2: Intermediate Drill 2: COMPETITION TIME

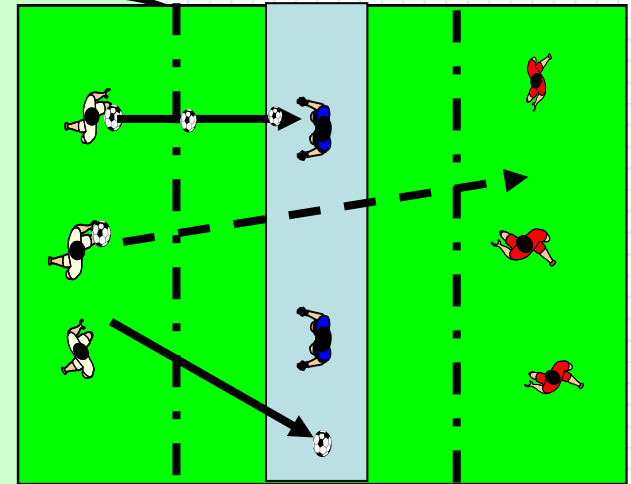
- ✓ Place cones in a middle zone for players in two outer zones to aim at
- ✓ Three teams of 3 aim to kick a stationary ball to knock cones down in a middle zone
- ✓ One team remains outside the middle zone to count and replace the knocked down cones
- ✓ Change roles after 1 min.
- ✓ Use different foot after each change



Technical ...SENDING SKILLS – PENALTY TAKING

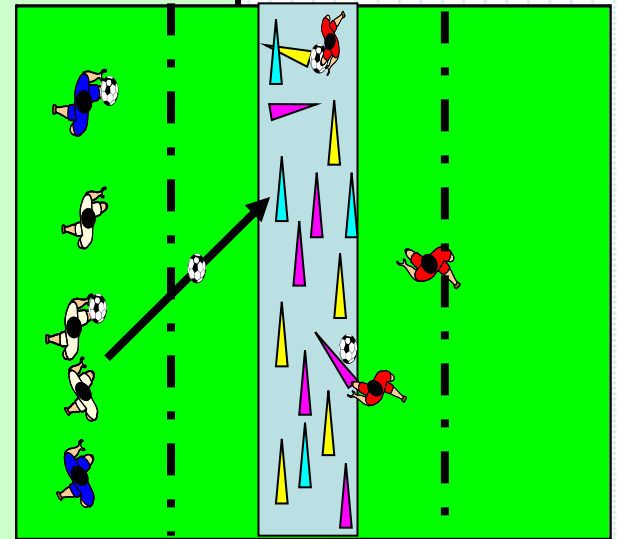
Exercise 3: Advanced Drill 1: Through The Gap

- ✓ Aim: Two teams of three, aim to kick a stationary ball between two goalies
- ✓ Start with one ball and then add another
- ✓ Winner: The team that scores the most goals in a set time e.g. 2 mins



Exercise 4: Grid Game: Knock the Cones down

- ✓ Aim: Three teams of three. One team are the 'Feeders' one the 'Kickers' and a team to put up the cones
- ✓ 3 'Feeders' punt balls over for 'Kickers' to place and take 'spot' kicks at cones
- ✓ The winner is the team with the most cones knocked down in a set time e.g. 2 minutes. Change roles



Exercise 5: Fun Game: Penalty Skittle Ball

- ✓ Aim: Three teams of three. One team are the 'Feeders' one the 'Kickers' and a team to put up the cones
- ✓ 3 'Feeders' punt balls over for 'Kickers' to place and take 'spot' kicks at cones
- ✓ The winner is the team with the most cones knocked down in a set time e.g. 2 mins
- ✓ Change roles

Red team to replace cones
knocked over

Technical ...DISPOSSESSION – **NEAR HAND TACKLE**

HEAD:

- ✓ Focus on the ball at all times and not the player
- ✓ Tackle the ball –Not the Player
- ✓ Time your tackle by watching the ball and your opponent

FEET:

- ✓ Make ground so that you are level with your opponent
- ✓ When opponent's far leg is forward use a big step with your near leg to step across
- ✓ N.B. This does not mean tripping your opponent
- ✓ Shoulder your opponent as you make the tackle on the ball
- ✓ Never cross your legs

HANDS:

- ✓ Flick the ball away with your hand nearest the defender when it is free in the solo or bounce
- ✓ Try and knock the ball to your advantage i.e. to your side away from the defender and chase after to take possession

Common Mistakes:

1. Tackling from behind by not getting shoulder to shoulder with your opponent
2. Leading with the out side leg and hand This leads to poor balance while placing the near hand on the opponents back and fouling
3. Not targeting the ball as your main focus of attention
4. Not timing the tackle to coincide when the ball is free



Step across with
your near **HAND**

Technical ...DISPOSSESSION – NEAR HAND TACKLE

Exercise 1: Basic Drill 1: Walking Tackles

- ✓ 2's - Nos. 1 & 2: Both start walking side by side with No.1 attempting to step across and execute the near hand tackle on an imaginary ball
- ✓ Change roles after a number of attempts
- ✓ Attempt tackle from both sides i.e. use the right and left hand
- ✓ Repeat now with the ball- Make the soloer use the toe tap every other stride

Exercise 2: Basic Drill 2: Jogging Tackles

- ✓ Repeat above while jogging and then running at a fast pace
- ✓ The whole emphasis on these exercises are focused on timing of the tackle. Repeat with the ball. If coached poorly this leads to so much fouling in our game

Exercise 1: Intermediate Drill 1: Solo to Goal

- ✓ 1 v 1: Here No. 1 attempts to solo towards goal while No.2 executes the near hand tackle as s/he runs alongside
- ✓ Condition No. 1 to solo on every stride to give No. 2 a better chance of tackling



Get close to make the tackle



USE Near Hand to Target Ball

Technical ...DISPOSSESSION – NEAR HAND TACKLE

Exercise 2: Intermediate Drill 2: Support tackler

- ✓ 1 v 1 + A Support Player: Nos. Players 1, 2 & 3
- ✓ Nos. 1 solos across the pitch with Nos. 2 running alongside attempting the N.H.T. (Near Hand Tackle)
- ✓ Nos. 3 runs alongside anticipating the loose ball
- ✓ Change roles after a set time e.g. 1 min.

Exercise 1: Advanced Drill 1: Rob Roy

- ✓ 4's: Set out a big square 15m x 15m
- ✓ 4 Players solo about the inside while 4 other players jog around the out side. On signal the out side players run in and attempt a N.H.T. on their opponents. If successful they solo while the other player must leave the square before moving in to make a tackle etc.
- ✓ Which player can keep their ball the longest?
- ✓ Who can accomplish the most successful tackles in a set time?



Get close to make the tackle



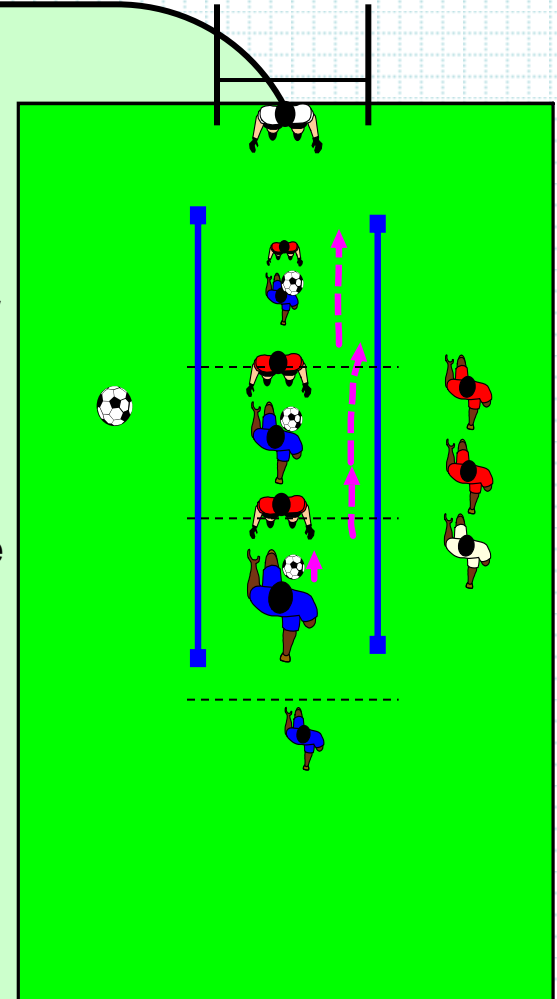
Technical ...DISPOSSESSION – NEAR HAND TACKLE

Exercise 1: Grid Game 1: Tackle Alley:

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

Exercise 2: Grid Game 2: Variation:

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

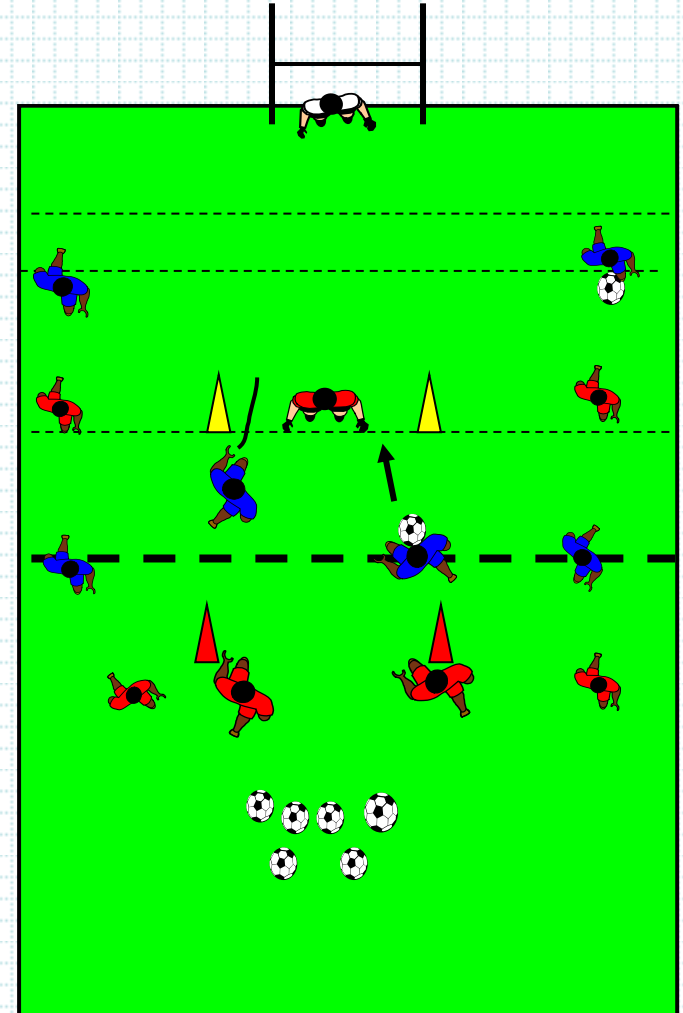


Technical ...DISPOSSESSION – NEAR HAND TACKLE

Exercise 3: Fun Game: Chase and Hound:

Aim:

- ✓ 2 Attackers on a signal aim to attack the goals soloing through the cones past the red keeper.
- ✓ Keeper defends the middle set of yellow cones.
- ✓ The two red defenders at the red cones, chase the 2 blue attackers as soon as they set off from dotted line.
- ✓ The two red defenders at the red cones move as soon as the attackers pass the goalkeeper at the yellow cones.
- ✓ All tackles must be made with the hands on the ball
- ✓ Change roles after a set time i.e. the attackers move to the defending stations while the defenders move to A
- ✓ Have an extra goalie to take over after a set time.
- ✓ Variation is to allow the red defenders to move as soon as the attackers or blue team move with the ball.



Technical ...DISPOSSESSION – BLOCKING

Head:

- ✓ Watch the ball all the way down on to the foot
- ✓ Keep your eyes open all the time

Hands:

- ✓ Keep your fingers and thumbs close together
- ✓ Reach in with outstretched arms
- ✓ Keep your face guarded by using hands as a barrier
- ✓ Try and block the ball on the boot or just after it has been kicked
- ✓ If you can't cover the ball with one hand use nearest hand to opponent

Feet:

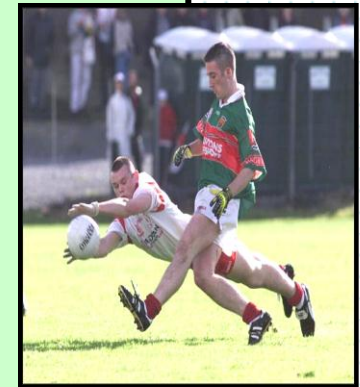
- ✓ Be in the ready (check) position ready to move
- ✓ Step leg nearest to opponent when ball is dropped from h/is hands
- ✓ If you can't reach dive to block

Common Mistakes:

- ✓ Diving in too early – not timing the drop from the hands
- ✓ Not watching the ball all the way onto the hands
- ✓ 'Chickening' out – not being brave enough to move in for the block



Watch the Ball



Hands close together

Technical ...DISPOSSESSION – BLOCKING

Essential ingredients: timing, checking & bravery

Pre blocking skills for inexperienced children:

Exercise 1: Basic Drill 1: Learning To Dive Safely:

- ✓ Shown them how to dive and roll properly Execute inside on soft mats or outside on soft ground
- ✓ First practice the roll from a knelling then a crouched position, a standing position and finally moving before you dive Add a ball

Exercise 2: Basic Drill 2: Blocking Your Own Ball:

- ✓ Start from a standing position with their own ball bouncing it against the ground and blocking the rebound and then on the move

Exercise 3: Basic Drill 3: Partner Blocks:

- ✓ Progress to partner blocks where one player throws the ball softly onto the ground while the other moves into block

Exercise 4: Basic Drill 4: Foot Blocks:

- ✓ Player kneels down beside their partner and attempts to block their foot as they swing it gently up towards her/his out stretched hands. Tip: Don't kick too hard but build the force of the kick up gradually



Learn to Dive Safely



Kneel and Block

Technical ...DISPOSSESSION – BLOCKING

Exercise 5: Basic Drill 5: Kneel and Block

- ✓ Repeat: child kneeling reaches with out stretched arms to block the foot.
- ✓ Repeat from a crouched position, standing and finally stepping in to block

(Provided you have been coached how to block and dive)

Exercise 1: Intermediate Drill 1: Kneel Block Ball - 2's:

- ✓ No.1 kneels beside her/his partner and attempts to block an easy punted ball
- ✓ No. 2 gradually puts more force into the kick to challenge his partner
- ✓ Repeat above from a crouched, standing and finally taking one step to execute the block

Exercise 2: Intermediate Drill 2: Running Block

- ✓ 3's: No.1 acts as a Goalkeeper while No.2 solos forward to a predetermined line where he must attempt a shot past the keeper. This shot initially should be as easy as possible to allow No. 3 a chance of blocking the shot. Dive Block - No. 3 moves in to execute the block on No. 2; starting a few steps back but gradually moving further and further back as skill improves until he has the confidence of diving to block
- ✓ Tip: Place gym mats (at least 20cms thick) for the player to dive on to execute the block

Technical ...DISPOSSESSION – BLOCKING

Exercise 1: Advanced Drill 1: Block around the Clock

- ✓ Block Around The Clock – 7-8 Numbered players stand facing each other about one step apart in a circle. Every other player has a ball. The aim is for no. 1 to start inside the circle and move around attempting to block punt kicks from those players with the ball. When finished No. 2 begins etc
- ✓ Go the other way as you block



Exercise 2: Advanced Drill 2: Zig zag Block

- ✓ 7 Players each with a ball stand zig - zag fashion in two parallel lines opposite the goals. 7 'Blockers' move along this line one at a time and attempts to block a punted kick from the stationary players. The last 'punter' nearest the goals solos in at an angle to shoot for goals as soon as the 'Blocker' has completed the last block. He must execute a 'Dive Block' on this player in order to prevent a shot on goal
- ✓ The next 'Blocker' makes his way down the line as soon as the first 'Blocker' has passed the third 'Punter' etc

Place Your Near Leg Close To your opponent



Technical ...DISPOSSESSION – BLOCKING

Grid Game : Solo Out and Block

- ✓ Use the 13m and 20m line as grid lines to kick from
- ✓ Players pair off, No.1 with a ball and go behind either set of posts
- ✓ On signal the first pair jog out with No. 1 in front
- ✓ When No. 1 crosses the 13m line s/he attempts an overhead punt while No. 2 reaches across in an attempt to block the ball
- ✓ This is the signal for the next pair to start while the first pair solo back passing the ball and change roles
- ✓ Challenge the kicker to move a little faster in an attempt to avoid the block
- ✓ Can the Kicker move further from goals and still score



Fun Game : Block The Kicker

- ✓ Players divide up into groups of 3 and number themselves 1 – 2 & 3
- ✓ Nos. 1 & 2's have a ball and go to the centre of a large grid 20m x 20m
- ✓ No. 3 remains outside the grid
- ✓ The aim is for No. 1 with the ball to make a set number of solos before punting out to his No. 3 while No. 2 keeps in the check position ready to make the block. Run game for a set time and see who got the most blocks before changing roles



Technical ...EVASION – ROLL OFF

FEET: (For a 'roll' off the right shoulder)

- ✓ Use a solo as you approach your opponent
- ✓ As you engage the defender 'plant' your right foot towards the defender's front foot and roll off his left shoulder
- ✓ Use his/her shoulder as a hinge to 'roll' off
- ✓ Swing your left leg around by pivoting on your right foot and place it behind the defender to 'screen' off the defender
- ✓ Bring your right leg around and drive off hard

HANDS:

- ✓ Change the ball to the outside arm before engagement i.e. if 'rolling' off your right shoulder change the ball to your left arm
- ✓ As you roll change the ball to the outside arm i.e. to your right arm
- ✓ Use your inside arm to ward off the tackle ('Break The Tackle')
- ✓ Use a low bounce (conditions permitted) as you move away from defender

Common Mistakes

1. Using a bounce going into the tackle. This means you will have to use a solo coming out off the tackle
2. 'Planting' the wrong foot
3. Not protecting the ball pre and post engagement i.e. keeping the ball in the B.A.D. (Ball, Attacker, Defender) at all times



Plant and Roll

Technical ...EVASION – ROLL OFF

Exercise 1: Basic Drill 1: Pairs No Ball

- ✓ Practise rolling off to the right and left, No. 1 & 2.
- ✓ No. 2 acts as static defender while No. 1 walks slowly towards No. 2 to practice the 'Roll' using the right leg on the way forward and the left leg on the way back
- ✓ Change roles after set time, Repeat above jogging and then sprinting
- ✓ Use a tackle bag to roll

Exercise 2: Basic Drill 2: Pairs With The Ball

- ✓ Repeat above format with the ball. Remember to solo into the tackle and low bounce coming out
- ✓ Start slowly and gradually speed up



Learning The Roll

Exercise 1: Intermediate Drill 1: Roll off Left & Right

- ✓ 1 v 1 Rolling off to the right and left and concentrating on foot work. Here No. 2 must use upper body only to tackle No. 1 i.e. hands must be behind the back. Change roles after set time.

Exercise 2: Intermediate Drill 2:

- ✓ Repeat Drill 1 but allow defender to use one hand to pressurise the attacker

Exercise 3: Intermediate Drill 3:

- ✓ Allow defender to use full pressure and finish with a shot on goals

Exercise 1: Advanced Drill 1:

- ✓ 4's in a zig zag line about 5m apart, No. 1 Starts with ball and solos towards the line of defenders each with a tackle bag
- ✓ 'Roll' to evade each of the defenders in turn - use right and left shoulder. When at the end of the line return before changing places with No. 2 etc or shoot for goal

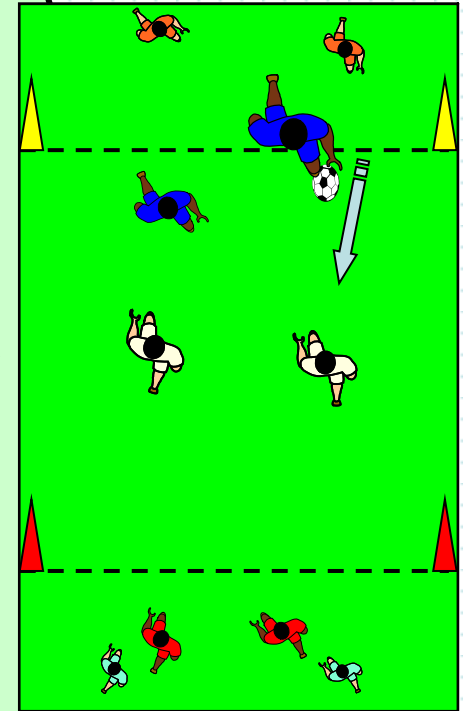
Technical ...EVASION – ROLL OFF

Grid Game : Roll Over

- ✓ Two attackers (blue) attempt to evade two defenders (white) using the 'roll' going towards red cones.
- ✓ Red players who receive the ball from blue after passing line take on orange players going towards the yellow cones.
- ✓ Score by passing to your partner over the opposite end line
- ✓ Winner: The pair with the most points in a set time e.g. 2 mins.
- ✓ Attackers must use the Roll to evade the defenders and must execute at least one roll before crossing the end line
- ✓ If too challenging for the attackers create a 3v2 situation etc.
- ✓ Encourage support players to take the ball off the 'Roller's' shoulder

Fun Game: Roll Over The Opposition

- ✓ 4 Teams – 2 Attacking and 2 Defending
- ✓ 2 Attacking teams start at one End Zone
- ✓ One team at a time attempt to cross to the opposite End Zone using the roll as their main means of evasion
- ✓ When both teams have crossed the first team over begin their way back etc.
- ✓ One of the defending teams start in the middle zone and attempt to prevent the attackers crossing
- ✓ The other defending team moves into the middle court after a set time
- ✓ Introduce a 4v2 situation if too difficult for the attackers
- ✓ Encourage support 'off the shoulder' for the ball carrier



Grid Game: Roll Over

Technical ...Travelling with the ball – The Solo

The solo is used to travel with the ball when there is normally no one else to pass to.

There are two main types of solo:

- ✓ Solo with no bounce – This is a continuous hand – to – toe every 3-4 strides
- ✓ Solo with a bounce – Here a high bounce may be used after the solo and is a quicker way of travelling since a player may move a good distance with just one solo after every bounce

Head:

- ✓ Watch the ball down on to the foot but look up after every solo

Hands:

- ✓ Let the ball down with the same hand as the same foot while using the other arm to guard the ball
- ✓ Keep your hand as close as possible to the foot when soloing
- ✓ Learn to solo with both feet

Feet:

- ✓ Solo at the end of your stride with an upturned toe at the end of a straight leg
- ✓ Keep the ball as low as possible in the solo

Common Mistakes:

- ✓ Keeping the head down too much
- ✓ Soloing when the ball is on the way up or down
- ✓ Throwing the ball up and not letting the ball down near the foot
- ✓ Soloing the ball too high



Use an up-turned toe to flick the ball back up into the hands

Technical ...Travelling with the ball – The Solo

Exercise 1: Basic Drill 1: Hand To Thigh Solo

- ✓ Use a hand to thigh for inexperienced children, on the spot and then walking etc.
- ✓ All with a ball each using a solo every fourth stride. Who can make the least mistakes?
- ✓ Use your weaker foot. Who can make 10 solos first?
- ✓ Jog while soloing, change direction every fourth stride.
- ✓ Add a bounce after every solo.

Exercise 2: Basic Drill 2: Flick Away - Use a 10m x 10m Grid

- ✓ Repeat above but attempt to flick your opponents ball away as you solo about
- ✓ Who can keep their ball the longest?
- ✓ Who can get the most flicks?
- ✓ Start with 3-4 players without a ball who attempt to dispossess the rest
- ✓ Last player left with a ball is the winner

Exercise 3: Variation: Tag The Solo

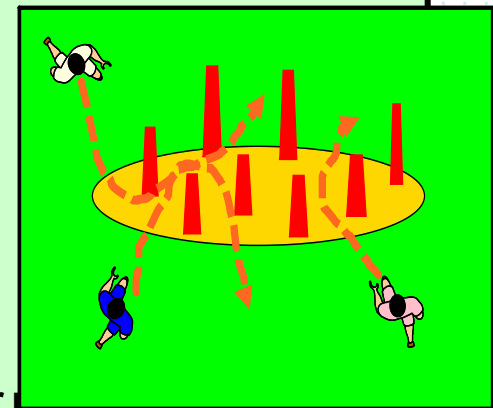
- ✓ Half the players without the ball and half with a ball
- ✓ Those without try and tag the half with the ball as they solo
- ✓ Change roles when tagged

Exercise 1: Intermediate Drill 1: Circle Solo

- ✓ Players solo around circle
- ✓ On signal they must solo through the circle avoiding the cones and each other
- ✓ Give each player 5 points initially, they lose a point if they lose possession of the ball, knock a cone down or bump into another player
- ✓ Game may be challenged further by placing more cones in the circle or having more players
- ✓ Place 1-2 defenders in the circle to dispossess the 'soloers'



Let the ball down as near the foot as possible



Circle Solo

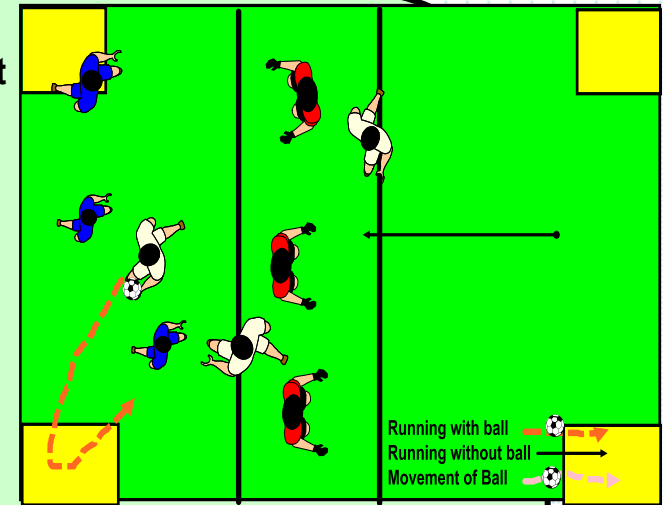
Technical ...Travelling with the ball – The Solo

Exercise 2: Intermediate Drill 2: Solo Relay

- ✓ Groups of 4 line up in front of 5 Markers spaced 5m apart
- ✓ Each member of the team solos out around each marker in turn
- ✓ They must pass the ball back as soon as they round the cone i.e. right hand pass at first cone, left hand pass at second, fist pass at the next and foot pass at the last etc.
- ✓ Which group is finished first?

Grid Game: Zone Solo

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



10-7-5 Second Game

Variation:

- ✓ Allow one member of the team in the middle to defend from any where or
- ✓ Only two attacking players are allowed to pass the middle zone

Technical ...Travelling with the ball – The Solo

Exercise 1: Fun Game 1: 10-7-5 Second Game

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

Variation:

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

Exercise 2: Fun Game 2: 2 Goals To Score

- ✓ Teams may be 4 v 2 or 3 v 3 depending on ability
- ✓ To score the ball must be soloed through two goals on either side of a small pitch
- ✓ All players on the ball must solo the ball a set number of times before they pass

Variation:

- ✓ Aim to solo through 3 or 4 goals
- ✓ Have a goalie in each of the goals
- ✓ Place the goals back from the grid to make it more challenging

