

**Gaelic Games
2024
Activities & Games**

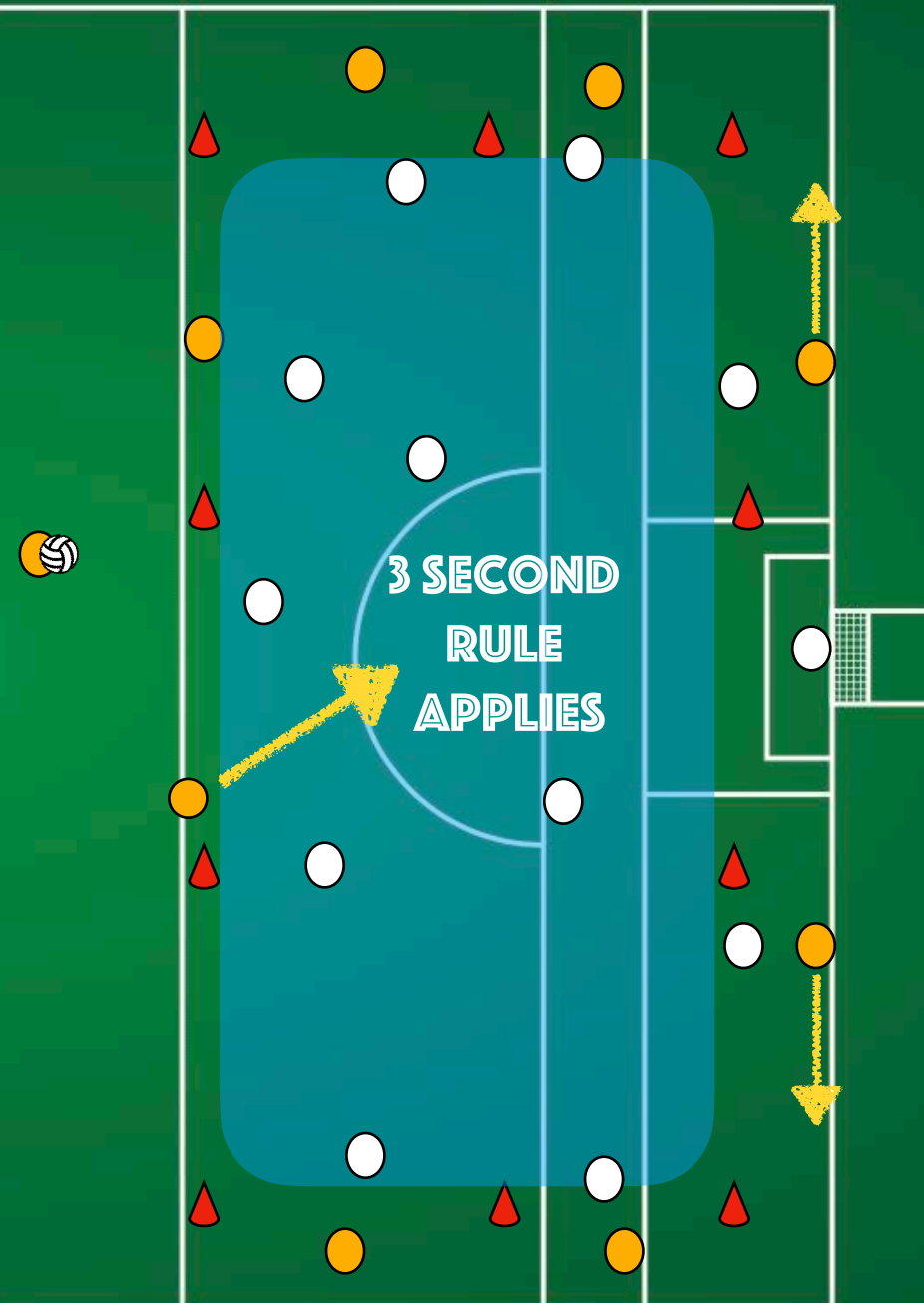


WHERE'S THE SPACE - CONDITIONED GBS

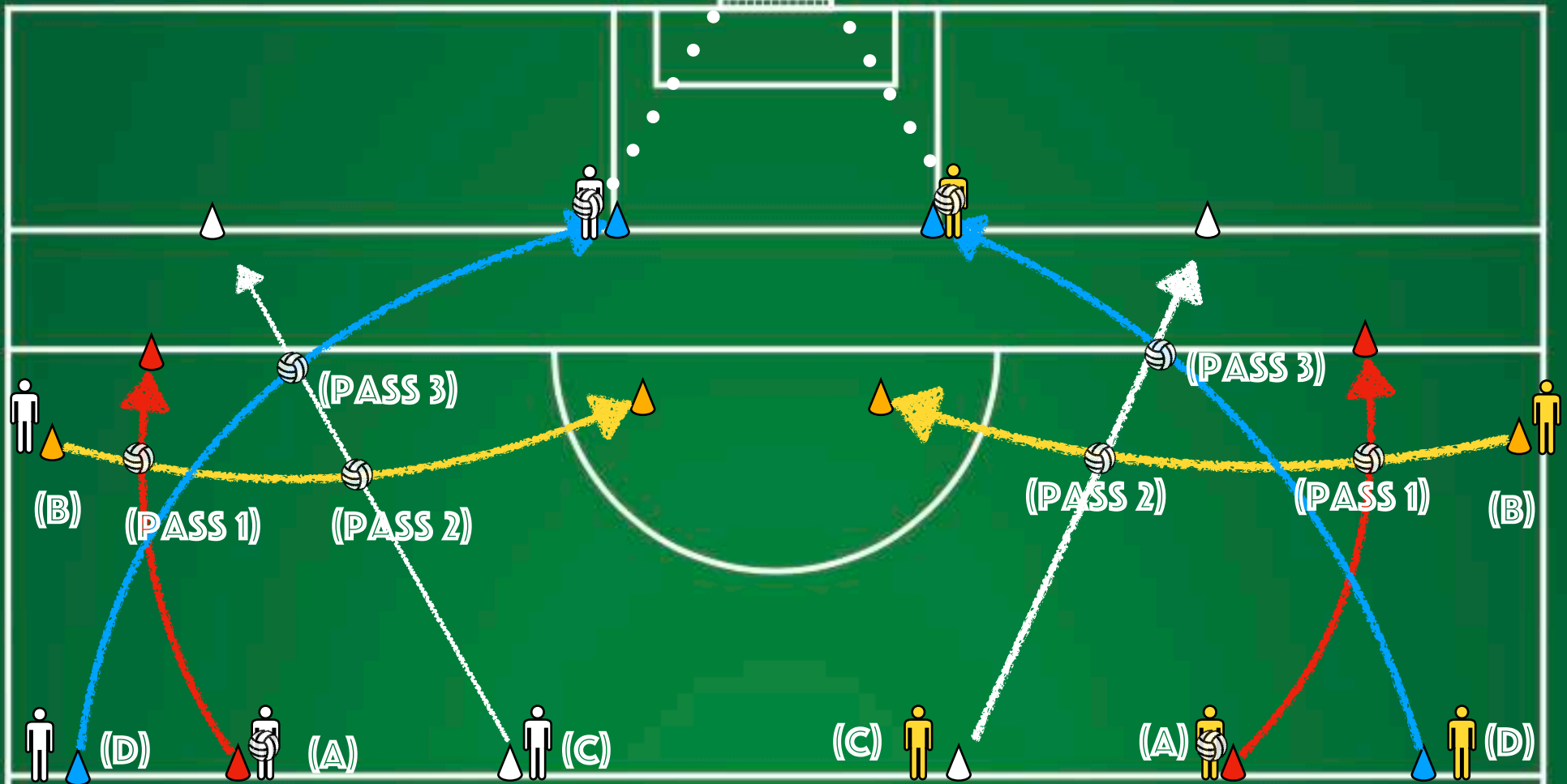
AN ACTIVITY FOCUSING ON TRYING TO GET ATTACKERS TO CREATE WIDTH & DEPTH IN AN OVERLOAD SITUATION
(9 ATTACKERS V 11 DEFENDERS)

BALL STARTS WITH YELLOW ATTACKER IN THE CENTRE OF THE PITCH. THEY CAN KICK OR CARRY THE BALL. ALL DEFENDERS MUST REMAIN INSIDE THE RED RECTANGLE FOR THE BEGINNING OF THIS GAME TO ALLOW ATTACKERS GET USE TO PLAYING AGAINST AN OVERLOAD.

AN ATTACKER CAN ENTER THE RED RECTANGLE AT ANY TIME THEY MAY WISH BUT IF BALL IS NOT PLAYED TO THEM THEY MUST LEAVE THE GRID AFTER 3 SECONDS AND LEAVE SPACE FOR THE NEXT FORWARD UP TO RUN INTO WHILST STILL BEEN CONSCIOUS OF ORIGINAL SETUP AND CREATING WIDTH AND DEPTH TO STRETCH DEFENCE



BACKDOOR SCORING ACTIVITY



A SCORING ACTIVITY WORKING ON THE BACKDOOR/LATE RUNNER. FOCUS ON THIS PARTICULAR ACTIVITY IS TO MAKE SURE THE PLAYERS COMPLETE THE RUN AND DO IT WITH INTENT

BALL STARTS WITH (A) WHO CARRIES BALL AT PACE TO OPPOSITE RED CONE. (B) TIME RUN FROM SIDELINE AND RECEIVES BALL FROM (A) AND CARRIES ACROSS FIELD TO (C) WHO HAS TIMED HIS RUN AND IS DRIVING FOR THE 13 YARD LINE. (D) WILL BE COMING IN FROM SIDELINE WITH INTENT TO FINISH THE MOVEMENT WITH A SCORE. ONCE MOVEMENT IS COMPLETED RESTART AGAIN FROM (A)

CLINICAL DEFENDER - 1V1 SCORING ACTIVITY

AN ACTIVITY FOCUSING ON BEING CLINICAL IN FRONT OF GOALS/ DEFENDING

ACTIVITY STARTS AT POINT (1) WHERE WHITE FORWARD STARTS WITH BALL AND YELLOW DEFENDER IS IN TOUCHING DISTANCE BEHIND THE FORWARD ON COACH'S WHISTLE FORWARD PASSES TO COACH AND GOES FOR RETURN PASS AND TAKES THE SHOT OFF.

ONCE THE SHOT IS TAKEN THE FORWARD THEN DIVERTS BACK OUT TO POINT (2) WHERE HE RECEIVES SECOND BALL FROM COACH AND STRIKES FOR ANOTHER POINT WHILST THE DEFENDER IS STILL CHASING TO CLOSE HIM DOWN.

ON THE FINAL PLAY THE FORWARD WILL DIVERT BACK OUT TO POINT (3) WHILST THE DEFENDER WILL MAKE A RUN INSIDE AND LOOP AROUND THE GREEN CONE TO COME BACK OUT AND DEFEND THE FORWARD COMING THROUGH ON GOAL ONCE THE FORWARD HAS MADE HIS RUN THROUGH THE YELLOW GATE.

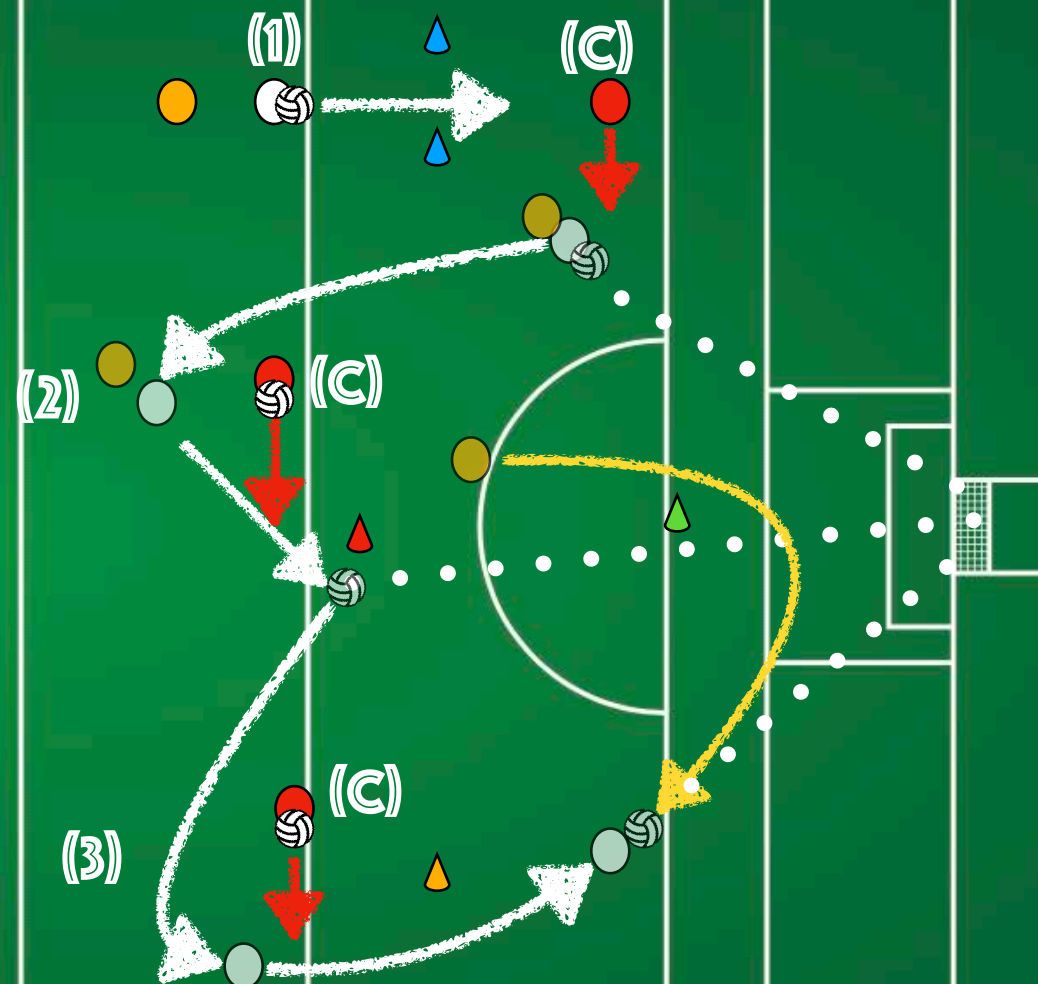
ONCE ALL 3 ARE COMPLETE. NEXT 2 UP

NOTE (SHOOTING POINTS)

POINT 1 - LEFT FOOT

POINT 2- RIGHT FOOT

POINT 3- PLAYERS CHOICE



● = COACH ● = ATTACKER ● = DEFENDER

EXPLOIT THE DEFENDERS - ATTACKING GBS

AN ACTIVITY FOCUSING ON ATTACKERS
EXPLOITING DEFENDERS OUT OF POSITION.

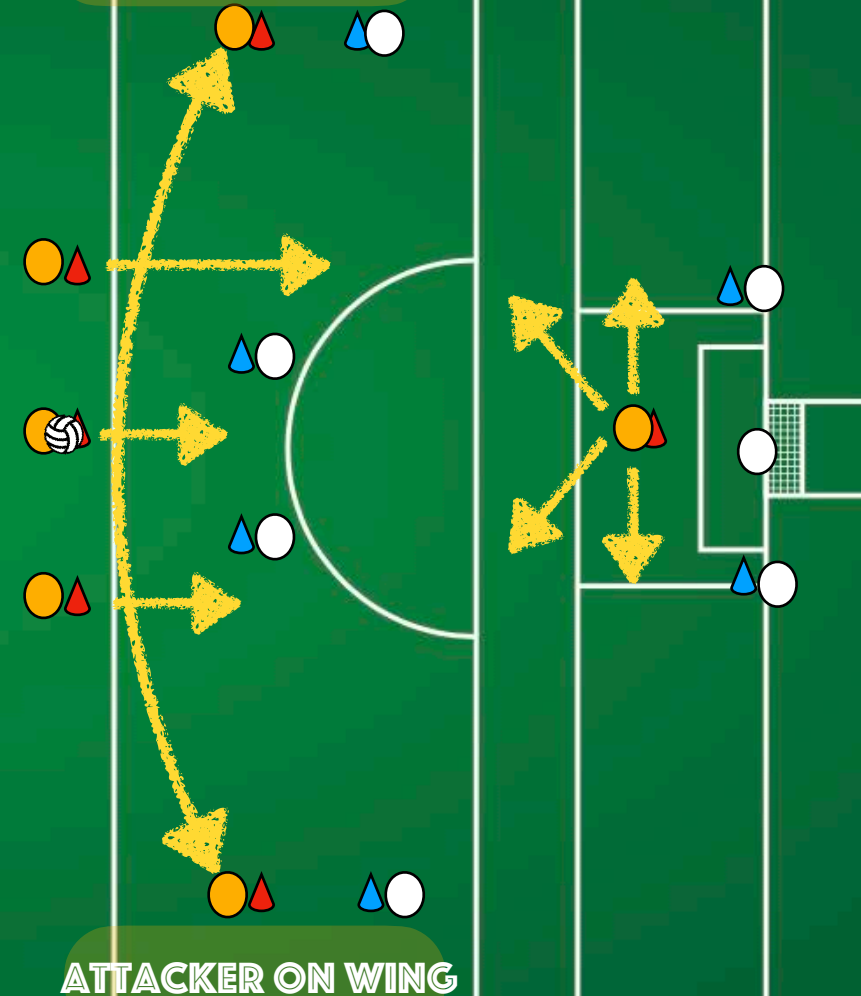
GAME STARTS ON COACHES WHISTLE.

3 V 2 (YELLOWS) START WITH THE BALL
ONCE BALL IS IN PLAY ATTACKERS ON EITHER WING
CAN ENTER THE THE GAME TO EITHER MAKE DECOY
RUNS OR CHANGE DIRECTION OF PLAY. ALL
DEFENDERS ENTER THE GAME TO PICK UP PLAYERS

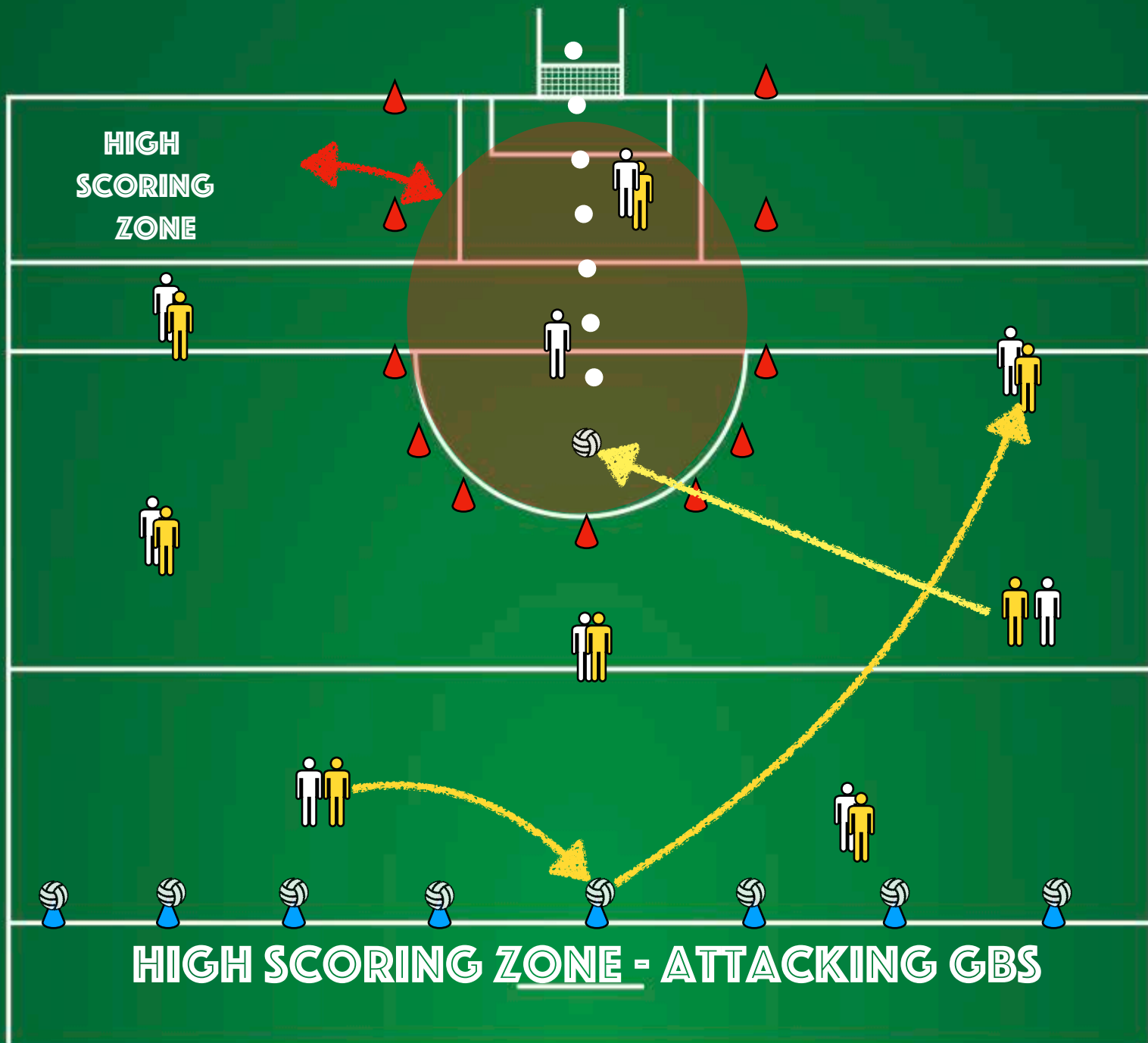
THIS ACTIVITY WILL HELP DEFENDERS WITH
COMMUNICATION IN RELATION TO WHO'S
PICKING UP THE RUNNERS AS ONCE ALL PLAYERS
(WHITE) DEFENDERS & (YELLOW) FORWARD ARE IN
IT BECOMES A 6V6

ONCE BALL IS DEAD GAME RESTARTS FROM 45M
LINE

ATTACKER ON WING



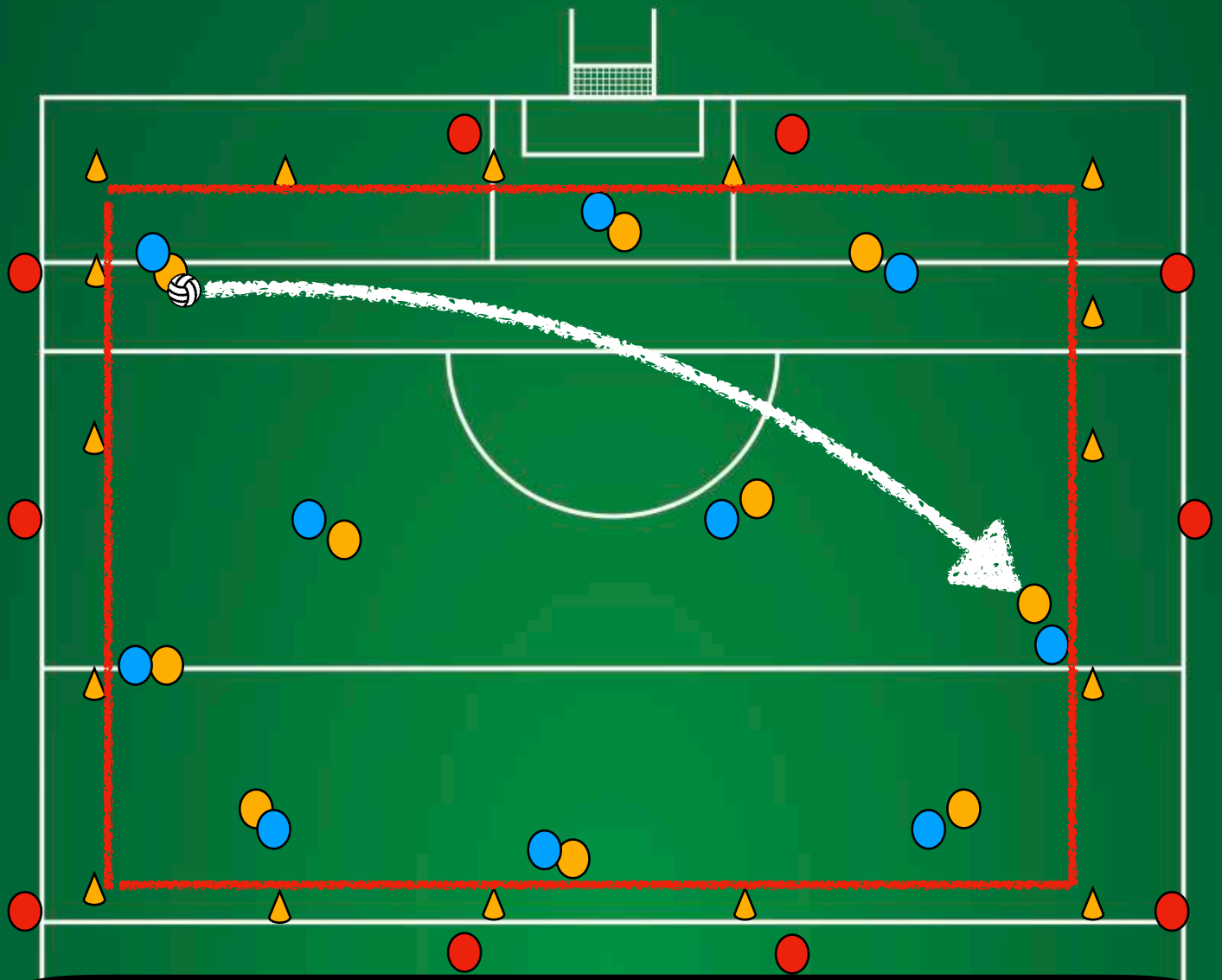
● = ATTACKER ● = DEFENDER



AN ACTIVITY WORKING ON CREATING THE BEST POSSIBILITY OF A SCORING OUTCOME FROM AN ATTACK (HIGH SCORING ZONE)

9 BALLS ARE LINED UP ON BLUE CONES ON COACHES WHISTLE (YELLOW) ATTACKER CAN TAKE ANY OF THE BALLS AND START THE ATTACK. AIM OF THIS GAME IS FOR ATTACKING FORWARDS TO TRY AND GET INSIDE THE RED ZONE TO TAKE A SHOT OFF. IF THE TEAM DOES THIS SUCCESSFULLY THEY WILL BE AWARDED 2 POINTS FOR A SCORE.

DEFENDERS WILL HAVE THE ADVANTAGE OF AN EXTRA PLAYER SITTING IN THE HIGH SCORING ZONE TO ADD PRESSURE AND MAKE SURE FORWARDS ARE DECISIVE AND CREATIVE TO MAKE A SCORE HAPPEN.



KICK & SCORE - PASSING & MOVEMENT ACTIVITY.

THERE ARE 3 TEAMS IN THIS ACTIVITY. 2 TEAMS PLAYING WHILST THE OTHERS ARE GETTING THERE REST BUT ALSO BEEN USED AS SUPPORT PLAYERS TO CREATE GIVE AND GO OPTIONS.

BALL STARTS WITH THROW IN FROM COACH, MINIMIZE THE PLAYS ON THE BALL TO ONE. IN ORDER TO CREATE A SCORE THE TEAM MUST EXECUTE 2X 20M KICK PASSES BEFORE HAND. ONCE TWO PASSES ARE COMPLETE THEY CAN CREATE A SCORE (POINT/GOAL)

PROGRESSION: YOU CAN ONLY TACKLE YOUR OWN PLAYER YOUR MARKING. THIS WILL INCREASE THE ATTACKING TEAM 'S ROLE TO CREATE SEPARATION FROM DEFENDER.

ONCE BALL IS DEAD OR 2 MINUTES ARE UP. ONE TEAM SWITCH'S WITH REDS TO ALLOW THEM INTO THE GAME

THE BALL MOVES/ YOU MOVE - WIDTH

THIS ACTIVITY EMPHASIZES PLAYER AND BALL MOVEMENT WHILE AIMING TO CREATE WIDTH AND DEPTH IN THE ATTACK.

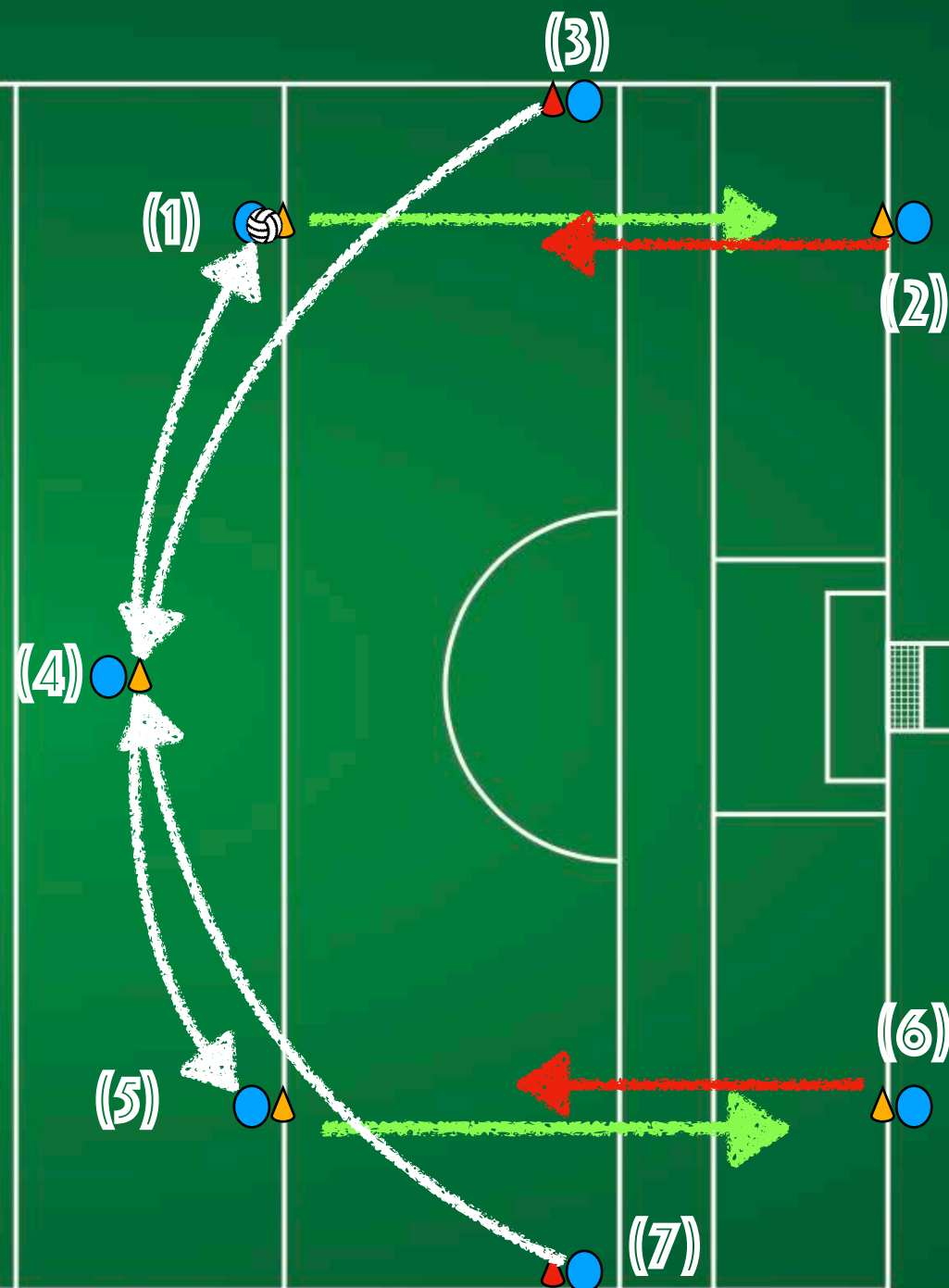
THE SEQUENCE BEGINS WITH PLAYER 1, WHO KICK-PASSES TO PLAYER 2. AFTER THE PASS, PLAYER 1 CONTINUES TO RUN FORWARD TO TAKE PLAYER 2'S POSITION AT THE CONE. PLAYER 2 THEN MOVES BACK OUT AND HAND-PASSES TO PLAYER 3, WHO IS CUTTING IN FROM THE SIDELINE. PLAYER 2 REPLACES PLAYER 3 ON THE SIDELINE.

PLAYER 3 KICK-PASSES TO PLAYER 4, WHO ACTS AS A PIVOT. PLAYER 4 HAND-PASSES TO PLAYER 5, WHO THEN KICK-PASSES TO PLAYER 6 WHILE CONTINUING TO RUN FORWARD TO TAKE PLAYER 6'S SPOT.

PLAYER 6 CARRIES THE BALL BACK OUT AS PLAYER 7 CUTS IN FROM THE SIDELINE TO RECEIVE IT AND DELIVERS A KICK-PASS TO PLAYER 4, THE PIVOT.

FINALLY, PLAYER 4 HAND-PASSES TO PLAYER 1, AND THE SEQUENCE RESTARTS.

SEQUENCE RESTARTS.



AN ACTIVITY FOCUSING ON A 8 V 7 ATTACKING OVERLOAD FROM DIFFERENT CHANNELS ON THE PITCH.

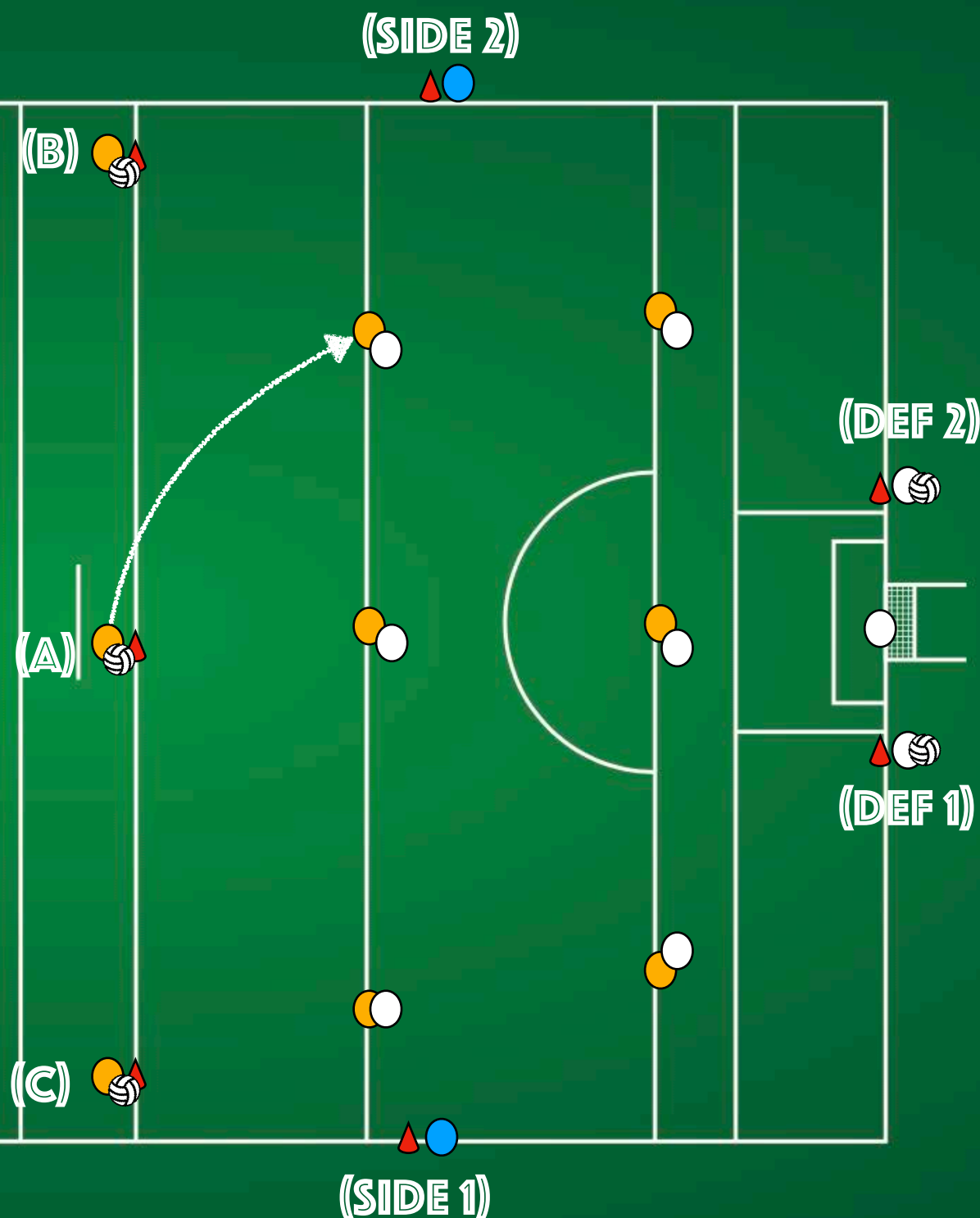
COACH WILL START BY CALLING A LETTER FROM (A/B/C) TO START ATTACK.

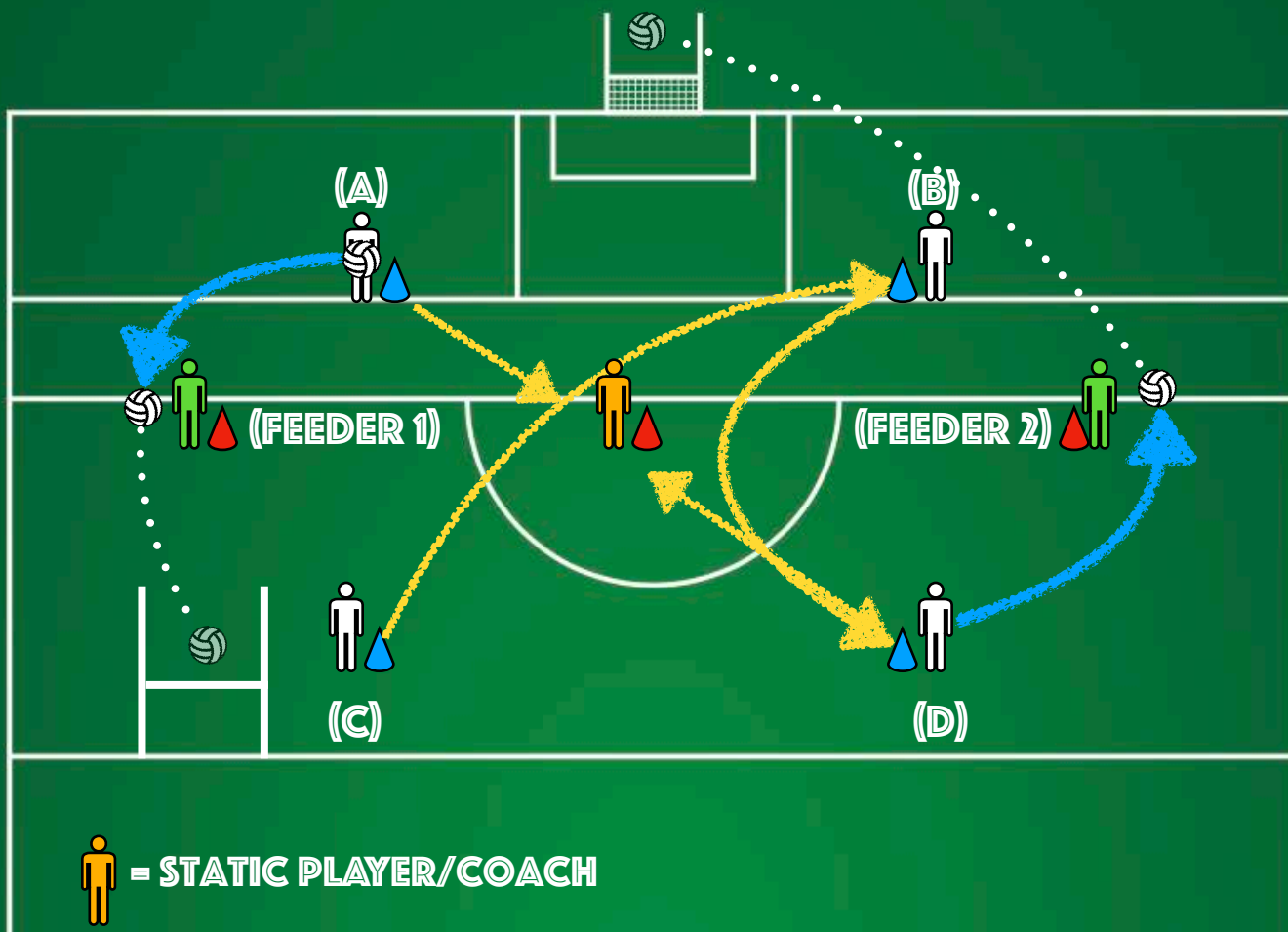
PLAYER FROM (A/B/C) CAN DELIVER PASS IN OR CARRY THE BALL ONCE BALL IS IN PLAY FULL RULES APPLY.

TO HELP OUT ON ATTACKS THE (YELLOW) FORWARDS CAN PASS THE BALL TO (SIDE 1 PLAYER) OR (SIDE 2 PLAYER) IF THEY NEED TO GET OUT OF TROUBLE OR TRANSITION BALL. (SIDE 1/2) ARE STATIC PLAYERS AND CAN NOT BECOME INVOLVED IN MAIN GAME.

ONCE BALL IS DEAD COACH CALLS (DEF 1 OR 2) AND THEY MUST TRANSITION BALL BACK OUT PAST THE RED CONES CREATING AN 8V8. DEFENDERS CAN ALSO USE (SIDE 1/2) ONCE THEY ARE TRANSITIONING OUT OF DEFENCE.

ONCE THIS FULL MOVEMENT HAS HAPPENED GAME RESTARTS FROM COACH'S CALL AGAIN.





QUICK HANDS/ QUICKER FEET HANDLING/SCORING ACTIVITY

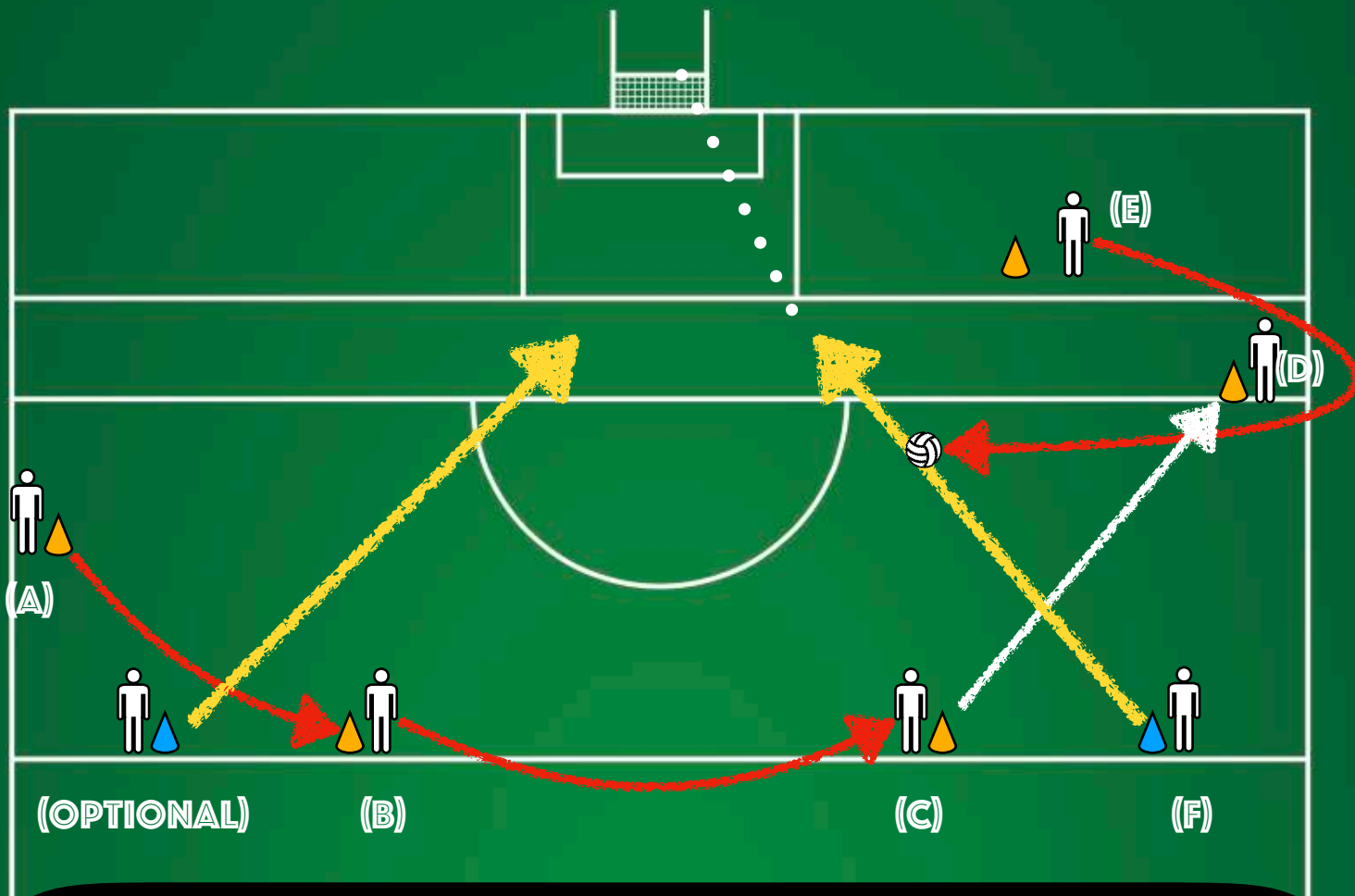
ACTIVITY STARTS WITH A HAND PASSING TO STATIC
PLAYER(YELLOW) B TIMES HIS RUN AND RECEIVES THE BALL OF
STATIC PLAYER AND CARRIES WITH INTENT TO D

ONCE A HAS RELEASED BALL TO STATIC PLAYER HE RECEIVES BALL OF
FEEDER 1 AND AND TAKES A SCORE AT THE SMALL GOALS

D THEN HAND PASSES BACK TO STATIC PLAYER AND C HAS TIMED HIS
RUN TO HANDPASS BACK INTO A

ONCE D HAS RELEASED BALL TO STATIC YELLOW PLAYER HE GOES TO
FEEDER 2 AND TAKES SHOT ON MAIN GOALS.

(NOTE - YOUR SHOOTERS WILL ALWAYS BE (A) AND (D)



SHOOTING FRENZY - SCORING ACTIVITY

AN ACTIVITY FOCUSING ON CREATING SCORING OPPORTUNITIES FROM DIFFERENT ANGLES AND AREAS THROUGHOUT THE FORWARD LINE

A KICKPASSES BACK OUT TO B, ONCE B HAS RECEIVED THE BALL HE KICKPASSES TO C WHO RUNS WITH INTENT TOWARDS D.

BEFORE D RECEIVES THE BALL THE COACH WILL CALL THE FOLLOWING FOR FINISHING SCORER

- 1 - (E) LOOPS AROUND AND STRIKES OF THE INSTEP.
- 2 - (F) TIMES RUN AND EITHER TAKES DIRECT FROM (D) OR GETS IT OF THE LOOP FROM (E)
- 3 - (C) DRIVES TOWARDS (D) , (E) LOOPS AND HAND PASSES TO (F) / (F) HANDPASSES TO (OPTIONAL)

STRONG IN NUMBERS - ATTACKING GBS

**AN ACTIVITY FOCUSING ON DIFFERENT ANGLES OF ATTACK
IN A 5 V 4 OVERLOAD SCENARIO**

**BOTH GAME STARTS WITH THE FREE YELLOW ATTACKER
GOING TO OPPOSITE PITCH TO COLLECT THE BALL**

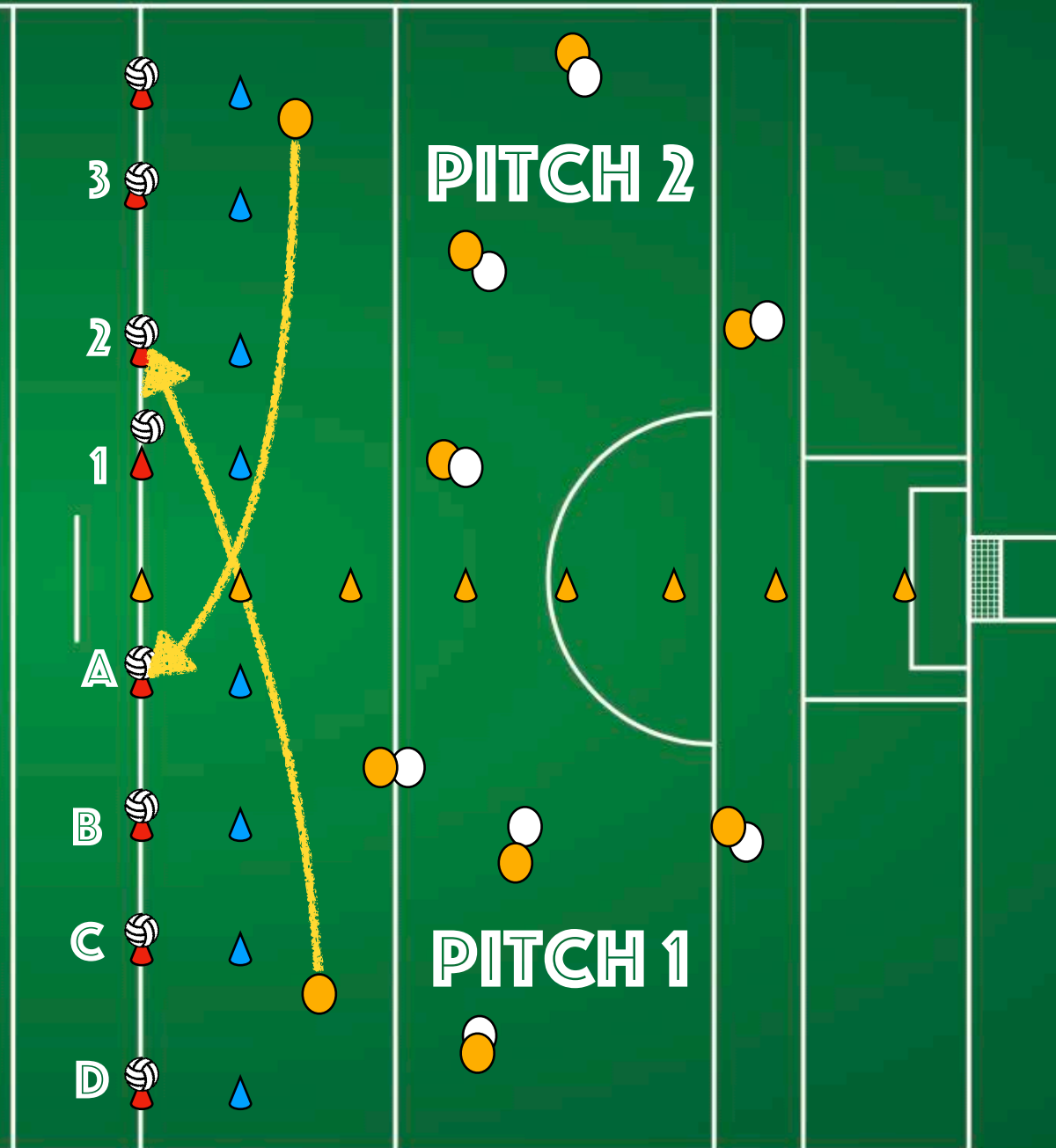
**(YELLOW PLAYER IN PITCH ONE WILL GET THE BALL FROM
NUMBERS 1-4) ONCE HE RECEIVES THE BALL HE CAN PLAY
ACROSS FIELD BALL BACK INTO HIS PITCH OR CARRY BACK
INTO THE PITCH.**

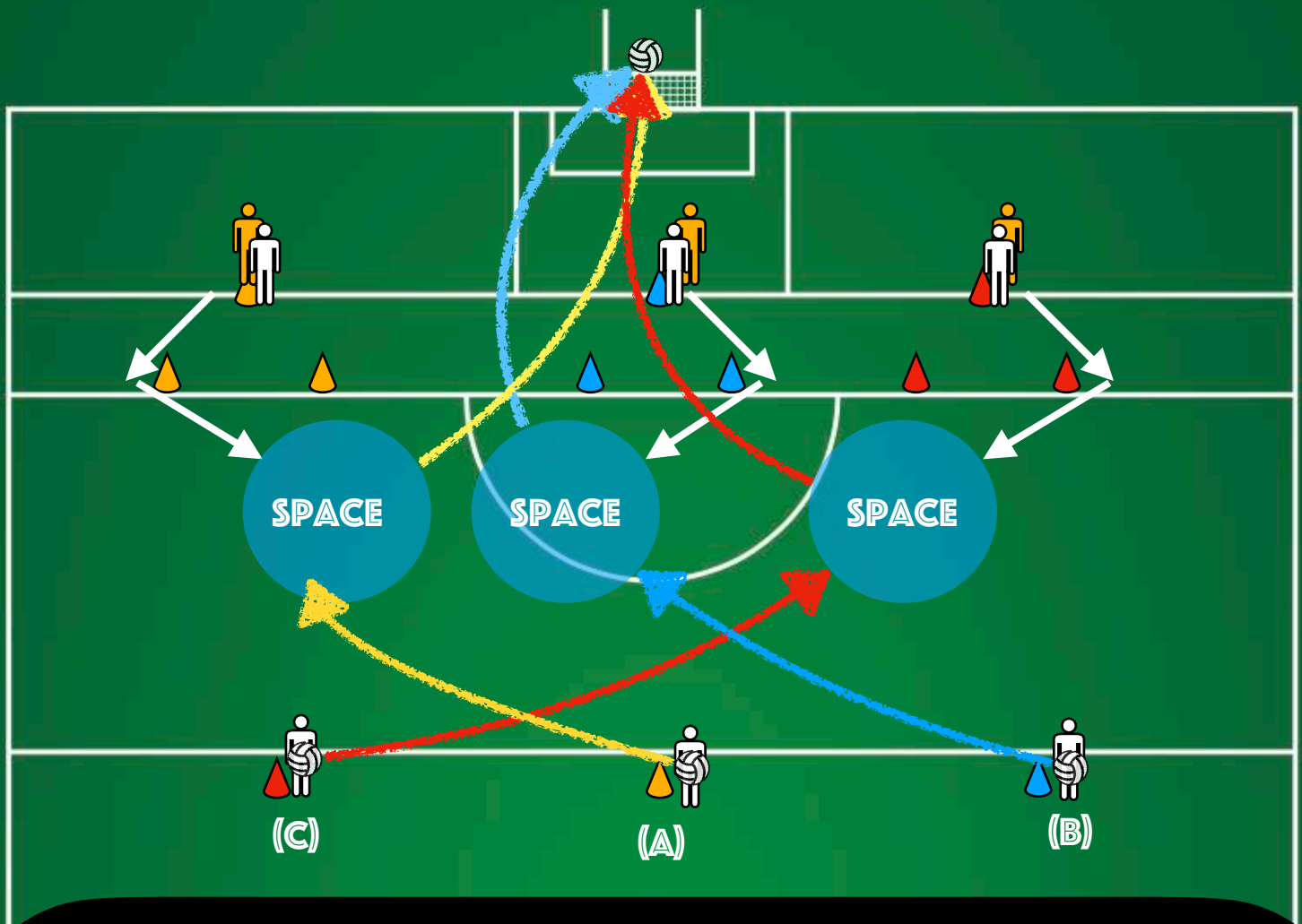
**WHILST YELLOW ATTACKER IS GONE TO GET THE BALL THE
TEAM MATES ON THAT PITCH ARE TRYING TO CREATE
POCKETS OF SPACE/ CHANGING THE ATTACKING ANGLE
AND THEY WILL FINISH THE MOVEMENT BY TAKEN A SCORE**

**ONCE BALL IS DEAD A NEW FREE YELLOW ATTACKER GOES
TO GET THE BALL AND RESTARTS THE GAME.**

**THEY HAVE 4 ATTACKS AND ONCE COMPLETED THEY
CHANGE OVER ROLES AND WHITE ATTACK.**

MINIMISE THE AMOUNT OF PLAYS THAT CAN BE TAKEN





TAKE ON THAT MAN - SCORING ACTIVITY

AN ACTIVITY FOCUSING ON ATTACKERS TO TAKE ON AND BEAT DEFENDER IN A 1V1 BATTLE.

**BALL STARTS OUTSIDE THE 45M LINE WITH (A/B/C)
ON COACHES CALL HE NOMINATES A LETTER TO ATTACK.**

FOR EXAMPLE IF HE CALLS B THE KICKER MUST KICKPASS THE BALL INTO SPACE FOR FORWARD WHO STARTS HIS RUN AND MUST CHANGE DIRECTION OF ATTACK ONCE MEETS THE THE BOTTOM OF TRIANGLE (LEFT TO RIGHT). ENCOURAGE FOR THE PASS TO BE MAXIMUM ONE BOUNCE(IT SHOULD NOT BREAK THE INSIDE FORWARDS MOMENTUM)

ONCE INSIDE FORWARD IS ON THE BALL HE MUST ROUND THE DEFENDER AND TAKE STRIKE ON GOAL OR KICK A POINT. ONCE MOVEMENT ENDS COACH CALLS NEW LETTER

WIDE SCORERS - SHOOTING ACTIVITY

AN ACTIVITY FOCUSING ON SCORING WHILST CREATING WIDTH AND DEPTH IN ATTACK

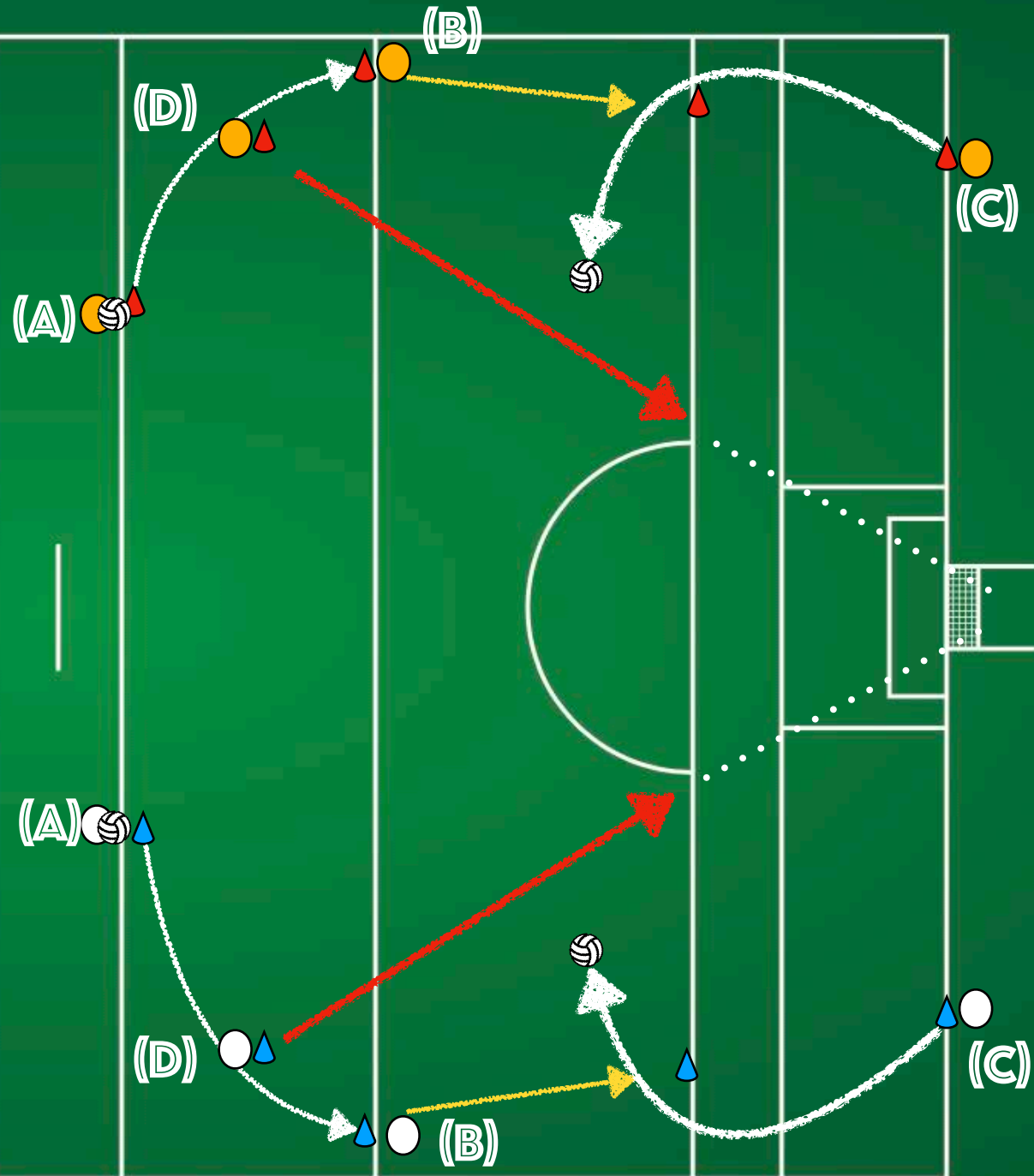
A STARTS WITH BALL AND KICK PASSES TO B WHO IS TOUCHING THE SIDELINE.

B CARRIES THE BALL TOWARDS THE (RED/BLUE) CONE

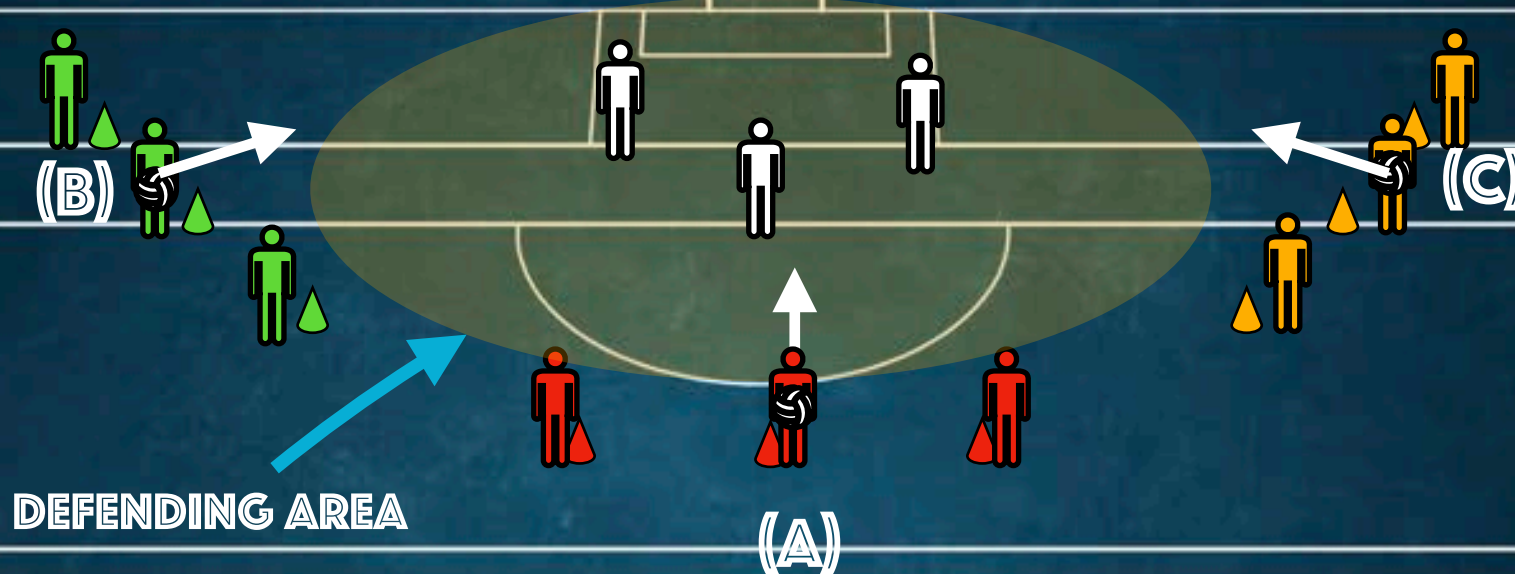
C IS STARTING ON THE END LINE AND IS TIMING HIS RUN TO LOOP AROUND THE CONE AND D IS COMING THROUGH WITH INTENT TO KICK THE SCORE.

PROGRESSION: COACH CAN CALL WEATHER HE WANTS C TO LOOP AND SCORE AND D HAS TO FINISH RUN OR D TAKES ON THE SHOT.

TIME LIMIT THE MOVEMENT
(4 SECONDS ON THE BALL)



3 ATTACKS / 3 DEFENDERS - DEFENDING GBS



3 ATTACKS / 3 DEFENDERS - DEFENDING GBS

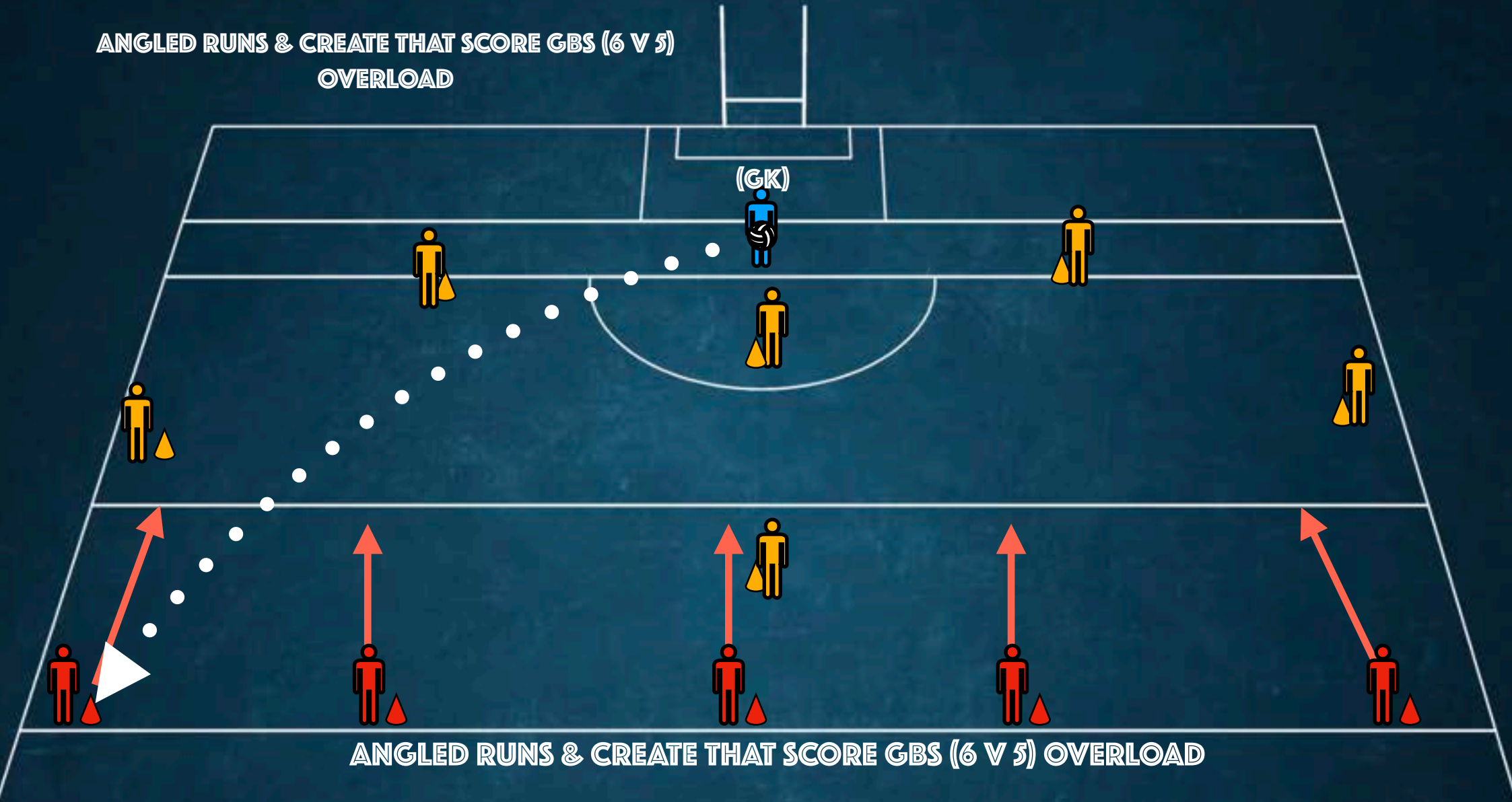
GAME STARTS WITH (A) ATTACKING THE FOR GOAL AGAINST 3 DEFENDERS.

ONCE BALL IS DEAD (B) ATTACK GOALS IMMEDIATELY. DEFENDERS MUST ADJUST THERE STANCE

ONCE BALL IS DEAD (C) ARE THE LAST TO ATTACK.

THIS IS HIGH WORKRATE FOR DEFENDERS IN SHORT SPACE OF TIME. ONCE (A/B/C) HAVE GONE REPLACE 3 DEFENDERS AND RESTART GAME

ANGLED RUNS & CREATE THAT SCORE GBS (6 V 5)
OVERLOAD



GAME STARTS BY GOALKEEPER KICKING OUT TO ANY OF THE 5 ATTACKING REDS ON THE CONE.

DEFENDERS START ON VARIOUS POSITIONS THROUGHOUT THE BACK LINE

5 RED ATTACKERS PROCEED TO TRY CREATE A GOAL SCORING OPPORTUNITY

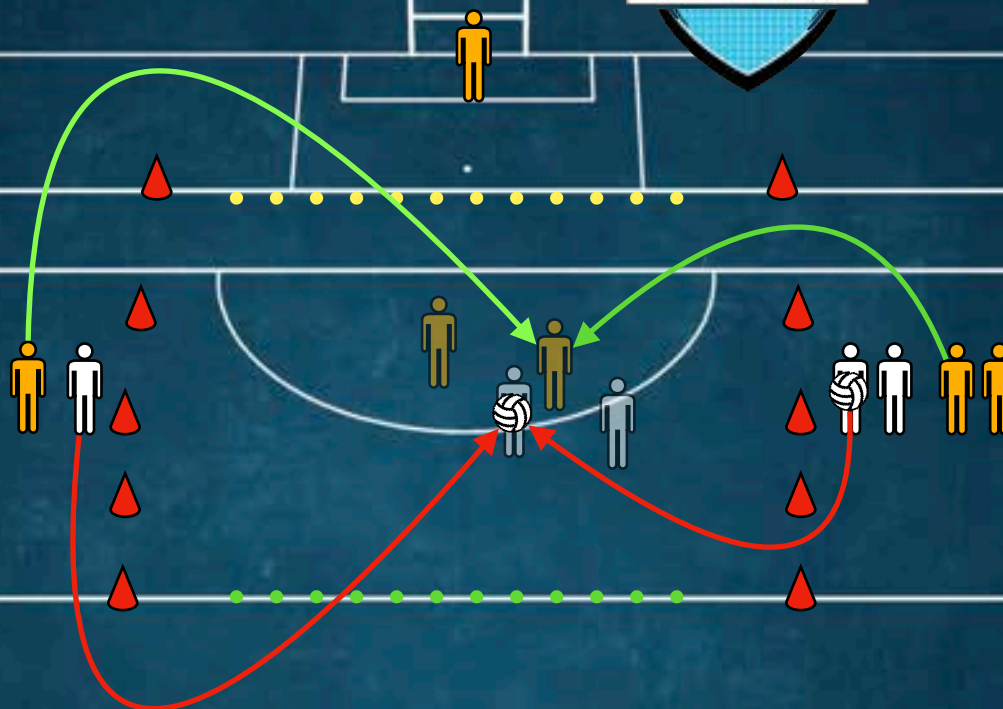
DEFENDERS WILL HAVE THE EXTRA DEFENDER PLACED INSIDE THE SEMI CIRCLE ONCE BALL IS DEAD KEEPER RESTARTS GAME

ATTACK/DEFENCE DELAY - CONDITIONED GBS



ENCOURAGE ATTACKING PLAYERS TO MAKE SUPPORT RUNS AND USE WIDTH BUT REMIND THEM THAT THEY DO NOT ALL HAVE TO TOUCH THE BALL. SOME RUNS WILL BE TO DRAW DEFENDERS AWAY FROM THE BALL AND CREATE GAPS. ENCOURAGE DEFENDERS TO FORCE ATTACKERS TO BREAK TWO LINES OF DEFENCE, RATHER THAN ONE FLAT LINE OF FOUR.

DEF = 
ATT = 



SET OUT TEN CONES IN TWO LINES TO FORM A CHANNEL

AT BOTH ENDS OF THE CHANNEL PLACE A ROW OF MARKERS

AT THE MID-CONE ON EACH SIDE, START 3 PLAYERS. 3 ARE ATTACKERS AND 3 ARE DEFENDERS. THE WHITES ON THE RIGHT SIDE OF THE CHANNEL HAVE THE BALL.

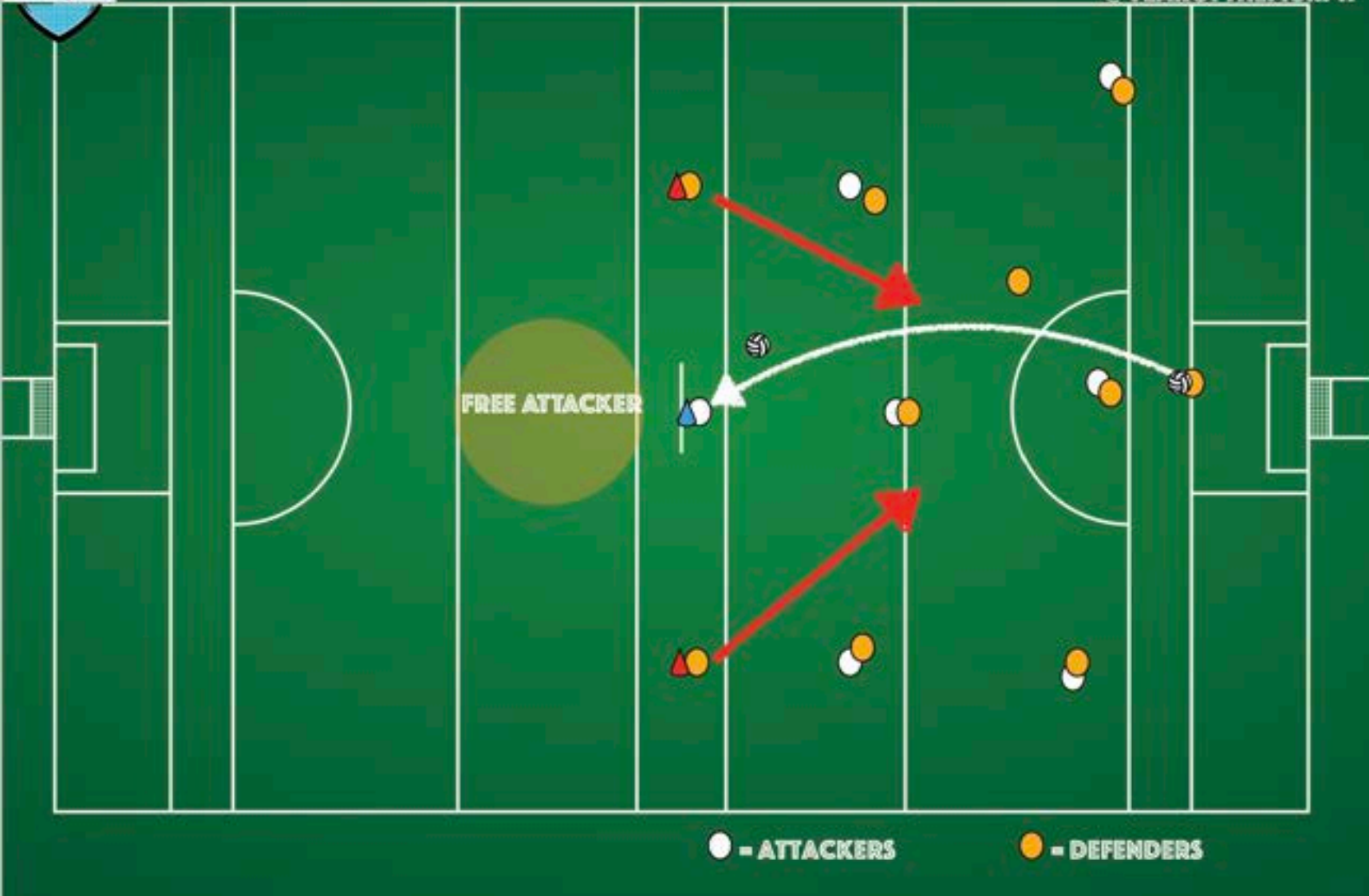
ON THE WHISTLE, THE WHITES WITH THE BALL SPRINT TO THE NEAREST CONE AND TURN INTO THE CHANNEL TO ATTACK. AT THE SAME TIME, THE YELLOWS ON THE SAME SIDE SPRINT TO THEIR NEAREST CONE AND TURN INTO THE CHANNEL TO TACKLE THE ADVANCING WHITES.

ON THE OTHER SIDE OF THE CHANNEL AND AT THE SAME TIME, THE YELLOWS AND WHITES SPRINT TO THEIR 'END' CONES AND TURN TO BACK THEIR TEAM-MATES UP AND FORM A SECOND WAVE OF DEFENDERS AND ATTACKERS.

WHITES MUST TRY CREATE SCORING CHANCE WHILST YELLOWS(DEFENDERS) MUST TRY STOP AND TURNOVER THE BALL AND WORK OUT PASSED GREEN CONES.



BLOCK THE POCKETS - DEFENSIVE ACTIVITY



FOCUS :
TRYING TO
BREAKDOWN A
DEFENSIVE OVERLOAD

PROGRESSIONS:

ATTACKING TEAM
HAVE 30 SEC TO
SCORE A GOAL

ATTACKING TEAM
HAVE FURTHER 30 SEC
TO SCORE A POINT

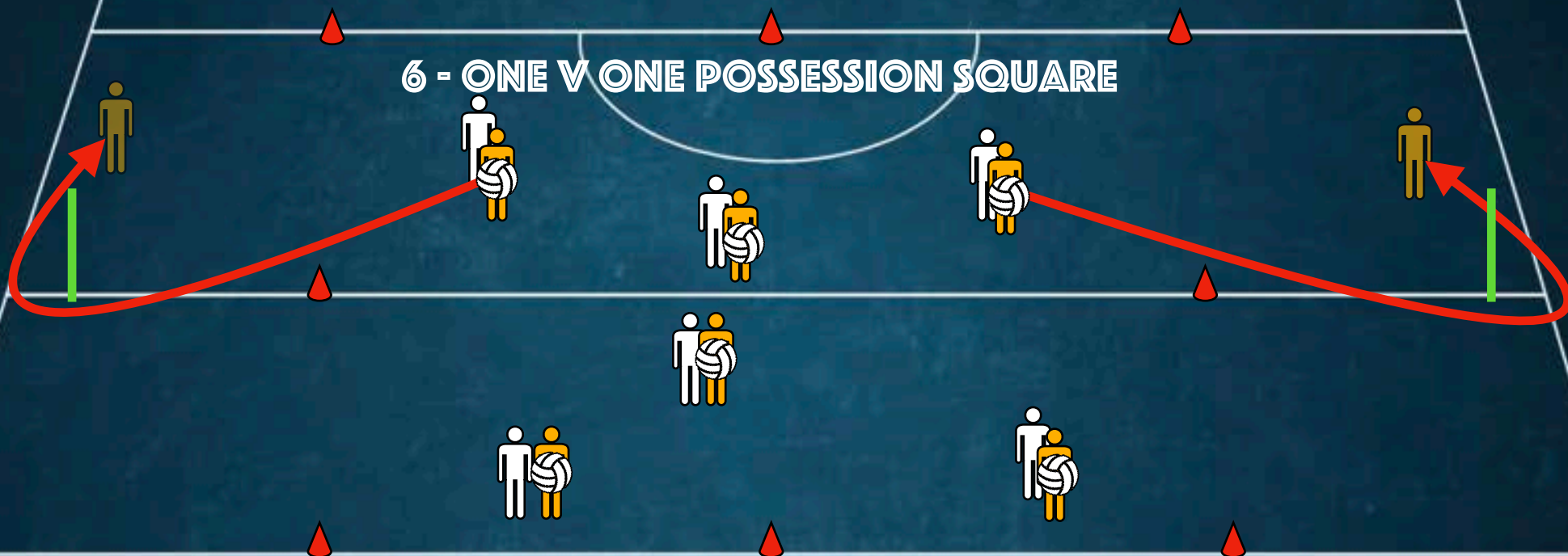
AN ACTIVITY FOCUSING ON THE FORWARDS TRYING TO EXPLOIT THE SPACE BEFORE EXTRA DEFENDERS GET BACK TO CREATE AN OVERLOAD

GAME STARTS WITH KEEPER KICKING OUT TO UNMARKED FORWARD (WHITE) ON BLUE CONE. THEY CAN EITHER RUN THE BALL OR KICK PASS INTO INSIDE FORWARDS. ONCE THE UNMARKED FORWARD GAINS POSSESSION OF THE BALL THE TWO DEFENDERS ON THE RED CONES CAN ENTER THE GAME AND CREATE AN OVERLOAD FOR DEFENDERS. IF DEFENDERS TURN OVER THE BALL THEY MUST WORK IT OUT PAST THE BLUE CONES AND GAMES RESTARTS FROM KEEPER

CHASE THAT TAIL - DEFENCE GBS



6 - ONE V ONE POSSESSION SQUARE



CHASE THAT TAIL - DEFENCE GBS

WORKING ON 1 V 1 SCENARIOS IN POSSESSION SQUARE WITH DISTRACTION OF OTHER PEERS WORKING AT THE SAME TIME

AIM OF THE GAME IS TO HOLD POSSESSION FOR 30 SECONDS WITHOUT BEEN OVERTURNED, IF DEFENDER OVERTURNS FORWARD THEY MUST RUN OUT OF GRID AND AROUND SALON POLE BEFORE THEY CAN RESTART THE GAME.

ONCE TIME IS UP. SWAP ROLES AND RESTART GAME.



COMPRESSING 2/3S OF THE PITCH - OUT OF POSSESSION ACTIVITY

OBJECTIVE: THIS ACTIVITY FOCUSES ON PRESSING THE OPPOSITION'S KICKOUT/PLACE BALL DEEP IN THEIR OWN HALF, APPLYING PRESSURE TO FORCE TURNS OR MISTAKES.

SETUP:

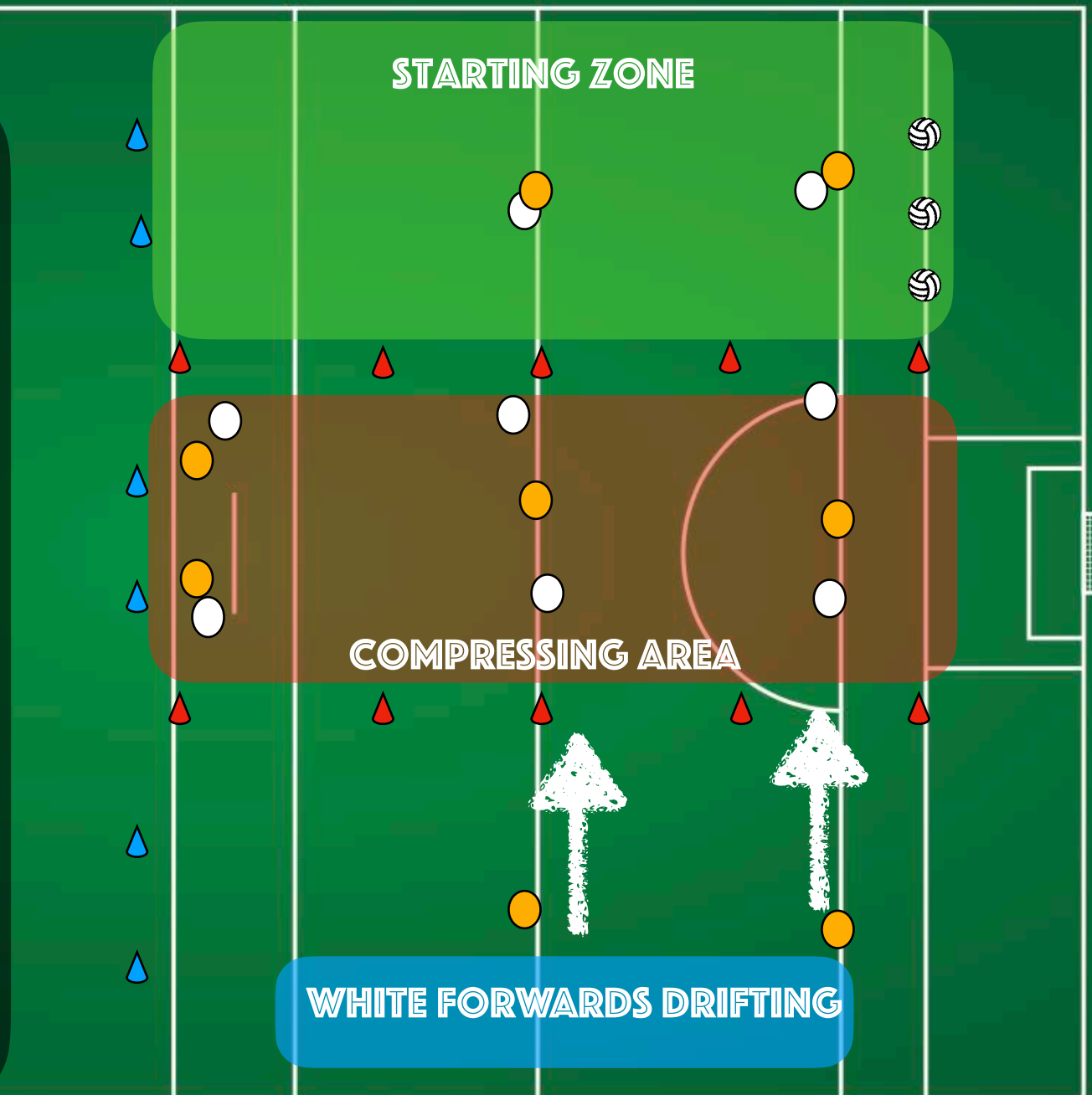
- BALLS START IN THE GREEN ZONE (13M LINE).
- ON THE COACH'S WHISTLE, A YELLOW DEFENDER RETRIEVES A BALL, AND THE GAME BECOMES LIVE.
- THE YELLOW TEAM MUST WORK THE BALL OUT THROUGH ONE OF THE THREE BLUE GATES TO SCORE.

ACTION:

THE WHITE ATTACKERS AIM TO COMPRESS THE PITCH, PUTTING INTENSE PRESSURE ON THE BALL CARRIER. THEIR GOAL IS TO FORCE THE YELLOW TEAM INTO A DECISION, IDEALLY LEADING TO AN ERROR OR A TURNOVER. IF THE BALL IS TURNED OVER, THE WHITE TEAM ATTEMPTS TO CREATE A SCORING OPPORTUNITY. IF THE YELLOW TEAM SUCCESSFULLY WORKS THE BALL THROUGH THE GATES, OR THE WHITES SCORE AFTER A TURNOVER, THE GAME RESTARTS IN THE SAME AREA.

PROGRESSION:

TRANSITION INTO A FULL-SIDED GAME, ENCOURAGING PLAYERS TO RECOGNIZE THE OPPOSITION'S WEAK POINTS AND CAPITALIZE ON OPPORTUNITIES TO PUNISH DEFENSIVE ERRORS.



COUNTER ATTACK - DEFEND/ATTACK ACTIVITY



COUNTER ATTACK - DEFEND/ATTACK ACTIVITY

A 2 V 1 EXERCISE WORKING ON DEFENDING/ TURNING OVER BALL/ ATTACKING AND CREATING AN OVERLAP.


WHITE PLAYER MUST ENTER THE ZONE IN FRONT OF HIM AND MUST TRY WORK BALL OUT THROUGH THE CONES FURTHEST AWAY FROM STARTING POINT.

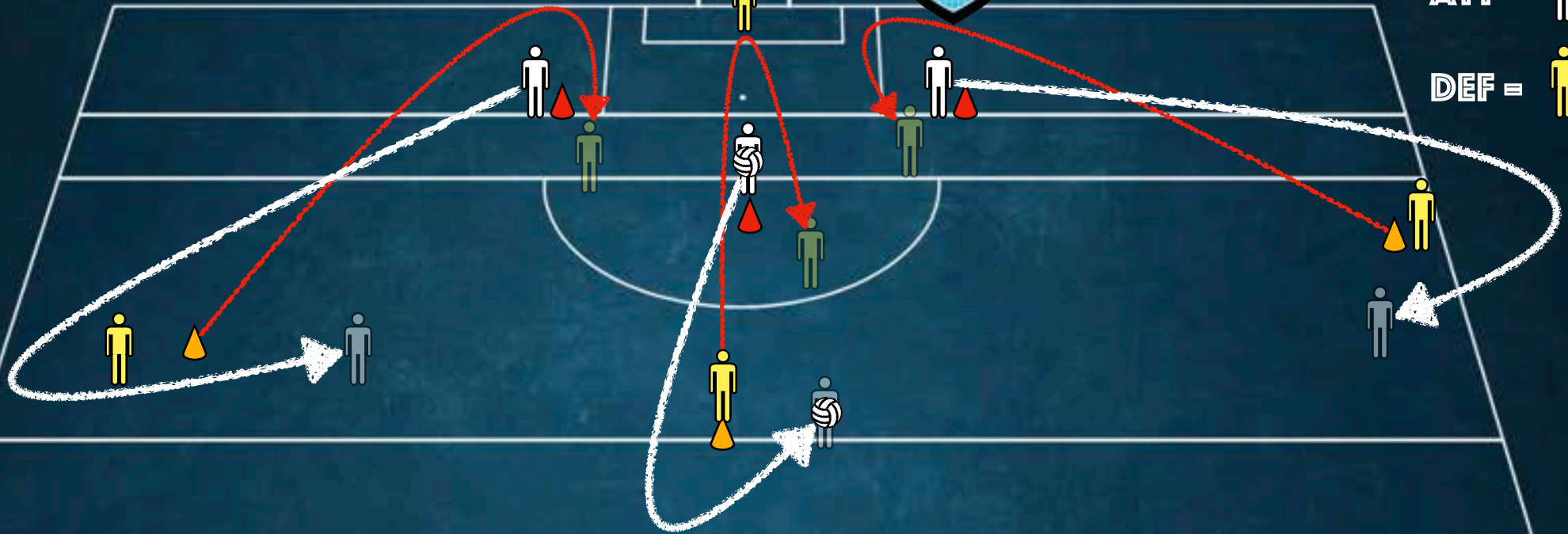
DEFENDERS IN ZONE (EXAMPLE = GREEN PLAYERS) THEY MUST DENY/DELAY/DEFEND AND TURNOVER BALL.

IF BALL IS TURNED OVER BY DEFENCE THEY ATTACK THE GOALS CREATING A 2 V 1 OVERLOAD AND CREATE SCORING OPPORTUNITY

DO OR DIE - 3V3 SMALL SIDED GAME



ATT = 
DEF = 



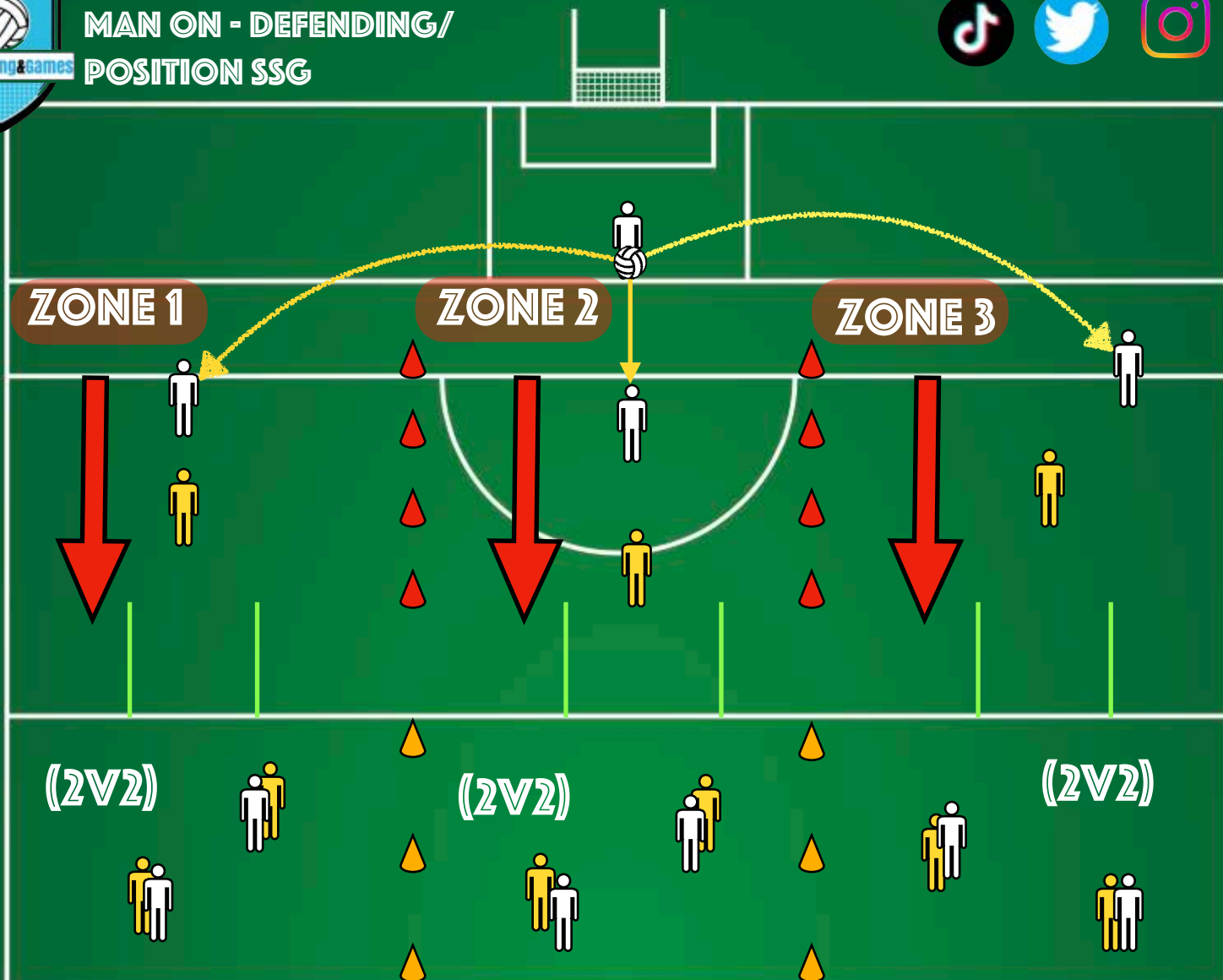
SET UP THREE RED CONES – FOR DEFENDERS TO GO AROUND

SET UP THREE YELLOW CONES – FOR ATTACKERS TO GO AROUND

THE THREE WHITE PLAYERS, ARE ATTACKERS AND START ON THE 14 & 21 YARD LINE CONES. THE YELLOW PLAYERS ARE MADE UP OF THE GOALKEEPER AND THREE DEFENDERS. THE DEFENDERS START ON THE OUTFIELD CONES.

ON THE WHISTLE, THE WHITES SPRINT FROM THE CONES TO THE OUTFIELD CONES AND TURN TO ATTACK. THE WHITE PLAYER WITH THE BALL SHOULD SOLO RUN AT PACE.

AT THE SAME TIME, THE YELLOWS SPRINT FROM THE OUTFIELD CONES TO THE END LINE ONES AND TURN TO DEFEND.



3V3 DEFENDING/ POSSESSION GAME BASED SCENARIO

GAME STARTS FROM KEEPERS KICKOUT GOING SHORT TO WHITE DEFENDER.
KEEPER WILL KICK 3 BALLS ONE AFTER ANOTHER INTO EACH ZONE.

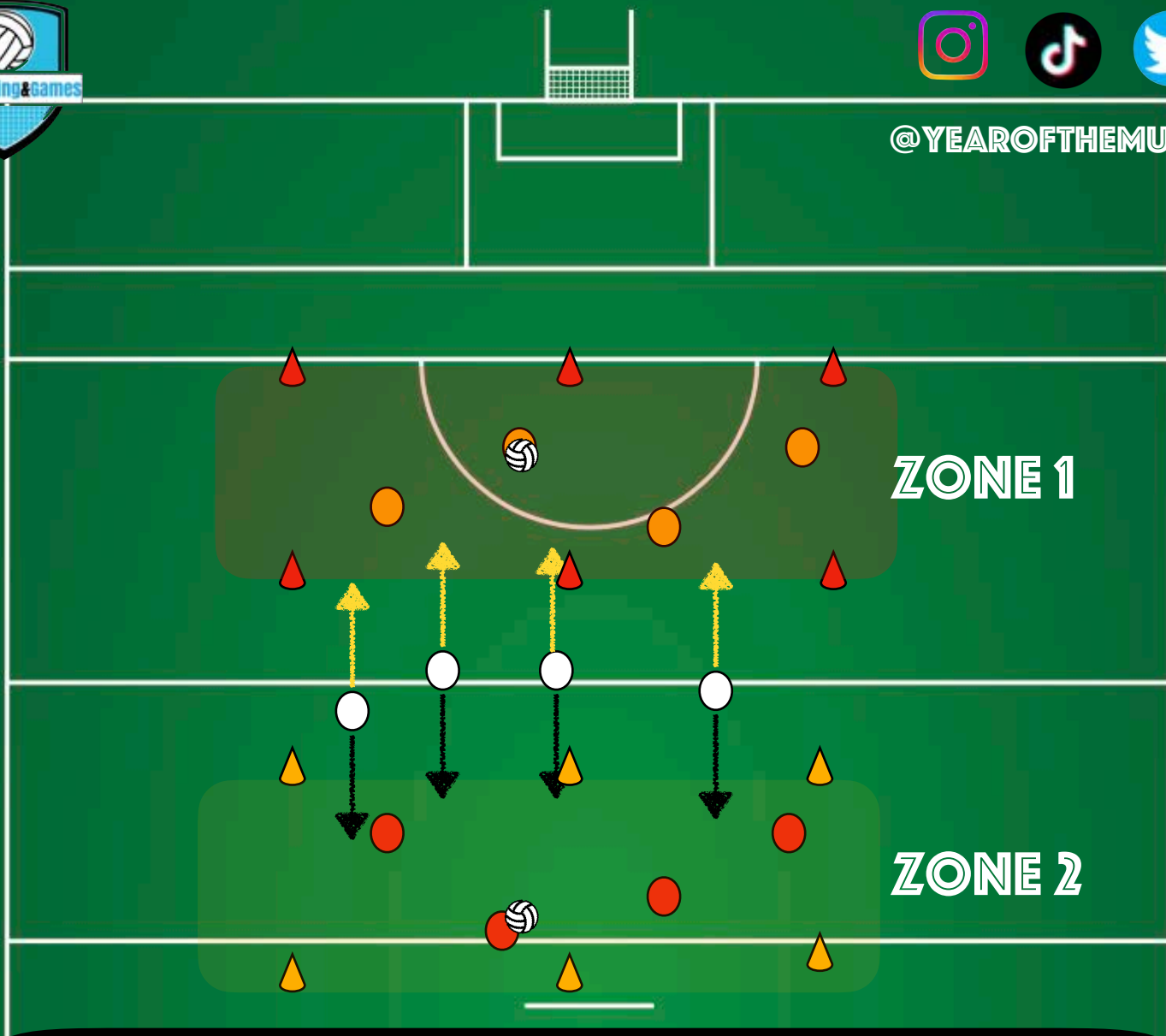
ONCE WHITE DEFENDER RECEIVES BALL HE MUST TAKE ON ATTACKER AND WORK
BALL THROUGH GREEN GATE.

ONCE WORKED THROUGH GREEN GATE THERE WILL BE A 2 V 2 SCENARIO WAITING
AND POSSESSION GAME WILL START WHITE MUST HANDPASS TO ONE OF HIS WHITE
TEAM MATES.

IN ORDER FOR WHITES TO GET THE SCORE THEY MUST GET 5 HANDPASSES
CONSECUTIVELY IN THERE 2V2 WITHOUT BEEN DISPOSSESSED.

IF YELLOW DEFENDERS TURN OVER BALL AT ANY STAGE THEY WIN THE SCORE.

ONCE COMPLETED RESTART ACTIVITY.



OFF THE BALL WORKRATE - DEFENDING CONDITION(GBS)

**DEFENDING ACTIVITY WORKING ON COMMUNICATION/
TURNOVERS**

3 X TEAMS

**ONE TEAM IN ZONE 1 / ONE TEAM IN ZONE 2 / 3RD TEAM IN THE
MIDDLE.**

**ON THE COACHES WHISTLE THE TEAM IN THE MIDDLE MUST ENTER
ZONE 1 FOR 25 SECONDS AND TRY AND TURNOVER THE BALL. ONCE
25 SECONDS HAVE PASSED OR BALL IS TURNED OVER THEY MUST
ENTER ZONE 2 AND TURNOVER POSSESSION OF THE BALL.**

ONCE 2 ZONES ARE COMPLETED NEW TEAM GOES INTO MIDDLE.

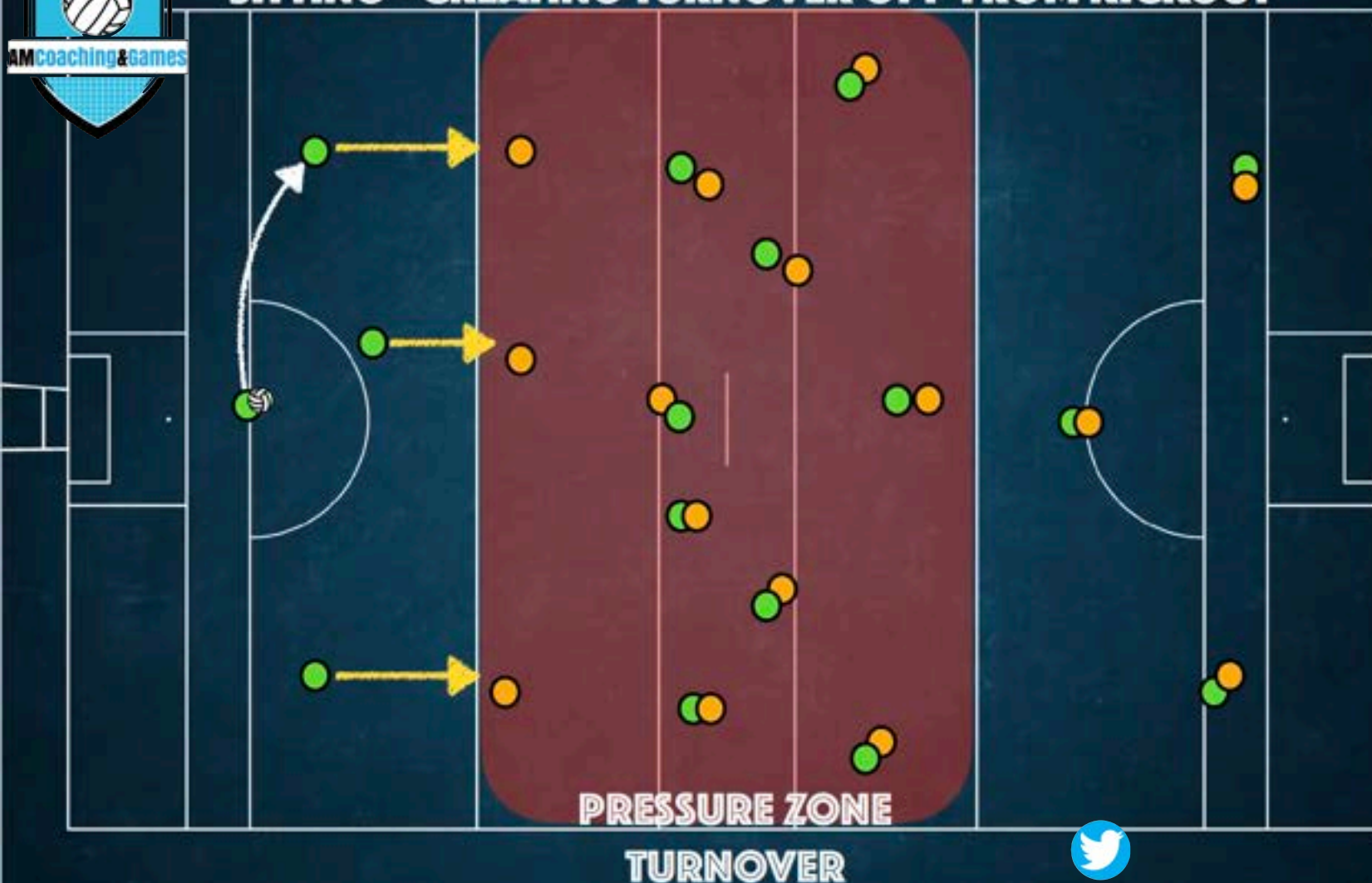


SITTING - CREATING TURNOVER OPP FROM KICKOUT

@YEAROFTHEMURPH



FOCUS:
CREATING A
TURNOVER FROM
OPPOSITION
KICKOUT

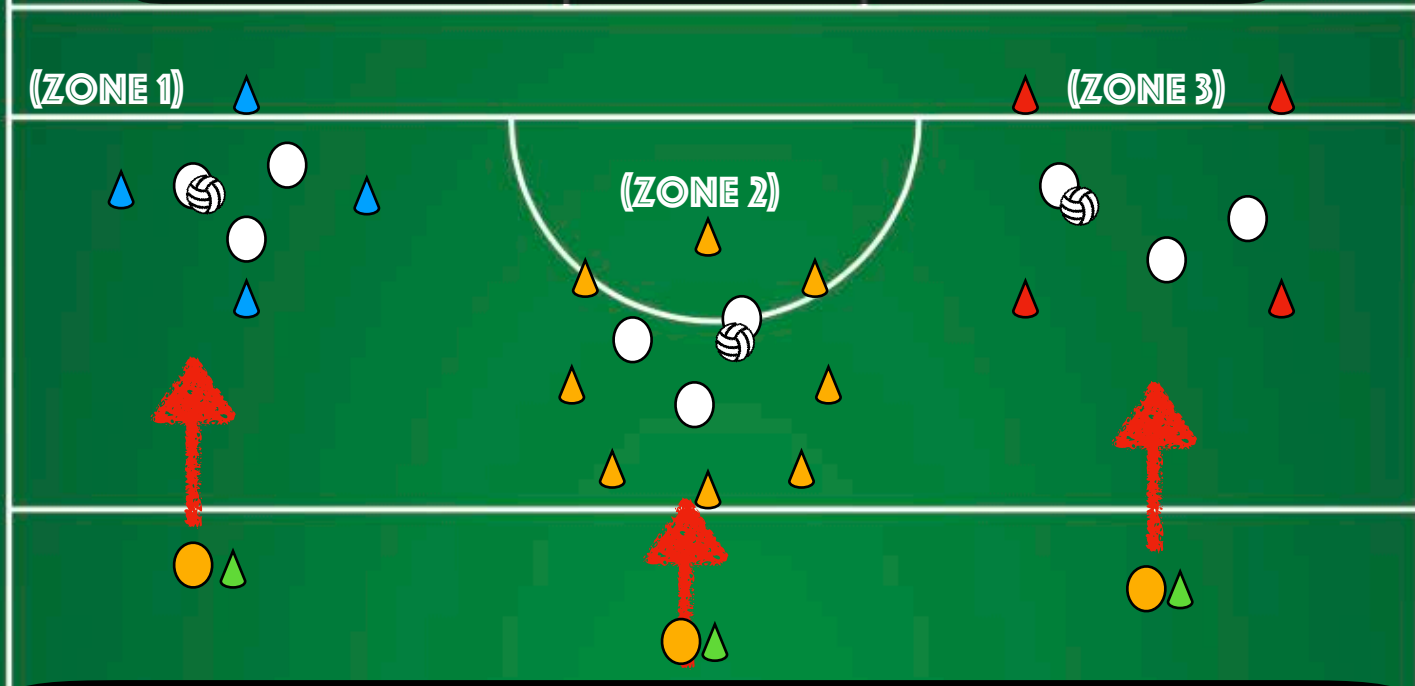


THIS ACTIVITY IS FOCUSED ON TURNING BALL OVER FROM OPPOSITION KICKOUT.

3 INSIDE FORWARDS (YELLOW) DROP OF THEIR PLAYER AND START FROM THE 45 YARD LINE. IN THIS INSTANCE BECAUSE THE PRESSURE ZONE IS NOW CONGESTED WITH BODIES KEEPER (GREEN) WILL NORMALLY TAKE THE SIMPLE OPTION AND RELEASE BALL TO DEFENDER CLOSEST TO HIM TO TRY AND PLAY OUT THROUGH THE HANDS. IT IS IMPORTANT THAT TEAM MAY DISCUSS POINT OF ENGAGEMENT LINE. (IE 45 YARD LINE). ONCE BALL IS CARRIED INTO THIS AREA BY (GREEN) DEFENDER IT THEN BECOMES MAN ON MAN. FOR THE PERSON ON THE BALL TRYING TO FIND THE NEXT PASS BECOMES INCREASINGLY DIFFICULT AS THERE IS LIMITED OPTIONS AND SPACE IN THE PRESSURE ZONE WHERE THIS WILL CAUSE 50/50 BALLS BEEN GIVEN AND AN OPPORTUNITY FOR (YELLOWS) TO TURN OVER POSSESSION.



TIME FRAME - DEFENDING ACTIVITY



AN ACTIVITY FOCUSING ON OVERTURNING THE ATTACKERS IN POSSESSION OF THE BALL
ON COACH'S CALL TIMER STARTS AND THE 3 YELLOW DEFENDERS MUST TURN OVER THE BALL
IN EACH ZONE AS QUICK AS THEY POSSIBLY CAN.

THE DEFENDERS CAN ATTACK THE CHALLENGE HOW THEY PLEASE

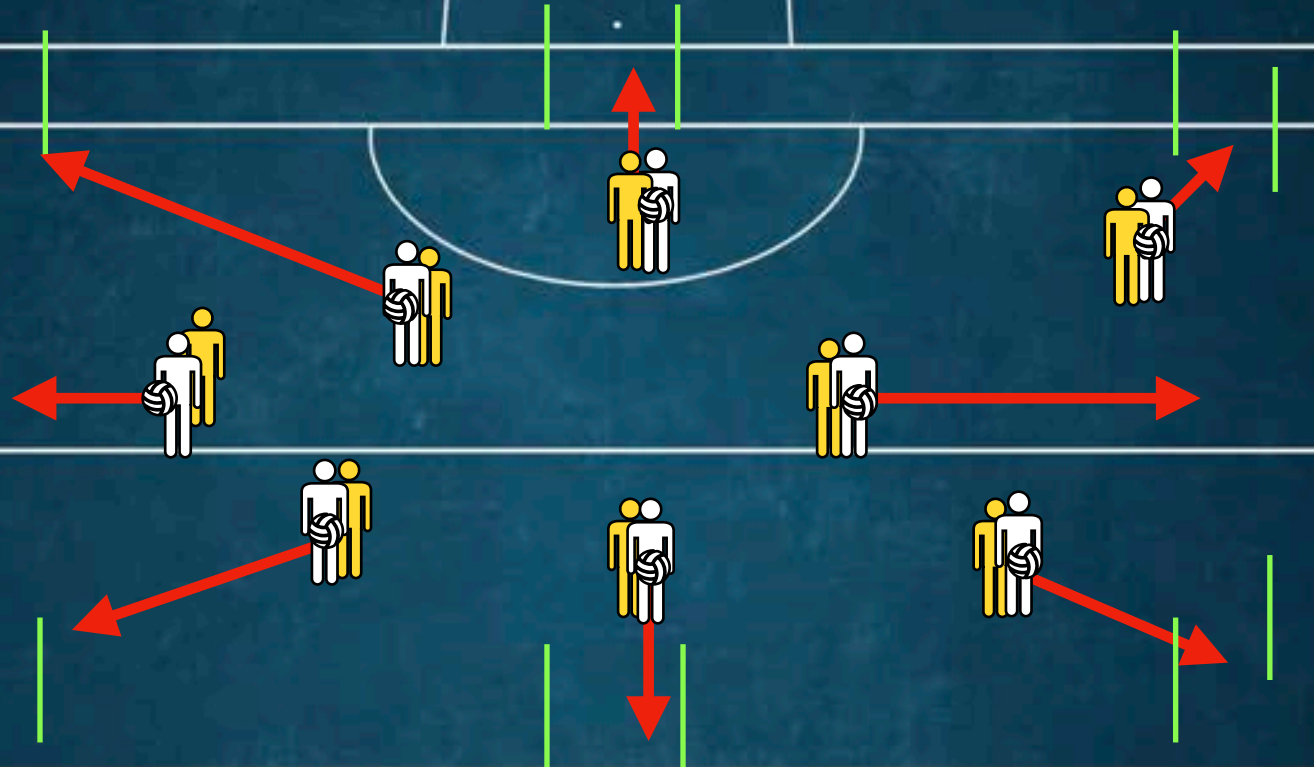
1 DEFENDER IN EACH BOX

2 DEFENDERS IN ONE BOX

ALL 3 DEFENDERS TARGET ZONE BY ZONE

ONCE ALL ZONES ARE DISPOSSESSED TIME IS TAKEN 3 DEFENDERS REPLACE ZONE 3 AND ALL
3'S MOVE CLOCKWISE.

WHEN ALL TEAMS HAVE COMPLETED ITS THE QUICKEST TIME WILL DECIDE THE FORFEIT



ADDRESS

YELLOW MUST THEN WORK THROUGH THE GREEN POSTS AND TAKE ON THE WHITE PLAYER. ONCE BALL IS BACK THROUGH WE THEN GO AND PICK AND ANOTHER GREEN GOALS TO USE.

ACTIVITY A

DEFENDER AND ATTACKER STAND SIDE BY SIDE ON COACHES WHISTLE THEY BOTH MUST LOOP AROUND THE CONE IN FRONT OF THEM BEFORE THEY CAN HEAD FOR FINISH LINE. WHITE DEFENDER MUST TRY AND TURN BALL OVER BEFORE ATTACKER REACHES THE GREEN CONES.

YELLOW ATTACKER LOOPS BLUE CONE
WHITE DEFENDERS LOOPS RED CONE

ACTIVITY B

ON COACH'S WHISTLE YELLOW ATTACKERS EITHER END MUST SOLO AS QUICK AS THEY CAN TO THE OPPOSITE SIDE OF THE PITCH.

ON COACH'S SECOND WHISTLE DEFENDERS MUST LOOP AROUND BLUE CONE BEFORE BEGINNING CHASE AFTER YELLOW ATTACKER.

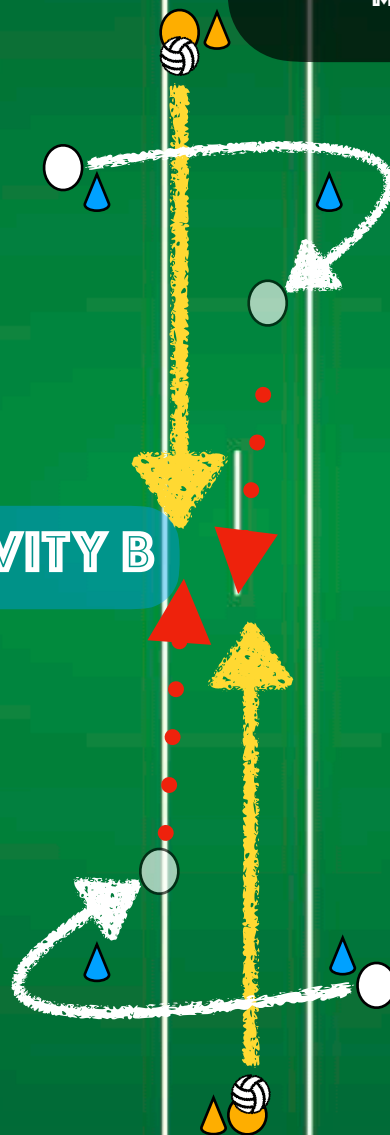
DEFENDERS NOW HAVE A DECISION TO MAKE COMMUNICATE WITH OTHER DEFENDER AND SWAP PLAYERS OR CONTINUE TO FOLLOW THEIR OWN YELLOW ATTACKER

DEFENDERS MUST TURN BALL OVER BEFORE ATTACKERS GET TO OPPOSITE END

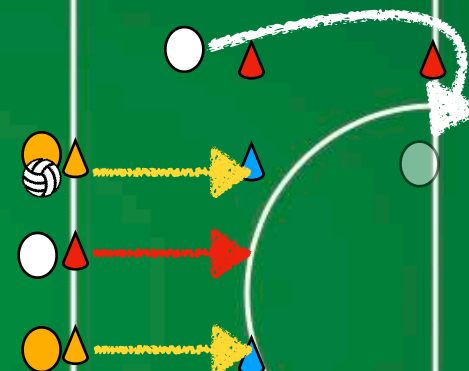
ACTIVITY C

GAME STARTS WITH 2 YELLOW ATTACKERS V 1 WHITE DEFENDER TRYING TO CREATE A GOAL. ON COACH'S SECOND WHISTLE THE 2ND WHITE MUST LOOP AROUND THE RED CONE AND ENTER THE PLAY TO MAKE IT A 2V2. DEFENDERS MUST TRY TO STOP THE ATTACKERS CREATING THE GOAL.

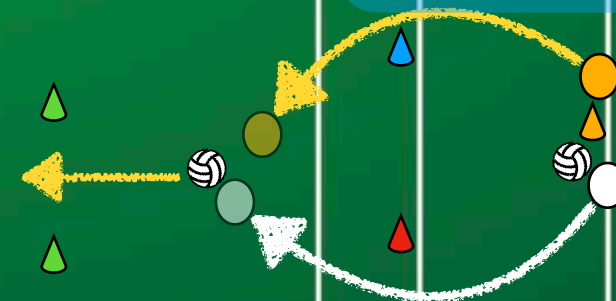
ACTIVITY B



ACTIVITY C



ACTIVITY A



WORKING ON THE TACKLE ACTIVITIES



4 V 4 ROLLOVER - SSG

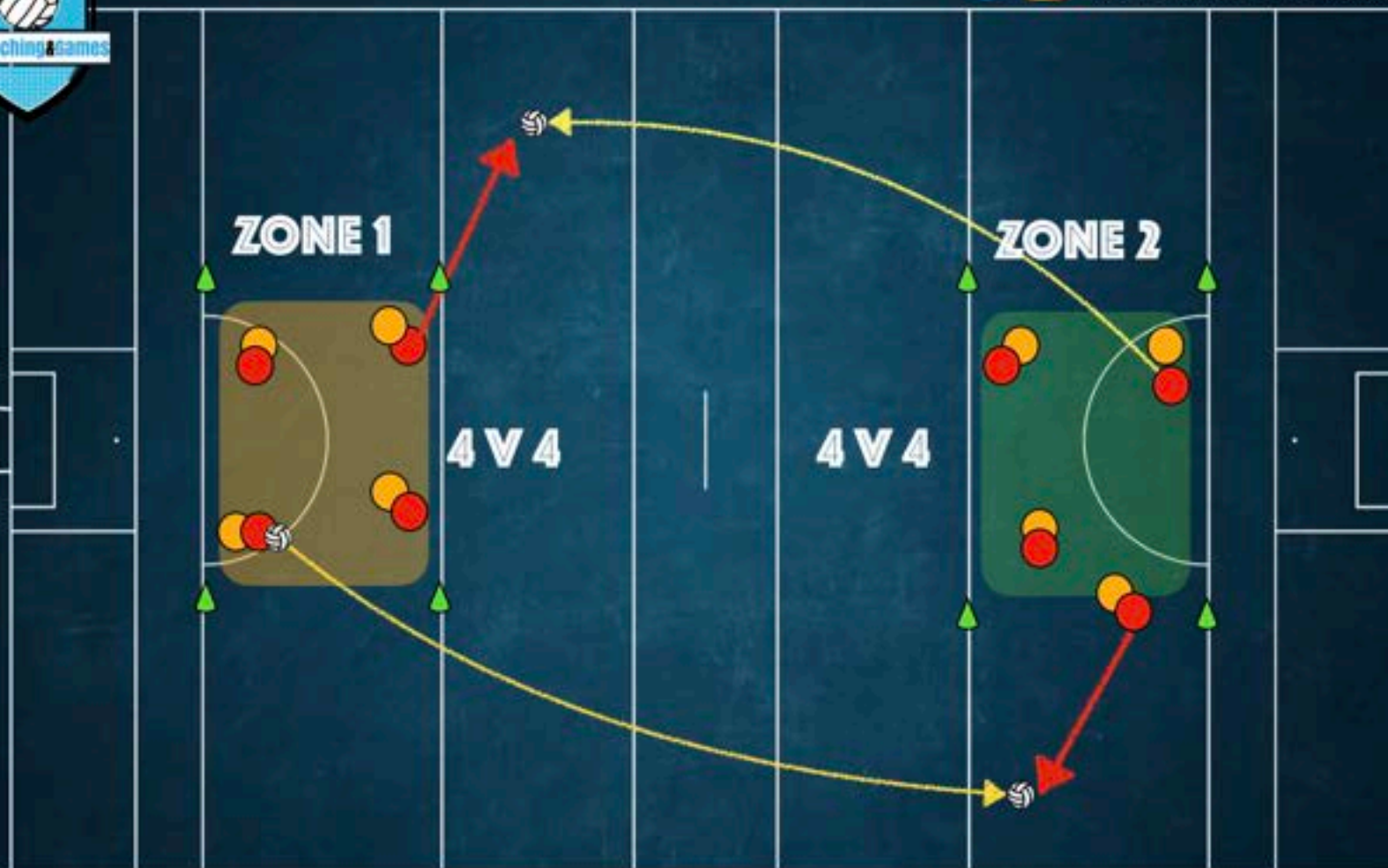


@YEAROFTHEMURPH



FOCUS:
WORKING ON
DELIVERY OF
BALL WHILST
CONDITIONING

COACHING CUES:
MOVEMENT
INTENSITY
MAN TO MAN
TIMING OF RUN



4 V 4 ROLLOVER - SSG

AN ACTIVITY WORKING ON CONDITIONING/KICKING/TIMING OF THE RUN.

BALL STARTS IN ZONE 1. ALL FOUR REDS MUST AIM TO HAND PASS TO EACH OTHER. ONCE PASSING SEQUENCE IS COMPLETE THE FINAL RED PLAYER ON THE BALL MUST BREAK FROM ZONE 1 AND DELIVER A KICK PASS TO A RED IN ZONE 2 WHO HAS TIMED HIS RUN AND BROKE OUTSIDE THE ZONE TO RECEIVE THE BALL INTO SPACE.

ONCE RED IN ZONE 2 HAS GAINED POSSESSION HE MUST WORK BALL BACK INTO HIS ZONE AND COMPLETE FOR PASSES AND KEEP THE CYCLE GOING



2 MIN STATIONS X2 ROUNDS STATION ROTATION BASED

20 METRE TOUCHDOWN - ZONE 1

AN ACTIVITY WORKING ON KICK PASSING AND LOOKING FOR IN PARTICULAR A 20M KICK PASS AND CLEAN CATCH. 4 V 4 GAME IN ORDER FOR YOUR TEAM TO SUCCESSFULLY GET A SCORE THEY MUST KICK AND CATCH THE BALL CLEAN. THE GAME CONTINUES FOR 2 MINUTES

LAST MAN BACK (FLY KEEPER)- ZONE 2

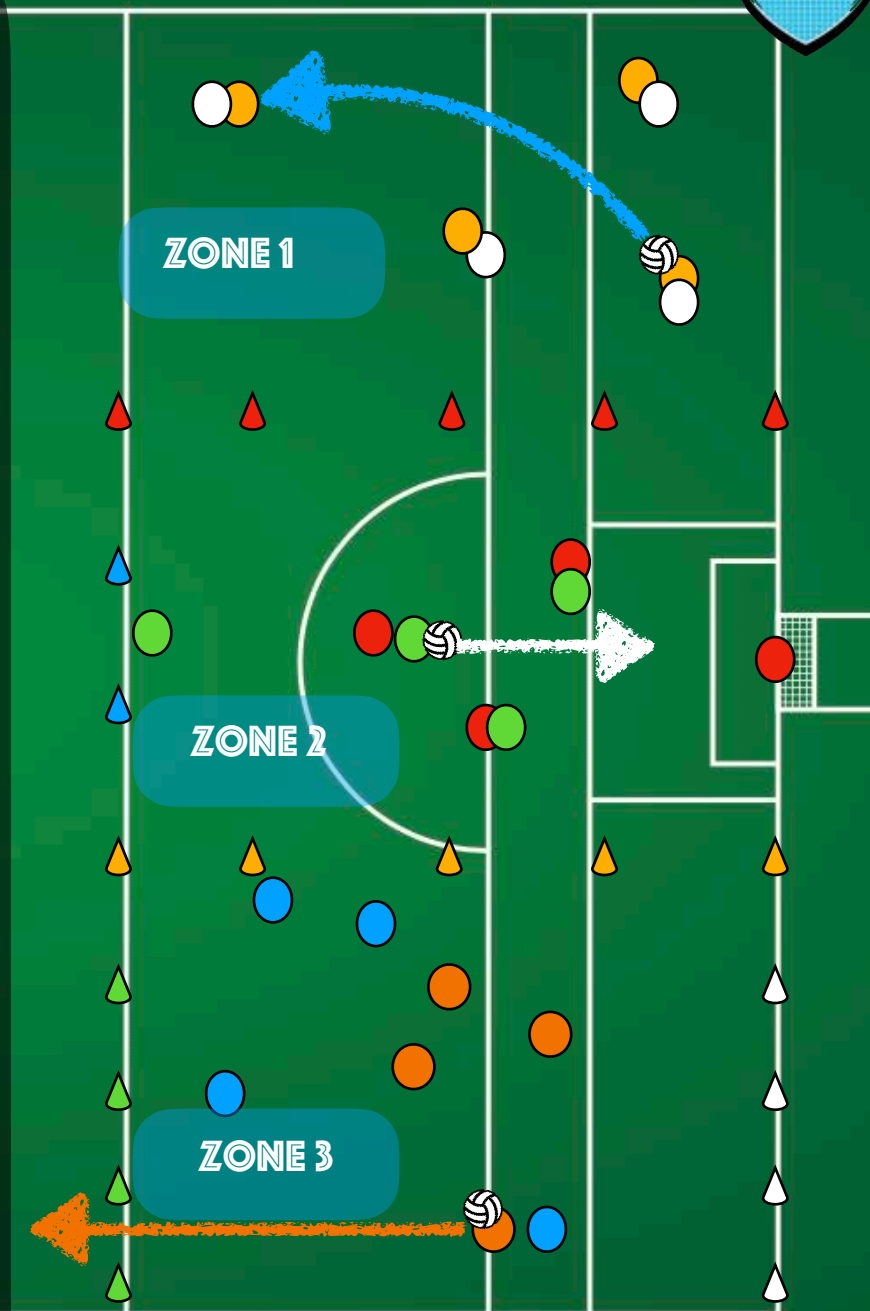
4V4 GAME PURELY WORKING ON CREATING GOALSCORING OPPORTUNITIES. LIMIT THE TEAMS TO ONE PLAY MAX. ONCE GREEN BALL IS SCORED OR DEAD GAME RESTARTS AGAIN FROM AND THE RED TEAM ATTACKING THE BLUE GOALS.

THIS GAME WILL CONTINUE FOR 2 MINUTES

TIP THE CAN - ZONE 3

ACTIVITY WORKING ON HANDLING AND OF THE SHOULDER MOVEMENT/ OVERLOADS. 4 V 4 GAME ORANGES ARE IN POSSESSION OF THE BALL AND THEY MUST WORK THE BALL PAST THE 45 M LINE TO KNOCK OVER ONE OF THE BLUE TEAMS CONE'S (YOU HAVE 4 LIFE'S IN TOTAL) ONCE BALL IS WORKED THROUGH BLUES RESTART THE ATTACK AND TRY WORK BALL PAST ENDLINE AND REPLICATE THE SAME .

THIS GAME WILL CONTINUE FOR 2 MINUTES

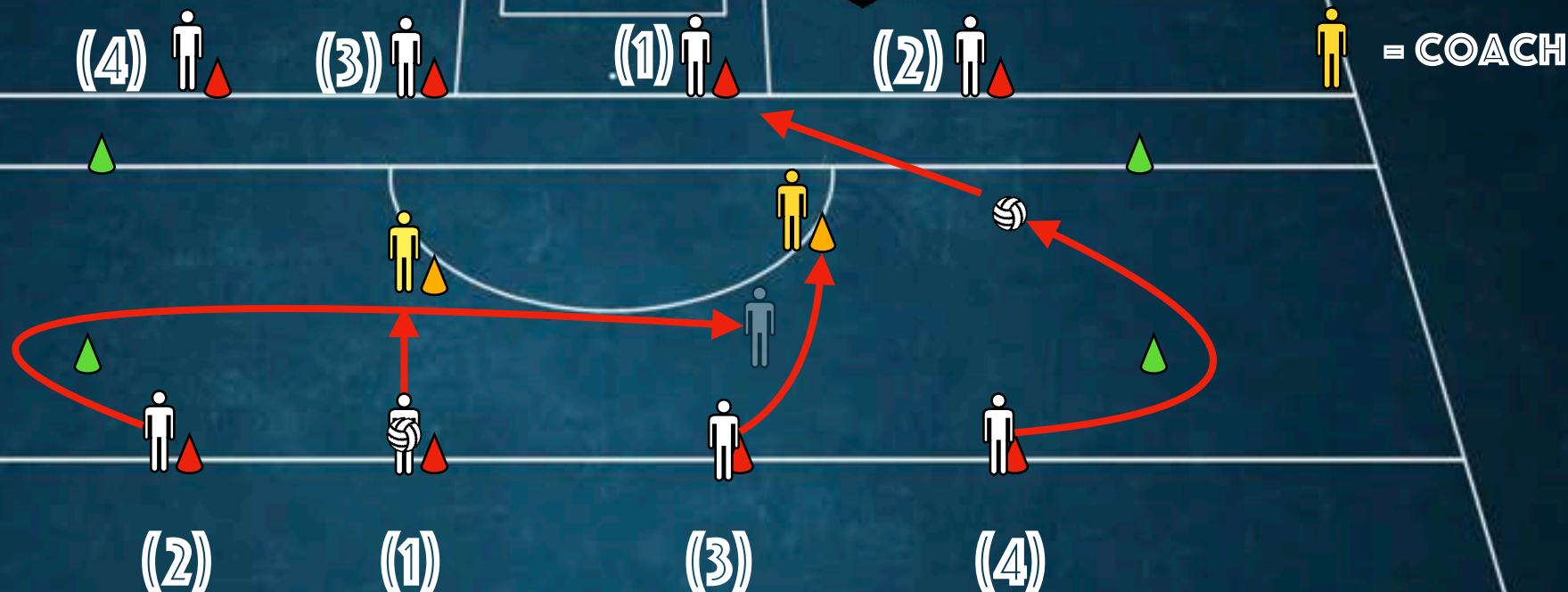


CUT AND DRIVE - HAND PASSING ACTIVITY



COACHING CUES:

MOMENTUM
SPACING
TIMING
GENTLE HANDS
COMMUNICATION/
DEMAND

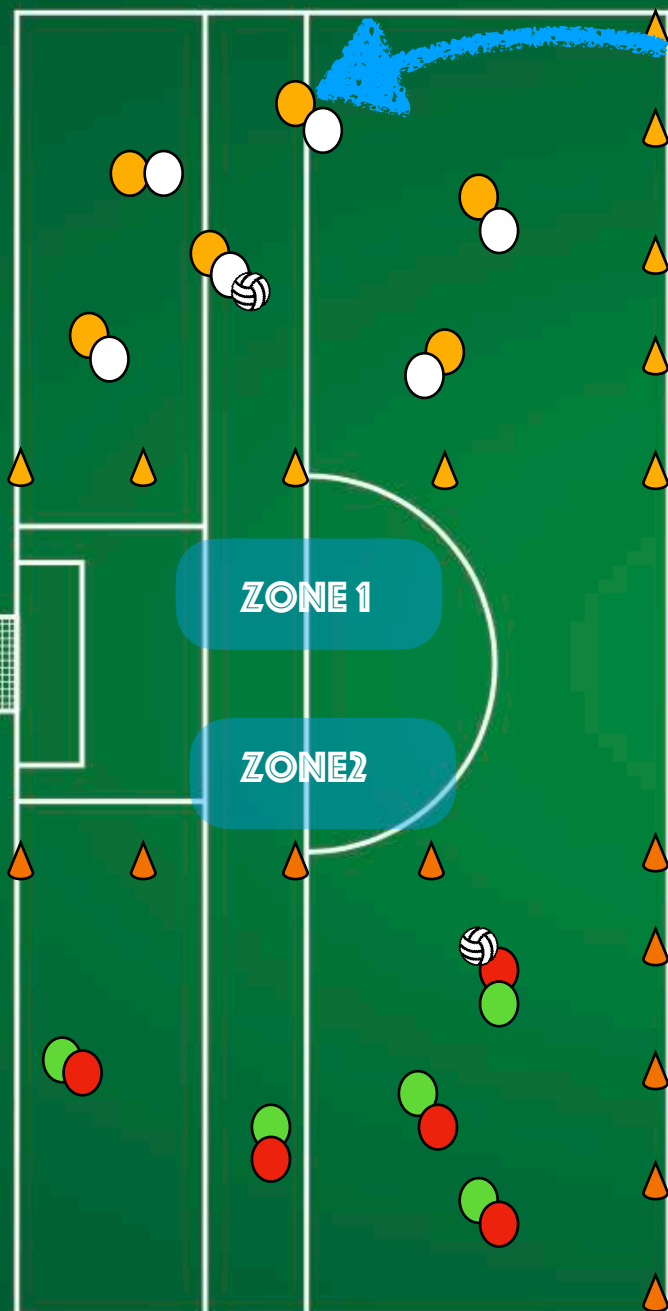


1 STARTS WITH BALL AND HAND PASSES STRAIGHT TO FIRST COACH(YELLOW)

2 MAKES HIS RUN OUT AND CUTS BACK IN FROM THE GREEN CONE TO RECEIVE BALL OFF COACH

2 CONTINUES RUN ACROSS AND POPS HANDPASS TO 3 WHO IS MAKING A STRAIGHT LINE RUN OUT TO 2ND COACH (YELLOW) AND DELIVERS BALL INTO COACH

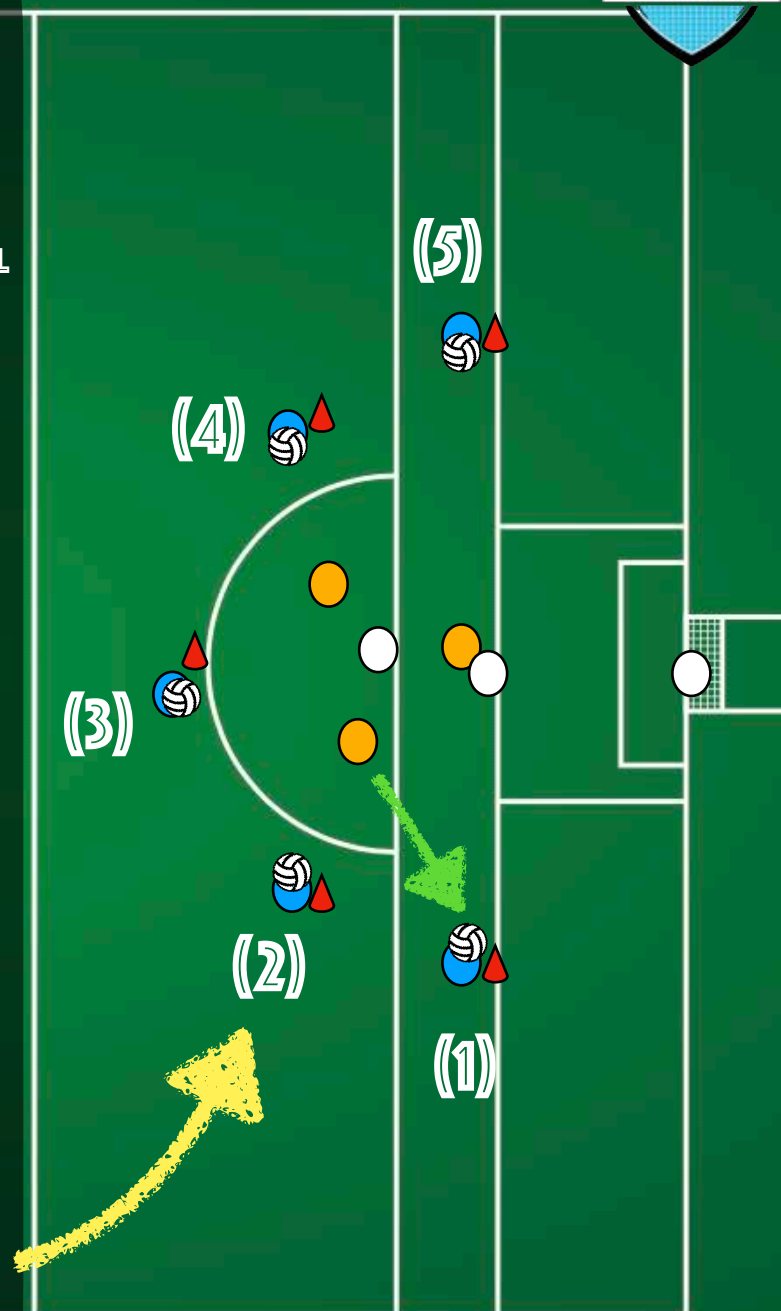
4 TIMES HIS RUN OUT AROUND GREEN CONE AND CUTS BACK IN TO RECEIVE OF COACH AND FINISHES MOVEMENT BY HAND PASSING TO OPPOSITE 1



4 TEAM'S/ 2 ZONES/ 2 BALLS
 ACTIVITY START ON COACH'S WHISTLE.
 TEAMS IN POSSESSION MUST HOLD THE BALL
 WITHIN THERE ZONE UNTIL THE COACH'S
 2ND WHISTLE WHERE THE TEAM IN
 POSSESSION OF THE BALL MUST CARRY THE
 BALL OVER TO OPPOSITE ZONE WHERE
 THEY TAKE ON THE TEAM THAT STAYED IN
 THEIR GRID
 COACH WILL THEN CALL " ALL IN" THIS IS
 WHERE ALL 4 TEAMS CAN USE THE FULL
 WIDTH OF THE PITCH WHILST STAYING
 INSIDE THE 45M LINE AND THERE IS NO

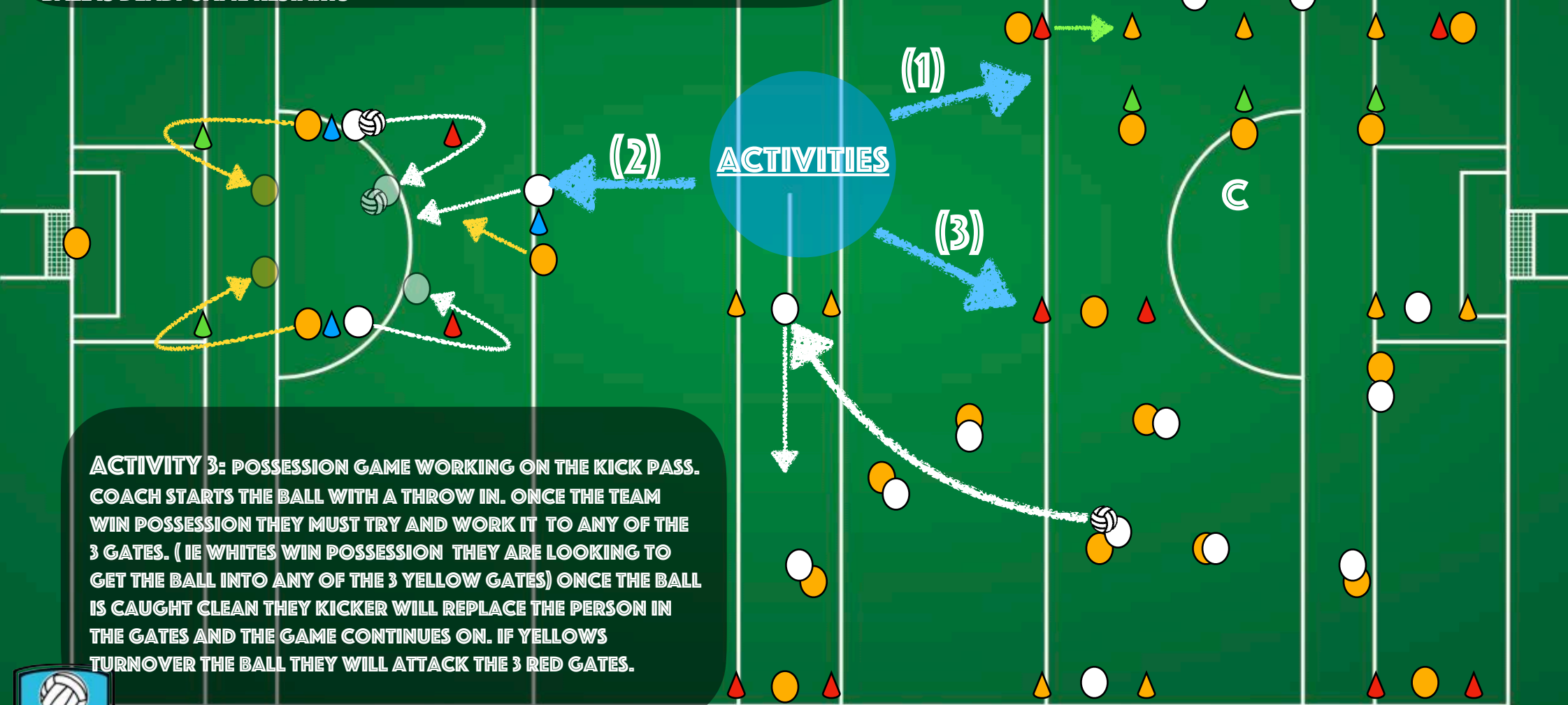
5 BALLS/ 5 GOALS
 ACTIVITY FOCUSES ON 3 V 2 SCENARIO
 WORKING ON CREATING GOAL
 OPPORTUNITY. ON COACHS CALL HE
 CALLS A NUMBER BETWEEN 1-5 AND THE
 YELLOW ATTACKERS RECIEVE THE BALL
 AND CREATE AN ATTACK ONCE BALL IS
 DEAD COACH CALL ANOTHER NUMBER
 TILL ALL FIVE BALLS HAVE BEEN USED.

ONCE COMPLETE NEW 3 V2 BEGIN THE
 GAME AGAIN

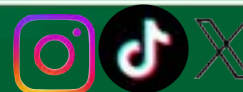


ACTIVITY 1: 5 V 3 POSSESSION GRID. WHITES MUST MAINTAIN POSSESSION FOR 1 MINUTE. EVERY 10 SECONDS A NEW SET OF 3 YELLOW DEFENDERS ENTER THE GRID WHILST THE OTHERS REPLACE THEM AT THEIR CONES. ONCE TIME IS UP NEW SET OF 5 START WITH HOLDING POSSESSION

ACTIVITY 2: LATE RUNNER. GOAL SCORING ACTIVITY. GAME STARTS ON COACHES WHISTLE. WHITES ATTACKING LOOP AROUND THE RED CONE WHILST DEFENDERS LOOP AROUND GREEN CONES. ONCE WHITE LOOPS THE 3RD WHITE CAN ENTER THE GAME WHILST BEING CHASED BY YELLOW DEFENDER. ONCE BALL IS DEAD. GAME RESTARTS

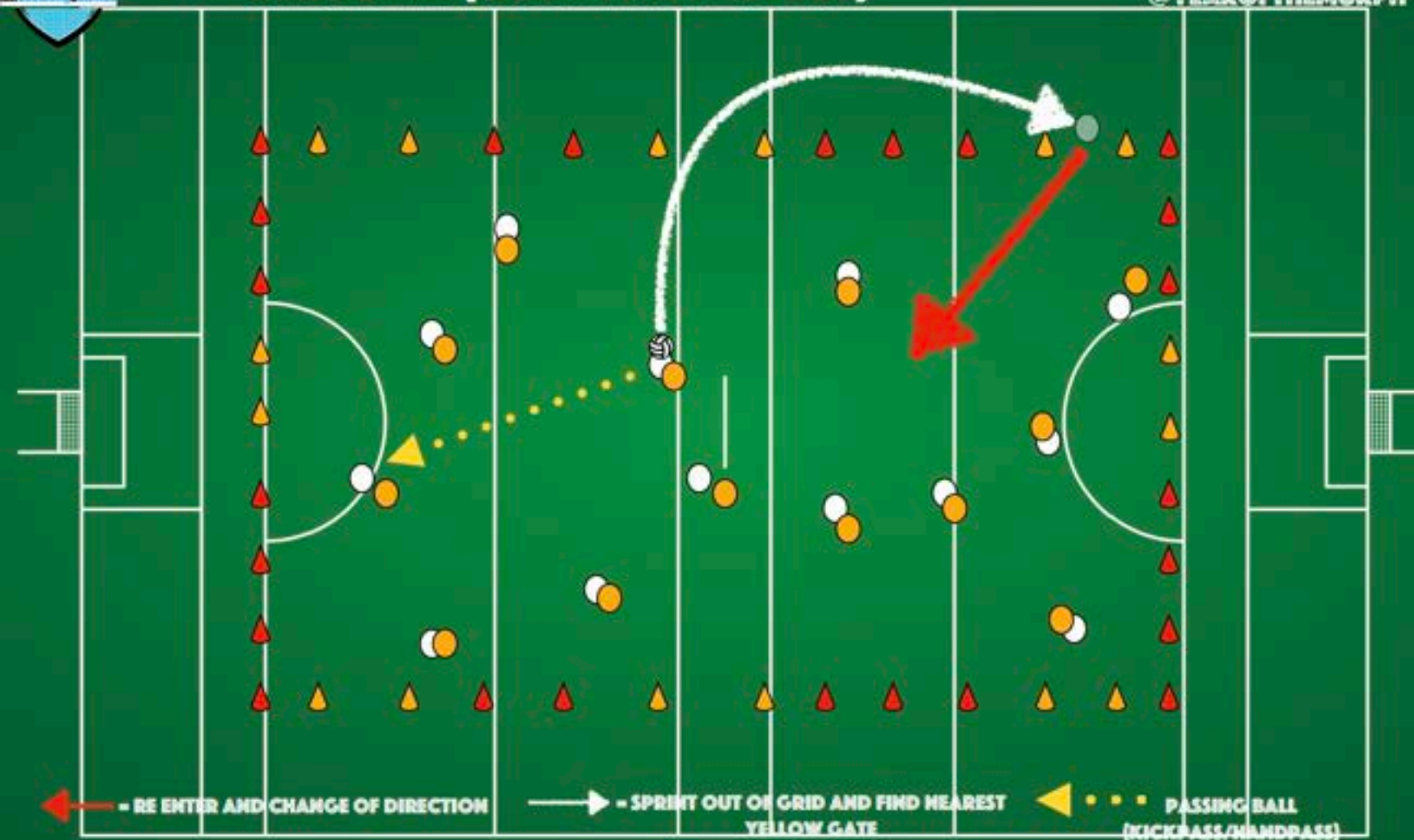


ACTIVITY 3: POSSESSION GAME WORKING ON THE KICK PASS. COACH STARTS THE BALL WITH A THROW IN. ONCE THE TEAM WIN POSSESSION THEY MUST TRY AND WORK IT TO ANY OF THE 3 GATES. (IE WHITES WIN POSSESSION THEY ARE LOOKING TO GET THE BALL INTO ANY OF THE 3 YELLOW GATES) ONCE THE BALL IS CAUGHT CLEAN THEY KICKER WILL REPLACE THE PERSON IN THE GATES AND THE GAME CONTINUES ON. IF YELLOWS TURNOVER THE BALL THEY WILL ATTACK THE 3 RED GATES.





GATE BALL (CONDITIONED GBS)



FOCUS :
DEVELOPING PLAYERS
OUT OF POSSESSIONS
MOVEMENT/
CHANGING ATTACK
ANGLES

COACHING CUES
MOVEMENT
INTENT
SEPERATION
ATTACK THE BALL

AN ACTIVITY FOCUSING ON CHANGE OF ATTACK/ CONDITIONING WITH THE BALL. THE GAME IS A 13 V 13 FULL RULES APPLY. WHITE TEAM HERE START WITH POSSESSION OF THE BALL AND THEY MUST MAINTAIN TO HOLD POSSESSION FOR 3 MINUTES. ONCE A WHITE PLAYER PLAYS A PASS TO THE TEAM MATE HE/SHE MUST SPRINT OUT OF THE GRID WHERE THE NEAREST YELLOW GATE IS WITH HIS YELLOW MARKER FOLLOWING HIM. ONCE EXITED THE GRID THEY CAN RE- ENTER THROUGH ANY OTHER YELLOW GATE THEY WISH WITH INTENT AND TRY GET ON THE BALL AGAIN. 2 POINTS WILL BE AWARDED EACH TIME IF A PLAYER THAT HAS LEFT THE GRID AND COMES BACK IN AND RECIEVES THE NEXT PASS



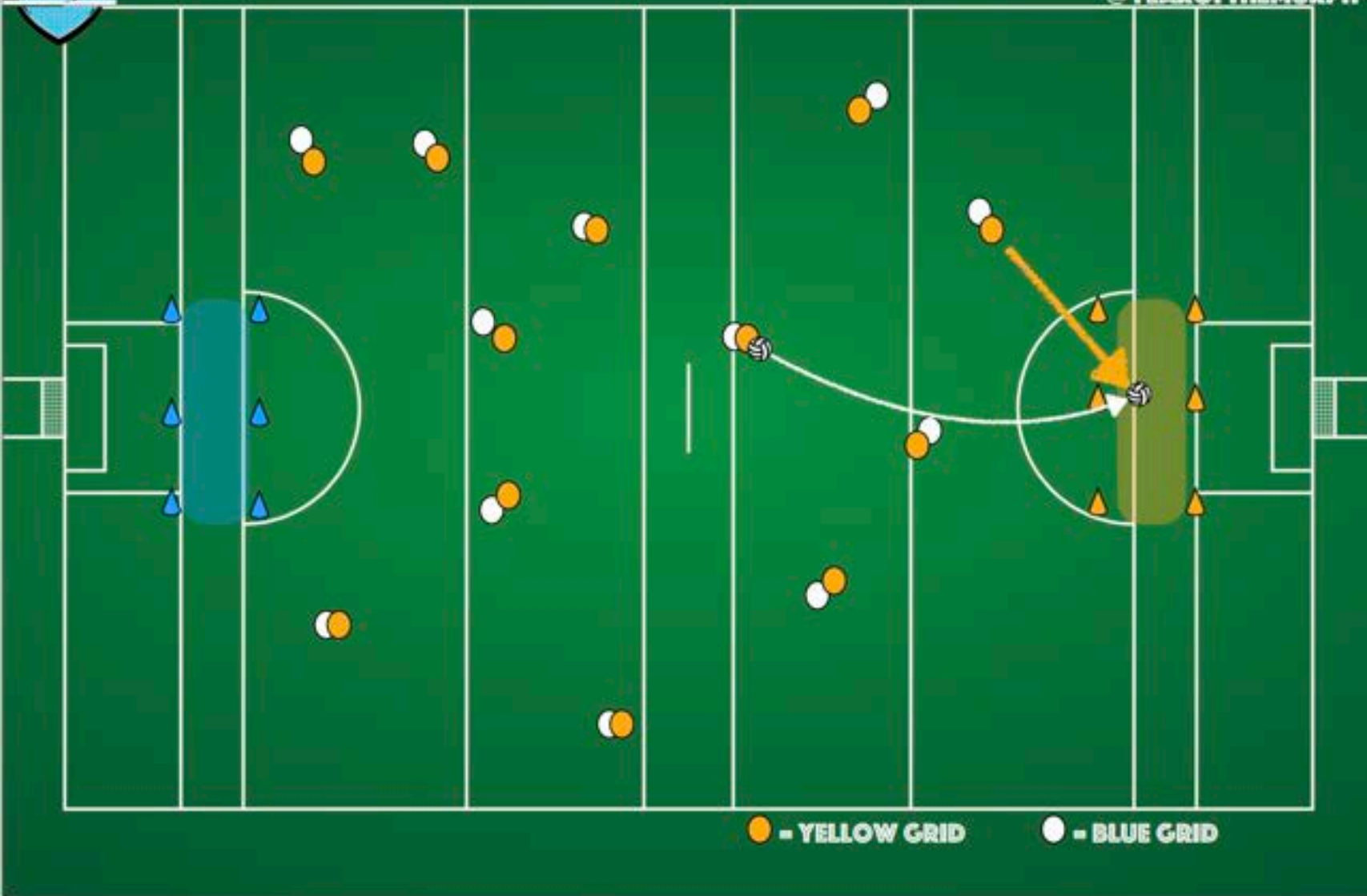
KICK ON THE MOVE - MSG



FOCUS :
DEVELOPING PLAYERS
STRIKING OFF THE
BALL/ OFF THE BALL
MOVEMENT

PROGRESSION:
AWARD 2 POINTS FOR
30M KICKPASS

ADD IN NEUTRAL
PLAYERS TO WORK
WITH DEFENDERS



AN ACTIVITY FOCUSING ON KICK PASSING AND MOVEMENT OF THE BALL

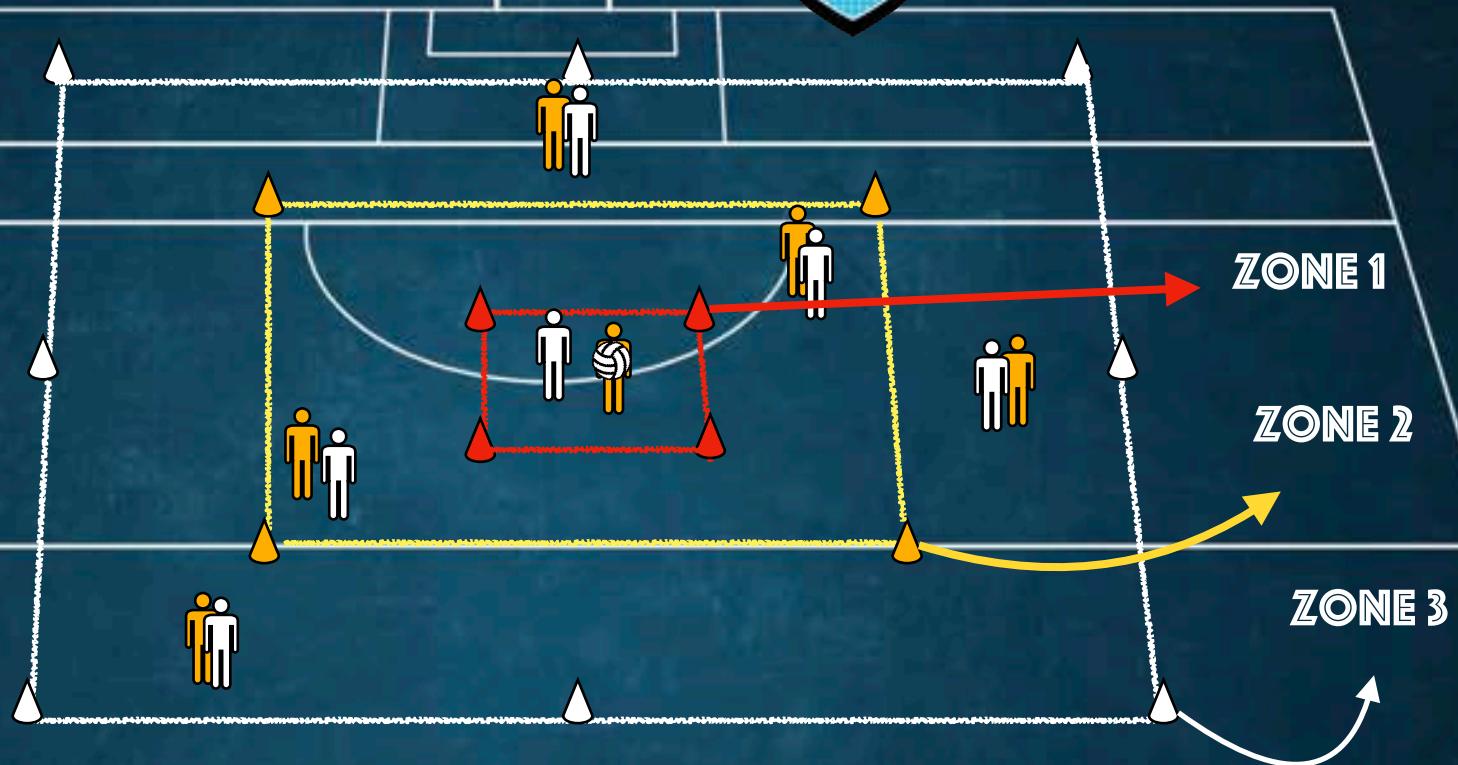
USE OF FULL PITCH SETUP 2X 20M GRIDS BETWEEN THE 13/21M (YELLOW &BLUE GRID)
IN ORDER FOR A TEAM TO SCORE THEY MUST KICK PASS THE BALL INTO THE GRID (IE YELLOW PLAYER KICK PASS INTO YELLOW GRID) TO A
PLAYER THAT IS RUNNING INTO THE GRID GAINING POSSESSION
IF PLAYER TAKES POSSESSION OF BALL WHILST STANDING STILL IN THE GRID SCORE WILL NOT COUNT.
ONCE ATTACKING TEAM SCORES THEY DO NOT SURRENDER POSSESSION AND GO ATTACK THE OPPOSITE GRID.

MAZE - CONDITIONED GBS



 =ATT

 =DEF



GAME STARTS WITH A 1V1 IN ZONE 1 (RED SQUARE) ON COACHES WHISTLE. YELLOW PLAYER MUST HOLD POSSESSION INSIDE THE SQUARE WHILST WHITE DEFENDER TRIES TO DISPOSSESS HIM

ON COACHES WHISTLE YELLOW PLAYER CAN NOW USE HIS TEAM MATES IN ZONE 2 AND LEAVE ZONE 1 THIS THEN BECOMES A 3V3 SCENARIO.

ON COACHES 3RD WHISTLE THE 3V3 CAN NOW USE ZONE 3 TO MAKE IT A 6V6 AND TO WIN THE GAME ALL PLAYERS MUST TOUCH THE BALL TO WIN THE SCORE.

DEFENDERS MUST TRY STOP THE ATTACKERS ACHIEVING THIS GOAL.

MINI'S BALL POSSESSION - CONDITIONED GBS



SUPPORT

SUPPORT

ON THE COACHES WHISTLE THE 4V4 CAN TAKE BREAK FOR GOAL TO SHOOT. WHITE DEFENDERS MUST STOP/TURNOVER BEFORE THEY DO SO. ONCE BALL IS DEAD GAME RESTARTS WITH COACH THROW IN.

COACH

SUPPORT

SUPPORT

MINI'S BALL POSSESSION - CONDITIONED GBS

GAME STARTS WITH COACH WHO THROWS BALL INTO 4 V 4 RED SQUARE. TEAM WHO WINS POSSESSION MUST HOLD THE BALL IN THE RED SQUARE FOR A PERIOD OF TIME AND CANNOT LEAVE THE ZONE.

IN THIS DIAGRAM YELLOWS HAVE POSSESSION AND THEY CAN USE EITHER ONE OF THE YELLOW SUPPORT PLAYERS ON THE OUTSIDE TO GET THEMSELVES OUT OF TROUBLE.

PIGGY IN THE MIDDLE - CONDITIONED SSG



PROGRESSIONS:

HAND-PASS ONLY
KICK PASS
WEAK LEG
KICK PASS
(MAX 1 BOUNCE)
HIGH CATCH ONLY
ANYTHING GOES.

3V2

3V2

PIGGY IN THE MIDDLE - CONDITIONED SSG

IN GROUPS OF 5, 3 PLAYERS MUST KEEP THE BALL OFF 2 PLAYERS.

IF THE PLAYER IN THE MIDDLE GETS THE BALL, HE IS REPLACED BY THE PLAYER WHOSE ERROR IT WAS

CHANGE THE CONDITIONS OF THE PASS EVERY MINUTE AS NOTED IN THE PROGRESSIONS.



ZONE 2 ZONE - CONDITIONED SSG



AN ACTIVITY FOCUSING ON RETAINING POSSESSION AND CREATING A SCORING OPPORTUNITY.

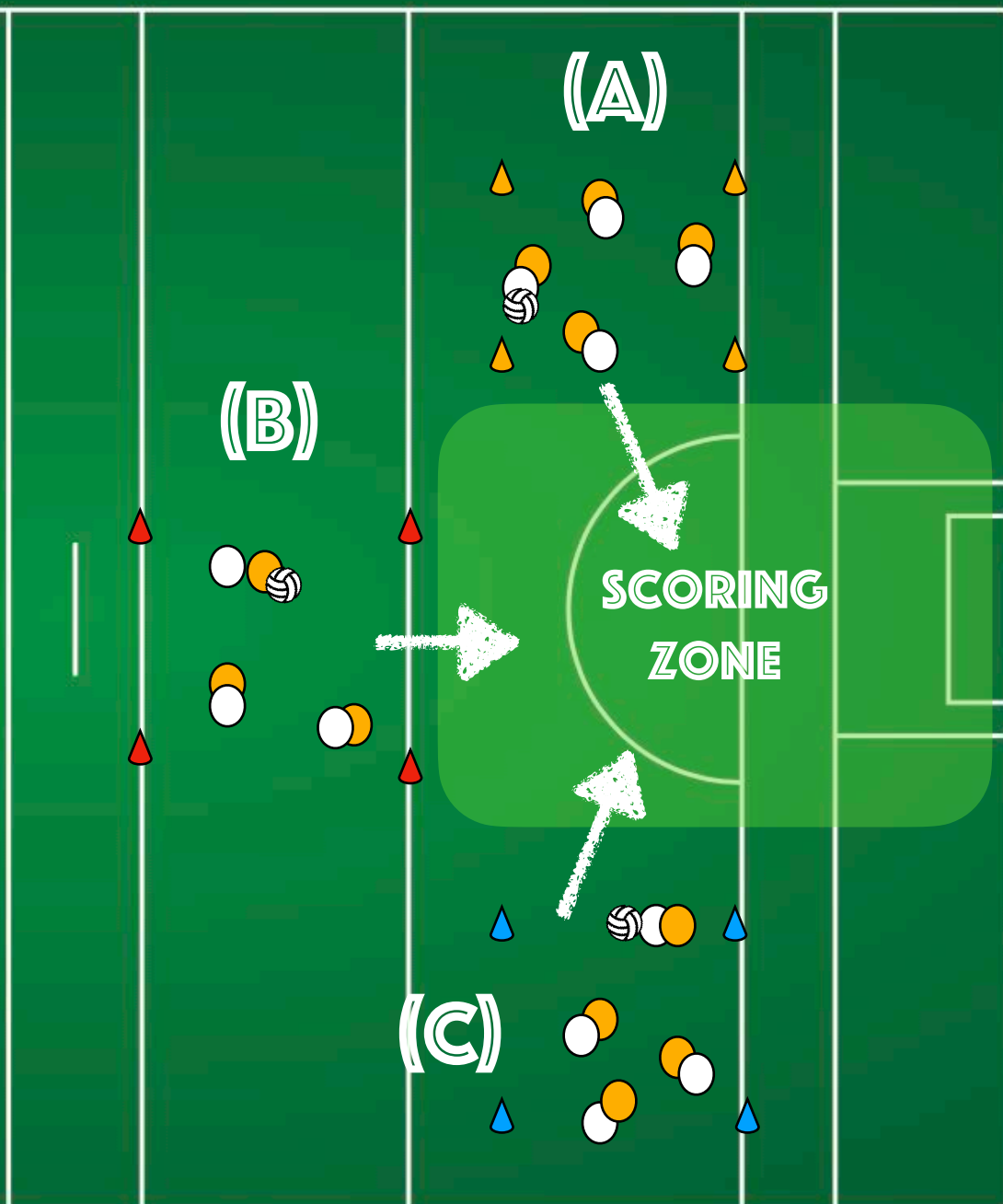
ACTIVITY STARTS ON COACHES WHISTLE. TEAMS IN A B C START THE POSSESSION BASED GAME INSIDE THEIR ZONE FOR 30 SECONDS.

ON COACHES CALL HE WILL SHOUT A LETTER AND THEY CAN ATTACK THE SCORING ZONE AND FINISH THE GAME WITH A SCORE WHILST THE OTHER 2 LETTERS PAUSE AND RESET.

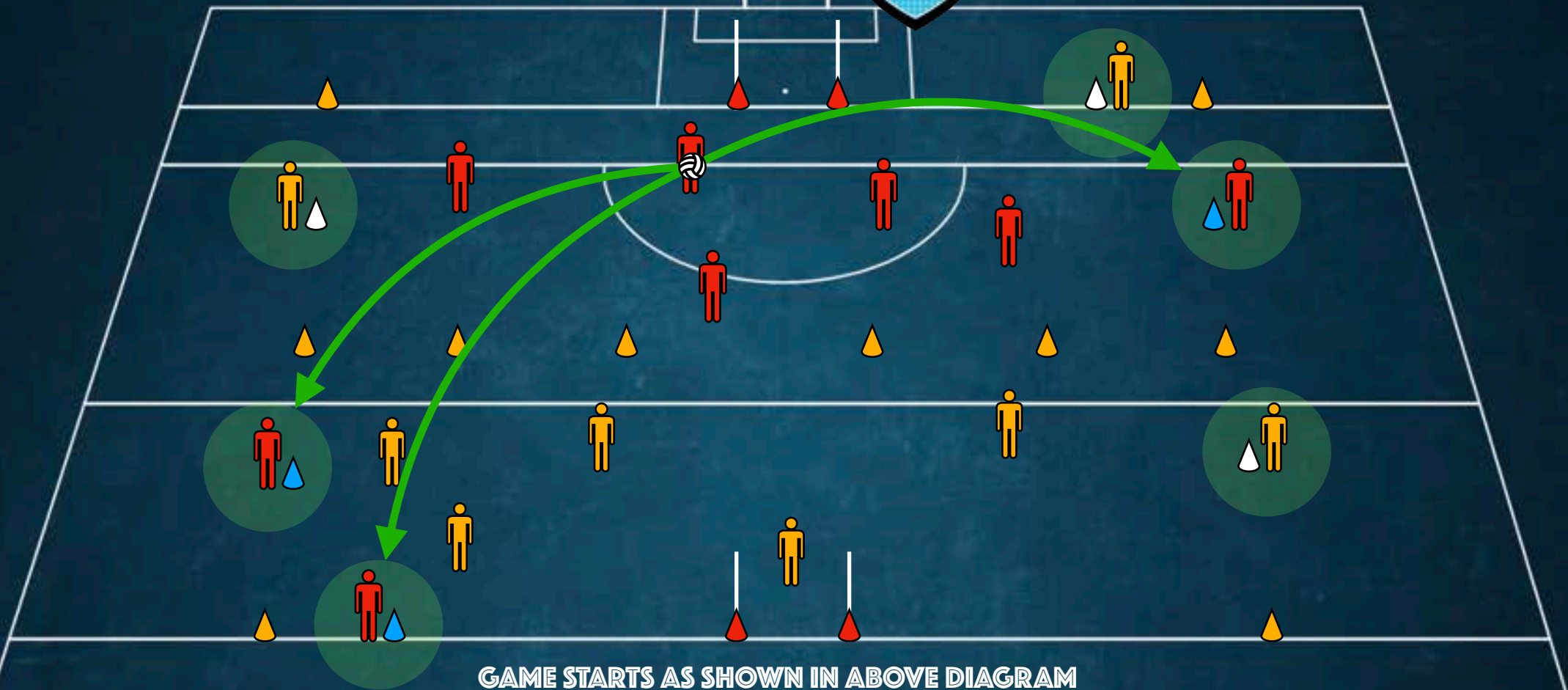
EACH TIME THE COACH CALLS A DIFFERENT LETTER AND PLAYERS WITHIN THAT ZONE HAVE TO REACT AND ADAPT.

PROGRESSION: 2 ZONES ENTER SCORING ZONE AT THE SAME TIME WITH ONLY ONE BALL IN PLAY.

IE COACH WILL CALL 'A CARRIES/ B SUPPORTS' MEANING THAT IT WOULD BE A 7V7.



PRISON BALL GBS (CONDITIONED GAME)



5 REDS VS 5 YELLOWS WITH 3 REDS AND 3 YELLOWS ON THE OUTSIDE CONES IN PRISON

AIM OF THE GAME IS THAT ALL PLAYERS MUST BE FREED FROM PRISON WITH EITHER A CLEAN KICK PASS OR HAND PASS

ONCE THEY ARE FREED THEY COME INTO GAME TO CREATE AN OVERLAP.

WHEN ALL PLAYERS ARE FREE THEY MUST ATTACK THE OPPOSITE GOAL TO GET THE SCORE



SAMPLE SESSION - FOCUS: HANDLING/ DEFENDING

HANDLING GAUNTLET

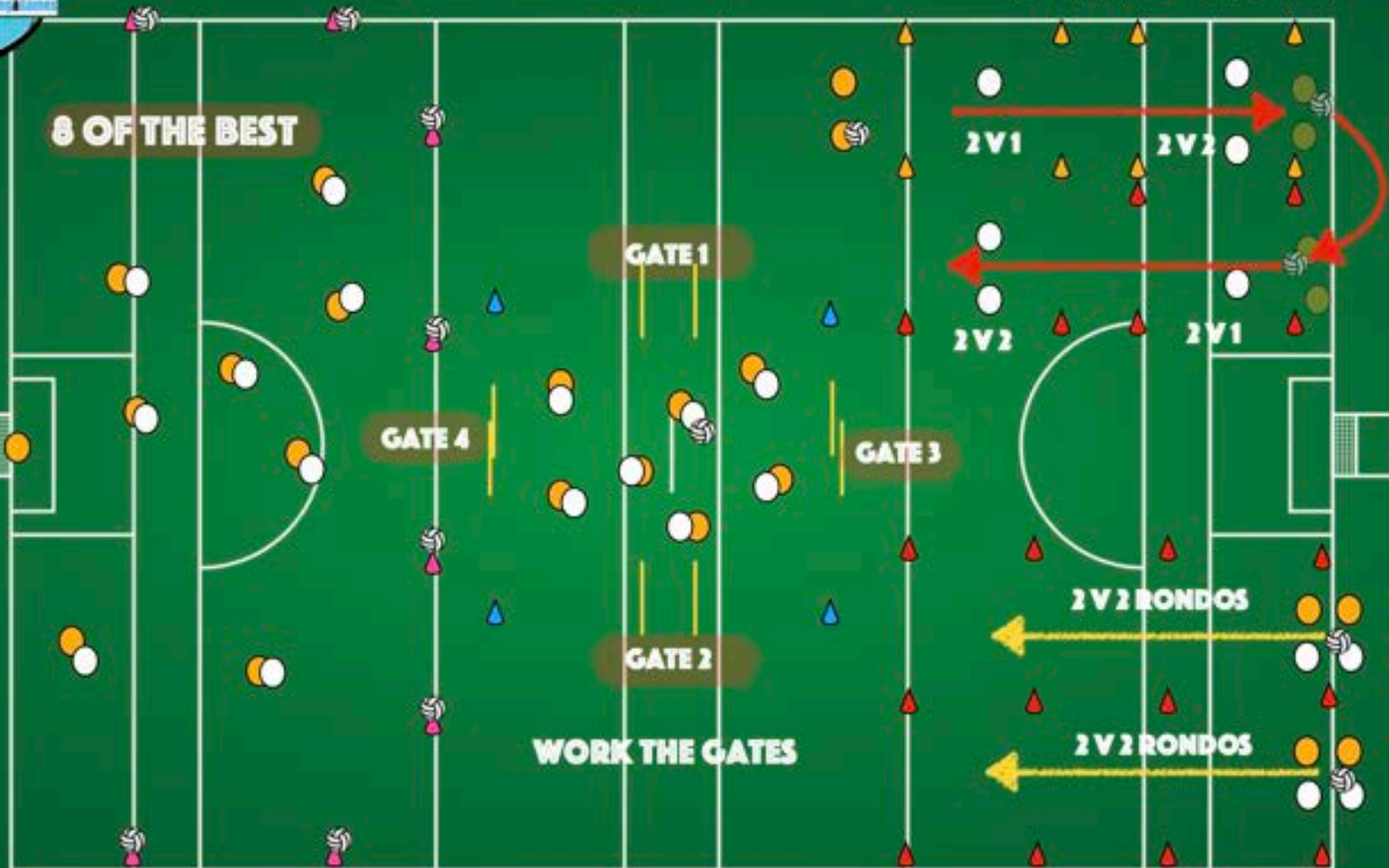


FOCUS & AIMS:
IN THIS PRACTICE WE ARE
FOCUSING ON THE CORE
SKILLS THROUGH GAMES.
EMPHASIS ON HANDLING/
DEFENDING

HANDLING GAUNTLET

GAME STARTS WITH 2 YELLOWS
WITH BALL IN HAND. THEY MUST
COMPLETE THE FULL 4 GRIDS FOR
THERE TEAM TO GET THE SCORE

- ZONE 1: 2V1
- ZONE 2: 2V2
- ZONE 3: 2V1
- ZONE 4: 2V2



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8 OF THE BEST

8 V 8 GAME SCENARIO WORKING FROM 8
DIFFERENT AREAS ACROSS THE PITCH. ATTACKING
TEAM MUST TRY CREATE A SCORE WHILST
DEFENDERS MUST TRY STOP THE CHANCE. ONCE
BALL IS DEAD RESTART FROM DIFFERENT PINK CONE

WORK THE GATES

7V7 MSG. COACH THROWS BALL IN AND IF WHITES
FOR EXAMPLE WERE TO WIN POSSESSION THEY
MUST TRY AND GET THROUGH THE GATES 10 TIMES
WITHOUT GETTING TURNED OVER TO WIN THE
GAME FOR THERE TEAM. IF YELLOWS TURNOVER
THEY MUST START A NEW ATTACK

2V2 RONDOS

GAME STARTS WITH BALL BEEN ROLLED IN TO THE
2V2 ZONE. ONCE THE FIRST YELLOW AND WHITE
PLAYERS GO TO RETRIEVE BALL AND POSSESSION IS
SECURED THE SECOND WHITE AND YELLOW MUST
ENTER THE GAME AND GET 2 HANDPASSES
SUCCESSFULLY BEFORE GAME IS COMPLETE AND
RESTART AGAIN.

WORK THAT GOALIE GBS
ENCOURAGING SHORTSTOPPING FOR KEEPERS



ATT = 
DEF = 
GK = 

**SHOOTING RULE IS
THAT PLAYERS MAY
ONLY SCORE WITH
SHOTS THAT ARE
STRUCK LOW AND
HARD ALONG THE
GROUND.**

6V6 IN SQUARE SHOWN ABOVE

THE GOALKEEPER IS THE FOCUS OF THIS GAME. HE/SHE MUST DEFEND FOUR DIFFERENT GOALS. RED PLAYERS WORK TO SCORE INTO ANY OF THE FOUR GOALS, FORCING THE GOALKEEPER TO REPOSITION EVERY FEW SECONDS. A TEAM MAY ATTACK ONE GOAL AND SUDDENLY SWITCH THE POINT OF ATTACK TO SHOOT AT ANOTHER GOAL.

IF A GOAL IS SCORED THE BALL IS STILL IN PLAY AND MAY BE PICKED UP BY ANY PLAYER FROM EITHER TEAM. THE BALL IS ONLY OUT OF PLAY WHEN IT LEAVES THE SQUARE.



3 GAMES - ONE ZONE

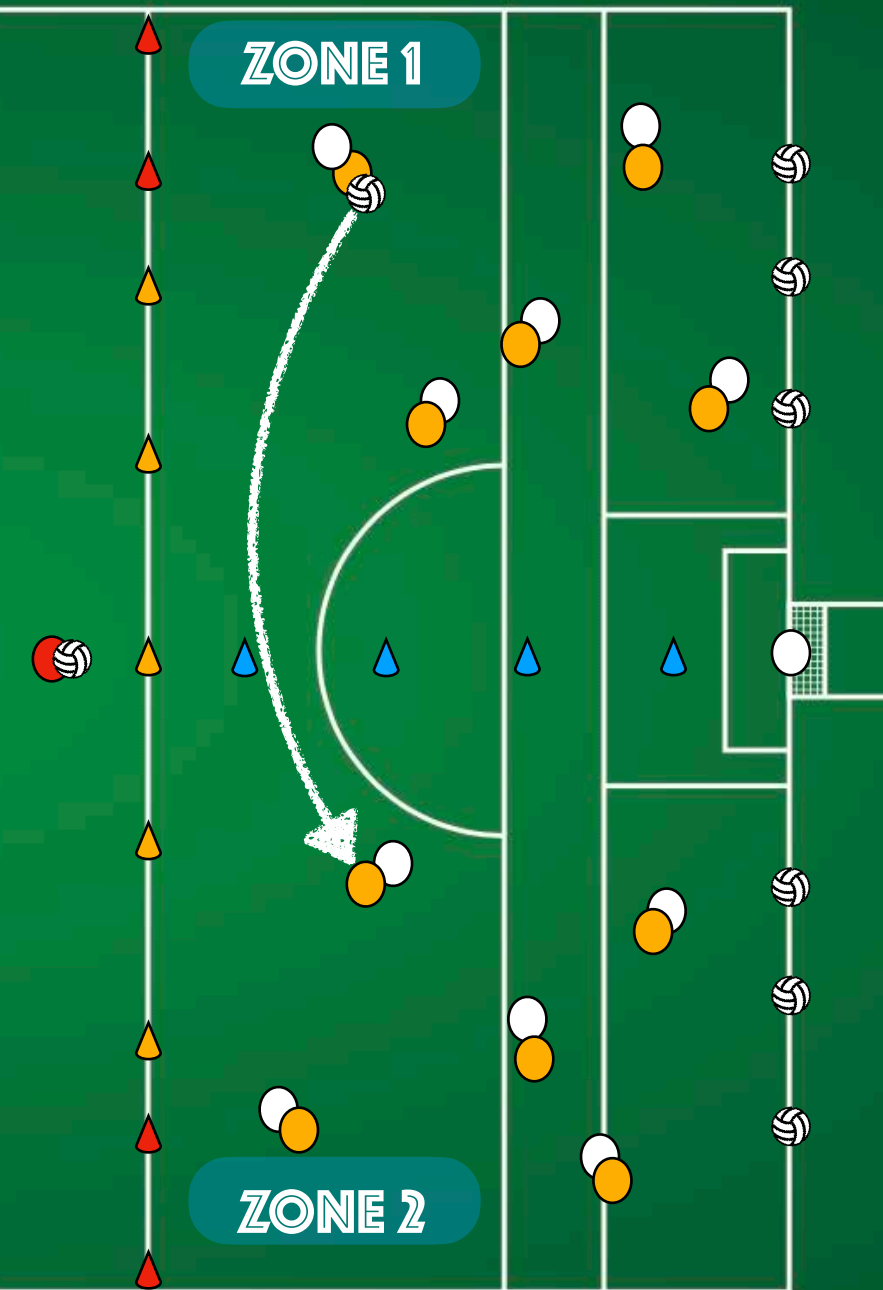
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GAME 1: TWO 5 V 5'S EITHER SIDE OF THE BLUE LINE. YELLOWS ARE WORKING WITH YELLOWS PLAYERS ON OPPOSITE SIDE. THE YELLOW PLAYERS IN POSSESSION OF THE BALL MUST GET 3 PASSES BEFORE RELEASING THE BALL TO THE OPPOSITE SIDE. IF HANDPASS OR KICK PASS LANDS SUCCESSFULLY ITS WORTH ONE POINT TO YOUR TEAM. FIRST TEAM TO 10 POINTS FIRST WIN. IF WHITE'S TURN BALL OVER THEY CONTINUE WITH POSSESSION.

GAME 2: 5 V 5 IN EACH ZONE. WHITE DEFENDERS HAVE 3 BALLS LINED UP ON THE END LINE. THEY MUST WORK THE BALL OUT PAST THE 45M LINE. IF YELLOWS TURN THE BALL OVER THEY MUST TRY CREATE A SCORE. ONCE BALL IS DEAD GAME RESTARTS FROM WHITE DEFENDERS ON THE ENDLINE AGAIN

GAME 3: 10 V 10 GAME. BALL STARTS FROM THE COACH (RED) OUTSIDE THE 45M LINE. ONCE THE YELLOW TEAM RECEIVES POSSESSION OF THE BALL THEY MUST WORK THE BALL OVER THE BLUE LINE (SWITCHING THE CHANGE OF ATTACK) TO CREATE A SCORE IN THE MAIN GOALS. IF THE WHITE DEFENDERS TURN OVER THE BALL THE MUST WORK IT THROUGH EITHER OF THE RED GATES. ONCE BALL IS DEAD GAME RESTARTS FROM COACH





**PITCH LAYOUT
20M X 20M**

**TIME FRAME:
3 MINUTES IF
GAME IS NOT
COMPLETED
BEFORE HAND**

END ZONE

END ZONE

END ZONE

END ZONE

3 OF THE BEST - HANDLING ACTIVITY

A 6 V 6 MSG FOCUSING ON HANDLING WHILST CREATING OVERLOAD OPPORTUNITIES

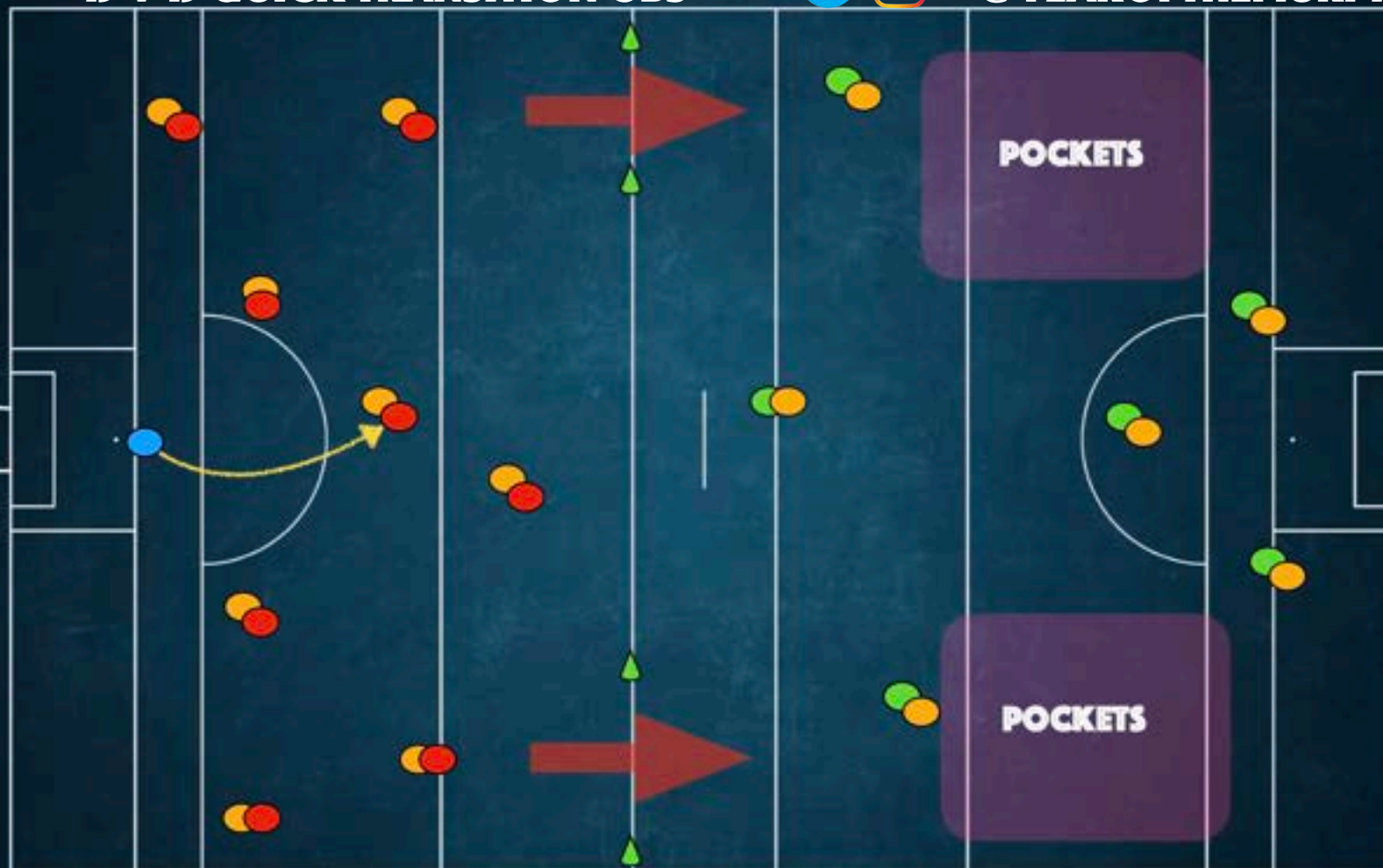
AIM OF THIS GAME IS TO WORK BALL OVER END ZONE AND STEAL OPPOSITION'S CONE AND BRING IT BACK TO YOUR END ZONE.

ONCE BALL IS CARRIED OVER END ZONE PLAYER WHO CARRIES THROUGH MUST GRAB CONE AND SPRINT BACK BUT CAN NOT PARTAKE IN GAME TILL CONE IS PUT BACK ON HIS SIDE THIS WILL CREATE AN OVERLAP IF OPPOSITION ARE QUICK ENOUGH TO UTILIZE (IE IT BECOMES A 6 V 5)

15 V 15 QUICK TRANSITION GBS



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● - DEFENDER ● - ATTACKER ● - ATTACKER ● - GOALKEEPER

FOCUS:
DEVELOPING
QUICK
TRANSITION
FROM KICK OUT

COACHING CUES:
WIDTH
DEPTH
SPACE
MOMENTUM
TIMING
MOVEMENT

15 V 15 QUICK TRANSITION GBS

THIS ACTIVITY IS A GREAT GAME SPECIFIC SCENARIO WORKING ON QUICK TRANSITION FROM KICK OUT TO FORWARDS.
GAME WILL ALWAYS START FROM KICKOUT FROM GOALIE. IT WILL BE AN 8V8 IN ONE HALF OF THE PITCH AND 6V6 IN THE OTHER END.

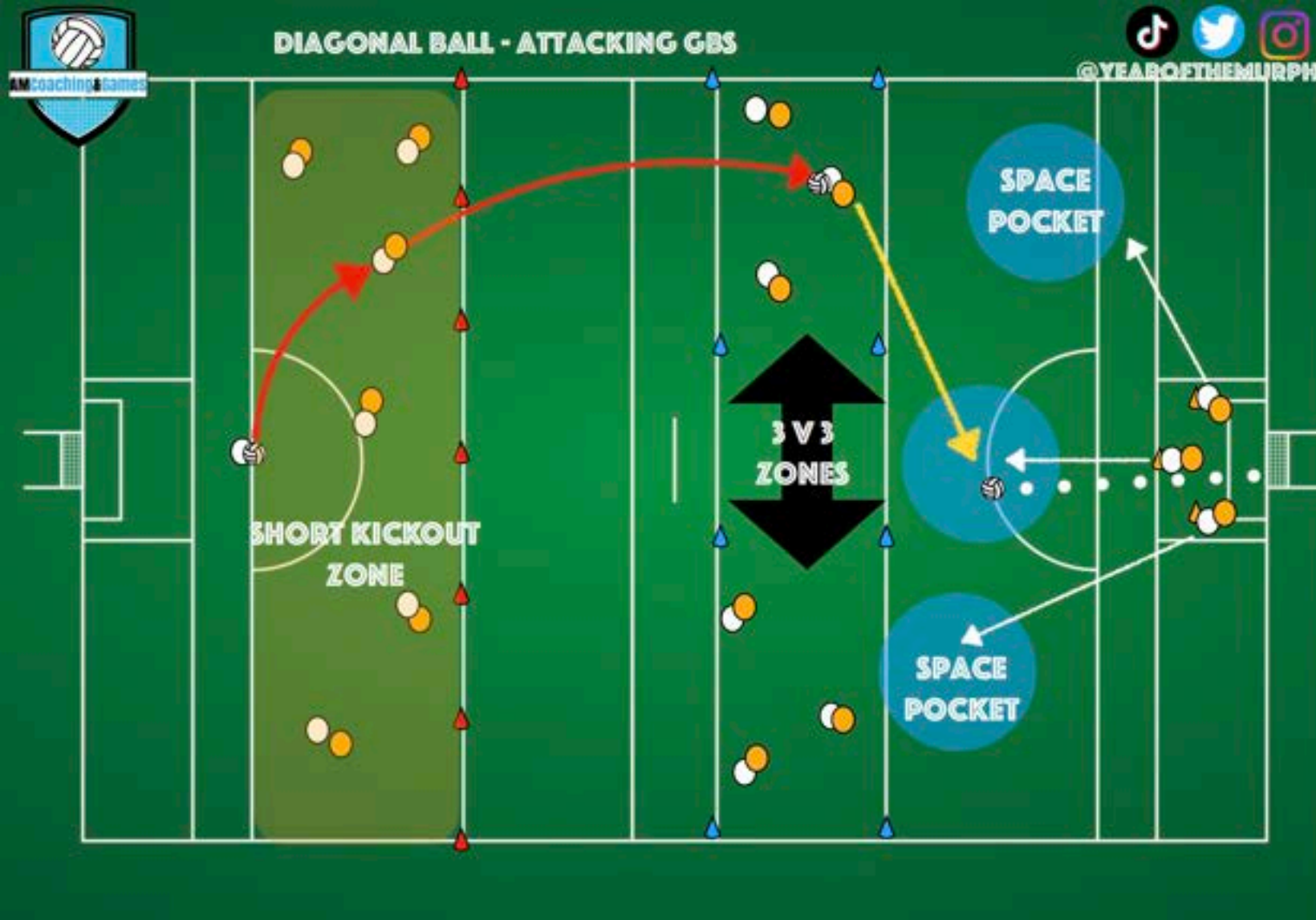
ON COACHES WHISTLES GOALKEEPER MUST FIND A RED ATTACKER TO RELEASE KICKOUT TO.

ONCE REDS HAVE PRIMARY POSSESSION SECURED THEY MUST ATTACK EITHER GREEN CHANNEL TO ADVANCE INTO FORWARDS.

WHEN GONE THROUGH GREEN GATES THEY MUST LOOK TO DELIVER BALL INTO A GREEN HALF FORWARD/FULL FORWARD LINE AND TRY CREATE SCORE.

IF BALL IS OVERTURNED THEN YELLOWS MUST WORK IT BACK DOWN THE PITCH AND TRY CREATE A SCORING OPPORTUNITY

RED WORKS WITH GREEN PLAYERS / YELLOW WITH YELLOW PLAYERS

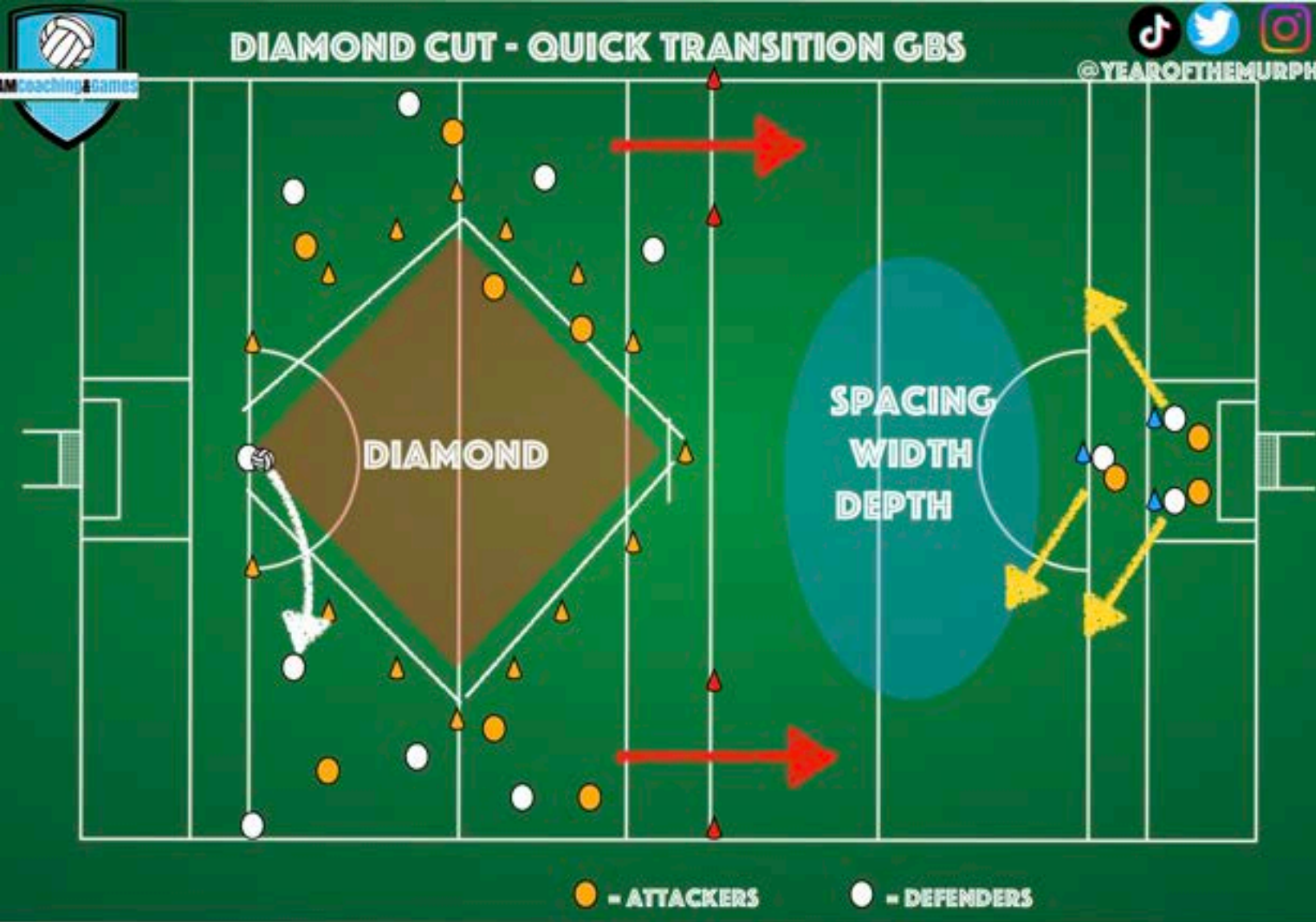


FOCUS :
MOVING THE BALL AT
PACE TO CREATE AN
ATTACK THROUGH
DIAGONAL BALL

COACHING CUES:
2 BALL PASS
TIMING
MOMENTUM
FORWARD
CREATIVITY

AN ACTIVITY FOCUSING ON MOVING BALL THE BALL AT PACE TO CREATE SCORING OPPORTUNITY USING DIAGONAL BALL
GAME STARTS FROM KEEPER KICKOUT. HE MUST FIND A PASS IN THE SHORT KICKOUT ZONE TO THE WHITE PLAYERS WHICH IS INSIDE THE
45M LINE. ONCE POSSESSION IS RETRIEVED BY THE WHITE THEY MUST THEN TRY TO DELIVER A KICK PASS TO EITHER 3 V 3 GRID.

IF WHITE GAIN POSSESSION IN THE 3 V 3 GRID THEY ARE LOOKING TO GET THEIR HEADS UP TO SEE THE RUN OF THE INSIDE FORWARD AND BE
ABLE TO DELIVER A BALL INTO SPACE WHERE ATTACKER CAN TAKE THE MAN ON IN A 1V1 BATTLE AND CREATE SCORING OPPORTUNITY
ONCE BALL IS DEAD KEEPER RESTARTS THE GAME. IF YELLOWS WIN POSSESSION THEY ATTACK THE GOALS FROM WHERE KICKOUT CAME.



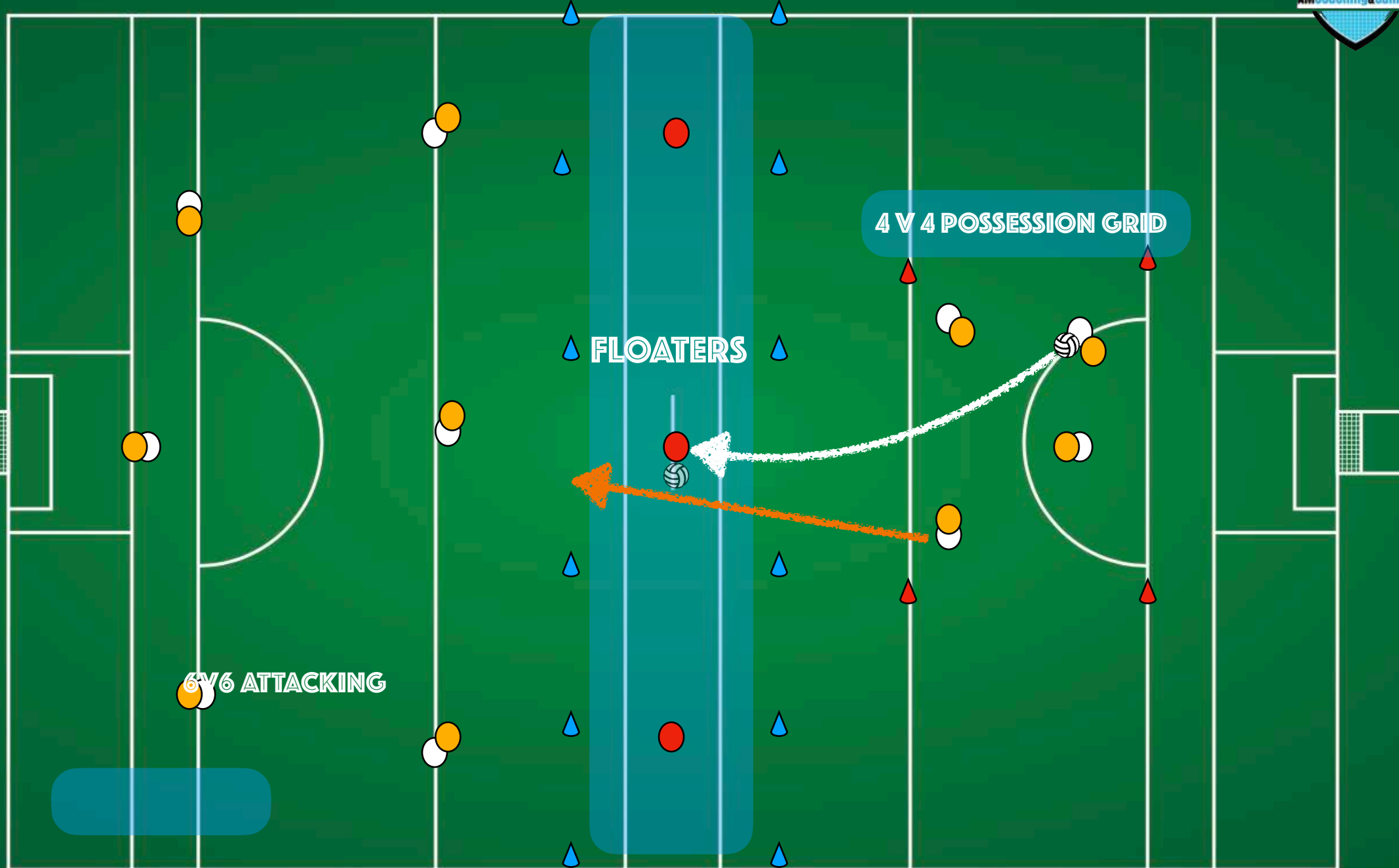
COACHING CUES:

- LINK MAN
- RETAIN POSSESSION
- SPACING
- TIMING
- MOMENTUM

AN ACTIVITY FOCUSING ON KEEPING BALL FROM CONGESTED MIDDLE AREA. BALL WILL START WITH GOALKEEPER HE MUST PASS BALL TO ONE OF HIS WHITE DEFENDERS. THE WHITE DEFENDER MUST WORK BALL OUT THROUGH EITHER ONE OF THE RED GATES TO GAIN ONE POINT. THE DEFENDERS CAN NOT CARRY BALL THROUGH THE DIAMOND IF BALL ENTERS DIAMOND THE YELLOW ATTACKERS GAIN POSSESSION AND CAN WORK SCORING OPPORTUNITY. (RULES OF DIAMOND DOES NOT APPLY FOR ATTACKING TEAM) HOWEVER WHITE DEFENDERS CAN RUN THROUGH DIAMOND WITHOUT POSSESSION OF BALL TO CREATE SPACING AND POCKETS FOR TEAM MATES TO RUN INTO RECEIVE KICKOUT FROM GOALIE.

(PROGRESSION: ONCE WHITES WORK BALL THROUGH RED GATES THEY CAN LOOK TO KICK BALL INTO SPACE FOR 3 INSIDE FORWARDS TO CREATE SCORE. IF WHITES COMPLETE THIS MOVEMENT IN FULL THEY WILL BE AWARDED 2 POINTS.)

FLOATERS - QUICK TRANSITION GBS





FLOATERS - QUICK TRANSITION GBS

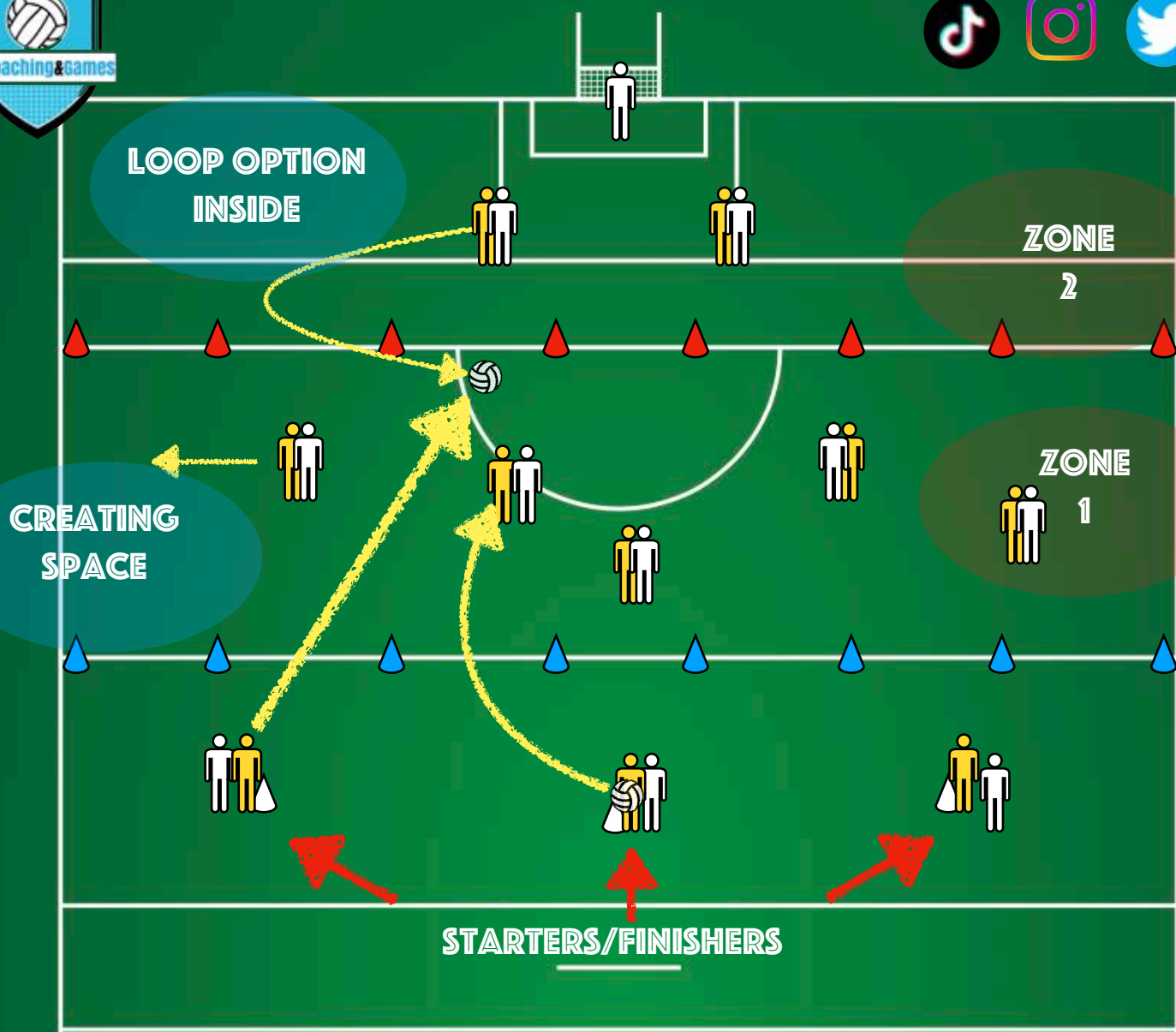


THIS ACTIVITY IS TO FOCUS ON QUICK MOVEMENT OF THE BALL FROM DEFENCE TO ATTACK

GAME STARTS IN THE 4V4 POSSESSION GRID. WHITES START WITH THE BALL ON COACH'S WHISTLE AND THEY MUST MAINTAIN TO HOLD POSSESSION TILL COACHS SECOND WHISTLE WHERE THEY BREAK FROM THE GRID AND USE ANY ONE OF THE 3 RED STATIC FLOATERS TO RELEASE THE BALL EARLY TO.

THE PERSON THAT DELIVERS THE BALL TO THE STATIC RED CAN NOT RECEIVE THE BALL BACK SO ANOTHER PLAYER NEED TO SUPPORT THE RUN AND TAKE THE BALL ON AND DELIVER INTO THE 6V6 ATTACKING GRID WHERE WHITES MUST TRY AND CREATE THE SCORE. THE 4V4 POSSESSION GRID PLAYERS CAN ENTER THE ATTACKING GRID IF THEY WISH TO DO SO.

ONCE BALL IS SCORED OR DEAD THE GAME RESTARTS BACK IN THE ATTACKING GRID



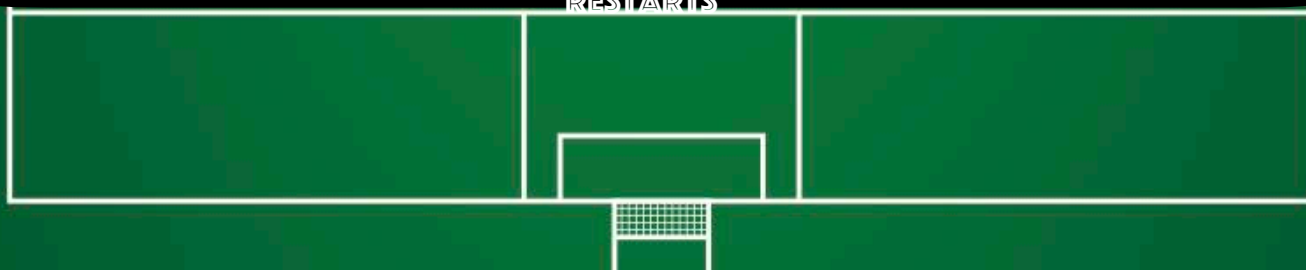
AN ACTIVITY WORKING ON LATE RUNNERS CREATING THE SCORE/TAKEN THE SCORE.

GAME STARTS WITH (YELLOW) PLAYER ON THE WHITE CONES OUTSIDE 45M LINE.

THE PLAYER MUST TRY FIND A KICK PASS INTO ZONE 1 BEFORE THEY CAN ENTER ZONE 2. IF PASS IS SUCCESSFUL PLAYERS ON WHITE CAN ENTER ZONE 1 AND TRY CREATE A GIVE AND GO OPPORTUNITY FROM THE ORIGINAL KICK PASS AND ATTACK THE GOALS AT PACE.

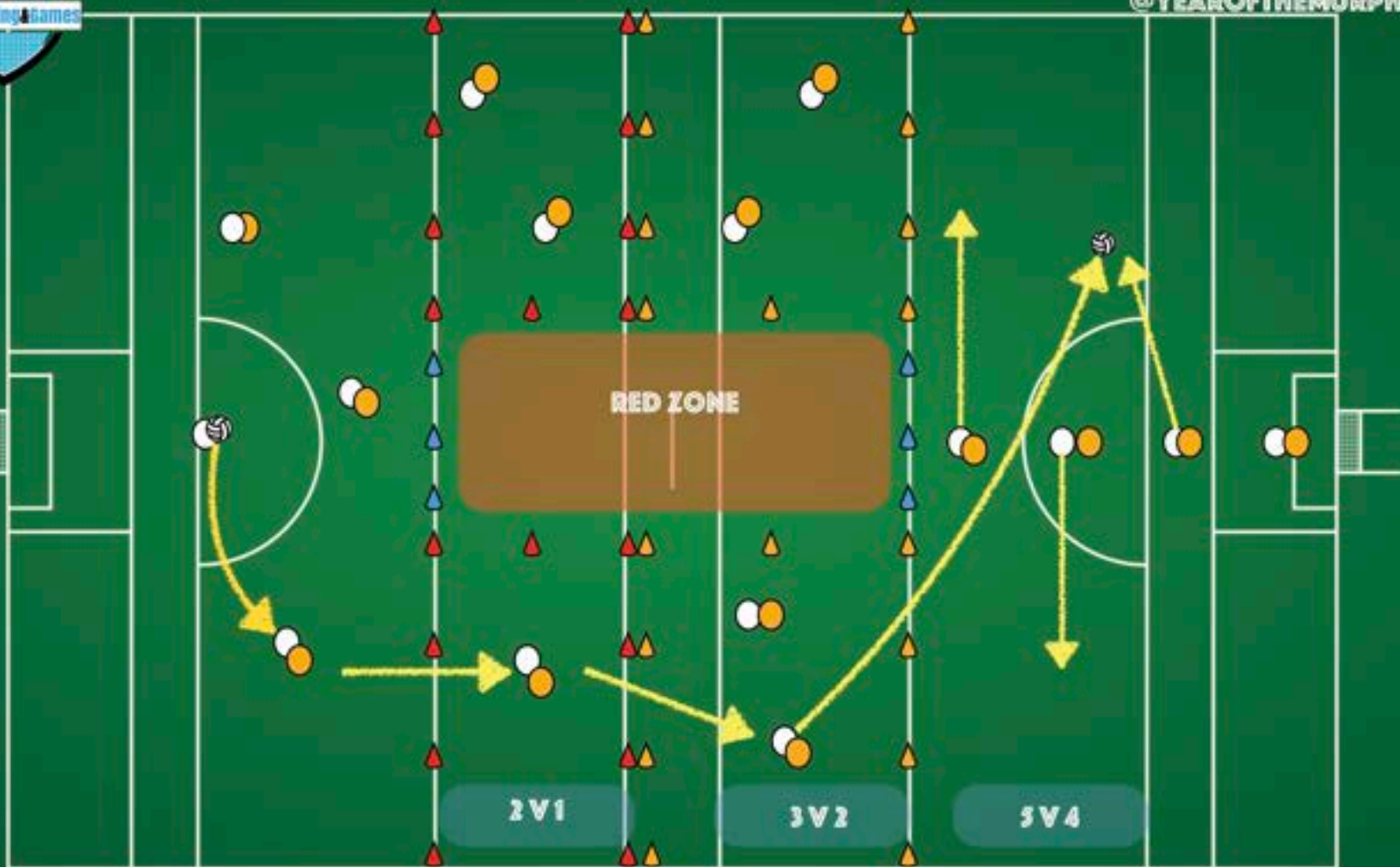
IN ZONE 1 WE ARE LOOKING FOR MOVEMENT/SPACING & TIMING.

ONCE YELLOW PLAYER HAS POSSESSION HE CAN TAKE THE SCORE ON HIMSELF OR USE THE LOOP/BACKDOOR CUT RUN FROM INSIDE FORWARDS IN ZONE 2. IF DEFENDERS TURNOVER BALL THEY MUST WORK OUT PAST WHITE CONES AND GAME RESTARTS





MOVE THROUGH THE ZONES



FOCUS :
DEVELOPING PLAYERS
OUT OF POSSESSION
MOVEMENT/ FINISHING
RUNS

PROGRESSIONS:

ONCE OPPOSITION HAS
TURNED OVER BALL THEY
CAN ATTACK.

ONE PLAY BALL

AN ACTIVITY FOCUSING ON CREATING OVERLAPS TO CREATING SCORING OPPORTUNITIES. (PLAYERS NOT FINISHING OUT THERE RUNS)
GAME STARTS WITH GOALIE FROM KICKOUT(WHITE TEAM) ONCE POSSESSION IS MAINTAINED BY DEFENDER INSIDE THERE 45 YARD LINE
THEY CAN ATTACK EITHER WING. FOR EXAMPLE IN THIS GRAPHIC THE WHITE DEFENDER IS PLAYING UP THE RIGHT WING. HE CAN ENTER THE
RED SQUARE (BUT DEFENDER CAN NOT FOLLOW HIM) AND CREATE A 2V1 ONCE THROUGH THE PLAYER THAT'S ON THE BALL IN RED SQUARE
CARRIES THROUGH TO YELLOW SQUARE CREATING A 3V2 WHEN THEY HAVE SUCCESSFULLY COMPLETED THROUGH YELLOW SQUARE THEY
CAN LOOK TO PLAY THE BALL INTO INSIDE FORWARD LINE. PLAYER CAN FOLLOW BALL TO CREATE 5V4 AND FINISH MOVE WITH SCORE.



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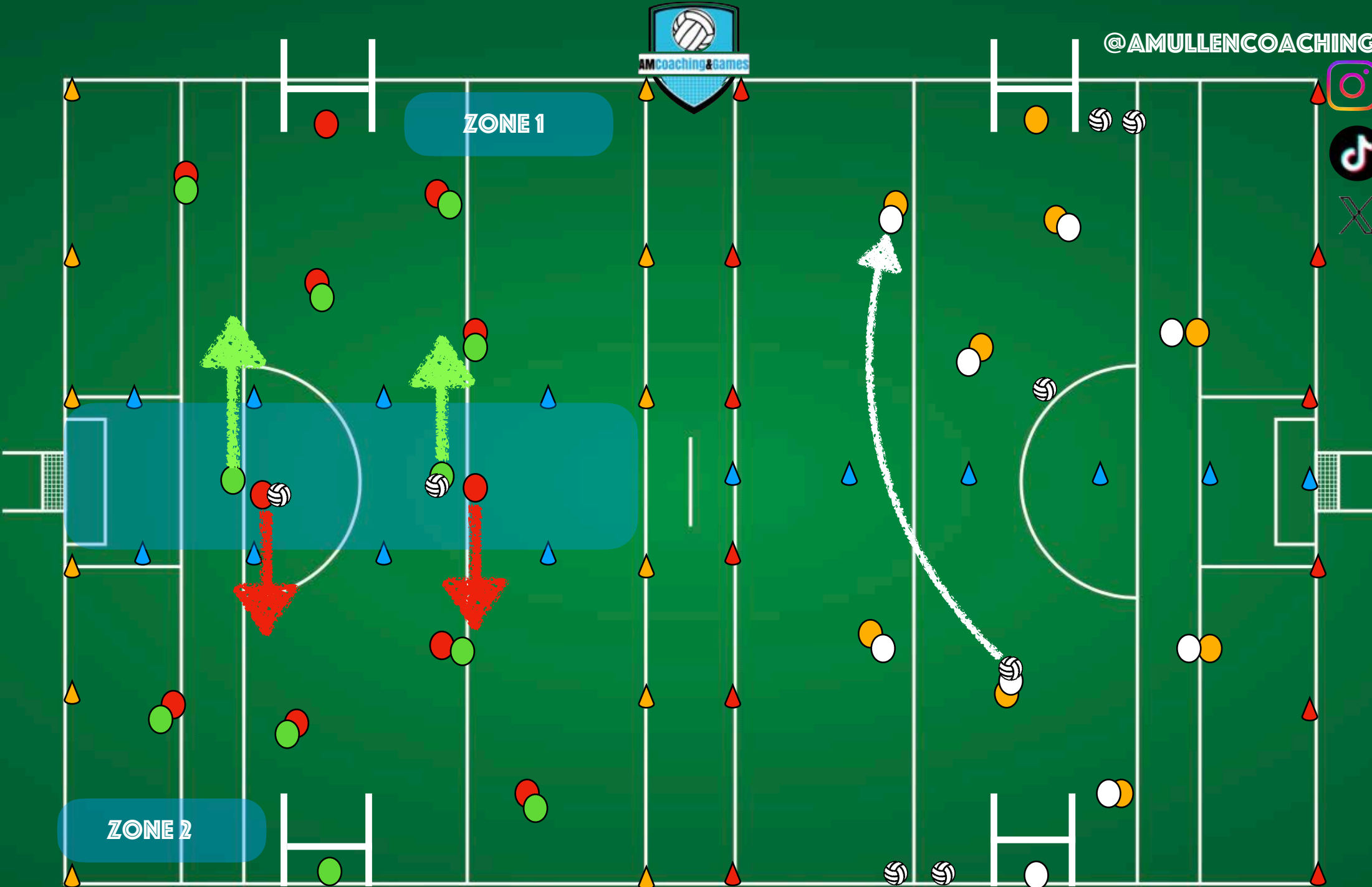


ZONE 1

ZONE 2

GAME 1 - MIDFIELD UP

GAME 2 - FIND THE SPACE



MIDFIELD UP



OBJECTIVE: THIS ACTIVITY FOCUSES ON REACTION AND SCORING WITHIN A 6V6 SETUP.

SETUP: THE GAME BEGINS IN MIDFIELD (BLUE AREA) WITH A 2V2 FORMATION. ONE PLAYER FROM THE RED TEAM AND ONE FROM THE GREEN TEAM EACH START WITH A BALL. ON THE COACH'S WHISTLE, BOTH TEAMS MUST MAINTAIN POSSESSION OF THEIR RESPECTIVE BALLS UNTIL FURTHER INSTRUCTION.

ACTION: ON THE COACH'S SECOND WHISTLE, THEY WILL CALL EITHER "GREEN ATTACK" OR "RED ATTACK." IF "GREEN ATTACK" IS CALLED, THE RED PLAYER WITHOUT THE BALL MUST DROP THEIRS TO TRACK THE OPPOSING GREEN MIDFIELDER, TRANSITIONING THE GAME INTO A 6V6 IN ZONE 1. EACH PLAYER IS LIMITED TO ONE PLAY.

IF "RED ATTACK" IS CALLED, THEY WILL ATTACK ZONE 2. ONCE A GOAL IS SCORED OR THE BALL GOES DEAD, THE GAME RESTARTS IN THE MIDDLE ON THE COACH'S WHISTLE

FIND THE SPACE

OBJECTIVE: THIS ACTIVITY FOCUSES ON CREATING SPACE IN A 4V4 ENVIRONMENT AND ENCOURAGING PLAYERS TO ENGAGE IN 1V1 SITUATIONS.

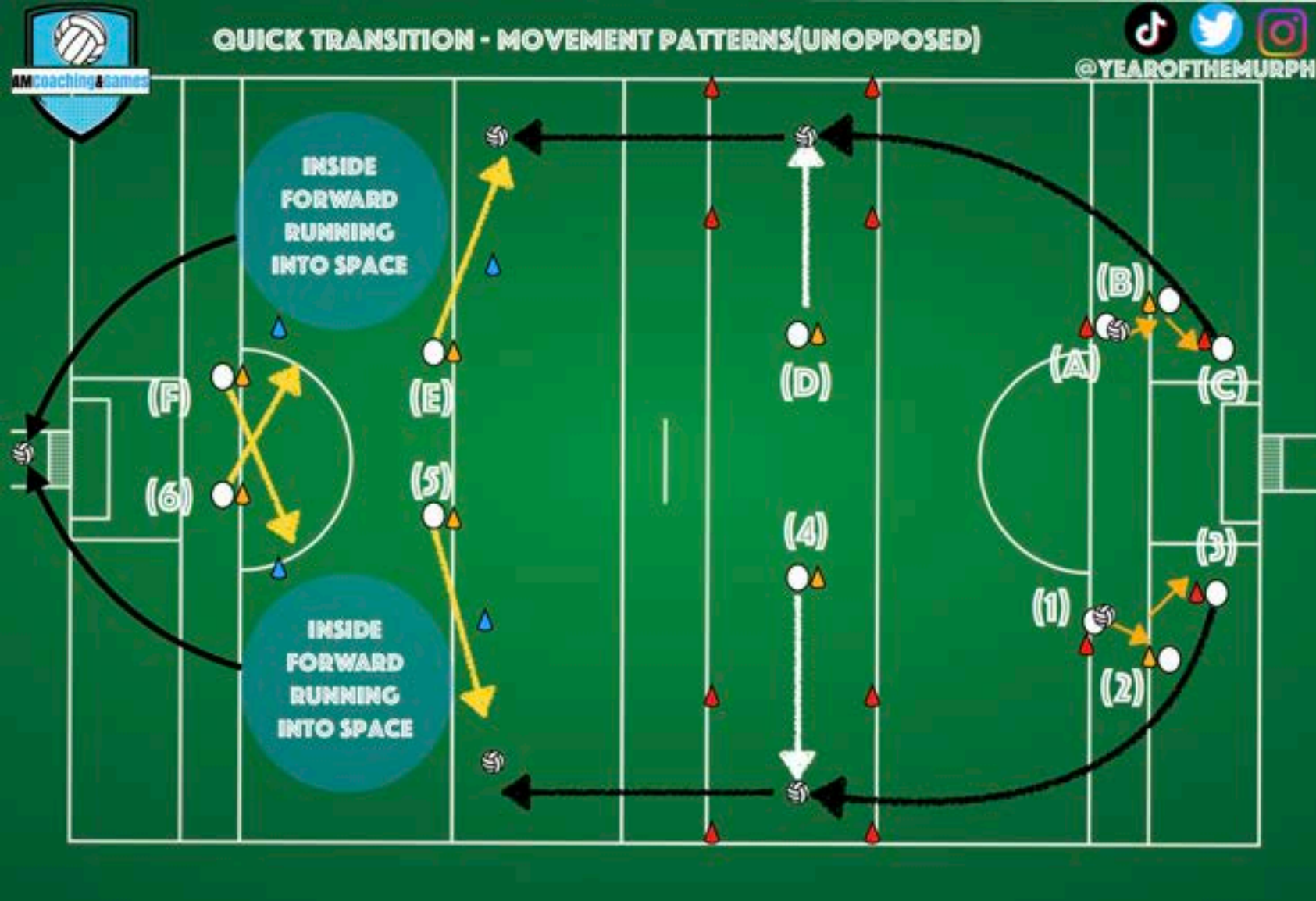
SETUP: THE GAME STARTS WITH THE WHITE GOALKEEPER. INITIALLY, THE YELLOW ATTACKERS ALLOW THE WHITE DEFENDERS TO CARRY THE BALL OUT WITHOUT ATTEMPTING TO DISPOSSESS THEM.

ACTION: THE WHITE DEFENDERS MUST CARRY THE BALL UP TO THE BLUE LINE WITHOUT CROSSING IT, THEN DELIVER A KICK PASS TO THEIR FOUR WHITE FORWARDS, WHO AIM TO FIND SPACE AND CREATE SCORING OPPORTUNITIES. AFTER THE WHITE TEAM EITHER SCORES OR THE BALL GOES DEAD, PLAY IMMEDIATELY SWITCHES TO THE YELLOW TEAM. THE YELLOW GOALKEEPER PASSES TO THE YELLOW DEFENDERS, WHO CARRY THE BALL TO THE BLUE LINE WITHOUT BEING TACKLED BEFORE PASSING TO THEIR FOUR YELLOW FORWARDS. THEY THEN ATTEMPT TO WORK A SCORING OPPORTUNITY IN A 4V4 SETUP.

THIS CYCLE REPEATS UNTIL THE COACH'S WHISTLE SIGNALS THE END OF THE ACTIVITY.

COACHING CUES:

DECISION-MAKING/ BALL CONTROL AND RETENTION/ AWARENESS AND REACTION /TRANSITION PLAY / DEFENSIVE TRACKING AND POSITIONING/ TEAM COORDINATION AND COMMUNICATION/FINISHING AND SCORING



FOCUS :
MOVING BALL AT
PACE TO CREATE
SCORING OPP.
(QUICK TRANSITION)

COACHING CUES:
LINK MAN
SPACING
TIMING
MOMENTUM
COMMUNICATION

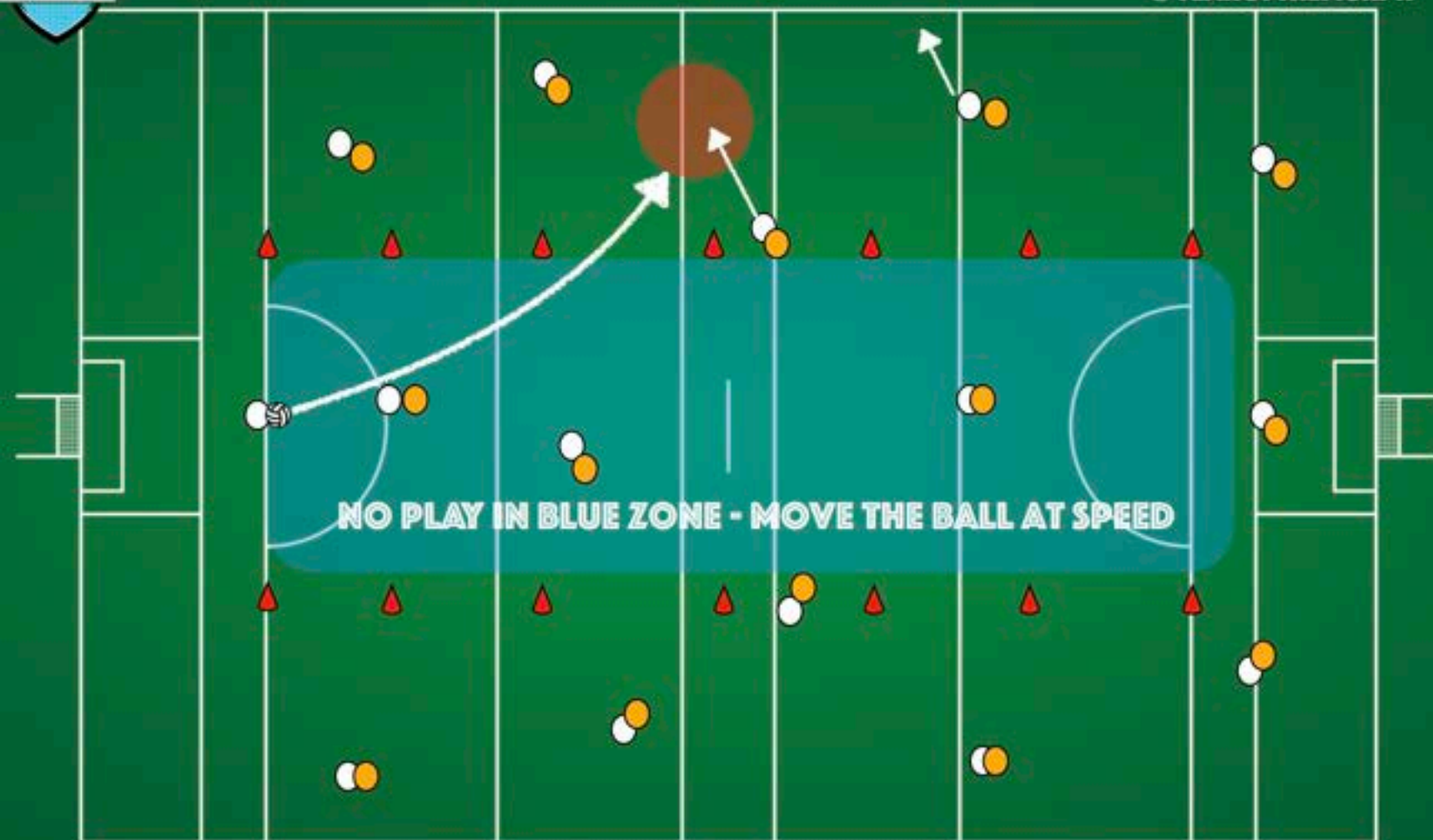
AN ACTIVITY FOCUSING ON PLAYERS MOVEMENT UNOPPOSED. IMITATING A TURNOVER IN OUR BACK LINE AND BREAKING AT SPEED
THE BALL STARTS WITH (A) WHO HAND PASSES TO (B)
(B) THEN LOOKS FOR A BACKDOOR PASS TO (C) WHO KICKS THE BALL INTO THE RED SQUARE FOR PLAYER (D) TO RUN INTO AND COLLECT.
ONCE (D) HAS COLLECTED THE BALL HE IS PLAYING BALL UP THE LINE TO (E) WHO THEN IN RETURNS DELIVERS A DIAGONAL BALL IN TO (F)
WHO COMPLETES THE MOVEMENT BY TAKEN A SCORE.

(1/2/3/4/5/6) WILL MIRROR THE SAME IMAGE ON THE OPPOSITE SIDE.



SPEED BALL

@YEAROFTHEMURPH



FOCUS :
MOVING THE BALL AT
PACE TO CREATE
SCORING
OPPORTUNITIES

PROGRESSIONS:

ONCE OPPOSITION HAS
TURNED OVER BALL THEY
CAN ATTACK.

ONE PLAY BALL

AN ACTIVITY FOCUSING ON MOVING THE BALL AT PACE TO CREATE A SCORING OPPORTUNITY FROM EITHER A KICKOUT OR TURNOVER

GAME STARTS FROM KEEPER AS SHOWN IN THE ABOVE IMAGE. FULL RULES APPLY AS NORMAL. ONCE TEAM ENTERS BETWEEN THE 2 RED CONES (NO PLAY ZONE) CONDITIONS CHANGE AND THEY MUST PLAY THE BALL AT SPEED OUT OF THE MIDDLE TO EITHER WING OR CREATE GIVE AND GO OPPORTUNITIES ALLOWING THE PLAY TO DEVELOP. ONCE BALL IS DEAD KEEPER RESTARTS FROM KICKOUT AGAIN. SEE FURTHER PROGRESSIONS ATTACHED.

WIDE EXTRA MAN - CONDITIONED GBS



NEUTRAL
PLAYER

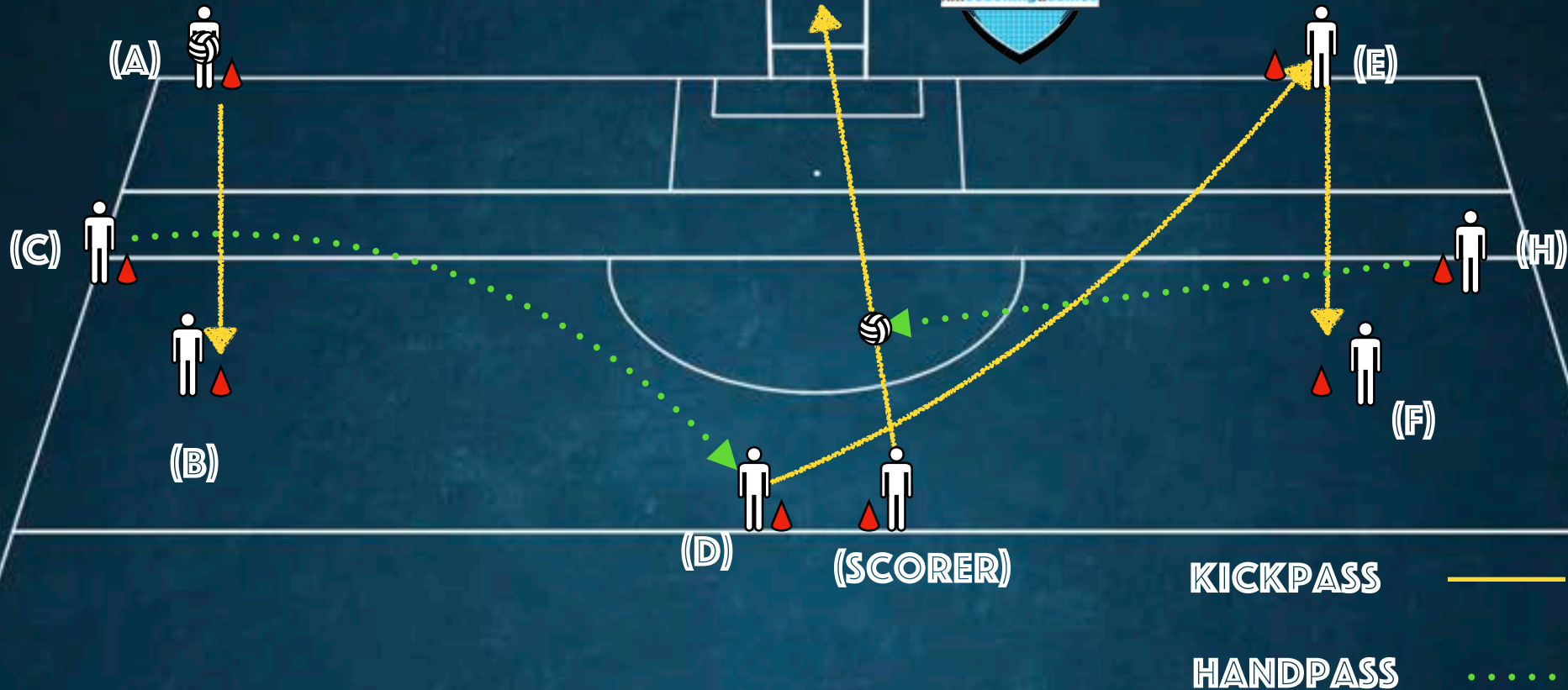
NEUTRAL
PLAYER

8V8 GAME BASED SCENARIO WORKING ON MOVING BALL WIDE AND NOT GETTING CAUGHT IN TROUBLE.
WHAT WE WANT TO CREATE IS AN OVERLAP (GIVE AND GO) WITH OUR NEUTRAL PLAYER AND CREATE
SCORING OPPORTUNITIES

DEFENDING PLAYERS CAN NOT STEP OVER RED LINE AND MUST REMAIN IN THE CENTRE.

THE 'EXTRA MAN' IS IN A PERFECT POSITION TO PLAY DIAGONAL PASSES INTO A SCORING ZONE, RATHER
THAN POINTLESS PASSES DEEP INTO THE CORNERS OR BEEN ABLE TO SWITCH THE ANGLE OF ATTACK

3RD MAN RUNS SCORING ACTIVITY



3RD MAN RUNS SCORING ACTIVITY

A STARTS MOVEMENT WITH KICK PASS TO B

B COLLECTS AND HANDPASSES TO C WHO IS MAKING AN ANGLED RUN TOWARDS D

ONCE D RECEIVES BALL HE DELIVERS A DIAGONAL KICK PASS INTO E

E KICKPASS BACK OUT TO F

F COLLECTS AND H HAS TIMED HIS RUN AND IS COMING ACROSS THE LINE TO PASS TO SCORER

PROGRESSION: DO IT UNOPPOSED THEN ONCE PLAYERS UNDERSTAND MOVEMENT ADD IN DEFENDERS TO APPLY PRESSURE ON ATTACKERS.



COACHING CUES:

MOMENTUM
SPACING
TIMING
GENTLE HANDS
COMMUNICATION/
DEMAND

COACH =

LATE RUNNER =

= LATE RUNNER

BREAKING BALL - HIGH FIELDING ACTIVITY

A HIGH FIELDING ACTIVITY WORKING ON BREAKING BALL AND SUPPORT COMING IN FROM LATE RUNNERS

ON COACHES WHISTLE 2 YELLOW & 2 WHITE PLAYERS ENTER INSIDE THE GREEN SQUARE. ONCE BALL HAS BEEN EITHER BROKEN DOWN OR PRIMARY POSSESSION WON THE LATE RUNNERS MAY ENTER THE GAME.

FOR A SCORE TO BE COUNTED ALL 3 PLAYERS MUST TOUCH THE BALL WHILST STAYING INSIDE THE RED SQUARE

CONSTANT OVERLOAD GAME BASED SCENARIO

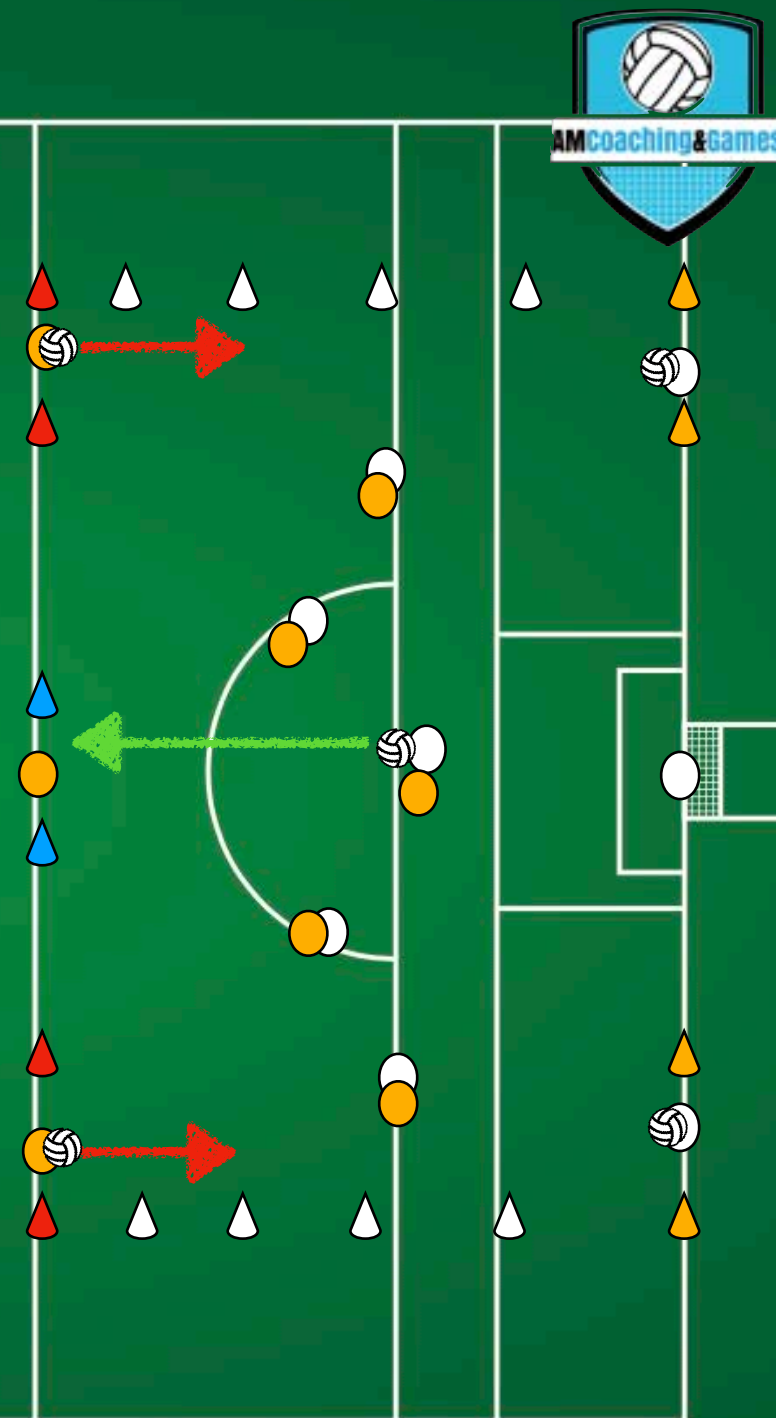
8 V 8 GAME BASED SCENARIO WORKING ON OVERLOAD/RUNNERS COMING FROM WIDE. HOW DOES A DEFENCE ADAPT TO DIFFERENT ANGLES OF ATTACKS

RULES & REGS: BALL WILL START FROM COACHES THROW IN. TEAM WHO WINS POSSESSION OF BALL AND ATTACK THE OPPOSITION GOAL. ONCE SCORE IS TAKEN OR BALL IS DEAD COACH CALLS EITHER 1 OR 2 AND ATTACK COMMENCES WITH AN OVER LOAD.

COACHING CUES:

WIDTH IN ATTACK / CREATE GIVE AND GO OPPORTUNITIES / COMMUNICATION / 3 D'S

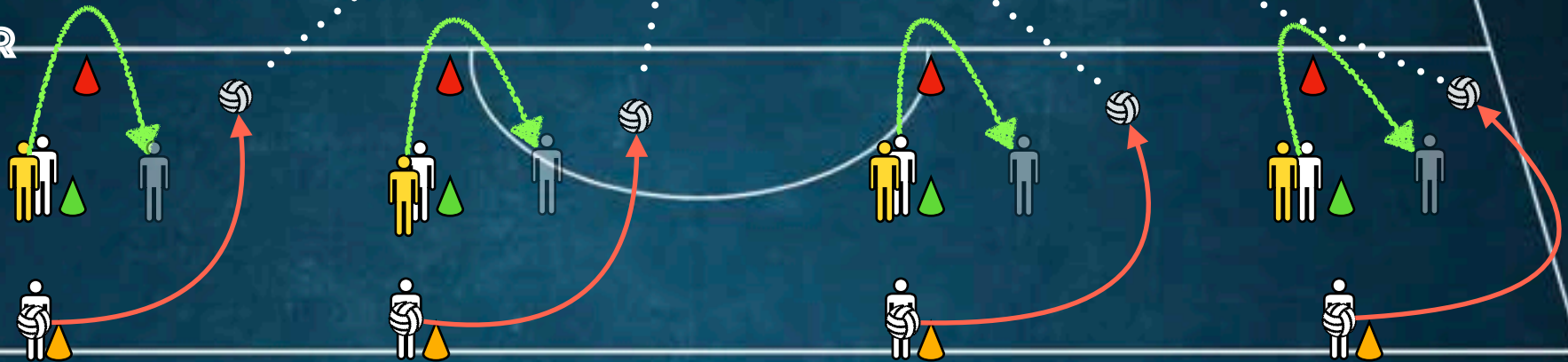
WHAT WE ARE LOOKING FOR AS COACHES IS TO SEE HOW DEFENDERS ADAPT TO DIFFERENT ANGLES OF ATTACK AND WHAT WE ARE TRYING TO RECREATE IS A TURNOVER BALL AND ITS AN OVERLOAD SCENARIO. WE TALK ABOUT THE 3 D'S (DENY, DELAY & DEFEND) AS ANY TEAM YOUR PLAYERS DECISION MAKING IS VITAL IN THIS SCENARIO. IF THEY GO TO SOON ITS A SIMPLE GIVE AND GO PASS AND YOUR TAKEN FROM THE GAME, IF YOU HESITATE AND CAUGHT IN NO MANS LAND IT CAN BECOME TO LATE DO STOP THE ATTACK.





 - DEFENDER

 - ATTACKER



CREATE THAT SCORE - SUB PRINCIPLE ACTIVITY

A 2V1 SUB PRINCIPLE ACTIVITY WORKING ON OUT OF RANGE FREES.

FREE TAKER STANDS ON YELLOW CONE AWAITING TO TAKE FREE

PRIMARY RECEIVER WITH DEFENDER STANDS 10 METERS IN FRONT ON GREEN CONE

ON COACHES WHISTLE WHITE ATTACKER ON GREEN CONE RUN TOWARDS RED AND THEN CUTS BACK TO RECEIVE KICK PASS OF FREE TAKER.

FREE TAKER MUST THEN FOLLOW PASS AND RECEIVE THE BALL BACK OF PRIMARY RECEIVER AND WORK THE SCORE. ONCE MOVEMENT IS COMPLETE RESTART ACTIVITY AND SWAP FORWARDS

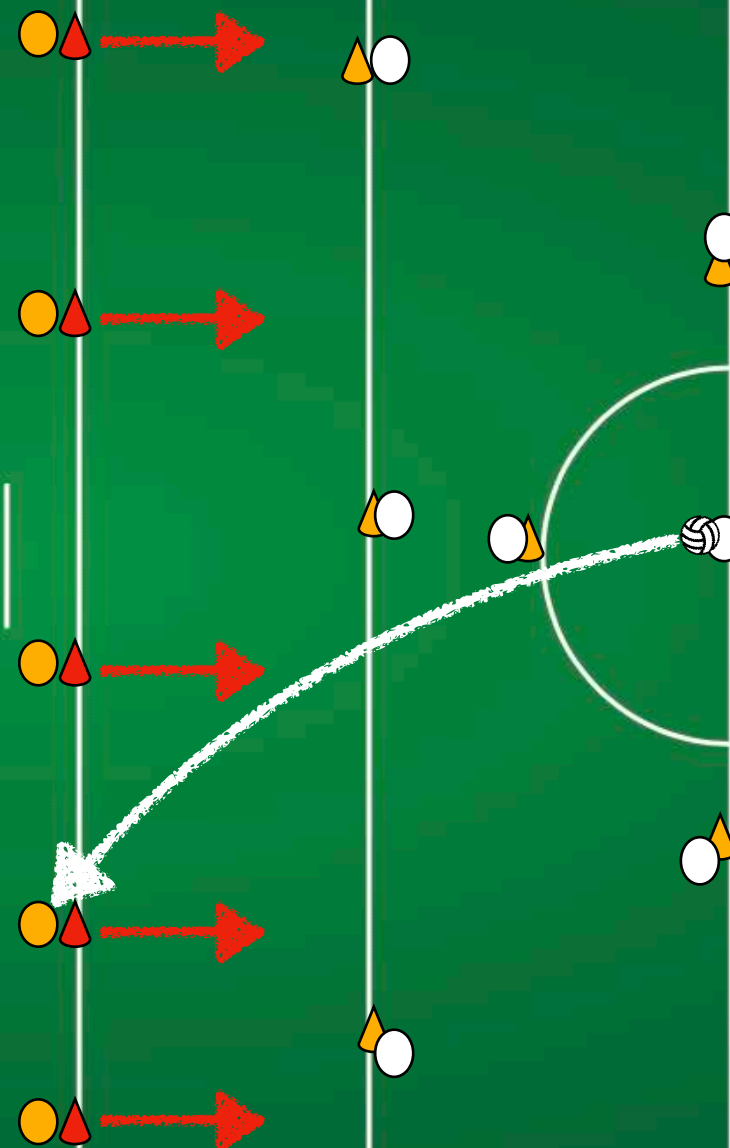
ANGLED RUNS & CREATE THAT SCORE GBS (6 V 5) DEFENSIVE OVERLOAD

GAME STARTS BY GOALKEEPER KICKING OUT TO ANY OF
THE 5 ATTACKING REDS ON THE CONE.

DEFENDERS START ON VARIOUS POSITIONS THROUGHOUT
THE BACK LINE

5 RED ATTACKERS PROCEED TO TRY CREATE A GOAL
SCORING OPPORTUNITY

DEFENDERS WILL HAVE THE EXTRA DEFENDER PLACED
INSIDE THE SEMI CIRCLE ONCE BALL IS DEAD KEEPER
RESTARTS GAME

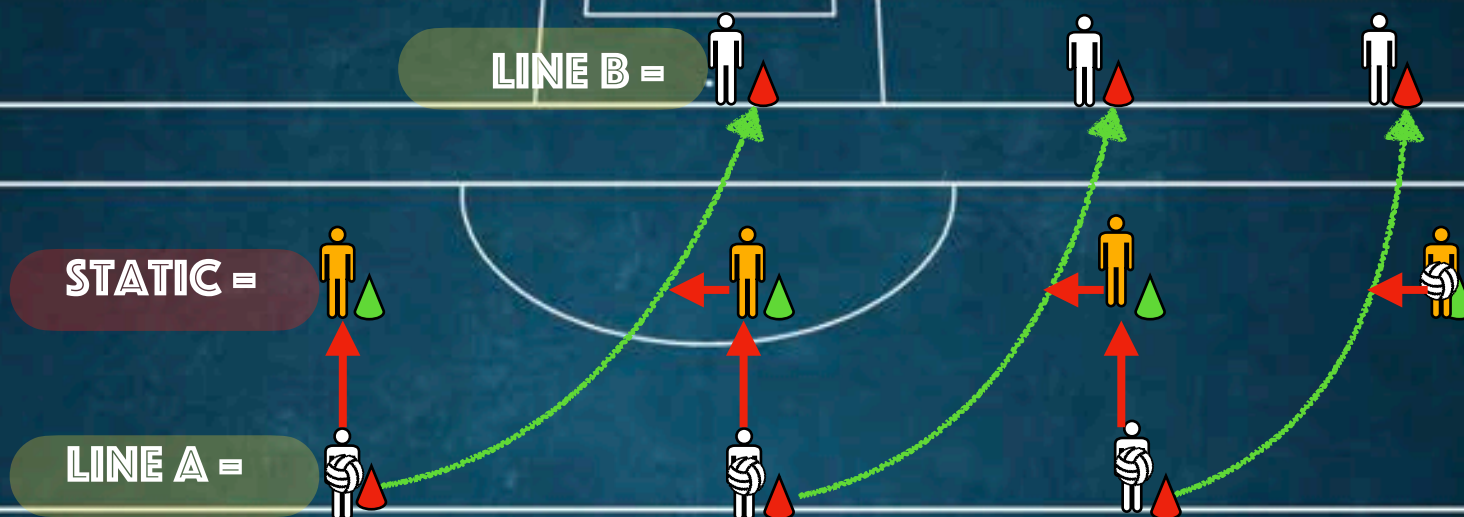


GIVE /GET/GO - HANDPASSING ACTIVITY



COACHING CUES:

TIMING
COMMUNICATION
EXECUTION
SOFT HANDS



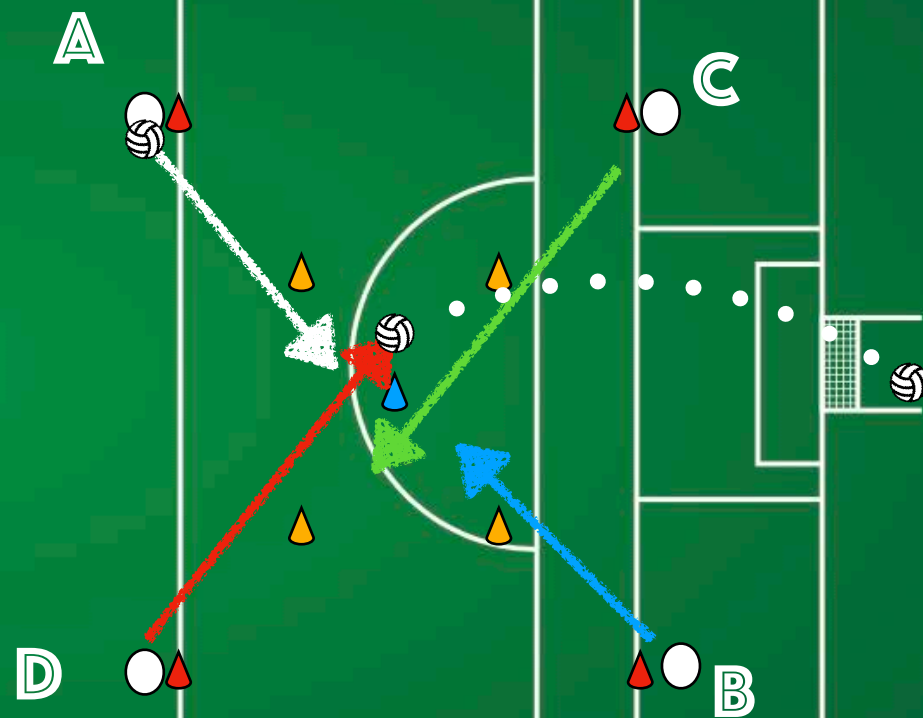
GIVE /GET/GO - HANDPASSING ACTIVITY

3 PLAYERS STARTING AT LINE A ALL MUST GO TOGETHER ON COACHES WHISTLE

THEY PASS TO THE STATIC MAN IN FRONT OF THEM AND RECEIVE A HAND PASS OF THE RIGHT STATIC MAN
WHILST CUTTING THROUGH THE CHANNEL

LINE B WILL THEN DO THE SAME MOVEMENT BACK TO LINE A

(NOTE - EACH TIME STATIC MAN EITHER END WILL ALWAYS HAVE ONE BALL AT THE END)





ACTIVITY 1 - HANDLING AND RECEIVING

THIS ACTIVITY FOCUSES ON BALL HANDLING AND RECEIVING AT MAXIMUM SPEED.

THE DRILL BEGINS WITH PLAYER 1 STARTING FROM THE BLUE CONE AND HAND-PASSING TO PLAYER 2. AFTER PLAYER 2 RECEIVES THE BALL, HE HOLDS IT BRIEFLY. PLAYER 1 CONTINUES RUNNING, AIMING TO REACH TOP SPEED BEFORE RECEIVING A PASS FROM PLAYER 3 AND FINISHING HIS RUN BY PASSING TO PLAYER 4.

ONCE PLAYER 4 HAS THE BALL, THE SEQUENCE IS REVERSED:

PLAYER 4 PASSES TO PLAYER 3, CONTINUES RUNNING TO PLAYER 2, RECEIVES THE BALL FROM PLAYER 2, AND THEN PASSES IT BACK TO PLAYER 1

FOCUS:

- **SPEED AND AGILITY: BUILDING UP TO MAXIMUM PACE WHILE MAINTAINING TECHNICAL BALL SKILLS.**
- **BALL CONTROL: ENSURING PRECISION IN BOTH PASSING AND RECEIVING UNDER FAST-PACED CONDITIONS.**
- **COMMUNICATION: VERBAL AND NON-VERBAL CUES BETWEEN PLAYERS FOR SEAMLESS TRANSITIONS.**
- **FITNESS AND STAMINA: AIMING FOR HIGH-INTENSITY SPRINTS IN EACH PHASE, IMPROVING OVERALL ATHLETIC CONDITIONING.**



ACTIVITY 2 - POP & SHOOT

THIS DRILL EMPHASIZES BALL HANDLING AND SHOOTING FROM THE TOP OF THE "D."

THE ACTIVITY BEGINS WITH PLAYER A CARRYING THE BALL AT SPEED INTO THE SMALL YELLOW GRID. PLAYER B RECEIVES THE BALL, AND PLAYER C TIMES THEIR RUN TO LAY IT OFF TO PLAYER D, WHO TAKES THE SHOT FROM THE TOP OF THE "D."

THE KEY FOCUS IS ENSURING ALL PASSES HAPPEN WITHIN THE SMALL YELLOW GRID, ALLOWING PLAYERS TO TIME THEIR RUNS AND POP THE BALL FOR THE NEXT PLAYER TO RUN ONTO, ULTIMATELY SETTING UP THE SCORING OPPORTUNITY.

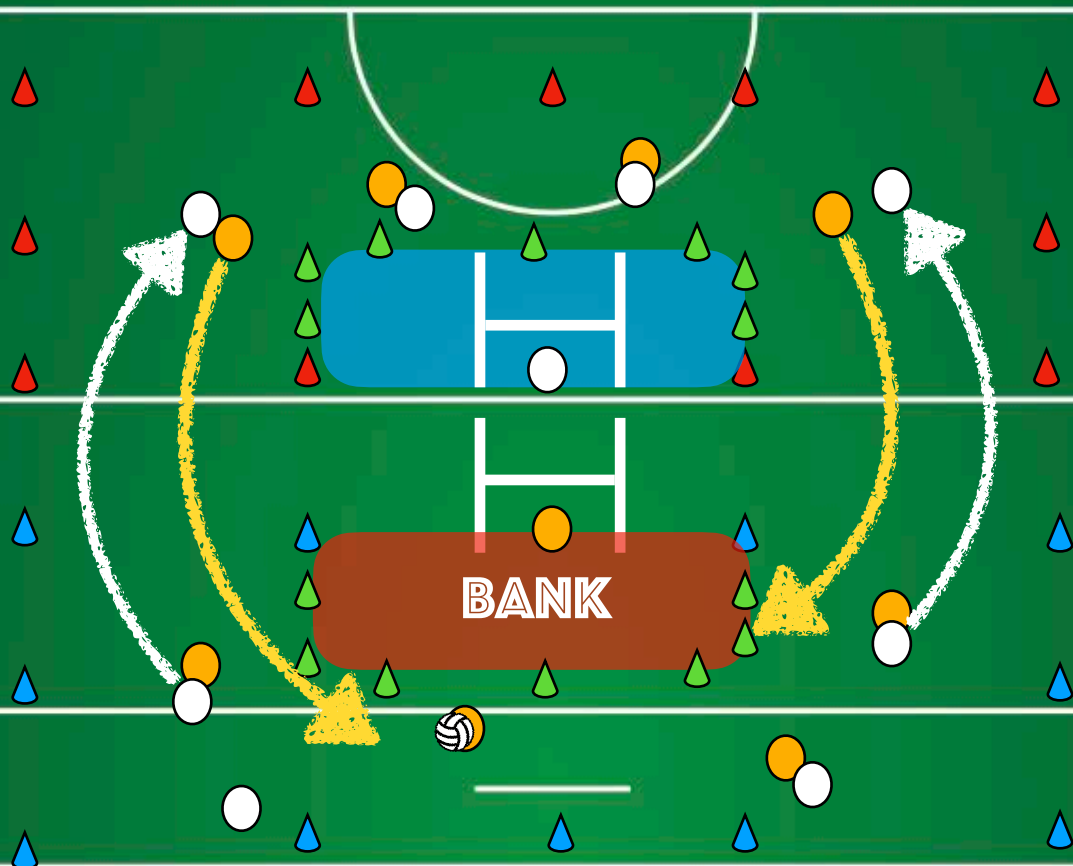
FOCUS:

- **FLUID BALL MOVEMENT: THE GOAL IS TO HAVE CONTINUOUS PLAY WITH WELL-TIMED PASSES AND RUNS THAT ALLOW FOR A SMOOTH, QUICK BUILDUP TO THE SHOT.**
- **CREATING SCORING OPPORTUNITIES: THE FINAL FOCUS IS ON SETTING UP PLAYER D TO TAKE THE SHOT, EMPHASIZING THE IMPORTANCE OF TEAMWORK TO CREATE GOOD SCORING CHANCES.**
- **GAME SIMULATION: REPLICATING REAL GAME SCENARIOS WHERE QUICK BALL MOVEMENT, ACCURATE PASSING, AND WELL-TIMED SHOTS ARE ESSENTIAL FOR SUCCESS IN ATTACKING PLAYS.**





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PASS & BANK CHALLENGE

YELLOW TEAM SCORING IN **BLUE CONE** ZONE
WHITE TEAM SCORING IN **RED CONE** ZONE



GAME: PASS & BANK CHALLENGE

SETUP:

- **PLACE TWO GOALS BACK-TO-BACK IN THE MIDDLE OF THE PITCH.**
- **CREATE A "SCORING ZONE" AREA AROUND EACH GOAL (MARK OUT WITH CONES).**

OBJECTIVE:

- **TEAMS AIM TO SCORE POINTS BY COMPLETING PASSES.**
- **PASSES ACCUMULATE AS POINTS FOR THE ATTACKING TEAM. TO SECURE THESE POINTS, THE ATTACKING TEAM MUST SCORE IN THE DESIGNATED SCORING ZONE.**

RULES:

1. **PASSES = POINTS: EVERY SUCCESSFUL PASS ADDS 1 POINT TO THE ATTACKING TEAM'S TOTAL.**
2. **BANK YOUR POINTS: TO LOCK IN POINTS, THE ATTACKING TEAM MUST SCORE A GOAL IN THE SCORING ZONE. POINTS ARE ONLY SECURED AFTER A SUCCESSFUL GOAL.**
3. **OPPOSITION STEAL: IF THE OPPOSITION WINS POSSESSION, THEY MUST QUICKLY TRANSFER THE BALL TO THEIR SCORING ZONE. A SUCCESSFUL GOAL FROM THE OPPOSITION ALLOWS THEM TO STEAL ALL THE UNBANKED POINTS OF THE OTHER TEAM.**

COACHING FOCUS:

- **DRAW IN TO PLAY OVER/THROUGH: ENCOURAGE PLAYERS TO DRAW DEFENDERS IN, CREATING OPPORTUNITIES TO PASS OVER OR THROUGH GAPS.**
- **QUICK PASSING: PROMOTE RAPID BALL MOVEMENT TO CREATE SPACE AND CATCH THE OPPOSITION OFF GUARD.**
- **SWITCH QUICKLY: EMPHASIZE FAST TRANSITIONS BETWEEN DEFENSE AND ATTACK.**
- **RISK VS REWARD: PLAYERS MUST DECIDE WHEN TO CONTINUE**

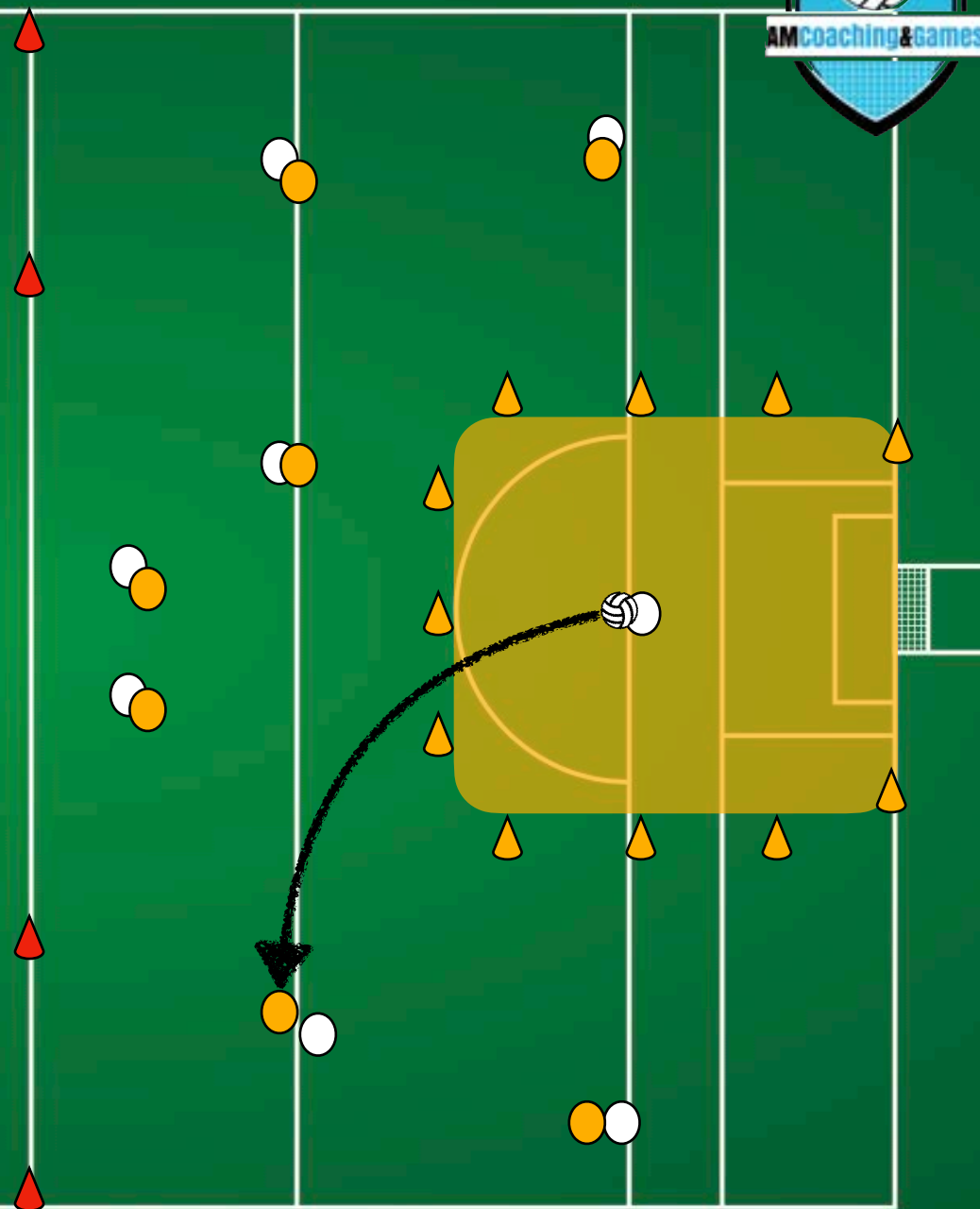
PENALTY ZONE DEFENSIVE GBS



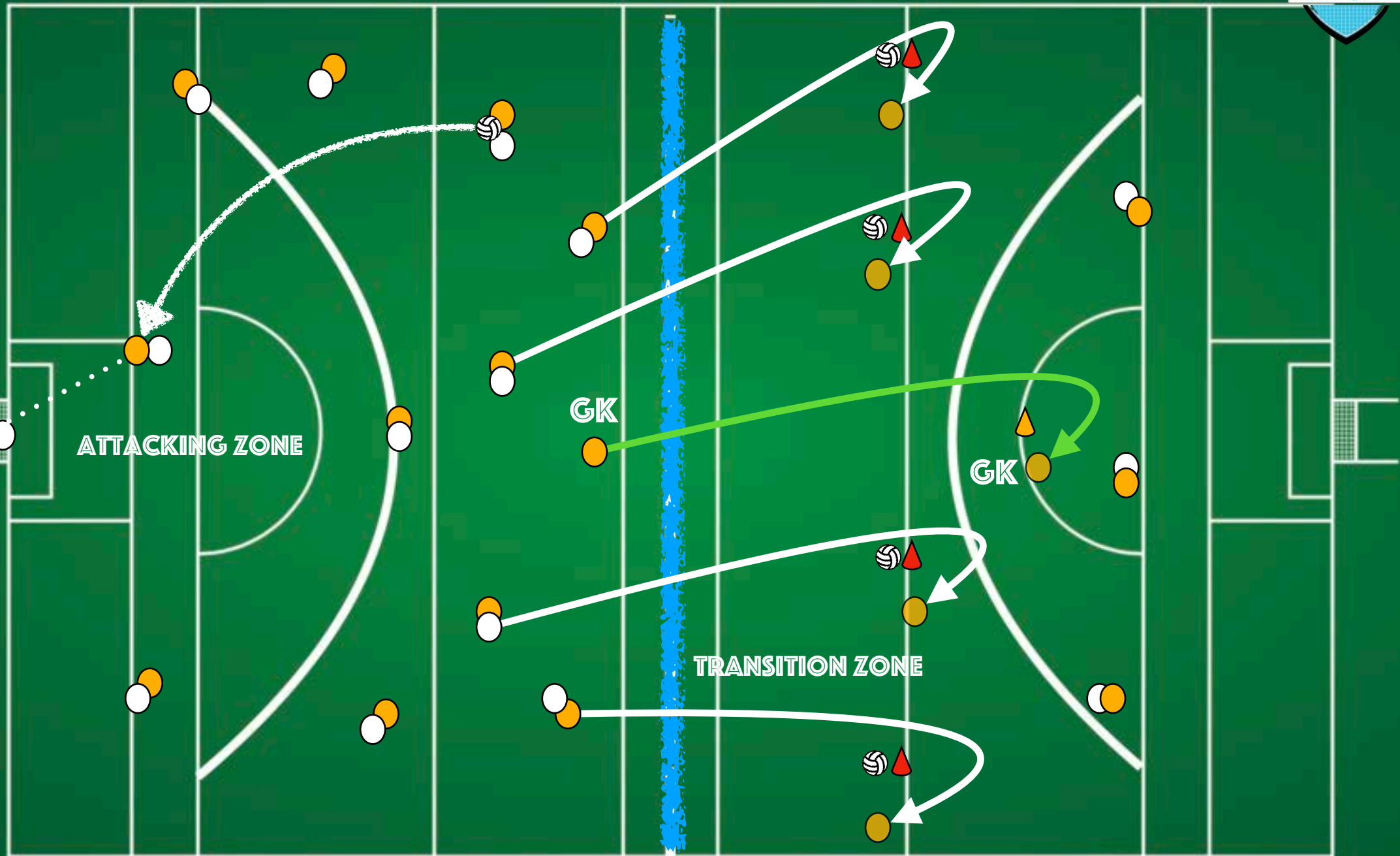
PENALTY ZONE DEFENSIVE GBS THEME: 8 V 8 GAMES BASED SCENARIO WORKING ON DEFENDERS TO ALLOW THEM TACKLE WITHOUT GIVING AWAY FOULS IN HIGH SCORING AREAS.

RULES & REGS: KEEPER STARTS WITH KICK OUT AND IS LOOKING TO FIND THE FURTHEST YELLOW FORWARD FROM GOAL. WHITE TEAM ALLOWS YELLOWS WIN POSSESSION BEFORE GAME WILL COMMENCE. ONLY POINTS WILL COUNT IN THIS SCENARIO. SHOULD ATTACKERS SCORE FROM OUTSIDE THE YELLOW CIRCLE THEY WILL BE AWARDED 1PT. A SCORE FROM INSIDE THE ZONE IS 2PT AND A FREE SCORED FROM INSIDE THE ZONE IS WORTH 3PTS

COACHING CUES: RASH DECISION MAKING /FOCUS/ COMMUNICATION/ORGANISATION WHAT WE ARE LOOKING FOR AS COACHES IS TO SEE HOW ARE DEFENDERS WORKING TO KEEP THE SCORES TO A MINIMUM, THEY MUST MAKE SURE THEY DO NOT COMMIT FOULS INSIDE THE ZONE AND THAT THEY MARK TIGHTLY ENOUGH TO KEEP DOWN THE NUMBER OF 2 POINT SCORES. DEFENDERS CAN EARN SCORES FOR THEMSELVES, BY WINNING THE BALL AND WORKING IT UP THE PITCH INTO THE EITHER YELLOW GATES



SCORE/ DROP/ RESTART - ATTACKING/TRANSITION ACTIVITY



CREATING THE PLUS ONE IN ATTACK

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THIS ACTIVITY IS INSPIRED BY A CONCEPT I OBSERVED DURING THE WEEK FROM THE MANCHESTER UNITED MANAGER'S TRAINING SESSION, AND I FOUND IT HIGHLY ADAPTABLE TO OUR GAME.

ACTIVITY DESCRIPTION: THE DRILL BEGINS IN THE ATTACKING ZONE ON THE COACH'S WHISTLE, WITH 11 WHITE DEFENDERS VERSUS 12 YELLOW ATTACKERS, INCLUDING THE GOALKEEPER POSITIONED BEYOND THE HALFWAY LINE. THE YELLOW TEAM HAS ONE MINUTE TO CREATE A SCORING OPPORTUNITY.

- IF THE YELLOW TEAM SCORES OR THE TIME RUNS OUT, FOUR YELLOW ATTACKERS, ALONG WITH THE GOALKEEPER NEAREST THE HALFWAY LINE, MUST SPRINT AROUND DESIGNATED RED CONES TO RESET. (NOTE: THE GOALKEEPER MUST RETURN TO THE TOP OF THE D.)**
- WHILE THE YELLOW PLAYERS ARE TRANSITIONING, THE 3 WHITE ATTACKERS CAN ATTEMPT TO REGAIN POSSESSION. AT THE SAME TIME, THE 3 YELLOW DEFENDERS IN THE TRANSITION ZONE CAN BE UTILIZED TO SUPPORT THEIR TEAM.**

ONCE THE FOUR YELLOW PLAYERS AND THE GOALKEEPER COMPLETE THEIR SPRINT AROUND THE CONES, THE COACH WILL CALL OUT WHICH CONE THE NEXT ATTACK WILL INITIATE FROM. THE YELLOW TEAM THEN HAS ONE MINUTE TO LAUNCH ANOTHER ATTACK.

THIS SEQUENCE REPEATS UNTIL ALL BALLS FROM THE FOUR CONES HAVE BEEN USED.



KEY TEACHING POINTS:

1. CREATING OVERLOADS (PLUS-ONE ADVANTAGE):

- FOCUS ON QUICK DECISION-MAKING TO EXPLOIT THE NUMERICAL ADVANTAGE IN ATTACK.
- ENCOURAGE PLAYERS TO RECOGNIZE AND USE SUPPORT EFFECTIVELY (E.G., OVERLAPPING RUNS, USING THE GOALKEEPER AS AN EXTRA PLAYER).

2. SPEED OF PLAY:

- EMPHASIZE THE IMPORTANCE OF FAST BALL CIRCULATION TO CREATE GAPS IN THE DEFENSE.
- ENCOURAGE ONE-TOUCH OR TWO-TOUCH PLAY WHEN POSSIBLE.

3. TRANSITION AWARENESS:

- TEACH PLAYERS TO QUICKLY TRANSITION BETWEEN ATTACK AND DEFENSE WHEN THE BALL IS LOST OR A GOAL IS SCORED.
- HIGHLIGHT THE NEED FOR IMMEDIATE RECOVERY RUNS FROM ATTACKERS TO AVOID BEING CAUGHT OUT OF POSITION.

4. DEFENSIVE PRESS AND ORGANIZATION:

- FOCUS ON THE THREE WHITE DEFENDERS APPLYING COORDINATED PRESSURE TO FORCE TURNOVERS DURING YELLOW TRANSITIONS.
- REINFORCE DEFENSIVE COMMUNICATION AND POSITIONING TO DELAY THE ATTACK.

5. POSITIONING AND TIMING:

- ENSURE ATTACKERS TIME THEIR RUNS AND MOVEMENTS OFF THE BALL TO AVOID CLUSTERING.
- TEACH DEFENDERS AND TRANSITIONING PLAYERS TO ANTICIPATE THE NEXT PHASE OF PLAY.

6. GOALKEEPER INVOLVEMENT:

- DEVELOP THE GOALKEEPER'S ABILITY TO ACT AS A SWEEPER AND PARTICIPATE IN THE BUILD-UP PLAY.
- HIGHLIGHT DECISION-MAKING WHEN DISTRIBUTING THE BALL OR POSITIONING DURING TRANSITIONS.



FOCUS AREAS FOR PLAYERS:

1. IN ATTACK:

- IDENTIFYING AND CREATING SPACE.
- DECISION-MAKING UNDER PRESSURE TO MAXIMIZE SCORING OPPORTUNITIES.
- COMMUNICATION AND TEAMWORK TO MAINTAIN THE PLUS-ONE ADVANTAGE.

2. IN TRANSITION:

- QUICK RECOVERY RUNS BY ATTACKERS AND THE GOALKEEPER.
- AWARENESS OF DEFENSIVE RESPONSIBILITIES AND PRIORITIZING STRUCTURE OVER CHASING THE BALL.

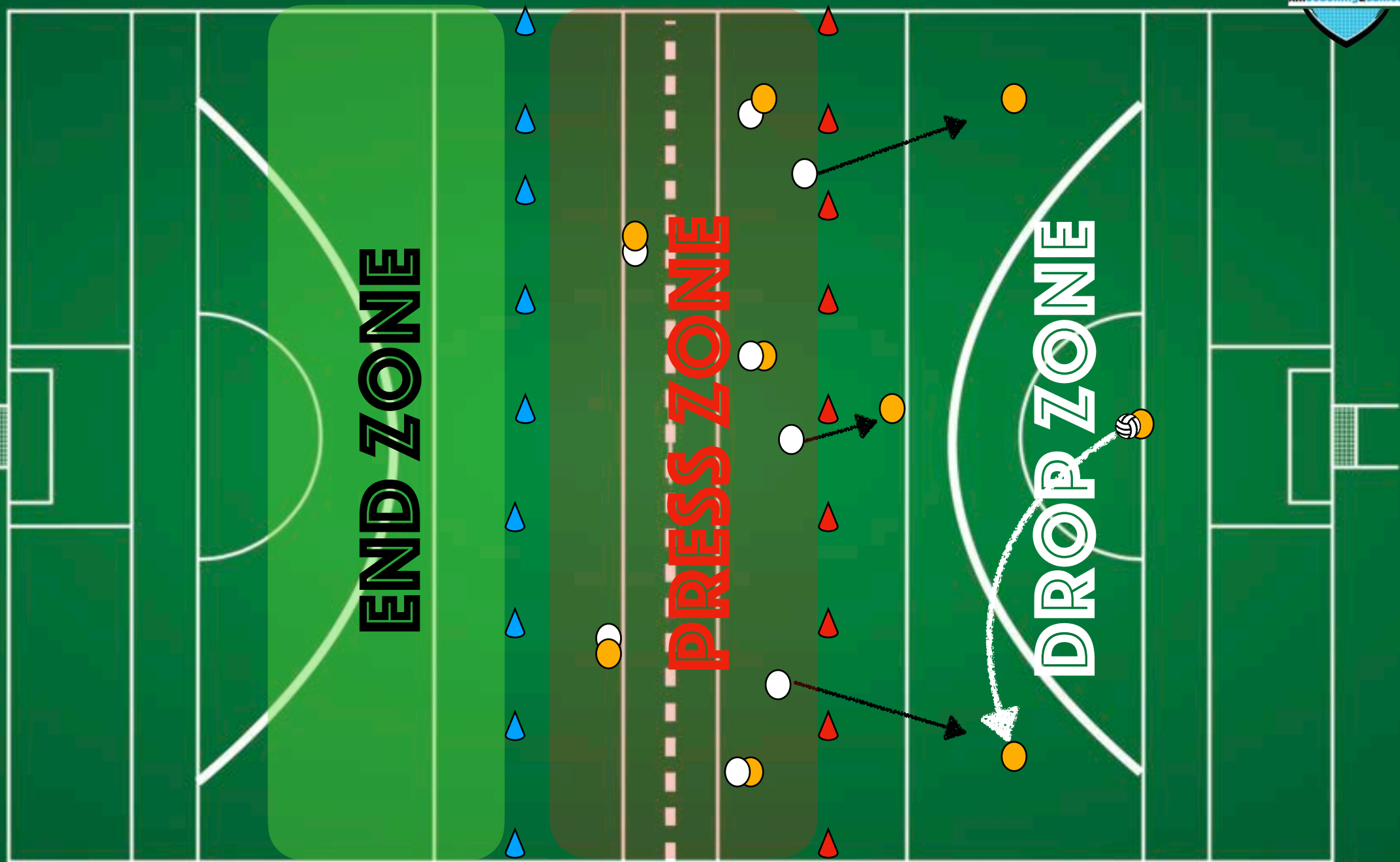
3. IN DEFENSE:

- PRESSURING THE BALL EFFECTIVELY WHILE MAINTAINING SHAPE.
- FORCING THE ATTACKERS INTO WIDE OR LESS DANGEROUS AREAS.

COACHING EMPHASIS:

- CONSTANTLY REINFORCE THE IMPORTANCE OF EFFORT AND INTENSITY DURING TRANSITIONS.
- PROVIDE FEEDBACK ON DECISION-MAKING IN CRITICAL MOMENTS, SUCH AS WHEN TO PRESS, PASS, OR SHOOT.
- USE THE COACH'S WHISTLE OR VERBAL CUES TO KEEP PLAYERS ENGAGED AND RESPONSIVE TO GAME SITUATIONS.

SETTING KICKOUT TRAPS - DEFENSIVE/ TRANSITION ACTIVITY





THIS ACTIVITY FOCUSES ON CREATING TRAPS UNDER THE NEW RULES, PARTICULARLY WITH THE LIMITATION THAT GOALKEEPERS CAN NO LONGER RECEIVE A BACK PASS AFTER THE INITIAL KICKOUT. THIS CHANGE PRESENTS A GREATER CHALLENGE FOR GOALKEEPERS IN DECIDING THE OPTIMAL STRATEGY: WHETHER TO GO LONG AND CONTEND WITH A 50/50 BALL OR GO SHORT AND RELY ON PLAYERS' ABILITY TO WORK THE BALL OUT EFFECTIVELY.

ACTIVITY SETUP:

THE GAME BEGINS WITH A GOALKEEPER'S KICKOUT. THE THREE INSIDE FORWARDS MUST RETREAT BEHIND THE RED CONES INTO THE DESIGNATED PRESS ZONE. THE GOALKEEPER HAS TWO OPTIONS:

SHORT KICKOUT: PLAY THE BALL INTO THE DROP ZONE. IF THIS OPTION IS CHOSEN, THE THREE WHITE FORWARDS CAN IMMEDIATELY ENTER THE DROP ZONE TO APPLY PRESSURE, AIMING TO FORCE A MISTAKE, OVERTURN POSSESSION, AND CREATE A SCORING OPPORTUNITY.

LONG KICKOUT: TARGET THE PRESS ZONE, WHERE THE YELLOW TEAM WILL BE OUTNUMBERED 5V8.

IF THE DEFENDERS SUCCESSFULLY RETAIN POSSESSION IN EITHER SCENARIO, THEIR OBJECTIVE IS TO WORK THE BALL THROUGH THE PRESSING ZONE AND INTO THE END ZONE (BEYOND THE BLUE CONES). ONCE THE BALL BECOMES DEAD OR A SCORE IS TAKEN, THE GAME RESTARTS WITH ANOTHER GOALKEEPER KICKOUT.



KEY FOCUS

DECISION-MAKING BY GOALKEEPERS:

ANALYZING THE BEST OPTION BETWEEN A LONG KICKOUT (RISKING A 50/50 CONTEST) OR A SHORT KICKOUT (INVITING PRESSURE BUT POTENTIALLY ENABLING CONTROLLED POSSESSION).

PRESSING STRATEGY FOR FORWARDS:

EXECUTING EFFECTIVE PRESSURE TO CAPITALIZE ON MISTAKES IN THE DROP ZONE OR INTERCEPT IN THE PRESS ZONE.

POSSESSION RETENTION FOR DEFENDERS:

DEVELOPING COMPOSURE AND TEAMWORK TO MAINTAIN POSSESSION UNDER HIGH-PRESSURE SCENARIOS AND TRANSITION INTO ATTACKING PLAY.



TEACHING POINTS

FOR GOALKEEPERS:

SCANNING & DECISION-MAKING: TEACH GOALKEEPERS TO ASSESS THE DEFENSIVE SETUP AND OPPOSITION PRESS BEFORE TAKING KICKOUTS.

ACCURACY: ENSURE PRECISE DELIVERY FOR BOTH SHORT AND LONG OPTIONS.

COMMUNICATION: GOALKEEPERS MUST CLEARLY SIGNAL INTENT TO TEAMMATES.

FOR FORWARDS:

COORDINATED PRESS: ENCOURAGE FORWARDS TO MOVE AS A UNIT TO CLOSE DOWN SPACE AND FORCE ERRORS.

POSITIONING: EMPHASIZE CUTTING OFF PASSING LANES AND POSITIONING TO MAXIMIZE INTERCEPTION OPPORTUNITIES.

ANTICIPATION: TRAIN PLAYERS TO READ THE GOALKEEPER'S BODY LANGUAGE AND PREDICT PASSES.

FOR DEFENDERS:

SUPPORTING PLAY: EMPHASIZE THE IMPORTANCE OF OFF-THE-BALL MOVEMENT TO CREATE PASSING OPTIONS FOR TEAMMATES UNDER PRESSURE.

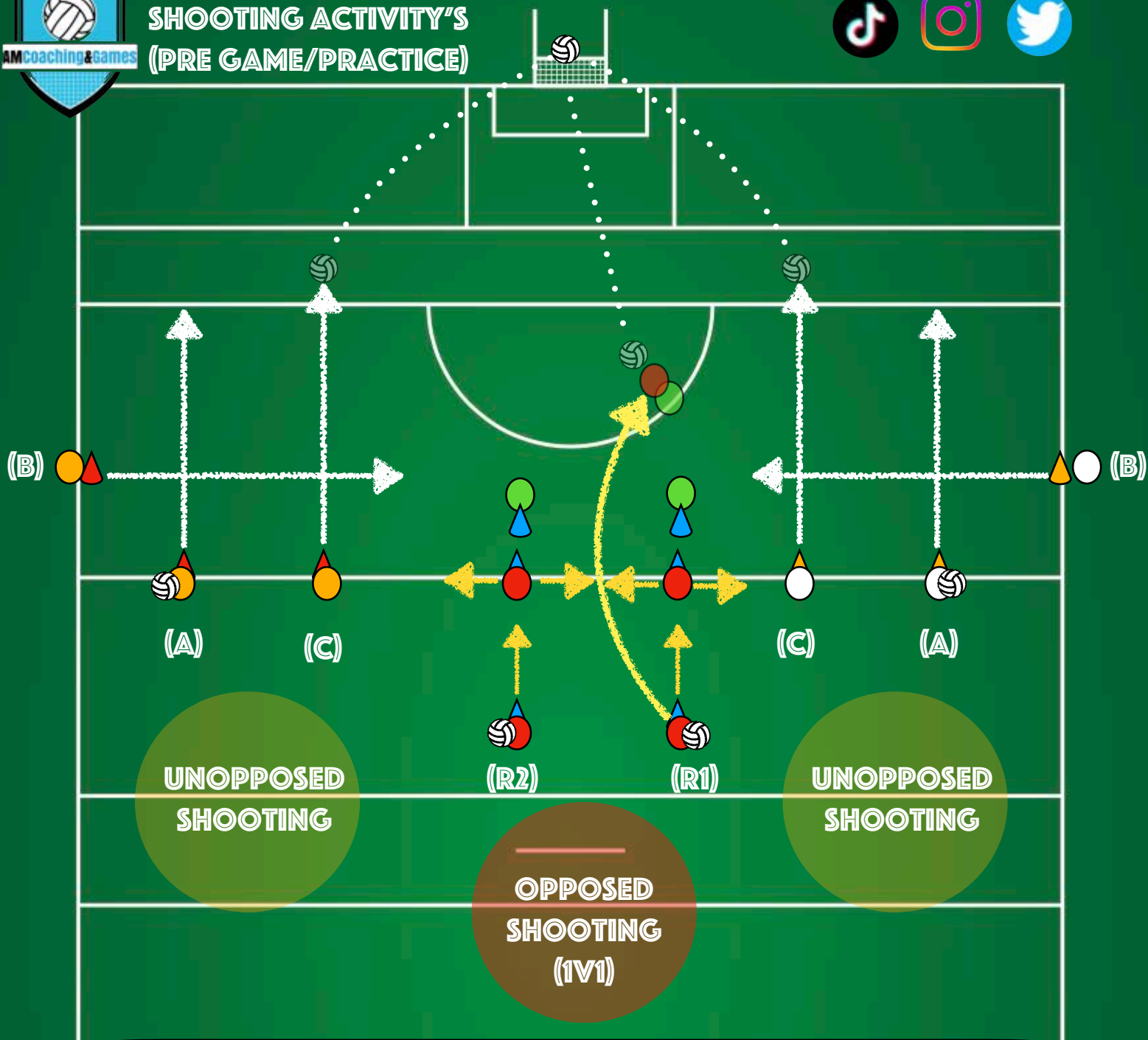
FIRST TOUCH: FOCUS ON CLEAN, CONTROLLED TOUCHES TO MANAGE PRESSURE.

BREAKOUT PLAY: PRACTICE MOVING THE BALL QUICKLY AND DECISIVELY THROUGH THE PRESSING ZONE INTO THE ATTACK.

GENERAL GAME AWARENESS:

HIGHLIGHT THE IMPORTANCE OF RECOGNIZING NUMERICAL ADVANTAGES AND EXPLOITING THEM.

REINFORCE QUICK TRANSITIONS FROM DEFENSE TO ATTACK AND VICE VERSA



SHOOTING ACTIVITY'S (PRE GAME/PRACTICE)

UNOPPOSED SHOOTING - A STARTS WITH BALL AND TRAVELS STRAIGHT. B WILL TIME RUN AND CUT ACROSS TO RECEIVE BALL AND WILL CARRY TO C WHO HAS TIMED HIS RUN LATE TO GET ON THE BALL AND TAKE ON THE SCORE WITHOUT BREAKING MOMENTUM/STRIDE

OPPOSED SHOOTING - ACTIVITY STARTS WITH RED 1 HE HAND PASSES TO STATIC RED ON THE CONE AND GIVES A 1/2 . GREEN THEN WHO MUST REACT AND DEFEND THE RED PLAYER AS HE TAKES ON GOAL SCORING OPPORTUNITY. ONCE BALL IS DEAD RED 2 CAN COMMENCE ATTACK ON HIS SIDE

TAP & GO

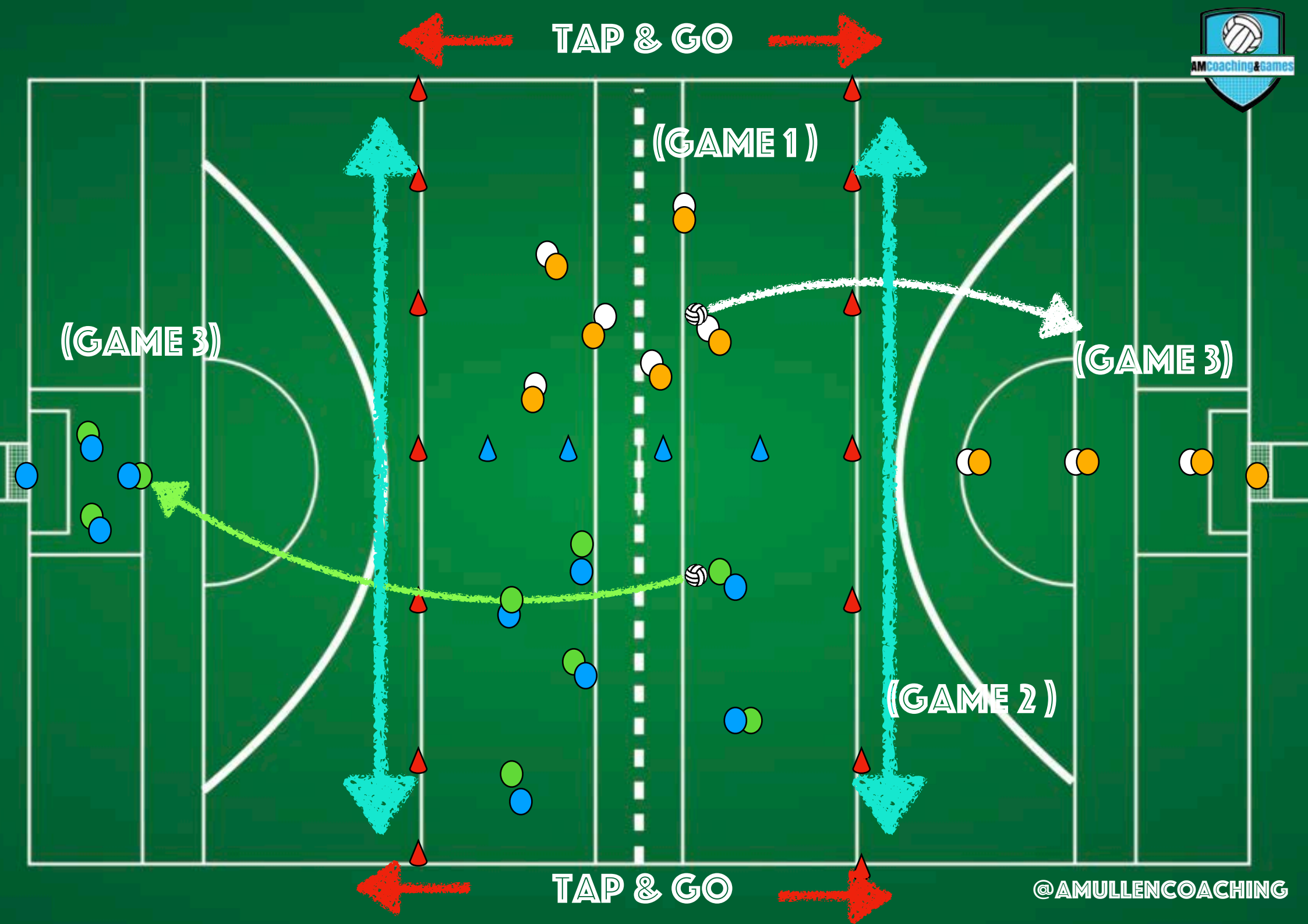
(GAME 1)

(GAME 3)

(GAME 3)

(GAME 2)

TAP & GO



TAP & GO - (GAME 1)

THIS ACTIVITY IS A 6 V 6 IN 2 GRIDS. TEAMS IN POSSESSION MUST WORK THE BALL OVER THE RED CONE LINE TO GET THE SCORE. ONCE SCORE HAS BEEN TAKEN FROM TEAM THEY MUST HAND THE BALL BACK TO OPPOSITION BEHIND THE RED LINE AND THEY RESTART THE GAME WITH A TAP AND GO. NO PLAYS IN GAME ONE



TAP & GO - (GAME 2 - PROGRESSION)

THIS ACTIVITY NOW BECOMES A 12 V 12 ACROSS PITCH (LIGHT BLUE ARROWS)

BLUE TEAM AND YELLOW TEAM AMALGAMATE WHILST THE OTHER 2 TEAMS DO THE SAME.

SAME RULES APPLY AS INITIAL GAME EXCEPT NOW WE WORK IT OVER THE SIDELINE

TAP & GO & DELIVER - (GAME 3)

THIS ACTIVITY GOES BACK TO THE 6V6 LIKE ORIGINAL GAME BUT NOW WE ARE USING OUR 3 FORWARDS INSIDE AND ARE CREATING A SCORE.

FOR EXAMPLE GAME WILL START WITH GREEN PLAYER BEHIND THE RED CONES ON OPPOSITE 45 M LINE FROM ATTACKING END. THEY WILL TAP AND GO AND TRY WORK THE BALL THROUGH THERE GRID TO DELIVER INSIDE TO THE 3 GREEN FORWARDS IF DEFENDERS WIN POSSESSION INSIDE THE GRID OR IN THE 3V3 THE GAME IS DEAD AND OPPOSITION RESTARTS. THERE WILL BE TWO GAMES HAPPENING AT THE SAME TIME WORKING EACH END OF THE GROUND

SET-UP:

- BEGIN WITH A 4V2 POSSESSION GRID.
- THE ATTACKING TEAM MAINTAINS POSSESSION WHILE THE TWO DEFENDERS AIM TO DISRUPT.

PROGRESSION:

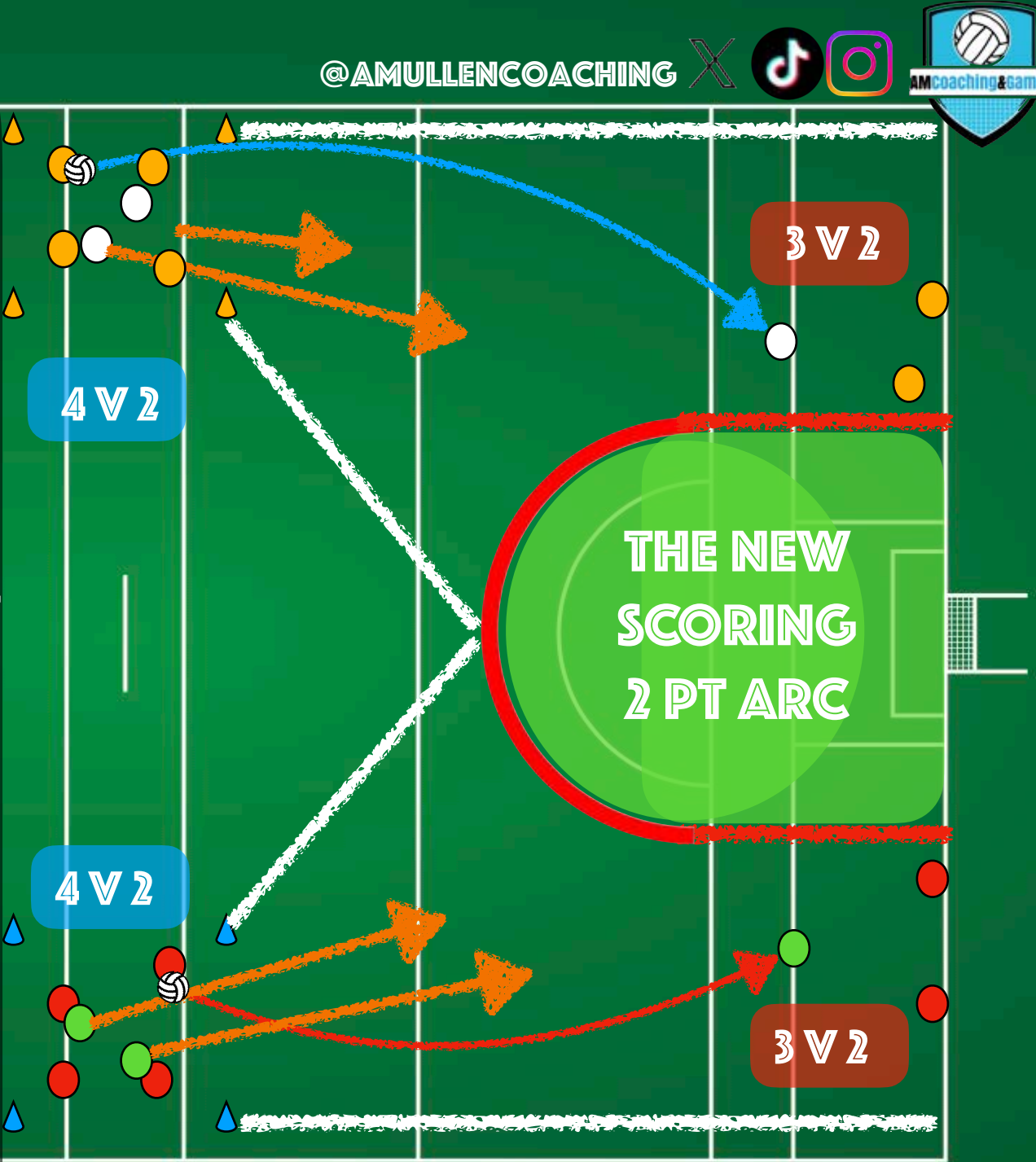
- ON THE COACH'S WHISTLE: THE PLAYER IN POSSESSION MUST EXECUTE A PRECISE KICK-PASS TO A FORWARD INSIDE (WHITE),
- TRANSITION: AS SOON AS THE BALL IS DELIVERED, THE TWO DEFENDERS INSIDE THE GRID SPRINT TO SUPPORT THEIR TEAMMATE, TRANSITIONING THE PLAY INTO A 3V2 ATTACK

COACHING POINTS:

1. KICK-PASS QUALITY: FOCUS ON ACCURACY AND TIMING OF THE KICK-PASS TO ENSURE THE FORWARD RECEIVES IT IN A POSITION TO ATTACK QUICKLY.
2. DECISION-MAKING: ENCOURAGE THE FORWARD IN THE 2V1 TO MAKE A QUICK DECISION—EITHER TAKE ON THE DEFENDER OR SET UP A TEAMMATE FOR A SCORING OPPORTUNITY.
3. SCORING FROM DISTANCE: ENCOURAGE PLAYERS TO LOOK FOR A QUICK SHOT OPPORTUNITY WITHIN 10 SECONDS FOR 2 PT SCORE, BUT IF NO SHOT IS ON, TO WORK CLOSER FOR A HIGHER-PERCENTAGE SCORE AND BE AWARDED 1 PT

RESTART:

ONCE THE BALL IS DEAD (GOAL, POINT, OR OUT OF PLAY), THE PLAY RESETS, AND THE OPPOSITE SIDE INITIATES THE NEXT SEQUENCE.



THE 2 POINT FRENZY - ATTACKING ACTIVITY

TO ADVANCE THE MARK OR TAKE THE 2PTS - ATTACKING ACTIVITY



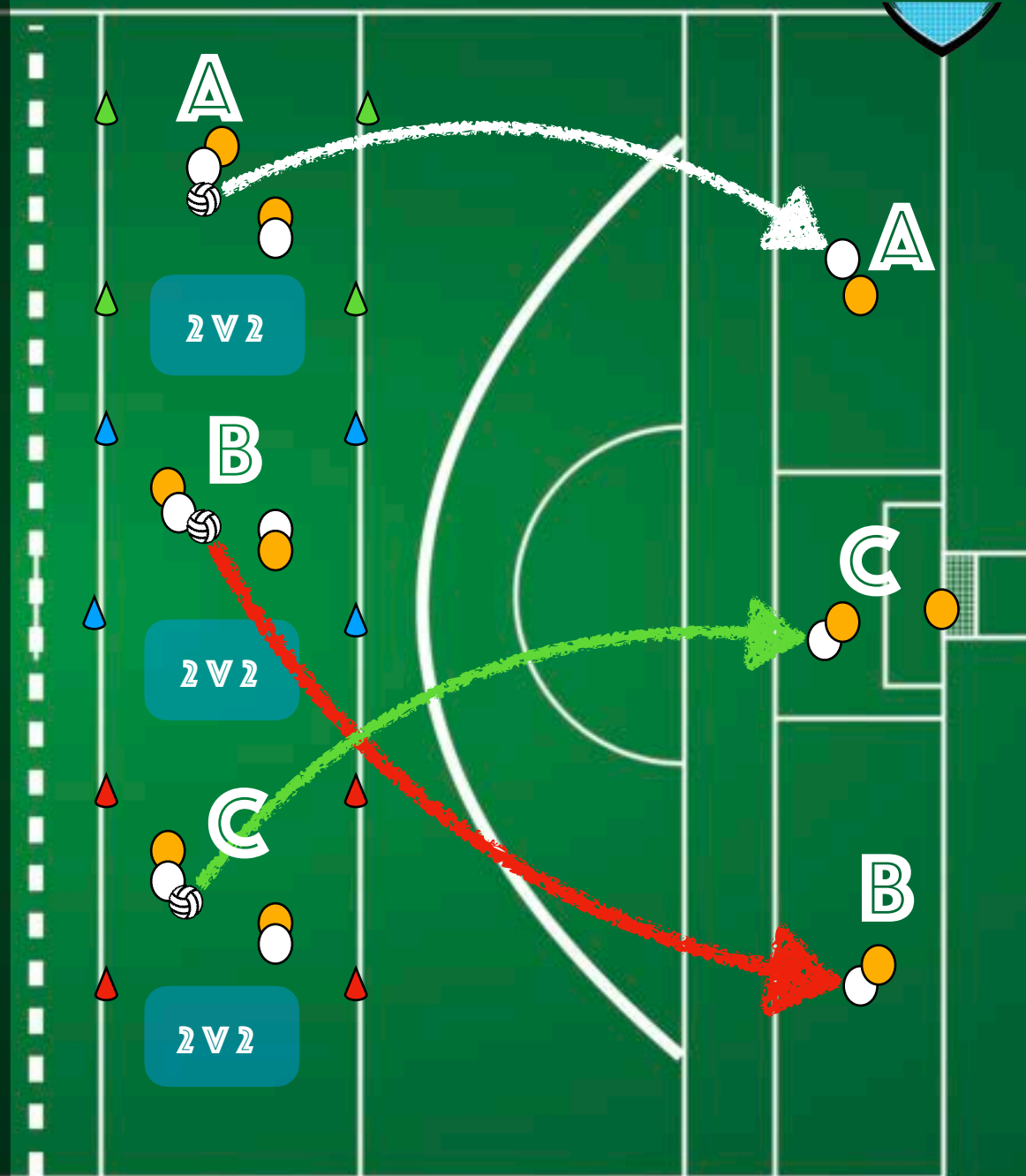
ACTIVITY OVERVIEW: THIS EXERCISE EMPHASIZES UTILIZING INSIDE FORWARDS TO EITHER SECURE AN ADVANCED MARK OR CREATE OPPORTUNITIES FOR A 2-POINT SCORE WITHIN A 2V2 SCENARIO.

INSTRUCTIONS: THE ACTIVITY COMMENCES WITH THE COACH'S WHISTLE. IN EACH 2V2 GRID, THE WHITE TEAM MUST MAINTAIN POSSESSION FOR 10 SECONDS. ON THE COACH'S SECOND WHISTLE, PLAYERS ARE PERMITTED TO EXIT THEIR DESIGNATED ZONE AND ATTEMPT A DIRECT KICK PASS INSIDE TO EITHER SECURE THE ADVANCED MARK OR METHODICALLY BUILD TOWARD A 2-POINT SCORE. POINTS SCORED FROM WITHIN THE ARC WILL NOT BE COUNTED, AND THE DEFENDING TEAM WILL BE AWARDED 2 POINTS.

KEY TEACHING POINTS:

1. **POSITIONING AND MOVEMENT:** INSIDE FORWARDS MUST CONSISTENTLY STAY WITHIN THE 13-YARD LINE, FOCUSING ON CREATING SPACE AND SEPARATION FROM DEFENDERS.
2. **POSSESSION RETENTION:** EMPHASIZE THE IMPORTANCE OF MAINTAINING POSSESSION DURING THE INITIAL 10 SECONDS TO BUILD TEAM COHESION AND STRATEGIC PLAY.
3. **PASSING AND DECISION-MAKING:** ENCOURAGE PLAYERS TO ASSESS OPTIONS QUICKLY AND EXECUTE ACCURATE PASSES TO FACILITATE SCORING OPPORTUNITIES.
4. **DEFENSIVE AWARENESS:** HIGHLIGHT THE IMPORTANCE OF THE DEFENDING TEAM RECOGNIZING SCORING THREATS AND POSITIONING THEMSELVES EFFECTIVELY TO PREVENT GOALS.

FOCUS: THE PRIMARY FOCUS SHOULD BE ON COMMUNICATION, SPATIAL AWARENESS, AND TACTICAL EXECUTION TO ENHANCE ATTACKING AND DEFENSIVE STRATEGIES.



ACTIVITY 1

ACTIVITY 2

ACTIVITY 3

YOU ARE THE COACH OF AN U7S TEAMING YOU NOTICE PLAYERS ARE OVERCROWDING IN THE VICINITY OF THE BALL. DEVISE ACTIVITIES TO HELP PLAYERS SPREAD OUT AND USE SPACE MORE.

ACTIVITY 1 - ZONE HOPPERS

THERE ARE 4 ZONES , 1 PLAYER IN EACH ZONE
GAME STARTS WITH 1 PLAYER WITH THE BALL AND HE MUST TRY AND RUN INTO A ZONE WITH SOMEONE ELSE IN IT.
IF THEY'RE ARE 2 PEOPLE IN ONE ZONE (BALL CARRIER AND PLAYER) PLAYER IS OUT

ACTIVITY 2 - CATCH ME IF YOU CAN

4 V 4 GAME ONE ON ONE BATTLES
BALL CARRIER MUST USE ANY OF THE GATES TO GET OUT OF THE ZONE BEFORE DEFENDER CATCHES THEM ONCE THEY MAKE IT THROUGH GATES THEY MUST RUN BACK IN AND TOUCH YELLOW GRID. CAN'T GO THROUGH SAME GATE TWICE

ACTIVITY 3 - COLOR CONE

4 V 4 POSSESSION GBS - TO GET A SCORE
ONCE THE PLAYER HAS LAID OFF THE BALL THEY MUST RUN OUT TO THEIR CORNER CONE AND COME BACK INTO PLAY.

FOR EG.(YELLOW PLAYER PASSES BALL AND SPRINTS OUT TO GREEN CONE AND BACK)