



Westmeath GAA Coaching Webinar

Small Sided Games

The Coach is first of all a teacher

10 NCAA basketball titles in
12 years (7 in a row)





There are times to coach. You have to be balanced to know that. The urge to step in and show how good you are as a coach and show you know everything has to be curtailed. Sometimes it is better to let them make a mistake. Sometimes they learn more from their mistakes than being told what to do.

Dennis Bergkamp

**YOU HAVE NOT
TAUGHT UNTIL THEY
HAVE LEARNED**

JOHN WOODEN

Introduction

1. Your Coaching Philosophy
2. Player Development
3. Coaching Plan
4. Integrated Training – Concurrent Methods
5. Principles of Training - Variety
6. Coachable Moments – When & Where
7. Learning Environment

Applying Training Science Planning & Periodization

KNOW WHERE YOU ARE GOING!

Training programs should be written with the end in mind

Strength and Conditioning 2011-2012																																																					
Annual Periodised Training Programme																																																					
Case Study Assignment - Rugby																																																					
Month	January					February				March				April					May					June				July					August				September				October				November				December				
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	
Meso cycle	8					9				10				11					12					1				2					3				4				5				6				7				
Comp Phase	Competitive league season – International fixtures occur in this time phase																					T	Off-season				Pre-season																Season begins mid-September										
Training Phase	Maintenance																					T	General Prep								Specific prep (includes technical, aerobic and tactical training)								Maintenance														
	Maintenance of technical and tactical – decrease in strength training																					T	Hypertrophy				Max strength development				Strength endurance development				Convert strength to power				Maintenance of strength and endurance – decreased aerobic training volume – increased technical and tactical training														
Fixtures																																																					
Intensity																																																					
Volume																																																					
Peaking						↑ - key international period eg 6 Nations				Attempt to maintain performance levels– training levels adjusted 1-2 days before game so as not to affect physiological performance										HC final peak	No specific peaking during non competitive season – training levels adjusted 1-2 days before game so as not to affect physiological performance																↑ - Start of Season	Attempt to maintain performance levels – secondary weekly targets for matches															
Testing			↑ - Mid season testing (Wk 2) and Monitoring																						↑ - Functional movement screen (FMS) and screening tests (Wk23)				↑ - Pre-season strength tests – RM testing (Wk 27)								pre-season re-test (Wk36)																
Goals - Physical			Peak in physical condition for key international period								Maintenance of physical conditioning for season run-in. no specific peaking but aim weekly preparation for matches															Hypertrophy				Development of optimum strength				Conversion of strength to rugby related power								Maintain power and strength without causing performance inhibiting fatigue due to training											

Warm Up's & SSG

Warm Up – 20mins +

Principles

Variety in WU – (creative, deliver messages, set tone for session)

RAMP Protocol

Build intensity through warm up – Do's and Don't's

Speed window at end of WU

(acceleration, deceleration, lateral and linear speed, footwork, COD, weaving, plyos...)

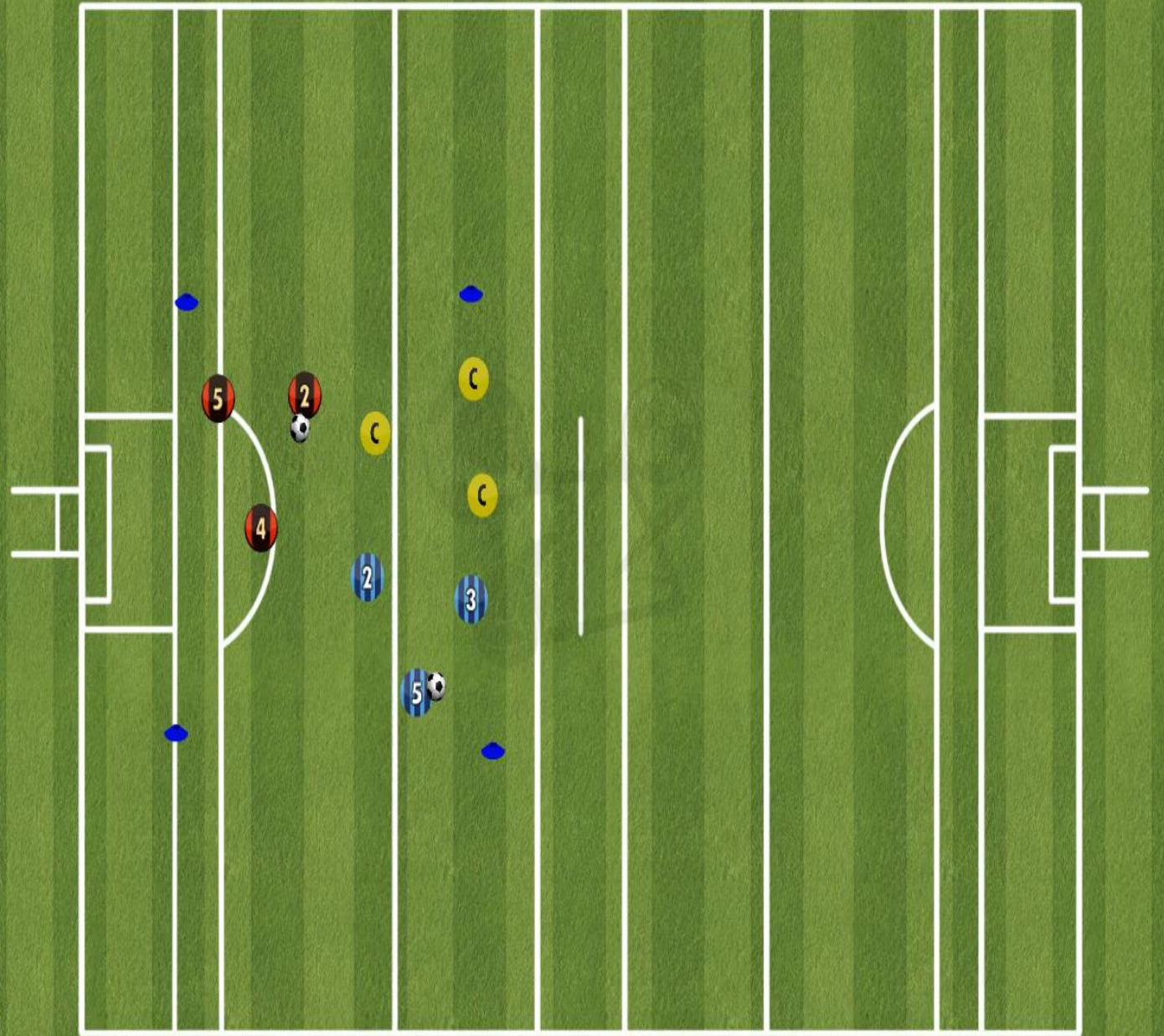
Ball work and contact (build towards SSG1)

Some examples of bridging drills and contact set ups.....

Warm up 1

Conditions

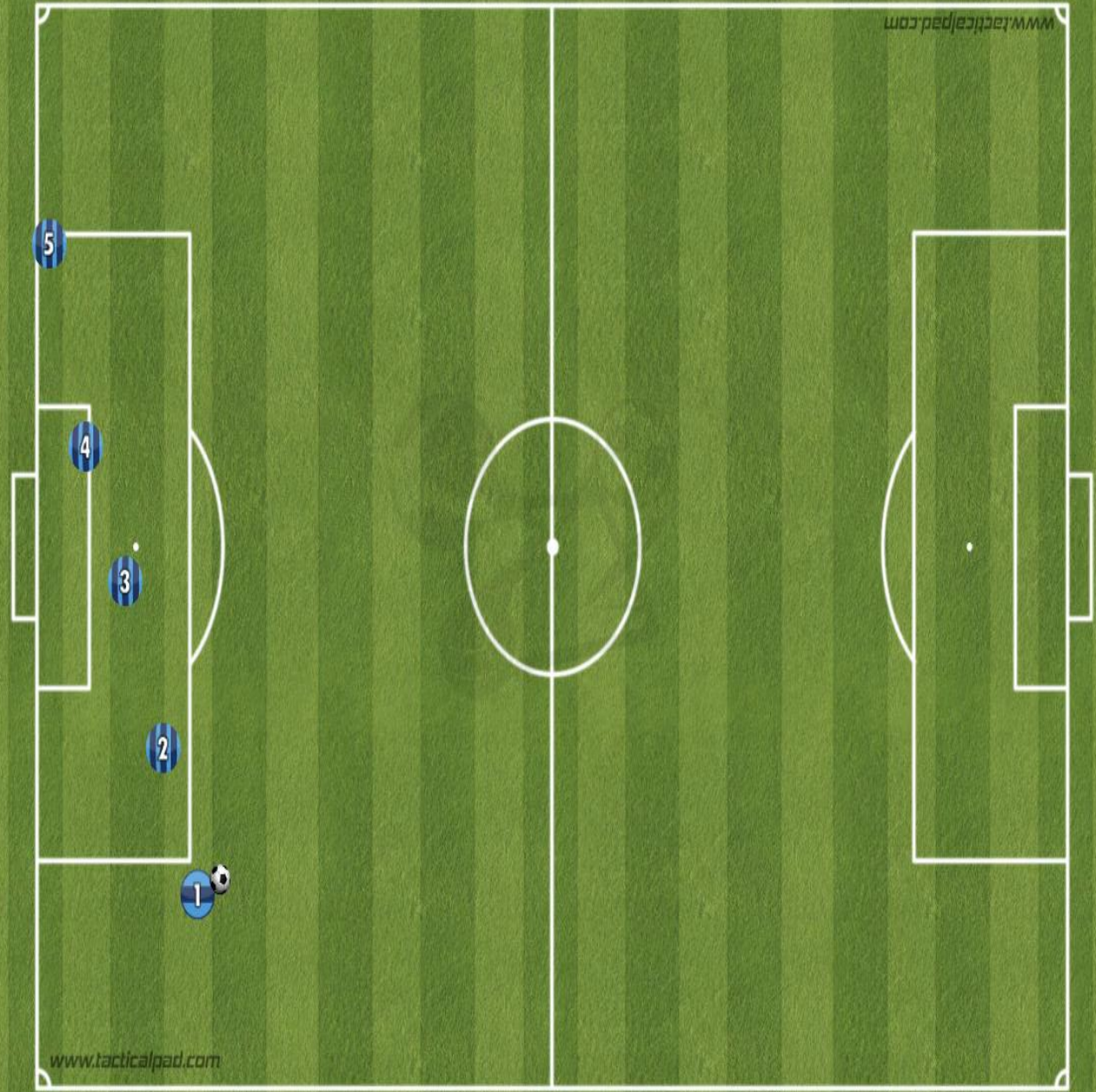
- 3 colour bibs in the same grid
- Same colour bibs keep possession
bib with no ball must try to dispossess- change over



Warm up 2

Conditions

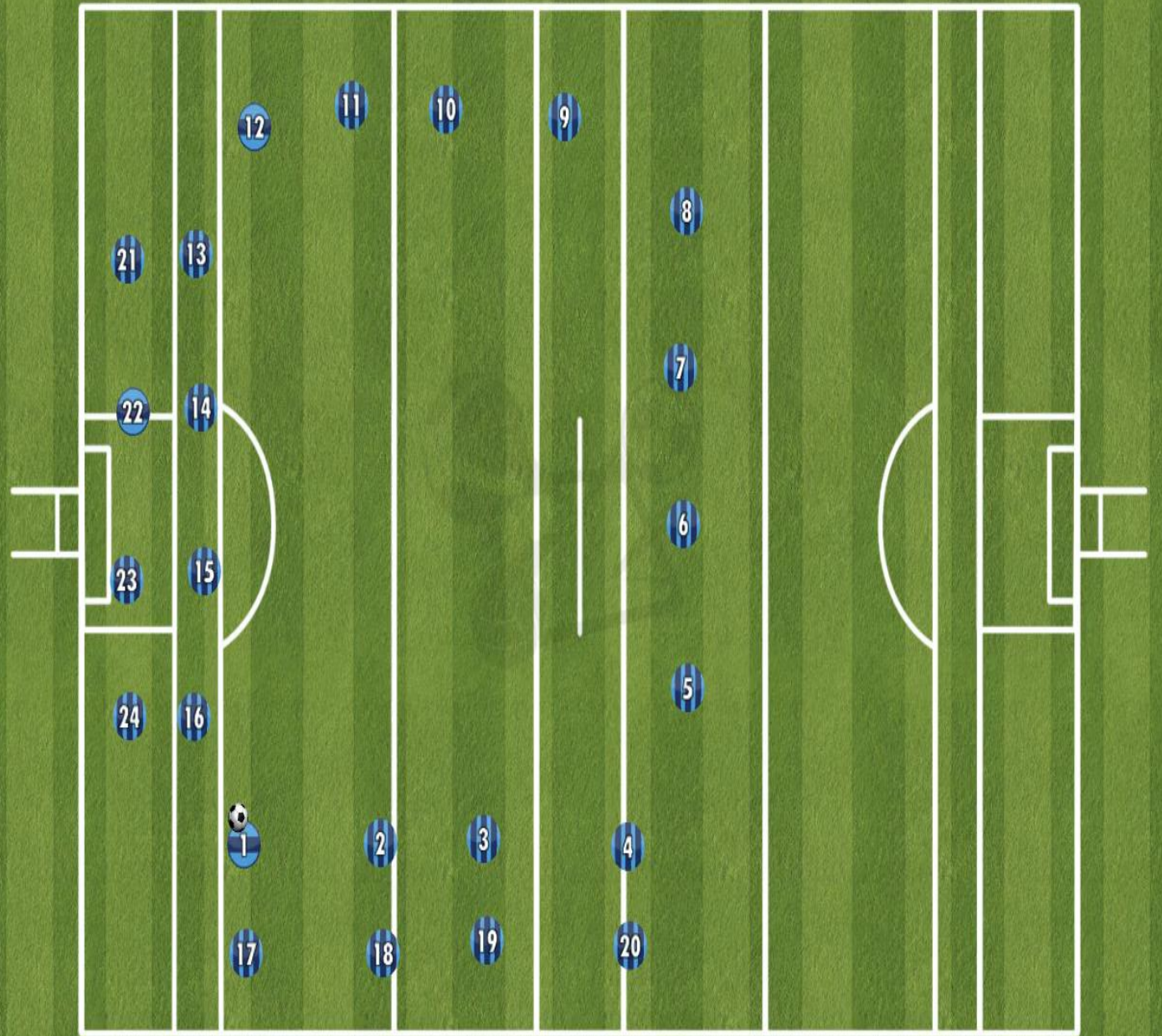
- Small groups- getting ahead of the ball over 40-50 metres



Warm up 3

Conditions

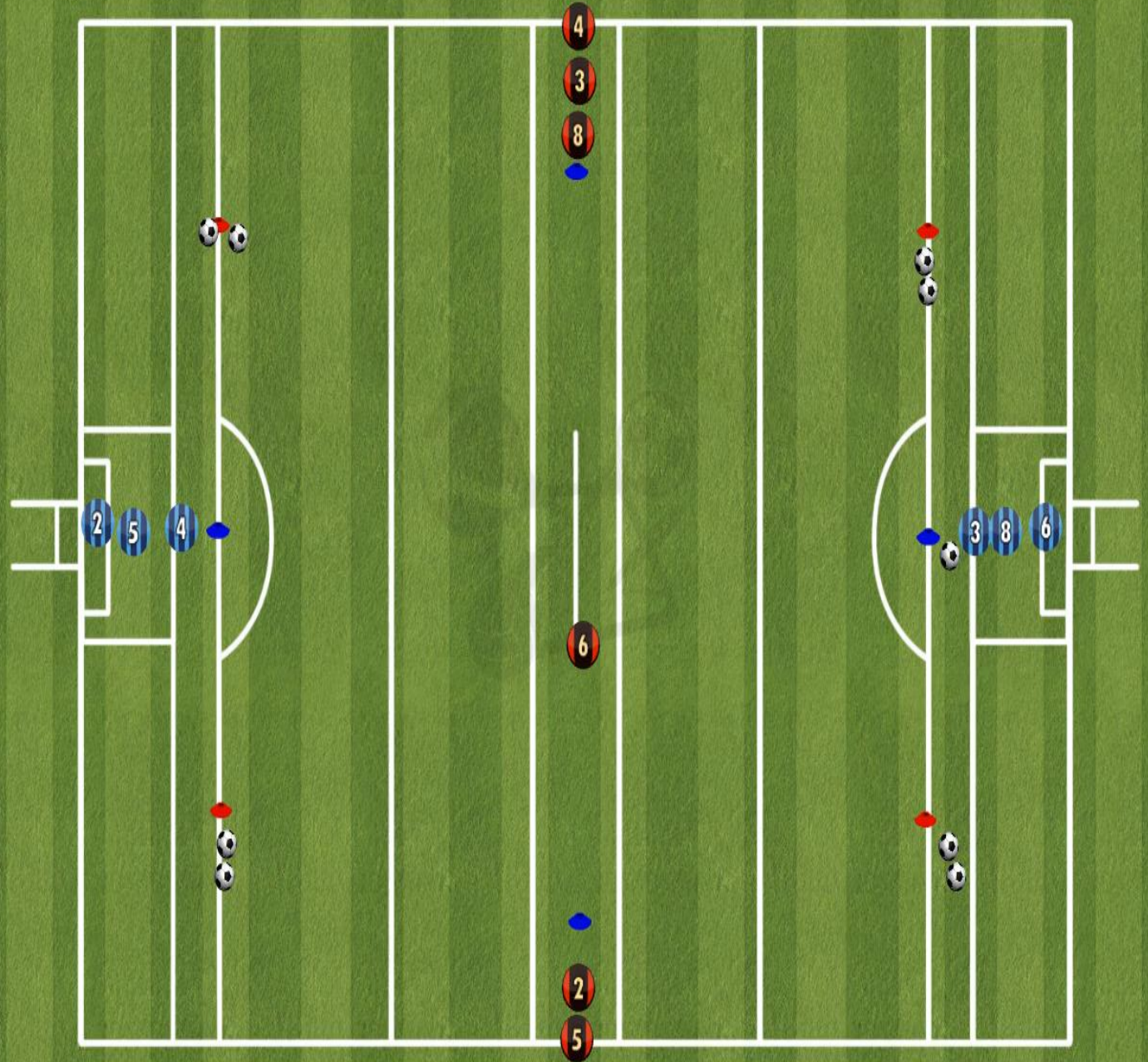
- Grid= 60 x 60 meters or smaller.
Pass to the player crossing in front of you- Finish out your run- one ball only



Active recovery 1

Conditions

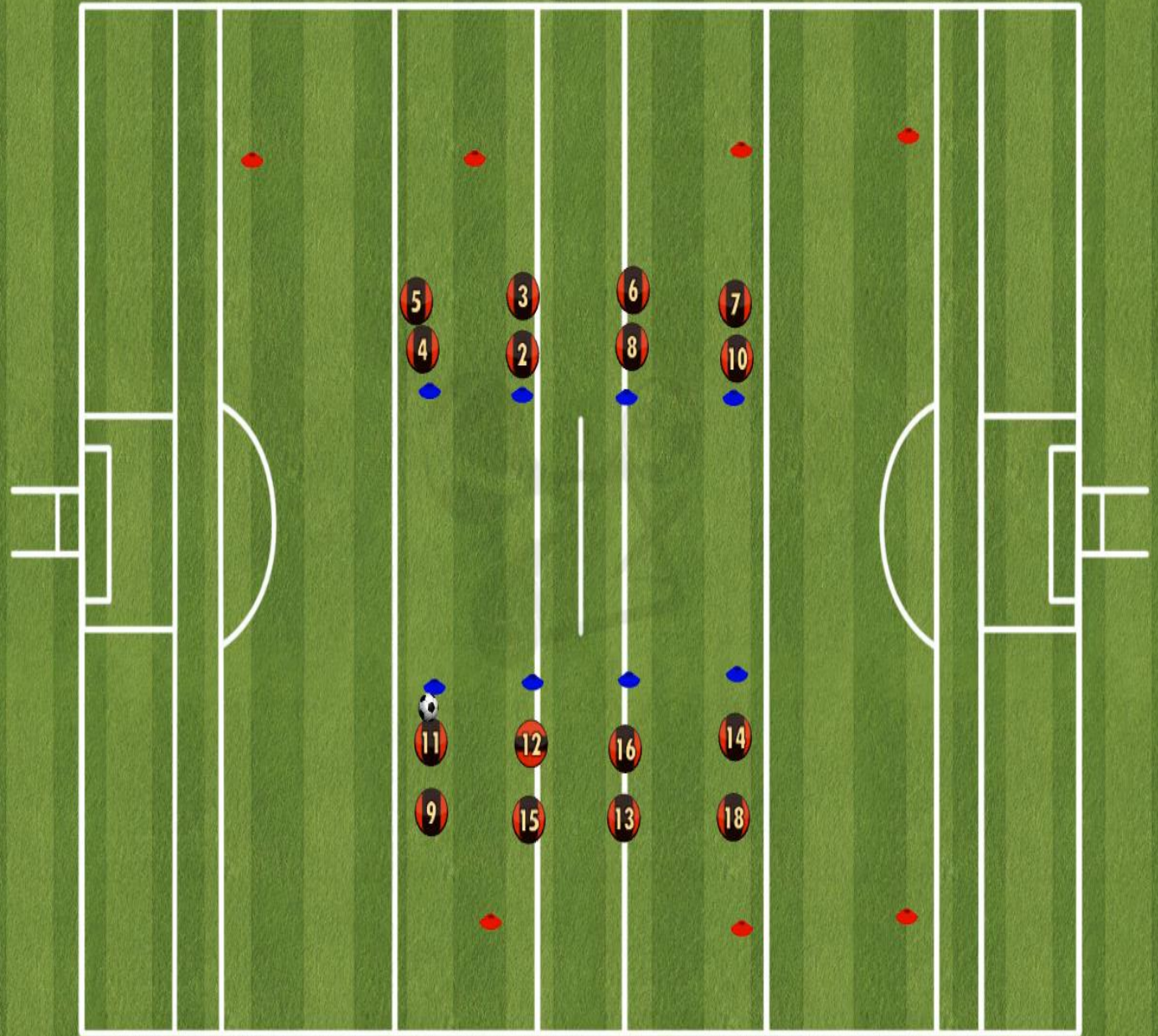
- Kicking and running drill with shooting
- 2 middle groups working across middle kicking to group in front of goals and then taking return
- Kick pass after returning kick pass players at group Infront of the black spot break to the side to kick a point off cone on both side



Active recovery 2

Conditions

- For higher intensity increase the distance or reduce numbers at cones by increasing the number of stations
- Can use this for hand passing and kick passing



SSG

Session Plan Framework

1. Warm Up
2. Bridging Drill or Contact
3. SSG 1 (Players Fresh – Quality, Tactical, Intensity Focus)
4. Recovery Drill (Skill Focus with Conditioning)
5. SSG 2 (Integrated – Conditioning Focus)
6. Recovery Drill (Shooting with Conditioning)
7. Condition Specifics
8. Cool Down

SSG

Principles

Create game like conditions – simple and realistic

When quality drops – give them a breather

Question led coaching

Reflective practice

Players

Session

Yourself

Coaching aids – (tactics board, video, equipment)

Retention & Transfer

Energy & Enthusiasm

SSG

Game Specifics – Create Your Language

Double Ups

Turnovers

Zonal Defending

Man on Man

High Press – (Zonal or Man on Man)

Swarm Middle Third

Sweeper Role – (coach it)

There are many more.....

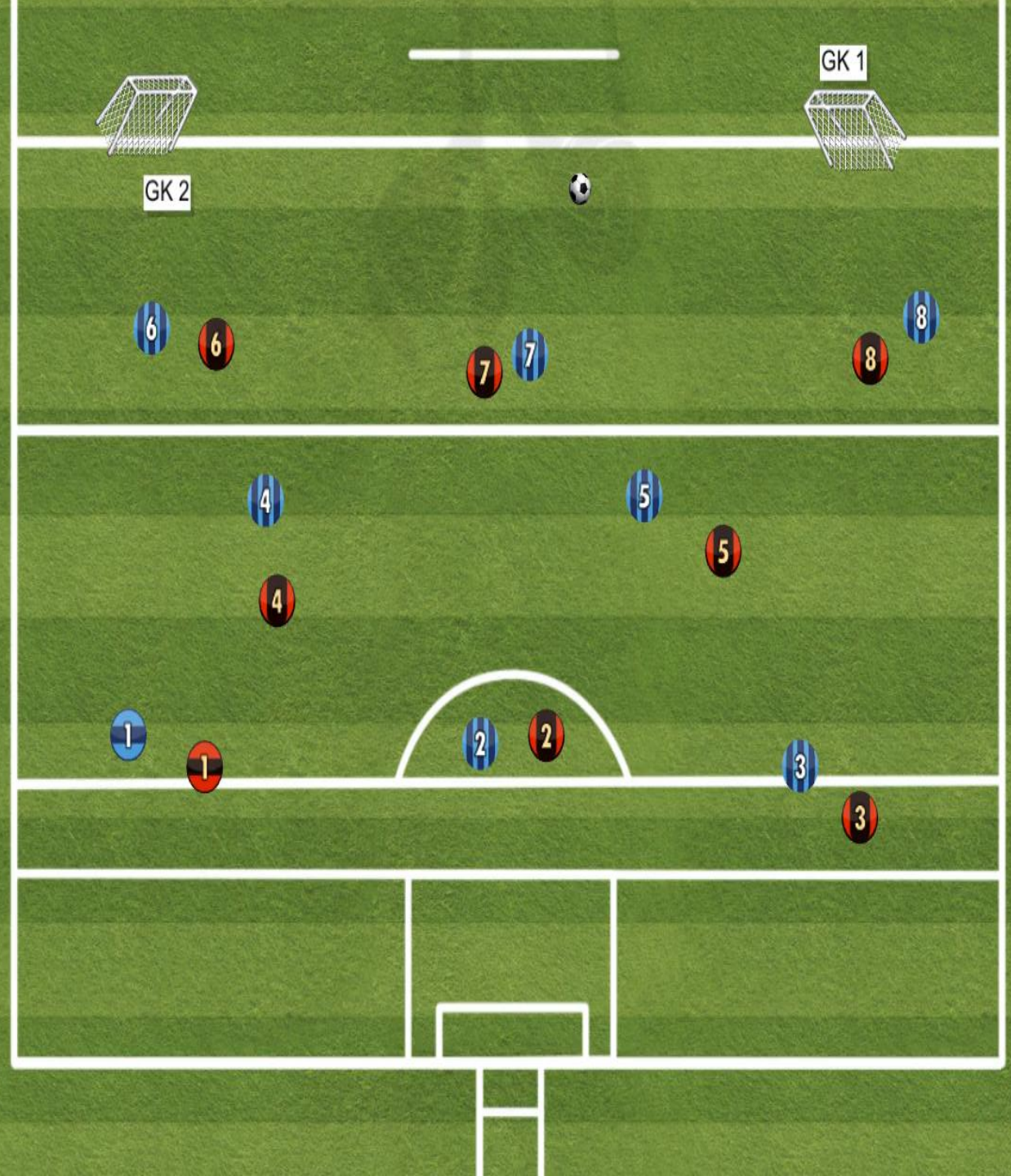
Game 1

Conditions

- Kick a goal/point to score
- Opposition team restart the game
- Game starts by calling a colour(Bib) and GK name

Objectives

- Defend zonally- explain the imaginary line
- Attack with patience and heads up see the opportunity in front of you
- Attack other 2 goals from where you receive the ball
- When a team scores they drop and defend



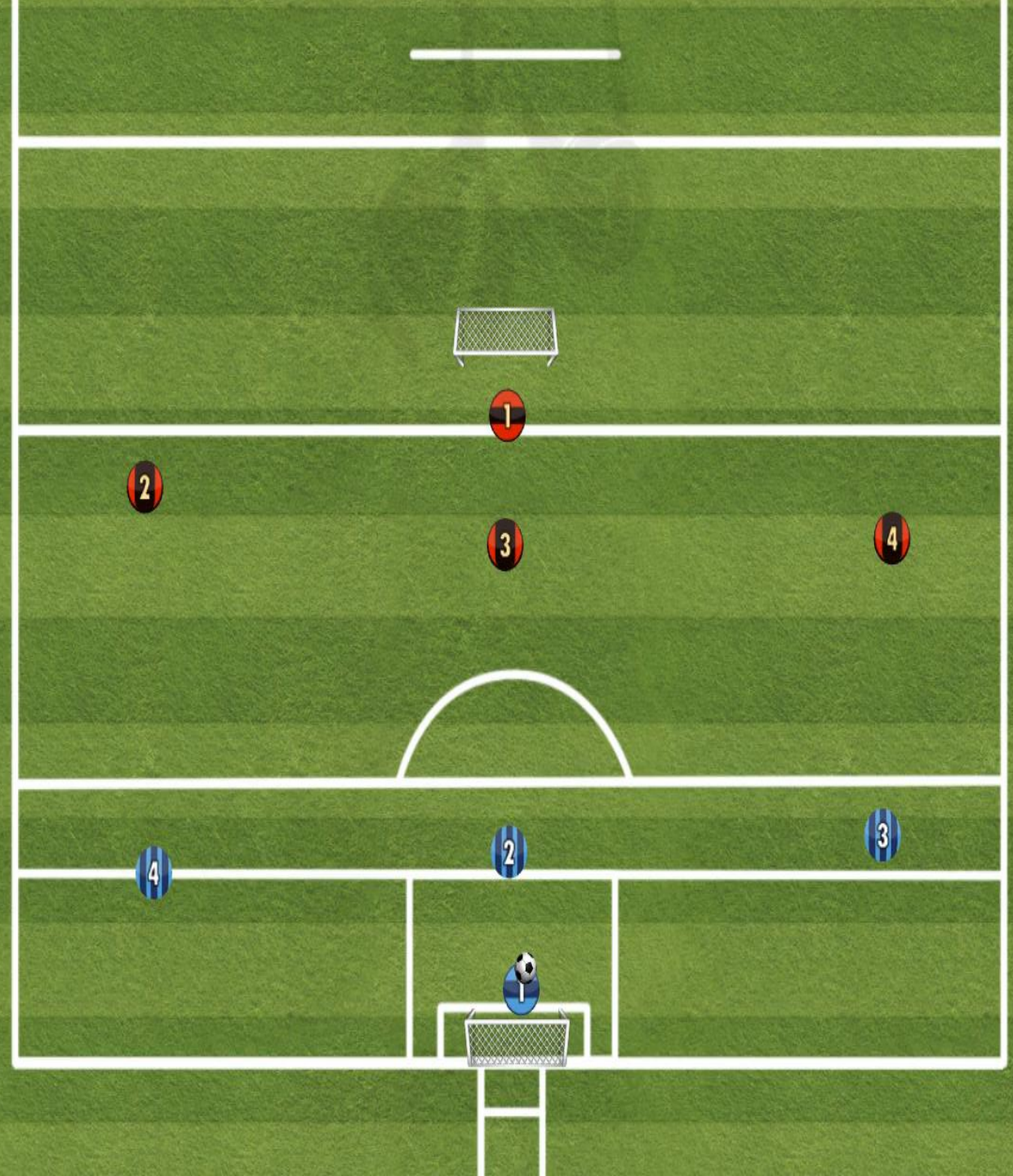
Game 2

Conditions

- High intensity 3v3 game lasting 10-15 seconds
- Must kick a goal to get out of the game and then 3 of the same colours bibs replace you
- Team that concedes goal get possession and attack to score

Focus

- Take on your man
- Disciplined defending
- Quick thinking and speed of thought
- Sets the tone for the session



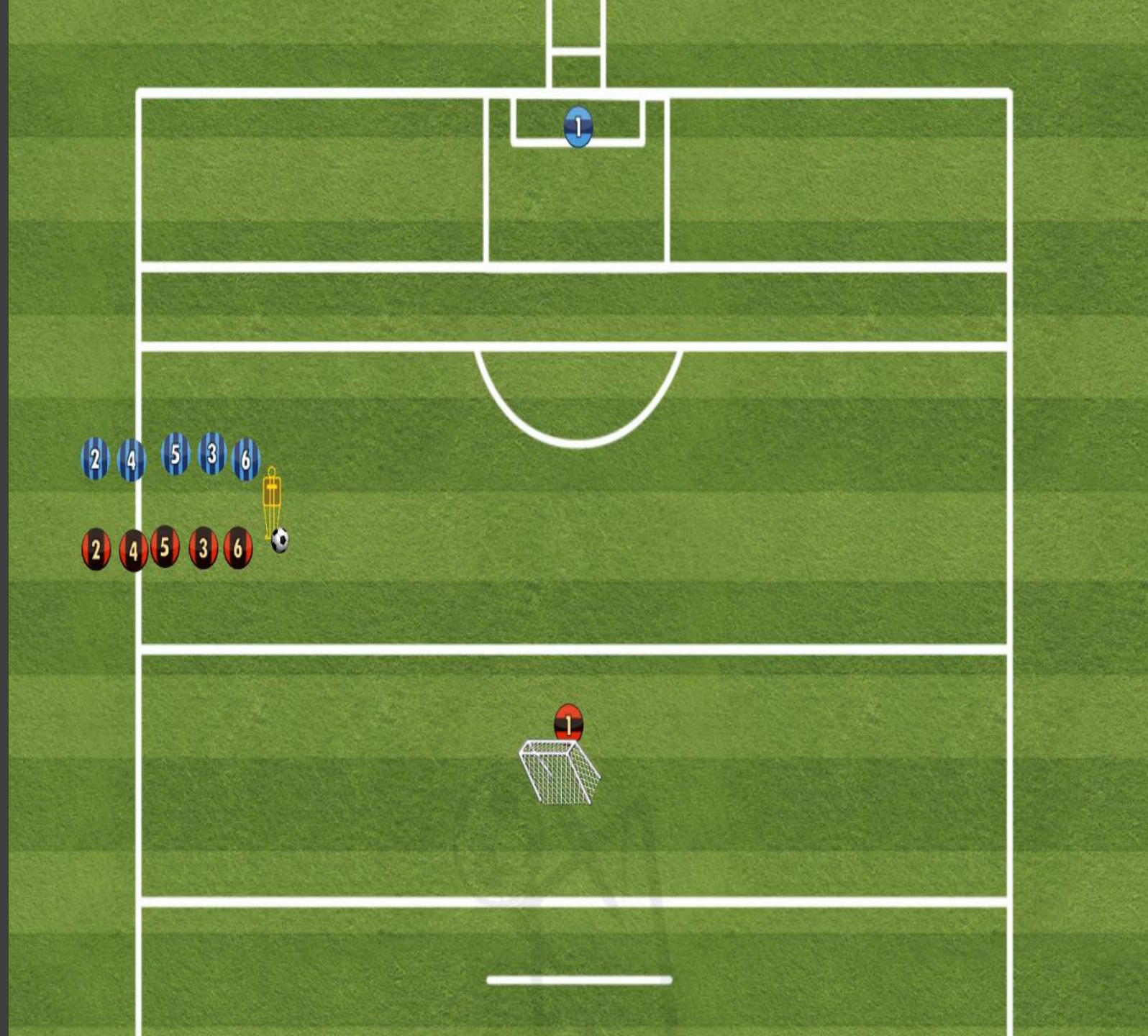
Game 3

Conditions

- Call numbers e.g. blue 5 red 5 or 5v5 or 5v4 etc
- Each team completes full circuit around both goals = approx. 150m
- When circuit is complete- coach kicks ball to either team and they play

Variations

- Overload one team
- Play zonal
- Play man on man
- Score and retain possession from your keeper



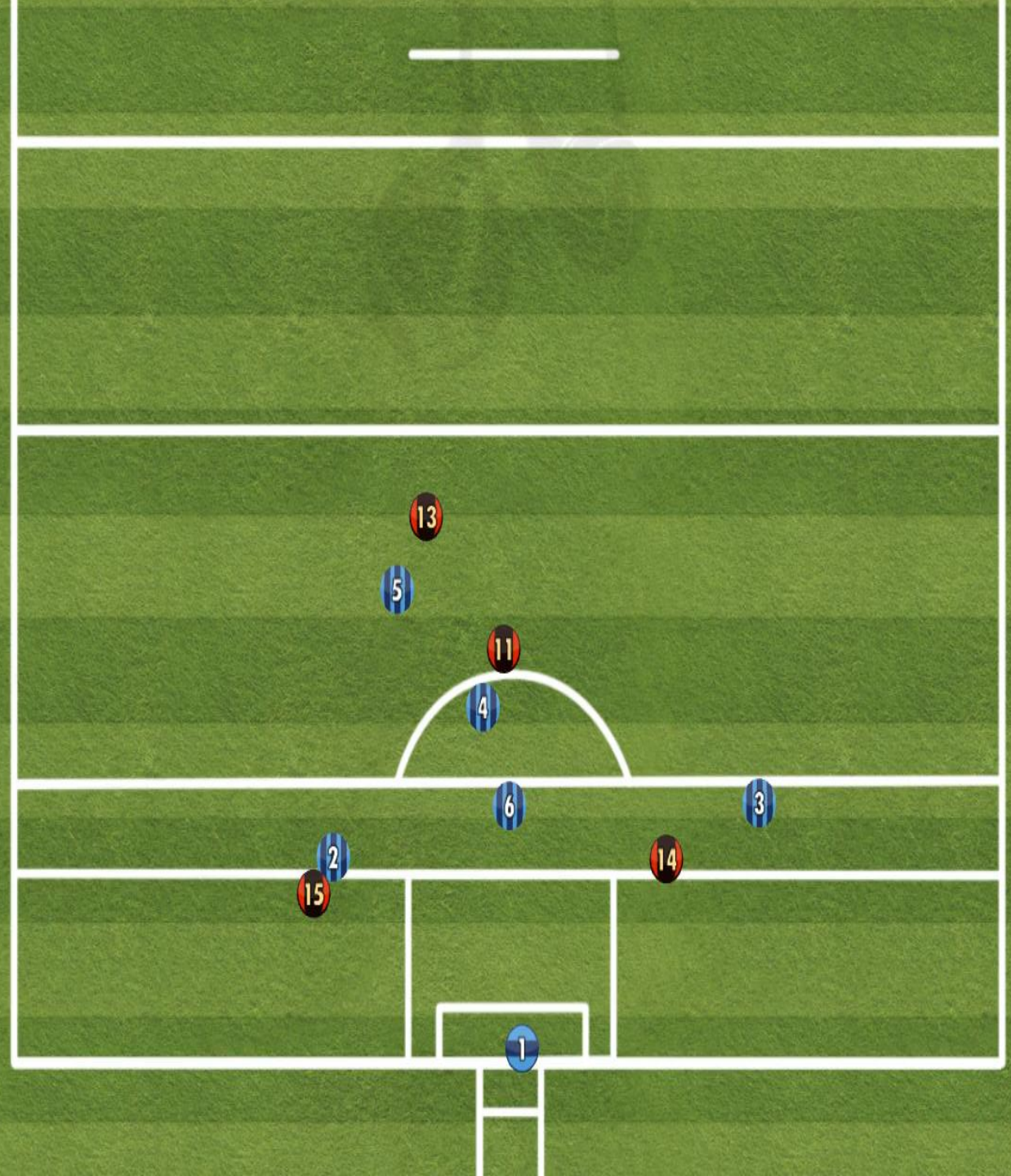
Game 4

Defending Conditions

- Coach call numbers
- Focus on defending
- They have the extra defender
- Red team must score a goal
- Blue team to be coached on high press, double ups, turnovers

Attacking Conditions

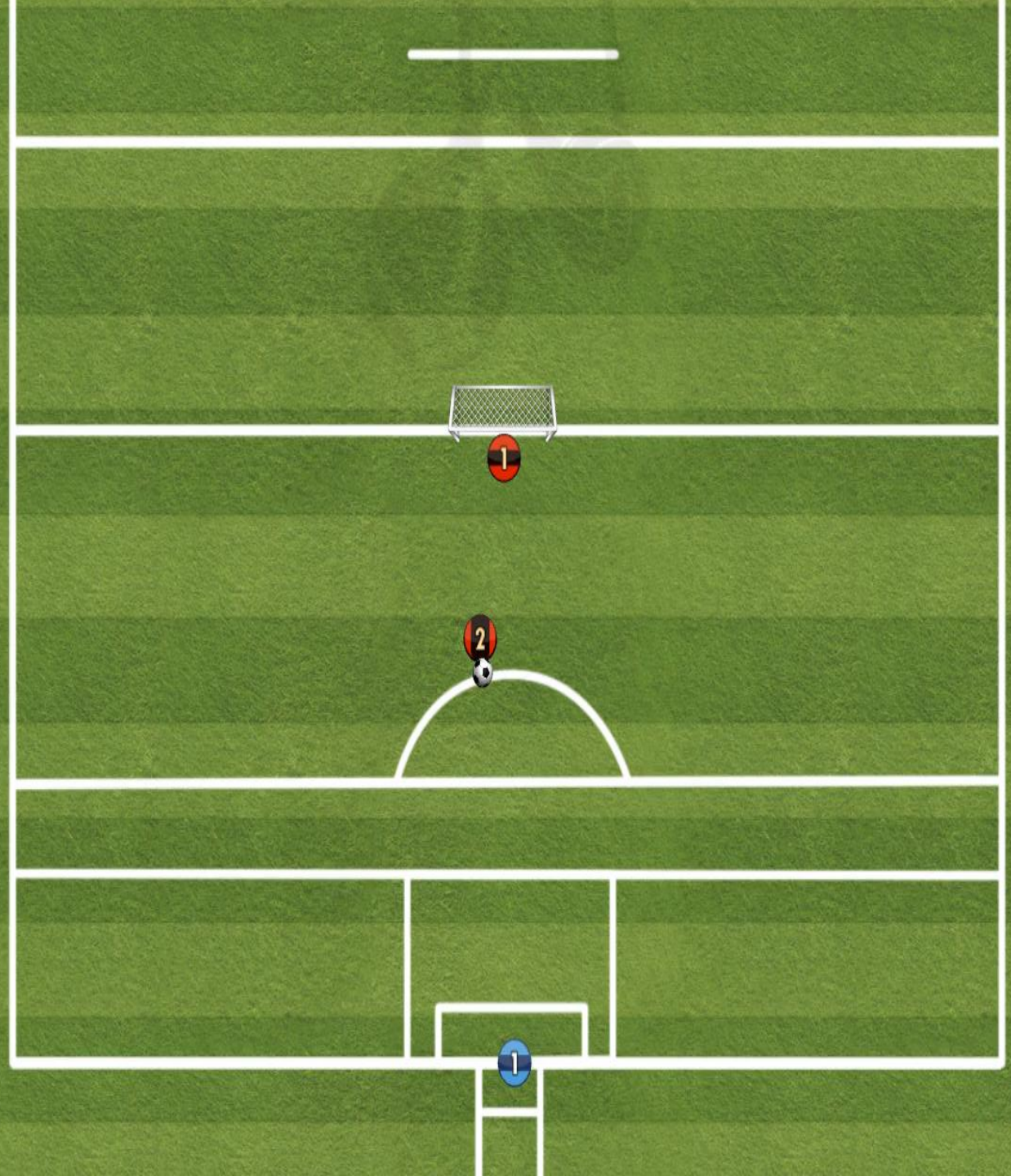
- Next time attackers have extra players
- Aim to create the overload and space for extra player to score
- Defending team must push up
- Look to stretch the play forward-pass with pace in attack



Game 5

Defending Conditions

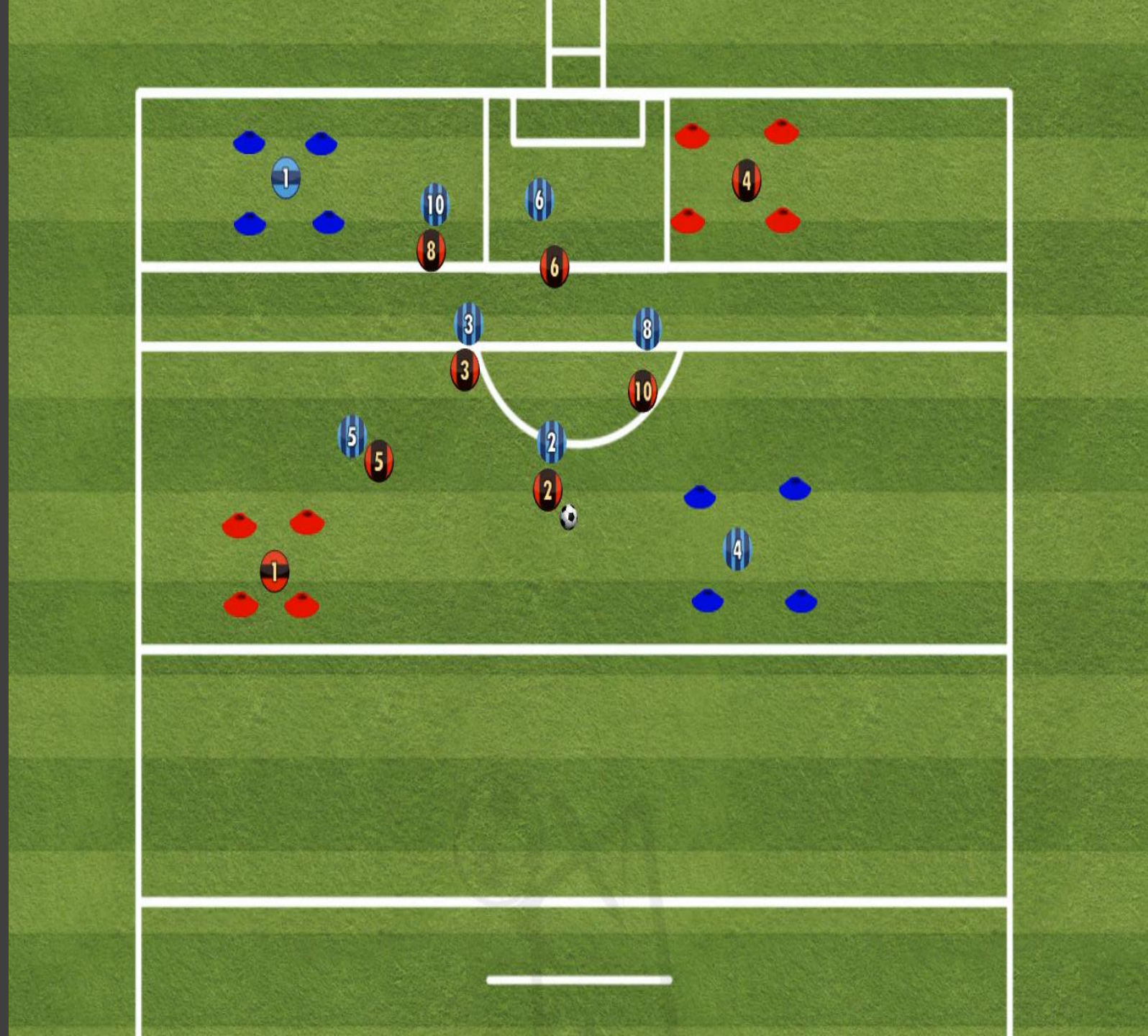
- Counter attacking conditioning game. Player 1 v Goalkeeper scores goal
- 2 players attacks vs 1 defender to score a goal
- 2 new players join the 1 player to make 3 v 2 on attack
- Change over bibs to start.
Different player starts each time-
Hard on Player 1



Game 6

Conditions

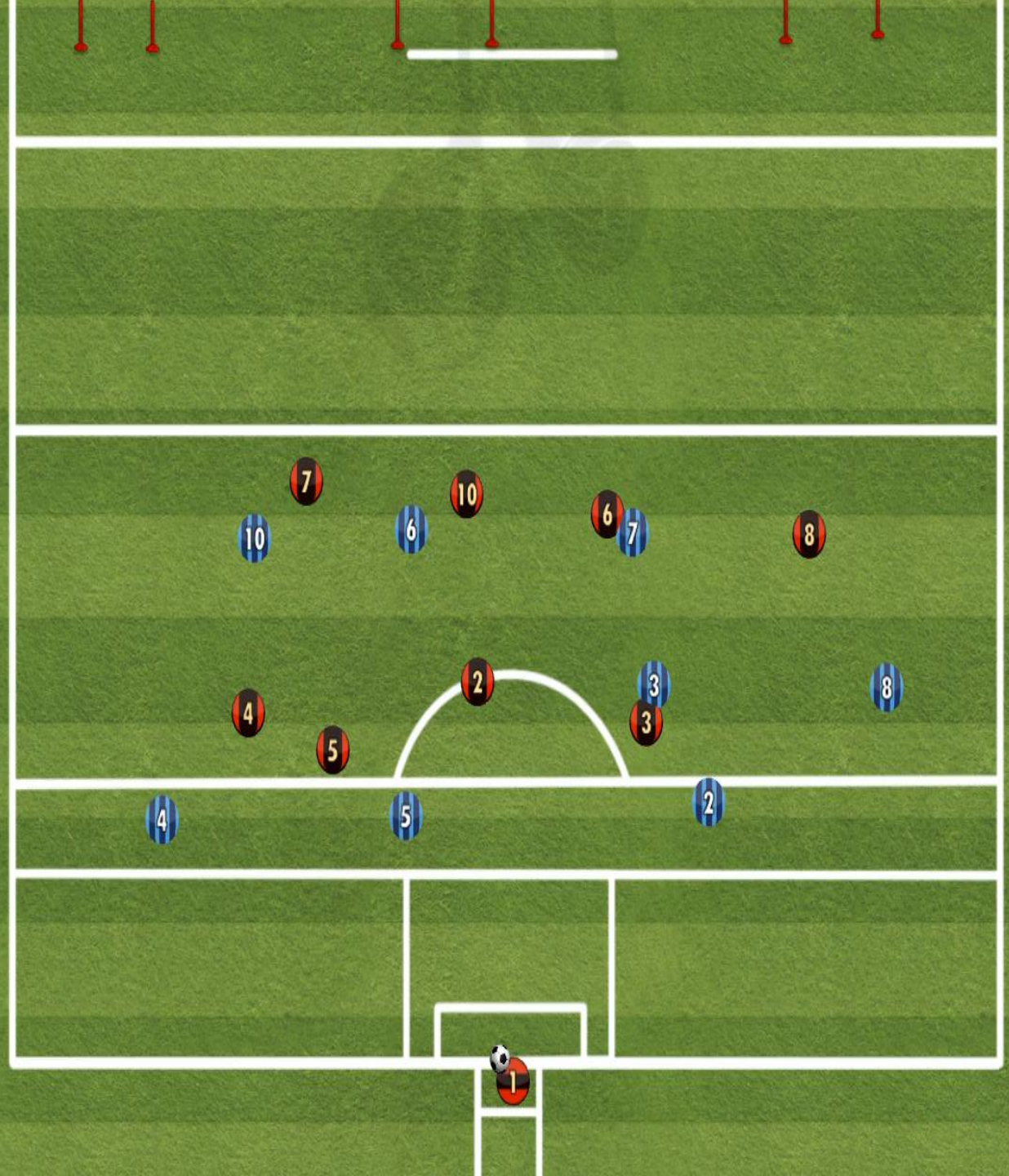
- Colour in possession must work the ball diagonally from box to box to pass to the player inside the box. The player who passes to player inside the box replaces him.
- Once the ball is turned over the other team do the same
- Coach changes possession over after a length of a time



Game 7

Objectives

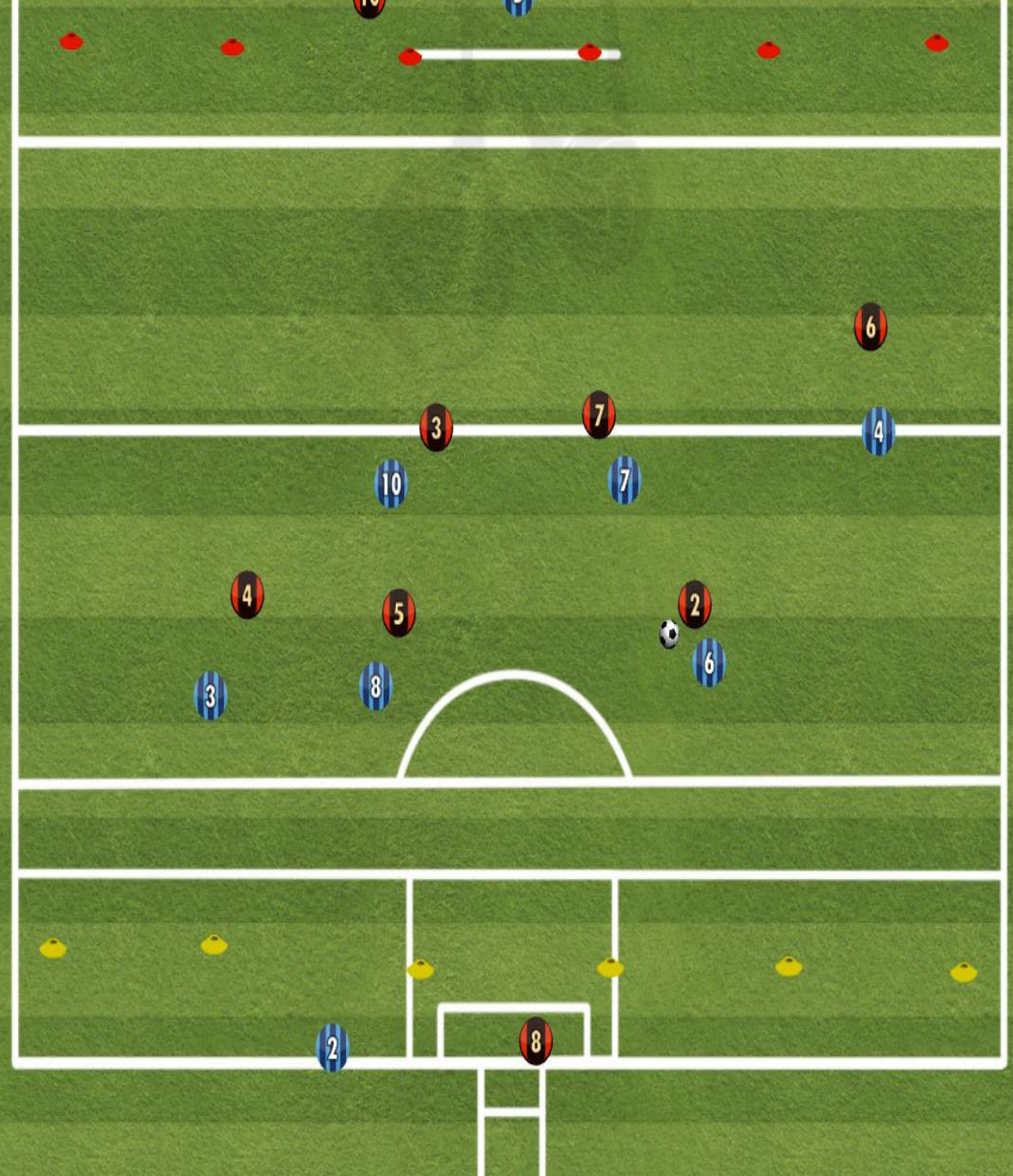
- Objective for one team to work the ball out through anyone of the gates and then they can attack and score
- Start the game by calling bib colour and they must take a handpass from keeper and play
- Opposition must prevent them from passing through gates to attack
- When a team scores keeper starts by giving possession to the other team



Game 8

Conditions

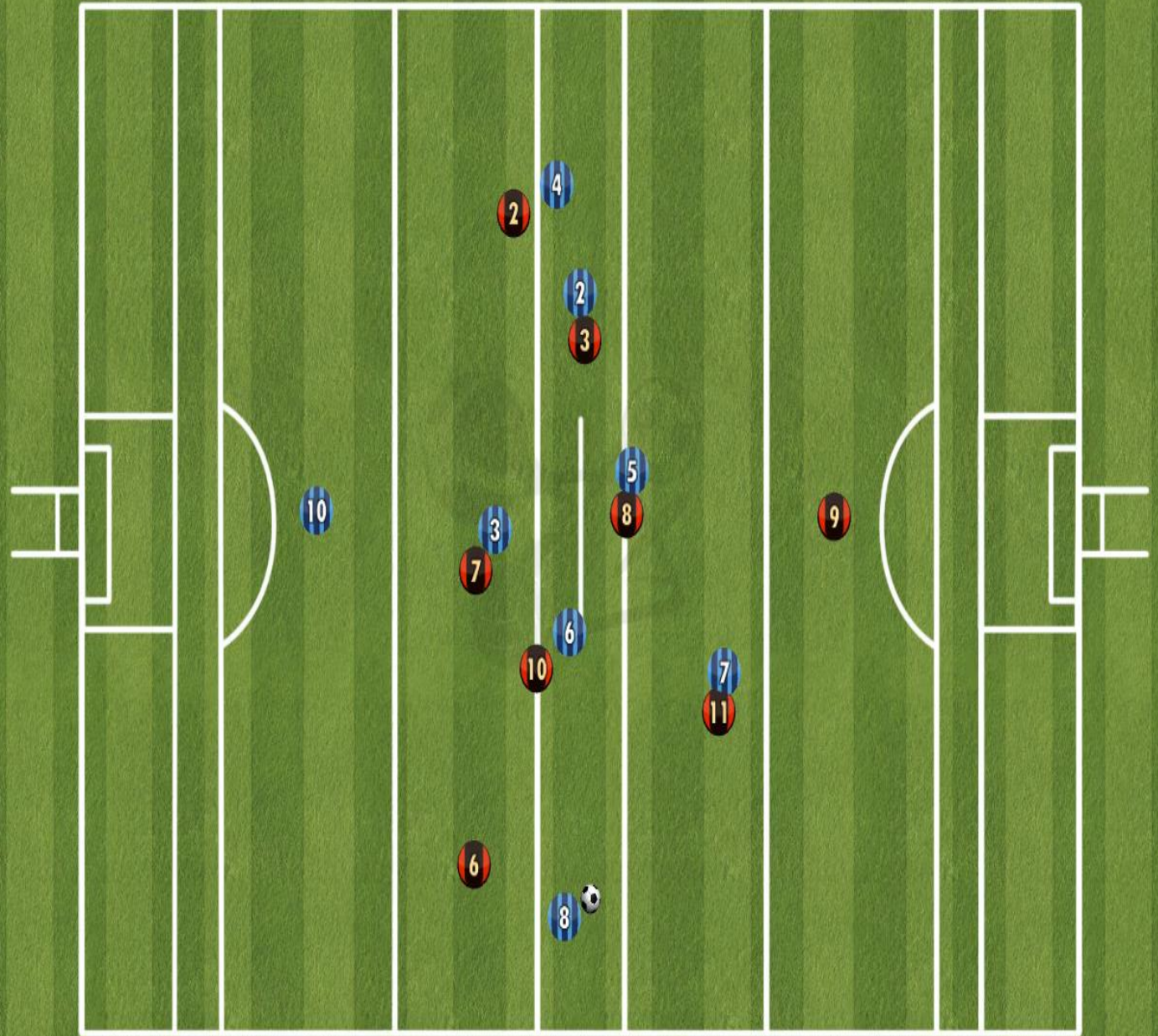
- Team receives the ball from coach and play. Ball must be delivered to target man inside the endzone (Good movement and understanding)
- When they receive the ball in endzone they attack back down the pitch. Player who kicks to the endzone swaps with the player inside



Game 9

Conditions

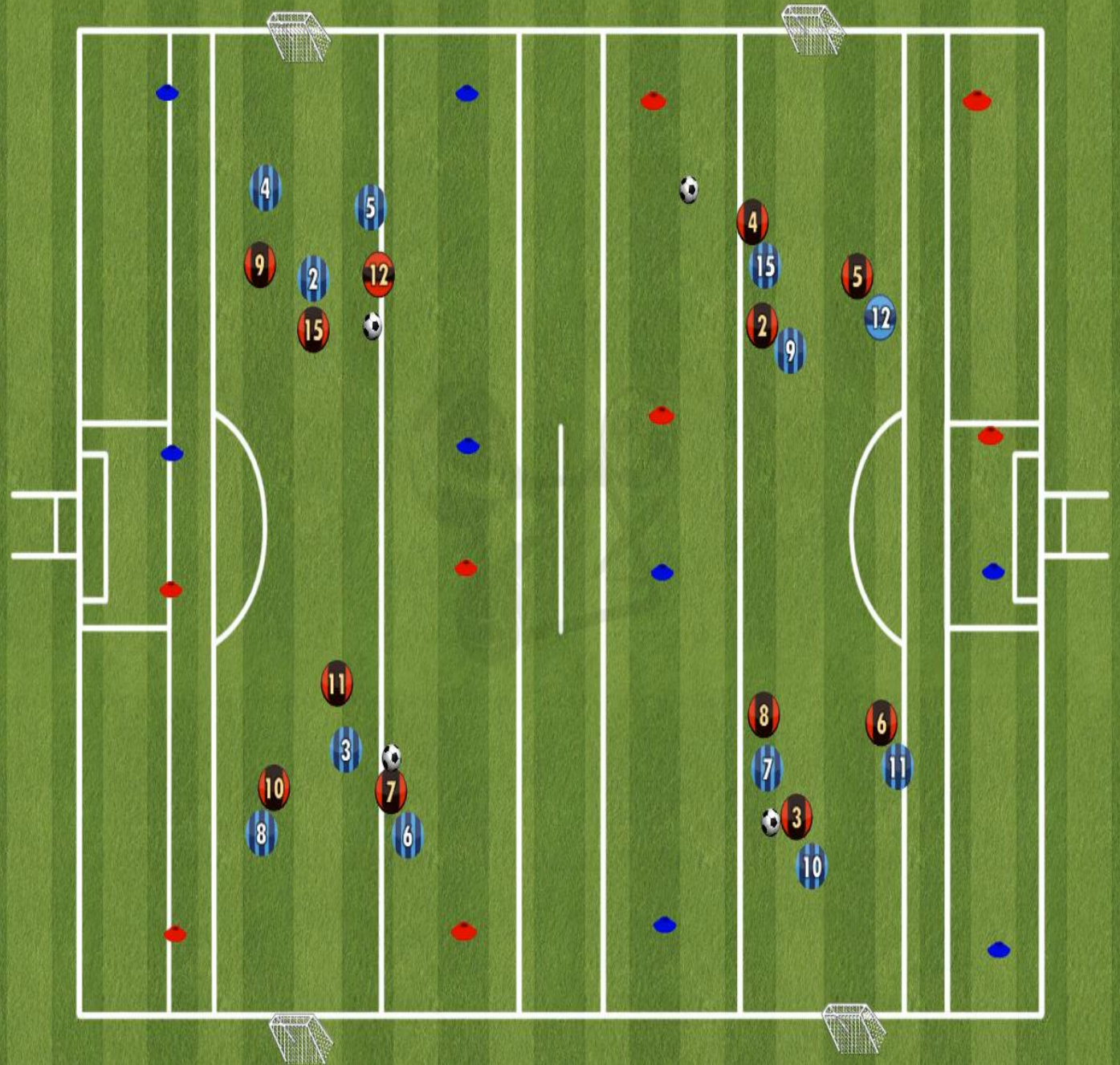
- Possession game with conditions
- Must work the ball to the pivot player and final play is player running off the shoulder
- Game Restarts
- Conditions – man on man or drop to half way



Game 10

Conditions

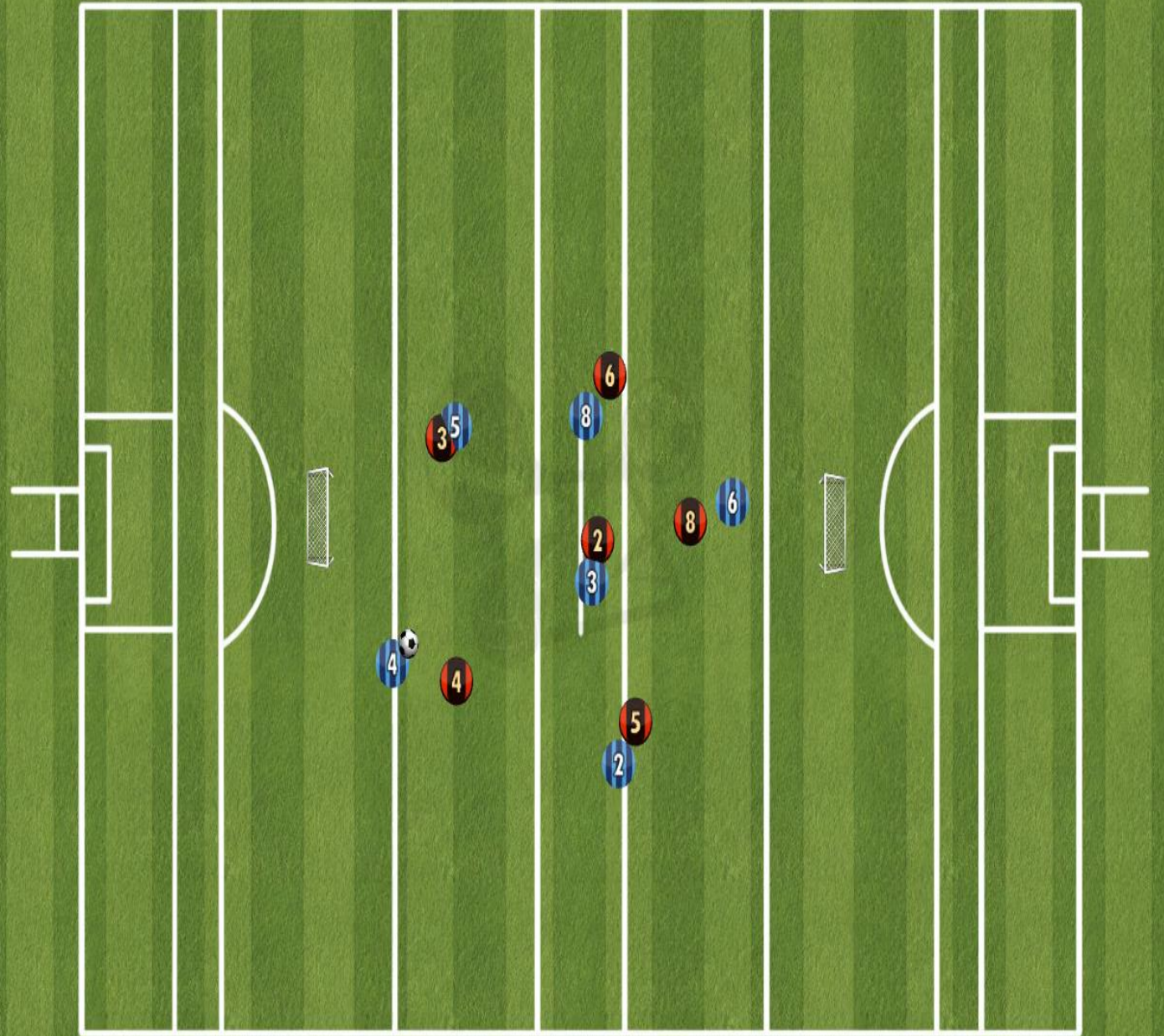
- Possession game 3v3 in separate grids then switch up grid 1 and 2 and combine them to play against grid 3 and 4. Play length of the pitch. Switch it up again and play 4 grids and bring in the goals
- Full width to 70m+ depending on numbers



Game 12

Conditions

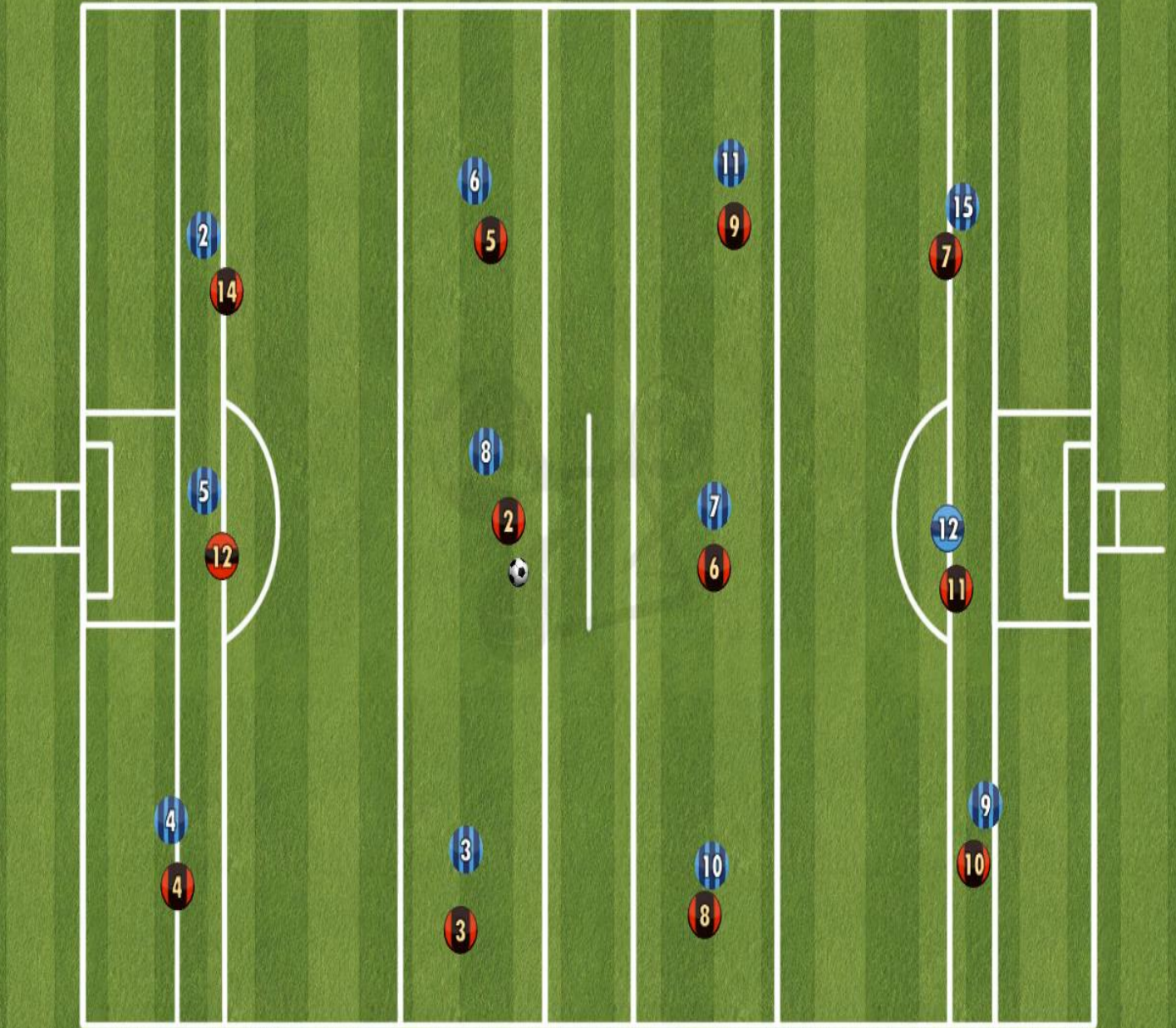
- Team in possession must score three times into any goals e.g. they attack and score into a goal and retain possession from that goal again.
- Must score 3 in a row for rest
- Change over team



Game 11

Conditions

- Man on man covering full pitch. Objective is to keep possession with kick pass over minimum distance
- Introduce 2nd ball for same team greater focus on movement and work rate
- Change over possession. Can introduce higher number of sequences for players receiving possession



Develop Players through your coaching

- 1. Develop your understanding of the game in as many areas as possible be a complete student of the game in order to educate the players properly**
- 2. Become an expert in 'how' to coach – they need good delivery to deliver!**
- 3. Hit the right balance between variety and repetition in your coaching?**
- 4. Have you the 'variety' in your locker?**
- 5. Have you checked if there is learning taking place as well as teaching?**
- 6. You have to create habits.... Good habits allow talent to shine**
- 7. The habits they acquire at training are a vital part of game intelligence and of the resultant success**
- 8. The process of memory recall is essential to hard wire your players. The coach must help the players remember what they learn**

Develop Players through your coaching

- 9. Develop their 'muscle memory' so that they stay cool under great pressure**
- 10. Does the power of your personality create a 'hard wiring' in your talented young players?**
- 11. Develop their decision making through constant games based training sessions - with correction and reviews!**
- 12. Create an environment with 'freedom and responsibility'**
- 13. Train players with mental and emotional conditioning to handle the pressures of highly competitive games**
- 14. Ensure they train and practice with maximum focus, concentration and intensity for the entire session**
- 15. Mentally condition your players to accept nothing less than perfection**
- 16. Train your talented players to review, to learn, then train and repeat and repeat until it becomes automatic**