

# COACHING THROUGH GAMES

- COACHING IS COAXING

- Tutors:

- Terence McWilliams

- Gavin McGilly

- Joe Pasmore



# PLAYER

# PAT | H | WAY

PHASE	GAELIC START	FUNDamentals	LEARN TO TRAIN	TRAIN TO TRAIN	TRAIN TO COMPETE	TRAIN TO WIN
AGE GROUP	UNDER 6	UNDER 8	UNDER 10/12	UNDER 14/16	UNDER 18	18+ YEARS
GAMES	TARGET, FIELD AND COURT Children work individually, in pairs and in threes (small groups) through cooperative and competitive play	COURT, NON/PART/ FULL INVASION Introduction to Go Games and simple rules – (4v4 and 7v7)	PART/FULL INVASION Small sided games -5v5 – 9v9 for U10s and 11v11 for U12s Preparation for 15 a side games	PART/FULL INVASION GAMES Small sided games progressing to full sided games (7v7 – 15v15)	Small sided games to develop skills under pressure Principles of play incorporated into 15 a side games	Small sided games to refine skills under pressure and to develop fitness Principles of play incorporated into 15 a side games

# Aim: To demonstrate the importance of planning for coaching through games

- Know what & how to plan in your future sessions on..
  - What determines your sessions
    - What Games & Drills to use
  - How, When & Why to use them for...
    - BETTER TEAM PLAY?

# COACHING METHODS THERE ARE TWO

COACHING THROUGH DRILLS

V

GAMES

(Which method do you mainly use?)

KNOW WHEN & HOW TO USE WHICH



# What are the key characteristics of Team Games?

**TASK 1: Rank These In Order Of Importance...**

**TECHNICAL – SKILLS**

**FITNESS**

• TACTICAL- GAME SENSE

• **COMMUNICATION**

# What are the key characteristics of team games?

1. COMMUNICATION

2. TACTICAL- GAME SENSE

3. TECHNICAL – SKILLS

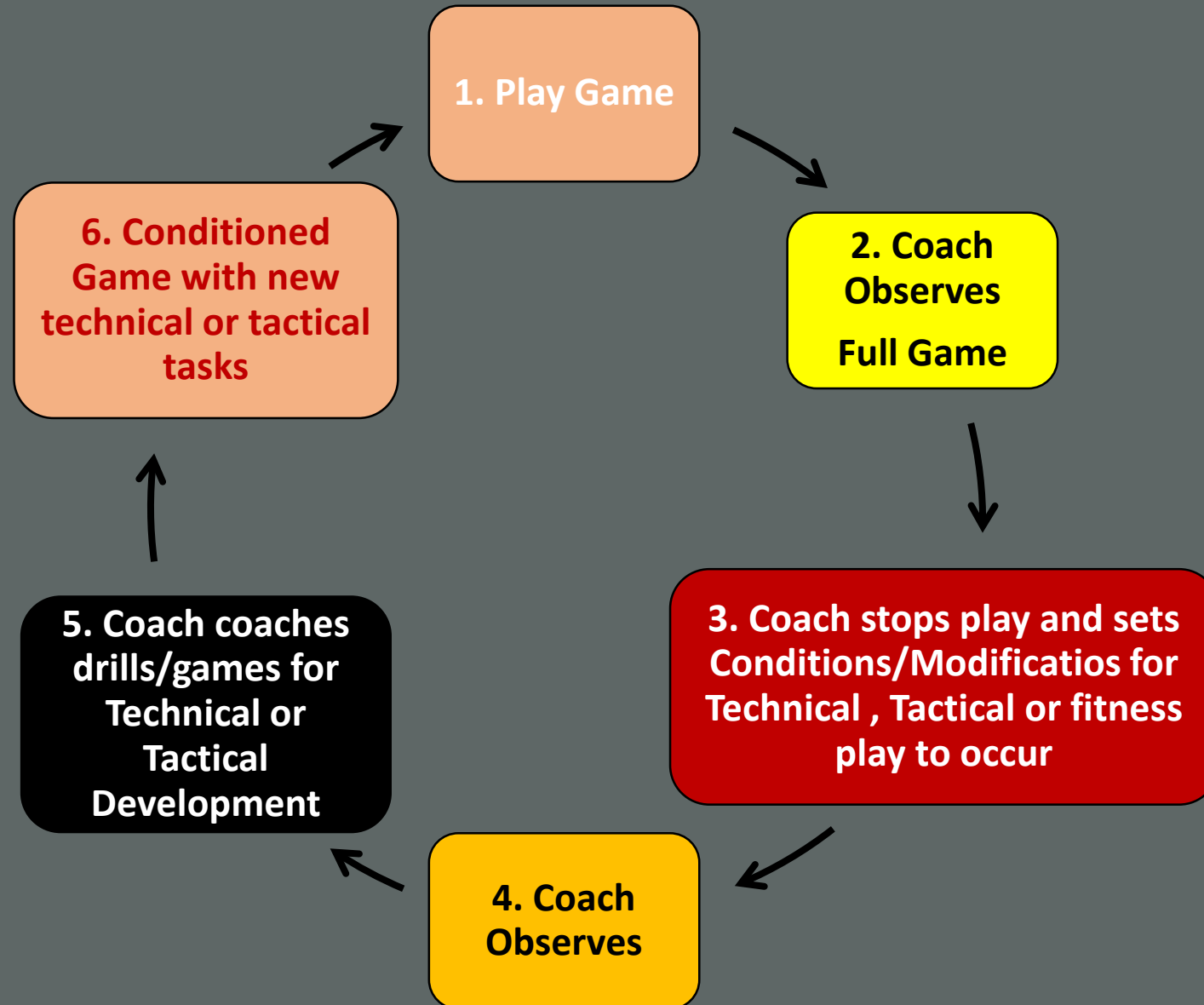
4. FITNESS

# THE ART OF COACHING...

- IF GAMES ARE CHAOTIC UNPREDICABLE & IN A CONSTANT FLUX WHY DO COACHES SPEND MOST OF THEIR TIME ON PREDICABLE MONOTONOUS DRILLS?

- Dr. Ed Coughlin

# 'Whole Part Whole' Coaching Method



## TASK 2:

# What determines your session?

- Age
- Experience
- Numbers
- Pitch
- Last Game/Next Game/Final
  - Periodisation - Fitness
  - Skills
- Opposition
- Tactics
- S.O.P.
- The weather
- Your mood
- The players mood
  - “Wing it”
- Time of season – Periodisation

## Task 3: Groups 3 Per Group

BLUE TEAM: Problem – Team Not Scoring

WHITE TEAM: Problem: Transition – Defense – Too slow to counter

## TASK 3: Discuss – Reasons why?

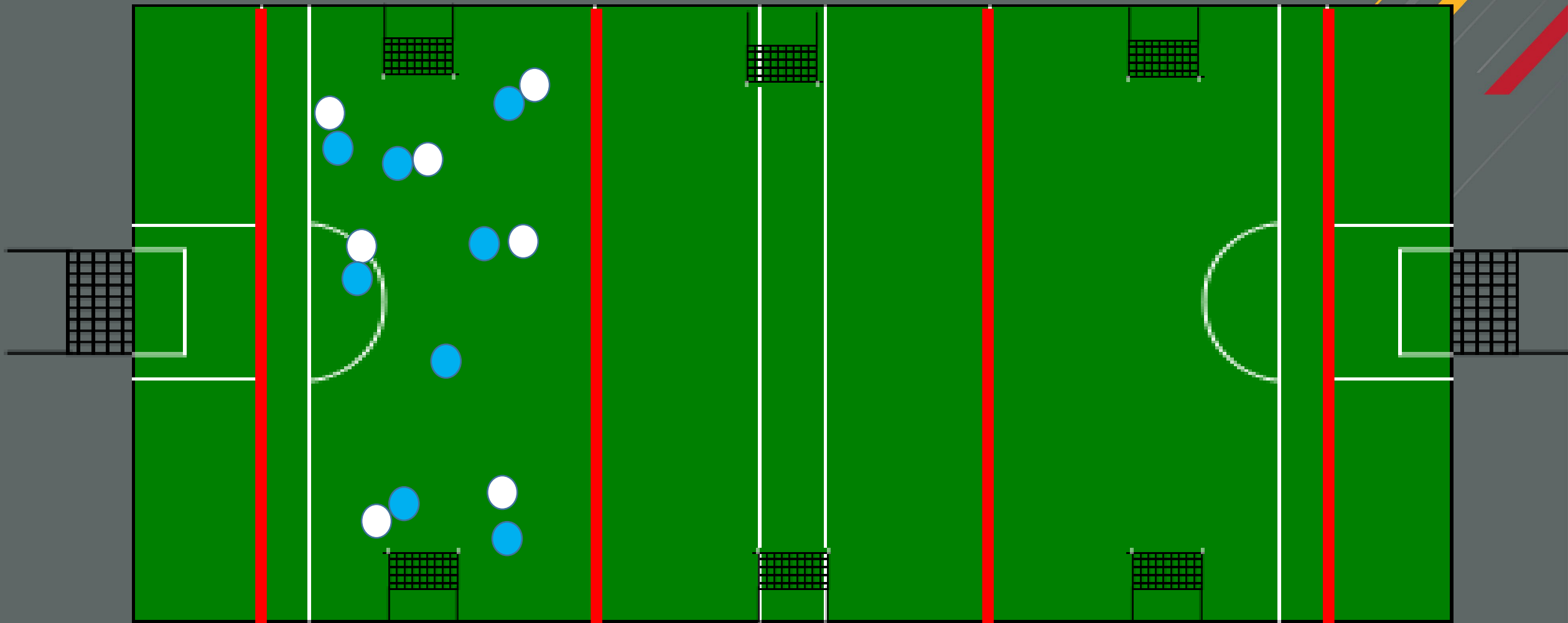
### TASK:

1. Watch video – You are the management team for white or blue team
2. Plan your Tuesday evening session on what you have observed - i.e. Deal with it...
3. Plan a conditioned game for what you have observed –  
Blue Team - condition game i.e. challenge – How to break down 'Blanket' defense?
- White Team – condition game to transition quickly from defense
4. Run drill – unopposed to suit challenge

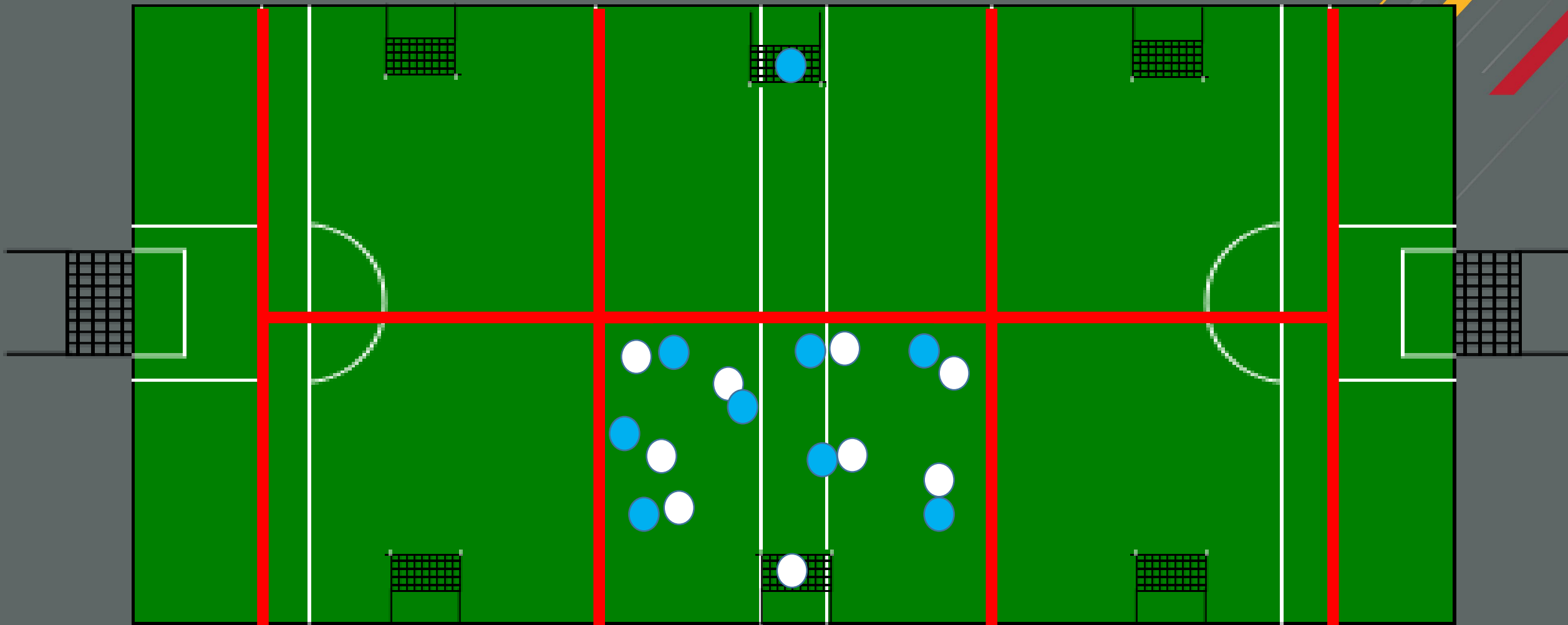




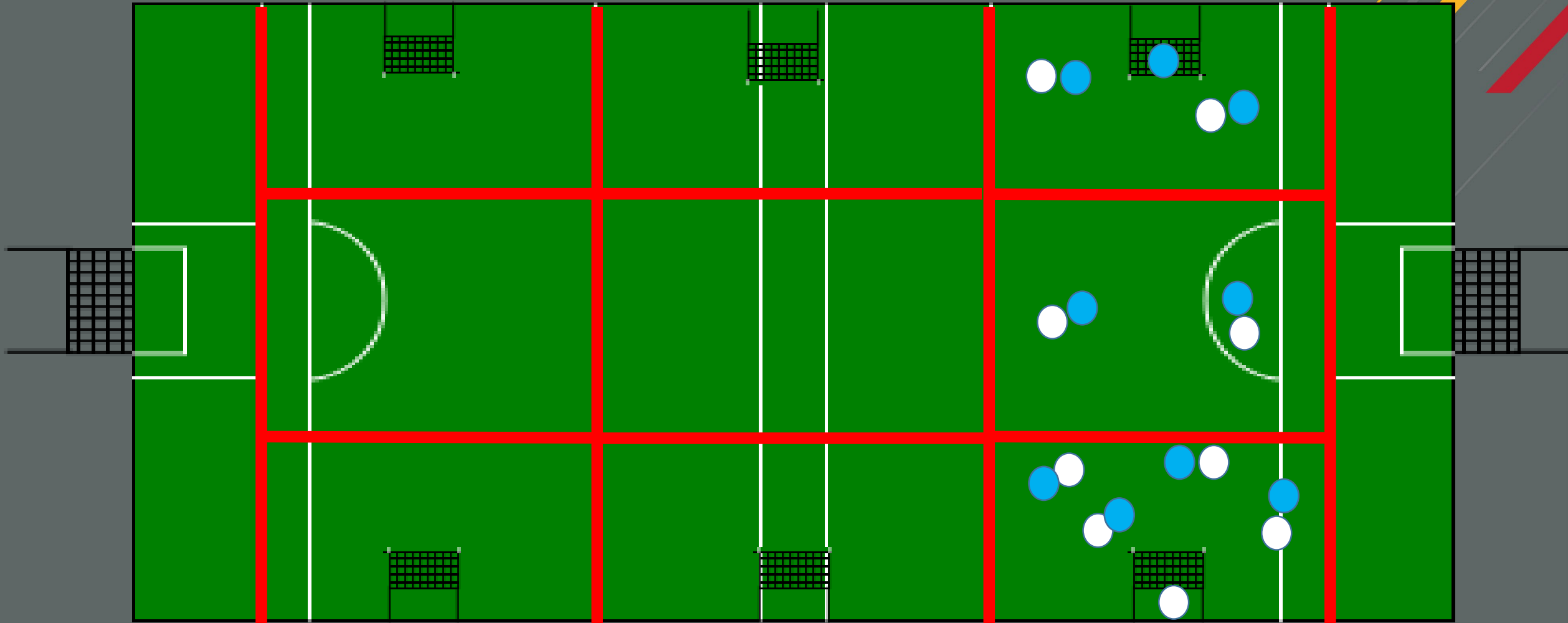
# GAME 1: Full Game 8 vs 8



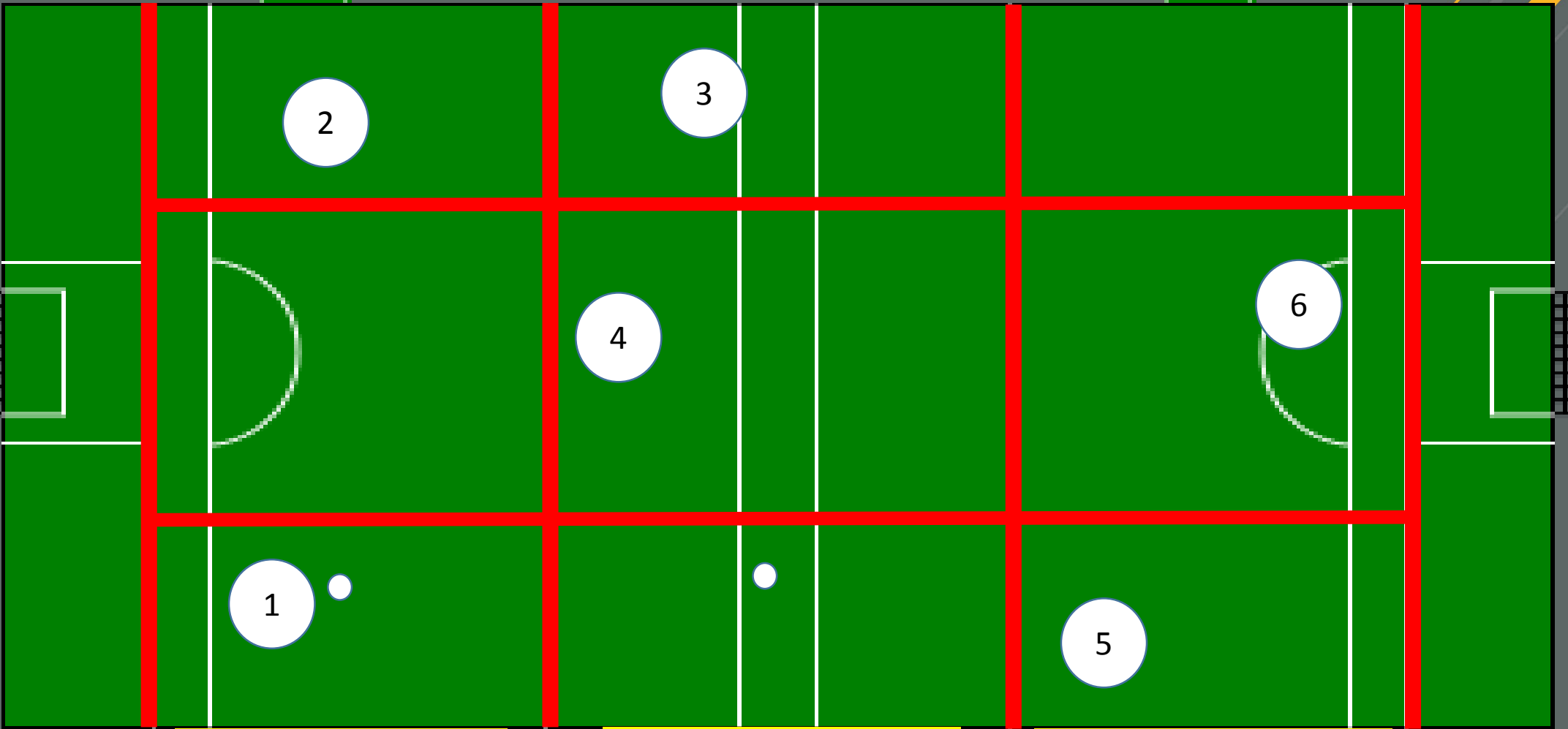
## GAME 2: All Up / All Back



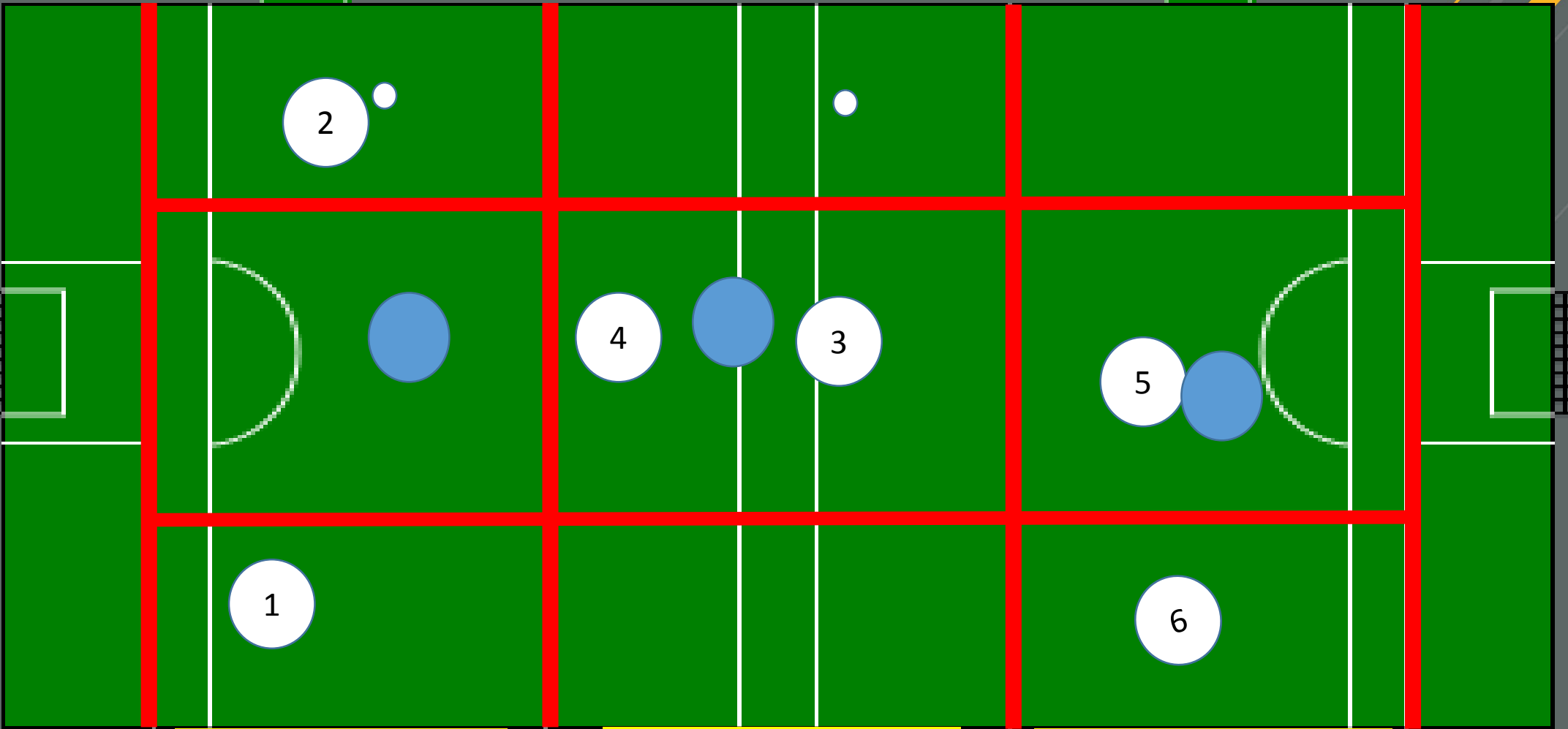
## GAME 3: Transition by kick (2 in a zone)



## DRILL 1: Kick to Free Box.



## DRILL 2. Find the runner.



# Feedback – 2/3 Groups

## Lessons Learnt...

1. Sessions must be prepared well in advance of actual session
2. Session must have a specific theme based on previous game/s
3. Session must fit into overall periodization annual plan
4. Players must be set problems to deal with themselves through effective questioning in game scenarios
5. Coaches must know when to make interventions for problem solving & when not

# Whole/Part v Part/Whole Session Plan

PART	CONTENT
1 Warm Up (12/15 mins)	Activate Warm Up Speed/Strength
2 Game a/b (10 mins.)	a) Full Game – No Coaching b) Conditioning a Game
3 Skill (10/15 mins.)	Develop Skill/Tactic I. Basic – No Pressure II. Some Pressure – Game Related III. Full Pressure – Game Environment
4 Game a/b (10/15 mins.)	a) Condition Game – Check for learning b) 2. Full Game
5. Cool Down (5 mins.)	I. Dynamic Cool Down – Skips etc. II. Static Stretches 2 hrs. After Session