



# Under 16/18 Football Drills & Games

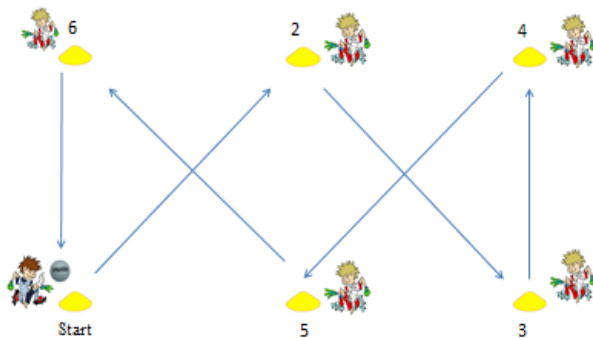
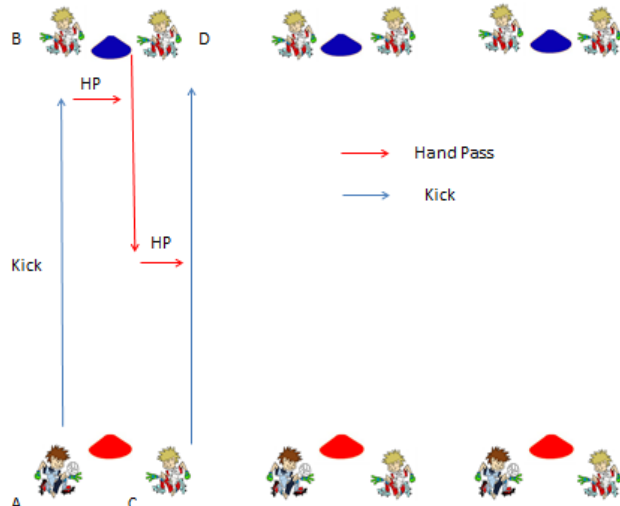
Diagram	Description
	<p><b>Kicking Drill.</b></p> <p>Player Standing at the start cone Kicks the ball to player standing at cone 2 (40m away) and follows the pass.</p> <p>Player 2 Kicks the ball to player 3 and so on.</p> <p>To increase the intensity of the drill the coach should add in extra footballs/ or tell the players to try and block the next players kick.</p> <p>This Drill can also be Used for hand passing</p>
	<p><b>Kick &amp; Support</b></p> <p>Player A kicks to B who hand passes the ball to D.</p> <p>It is important that D has timed His run and takes the ball at speed.</p> <p>Player D then hand passes the ball to Player C who finishes on the opposite side.</p> <p>For Drill to work it is important that all players time their runs. Repeat drill with players performing different roles.</p>

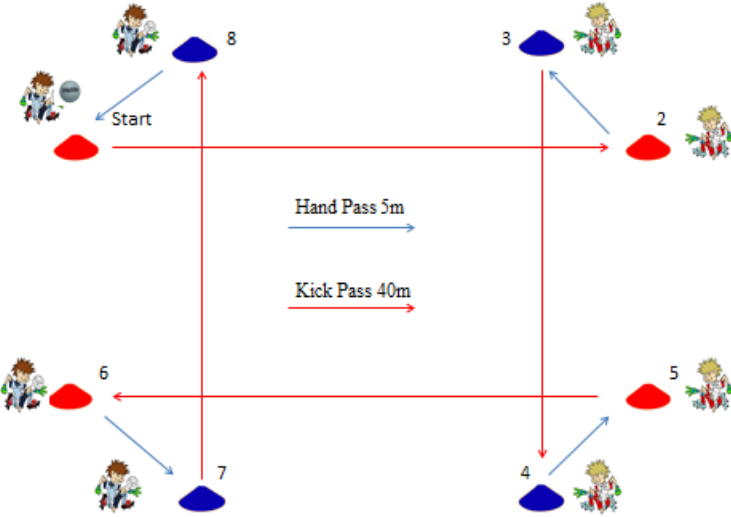
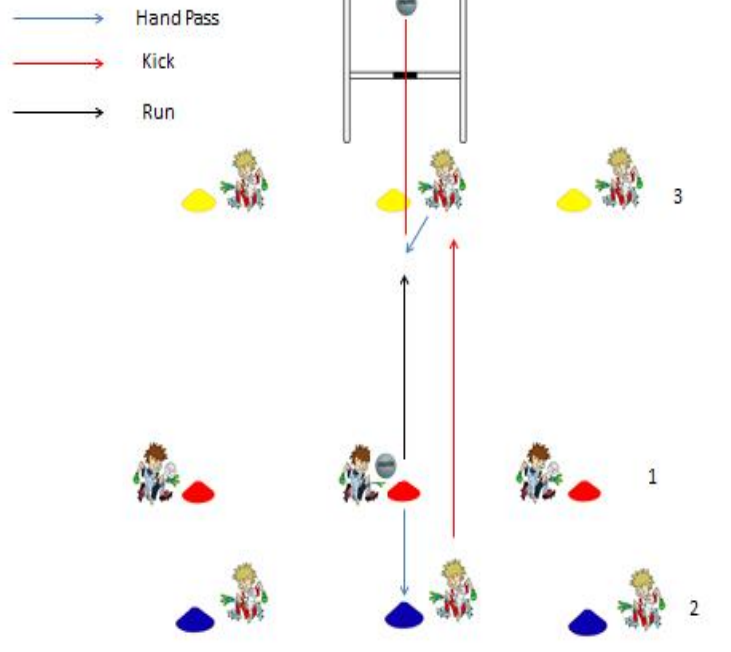
Diagram	Description
	<p><b>8 Point Drill</b></p> <p>This drill is all about kicking, Receiving and supporting the man on the ball.</p> <p>The Player at the start cone kicks the ball 40m to player at 2. This player catches ball and hand passes the ball to 3. This continues until ball is back at start.</p> <p>To increase work rate and intensity start with one ball and over time add 3/4 balls.</p>
	<p><b>Give &amp; Go Shooting</b></p> <p>Player at Red Cone starts with the ball and hand passes to player at Blue Cone.</p> <p>Player at Blue Cone Kicks to Yellow Cone this player catches the ball and hand passes to the Red player who has run in to shoot.</p> <p>Important that the Players go on the whistle. Players move to next cone. Red to Yellow. Yellow to Blue and Blue to Red.</p> <p>To Increase Competition the first team to score gets the point.</p>

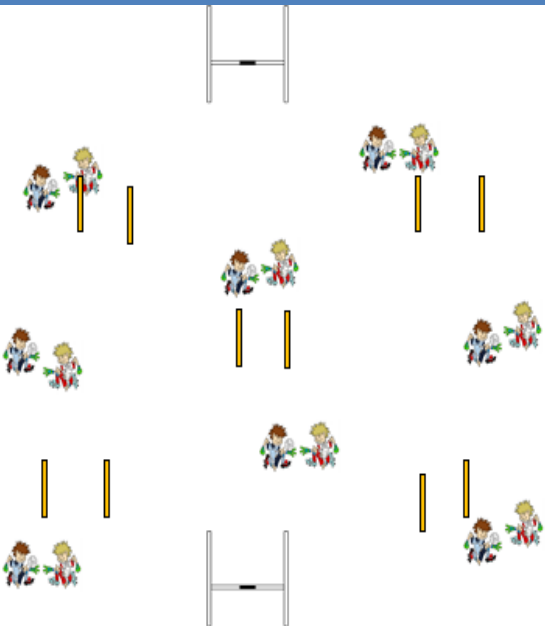
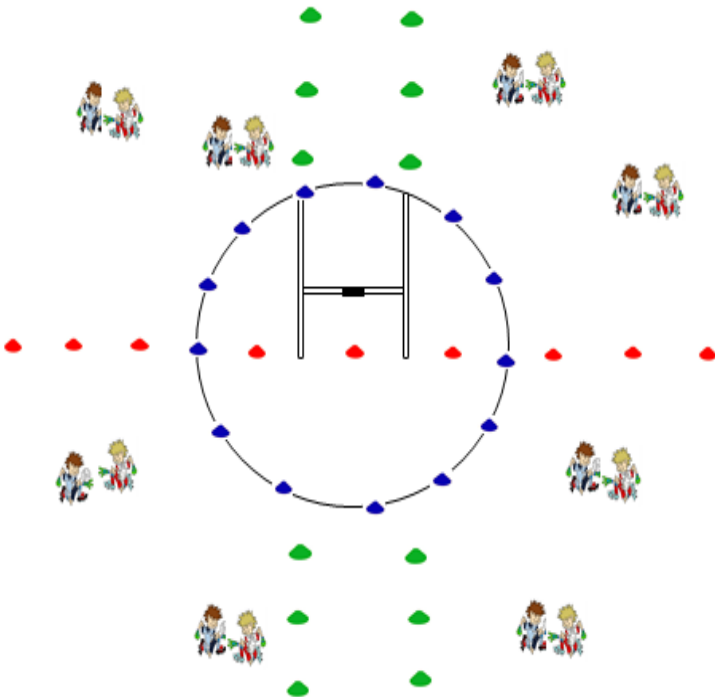
Diagram	Description
	<p><b>Gates Game.</b></p> <p>Full Pitch size, set up poles for gates in order to score in this game they must pass the ball through any of the gates above.</p> <p>The posts are not used but it encourages thinking, getting into space, support play, switching the play and movement.</p> <p>Play 10v10/ 8v8</p>
	<p><b>Circle Score</b></p> <p>Teams: 4 v 4 (or 3 v 3, 2 v 2) on each side of the red line</p> <p>Use portable goal posts and place domes to form a circle 15m radius around goals as shown.</p> <p>Players attempt to gain possession from throw-in Upon gaining possession players must work as a team and attempt to score a point</p> <p>When a point is scored the ball is then in play on the other half of the circle.</p> <p><b>Progression:</b> Points scored inside the Green zone worth 3 Block also worth 1 point</p>

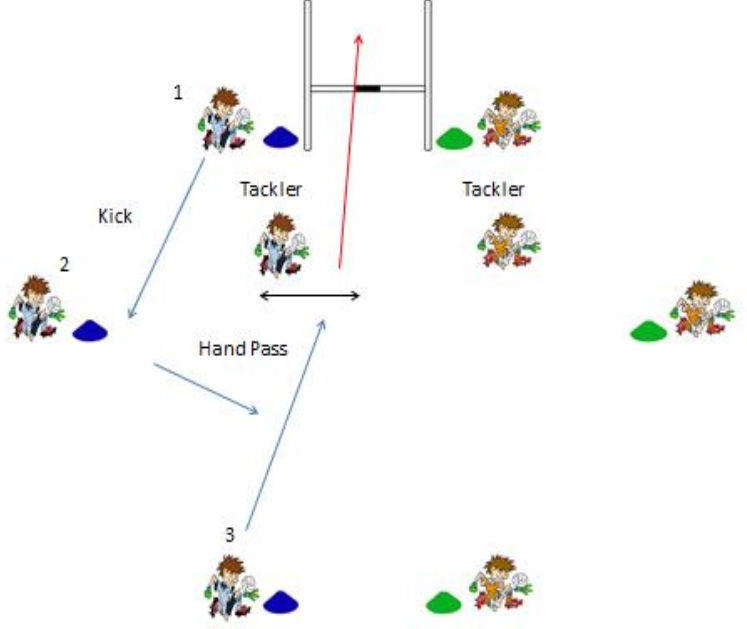
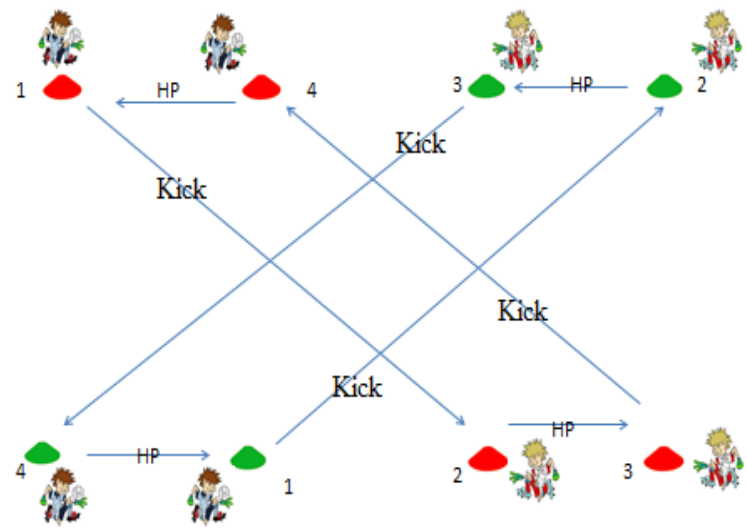
Diagram	Description
	<p><b>Kick, Support &amp; Score</b></p> <p>Player 1 kicks ball to Player 2 catches the ball and Hand passes the ball to player 3.</p> <p>Player 3 has to score a point before the other team.</p> <p>To increase the pressure on the shooters add in a tackler who stands on the 14m line and becomes active once player 2 receives the ball.</p> <p>Player 3 has to take on the tackler to score the point.</p>
	<p><b>Kicking Traffic</b></p> <p>Two groups (Red &amp; Green) Player 1 kicks diagonal ball to player 2, Player 2 receives ball.</p> <p>Player 3 supports Player 2 off the shoulder. Player 2 hand passes the ball to Player 3 who kicks to Player 4.</p> <p>Both groups are going at the same time with four ball moving all the time.</p> <p>Important that players are focused and move the ball quick and that players work hard on first touch.</p>

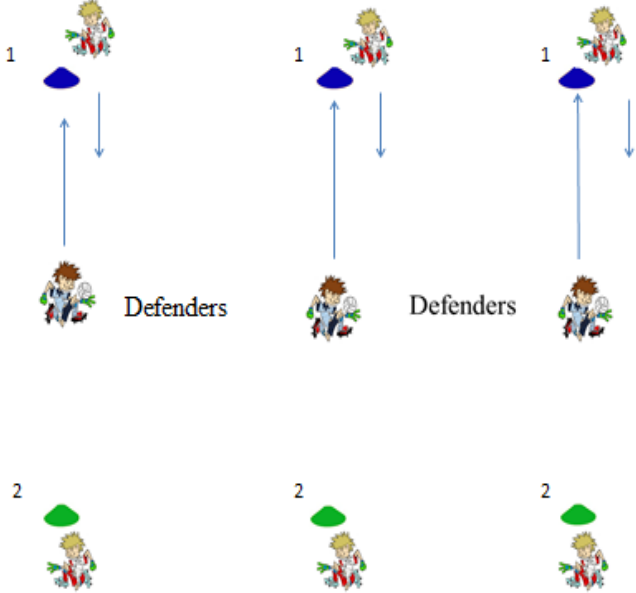
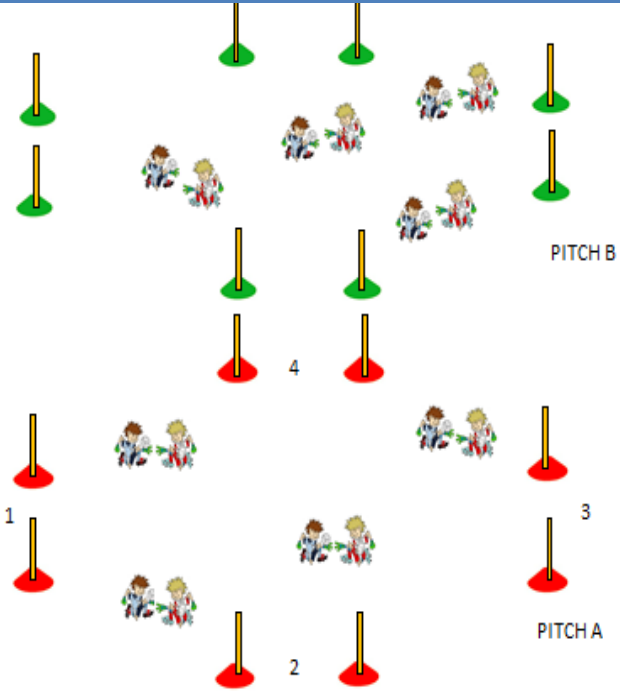
Diagram	Description
	<p><b>Pass &amp; Defend</b></p> <p>3 Defenders in the middle pass to number 1. After passing the ball number 1's have to take on the defenders.</p> <p>When Player 1 gets past the Defender he passes to Player 2 then becomes the new defender.</p> <p>This drill works on players adapting quickly from being a forward to a defender.</p>
	<p><b>Break Ball Game</b></p> <p>Two Zones (Green &amp; Red). Inside each zone divide your group into 4 teams.</p> <p>In the diagram there is 4 v 4 in each zone. The game begins by the coach kicking the ball high into a zone. Whichever team wins the ball they have to work it out a gate.</p> <p>When the team works the ball through the gate they win the point and kick it into the opposite zone. Game continues for set period of time.</p>

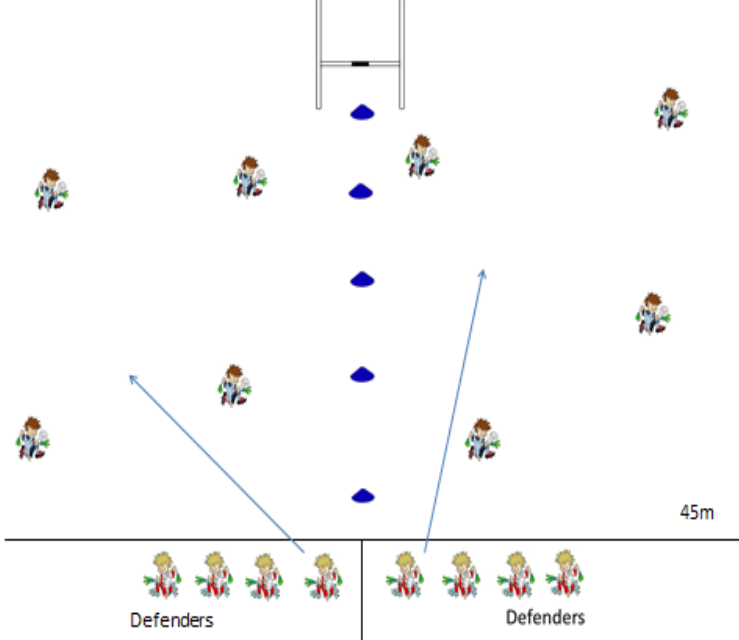
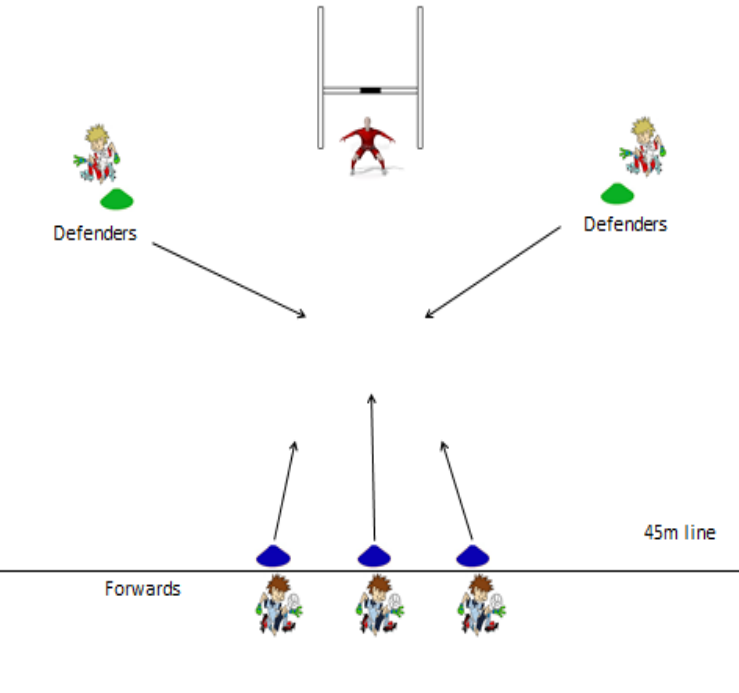
Diagram	Description
 <p>45m</p> <p>Defenders</p> <p>Defenders</p>	<p><b>Increase the pressure</b></p> <p>This game works on players being able to kick the ball under increasing pressure.</p> <p>Divide your group into 4 teams so that on one side you have 4v4, 5v5 or 6v6.</p> <p>On both side of the lines the two groups of 4 kick the ball to each other under no pressure. Every 15 seconds send in a defender to increase the pressure on the kickers.</p> <p>Players can't solo, bounce or hand pass the ball.</p>
 <p>45m line</p> <p>Defenders</p> <p>Defenders</p> <p>Forwards</p>	<p><b>Scoring under pressure</b></p> <p>Divide group into defenders and attackers.</p> <p>This game is 3 Forwards v 2 defenders. Defenders start on the 21 yard line and must stop the forwards from scoring a goal.</p> <p>Important that the defenders hold the forwards up and work together.</p> <p>Coaches can place conditions on the forwards such as they have 7 secs to score.</p>

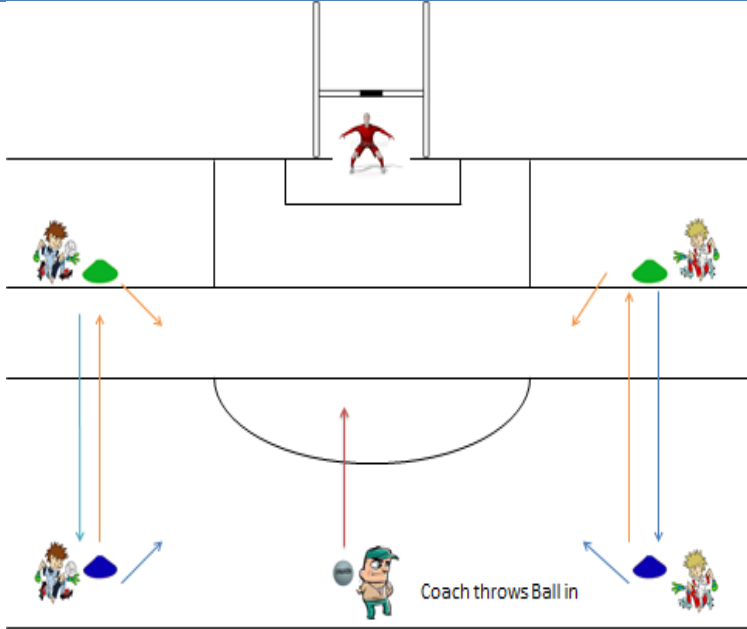
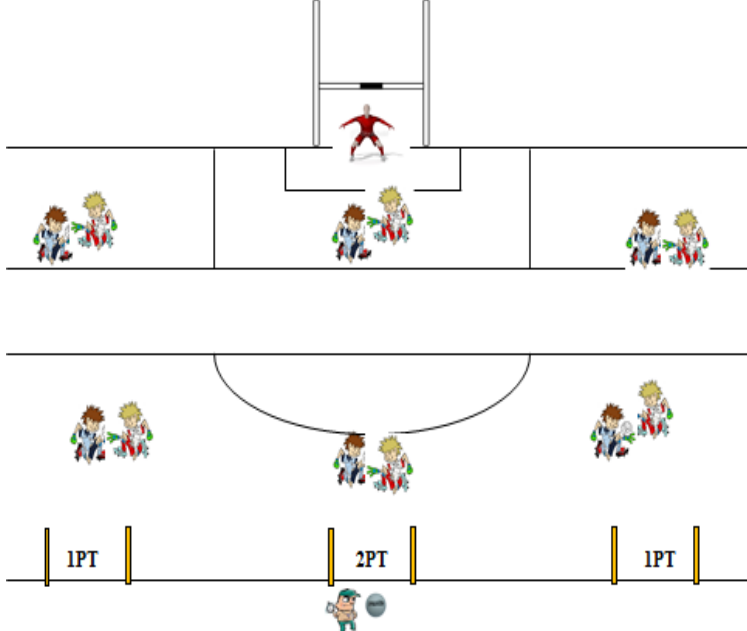
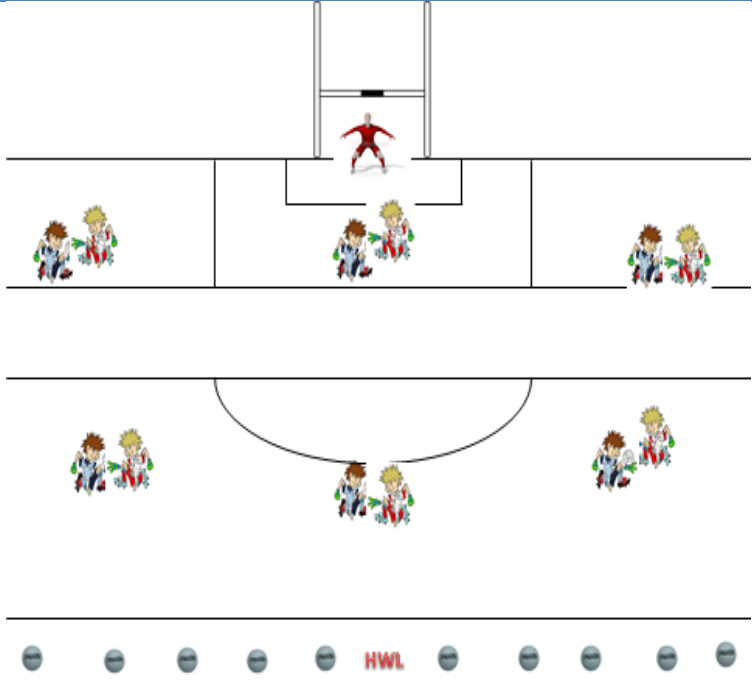
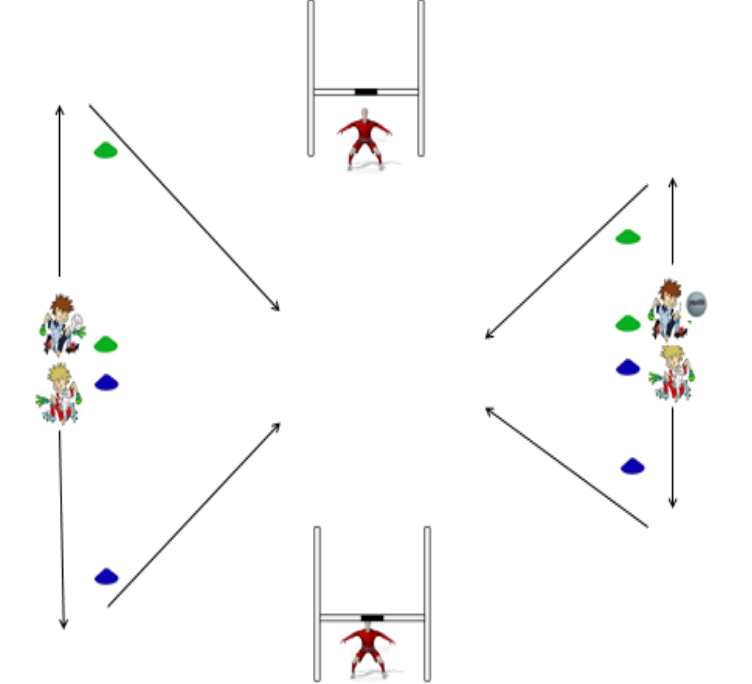
Diagram	Description
 <p>The diagram shows a GAA field with a goal at the top. Two teams of players are positioned on the left and right sides of the field, each near a green cone. Orange arrows indicate they will run towards the center. A coach is in the center, labeled 'Coach throws Ball in'. Blue arrows point from the center towards the goal. A red arrow points from the coach towards the center. A blue cone is on the left side of the field.</p>	<p><b>Win it to Score</b></p> <p>Divide group into 2 teams and then divide each team between two of the same coloured cones.</p> <p>On the whistle 1 or 2 players from each cone run to the opposite cone as shown.</p> <p>Once the players get to the other teams cone the coach will throw the ball high in the air. The two teams must compete for the ball in the middle and try to score a goal.</p> <p>Coach can change the numbers running or change to point scoring to vary the game.</p>
 <p>The diagram shows a GAA field with a goal at the top. Three groups of players are positioned on the left, middle, and right sides of the field. The left and right groups are labeled '1PT' and the middle group is labeled '2PT'. A coach is in the center, labeled 'Coach throws Ball in'. A red arrow points from the coach towards the center. A blue cone is on the left side of the field.</p>	<p><b>Backs v Forwards Gates Game</b></p> <p>Forwards attack the main goals while defenders play towards Gates out the field (Distance from goals according to numbers taking part)</p> <p>Forwards score goals and points per normal.</p> <p>Defenders score by being in possession of ball going through any one of the 3 Gates</p> <p>Can award 2pts for middle gate and 1pt for side gates.</p> <p>Variation—2pts for side gates and 1pt for middle (Encourages players coming out with ball to play wide)</p>



Diagram	Description
 <p>The diagram shows a football pitch with a goal at the top. A goalkeeper is positioned in the goal. Three teams of two players each are positioned across the pitch. A curved line indicates the halfway line. A row of footballs is shown at the bottom, with one labeled 'HWL' (Halfway Line) in red.</p>	<p><b>Total Football</b></p> <p>Teams(7 or 8 a side) + Goalkeeper Forwards try to score as much as they can within 3 minutes</p> <p>Award 2 points for a point , 3 points for a goal</p> <p>All Footballs placed in line across the field to start</p> <p>After Ball goes dead or intercepted forwards run back for next ball</p> <p>Coach/Manager keeps a record of each Teams score and also how many attacks each Team had.</p> <p>When playing this game for the 1st time it's amazing how little is scored against so many attacks.</p> <p>Experts say that if you score one in every 3 times you cross the halfway line in any game your Team would be hard to beat</p>
 <p>The diagram shows a football pitch with two goals at the top and bottom. Two teams are positioned on the left and right sides of the pitch. Green cones are placed near the top goal, and blue cones are placed near the bottom goal. Arrows indicate the movement of players: one team sprints around the green cones and then towards the top goal, while the other team sprints around the blue cones and then towards the bottom goal.</p>	<p><b>Defend/ Attack with Depth</b></p> <p>Coach divides team in two with one team standing at the two middle green cones and the other team standing at the blue cones.</p> <p>On the whistle the players on the right hand side sprint around the cone 5m away with the greens going for goal.</p> <p>At the same time players on the left hand side sprint around their cone 10m away and act as a second wave of attackers or defenders.</p> <p>This leads to a 4 v 4 situation, with Greens attempting to work the ball into a goal scoring situation and Blues trying to work the ball back and score into the other goals.</p>



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