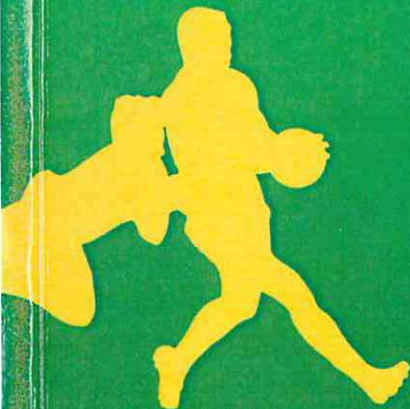
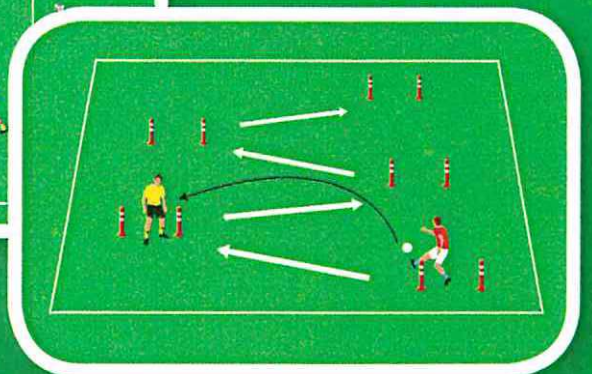
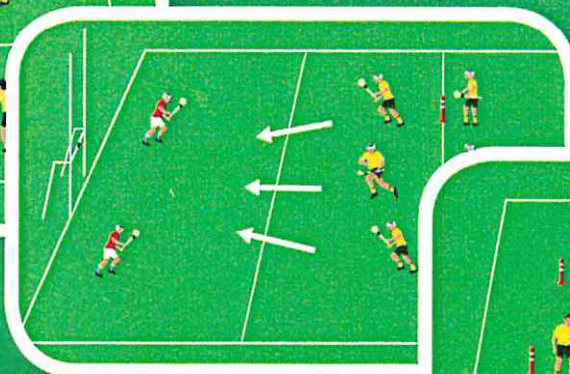
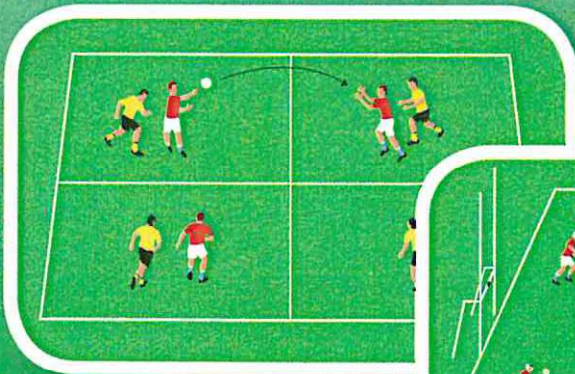
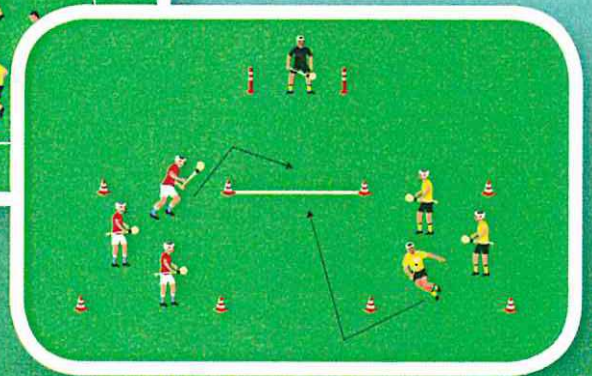
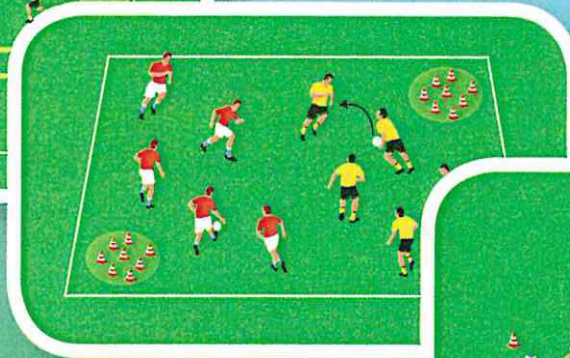
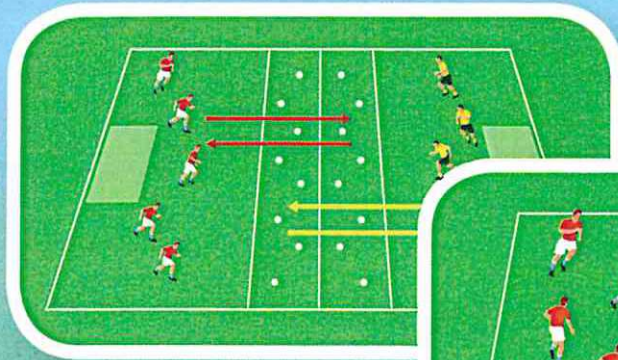


SECOND EDITION

Give us a Game

THE GAMES BOOK FOR HURLING
AND GAELIC FOOTBALL



DEVELOPED BY:
GERARD O'CONNOR



ACKNOWLEDGEMENTS

I would like to thank the following people for helping to make this 2nd edition of Give us a Game possible.

Thanks to John Costello for his encouragement and who has been fully behind this and many other coaching resources published by the Dublin Coaching department.

This book is a combination of many years of experience from coaches that I have met along the way whose ideas and practices are included. I would like to acknowledge the contributions of these coaches but in particular to Philip Kerr, Terence Mc Williams and the late John Morrison whose book "Games for Better Team Play" sparked many ideas and the initial impetus to publish these ideas for "Give us a Game".

To David Sweeney for producing such wonderful drawings for this book that clearly illustrate the many principles that games try to develop. I would thank Brian Ladden for his critiques of the final drafts and acting as a sounding board for many of the ideas in this book and others.

I would also like to express gratitude to the coaching department at Dublin County Board; Aileen Byrne for her advice and ongoing support.

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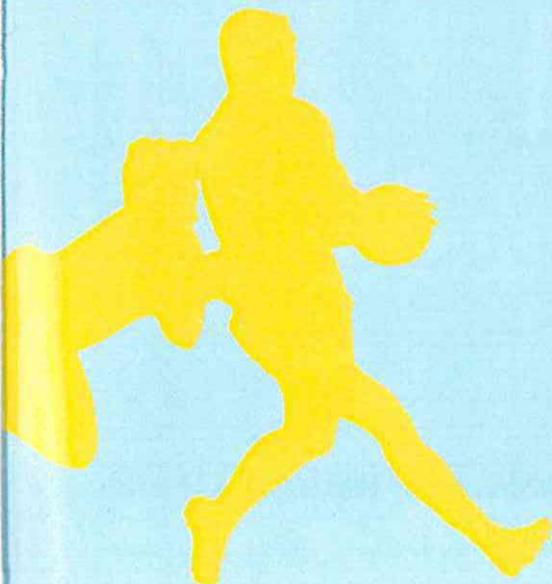
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Preface

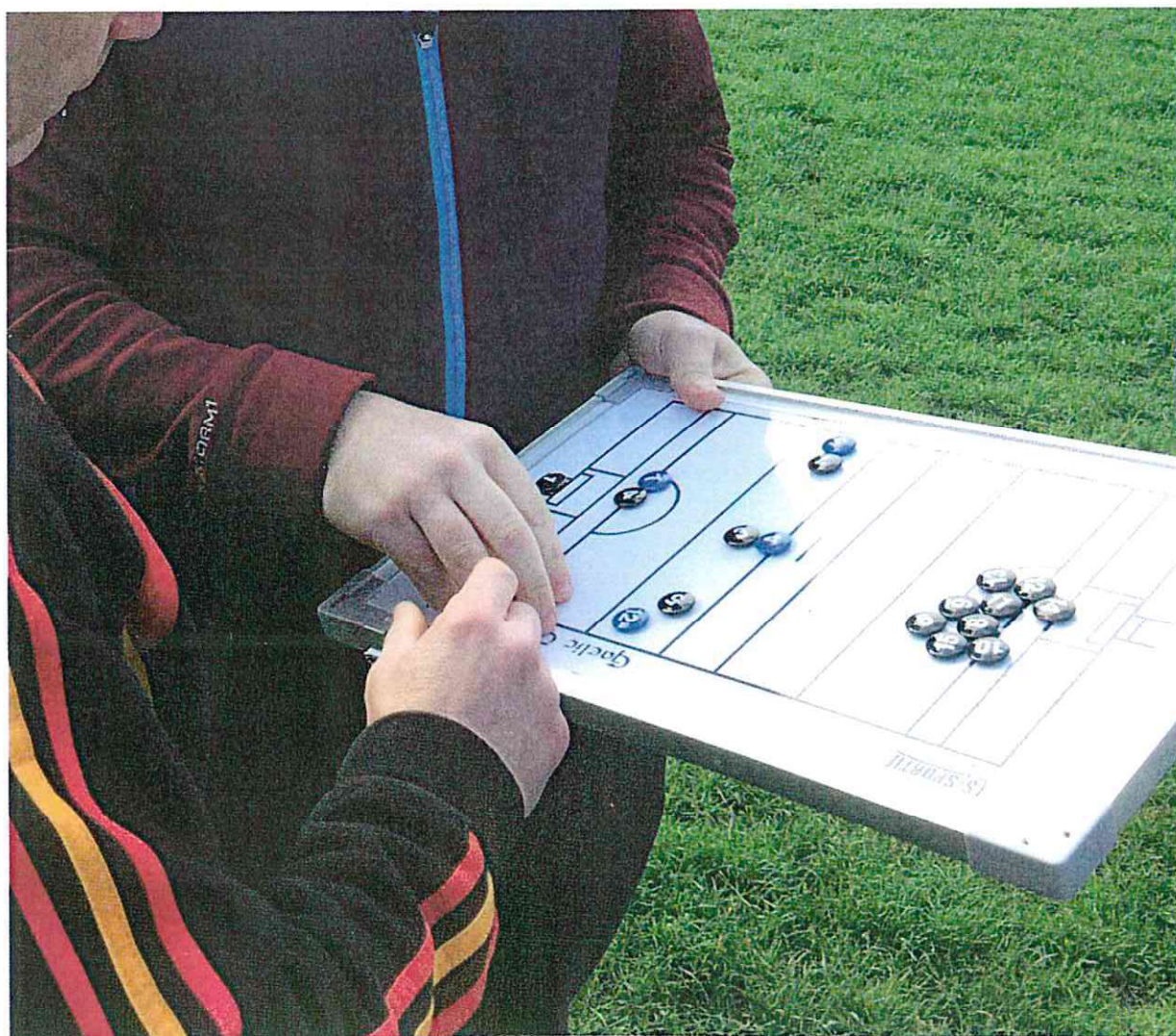
Coaches are always on the lookout for new ways to make their coaching sessions more enjoyable and engaging for their players. They are constantly looking for activities that both challenge and motivate the players they coach.

All too often coaches don't always have the time to create new games and are just glad for someone to give them a few ideas to keep them going.

This book is a collection of favourite games, some which I have designed and others that have been shared by experienced coaches I've met along the way in my capacity as Games Manager.

The book is organised so you can quickly find the games you are looking for with each chapter dedicated to a specific category. The categories are chasing, target, court, field, and part/full invasion games.

The games in "Give us a Game" can be used by coaches of all levels and ages and are designed to be easily followed. The book provides a multitude of games that you can incorporate into your training sessions. I hope you find this book a valuable coaching resource



Introduction

The one thing that all players want and crave is to play a game. How many times have you heard players say they love playing games and hate training. Well that doesn't have to be the case, training can be enjoyable and still provide the learning experiences that develop and motivate players. This can be done through a games related approach to coaching. This book contains over 200 game activities appropriate for all ages and abilities. Using various methods of adapting the games the coach can improve the technical and tactical ability of the players. Players of all ages and abilities want to be excited, challenged and active while they learn to play the game.

"Give us a Game" has six chapters, based on the type of game addressed. The first chapter presents basic chasing games, ideal for warm ups and younger players. Chapters two to six includes: target games, court, field, part and full invasion games. The game finder is a quick guide to help you locate the appropriate game for your training session. Keep in mind that although a game might not appear in the category of football or hurling, you may be able to modify it for the game you want to play. All of the games have additional variations which mean there are a lot more than 200 games in this book.

Benefits of games

The reason we play games is to get players to work together as a team and understand what to do, how to do it and when to do it. A game provides increased opportunities for players to make decisions and solve problems. The traditional method of teaching skills and developing players was through drills and training routines. The drawback of this approach was that when the skill is learned it then had to be transferred to the game situation. Not only do the players learn the skill but they also learn where and when it fits into the game.



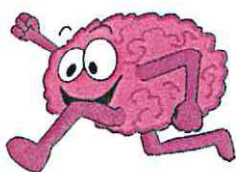
Family of Games

The Games in this book are categorized in several ways according to the format in which they are played and their basic games structure. Regardless of how a game is categorised, there is a simple guide to remember the difference between a game and a training drill. These can be remembered by using the acronym GAMES.



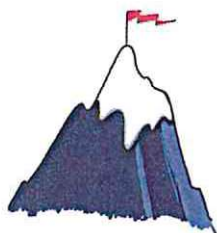
Goal

While a drill focuses on learning a skill through repetitiveness, a game normally has a goal or a target that the player tries to meet. This could be a score or a set number of passes or a target to hit.



Active Learning

This is where the players are actively engaged in solving a particular problem or challenge. This could be a full invasion game where they try to penetrate their opponent's territory and score. It could also be a simple target game such as football cricket where they try to hit the ball into space to get as many runs as possible.



Motivation

Every game has a purpose. There is an element of being challenged against an opponent or against yourself. The challenge could be provided by the clock, a target or a competitor. Either way there is a 'winner'. This provides the motivation players need to engage in the learning experience.



Enjoyment

Games are fun and show players that learning a skill doesn't have to be dull and boring. Everyone loves a game. The traditional idea of a game is 15v15. This book highlights that there are many different types of games and these can be adapted to meet the needs of different player groupings. Small-sided games provide more ball contacts for each player and therefore more enjoyment.



Scores

As opposed to a drill, in a game a score is kept. This provides a purpose and focus for the players.

Again, this increases the enjoyment level of the players.

The six major categories of games are

- Chasing & Fleeing Games
- Target Games
- Court Games
- Field Games
- Part Invasion Games
- Full Invasion Games

These categories are ranked in order of difficulty with full invasion games being the most complex and difficult



Chasing Games

These games involve tagging and chasing like tag where players perform skills as fleeing, and dodging. Appropriate for warm up activities. Any traditional chasing or tag games where players can run, turn and stop safely and not be caught. Traditionally known as Tag or chasing games, involve players moving within a playing area while attempting to reach others and/or avoid being reached themselves.



Target Games

The simplest form of game which challenges players to use accuracy and control to aim into or at a target. Players score when they successfully throw or strike an object closer to a target than their opponents. Players have lots of time to perform the task without any distraction from other players.



Court Game

Opponents share the same space or are divided by a net or defined area, this requires players to pass or send the ball over an obstacle like a net or zone to the oppositions area. The level of decision making has increased but is limited. The use of other skills essential for team work like communication, anticipation and spatial awareness become more apparent.



Field Games

Striking and Fielding games are based on the notion of a batter or kicker who strikes the ball into the opposition territory to elude the fielders and then to use the time to gain score runs. Teams alternate. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more obvious.



Part-Invasion

Games require players to complete a task with limited direct opposition. Such games encourage awareness of time and space but also help develop characteristics of Team Play, e.g. support play and communication. Part-invasion games allow players to develop positional sense, and limit the opposition that players meet



Full-Invasion

The core objective in invasion games is to move into an opponent's territory in order to score. To achieve this objective, the players must maintain possession of the ball, create and use space and attack a 'goal' (Werner, Thorpe and Bunker, 1996). Key element with invasion games is the number of players involved Player = space = time = skill should be adopted to create a learning environment.



General definition of a game

Games are forms of competitive play characterised by established rules and set goals. At the heart of every game are challenges and obstacles to overcome. Whether playing chasing games, that challenge players to respond quickly to signals, such as the voice of the coach or the movements of other players, these games focus on the first building blocks of physical literacy, agility, balance and coordination (A.B.Cs). Playing games with rules tends to be common after about 6 years of age, whereas simple play is more frequent in 2 to 6 year-olds. Hurling and Gaelic Football games are contrived environments that require very specific actions to be successful.

How can we begin a game?

A game of one team against the other, which involves simple rules, can be developed by simply changing or adding different varieties. What are the things we change or add?

- The numbers involved, the area in which we play, making it narrower, wider or changing to a different shape.
- There are other ways a game changes its focus or aim. For example, how the participants enter the playing area: side, back, do they walk or jog.
- How the players begin the activity either moving, facing away from each other, arriving at different times or coming from different directions can all change the type of game played.
- The shape of the attack and defence, bunched, lines, groups circle.
- How the football or sliotar is introduced, passed, rolled or lobbed.
- The key is we can develop our own games and help players come up with their own ideas for games. All it takes is a little imagination.

Practice guidelines

Based on a review of sport organisation guidelines and athlete development literature, recommendations for the optimal number of practice sessions per week and practice length are provided in table

Limiting practice sessions to 90 to 120 minutes might seem counterintuitive to popular cultural depictions of what it takes to succeed in sport (e.g., we have to train longer and harder than our opponents!) Table: Recommend Number of Weekly Practices and Practice Length

ATHLETE AGE GROUP	NUMBER OF PRACTICES	DURATION OF EACH PRACTICE
Under 6 years old	1–2 days per week	45–60 minutes
Under 8 years old	2 days per week	60–75 minutes
Under 10 years old	2 days per week	60–90 minutes
Under 12 years old	2–3 days per week	75–90 minutes
Under 14 years old	3 days per week	75–90 minutes
Under 16 years old	3–4 days per week	90–120 minutes
17 years old and older	4–5 days per week	90–120 minutes

Guidelines for teaching the game

- Have an aim or theme and explain the game.
- Set out the rules and restrictions of the game at the start.
- Let the game begin and observe before making any changes.
- Ask yourself is the game working, if not, modify it.
- Vary the level of pressure e.g. extra defender or attacker. Increase the time.
- Always ask your players questions during the game. e.g. "What would help you move the ball quicker?"
- Freeze frame the play and replay the game.
- Give players feedback in the form of questions; ask how players think they did in the game.



STEPP PRINCIPLE

There are different ways you can change the game played to make it more challenging for every player.



Space - Where the activity is happening. e.g. increasing or decreasing the area in which the task is performed.



Time/Tempo - Use time to challenge players e.g. 30 seconds let's see how many passes you can get. Slowing the tempo of the practice gives players time to think and perform successfully.



Equipment - What is being used? e.g. Modify the equipment changing the size, level and height of equipment.



Players - Who's involved? e.g. Modify the players in pairs, small or bigger teams.



Progressions - Include adapting the rules of the game to assist with achieving a certain outcome.

The level of challenge can be raised or decreased in most, step is the model which helps you to adapt your activities to suit the different skill activities and needs of your group.

Simply using games in practice is not enough. The coach must take steps to make sure that games are properly organised to ensure maximum player development and learning through maximum effort. Some of the important considerations in organizing games include: Every game is governed by a number of conditions and rules that dictate how the game will be played and which skills and concepts will be highlighted. Conditions and rules must be closely followed; otherwise the game may not help players accomplish the predetermined goals. Conditions and rules are what separate and distinguish one game from another. The skill of the coach is CHANGE the conditions of the game. Creativity is a key to keep games and practices fresh and exciting. The types of games that can be played and the rules they are played by are limited only to the imagination of the coach.

Change it		Example
C	Coaching Style	Demonstrations, use of questions, role models, verbal instructions
H	How To Score	Rules
A	Area	Size, Shape or surface of the playing environment
N	Numbers	Number of participants involved in the activity
G	Game Rules	Number of passes and shots
E	Equipment	Softer or Larger balls with more or less equipment
I	Inclusion	Everyone has to touch the ball before the team can score
T	Time	'How many...in 30 seconds'

Team Play Continuum

STAGE 1 - Under 6

(Learning to master the ball)

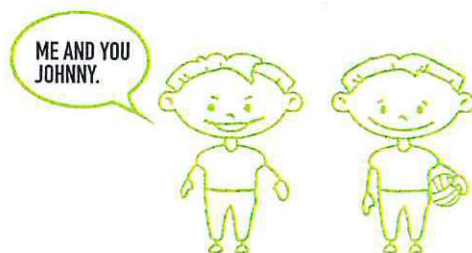
Me and my ball



STAGE 2 - Under 8

(Learning to use the ball well)

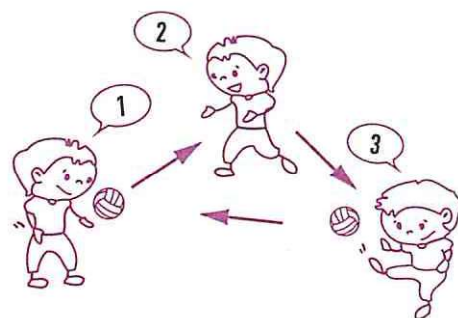
Me, the ball and my friend



STAGE 3 - Under 10

(Learning to play together)

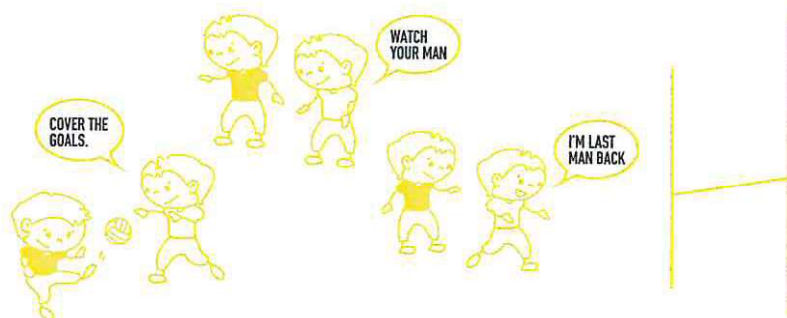
The start of us



STAGE 4 - Under 12

(Learning about positions)

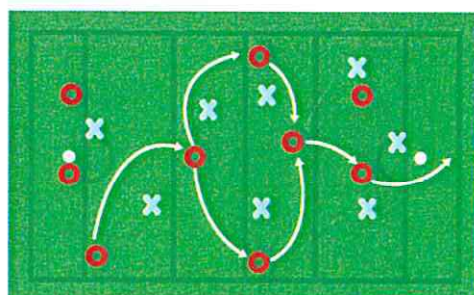
We are a team



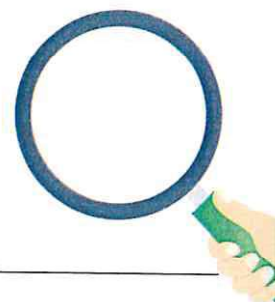
STAGE 5 - Under 14

(Learning to perform)

The formal phase



Game Finder



Chasing & Fleeing Games

NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL	PAGE
Astride Ball	Handling, balance & decision making	Any	18
Back to Back	Reactions, looking up & thinking on the spot	Any	18
Back to base	Evasion and vision	Any	18
Ball	Agility & Reactions	Any	19
Bean Bag Tag	Agility & Evasion	4-10	19
Catch the Train	Agility & Teamwork	5-10	19
Cats and Mice	Reactions, evasion & planning	5-10	20
Cat and Mouse	Agility, evasion and vision	4-10	20
Chase your Partner	Evasion & running with the ball	Any	20
Chasing Cars	Agility, reactions & decision making (finding space)	4-10	21
Chaos	Carrying the ball, hand-passing & crouch pick ups	4-10	21
Circle Chase	Speed & shadowing	4-10	21
Coach Tag	Reactions, agility & evasion	4-10	22
Commando	Shouldering, timing tackles, hoping & soloing under pressure	4-10	22
Crows and Cranes	Reactions & agility	4-10	22
Dodge and Tag	Agility & evasion	Any	23
Dribbling Circle	Dribbling & shadowing	5-12	23
Escape	Disciplined tackling, speed, agility	Any	23
Everyone is 'It'	Agility, evasion & decision making	Any	24
Find the coach	Reactions	5-12	24
Flick & Strike	Timing, reach & flick	5-12	24
Follow the leader	Reactions and soloing	4-10	25
Free Movement	Carrying the ball, changing direction & finding space	Any	25
GO GO GO!	Speed with the ball and evasion	Any	25
Here, There Everywhere	Reactions & thinking/acting quickly	Any	26
Human tunnel ball	Organisation, team work & communication	5-10	26
Hurling Minefield	Accurate striking, decision making & scanning for space	Any	26
Jammy Dodgers	Evasion, scanning & perception	5-12	27
Jaws	Soloing under pressure & evasion	4-10	27
Last Man Standing	Scanning for players/cones, evasion & control	Any	27
Last Person Awake	Perception, agility & reactions	Any	28
Mountains and valleys	Speed of movement & agility	Any	28
Musical Footballs	Agility, reactions & peripheral vision	5-12	28
On the Whistle	Reactions & taking instruction	Any	29
One Two Three Red Lights	Hopping and soloing the ball at pace & reactions	5-12	29
Out of Control	Hopping and soloing at speed, reactions & stopping and starting quickly	Any	29
Pick n Run	Speed & and evasion	Any	30
Poison Ball	Accuracy and evasion	Any	30

Skittles	Accurate kicking/striking & shot selection	5-12
Target Man	Early ball and running off the shoulder	5-12
Through the Legs	Accurate passing	5-12
Tower Ball	Accurate kicking & blocking kicks	5-12
WarBall	Accurate hand passing	16-Adult

Court Games

NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL
Be on Your Guard	Quick passing, accurate striking & tackling	Any
Bridge Ball	Picking the ball up while moving & finding space	4-10
Captains Ball	Quick & accurate hand-passing	Any
Chuck it Out	Dodging, evasion & vision	5-12
Corner Forward Dodgeball	Accurate hand passing and agility	Any
Crazy Slalom	Soloing at pace & turning with the ball	Any
Crossfire	Smart passing, timing & blocking	Any
Dodge the Gauntlet	Speed, agility, accurate hand pass to moving player	16-Adult
Dodge the hand pass	Agility, Speed, Accurate hand passing	16-Adult
Down and Back	Carrying the ball at pace & peripheral vision	Any
Escape the Prison	Accurate kick passing and catching ability	16-Adult
Fire Ball	High catching & reactions	Any
Fire Zone	Striking on the move under pressure & blocking shots	Any
Flick The Flies	Flicking the sliotar quickly	5-12
Four Ball Battle	Quick kicking, catching & handling	5-12
Four Squared hurling	This game promotes good first touch and spatial awareness in order to best	Any
Frozen Ball	Catching, accurate hand passing & decision making	Any
Frozen Wall Ball	Hand passing, vision & decision making	Any
Grid Block	Accurate kick passing, catching & blocking	Any
Hit the Corners	Accurate kicking, kick selection, high catch & vision	Any
Hoopster	Hand passing & creating space	Any
Hot Shot (Tennis Hurling)	Striking first time & accurate strikes	Any
Hot Sun	Hand passing & catching	Any
Kick it Save it	Kick passing with accuracy and catching	6-Adult
Knockout Ball	Soloing under pressure, peripheral vision & near-hand tackling	5-12
Land Mines	Pace, control & dribbling	5-12
Mayhem	Dribbling, evasion, peripheral vision & finding space	5-12
Over the Bar	Accurate shooting & high catching	Any
Over the Border	Striking first time & accurate strikes	5-12
Over the River	Accurate kicking, high catching & vision	8-16
Pass the Guards	Striking a moving ball & striking on both sides	Any
Prisoner Ball	Accurate kicking, catching & vision	8-16
Protect the Ball Partner Work	Dribbling, close control & flicking the sliotar away	Any
Siege the Tower	Accurate kicking and hand passing to different targets	6-Adult
Top of the Pole	Carrying the ball under pressure, vision, passing & tackling	Any
Traffic	Accurate passing & vision	Any
Traffic Jam	Carrying the ball at pace, vision & evasion hand passing	5-12
Two Court Dodge Ball	Vision, evasion & catching	5-12
Up North / Down South	Decision making, vision, shadowing, carrying the ball & shooting	5-12

45	Where's the Goal	Decision making, hand passing, vision & tackling	Any	62
46	Working After the Pass	To focus the mind of the passer, hand passing & tackling	Any	62
46	Your Number's Up	Reactions, hand passing & tackling	Any	62
46	4 Choices	Carrying the ball at pace, vision & reactions	Any	63
47	4 v 1	Accurate smart hand passing & timing to intercept	Any	63
	5 Up & SPY	Hand-passing, anticipation & long kicking	Any	63

Field Games

PAGE	NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL	PAGE
49	Batters Bonanza	Keeping eye on the sliotar & striking in the air	5-12	65
49	Batting & Fielding Game	Striking & Catching	5-12	65
50	Beat the Ball	Scanning and directing the ball, fielding and retrieving	Any	65
50	Beat the Bucket	Accuracy of the pass	Any	66
50	Big Hitter	Striking on the ground, controlling the sliotar & handling	5-12	66
51	Catch the Egg	Catching and retrieving the ball	Any	66
51	Crazy Kicks	Kicking to space, vision & reactions	5-12	67
51	Empty the Circle	Anticipation, dribbling, ground striking & ground control	5-12	67
52	Feed and hit	Timing of the strike and accuracy	Any	67
52	Field Rounders	Striking, catching & anticipating movement off the ball	5-12	68
52	Four Corners	Striking technique, catching & agility	5-12	68
53	Four Hitters	Striking & catching	5-12	68
53	Goalkeeping	Hand-passing, shooting, goalkeeping reactions & shot stopping	10-Adult	69
53	Hit 4 And Go	Striking, catching & anticipating the movement of the outfield players	5-12	69
54	Long Ball	Long kicking and movement off the ball	8-18	69
54	Over the Fence	Striking and anticipation	Any	70
55	Over the Pit	Timing and direction of the strike	Any	70
55	Pick up and run	Pickup, reaction & agility	Any	70
55	Quick Rounders	Striking, vision & decision making	5-12	71
56	Rotate	Vision, kicking, catching & agility	5-12	71
56	The best kickball game ever	Kicking, catching and anticipating of outfield players	Any	71
56	The Danish Long Ball	Kicking, catching and anticipating of outfield players	Any	72
57	Whacky Hurling	Striking, catching, vision and decision making	Any	72

Part Invasion Games

PAGE	NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL	PAGE
57	Bench Ball	Accurate hand-passing, maintaining possession & vision	5-12	74
58	Border Raiders	Accurate hand-passing, attacking as a team, tackling & blocking	10-Adult	74
58	Boxing	Passing under pressure, catching & tackling	16-Adult	74
59	Catching Game	Catching, reactions & peripheral vision	5-10	75
59	Chase The Hound	Carrying the ball under pressure, breaking tackles, chasing down attackers & tackling	16-Adult	75
60	Cúchulainn	Striking, high catching, hooking, blocking & vision	12-Minor	75
60	Deny Possession	Passing, gaining possession, tackling & makes players play with heads up	14-Adult	76
61	Find the Link Man	Passing, shooting & vision	14-Adult	76
61	Forward Kicking Forward thinking	Long kick pass, tackling, shooting & defending	16-Adult	76

'Goid' (Rob)	Smart hand-passing, anticipation & tackling	8-16	77
Incoming	Accurate passing, agility & catching	5-12	77
Keep Ball	Hand-passing, gaining possession, smart runs & accurate kick passes	Minor/Adult	77
Line Game	Reactions, taking players on & last man defending, tackling	Any	78
Long Channels	Vision, intelligent runs & tackling	Minor/Adult	78
Midfield Build-up	High catch & winning breaking ball	16/Adult	78
No Man's Land Elimination	Accurate hand-passing, vision & catching	6-Minor	79
Over the River Pass And Attack	Accurate kick passing & vision	10-Minor	79
Pick and Drop & Pick If You Can	Picking up ball in traffic	5-12	79
Possession Game	Quick passing, decision making, vision & tackling	Any	80
Possession Striking	Hand-passing & accurate striking	8-16	80
Pressure Play	Tackling, passing the ball under pressure & vision	16-Adult	80
Rotate the Defender	Creating space to receive pass, anticipation for interception & vision	14-Adult	81
Scout ball	Accurate punt kicks, high catches & tackling	8-16	81
Short Ball Long Ball	Accurate passing & decision making	14-Adult	81
Space Tennis 30 Possession	Maintaining possession under pressure, hand-passing, kick-passing & decision making	10-Adult	82
Space Invaders	Attacking as a team, defending & accurate passing	12-18	82
Strike Away	Maintaining possession & flicking sliotar away	5-12	82
Tackle Alley	Soloing under pressure, tackling, going by defenders & accurate shots on goal	10-Adult	83
Tom Tiddler	Decision making, reactions, carrying the ball & evasion	Any	83
Triple Circle Pass	Smart passing & vision	10-Adult	83
Twilight Zone	Carrying past defenders & tackling	16-Adult	84
War	High Catching, winning breaking ball & accurate kicking	Any	84
Zones	Decision making & discipline in keeping to your own position	16-Adult	84
Zone to Zone	Accurate passing, vision & smart runs	8-Adult	85
1,2,3 and in	Quick passing & tackling	Any	85
4 Passes to Kick	High catching, winning the breaking ball, hand-passing & tackling	12-Adult	85

Full Invasion Games

NAME	SKILLS/GAME SENSE DEVELOPED	AGE LEVEL	PAGE
All Up and All Back	Quick attacking & defending as a team	16-Adult	87
Back-Ball-Back	This is a great game for switching play and support (on, around or away) from the ball carrier	16-Adult	87
Backwards Gaelic	This game will help players develop creativity on the ball as they will be forced to think and play differently	16-Adult	87
Beat the Man Tommy	Pick up at pace, going by players & shooting	16-Adult	88
Beat the 2 Corner Men	Carrying the sliotar, shooting & tackling	16-Adult	88
Best of 5	Decision making, vision, creating space, shooting & tackling	16-Adult	88
Breaks win Matches	Winning breaking ball, high-catching & accurate long kick-passes	16-Adult	89
Breakout	Breaking the tackle, carrying the ball under pressure & tackling	16-Adult	89
By-Pass Midfield	Hand-passing, carrying the ball & vision	16-Adult	89
Continuous play	Quick reactions, decision making & hand-passing	16-Adult	90
Corner Ball	Hand-passing, catching, creating space & vision	16-Adult	90

77	Crazy Ball Hurling	This game develops awareness and concentration given the high volume of balls used	Any	90
77	Distant Circle Score	Shooting from distance, reactions & smart passing	12-Adult	91
77	Double Back	Long kick passing, accurate shooting for goal, tackling & goalkeeping	16-Adult	91
78	Double Handed Touch	Breaking tackles, supporting players from behind & tackling	16-Adult	91
78	Double or Quits	Attacking play, accurate passing & free taking under pressure	16-Adult	92
79	Feed the Forward	This game develops intelligent movement, shooting and passing.	Any	92
79	Goals Goals Goals	Maintaining possession, hand-passing, vision & decision making	16-Adult	92
80	Goal to Goal	Fitness with the sliotar, hand-passing & attacking the goal	16-Adult	93
80	Go 4 Goal	Carrying the ball past players & last men defending	16-Adult	93
81	Hitting the Target	Maintaining possession, hand-passing, decision making & vision	16-Adult	93
81	In the Hole	This game develops agility, smart intelligent movement and disciplined tackling.	Any	94
81	Keepings Off	Hand-passing, creating space & tackling	16-Adult	94
82	Kick For Goal	Accurate punt passing & decision making	Any	94
82	Kick It Run It	Catching, working space & accurate shooting for goals	16-Adult	95
82	Long Range Shooting	Long range kicking/striking.	Any	95
83	Lose it/Win it	Defending from the front	16-Adult	95
83	Mid Field Set Up	Carrying the ball, creating space & accurate passing	16-Adult	96
83	Mighty Man	Accurate passes to space, running at attackers & closing space	16-Adult	96
84	Non-Stop Hurling	Winning your own ball, attacking/ defending & continuous play	16-Adult	96
84	Numbers Game	Reactions, accurate shooting, beating the defender, tackling & last man defending	Any	97
85	Numbers Hurling Game	Communication and shooting	Any	97
85	One on One	High catch, accurate point taking & blocking	14-Adult	97
85	Opposite Corners	Hand-passing, creating space & decision making	14-Adult	98
	Patient Shooting	lose quarter hand-passing, creating space & first time shooting from distance	10-Adult	98
PAGE	Pay the Price	Working the ball into shooting zones & clean tackling	Any	98
37	Play the Zone	Sticking to your position, accurate passing, tackling & blocking shots	16-Adult	99
37	Quadrants	Decision making under pressure and defending and accurate finishing in tight confined spaces.	Any	99
37	Reactor Game	Reactions, attacking as a team & tackling a man running at you	14-Adult	99
38	Rolling Attack	Game plan & creating space	16-Adult	100
38	Running the Channels	Sprinting with the ball, support play, working ball to scoring situation, man marking & tackling	14-Adult	100
38	Run the Rapids	Maintaining ball under pressure, offloading through tackle & taking a hit	Any	100
39	Shoot On Sight	Taking the first option, quick shooting & blocking	14-Adult	101
39	Silent Game	Quicker movements & makes players play with their heads up	16-Adult	101
0	Staying Alive!	Fitness in match situations, quick passing & supporting and making telling runs	16-Adult	101
0				

Swap ball	Quick passing, vision, creating space & tackling	Any	102
Switch the Play	Speed of thought, diagonal running & accurate long passing	14-Adult	102
Tandem defence	Individual and group defence, tackling & defenders covering space	10-Adult	102
Telling Pass	Clinical passing & smart runs to get into scoring positions	15-Adult	103
Three Second Hurling	Moving the ball quickly, vision, decision making & supporting the man in possession	16-Adult	103
Three zones to win	Maintaining possession, creating space, accurate hand-passes & last ditch defending to turn over possession	Any	103
Through The Gates	Accurate kick-passing, smart diagonal runs & winning possession to score	16-Adult	104
Total Football	Decision making, reactions for defenders, shooting for goals & creating space	Any	104
Triangular Goals	Goalkeeper reactions, vision, attacking play & tackling	15-Adult	104
Turnovers Count	Attacking as a team, smart passing to create space, supporting the player in possession, tackling & shooting	6-Adult	105
Two Ball Game	This game develops good team communication, awareness and breeds high concentration levels	Any	105
Two way Midfield	Midfield supporting forwards & using an overlap	16-Adult	105
When your Number is Called	Defenders meeting attackers as there running at them & working ball to scoring zones	16-Adult	106
Who's Attacking	Switching between offense & defence quickly, shooting, tackling & winning possession	16-Adult	106
Who's Attacking Who's Defending	Working the ball from defence, defending on the back foot & continuously ready for the ball	16-Adult	106
Wipe-Out	Taking scores when the opportunity arises & focuses players to a higher degree of intensity	16-Adult	107
Work it Out	Defenders working the ball out & forwards defending and trying to win the ball back	16-Adult	107
Zone Solo	Breaking tackles, maintaining possession & hand-passing	16-Adult	107
2 minute Countdown	Defending a lead & smart attacking to work a simple score	16-Adult	108
3 Beaters	Carrying sliotar, hand-passing, beating a defender with the sliotar & shooting for goal	16-Adult	108
3v3; Road to Sam	Smart hand-passing, vision, creating space & working ball as a team from one goal to the other	Any	108
4 Zone Ball	Quick passing, smart runs, vision & supporting player in possession	16-Adult	109
6 of the Best	Attacking as a team, creating scoring opportunities, tackling & decision making	16-Adult	109
6 Square Men	Creating space, decision making & vision	16-Adult	109
10 Sec Touchdown	Attacking at pace, tackling & carrying the ball	16-Adult	110
10-7-5 Second Game	Maintaining possession & hand-passing	12-Adult	110
30 Metre pass	Accurate long kick-passing, vision & decision making	12-Adult	110
50/50 possession	Goalkeepers' kick-outs, working the ball from defence, vision & decision making	16-Adult	111

Chasing & Fleeing Games

These games involve tagging and chasing like tag where players perform skills as fleeing, and dodging. Appropriate for warm up activities. Any traditional chasing or tag games where players can run, turn and stop safely and not be caught. Traditionally known as Tag or chasing games, involve players moving within a playing area while attempting to reach others and/or avoid being reached themselves.



Limiting the options



Reaction / anticipation



Spatial Awareness



Changing direction & speed



Turning & Twisting



Dodging & Faking

ASTRIDE BALL

HOW TO PLAY: 2 teams line up and face each other about 2 metres in apart • Each player stands shoulder width apart with his feet astride, touching the players feet next to him • The object is to throw the ball from one side to the other side and to force the ball through an opponent's legs to score a point • The ball must be thrown underarm with two hands, and it can only be thrown through the legs of the opposite team • Feet cannot be moved • A time limit of 5 seconds is allowed to serve

PROGRESSION: Ball may be hand passed only. Circle formation.

WHAT IT DEVELOPS: Handling, balance & decision making



BACK TO BACK

HOW TO PLAY: Children move about the area and on coach's command to stop children must pair off 'back to back' • Have an odd number playing so that the last person not standing back to back must stand out each time • This person then gets to call back to back and rejoin the game

PROGRESSION: Get into groups of 3/4.

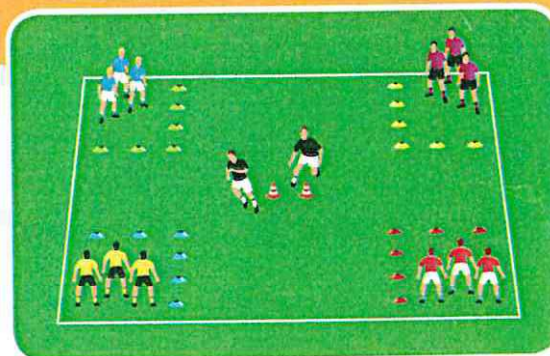
WHAT IT DEVELOPS: Reactions, looking up & thinking on the spot



BACK TO BASE

HOW TO PLAY: Set up different coloured bases with cones in each corner of the playing area, choose 2 taggers to start in the middle • Split the rest of the group equally in each of the bases • The aim of the game is to get to the bases without getting caught • The teacher calls out instructions for the kids to do such as red run to blue, purple skip to green and yellow hop to blue • You must try to get to the new base without getting tipped by the taggers in the middle • If you get tipped, you must go back to the base you just came from.

WHAT IT DEVELOPS: Evasion and vision



BALL

HOW TO PLAY: Get the kids into pairs with a ball between them on the floor • Players stand opposite sides of the ball about one meter away • Players stand in the ready position (knees bent, hands out ready) and the teacher calls out different instructions such as "hands on head", "sit on the ground", "lie on your back" or "balance on one leg" • As soon as the teacher shouts "ball", players have to try and grab the ball with two hands • The first person to grab it gets 1 point • Play multiple rounds, and switch up partners as well.

WHAT IT DEVELOPS: Agility & Reactions

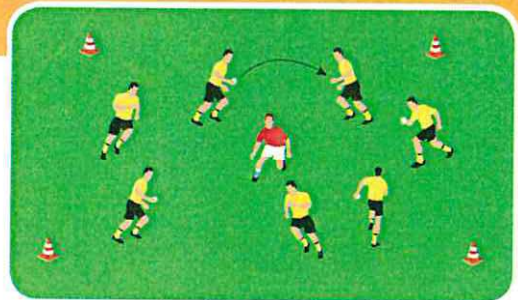


BEAN BAG TAG

HOW TO PLAY: All players move around the grid throwing bean bags to each other • One player tries to touch any player inside the grid • If the player is carrying a bean-bag they cannot be tagged

PROGRESSION: Add or reduce the size of the grid. Add or reduce number of bean bags.

WHAT IT DEVELOPS: Agility & evasion

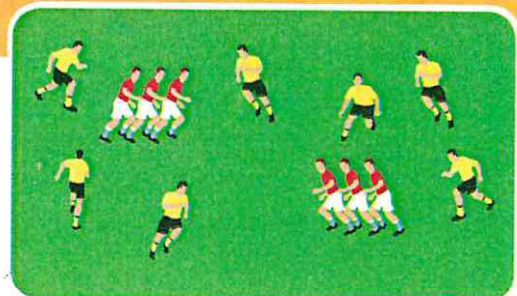


CATCH THE TRAIN

HOW TO PLAY: 3 players form a 'train' by placing their hands on the hips of the child in front of them • All the other players chase the train and try to join the end of the train

PROGRESSION: Add in more than 1 train. Have 2 or 3 trains to catch.

WHAT IT DEVELOPS: Agility & teamwork



CATS AND MICE

HOW TO PLAY: Two players are chosen as 'Cats' • The remaining players are mice • The 'Cats' sit in the middle while the mice move around by hopping or skipping, etc • The 'Cats' sit quietly and patiently until they are ready to leap up and chase the mice towards the boundary • The mice that are caught become cats in the next round • The game ends with the last mouse as the winner

PROGRESSION: Increase the number of cats at the beginning. Decrease / increase the size of the grid to make it easier/harder.

WHAT IT DEVELOPS: Reactions, evasion & planning

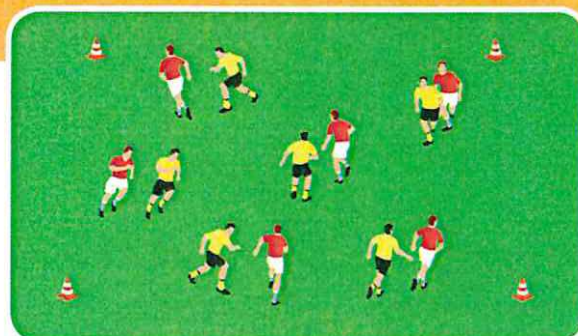


CAT AND MOUSE

HOW TO PLAY: Mark out a big enough space with 4 cones

- Divide group in two • Half become mice while the other half become cats • The mice have to avoid having their tail taken by the cats, but must stay in the area • If they lose their tail, they become the cats and chase the mice • The game finishes when all the mice have become cats.

WHAT IT DEVELOPS: Agility, evasion and vision



CHASE YOUR PARTNER

HOW TO PLAY: Players are divided into pairs • The player with the Ball stands still while his/her partner runs in the grid • On the whistle the ball carrier chases their partner trying to tag them on the back • When they do so the roles are reversed

PROGRESSION: Increase size of grid. Increase number of players. Players must hop and solo when in pursuit.

WHAT IT DEVELOPS: Evasion & running with the ball



CHASING CARS

HOW TO PLAY: Players are in pairs – “cars” • One player is the driver the other is the passenger • The ball is the steering wheel. Use calls;

Red = STOP

Orange = READY TO STOP

Green = GO

PROGRESSION: Some of the pairs act as trucks. They try and bump into the “cars”. The “cars” use agility to avoid a crash.

WHAT IT DEVELOPS: Agility, reactions & decision making (finding space)

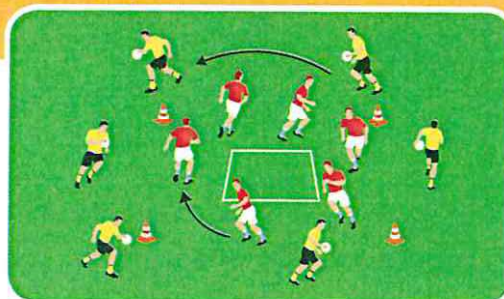


CHAOS

HOW TO PLAY: Players in pairs • One player on outside square/ one player inside • Players run in different directions • On call inside player finds outside partner—completes ten hand-passes and ten pick ups

PROGRESSION: Switch roles.

WHAT IT DEVELOPS: Carrying the ball, hand-passing & crouch pick ups

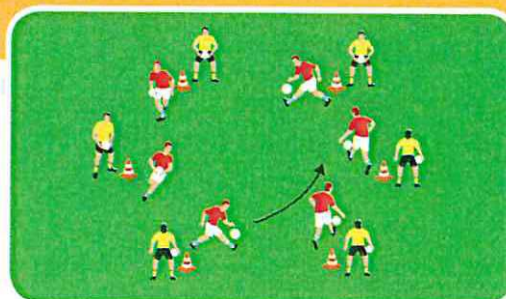


CIRCLE CHASE

HOW TO PLAY: Mark out a circle with cones • 2 players per cone, numbered 1 & 2 • On the whistle all the number 1's run clockwise • The aim is to tag the person in front • When the number 1's return to their start cone, the number 2's await the coaches whistle

PROGRESSION: Solo/bounce a ball. Change direction.

WHAT IT DEVELOPS: Speed & shadowing

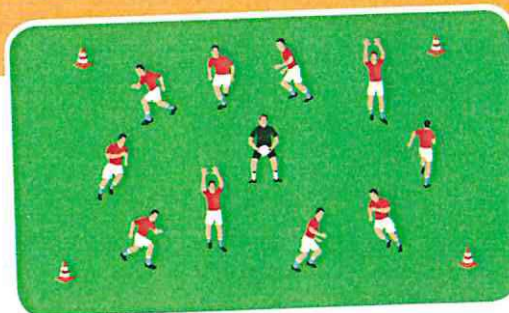


COACH TAG

HOW TO PLAY: Coach stands in the centre holding a football
 • Players move around carrying out the actions indicated by the coach, e.g. walking, running to the right, running to the left, jumping on the spot etc
 • When the coach hides the football behind his back all players run to the boundary, as coach tries to tag them

PROGRESSION: Instead of coach being in command 2 players are in charge.

WHAT IT DEVELOPS: Reactions, agility & evasion

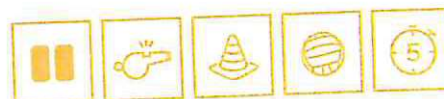
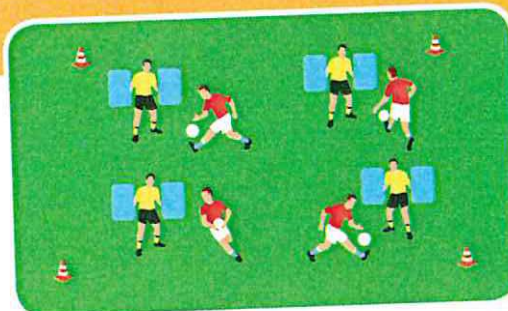


COMMANDO

HOW TO PLAY: Make out a square 20m by 20m • Each player has a football
 • Have 4 players from the panel wearing the tackle bags
 • On the coaches call players must hit the tackle bags with left/right shoulder
 • The players with the tackle bags should attempt to dispossess the players hopping and soloing around

PROGRESSION: Change men on the bags. Change the calls—pick up the ball.

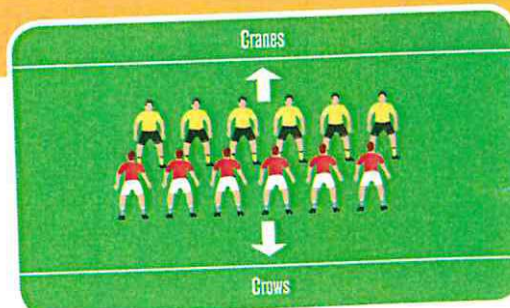
WHAT IT DEVELOPS: Shouldering, timing tackles, hopping & soloing under pressure



CROWS AND CRANES

HOW TO PLAY: Divide children into two groups and organise them in 2 lines parallel to each other • Name one line 'crows' and the other line 'cranes' • Coach calls either crows or cranes • If crows are called they must react quickly and run to allocated line away from cranes and cranes chase crows to try and catch them before they reach the line and so on • The key to the game is the way in which the coach rolls the "r" in cr,r,r,rows and cr,r,r,ranes.

WHAT IT DEVELOPS: Reactions & agility

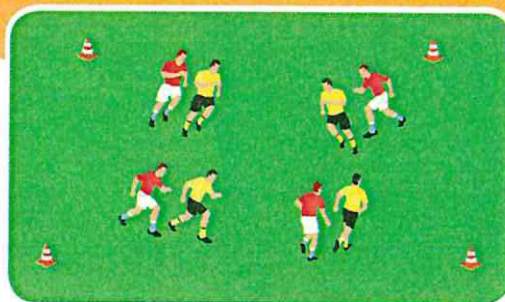


DODGE AND TAG

HOW TO PLAY: Players in pairs • One attacker, one defender, inside square • On call attackers must run to lose the defender • 30 seconds-1minute then swap roles

PROGRESSION: Play 2v1.

WHAT IT DEVELOPS: Agility & evasion

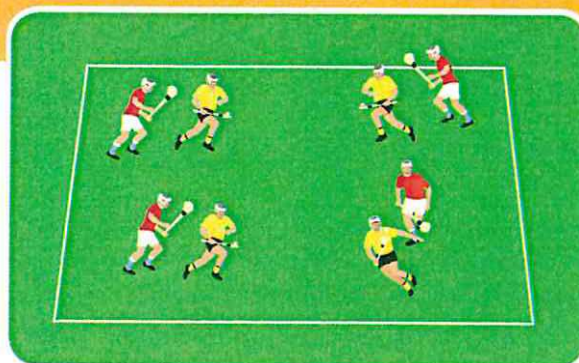


DRIBBLING CIRCLE

HOW TO PLAY: In pairs player 1 dribbles the sliotar around the area and player 2 follows behind • On whistle changes roles • Player without the ball runs in the ready position

PROGRESSION: At first use one hand only on hurley, then two hands. Finally compete for the ball with each-other.

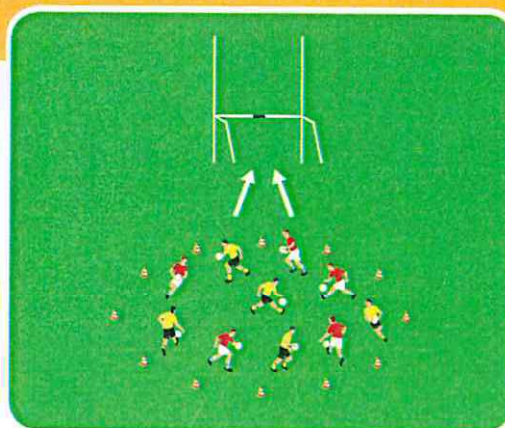
WHAT IT DEVELOPS: Dribbling & shadowing



ESCAPE

HOW TO PLAY: This game involves pairs • One member of each pair assigned to one of the two teams • Each player should have a ball that they have to hop and solo around a circle of cones • Once you call one of the teams each member must run with the ball out of the circle in the centre of the pitch to the goals outside • The players of the team not called leave their balls behind and chase their personal opponent trying to disposes the ball carrier and return the ball to the centre.

WHAT IT DEVELOPS: Disciplined tackling, speed, agility.

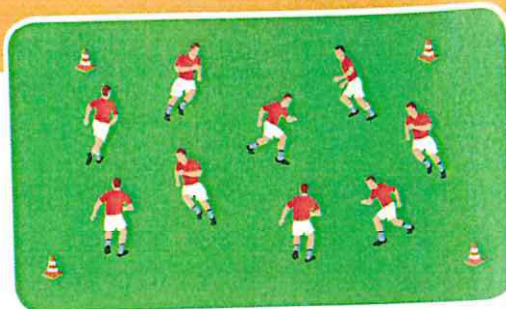


EVERYONE IS 'IT'

HOW TO PLAY: In an area 20m x 20m, each child runs around trying to tag as many other children as possible while not being tagged themselves • Each bout lasts for 30 to 45 seconds • The children must be aware of their surroundings and make decisions about where to go and where to avoid

PROGRESSION: One or two players is it.

WHAT IT DEVELOPS: Agility, evasion & decision making

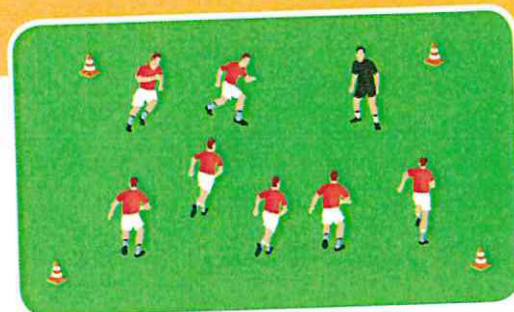


FIND THE COACH

HOW TO PLAY: The coach gets all the children to close their eyes • While their eyes are closed the coach moves position quietly • On the command, "find the coach" the children open their eyes and run to tag the coach

PROGRESSION: This progresses from the coach staying still to the coach moving even after the children have opened their eyes.

WHAT IT DEVELOPS: Reactions

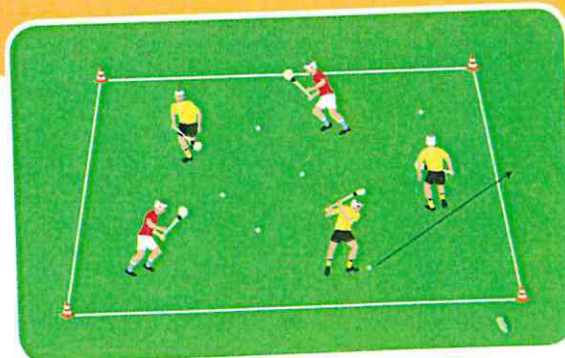


FLICK & STRIKE

HOW TO PLAY: Mark out a grid (size depends on number of players) and place sliotars into the grid • Players move around the square in the ready position • On the whistle they move to a ball & flick it away • To progress the drill, put players into pairs with a sliotar • One player tries to flick the sliotar away while the other attempts to strike it

PROGRESSION: Ready position. Press the thumb on the hurl. Hold the hurl at the top

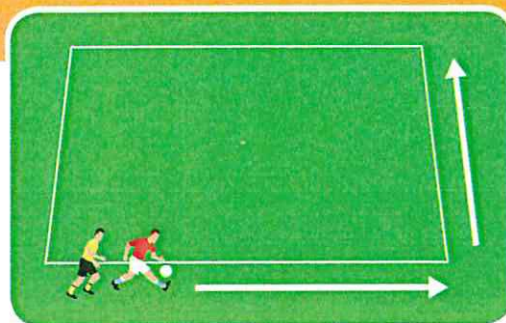
WHAT IT DEVELOPS: Timing, reach & flick



FOLLOW THE LEADER

HOW TO PLAY: Get the kids in pairs with one ball for each pair • Use a sports hall or playground where there are court line markings if possible • One player solos around the marked area while the other player runs behind, following the leader • When the teacher calls switch, the leader passes the ball to the follower and the roles switch.

WHAT IT DEVELOPS: Reactions and soloing.

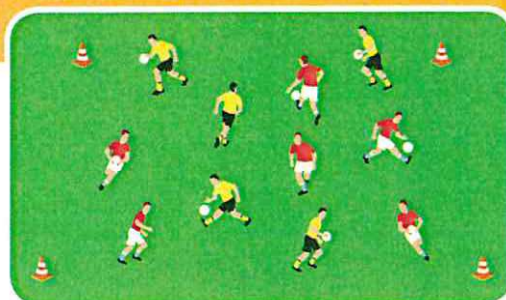


FREE MOVEMENT

HOW TO PLAY: Set out square area that all players must remain inside • Allow players to move about the square as they wish but may only take 4 steps before changing direction • Demonstrate the use of the out-side foot in transferring weight to make the change in pathway i.e. use the inside of the outside foot to drive off • This encourages players to move in all different directions and avoid contact with other players • Look for the free spaces to move into at all times

PROGRESSION: Introduce joint mobilisation Exercises (e.g. high knees, heel flicks, Skipping etc.) every 15/30 seconds, depending on fitness levels. Challenge them to travel in different pathways and directions. Can they change 'gears' as they travel? Players must hand pass ball to a free player then receive another. Encourage players to move in all different directions and 'CALL' for the ball to avoid player not being ready for a pass or more than one ball going to a player at the same time.

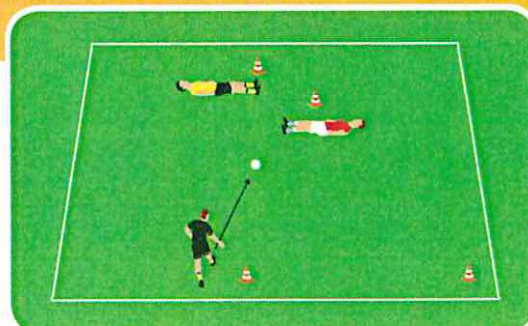
WHAT IT DEVELOPS: Carrying the ball, changing direction & finding space



GO GO GO!

HOW TO PLAY: One player is at a cone 3m in front of another cone which another player is at • They should both be in different positions • For example, both players on their backs, both players on their stomachs • When the coach blows the whistle they both get up and the player in front gets the ball from a player feeding the ball in different ways • For example, along the ground, bouncing and tries to make it to a cone 20m away before the player behind catches him.

WHAT IT DEVELOPS: Speed with the ball and evasion



HERE, THERE EVERYWHERE

HOW TO PLAY: Coach uses three words that have special meaning • For example: 'Everywhere' stands for a particular activity—running for example on hands and feet • 'There' players run after Coach • 'Here' player run towards a designated boundary or cone

PROGRESSION: Changes can be made to calls. Calls changed completely or new calls added. Stop and go for example.

WHAT IT DEVELOPS: Reactions & thinking/acting quickly



HUMAN TUNNEL BALL

HOW TO PLAY: Players divide into two different groups • They stand in line formation one behind the other • On 'go' they move their feet apart and the first player in the line crawls through the tunnel of legs to the back of the line • Upon reaching the back of the line he stands up and shouts 'tunnel' • The next player then turns and crawls through the tunnel • The winning team is the team that gets all their players through the tunnel and back to their original position in the line

PROGRESSION: Player must bring ball through the tunnel with them and then kick pass it up to the front of the line to the next player.

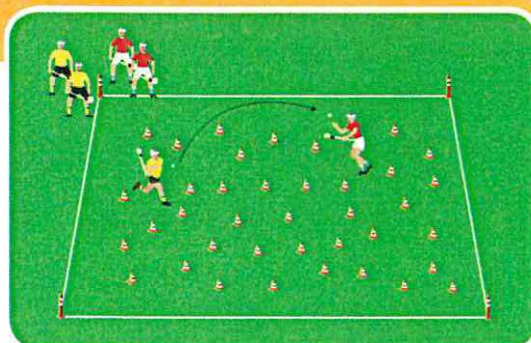
WHAT IT DEVELOPS: Organisation, team work & communication



HURLING MINEFIELD

HOW TO PLAY: Randomly place cones throughout a defined area • Cones should be rather close together, 1m apart on average and no set pattern, but make sure that there are no clearly defined lanes, end to end • Divide players into two teams • Have each team line up in pairs, the two teams will be at one of the defined areas end lines • The object of each pair of players is to pass to his teammate through the cones without the ball or a player's foot touching a cone • Do not allow players to dribble but only to make passes • Begin by allowing the first pair from each team to go • Once a pair of players reach the far end line, the next pair from their team can go • If a ball or a player's foot touches a cone (land mine), that pair has to go back to the starting line and begin again • First team to successfully get all of their players across the mine field wins • To deal with odd numbers of players or pairs, make one or more players or pairs go twice as needed

WHAT IT DEVELOPS: Accurate striking, decision making & scanning for space



JAMMY DODGERS

HOW TO PLAY: Create a grid approximately 25x30m grid (the size of the grid can be adjusted depending on the age and number of players) • Have all of the teammates spread out on one of the end lines without a ball • The coach or coaches should be in the middle of the grid with every ball • On the coach's command, every player must sprint from one side of the grid to the other while avoiding balls being knocked at them by the coaches in the middle • The coach attempts to hit the players as they pass from the knee down • If a player is struck by the coach's pass, those players collect the balls and join the coach in the middle of the grid attempting to hit the remaining players • The last player standing wins!

PROGRESSION: Vary different types of kicks: Punt kick/ hook kick/ slice kick. Also use weak foot only.

WHAT IT DEVELOPS: Evasion, scanning & perception



JAWS

HOW TO PLAY: Put out lots of hoops around the playing area and choose 2-3 kids to be tippers • Everyone else find a space around the area with a ball each • (Tippers = Sharks/ Hoops= Safe Island) • Bounce your ball around the area (not in the hoops) • When the coach calls out "JAWS", you must quickly solo to a hoop and sit down with your ball and at the same time, the tippers try to run and steal your ball away • If your ball gets stolen before you get to a hoop, you then become a shark • Play multiple rounds and wait at least a minute before calling "JAWS".

WHAT IT DEVELOPS: Soloing under pressure & evasion.



LAST MAN STANDING

HOW TO PLAY: Square 20m x20m with cones scattered out in it • Every player is given a sliotar which they hold on the palm of their hand • The players must run around with the square without dropping the ball, bumping into each other or hitting the cones which are scattered around the square • Cone is hit=out • Player is out if a ball is dropped • The last man remaining in the square wins

PROGRESSION: Solo with sliotar on hurl.

WHAT IT DEVELOPS: Scanning for players/cones, evasion & control



LAST PERSON AWAKE

HOW TO PLAY: On coaches call/whistle players run around multi-coloured cones • On coaches second call/whistle players must run and stand at nearest cone • Person standing with no cone is out • Repeat till there is one person left = they are the winner

PROGRESSION: Instead of cones football can be used.

WHAT IT DEVELOPS: Perception, agility & reactions



MOUNTAINS AND VALLEYS

HOW TO PLAY: Split teams evenly, one team will be mountains, one team will be valleys • Put two cones per person in a square 15m by 15m • The valleys try to put as many cones as possible upside down and the mountains try to put as many cones as possible up normal • The team that has put the most amount of cones upside down or normal after a minute wins.

WHAT IT DEVELOPS: Speed of movement & agility.



MUSICAL FOOTBALLS

HOW TO PLAY: All players jog around the outside of the square • On the whistle each player runs into the square and sits on a free football • Any player who doesn't find a ball to sit on is eliminated • After each whistle coach removes 2 footballs and the three steps above are repeated • Game continues until a winner is found

PROGRESSION: Increase size of square. Different movements.

WHAT IT DEVELOPS: Agility, reactions & peripheral vision

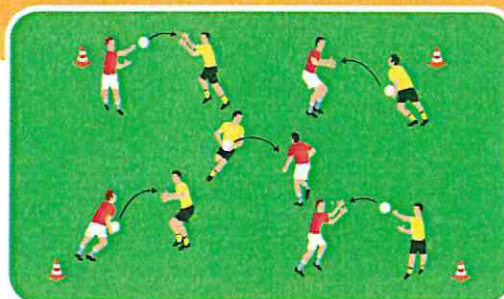


ON THE WHISTLE

HOW TO PLAY: Set out square, all players situated inside the square • Begin to hand-pass to each-other while moving inside square • On whistle drop footballs and follow instruction given as quick as possible (Give piggy-back/wheelbarrow for example) • Last person to follow instruction is eliminated

PROGRESSION: On whistle get into groups of 3/4/5 set to certain colour cone outside the square.

WHAT IT DEVELOPS: Reactions & taking instruction

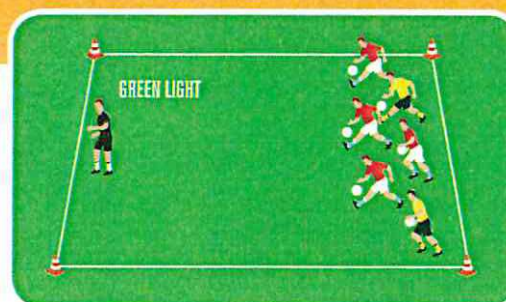


ONE TWO THREE RED LIGHTS

HOW TO PLAY: Create a starting line for each of the players, and the coach should move 15-20m away • With the coaches back to the players, he yells GREEN LIGHT and the players try to hop and solo to the coach • When the coach yells RED LIGHT, he waits a moment and then turns to face the players • Anyone who is not stopped has to go back to the farthest person from the coach

PROGRESSION: Have the players hop and solo with only the right or left foot.

WHAT IT DEVELOPS: Hopping and soloing the ball at pace & reactions

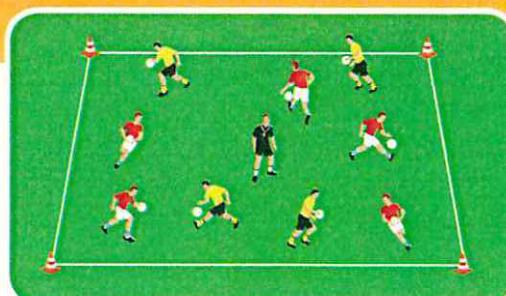


OUT OF CONTROL

HOW TO PLAY: Create a 15x15m grid marked with cones • All players are required to play within the grid and each player must have a football • All players Hop and Solo around in the grid • They must react to the following directions given by the LAPD (the coach) • "Green" is go, "Yellow" slow down, "Red" is stop with foot on the ball for 3 seconds

PROGRESSION: "Crash" all must fall to the ground, and "Runaway Speeder" the coach runs into the grid and kicks the balls out of the grid.

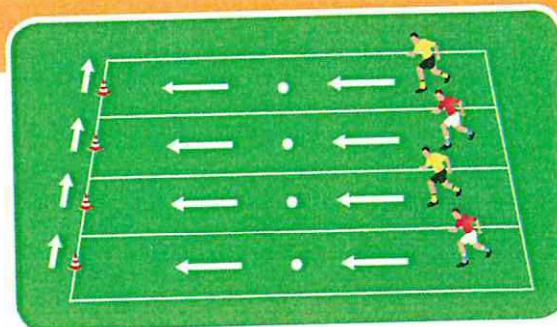
WHAT IT DEVELOPS: Hopping and soloing at speed, reactions & stopping and starting quickly



PICK N RUN

HOW TO PLAY: Set up a row of cones in a straight line • Have the same number of players as cones and have them facing the cones • Between the player and cones have a ball • On the whistle all players sprint, pick up the ball then proceed to sprint towards their cone • When they reach the cone they attempt to catch the player to the right of them, everyone should be chasing someone other than the two players on the end cones.

WHAT IT DEVELOPS: Speed & evasion

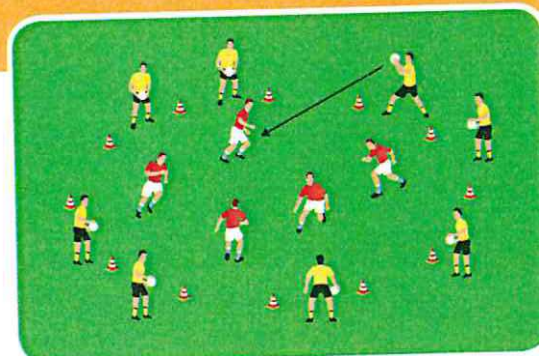


POISON BALL

HOW TO PLAY: Layout a large circle of cones (around 15m diameter) • Divide the class into two even groups. Half around the outside of a circle with a ball and the other half in the middle of the circle without a ball • Players on the outside must throw their ball to try to hit the people in the middle, below the knees • Players in the middle must try to dodge the incoming balls • If players in the middle are hit, they're out and join the outside of the circle • The last people to survive in the middle win.

PROGRESSION: Swap everyone from the outside to the inside. The ball action can also be changed to rolling, kicking and left hand or right hand only.

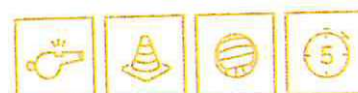
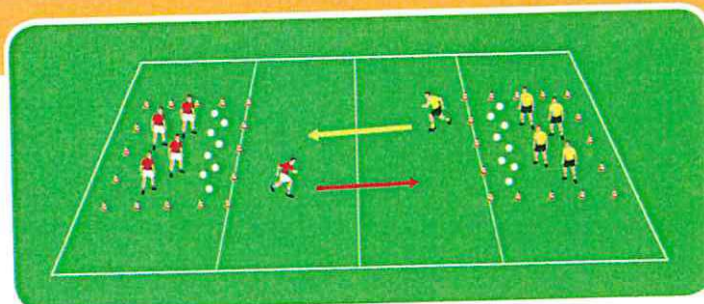
WHAT IT DEVELOPS: Accuracy and evasion



ROB THE GOAL

HOW TO PLAY: Set out two bases 50-100m apart • Put 8-10 footballs/sliotars at each base • Create two teams of equal number • Players have to run to the opponent's base one person at a time from each team • They pick the ball/sliotar up correctly (foot under the ball and jab lift or roll lift) • Players run back to home base while hopping and soloing the ball or sliotar and place the ball down • Teams keep stealing the opposing team's balls/sliotars until the whistle blows • The team with the most ball/sliotars win.

WHAT IT DEVELOPS: Soloing at pace, pick up at pace.



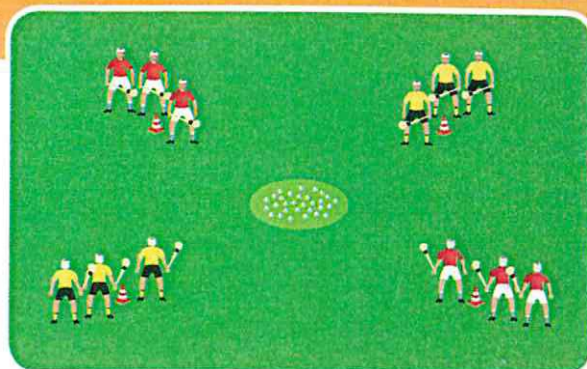
ROB THE NEST

HOW TO PLAY: 12 players split into 4 teams of 3 • In 60 seconds dribble as many sliotars as possible from the centre to your own area • When the centre is empty, take sliotars from other teams' areas & move clockwise back to own area

- Only collect one ball at a time
- Do not tackle other players
- Count which team has most sliotars after 60 seconds

PROGRESSION: Reduce the number of sliotars. Modify the size of the area

WHAT IT DEVELOPS: Dribbling, agility, & scanning

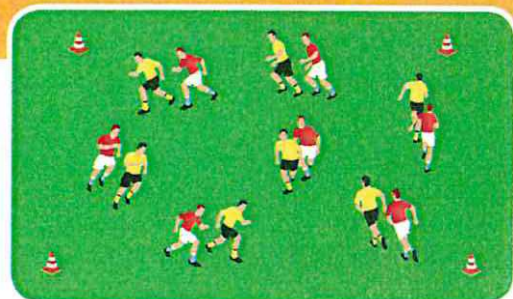


SHADOW RUNNING

HOW TO PLAY: Players work in pairs for 30 second periods • The lead player runs for 30 seconds with multiple changes of direction while the partner attempts to follow him/her • 30 seconds break after each bout of work • Players perform each role 3 times, i.e. 3 x leading & 3 x following

PROGRESSION: Get the lead player to carry a ball.

WHAT IT DEVELOPS: Agility & shadowing



SHARK TAG

HOW TO PLAY: Mark out a 10 x 20m rectangle with four cones • Create an "island" near each corner. Create a "ship" near the centre • Divide players into "sharks" and "sailors" • When the "sailors" hear "abandon ship" they run to an island without getting "tagged" by a shark • A tagged sailor becomes a shark • Sailors sprint back to ship, avoiding the sharks • Keep going until all the sailors have become sharks.

WHAT IT DEVELOPS: Speed and evasion

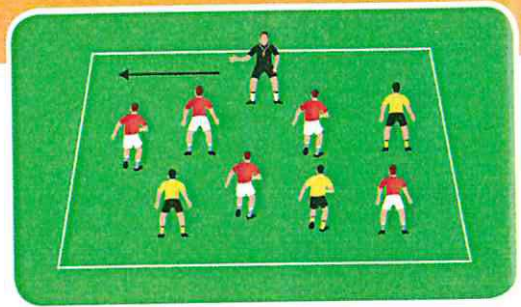


SIGNAL MAN

HOW TO PLAY: Players space out at random in a grid • Coach stands in front and signals with hands i.e. if s/he points to his left all the players move sideways to their right etc • If he points forward, all move back • Same as above but respond to audio commands i.e. 'Right', 'Left' etc • Challenge them to move the opposite way to the way pointed i.e. if the coach points behind him all move forward etc.

PROGRESSION: Introduce the ball and perform the bounce after each signal movement.

WHAT IT DEVELOPS: Reactions & thinking on your feet

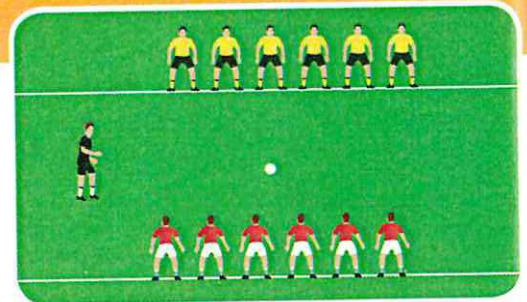


SNATCH THE BACON

HOW TO PLAY: Two teams line up opposite to each other • Each player has a number • Coach calls number and both players run to get the ball and returns hand pass to coach

PROGRESSION: Person who does not get the ball must defend player who got the ball and prevent him from returning ball to coach.

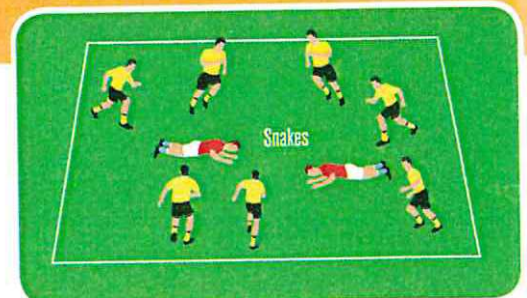
WHAT IT DEVELOPS: Speed & carrying



SNAKES IN THE GRASS

HOW TO PLAY: Create a small grid approximately 15x15m • All of the players should be inside the grid • The coach should designate two players to be the "snakes" by lying on their stomachs • Each of the players begin with one of their hands on the snakes in the grass • When the coach yells "SNAKE IN THE GRASS" the non-snake players attempt to avoid the snakes as the snakes attempt to slither around on their stomach and touch a non-snake player • As a player is touched, that player too becomes a snake • The activity continues until everyone is a snake

WHAT IT DEVELOPS: Evasion



STUCK IN THE MUD

HOW TO PLAY: Stuck in the mud is a classic game and is a great pulse raiser for any age • Two people are 'on' (that is depending on the size of the group – (my example is for a group of 15-23 players))

- They have to chase the people that are not 'on' and tag them
- When they have tagged another player who was not on, that person is 'stuck in the mud' • They stand with legs and arms out and they cannot move
- The only way to release them is if another person who is not stuck goes under the player that is stuck to free them
- They can go through the person's legs, or under their arms
- This continues for about 5-10 minutes or until everybody is stuck.

PROGRESSION: To increase the difficulty level, use more catchers.

WHAT IT DEVELOPS: Evasion and agility



SUBMARINES AND MINES

HOW TO PLAY: The main object of the game is that the runners will try to go from one end of the zone to the other end without being touched by the submarines' or the mines (participants who got tagged laying on the floor on their stomach) • 3 hula hoops are placed in centre of play area – 1 captain in each submarine (hula hoop) each with 2 balls – at the signal, runners must try to go across zone without being touched by ball (even if it touched the ground first); if they get touched, they become mines and lay on the floor on their stomach • The only way they can move is by pivoting on their stomach • They try to assist the submarines by touching the passing participants either with their feet or hands – the last 3 to survive become the submarines – the submarines' captains must be in their submarine while throwing and can run to fetch their balls but must come back in subs to throw again • Remember that with the 'go' signal, everyone is in play until they reach a safe zone at the other end of gym.

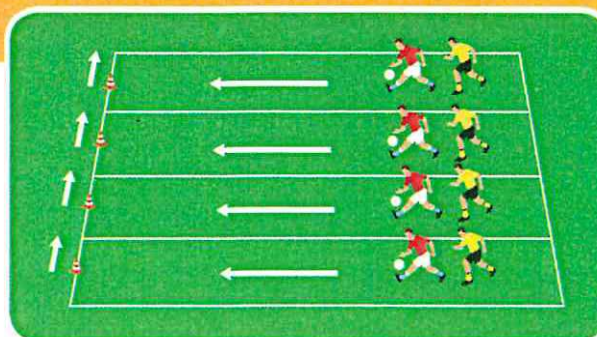
WHAT IT DEVELOPS: Evasion & agility



TACKLE YOUR IT

HOW TO PLAY: Split into two teams, one team chasing another team running away • The team running must have a ball and the chasing team must tackle the ball out of the players hand in order to catch them.

WHAT IT DEVELOPS: Disciplined tackling & evasion



TEAM BALL PASS

HOW TO PLAY: Mark out grids 7m x 7m (Larger 20m x 30m for kicking or striking) • 3/4 People in each grid • Make quick passes to your partners in the grid by sending the ball in a static position • After passing the ball player moves to find best possible free space • How many successful passes in a set time or 10 passes completed first

PROGRESSION: Number players 1 to 4. Start by No.1 passing to No.2 and so on.

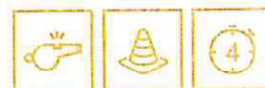
WHAT IT DEVELOPS: Passing & looking for space



TEAM TAG

HOW TO PLAY: Create a zone with cones and divide the players into two teams • Team 1 wearing the tags are 'it' and are timed to see how long it takes them to tag all other players • When tagged children are out • Repeat until every player has had a turn.

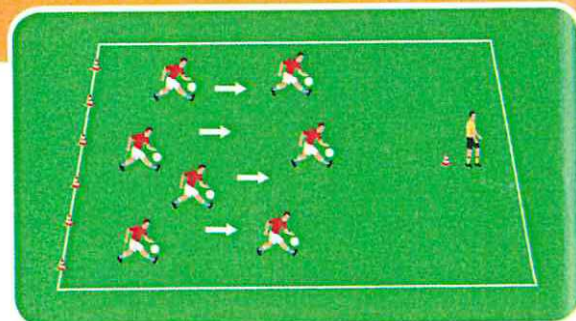
WHAT IT DEVELOPS: Agility and evasion



THE ICEMAN

HOW TO PLAY: Mark out a starting line at one end of the playing area • Kids line up across the starting line with a ball each • Put another cone out at the other end 15-20m and choose 1 kid to stand there without a ball, to be the Iceman • The iceman stands with his back to the other kids, facing the other way • Your aim is to solo the ball to the other side as quickly as possible – the first person to touch the cone next to the iceman wins • However, if the iceman turns around to face you, you must stop soloing and freeze with your ball • If the iceman sees you soloing your ball when he turns around, he points to you and you must take 3 steps back • The iceman turns around again to have his back to the class, and he turns back when he wants to after at least 5 seconds • Whoever touches the cone behind the iceman first, wins, and becomes the new iceman.

WHAT IT DEVELOPS: This game develops awareness and quick reactions.

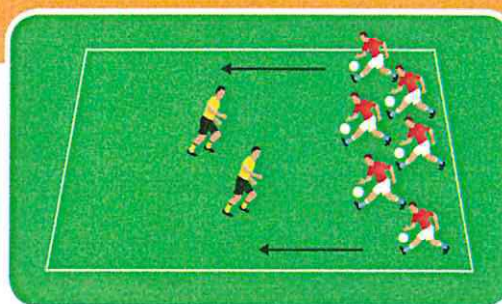


TO GUARD OR NOT TO GUARD

HOW TO PLAY: Mark out a grid 15m x 15m • Six players attempt to solo across the grid • Two players act as defenders and attempt to tag the soloing players • Once a player has been tagged they must leave the Game • The soloing players continue over and back until all have been tagged • Rotate the defenders and repeat the game

PROGRESSION: Increase the width of the grid to reduce the difficulty for the soloing players and vice versa

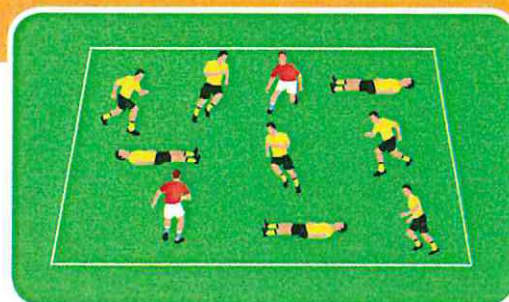
WHAT IT DEVELOPS: Carrying the ball & evasion



TURTLE FLIP CHASING

HOW TO PLAY: Assign a few players as catchers • The rest are turtles that are trying to avoid being caught • Once caught, players get down on their backs and pretend to be a turtle that has been flipped on its back • They can be freed by being flipped back up the right way by their team-mates.

WHAT IT DEVELOPS: Evasion & vision (looking for unturned players)



Target Games

The simplest form of game which challenges players to use accuracy and control to aim into or at a target. Players score when they successfully throw or strike an object closer to a target than their opponents. Players have lots of time to perform the task without any distraction from other players.



Aiming



Location



Releasing



Shot



Distance



Control



Trajectory



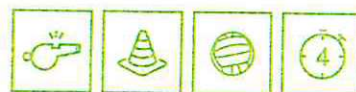
Velocity

ALL CONED OUT

HOW TO PLAY: 3 teams 3 footballs • 1 team attacking, 1 team defending, 1 team retrieving the footballs • 2 teams play inside the grid • The aim of the game is to work the opportunity to be able attempt to knock over the opponents cones with a kick-pass or hand-pass with the footballs available in the centre of the square • Each team is given 2 minutes to do this • The defending team attempts to put off the attacking team in their attempts to score • After 2 minutes all the teams rotate • Game is finished when each team has had 2 go's at each role

PROGRESSION: Use bean bags target instead of 2 cones. Hand pass only. Kick pass only

WHAT IT DEVELOPS: Passing, creating space, accurate kicks/hand passes at the target & defending

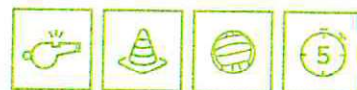


BOMBARDMENT

HOW TO PLAY: Area approx size of basketball court • Players attempt to knock down their opponents cones and attempt to protect their own cones • Players positioned in each half of the court, may move around more freely, but not outside their court • Players are not permitted in the five foot area containing the targets • Game commences with one player rolling the ball at the opposing team's cones • The winner is the team that first knock down all the cones of the other team

PROGRESSION: Hand-passing or kicking the balls.

WHAT IT DEVELOPS: Accurate kicks & blocking shots

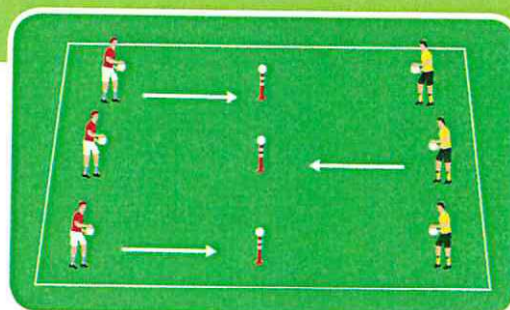


BULLSEYE

HOW TO PLAY: Split the gym or playing area into two halves • Create two teams • Each team is on their own half • Each team is split into two along both side-lines, with 3 cones between them • On the 3 cones are balanced 3 footballs as targets • Give all players their own ball • On the signal, players attempt to hand pass their footballs back-and-forth at the balanced balls to knock them off of the cones • First team to knock over all 3 balls wins the round • Set back up and repeat!

PROGRESSION: Use weaker hand

WHAT IT DEVELOPS: Accurate hand passing

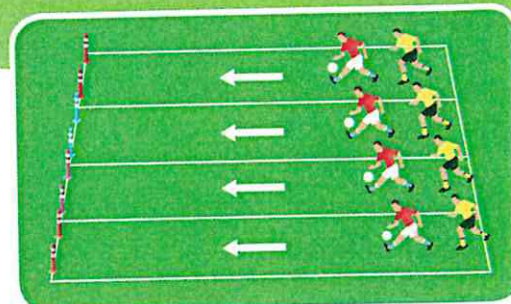


CATCH AND KICK IF YOU CAN

HOW TO PLAY: Split group into pairs • Player 1 in each of the pairs has possession of the ball • He attempts to run down the lane and kick through the goals • Player 2 attempts to chase him and stop him from doing so (token opposition) • Scoring: 1 point if you put it through the goals • 1 point if the chaser puts the kicker off

PROGRESSION: Have two players chase the kicker.

WHAT IT DEVELOPS: Accurate shooting on the run & shadowing

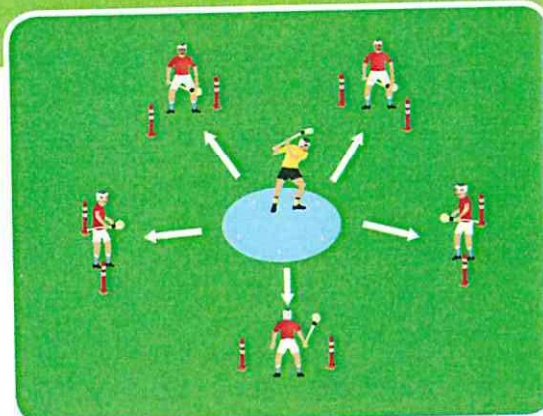


CIRCLE IN CIRCLE OUT

HOW TO PLAY: Layout as displayed • Man in the middle attempts to strike/score through the 5 goals • 5 players outside the circles attempt to block the middle man's scoring attempts • Change Player in the Middle after 1 minute • Encourage ground block position

PROGRESSION: Players on the outside 1 at a time strike the ball into the middle. Man in the middle attempts to block and stop all attempts.

WHAT IT DEVELOPS: Fast accurate shooting & blocking



CLEAR THE CIRCLE

HOW TO PLAY: Mark out circle 4m radius with cones as shown • Mark out 4 other circles 4m radius with domes as shown • Uneven teams 6 v 3 • Team of 6 are outside the circle, other 3 players are inside circle • Players inside circle, clear the circle by using the hook kick at targets • Outside players must retrieve balls and roll them back into circle • Reverse the roles after a set time

PROGRESSION: Vary different types of kicks used Punt Kick/ Hook kick.

WHAT IT DEVELOPS: Accurate hook kicking to different targets

