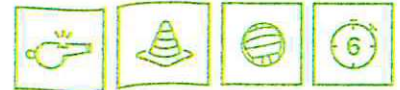
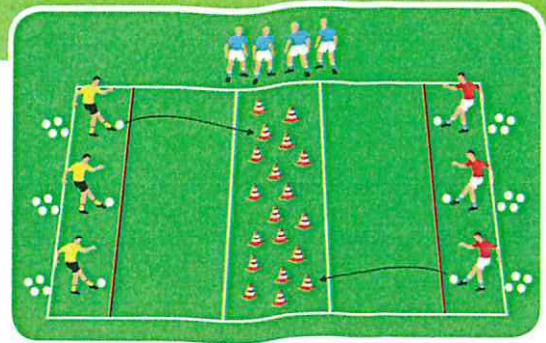


## CONE BOMBARDMENT

**HOW TO PLAY:** 3 Teams x 3/4/5 aside • No. Teams 1 to 3 • Large rectangle with 5 zones: A/E -10 x 5m; B/D 10m x 3m; C 10m x 3m • Place 10/15 cones in middle zone C for players in two outer zones A & E to aim at • Leave next 2 zones B & C as No Man's Land • Teams Nos. 1 & 2 go to outer zones A & C with 5 balls each • Team 3 remains outside the middle zone C to count and replace the knocked down cones • Change roles after 1 min. i.e. Team 1 go to middle zone C, while Team 3 go to outer zone E etc. Score - 1 point is scored for each cone knocked down in a set time Winner - Team with most points after 3 goes

**PROGRESSION:** Weak foot only.

**WHAT IT DEVELOPS:** Accurate and appropriate shot selection

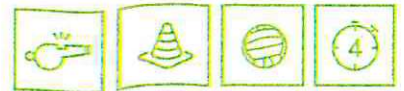
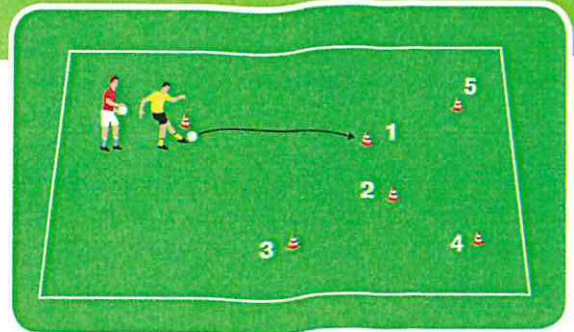


## CONE CROQUET

**HOW TO PLAY:** Two players are given six cones and their own football (or hurls) and get to set up their own playing area • One cone is selected as the "Start" location, and the other cones are numbered one to five • Players decide who will start the game by playing "rock-paper-scissors" • The first player then begins the game by standing at the "Start" location and kicking their ball in an attempt to hit cone #1 • Player's alternate turns kicking their ball • The goal of the game is to hit all of the cones in order before your opponent.

**PROGRESSION:** The start cone can be placed further away from the target cones. Players must use their weaker foot.

**WHAT IT DEVELOPS:** Accurate kick passing

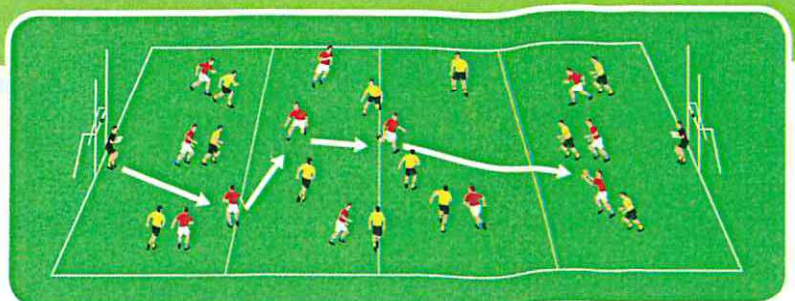


## END ZONE

**HOW TO PLAY:** In this game, two teams will compete in an attempt to work the ball from one end of the pitch to the other end using kick passes • The attacking team have four attempts to play a kick pass which is caught cleanly in the chest without touching the ground • If a clean catch the number of attempts taken is reset to zero and they have four more attempts to work the ball to their zone • If the attacking team fail to make a foot pass in four attempts then the defending team will take the ball themselves and try to work the ball up to their end zone • If the defending team intercept the ball then they will start again themselves under the same rules.

**PROGRESSION:** Increase number of passes needed to score.

**WHAT IT DEVELOPS:** Transition from defence to attack using kick passes



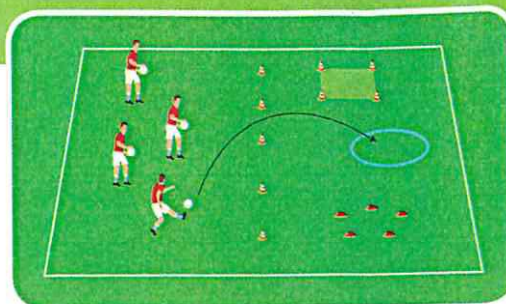


## FALLING ASTEROIDS

**HOW TO PLAY:** Divide your group into two teams and set up an area that is 20m in length and 10m in width • Mark out with a line of cones a half way point in the area. Instruct one of the teams to line up across one end of the grid • On the other half of the area, mark out three different zones with cones and/or hoops • Allocate different points rewards to the three zones • The players must attempt to kick or hand pass their ball into one of the zones in the other half of the area • If the ball lands in one of the zones, that team will get points according to whatever points tally you have attributed to the zone • Each person on the team will get three attempts each and the team's points will be tallied up • Following on from this, the opposition team will play to see if they can beat that score.

**PROGRESSION:** To progress this game, the coach can make the zones smaller or make the distance required to reach the zones longer. The coach can also instruct two of the opposition players to attempt to stop the footballs landing in the zones.

**WHAT IT DEVELOPS:** This game develops accurate kicking and hand passing.

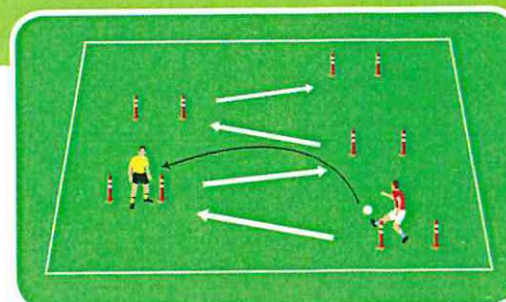


## FIND THE GOALS

**HOW TO PLAY:** 10 players in pairs • Each pair sets out two cones 1m apart and attempts to punt kick the ball to each other, using the cones as goal-cones • Pairs then move and repeat this working their way around the five sets of goals • The course is complete when a goal has been scored through each set of goals

**PROGRESSION:** Increase distance. Increase the width. Use weak foot.

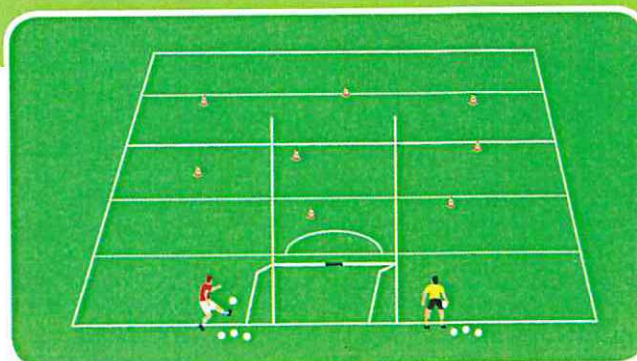
**WHAT IT DEVELOPS:** Accurate shooting/passing



## FREE/SIDELINE TAKING DUEL

**HOW TO PLAY:** Free taking Duel: Arrange 8 cones at random between 21m and 55m lines with pairs waiting behind goals to strike balls out into field • Players in pairs take two frees at each cone, starting closest to goals • Keep your score • Sideline Cut Duel: Cones along both sidelines from 13m to 45m lines • Players in pairs take two sideline cuts from each cone

**WHAT IT DEVELOPS:** Accurate free taking & sideline cuts



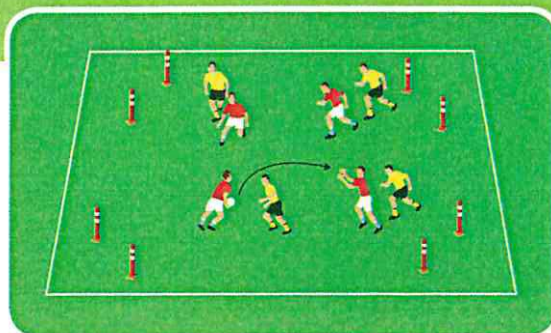


## GATES GAME

**HOW TO PLAY:** Set up a square with four gates inside, split players into two teams • The objective is to run, kick pass or hand pass through any of the four gates • The coach should encourage the players to look up and be aware of space throughout the grid in order to exploit the least protected gate.

**PROGRESSION:** Remove one gate. Encourage one player to

**WHAT IT DEVELOPS:** This creates the habit of switching the play in players which is essential in breaking down mass defences in the modern game.

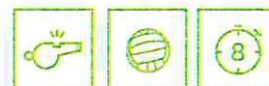
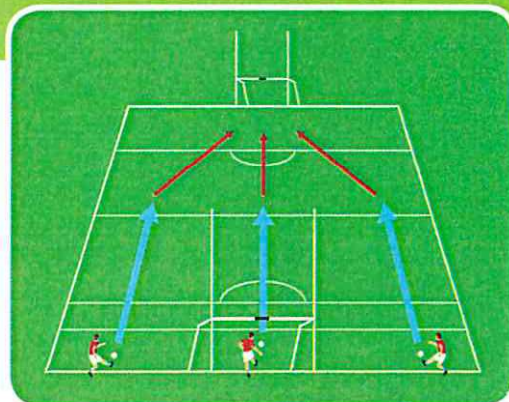


## GOING FOR DISTANCE

**HOW TO PLAY:** In this game, the coach will position the players on one end of the field • Every player will then attempt to strike the sliotar or kick the ball the length of the field in as few strikes/kicks as possible.

**PROGRESSION:** Lengthen the playing area. Players have to use weaker side/foot.

**WHAT IT DEVELOPS:** This game will emphasise the importance of the practising long kicking and striking to the players.

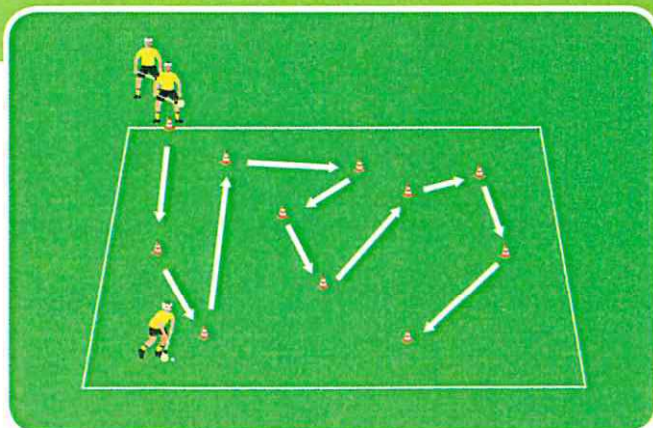


## GOLF HURLING

**HOW TO PLAY:** Players are in pairs • Mark out 10 holes • One player dribbles the sliotar through the 10 holes • Sliotar must stay on the ground • The other player counts the number of strikes it takes to complete the course • Players then swap roles

**PROGRESSION:** Use weak side only.

**WHAT IT DEVELOPS:** Dribbling & close control



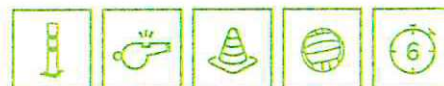
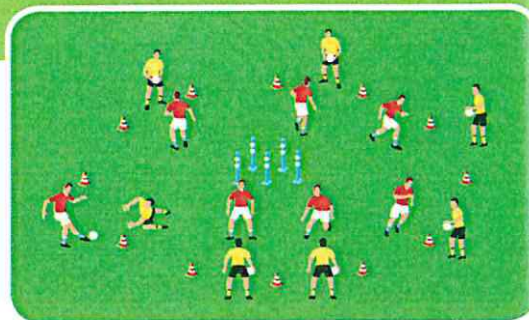


## GUARD THE YARD

**HOW TO PLAY:** Mark out a large circle of cones about 8-10m wide • Put the balls around the outside of the circle • Put the targets in the middle of the circle which can be knocked down – e.g tall cones, pins • Have everyone stand around the outside of the circle • Choose 5-6 players to stand in the middle of the circle around the targets as defenders • When the coach blows the whistle, the players on the outside of the circle must try and kick the balls and knock over the different targets inside the circle • The players inside the circle can try and block the balls and prevent the targets from being hit • All of kickers must be outside of the circle before taking their shot • The game keeps going until all the targets have been knocked over • Play multiple rounds, swapping defenders in the middle in the process.

**PROGRESSION:** Players must use their weaker foot. Increase the number of defenders inside the circle.

**WHAT IT DEVELOPS:** This game develops accurate kick passing.

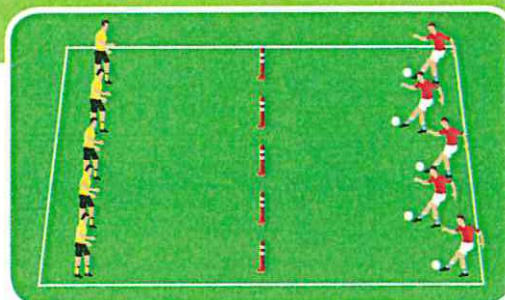


## HIT THE CONE

**HOW TO PLAY:** Players are paired off about 20 metres apart • In between each pair is a pole/ cone or a pole with a cone on top of it • Every time a pole/cone is hit or a cone is knocked off a pole the player who kicked the ball gets a point • The pair with the most points wins

**PROGRESSION:** Weak side only. Increase distance from cone/pole.

**WHAT IT DEVELOPS:** Accurate kicking

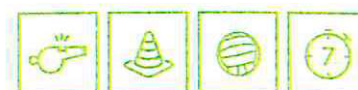
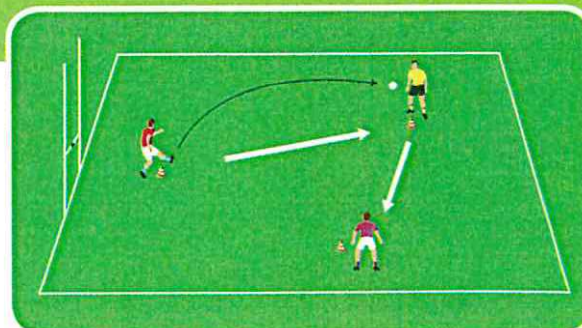


## KICK AND TACKLE

**HOW TO PLAY:** This game involves three players in a group • Players stand 20/30 yards from one another • Player 1 kicks the ball to player 2 and immediately follows the pass to try and tackle the player receiving the ball • The player who receives the ball will then look to try and pass to the third member of the group before being blocked • As soon as the passer gives the ball, they become the tackler • Player 3 should be looking to kick for a point.

**PROGRESSION:** Players can only kick with their weaker foot

**WHAT IT DEVELOPS:** This game develops accurate kick passing and disciplined tackling.



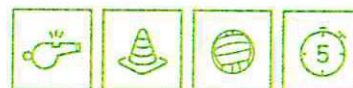
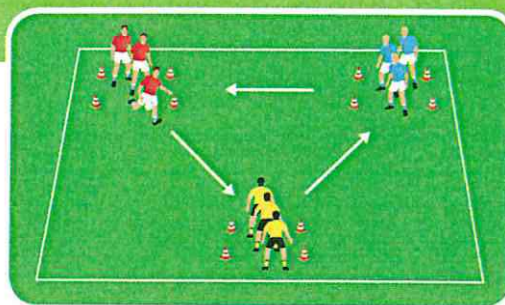


## KICKING ROUNDERS

**HOW TO PLAY:** 3 groups in grids 15-20m apart • Players kick ball to partner in next grid • 3 partners-3 kicks completed and the ball is kept off the ground = 1 score

**PROGRESSION:** Grids Further apart. Use smaller balls (tennis ball). Turn on call, receive the ball. Time limited for the game. Use the other foot.

**WHAT IT DEVELOPS:** Accurate direct kick passes

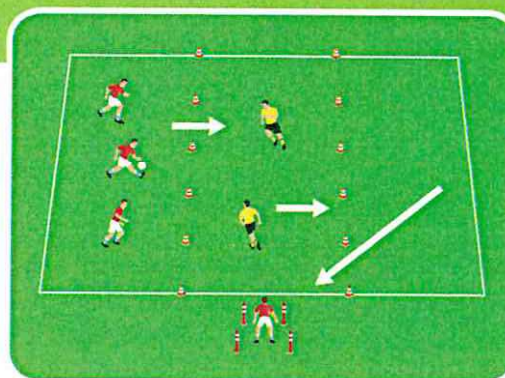


## KICK TO ZONE

**HOW TO PLAY:** Divide a square area into three equal rectangles • Either side of these rectangles, set up a small square about 20 yards outside of these rectangles • In the rectangles, there will be three attackers' vs two defenders • They must work the ball from the first rectangle to the third one by passing through the middle rectangle • In each of the rectangles one pass must be made before moving on to the next rectangle • Once the attackers have completed the final pass they must then look to complete a kick pass to one of their teammates but the caveat is that the receiver of this kick pass inside the small square outside the rectangles.

**PROGRESSION:** The kick pass given must be with weaker foot.

**WHAT IT DEVELOPS:** Timing of runs and the weight of the pass

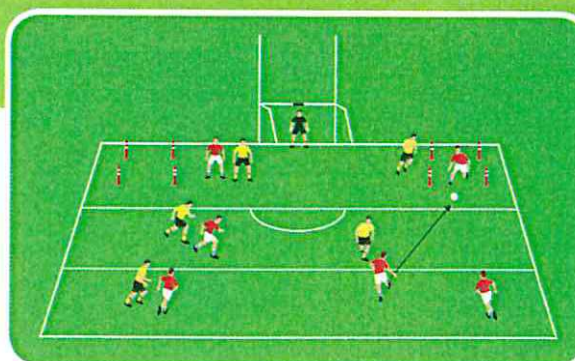


## LOW BALL INTO THE CORNER FORWARD

**HOW TO PLAY:** In this game, you will set up two small squares either side of the goalposts from the end line to the 14m line • The attacking team can only score after they have played a ball into one of their full forward line and the forward has taken the ball inside the designated small squares • After that the attacking team are free to play the ball as they wanted • However, the coach should emphasise the importance of running off the shoulder to create a goal scoring opportunity after the corner forward has received the ball.

**PROGRESSION:** The coach can set a 5 second limit on the ball being delivered to the corner forward or make the area smaller for the corner forward to run into.

**WHAT IT DEVELOPS:** Early delivery to forwards and off the shoulder running.



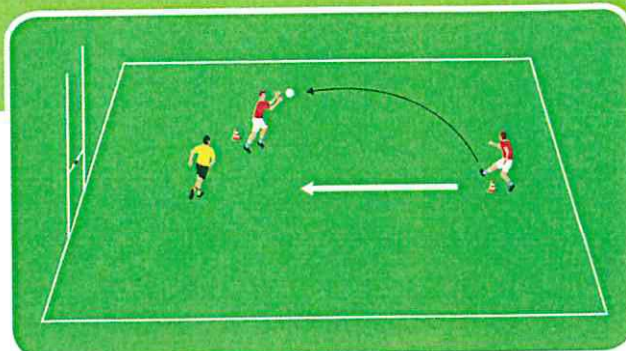


## MAKE THE MOST OF THE EXTRA MAN

**HOW TO PLAY:** In this game, the players will split into groups of three • One player will act as a defender and another as the 'receiver' • The third player will begin 30 metres from goal and will play the ball to the 'receiver' • The receiver will then have the choice between taking a shot on goal himself or passing it to the on rushing passer who has joined the attack since passing the ball • All players should rotate and run through one play each play in each of the roles.

**PROGRESSION:** This game can be extended to have 3v2, 4v3 etc.

**WHAT IT DEVELOPS:** This game develops good decision making in attacking scenarios.

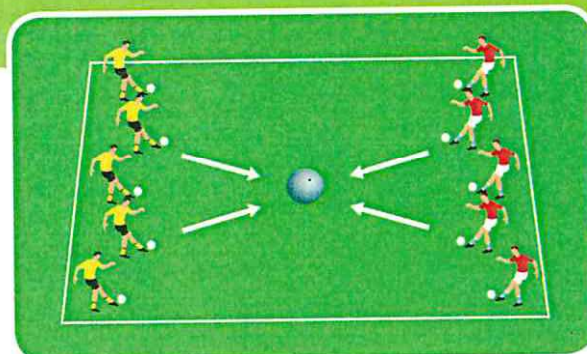


## MONSTER BALL

**HOW TO PLAY:** The group is divided into two teams • Each team sets up on one side forming a large square • The yoga ball is placed in the middle and the footballs are distributed equally between the two teams • On the signal the players will try to move the yoga ball towards another team's side only by kicking the footballs at it • Players may only kick the footballs when they are standing on their side-line • Players may leave that line to pick up footballs but they must bring them back to their line before kicking the balls.

**PROGRESSION:** Use weaker foot

**WHAT IT DEVELOPS:** Accurate kick passing

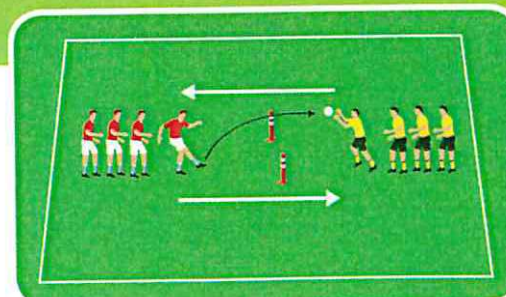


## MOVE THE GOALS

**HOW TO PLAY:** Create two lines of four, facing each other • The first person in one line, attempts to kick the ball through a set of poles • After a player makes a pass, he/she runs to the back of the other team's line • The player who receives the pass may only touch the ball two times (i.e., control then pass) • After everyone has switched sides, move the poles closer together • Continue until the poles are barely the width of the ball • Challenge teams to see how quickly they can complete the task together

**PROGRESSION:** Use weaker side.

**WHAT IT DEVELOPS:** Ball control, first touch & accurate passing

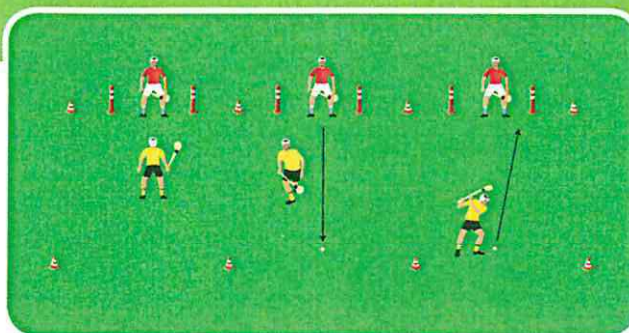




## PLAY IT BACK

**HOW TO PLAY:** In pairs one player stands in front of the other player • Channels are marked out using cones • The goalkeeper throws the sliotar through the legs of the player standing in front of him out in front of him • The striker sprints out and try's to strike for a goal behind him • Players cant stop the ball to take the shot • 1 point awarded if your score a goal • 2 points awarded if score using your non-dominant side

**WHAT IT DEVELOPS:** Reactions, striking on the move & goalkeeper saving low shots

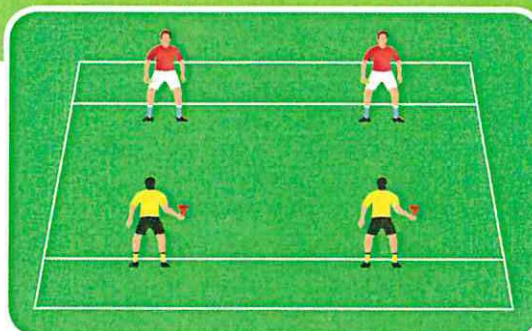


## SERVE UP THE ICE-CREAM

**HOW TO PLAY:** Get your players into pairs • Each pair will need a tennis ball and a tall triangular cone • The players will stand face to face about 2-3m apart, standing at a cone each • 1 player has a ball and the other has the triangular cone • The player with the ball will attempt to hand pass the tennis ball into their teammates cone and the catcher will attempt to catch the tennis ball in their cone • After ten throws, switch roles • Each pair will get 1 point every time they successfully catch the ball in their cone.

**PROGRESSION:** Use weaker hand when hand passing

**WHAT IT DEVELOPS:** Accurate hand passing & reactions

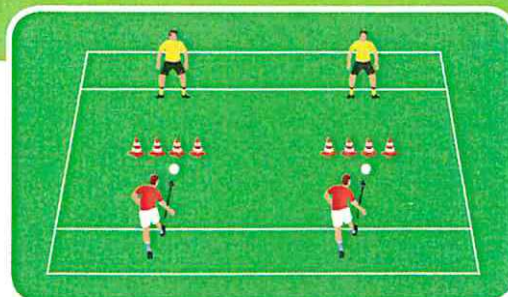


## SKITTLES

**HOW TO PLAY:** Two players face each other with a set of cones in between • Players stand a designated distance back and try to knock the cones with the ball/sliotar • Award one point if skittle is hit, 2 if it is moved and 3 if it is knocked down • Players must replace skittle if it's knocked over

**PROGRESSION:** Increase the distance. Reduce the number of cones. Add a defender to guard the skittles.

**WHAT IT DEVELOPS:** Accurate kicking/striking & shot selection



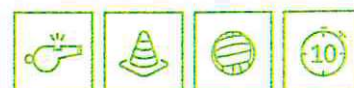


## TARGET MAN

**HOW TO PLAY:** Set up a pitch with three different zones • Two of the zones will be from the endline to the 21m line on either end of the pitch • This will be called the Target Zone • The middle zone will run from the 21m line of one end of the pitch to the 21m line of the other pitch. In each of the 'Target Zones' will be one attacker and a defender accompanying them • The rest of the players will have to work the ball in their zone and try to deliver fast early ball into the target man in the 'Target Zone' and then from there try to work a score.

**PROGRESSION:** Make the zones for corner forwards smaller and/or only give 5 seconds for ball to be played into zone once play has begun.

**WHAT IT DEVELOPS:** Early ball and running off the shoulder.

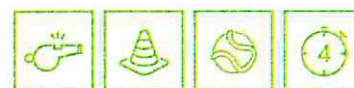
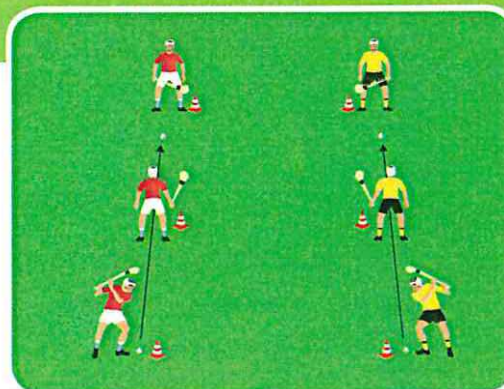


## THROUGH THE LEGS

**HOW TO PLAY:** In groups of 3 • One ball starts at the end of the line • Middle player stands with legs apart • End players attempt to strike the sliotar through the legs of the middle player • If the sliotar passes through the legs the middle player swaps positions with the player who struck the sliotar

**PROGRESSION:** Increase the distance between players.

**WHAT IT DEVELOPS:** Accurate passing



## TOWER BALL

**HOW TO PLAY:** 4 objects are set up as targets within a circle • Players are not allowed to enter the circle • One team defends the targets while the attacking team tries to knock down the targets using kicking skills (more than one ball is being used at a time) • Once all the objects are knocked down the team switch roles

**PROGRESSION:** Reduce the size and/or number of targets.

**WHAT IT DEVELOPS:** Accurate kicking & blocking kicks



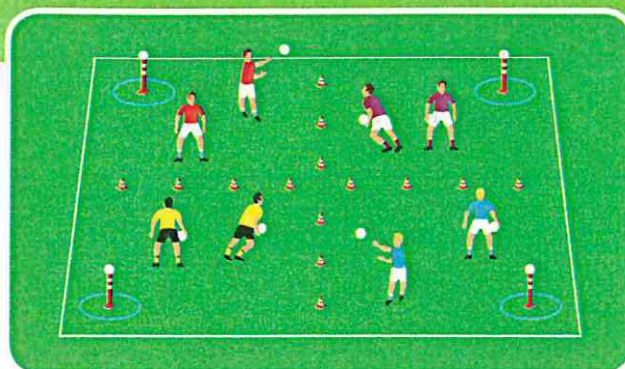


# WARBALL

**HOW TO PLAY:** In this game, 4 teams will each receive a corner piece (or quadrant) of the playing area and guard their base (football on top of a cone, inside a hula hoop) while at the same time trying to knock down the other teams • Using footballs players will do their best job trying to hit the target using a hand pass – not the other players • Another game with lots of action and lots of fun for any team.

**PROGRESSION:** The players must use their weaker hands when hand passing

**WHAT IT DEVELOPS:** Accurate hand passing





# Court Games

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.



Timing the shot



Where to shoot



Shot Type



Spatial awareness



Covering the angles



Reaction

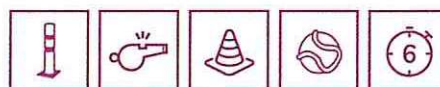
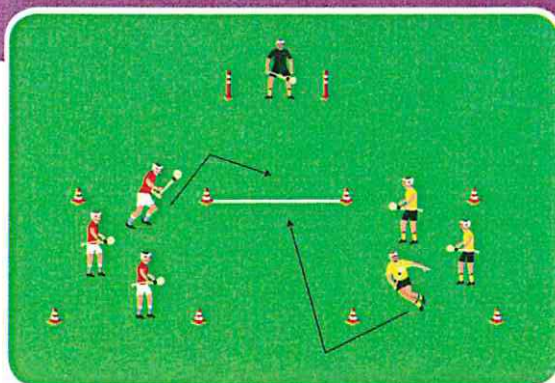


## BE ON YOUR GUARD

**HOW TO PLAY:** 7 players in a group • 3 attackers in one area • 3 defenders in one area • Both defenders & attackers pass sliotars to each other in their areas • 1 goalkeeper, moving the goals • One attacker moves out of their area with a sliotar and tries to score • The attacker must cross the white line before shooting • One defender spots the danger and leaves the front of their area to stop the attacker scoring • After 3 goals defenders & attackers swap areas

**PROGRESSION:** Progress to 2 v 2 situations.

**WHAT IT DEVELOPS:** Quick passing, accurate striking & tackling

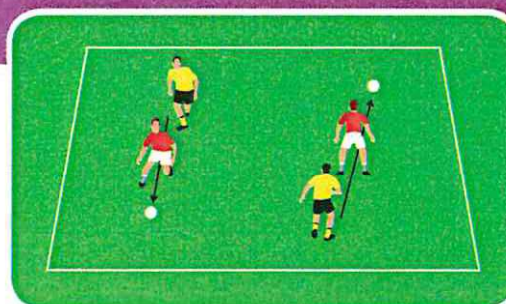


## BRIDGE BALL

**HOW TO PLAY:** Divide the players into pairs, one ball per pair • The player without the ball finds space and stands still with their legs wide apart • Their partner rolls the ball under their legs from behind so that they must chase and lift it as it moves away

**PROGRESSION:** Perform the pick up under pressure.

**WHAT IT DEVELOPS:** Picking the ball up while moving & finding space

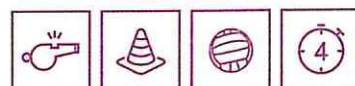
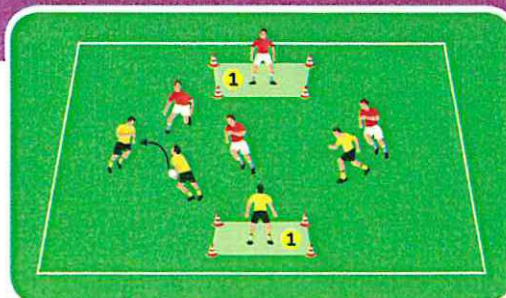


## CAPTAINS BALL

**HOW TO PLAY:** Two equal teams of 4 • Number the players from 1-4 • Position 1 player (captain) from each team into a scoring box • Using a hand pass players attempt to get the ball to their captain in the box • Rotate the captaincy

**PROGRESSION:** Put an opponent beside the captain. Reduce the size of the grid. Increase the size of the teams.

**WHAT IT DEVELOPS:** Quick & accurate hand-passing



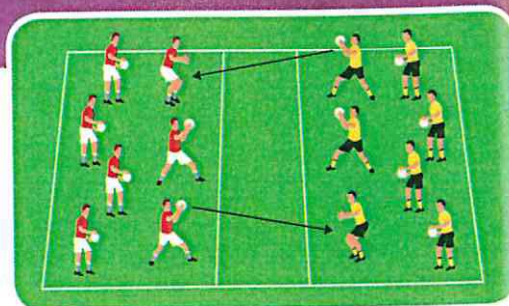


## CHUCK IT OUT

**HOW TO PLAY:** Mark out grid as displayed • 2 zones 20m x 30m with a 'River' 5m in length in the middle • 10-15 players on each side • Each player has a ball • Each player must attempt to dodge the opponent's ball and throw his own ball • Each player has 5 lives • If hit you lose a life • Can't cross the river

**PROGRESSION:** Right hand only. Left hand only.

**WHAT IT DEVELOPS:** Dodging, evasion & vision

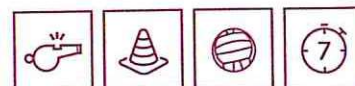
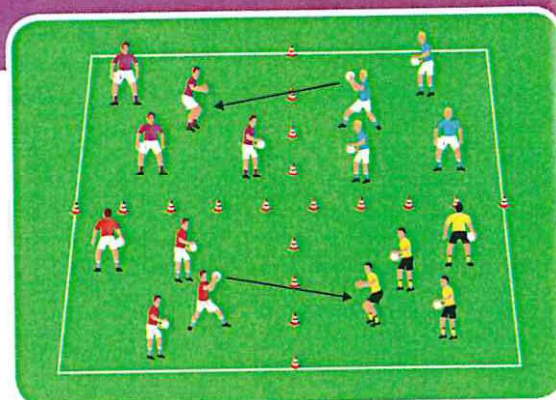


## CORNER FORWARD DODGEBALL

**HOW TO PLAY:** Corner Forward dodgeball starts with 4 teams in their corners • When players are hit, they join the team that hit them • If one team is left with no players, the space opens up for another team. Lots of action, dodging and hand passing • Divide the area into 4 playing areas using cones • Create 4 even teams • Whenever a player is hit, he joins the team who hit him (so players are constantly changing teams) • If one space has no players left in it, take the cones away to open up a bigger space for a different team • Play until there's only 1 team left!

**PROGRESSION:** Encourage players to hand pass with their weaker hands to make this game more difficult!

**WHAT IT DEVELOPS:** Accurate hand passing and agility.

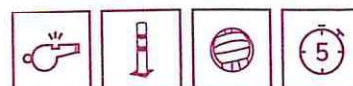
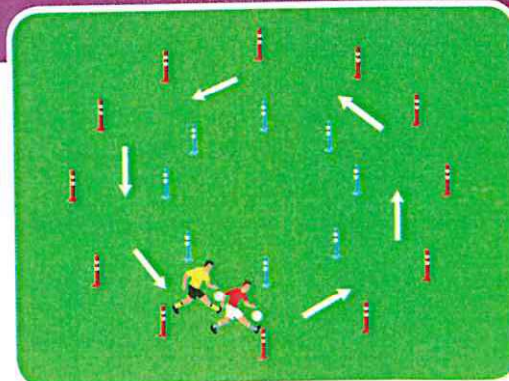


## CRAZY SLALOM

**HOW TO PLAY:** Divide players into pairs • One ball each • Start at starting line & on coaches whistle solo the ball around the track at full speed • First player through the finish line wins • Players must stay within the cones and return to the start if they go outside • Change opponents each time

**PROGRESSION:** Reverse /change direction. Attackers and defenders rotated.

**WHAT IT DEVELOPS:** Soloing at pace & turning with the ball



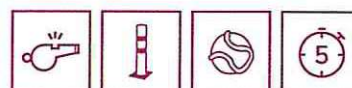
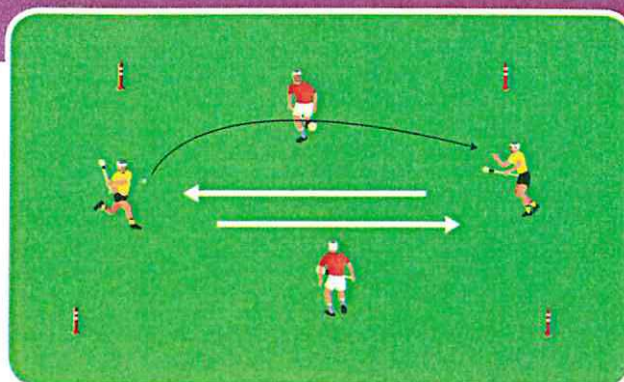


## CROSSFIRE

**HOW TO PLAY:** Mark out a grid as shown (6m x 6m) • 2 players act as strikers and 2 players act as defenders • The strikers attempt to pass to each other as many times as possible across the grid evading the interception attempts of the 2 defenders • The defenders alternatively attempt to intercept the pass by reading the path of the pass and sliding in to intercept or block

**PROGRESSION:** Defenders move to the opposite side. Use two sliotars.

**WHAT IT DEVELOPS:** Smart passing, timing & blocking

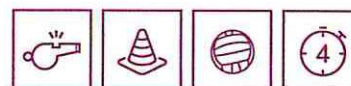


## DODGE THE GAUNTLET

**HOW TO PLAY:** Create a rectangular playing area and divide it up into four corners using cones • In addition, set up a running channel straight through the middle of the rectangle • Divide the players into four teams and place each team into one of the four corners • Using soft balls, a game of dodgeball will start where the players will attempt to hand pass the ball and hit the opposition players below the waist • When a player is hit, he must enter the running zone and successfully run from one end back to the other without getting hit, and then he can re-join his team.

**PROGRESSION:** Use weaker hand to hand pass. Lengthen running zone. Increase number of hand passers.

**WHAT IT DEVELOPS:** Speed, agility, accurate hand pass to moving player.

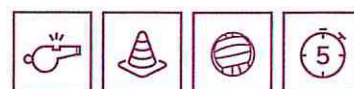
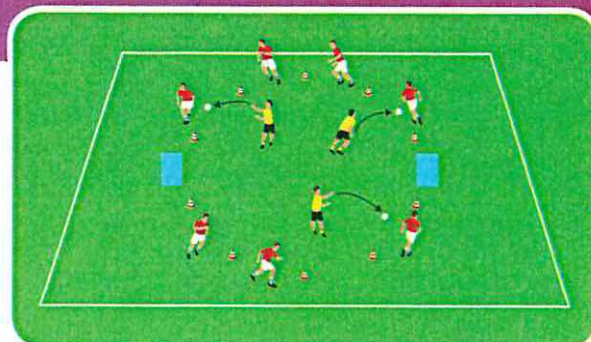


## DODGE THE HAND PASS

**HOW TO PLAY:** Players travel along the perimeter of the gym, and are able to stop at safe zones on the ends to catch their breath • Start with two safe areas (mats work well) • Those are areas where players can't get hit by a ball, but can only stay for a few seconds • All players except for the hand passers will travel around the perimeter in the same direction • The hand passers in the middle will try to hit the runners • When a runner is hit, he becomes a hand passer in the middle • Hand passers can leave the middle circle only to get a ball • They must throw the balls from inside the circle.

**PROGRESSION:** Make the safe zones bigger so those who are hand passing have to be quicker and more accurate with their attempts. Make the safe zones smaller or remove entirely so runners have to be more agile and aware.

**WHAT IT DEVELOPS:** Agility, Speed, Accurate hand passing.



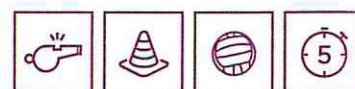
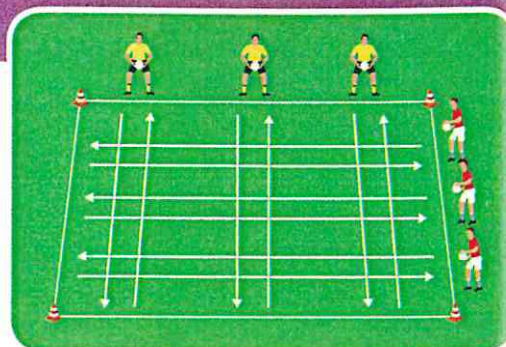


## DOWN AND BACK

**HOW TO PLAY:** Mark out a 20m x 20m grid • Players are split into two groups • Each player has a ball • On the coaches call players carry the ball to the far side of the grid and back to their starting position as quick as possible • Players should avoid collisions with each other and maintain control of the ball while moving at speed

**PROGRESSION:** Increase the number of players moving in each direction.

**WHAT IT DEVELOPS:** Carrying the ball at pace & peripheral vision

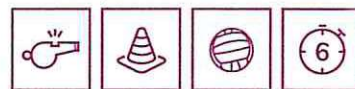
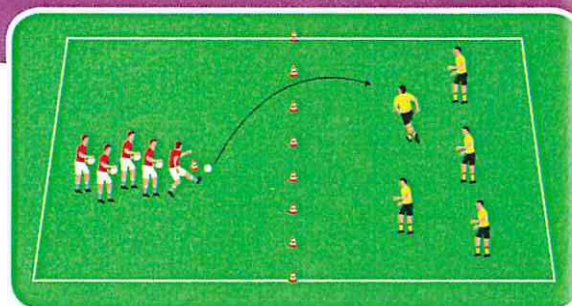


## ESCAPE THE PRISON

**HOW TO PLAY:** Divide your team into two groups • Mark out a court with cones • Place 2 cones on one half of the area about 3 metres from the centre line • Organise one team (kickers) to line up on one end of the area with a ball each • The other group (Catchers) start spread out on the other side and are in 'prison' • The players with the ball one at a time kick their ball into the other side • The catchers on the other side of the ball attempt to catch the ball as it comes over the net • If your ball is caught, you join the other side and go to 'prison' • If a player catches a ball, they are free from prison and can join the other side and join the kickers • If you kick your ball over successfully without it being caught you can collect your ball and join the line • Keep going until there is a winner, that is 1 person left and everyone else in prison.

**PROGRESSION:** Players will kick with their weaker foot. Coach can lengthen the distance required to reach the other side.

**WHAT IT DEVELOPS:** Accurate kick passing and catching ability

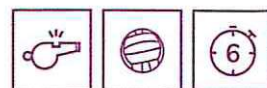
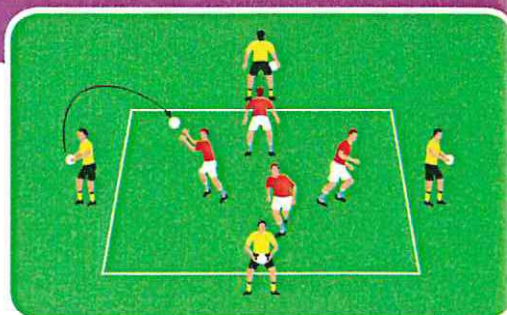


## FIRE BALL

**HOW TO PLAY:** Players with the ball turn and face the opposite way • The other players stand and wait for the ball to be thrown into the square • The ball is thrown under-hand into the square as high as possible • Awaiting players move and catch the ball • If you drop the ball you lose a life change each time

**PROGRESSION:** 3 throwers and 4 catchers.

**WHAT IT DEVELOPS:** High catching & reactions



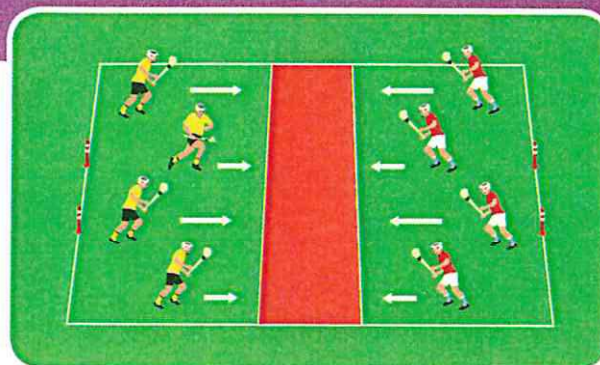


## FIRE ZONE

**HOW TO PLAY:** Set up grid as is shown • The central zone (in red) is the fire zone • Split players up into even teams either side of the fire zone • 4-6 players each side • 1 team on one side of the grid is in possession of a sliotar per player • The aim of the game is that both teams advance into the 'Fire Zone' • The attacking team in possession of the sliotars attempt to strike the ball and score through the goal at the back of the grid • The defending team without the sliotars attempt to block these attempted scores with a frontal block 3 goals

**PROGRESSION:** Each player with a ball. Use two balls each.

**WHAT IT DEVELOPS:** Striking on the move under pressure & blocking shots

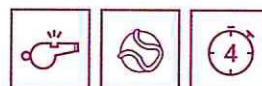
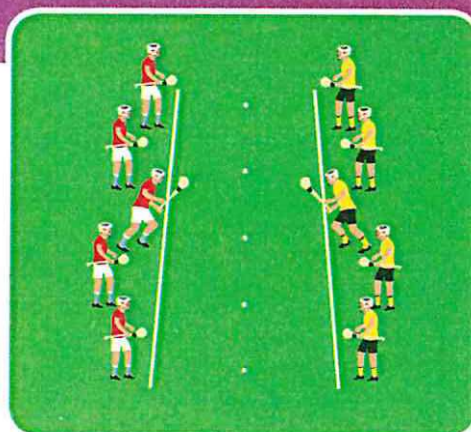


## FLICK THE FLIES

**HOW TO PLAY:** Draw two parallel lines of 4 metres distance two players facing each other on the parallel lines • Put a ball in the middle (2 metres distance) • Execution: the winner is the player who flicks the ball away first • Each flick reward is 1 point • Set player to execute from ready position to flick action, using your thumb and finger as a spring

**PROGRESSION:** Move to different positions. Change partners.

**WHAT IT DEVELOPS:** Flicking the sliotar quickly

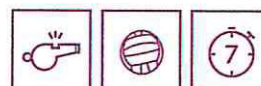
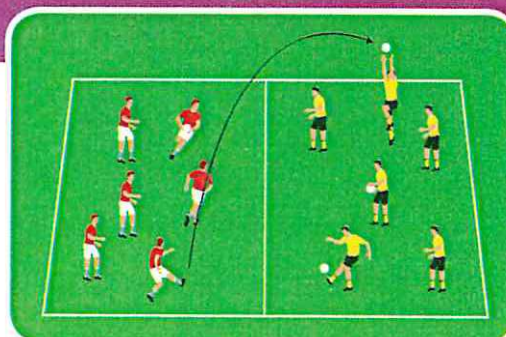


## FOUR BALL BATTLE

**HOW TO PLAY:** Divide players into 2 teams, each team with two footballs • Each team must attempt to kick ball into the opponents grid • If all footballs are in one grid, the team with no footballs gets 1pt

**PROGRESSION:** Award 2pts for high catch and 1 pt for body catch. Weak foot only. Place goal in opponents square to shoot into.

**WHAT IT DEVELOPS:** Quick kicking, catching & handling



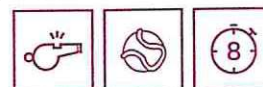
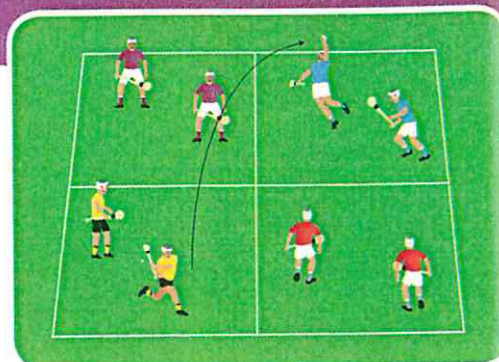


## FOUR SQUARED HURLING

**HOW TO PLAY:** In this game a 20m x 10m square playing area is split into 4 squares using a net or cones. There are 4 pairs/teams playing at the same time. Teams enter the game from the number 4 square and aim to make it to square number 1. The team in square 1 flick a tennis into another square to begin the game. Teams can flick the ball into any of the opposing team's squares. If the tennis hits the ground the point is over and the losing team moves to Square 4. The other teams move up a square. The pair/team have to keep the ball from hitting the ground inside their square and must make one pass to their teammate before flicking it to another square.

**PROGRESSION:** To progress this drill, players take turns being the active player on the court. Partners wait outside the playing area until their partner has sent the ball away. As soon as that happens, partners exchange roles. The partner coming onto the court must quickly position themselves in the middle of their playing area.

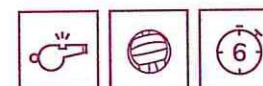
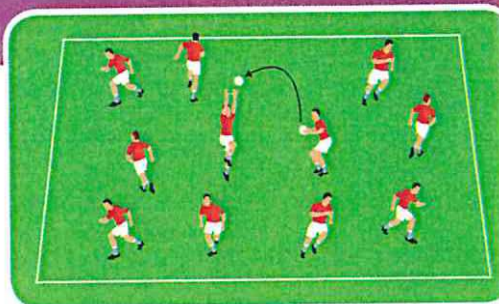
**WHAT IT DEVELOPS:** This game promotes good first touch and spatial awareness in order to best exploit gaps in other team's squares.



## FROZEN BALL

**HOW TO PLAY:** Skill: Catching. Half or full basketball court size. A passing or catching game for 10-15 players in which the object is to lose as few lives as possible. Game continues until one player has lost all three lives. Players are either numbered in sequence or their names are used. Game starts when a player in the centre kicks or throws the ball in the air and calls a number or a name. Player named runs to gather the ball, remainder scatter. Player holds ball above his/her head and calls FREEZE. All players must stop immediately and stand still. Ball is hand-passed at nearest player. A hit means target player loses a life, a miss means thrower loses. The target players may not move their feet, but may attempt to catch the ball. Thrower loses a life if the ball is caught. The player who loses a life restarts play in the centre.

**WHAT IT DEVELOPS:** Catching, accurate hand passing & decision making



## FROZEN WALL BALL

**HOW TO PLAY:** Two teams of 8 aside. All other players lined up along outside of 'wall' 2v2 in middle trying to get the ball to end player to score a goal. Players may use outside 'wall' players to assist in moving ball – ('Wall players may not move). Hand passing only no tackling (Intercept only).

**PROGRESSION:** Wall players may move along the straight line.

**WHAT IT DEVELOPS:** Hand passing, vision & decision making



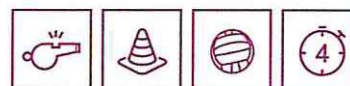
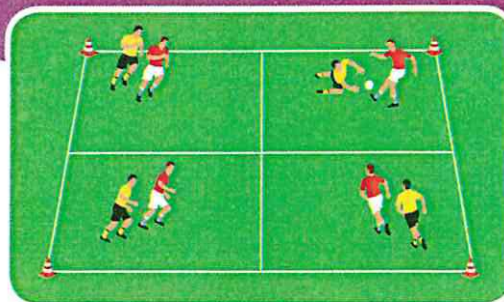


## GRID BLOCK

**HOW TO PLAY:** Mark out a grid approx 40x20m using cones • Divide the grid into 4 sections • Divide the players into 2 teams of 4 (one player per section) • The players attempt to retain possession by kicking the ball from section to section • The opposing team attempt to block the kick attempts • If the kick is successful, that team must be allowed to retain possession • Continue the game for a set period of time

**PROGRESSION:** Initially allow the players to pass either in a clockwise or anti-clockwise fashion: as the play progresses, allow the ball to be played in any direction.

**WHAT IT DEVELOPS:** Accurate kick passing, catching & blocking

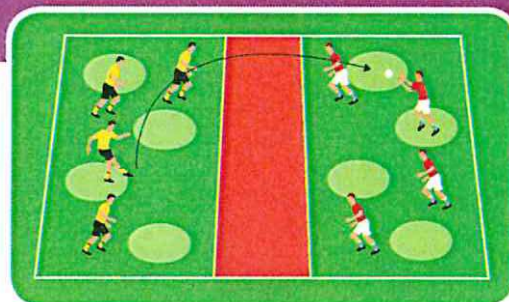


## HIT THE CORNERS

**HOW TO PLAY:** Mark out a grid for 2 teams of 4 with a "road" separating the two sides • Mark out 4 circles (targets) on each side • Teams aim to kick pass the ball into one of the opposition's circles in order to score • The defending team must try to catch the ball before it bounces in one of their circles in order to prevent a score

**PROGRESSION:** Increase the width of the road. Reduce the size of the circles.

**WHAT IT DEVELOPS:** Accurate kicking, kick selection, high catch & vision

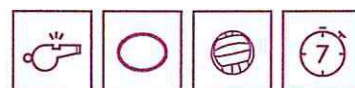
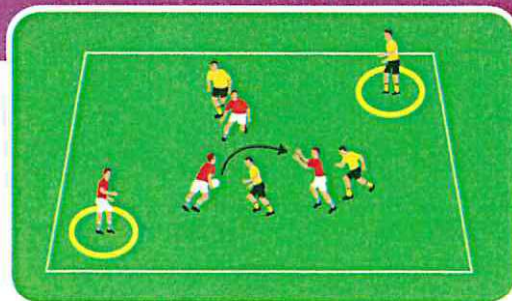


## HOOPSTER

**HOW TO PLAY:** Place two teams of four to six players in a specific area (e.g. badminton court) • Place hoops at both ends of the playing area • One player from each team (the hoopster) stands inside a hoop • Players advance the ball by passing to each other • Players must pass within five seconds and can take a maximum of three steps with the ball • Players previously decide what type of throw will be used for the final pass to the hoopster (e.g. underhand pass) • Switch hoopsters after each point is scored • Use basketball style defence

**PROGRESSION:** Increase number of hoops.

**WHAT IT DEVELOPS:** Hand passing & creating space



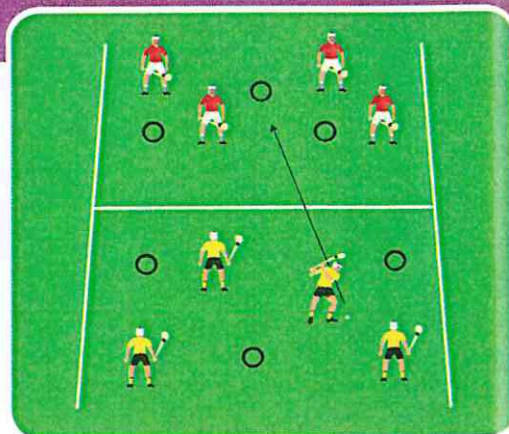


## HOT SHOT (TENNIS HURLING)

**HOW TO PLAY:** Two teams of 5 players • Game is played all on the ground • No goals required • Each side tries to keep the ball moving over the border line • Players may not cross the border • 5 points are awarded if ball goes out of the grid at the back or if the opposition play the ball more than twice • Bonus points are awarded if you hit the sliotar through the tyres

**PROGRESSION:** Only allow one touch per team. Use two balls. Strike the ball out of the hands.

**WHAT IT DEVELOPS:** Striking first time & accurate strikes

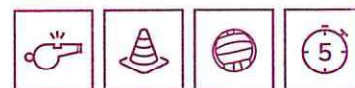
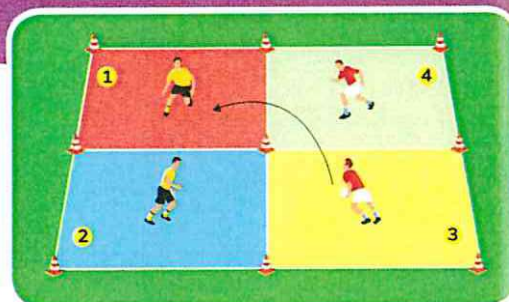


## HOT SUN

**HOW TO PLAY:** 4 Squares, each is numbered • Each player is designated his or her own square • The goal of the game is to be in the no.1 grid • In order to do this you must knock out the opponents who are in higher squares • Player in grid no.1 begins the game by serving the ball (the hot sun) into any other square using a hand pass • The player's square that the hot sun lands in must then return the hot sun to any other player's square without dropping the ball • If the ball is dropped you are knocked out and you move to the grid marked number 4

**PROGRESSION:** Use two balls.

**WHAT IT DEVELOPS:** Hand passing & catching

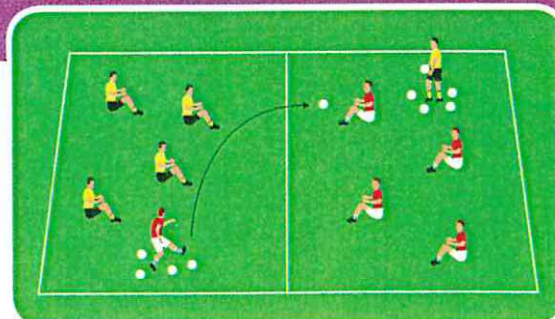


## KICK IT SAVE IT

**HOW TO PLAY:** Divide your team into two teams, one team each side of a 30mx15m marked out area • Instruct the players to spread out in their half and sit down • Instruct one player from each team standing at the opposite sides' end line with five balls • The aim is to 'save' all of your team first by kicking them the ball to catch the ball • On the whistle, the starting kickers try to kick their footballs to their teammates who are sitting on the other side of the court • If one of the players sitting down catches the ball, they stand up and joins the other side to become another kicker • Continue until you have saved all of your players on the other side • The first team plays for 4-5 mins and count up the score totals from both teams.

**PROGRESSION:** Use weaker foot and/or lengthen the playing area

**WHAT IT DEVELOPS:** Kick passing with accuracy and catching.



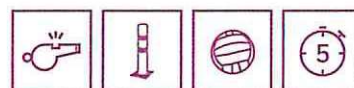


## KNOCKOUT BALL

**HOW TO PLAY:** Ten players in a grid • Players have a ball each  
 • Players dribble ball around a grid at random while attempting to knock out another player's ball  
 • If your ball is knocked out you must sit down • Last player left is the winner

**PROGRESSION:** One hand only.

**WHAT IT DEVELOPS:** Soloing under pressure, peripheral vision & near-hand tackling

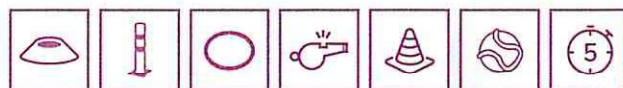
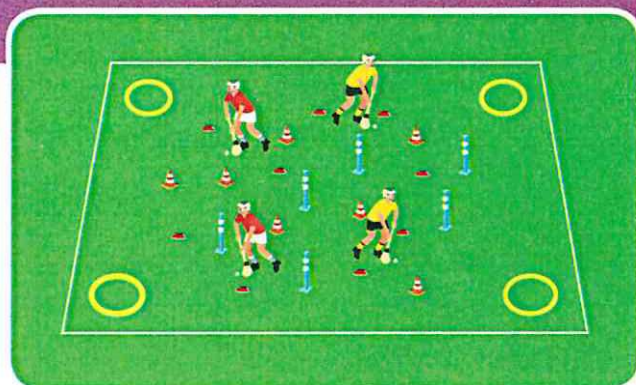


## LAND MINES

**HOW TO PLAY:** Two teams start in middle of square  
 • As many balls as possible to be moved with hurley on the ground to hula hoops at edge of square without hitting any obstacles • The group with the most sliotars in their hoops are the winners

**PROGRESSION:** Add in defenders to guard home base.

**WHAT IT DEVELOPS:** Pace, control & dribbling

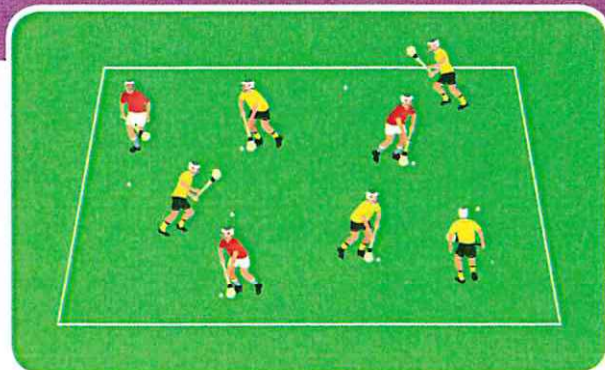


## MAYHEM

**HOW TO PLAY:** Set out grid and everyone spread out inside the cones • 6/7 sliotars are put in and players must keep the balls moving at all times • Ground hurling only

**PROGRESSION:** Bigger Court. Weak Side only.

**WHAT IT DEVELOPS:** Dribbling, evasion, peripheral vision & finding space



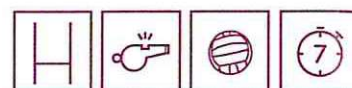
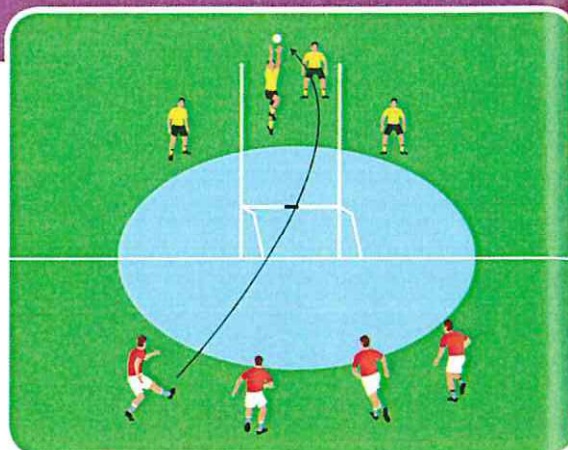


## OVER THE BAR

**HOW TO PLAY:** Two teams • One team either side of the goals • Kick the ball over bar and if it bounces, kicker gets a point • If player(s) behind goal catches the ball, then they get a point

**PROGRESSION:** Mark out a square and if ball goes out of the square then your team loses all their points.

**WHAT IT DEVELOPS:** Accurate shooting & high catching

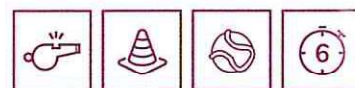
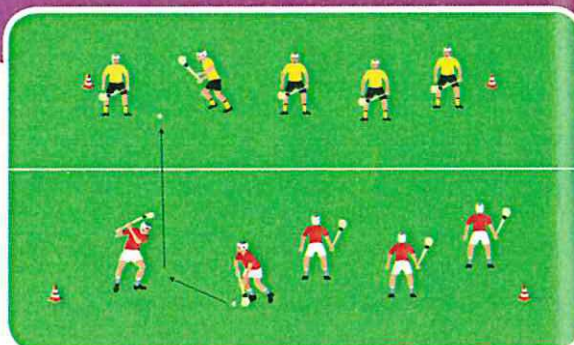


## OVER THE BORDER

**HOW TO PLAY:** Teams of equal numbers • Games played on the ground • No goals required • Each side tries to keep the ball moving over the border line • Players may not cross the border • Each time the team is allowed to touch the ball twice but only once per player • Points are awarded if ball goes out of the grid or if the opposition play more than twice

**PROGRESSION:** Increase number of touches. Decrease number of touches.

**WHAT IT DEVELOPS:** Striking first time & accurate strikes

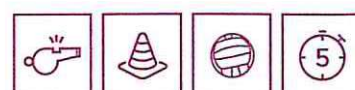
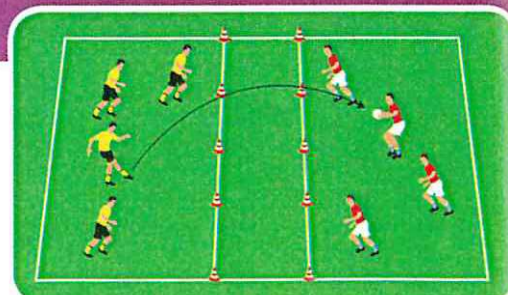


## OVER THE RIVER

**HOW TO PLAY:** Players are split into 2 teams • They must punt kick "over the river" into the opposition's area • The team receiving the punt kick are aiming to complete a clean catch • Implement a scoring system for catches i.e. 2 points for overhead catch, 1 point for standard catch, 1 point for a ball that hits the ground

**PROGRESSION:** Increase the size of the playing area including the river. Use more than one ball.

**WHAT IT DEVELOPS:** Accurate kicking, high catching & vision



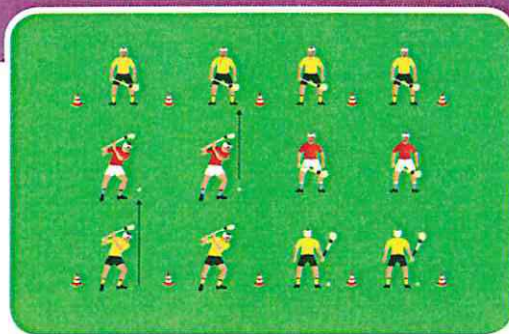


## PASS THE GUARDS

**HOW TO PLAY:** Mark out a grid 10m x 20m • Divide players into three teams • The first player begins by striking the sliotar towards the central player • The central player, without stopping the ball, must strike it on towards the third player • The third player strikes it back to the central player again and so the game continues • Encourage the central player to play the ball on whatever side it approaches • The first team to move the ball up and down the line a set number of times wins

**PROGRESSION:** Teams A and C attempt to strike the ball past the guards from either end of the grid. One point is scored each time a ball passes the guards. Each team has a turn in the centre.

**WHAT IT DEVELOPS:** Striking a moving ball & striking on both sides

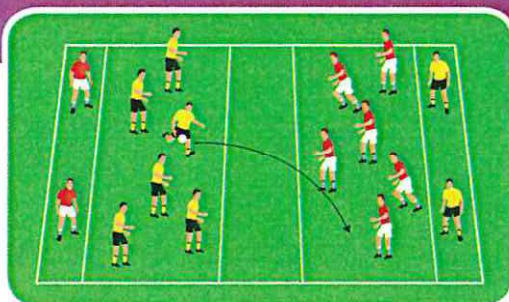


## PRISONER BALL

**HOW TO PLAY:** 2 teams – No mans land in middle meaning ball cannot hit that area • Kick the ball to other side • If it hits the ground you get a score • If someone on the other team catches you go to prison on the opposite side • Released from prison if you catch the ball kicked from other team • Return to team

**PROGRESSION:** Make the whole area smaller. Introduce 2 footballs at a time

**WHAT IT DEVELOPS:** Accurate kicking, catching & vision

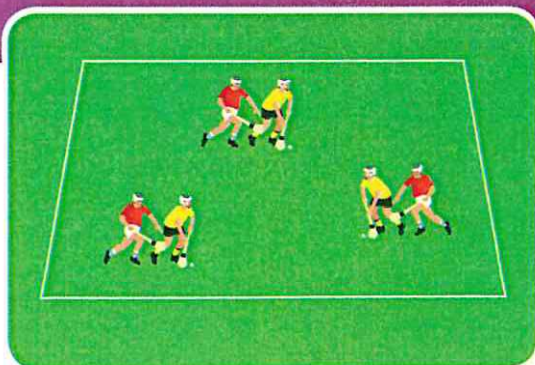


## PROTECT THE BALL PARTNER WORK

**HOW TO PLAY:** Mark out a grid using cones • Divide the players into pairs, one sliotar per pair • One player attempts to keep possession by dribbling and using their body to shield the ball • The second player tries to push or flick the ball away • After a set time, or after a dispossession reverse the roles

**PROGRESSION:** A large sliotar makes the technique easier to perform, a smaller sliotar makes it more difficult. To reduce the challenge: the tackling players provide only token opposition.

**WHAT IT DEVELOPS:** Dribbling, close control & flicking the sliotar away



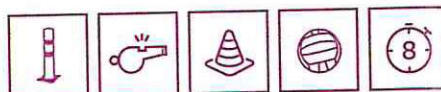
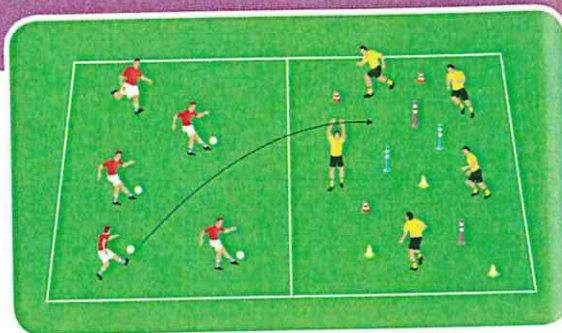


## SIEGE THE TOWER

**HOW TO PLAY:** Set up an area of 30m by 15m and layout lots of coloured cones and hoops • Divide the team into two teams • One team is spread around on the half with all the cones and hoops – **(Defending team)** • The other team is on the other half with a ball ('rock') each – **(Attacking team)** • The aim is for the attackers to hit as many towers (cones and hoops) as they can before time is up (4-5 minutes) • Defenders try to stop the balls from hitting/knocking over the targets (Towers).

**PROGRESSION:** Attackers must use their weak foot and/or weak hand to hit the targets. Increase the number of defenders.

**WHAT IT DEVELOPS:** Accurate kicking and hand passing to different targets.

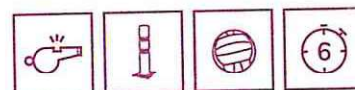


## TOP OF THE POLE

**HOW TO PLAY:** Split the players into two teams • Position 4 poles inside the playing area • To score players must touch the pole when in possession • They cannot score at the same pole twice in a row

**PROGRESSION:** Assign each team to two poles. They can only score at those two poles.

**WHAT IT DEVELOPS:** Carrying the ball under pressure, vision, passing & tackling

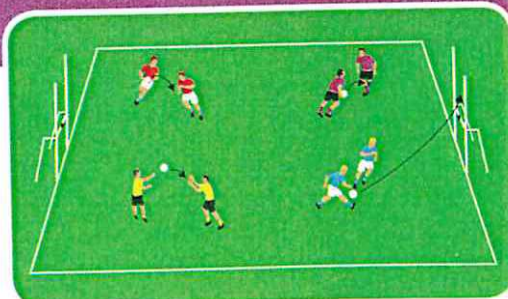


## TRAFFIC

**HOW TO PLAY:** 4 sets of pairs • Each pair has a ball • Pairs work together passing • Can score in any goals but you must score in the opposite goals next time • Kick to score • No Goalies • Aim-avoid traffic, move and pass and work together

**PROGRESSION:** Introduce some goalies.

**WHAT IT DEVELOPS:** Accurate passing & vision



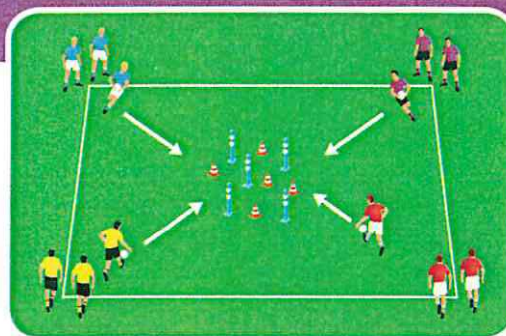


## TRAFFIC JAM

**HOW TO PLAY:** Step off a grid approximately 30x30m • Randomly place tall cones and training poles (flags will work as well) in the middle of the grid • Split the group into 4 even teams who start on the corners of the grid with 1 ball per group • On the coach's command, the first player from each line will race through the "Traffic Jam" (training sticks and cones) in attempt to not hit a stick, cone, or another player • Once the player makes it through the traffic jam instruct them to hop and solo with speed to the line they are facing and pass the ball to the first player in line • That player should immediately head towards the traffic jam at speed in an attempt to get through the traffic jam first • At first don't keep score, simply let the players enjoy the close calls before playing the game

**PROGRESSION:** After 8-10 minutes, combine the two teams that are facing each other into one team. Next, have the players race through the traffic jam to the cone on the opposite side of the grid, around that cone and back through the traffic jam. As each player finishes the race they must sit down to signify to the group that they have completed the race. The team that has all players sitting down first wins the game.

**WHAT IT DEVELOPS:** Carrying the ball at pace, vision & evasion hand passing

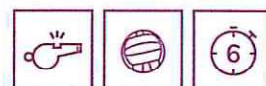
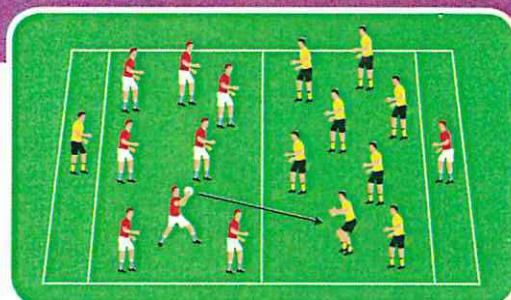


## TWO COURT DODGE BALL

**HOW TO PLAY:** Two teams, 6-10 members, scattered on court, as per diagram • Start with one player (the thrower) behind each line • The object is to be the last team out of the game • One team is selected to have first throw • Play commences when ball is thrown at an opponent (below the knee), in the opposite court • If hit he goes to the opposite backline and becomes a thrower only • Hits are made from the front and behind the teams • Teams alternate in turns at throwing the ball • The winner is the team to be 'hit' out •

The ball is 'dead' once a player is hit or if it is caught on the full, or goes over the sideline • To score the 'hit', the ball must be thrown either by a 'thrower only' behind the backline or members of the team still in, from within their own court • For the 'thrower only' to have a valid throw, they must receive a pass on the full from one of their team mates inside their court • Passes may be intercepted by the opponents • A 'hit' can be cancelled if a player can gather the ball cleanly, not necessarily on the full

**WHAT IT DEVELOPS:** Vision, evasion & catching

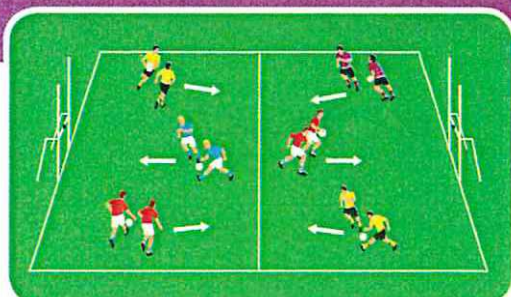


## UP NORTH / DOWN SOUTH

**HOW TO PLAY:** Two teams of 6 a side • Mark out a pitch about 30m & 20m • Within the teams get players to pair up • The 6 pairs all have a ball • On the whistle the pairs try and make passes, moving across the pitch when they get to the other side (Up North, Down South) they shoot for a score • There is no tackling, only avoiding the other partner moving across the pitch • Once they have scored the retrieve a ball and head either up north or down south • Game continues for two minutes

**PROGRESSION:** Introduce defenders. Limit the number of passes before shooting.

**WHAT IT DEVELOPS:** Decision making, vision, shadowing, carrying the ball & shooting



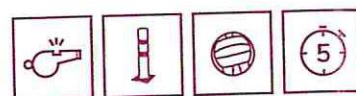
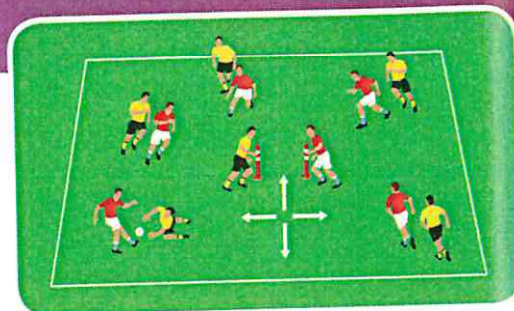


## WHERE'S THE GOAL

**HOW TO PLAY:** Both teams play into a moving goal that is marked by two players one from each team • Each holds 1 pole each to form the posts • This 'Living goal' must move in such a way that as few goals as possible are scored • Goals/points can be scored from both sides • One team starts in possession • Once a score is kicked players/team in possession continues until ball is lost or goes out of bounds • The 'Living Goal' is replaced every 2 minutes

**PROGRESSION:** Increase number of moving goals.

**WHAT IT DEVELOPS:** Decision making, hand passing, vision & tackling

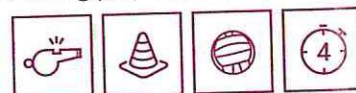
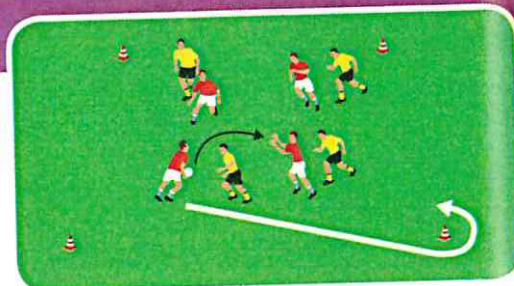


## WORKING AFTER THE PASS

**HOW TO PLAY:** Possession game with players in a team having to make 4 passes to score • However, on passing to a team-mate, the player giving the pass must run around one of the cones used to mark out the grid before he comes back into play • On making four consecutive passes, ball is set down for next team to start • Game to last 60-75secs – very intense once players get the hang of it • To focus the mind of the passer – no admiring the pass • On passing you don't stand still, you must work hard to get back into the game by rounding a cone • While the passer is rounding the cone the game becomes 2 or 3 v 4 • Therefore, person on the ball must remain composed while under greater pressure, while third player must work hard to get free • Less time it is 3 v 4 the better for the team in possession • Tendency will be for player on the ball to stand looking for the other team-mate – player on the ball must learn to break tackle(s), pick out his team-mate while under pressure and then work for team after making the pass to get back into the game

**PROGRESSION:** Increase or decrease the number of passes to make a score. Put in a roving player who plays for the team in possession – this makes it 3 v 3 when the passer is working to get back into the game. Throw in a tackle bags instead of defenders.

**WHAT IT DEVELOPS:** To focus the mind of the passer, hand passing & tackling

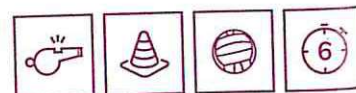
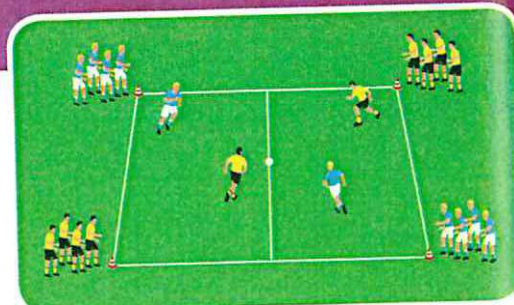


## YOUR NUMBER'S UP

**HOW TO PLAY:** 2 Sets of bibs • Cones to mark out grids 30m x 20m • 2 Teams of 10, split into 2 Teams of 5 • Number them 1 & 2 Yellow & 1 & 2 Blue • Number the Players in teams 1 to 5 • When a player's number is called e.g. 1's from both sets of teams play against each other • To score you must make 4 passes

**PROGRESSION:** 2 Numbers may be called at a time. Uneven team numbers could be called given one team a numeric advantage e.g. 'Yellow 2,3, & 4' v 'Blue 2 & 5' etc.

**WHAT IT DEVELOPS:** Reactions, hand passing & tackling



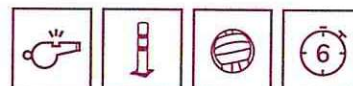


## 4 CHOICES

**HOW TO PLAY:** Create a small grid approximately 20m x 20m  
 • From each of the four corners, place a pole about 7-10m from the corner cone  
 • Each player should have a ball inside the grid  
 • Instruct the players to hop and solo inside the grid using the entire grid  
 • When the coach calls out a player's name, that player picks which of the four flags they want to hop and solo around and quickly hops and solos around that flag  
 • The entire team must also hop and solo with speed around the same pole as quickly as possible

**PROGRESSION:** Assign the player's numbers and call out the player's number rather than their name. Call out a player's name or number and the leader should pick a flag to run around, the rest of the group should run around the diagonally opposite flag.

**WHAT IT DEVELOPS:** Carrying the ball at pace, vision & reactions

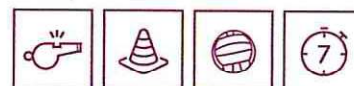
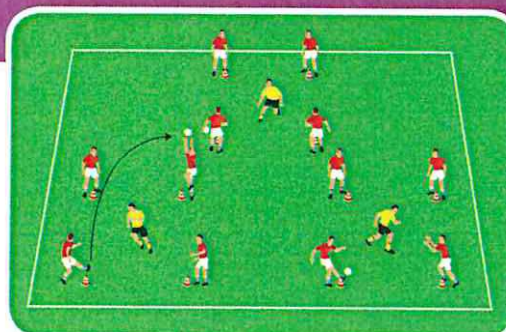


## 4 v 1

**HOW TO PLAY:** Put players in groups of 5 (1 defender & 4 attackers)  
 • Use grids (10m x 10m)  
 • Attackers stay outside the area, defender stays inside  
 • Attackers score a point when they make a successful pass to another attacker  
 • Defenders score two points for a block/intercept  
 • Change the defender every 30 seconds

**PROGRESSION:** Increase the time. Increase/reduce the grid size.

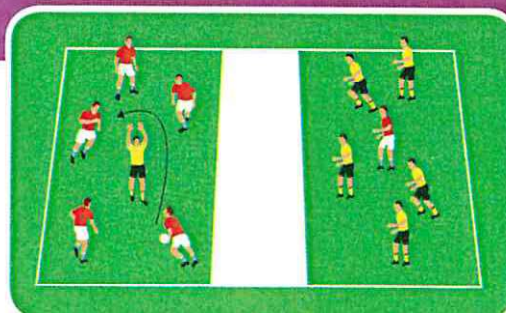
**WHAT IT DEVELOPS:** Accurate smart hand passing & timing to intercept



## 5 UP & SPY

**HOW TO PLAY:** Two teams of 6 aside  
 • Players try and make 5 passes to their team mates before kicking over the river to their spies on the other side  
 • The spy tries to stop the team in possession making 5 passes

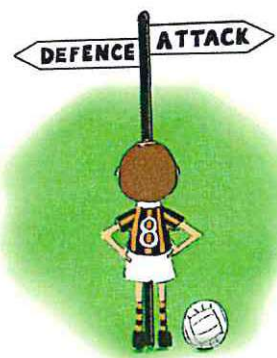
**WHAT IT DEVELOPS:** Hand-passing, anticipation & long kicking



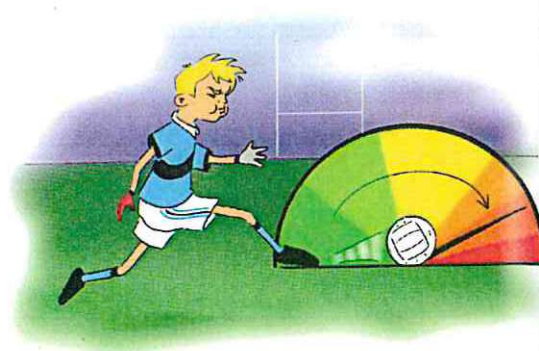


# Field Games

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.



Striking/Kicking direction



Striking/Kicking force



Anticipation



Collecting & Retrieving



Catching & Passing



Positioning & Moving

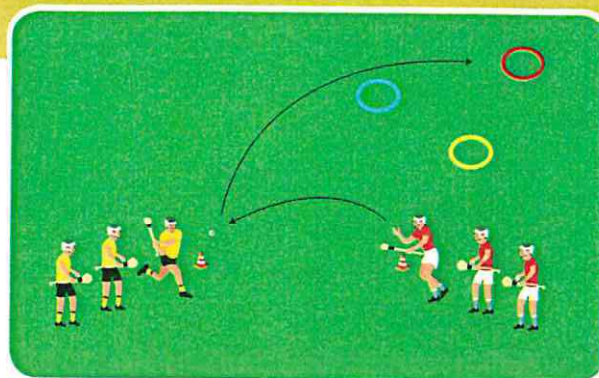


## BATTERS BONANZA

**HOW TO PLAY:** Players work in pairs • 1 player is a batter the other is a pitcher • Use 3 large hoops as targets • Give each hoop a scoring value • The pitcher throws 5 balls to the batter and he attempts to strike the balls towards the targets • If a ball finishes inside one of the targets the batter receives the corresponding score • Add up the total score for the 5 balls • Players then switch roles

**PROGRESSION:** Reduce the size of targets. Increase the distance to the targets.

**WHAT IT DEVELOPS:** Keeping eye on the sliotar & striking in the air

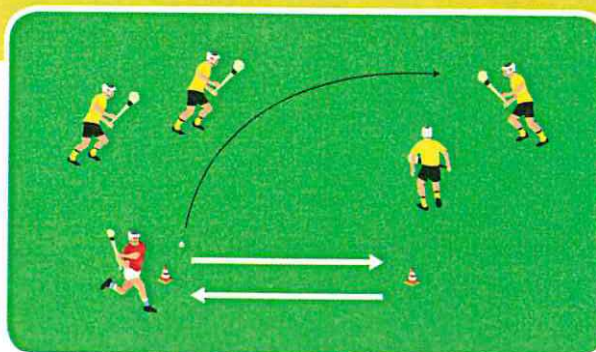


## BATTING & FIELDING GAME

**HOW TO PLAY:** 1 "Batter" & 4 "Fielders" • For beginners, the batter throws up the ball and strikes • To progress the game, have one of the "Fielders" throw the ball to the "Batter" to strike • After the ball is struck, the "Batter" runs out & back between the cones as many times as possible before the fielder retrieves the ball.

**PROGRESSION:** Fielder must strike the ball back to the batter.

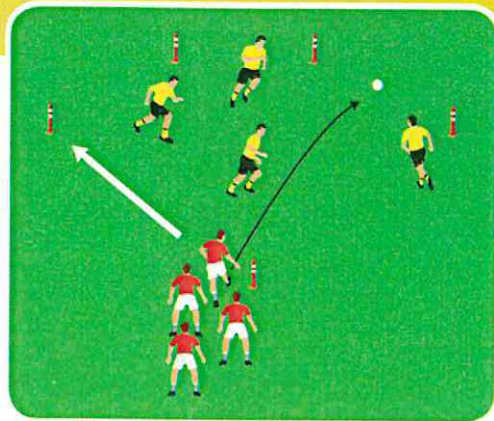
**WHAT IT DEVELOPS:** Striking & Catching



## BEAT THE BALL

**HOW TO PLAY:** Set up a playing zone with 4 cones as 4 bases with a team of batters and a team of fielders • The batter kicks or strikes the ball/sliotar into the field of play and attempts run around the bases as each base equal's one point but if the ball beats the batter home, the fielders get a point • The batter is out if the ball kicked is caught or if the ball beats him home • The fielders becomes the batters when they have caught or tagged the batters three times.

**WHAT IT DEVELOPS:** Scanning and directing the ball, fielding and retrieving

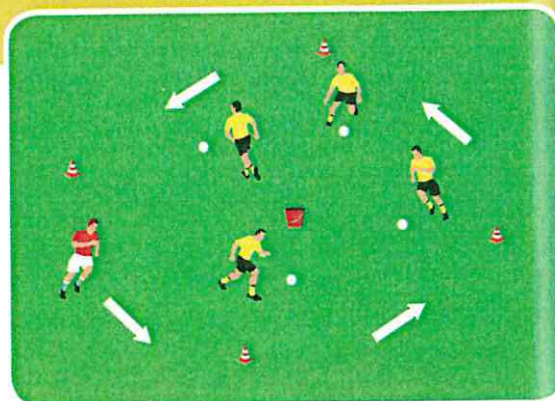




## BEAT THE BUCKET

**HOW TO PLAY:** Set up a playing zone in the shape of a square with 4 cones and place a bucket in the middle of the zone • Use the cones as a home base and 3 bases • Pick one player from the group to be the base runner while the other players become fielders • The base runner throws three balls into the field and attempts to run around the 4 markers before the fielders place all the balls in the bucket and call "STOP" • The base runner runs to the first base as soon as the third ball is thrown and continues to the next base until a fielder calls "STOP" • Each base equals 1 point and the player who finishes with the most points wins • When "STOP" is called, one fielder switches with the runner and a new runner starts at home base.

**WHAT IT DEVELOPS:** Accuracy of the pass

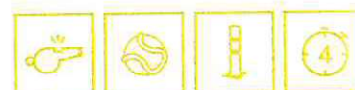
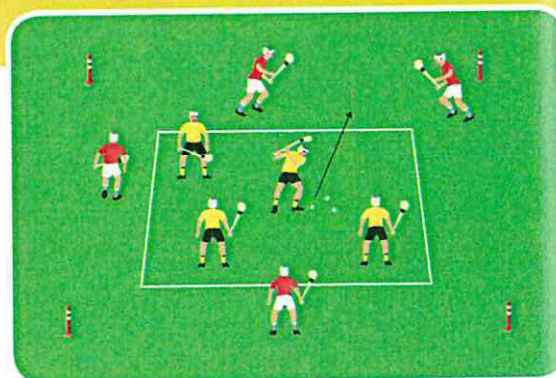


## BIG HITTER

**HOW TO PLAY:** One Team of hitters and one team of fielders • First hitter must hit all 3 balls on the ground • They must then run to the base as many times as possible until the fielders return the balls back to the base • Fielders can use their hurley to pick up the ball and stop it • However, it must stay in their hands at all times

**PROGRESSION:** Use weak side. Jab and Lift. Striking from your hand.

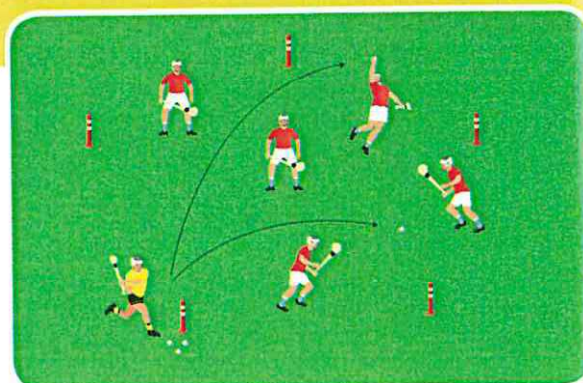
**WHAT IT DEVELOPS:** Striking on the ground, controlling the sliotar & handling



## CATCH THE EGG

**HOW TO PLAY:** Set up a playing zone to suit the number of players in the group • Each group starts with one hitter while the rest spread out in the playing zone and become fielders • The hitter has 5 hits out the field and the fielders try to catch the sliotar or retrieve the sliotar and bring it back to the hitting zone • The fielders get 1 point if they retrieve the sliotar before the other fielders and put it back, 2 points if the sliotar bounces once and it's caught and 3 points if they catch it before the sliotar hits the ground • Once the hitter has 5 hits, switch around with a fielder • Everyone gets to bat 5 times and the fielder with the most points wins.

**WHAT IT DEVELOPS:** Catching and retrieving the ball





## CRAZY KICKS

**HOW TO PLAY:** One person on the batting team receives three balls • The first batter kicks all three balls anywhere into the playing area • After all three balls have been kicked, the entire batting team runs from home base to an opposite pylon and back as many times as possible • While the batting team is running, the fielding team must try to retrieve all the objects and place them into a hoop that is located 5m to the right of home base • Fielding players are not permitted to run with the objects • There are no "outs" • Switch batting and fielding teams after each person on the batting team has had a chance "at bat"

**PROGRESSION:** Use weak foot. One player runs and accumulates scores.

**WHAT IT DEVELOPS:** Kicking to space, vision & reactions

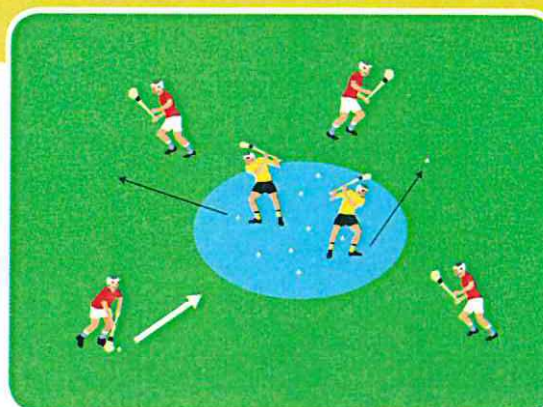


## EMPTY THE CIRCLE

**HOW TO PLAY:** 2 players are assigned to the circle • They stay inside the circle for 1 minute and attempt to strike all of the sliotars outside the circle • The players outside the circle must stop the sliotars and dribble them back into the circle for the two players to strike again • Count number of sliotars struck in 1 minute

**PROGRESSION:** Increase the number of players outside the circle.

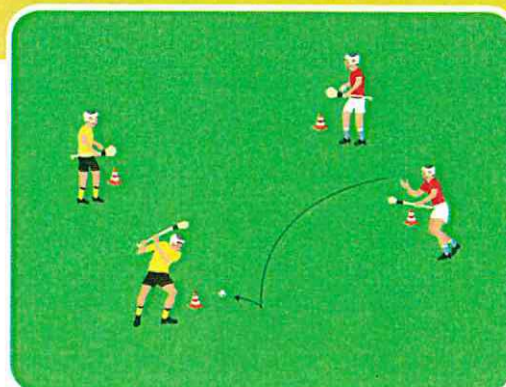
**WHAT IT DEVELOPS:** Anticipation, dribbling, ground striking & ground control



## FEED AND HIT

**HOW TO PLAY:** Get the players into pairs with a hurley and a sliotar • Put out cones so players stand at a cone facing their partner, about 3-4m apart • 1 player has the hurley and the other player has the sliotar • The player with the sliotar throws it underarm for it to bounce in front of their partner • The hitter waits for it to bounce, then hits it back for their partner to catch • You get 1 point every time you successfully catch the ball • After 4-5 minutes, have partners switch roles.

**WHAT IT DEVELOPS:** Timing of the strike and accuracy



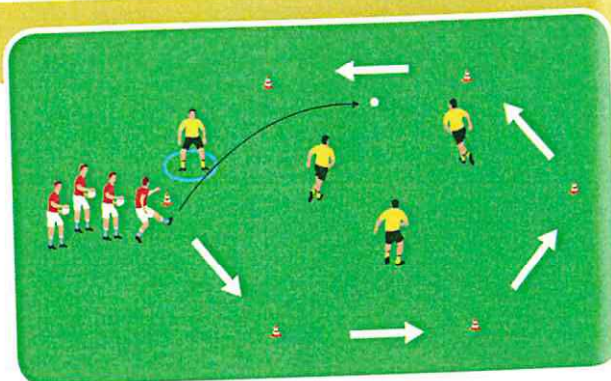


## FIELD ROUNDERS

**HOW TO PLAY:** 4 players per team • Team A (Yellow) fielders retrieve the ball, pass it to the bowler standing in hoop • Team B, batter sends ball to a free space and attempts to get round the green cones to score a run • 1 point is awarded for each cone, or 5 points if they make it all way round square without stopping • Players must stop running when ball back to bowler • Each player gets 3 attempts at sending before teams change roles if not out

**PROGRESSION:** Weak side/foot. Change of direction

**WHAT IT DEVELOPS:** Striking, catching & anticipating movement off the ball

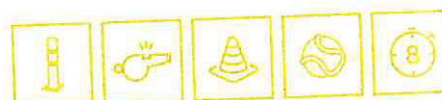
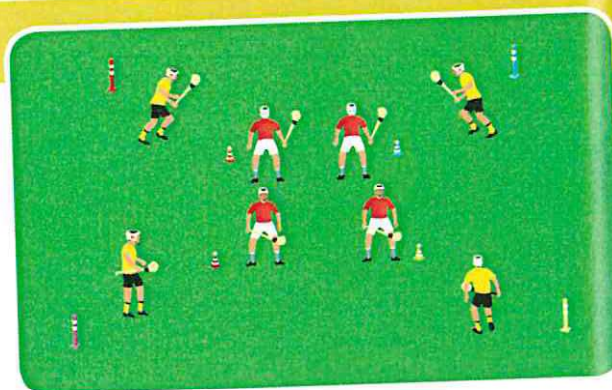


## FOUR CORNERS

**HOW TO PLAY:** Mark out a large grid with 4 poles and mark a smaller grid inside this with cones • Each cone should have a ball on top of it • A batter is assigned to each cone • The balls are struck by the batters as far as possible • The batters then run as many times as possible out to a pole and back • The fielders retrieve the balls as quickly as possible

**PROGRESSION:** Increase the number of retrievers. Increase the size of the large grid.

**WHAT IT DEVELOPS:** Striking technique, catching & agility

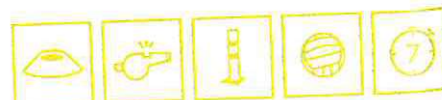
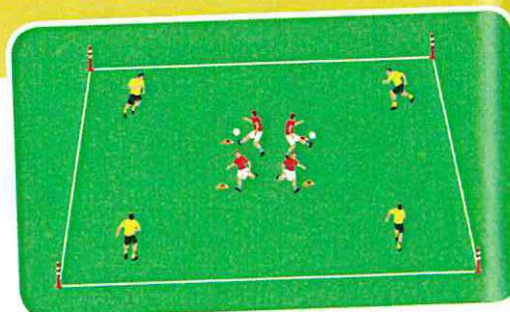


## FOUR HITTERS

**HOW TO PLAY:** Area is marked out in a square with four poles • A small square is made in the middle with four tees lined up inside it • The four batters stand in the middle and hit four balls into the surrounding space • To score runs, each batter runs out to a different corner of the big square and attempts to come back • Every pole that is reached counts as one run making a collective score • The fielders collect the balls and return them • If a player is caught off base once the balls are returned their runs do not count for that round

**PROGRESSION:** Give players a choice of bats and balls to use to hit. Make the fielding space smaller so it takes less running to cover.

**WHAT IT DEVELOPS:** Striking & catching





## GOALKEEPING

**HOW TO PLAY:** 7 players in a group. 3 goalkeepers – one in each goal • 3 attackers and 1 defender in the square • Attackers can shoot at any goal • When a goal is scored the goalkeeper hand passes the ball back into the square and it begins again • When 1 attacker has scored 3 goals, players rotate

**PROGRESSION:** Add more defenders. Reduce the goal size.

**WHAT IT DEVELOPS:** Hand-passing, shooting, goalkeeping reactions & shot stopping

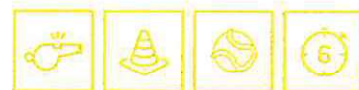
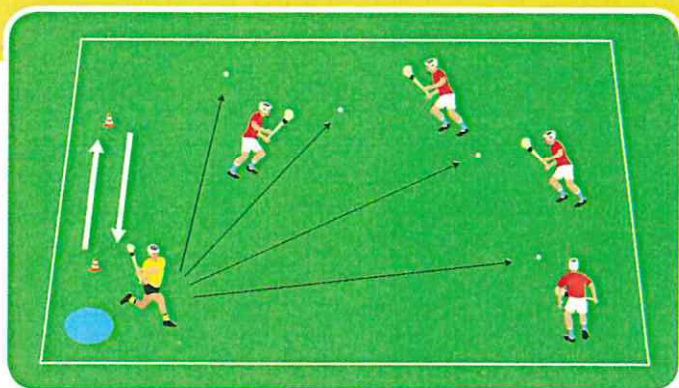


## HIT 4 AND GO

**HOW TO PLAY:** Divide the group into two teams batters and fielders • When a batter comes to bat, they hit 4 balls, one after the other, into the playing space • When the last ball is hit, the batter runs between the marker cones as many times as possible • The fielders must return the ball to the home base – call 'Stop' when the last ball reaches home base • Fielders cannot move until last ball is struck • Fielders must take the ball to the home base not throw • Batter must hit the ball forward of the batting position

**PROGRESSION:** Devise scoring zones – batters gain extra runs if the ball passes through the zones.

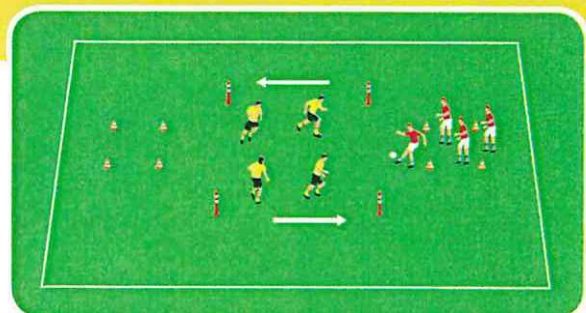
**WHAT IT DEVELOPS:** Striking, catching & anticipating the movement of the outfield players



## LONG BALL

**HOW TO PLAY:** Long ball is another kickball type activity (or hurling activity if you want to use a hurley and sliotar/tennis ball) that gets more players moving more often, groups will get more sweaty and active, with lots of laughs and fun • Some strategy is for sure important, but in the end it's about having a good time as a class or a group • Divide all the players into two teams and set up a playing zone with 4 cones that holds a fielding team • A small square shaped zone should also be created at both ends of the playing zone which are used as the bases for the kicking team • A member of the fielding team passes the ball to the kicking team in which they try to kick/strike the ball so they can run to the base at the opposite end • When the kicker has ran to the opposite base and back they receive a point • The fielding team must catch or tag the kicker with the ball/sliotar three times in order for them to become the kicking team.

**WHAT IT DEVELOPS:** Long kicking and movement off the ball

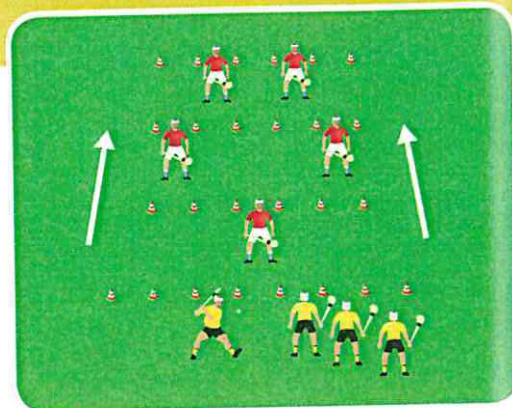




## OVER THE FENCE

**HOW TO PLAY:** Divide the players into groups depending on the number of players • Line out cones with a hurley and sliotar across one end of the playing area • Out in the rest of the area, put out 3 lines of cones (3 different distances in front of the original cones). 1<sup>st</sup> line – 8m out/ 2<sup>nd</sup> line – 12m out/ 3<sup>rd</sup> line – 15m out • Choose one player from each group to start as a hitter while the rest of the group stand out amongst the cones as fielders • (Line of cones=Fences/ Fielders=Angry neighbours) • The hitters try to get as many points as possible, by hitting the sliotar as far as they can • They get 1 point for hitting the sliotar past the 1<sup>st</sup> line, 2 points for hitting the sliotar past the 2<sup>nd</sup> cone, 3 points for hitting the sliotar past the 3<sup>rd</sup> cone • The fielders try to catch and stop any of the sliotars going past, stopping the hitters from getting points • Once you get the sliotar, quickly run and put it back at the original cone where it came from • Each hitter has three hits, then swaps with a fielder who hasn't had a turn hitting yet.

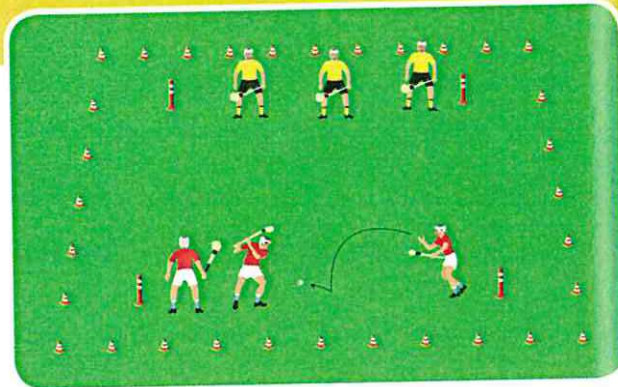
**WHAT IT DEVELOPS:** Striking and anticipation



## OVER THE PIT

**HOW TO PLAY:** Set up a playing zone with 4 cones in the shape of a rectangle and with another 4 cones set up a rectangular shaped area called the pit within the middle of the playing zone going across ways • Divide the players into batters and fielders with each team on one side of the pit • A player on the batting team bounces a sliotar to another member of the batting team who strikes the ball over the pit and onto the fielder's side • The batter is out if the ball does not go over the pit or if the sliotar is caught by the fielder's • The batting team bats until there are 3 outs and then they swap roles for the fielders turn to bat • Batters score a point if the sliotar goes over the pit and into the playing area without being caught • There is also an extra point for the batting team if the sliotar crosses the pit and continues to run through or past fielders • The sliotar must be below head height also.

**WHAT IT DEVELOPS:** Timing and direction of the strike

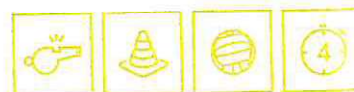
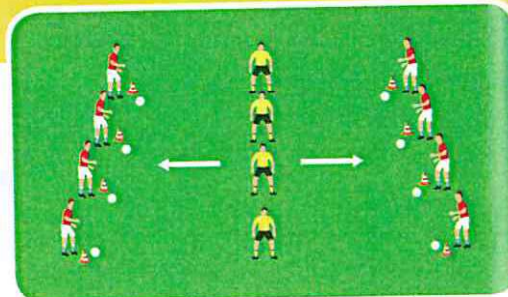


## PICK UP AND RUN

**HOW TO PLAY:** Set up cones 10m apart with a player standing at each cone • Coach calls - left or right, red or white, Crows or Cranes, Stop or go • Middle player races to collect the ball • First to reach the outside player and successfully pick up ball wins • End players have a ball each • Keep body low • Bend the knees • Have two hands ready

**PROGRESSION:** One handed pick up

**WHAT IT DEVELOPS:** Pickup, reaction & agility



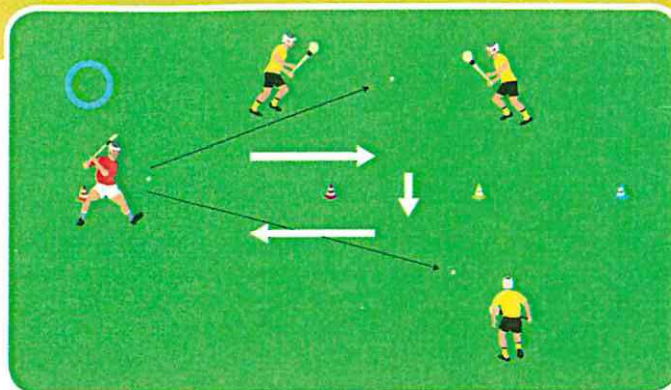


## QUICK ROUNDERS

**HOW TO PLAY:** Set up a hoop and 3 cones as shown • 1 player is the batter, the other 4 are the fielders • Fielders have to retrieve 3 balls sent by batter back to hoop before player gets back • Batter sends 3 balls to the free spaces, then runs out round cone and gets back to the line • Purple cone = 1 Point • Green cone = 3 Points • Blue cone = 5 Points • Rotate the batter after each throw/kick/strike

**PROGRESSION:** Use Weak side/foot.

**WHAT IT DEVELOPS:** Striking, vision & decision making

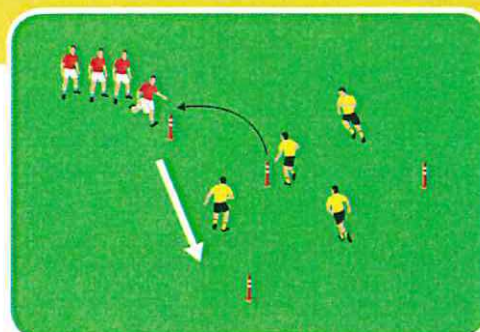


## ROTATE

**HOW TO PLAY:** Poles are arranged in a triangle with one pole at each point and a central pole marked for the pitcher • A ball is pitched to the batter who stands at any of the 3 points of the triangle • The batter hits the ball into an open space • To score the batter runs around the triangle and keeps running until the fielders have collected the ball and either touch a base or the player • The player is out if they are between bases when this occurs, or if the ball is caught without a bounce • The pole that the batter stops running at becomes the new 'home base' to be pitched to • One point is gained by the batter for each new pylon that is run to • After an 'out' or after 5 pitches the players switch and have a new batter and pitcher

**PROGRESSION:** Use weak side/weak foot. Increase the distance.

**WHAT IT DEVELOPS:** Vision, kicking, catching & agility



## THE BEST KICKBALL GAME EVER

**HOW TO PLAY:** Set up a playing zone with 6 hula hoops which symbolise bases 1-6 • Divide the players into two groups (Defenders / Kickers) • The kicker kicks the ball and attempts to run to base 1 without being tagged with the ball • The kicker now becomes a runner and can stay at any base for any amount of time or continue to run to the next base in the order of the base numbers • For example, the runners must run from base 1 to base 2 rather than running from base 1 to base 3 • Runners can also lead off or come back to the base they left • The defenders can get the runners out by catching the ball kicked before it hits the ground or if any runners get tagged or hit by the ball • Defenders are not allowed to block the direction of the runners and the teams switch roles when the defenders have knocked out 3 runners.

**WHAT IT DEVELOPS:** Kicking, catching and anticipating of outfield players

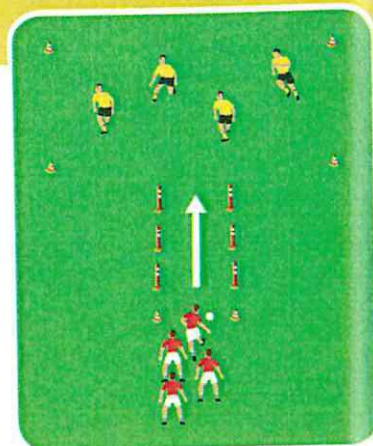




## THE DANISH LONG BALL

**HOW TO PLAY:** The Danish Long ball field is composed of one batting line (marked by two cones), one base (marked by four cones), and one running corridor (the space between the batting line and the front of the base) • Divide the class into two teams with one team starting at bat and one team starting in the field • The first player from the batting line advances to the batting line • The second player in line from the batting team will act as the pitcher • The batting player attempts to strike the ball into the playing field (and in front of the batting line or else it is a foul ball) • When the ball is struck, the batting player attempts to run to the base and back to score a point for their team • The batting player is out if: a) the ball is caught out of the air, b) the batting player is tagged by a fielding player holding the ball while in the running corridor (however, fielding players may not crowd the running corridor), or c) the batting player runs outside of the running corridor • The batting player may choose to remain in the base and wait there until an opportunity to run back to the batting line presents itself (there is no maximum amount of batting players allowed in the base). Once all of the batting players have had a turn, any remaining players on base are out and the teams switch roles.

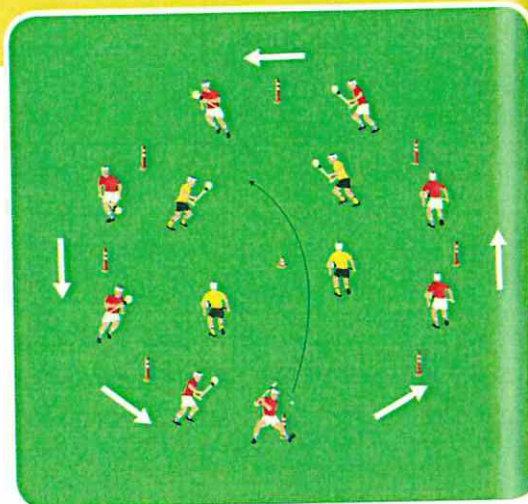
**WHAT IT DEVELOPS:** Kicking, catching and anticipating of outfield players



## WHACKY HURLING

**HOW TO PLAY:** Set up a whacky hurling playing area with 10+ bases • Divide the class into two teams: one batting team and one fielding team • The fielding team spreads out to cover as much as the playing area as possible • The batting team places themselves on the bases (they can be more than one per base) with one player starting a home plate (they will be the first at bat) • The coach stands at a safe distance from the batting player and will act as the pitcher • Once the batting player has successfully struck the sliotar, all players on the batting team begin running around the bases • The fielding team attempts to field the ball and place it on top of a cone in the middle of the playing area • Once the ball is on the cone, or if the ball is caught directly out of the air, the teacher says "freeze" and all running players must return to the last base they touched • The batting team earns a point each time one of their players makes it back to home plate • Once all of the players on the batting team have had a turn at bat, the teams switch roles.

**WHAT IT DEVELOPS:** Striking, catching, vision and decision making



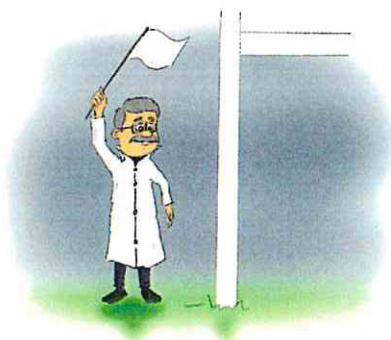


# part Invasion Games

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



**Sending & Receiving**



**Scoring**



**Running off the ball**



**Supporting Teammates**



**Positioning**



**Anticipation**



**Defending Space**



**Marking & Guarding opponents**



## BENCH BALL

**HOW TO PLAY:** Using a grid 20m x 10m, the teams play • The teams try and move the ball by hand passing and travelling four steps around the grid • To score you must hand pass the ball to your team mates on the bench • Make a zone in front of the bench of 2m • This is a restricted area and only one player from each team is allowed in this area • Change players from the bench to the game every 1-2 minutes

**PROGRESSION:** No bouncing. 3 seconds rule.

**WHAT IT DEVELOPS:** Accurate hand-passing, maintaining possession & vision

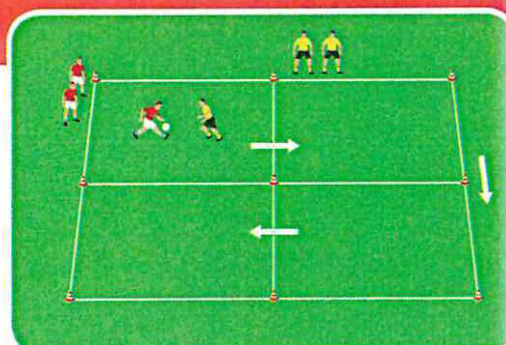


## BORDER RAIDERS

**HOW TO PLAY:** Teams of 4 – 3 Attackers (Raiders) & 1 Defender • Number Teams 1, 2 etc. and go to start area as shown • Defenders go to side of mid field • Defender from Team 1 goes to Zone 1 while his/her 3 Attacking team mates start behind end line • On signal the Attackers attempt to by pass the defender and move into Zone 2, go around the cone and attack Zone 3 and 4 as shown • If the defender intercepts she/he returns the ball and moves back to defend Zone 2, Zone 3 etc. before returning to side line • If he fails to gain possession in Zone 1 he may move back to defend in Zone 2 etc • As soon as Team 1 has rounded the cone, Team 2 begin with the Defender from Team 2 moving into Zone 1 etc • Scoring: Teams score 1 Point for successfully passing through each of the zones Defenders may also score 1 Point every time they intercept the ball in a zone

**PROGRESSION:** Place a defender in each zone.

**WHAT IT DEVELOPS:** Accurate hand-passing, attacking as a team, tackling & blocking



## BOXING

**HOW TO PLAY:** 10 v 10 • Pitch size 80m x 40m • Full Rules • A score is registered when team gets the ball cleanly to player marked x in the box • Player inside box area cannot come outside the box area and no one else can come in • After a score that team will get possession and can attack the opposite box

**PROGRESSION:** After a score when a team gets the ball to the half way line they can decide to attack either box. First pass only. Reaction ball can be used. Apply 4 second rule. Foot pass to score.

**WHAT IT DEVELOPS:** Passing under pressure, catching & tackling



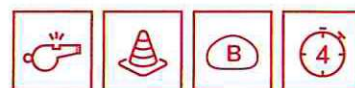


## CATCHING GAME

**HOW TO PLAY:** All players are inside the square & moving in all directions without touching off each other • 3 coaches stand outside the square holding bean-bags • They call players names & throw a bean-bag to them to catch • Players throw the bean-bag back to the coach they got it from

**PROGRESSION:** Players must give the bean bag back to a different coach than the one they got it from. Introduce tennis balls.

**WHAT IT DEVELOPS:** Catching, reactions & peripheral vision

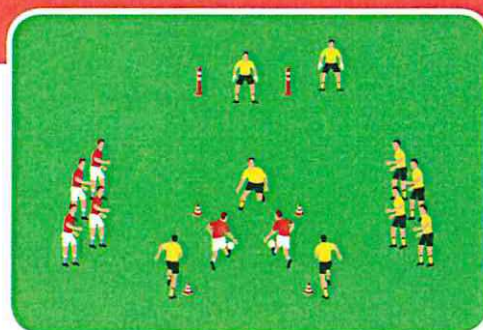


## CHASE THE HOUND

**HOW TO PLAY:** 2 Attackers (Blue) on a signal aim to attack the goals soloing through the yellow cones past the red defender • Red defender defends the middle set of yellow cones • The two red defenders at the red cones, chase the 2 blue attackers as soon as they set off from dotted line • The two red defenders at the red cones move as soon as the attackers pass the defender at the yellow cones • All tackles must be made with the near hand on the ball • Change roles after a set time i.e. the attackers move to the defending stations A while the defenders move to the attacking position on the dotted line • Attackers who break through shoot on goal • Have an extra goalie to take over after a set time

**PROGRESSION:** Allow the red defenders to move as soon as the attackers or blue team move with the ball. Place extra defenders at B to challenge as they break through. These act as 'cover' defenders.

**WHAT IT DEVELOPS:** Carrying the ball under pressure, breaking tackles, chasing down attackers & tackling

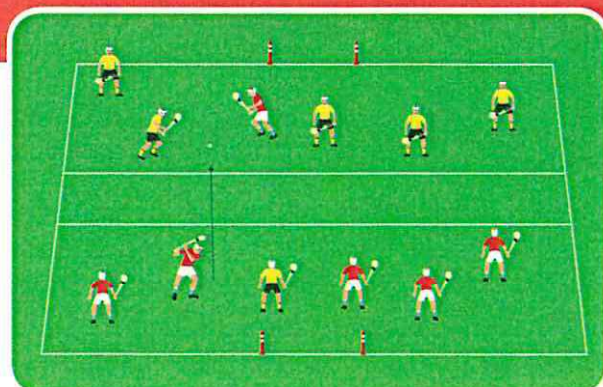


## CÚCHULAINN

**HOW TO PLAY:** Players are split into 2 teams • They must ground strike "across the road" into the opposition's area • One Player from each team goes to the opposite court and acts as 'Disrupter' i.e. attempts to hook/block and dispossess the opposition • If they can get the ball they attempt to score in Goal • Disrupter to be changed after 1 minute • Scoring system for catches i.e. 2 points for overhead catch, 1 point for standard catch, -1 point for a ball that hits the ground • 3 Points if the scout dispossesses and scores in goal

**PROGRESSION:** Two disrupters. Air hurling.

**WHAT IT DEVELOPS:** Striking, high catching, hooking, blocking & vision



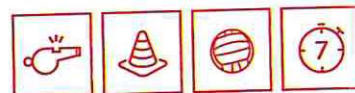
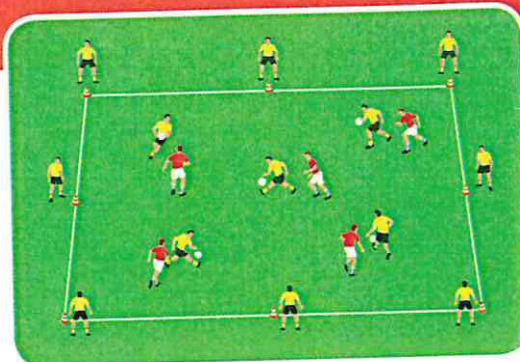


## DENY POSSESSION

**HOW TO PLAY:** Set up a grid as is displayed • Each forward starts with a ball (5 forwards = 5 balls) • Each forward is to be marked by a defender • The aim of the game is that the defender is to deny the forward possession of the ball from any one of the 9 players on the outside of the grid • However if the forward does gain possession the defender must not allow him to make a pass to another player on the outside of the grid • 1 point is gained for every pass a forward successfully makes • 2 points are gained for every dispossession a defender makes • Time duration: 20 seconds – 1 minute

**PROGRESSION:** Increase time duration. Increase numbers in grid.

**WHAT IT DEVELOPS:** Passing, gaining possession, tackling & makes players play with heads up

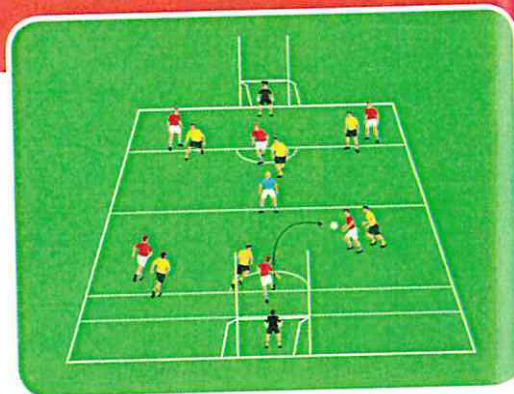


## FIND THE LINK MAN

**HOW TO PLAY:** Two Teams of 6 – 1 goalkeeper, 1 midfield, 2 defenders and 2 attackers per team • Extra player (blue) • The team in possession scores by LINKING through the extra player (blue) each time • Players must remain in own zones except the Link player • Player must be used at least once during the attack • Player plays for the team in possession but s/he cannot score • Put a different coloured bib on player for recognition • Change the link player frequently

**PROGRESSION:** Increase number of teams.

**WHAT IT DEVELOPS:** Passing, shooting & vision

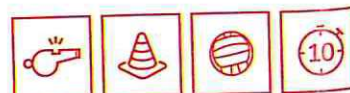
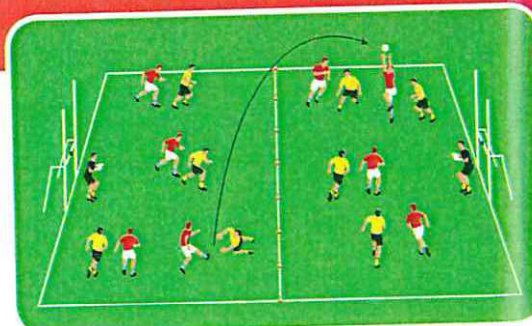


## FORWARD KICKING FORWARD THINKING

**HOW TO PLAY:** Divide pitch into two halves using a flexi line markers • Conditions: cannot solo or fist pass over the line • Ball has to be kicked • Coaches must insist that players do not simply work the ball close to the line and tap a 5 metre kick across the line • The game forces forwards to make lateral and diagonal runs • It also forces early ball into the forward line

**PROGRESSION:** Weak foot only.

**WHAT IT DEVELOPS:** Long kick pass, tackling, shooting & defending





## 'GOLD' (ROB)

**HOW TO PLAY:** 2 Teams • Each team of 4 has their own area in which they keep possession of the ball by passing it around • The other team can send one player across to try and win the ball for their side • On doing so, roles reverse in the other teams area • First team to put 10 passes together without losing the ball • With beginners it is better that the player trying to win the ball back has no stick, and has to try and tag the player in possession of the ball • This gives the players in possession more time on the ball • With advanced players, allow 2 players in to try and win the ball back

**PROGRESSION:** Use two balls. The team in opposite grid pass the ball to each other while their partner is trying to 'rob' the ball from the other group.

**WHAT IT DEVELOPS:** Smart hand-passing, anticipation & tackling

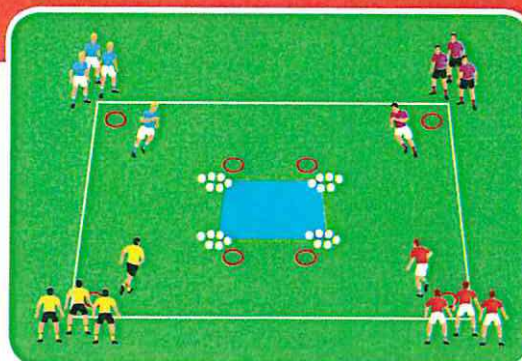


## INCOMING

**HOW TO PLAY:** Divide participants into four groups • Each group goes to a corner of the square • In the centre of the playing area there are four zones, each with a bin of balls and a hula-hoop • The first player runs towards his designated bin • As s/he collects a ball, this player steps in the hoop, and attempts to return one ball to her/his corner by hitting it with his/her hand • Team members field the ball and then pass it to each other before placing it in a hoop located in their corner • The batter then runs to the back of her/his line and tags the next player on the team to go • Time each team how long it takes to put all the balls in the hoop and encourage them to beat their time on consecutive trials

**PROGRESSION:** Increase number of players.

**WHAT IT DEVELOPS:** Accurate passing, agility & catching



## KEEP BALL

**HOW TO PLAY:** Field is divided into 3 sections • In the central section there are 6 players from each team • In the two outside sections there are 2 players from each team • 1 team is attacking one set of goals the other team is attacking the other set • Game starts with a throw in • The team that gains possession attempts to make 5 passes without losing the ball in order to get a free kick • The player on the 5th pass takes the free • He must be patient and wait for the run of his team mates and then deliver the pass • Attacking players attempt to gain possession and beat their marker to score • If a score is achieved then the ball returns to the centre section and the game resumes • If the ball is intercepted by the defenders they must work it in to the centre section for them to make 5 passes • Then the game continues as before

**PROGRESSION:** Kick passing only. Weak hand pass only.

**WHAT IT DEVELOPS:** Hand-passing, gaining possession, smart runs & accurate kick passes



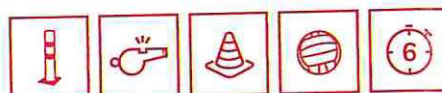
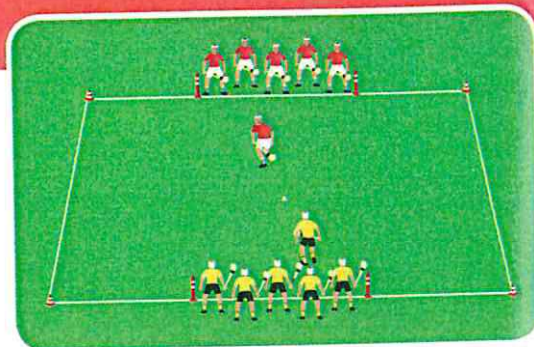


## LINE GAME

**HOW TO PLAY:** Two teams of equal numbers e.g. 6 v 6 • Players on both teams are numbered 1-6 • Coach calls out a number and the players who were given that number enter the grid and play against each other • The rest of the players on the defending team stay on the goal line trying to prevent a score • Switch the teams to ensure both get a chance to attack & defend • Make the goals wide enough that everyone can stand shoulder width apart

**PROGRESSION:** Coach calls out more than one number leading to a 2 v 2 or 3 v 3 situation.

**WHAT IT DEVELOPS:** Reactions, taking players on & last man defending, tackling

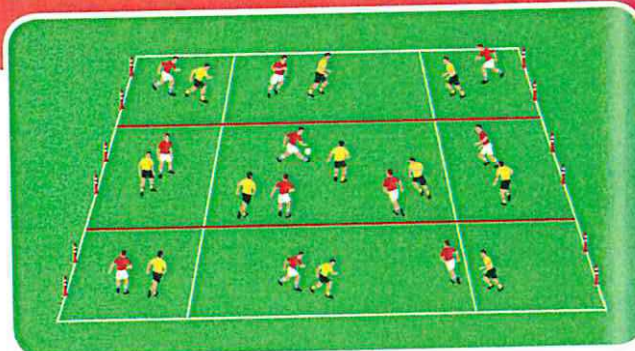


## LONG CHANNELS

**HOW TO PLAY:** This involves 18-30 players, 2 equal teams • The pitch is divided into 3 long channels running the full length of the field • Players can't move out of their channel • The only thing that can change from channel to channel is the ball • Players must stay wide and provide supporting runs at the right time for central players to use if the central section can't be penetrated and vice versa • Scoring: Goals are set up at the end of each channel • Ball must be kicked through the goals for a score • If kicked through 1 of the wide channels = 1 point • If kicked through the central channel = 3 points

**PROGRESSION:** You must change channel after a pass.

**WHAT IT DEVELOPS:** Vision, intelligent runs & tackling



## MIDFIELD BUILD-UP

**HOW TO PLAY:** Mark out a large rectangle 50m x 20m with 5 separate zones each 10m long • Two sets of Mid Fielders contest high balls played into the middle zone by 2 players in the outside zones • Score: 2 pts. For a 'clean' catch and 1 pt. for a 'broken' ball • Play for a set time e.g. 1min. and change roles • The two Mid Fielders must work as a unit i.e. decide which player goes for the high catch and which player anticipates the 'broken' ball

**PROGRESSION:** Place 2 Players (1 playing for either set of Mid Fielders) in Zones 2 & 4 who move to compete for the 'broken' ball. Make players who win possession play into a goals at either end of the zones.

**WHAT IT DEVELOPS:** High catch & winning breaking ball

