# NO MAN'S LAND ELIMINATION

**HOW TO PLAY:** 2 teams split into 2 groups team A (1+2) and team B (1+2) • Team A has half its team on both sides of No Man's Land (as does team B) • Players can pass ball to each other within their side, opposing team in same half can intercept the ball and dispossess them • However to score the team in possession must kick ball in to opposite side of no man's land • Whoever is closest to ball is eliminated • Team with most players left after a period of time wins

**PROGRESSION:** Points are scored if team mate passes ball accurately over no man's land to a team-mate and he/she keeps possession.

WHAT IT DEVELOPS: Accurate hand-passing, vision & catching



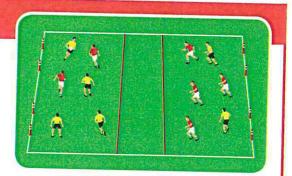




# OVER THE RIVER PASS AND ATTACK

HOW TO PLAY: Players are spilt into 2 teams • They must punt kick "over the river" into the opposition's area • 2 Players from each side play on the opposition's side of the river and try compete for the ball • Score earned (1 point) when either one of these attackers receives a pass from across the road and additional score (2 points) is earned if the attackers shoot the ball through the 2 sets of goals on the back grid

**PROGRESSION:** Shoot for goals. Use weaker foot only. **WHAT IT DEVELOPS:** Accurate kick passing & vision













# PICK UP AND DROP & PICK IF YOU CAN

HOW TO PLAY: Mark out a large rectangle with 4 Zones • Mark out two Dens at opposite ends of the large grid • Pick and Drop: Two teams (Yellow and Blue) aim to run to opponent's ball grid to pick up stationary balls and solo back to their own den as shown • Opponents may challenge opposition from picking balls up • See which team can retrieve all the balls from their opponent's grid

**PROGRESSION:** 2 Teams of 5/6 a side play against each other in a large grid 15m x 15m. 6/8 balls are placed at random about the play area. On signal one team attempts to pick ball up while the other prevent them. See which team can achieve the most pick ups in a set time.

Repeat above but players must mark each other.

WHAT IT DEVELOPS: Picking up ball in traffic







# POSSESSION GAME

HOW TO PLAY: 3 v 3 in similar grid lasting 60-90secs • Possession game with team in possession needing to make four clean hand-passes to score • On scoring the ball is dropped for the other team to take possession • Intense pressure on player in possession • Making correct decisions in tight situations • Moving your feet – game will continually break down unless player in possession drives past his immediate opponent • Getting the 'hurley hand' off the top of the stick to make a hand-pass i.e. FASTER HANDS • The player who can only pass with the 'catching hand' will struggle greatly here



PROGRESSION: Increase or decrease the number of passes to make a score. Turn into a lifting game where ball starts on ground – the player lifting cannot be tackled until ball is in hand. Lifter then has to make a hand-pass but as soon as he has ball in hand he can be tackled. Person receiving pass then drops ball on ground for third player to lift and start the process again.

WHAT IT DEVELOPS: Quick passing, decision making, vision & tackling

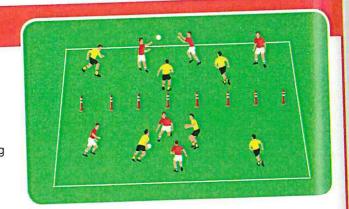


# POSSESSION STRIKING

HOW TO PLAY: 2 teams, evenly split between 2 halves • Keep possession • A hand pass has to be followed up with a strike into the opposite half • 3 successful strike into opposite half earns a point

PROGRESSION: No hand passing. Use 2 balls.

WHAT IT DEVELOPS: Hand-passing & accurate striking











# PRESSURE PLAY

HOW TO PLAY: Mark out a playing area half the size of a normal pitch • Mark out a scoring zone 30m deep at either end of the playing area • Divide the players into teams of 8 • Play continues as normal • Scores are awarded when the ball is Played-either hand, fist or Kick passed-into the scoring zone • Each player may only tackle their direct opponent

WHAT IT DEVELOPS: Tackling, passing the ball under pressure & vision







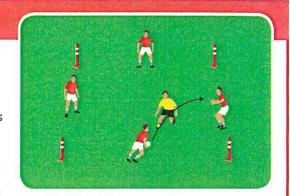


### POTATE THE DEFENDER

HOW TO PLAY: 4 attackers remain on outside lines of grid 7m x 7m • They can move along their line to support the passer • 1 defender on the inside and may move anywhere in the grid • Attackers must look for passes and decide who is in the best position to receive the ball • Change the defender every 30 seconds or on loss of possession • 5 passes = 1 point • Defender gains 1 point for every interception

PROGRESSION: Add in an extra defender.

WHAT IT DEVELOPS: Creating space to receive pass, anticipation for interception & vision









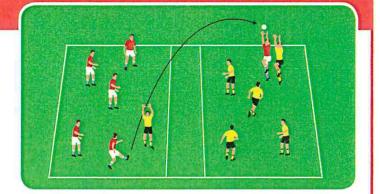


#### SCOUT BALL

HOW TO PLAY: Players are spilt into 2 teams
• They must punt kick "over the river" into the opposition's area • One player from each team goes to the opposite court and acts as a 'Scout' i.e. your team attempts to punt/strike the ball over to him/ her • 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 catches

**PROGRESSION:** Point for a block on the shot going back over the river.

WHAT IT DEVELOPS: Accurate punt kicks, high catches & tackling









# SHORT BALL LONG BALL

**HOW TO PLAY:** Two equal teams between 9 and 12 players • Idea of the game is to keep possession of the ball • Every pass must change from a kick-pass to a hand-pass • When your team wins possession they decide which sequence it starts in • If possession is lost then the other team starts their sequence • The game only stops for a free kick or if the ball goes outside the boundary

**PROGRESSION:** Must keep the ball for 30 seconds to score a point ball then goes to the other team. Every kick pass is caught clean or after 1 bounce=1 point. Keep ball until possession is lost.

WHAT IT DEVELOPS: Accurate passing & decision making









# SPACE TENNIS 30 POSSESSION

HOW TO PLAY: This game involves 16 players and one football • 8v8 • Teams are divided into groups of 4 inside half of the area marked out • Players can't cross over the halfway line • Game is started with a kick-pass from one section to the other, the team that wins possession starts their 30 second countdown • They must keep possession of the ball for the time frame • Once the time is up the ball is kicked into the other half and they attempt to gain possession • If possession is lost they must attempt to keep ball for the remainder of the time



**PROGRESSION:** Game to last 5 mins. Scoring: every hand-pass = 1 point. Every foot-pass = 2 points. Team with most points after 5 minutes = winner.

WHAT IT DEVELOPS: Maintaining possession under pressure, hand-passing, kick-passing & decision making



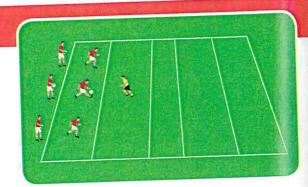






# SPACE INVADERS

HOW TO PLAY: Three attackers and one defender (3 v 1) start in zones as shown ● Mark out 5 zones − Big zones should be 15m x 10m and Small zones 15m x 2m (Use bigger zones for kicking/striking) ● Attacking team/s start at end line and attempt to move through the zones to score ● Defender must remain in zone 2 and attempts to stop attackers moving through zone ● Points are awarded for passing successfully through each zone ● You may score a bonus point by passing ball to receiver over end line at opposite end



PROGRESSION: Increase number of defenders/attackers.

WHAT IT DEVELOPS: Attacking as a team, defending & accurate passing

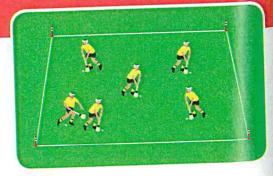






# STRIKE AWAY

**HOW TO PLAY:** Large Grid 15m x 15m • Each child has a ball • All the players dribble about a large grid • As they dribble they attempt to strike away any balls close to them • Players try and protect balls by using their bodies as shields to screen the ball • Give all players 5 Points to begin • They lose a point every time they are dispossessed and gain one every time they hit a ball away • The player with the most points at the end of a set time e.g. 2 minutes wins



**PROGRESSION:** Have 3 – 4 players without a ball who attempt to gain possession. Players who lose a ball must attempt to gain possession of another ball. Which player can keep possession the longest without losing their ball?

WHAT IT DEVELOPS: Maintaining possession & flicking sliotar away







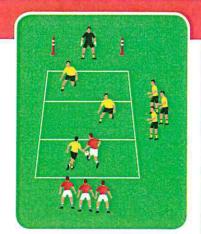


#### TACKLE ALLEY

**HOW TO PLAY:** Set up 3/4 small grids 10m x 5m with a 3m space between each in front of goals •The long thin grids allow the defenders a chance of chasing their opponents to execute the N.H.T. (Near Hand Tackle) • Place a defender in each grid • They must remain in their own grid • Have extra defenders ready to come in after a set number of attacks • 3/4 attackers each with a ball attempt to solo, one at a time, through the grids and finish with a shot on goal • The defenders start at the front of the grid and must use a N.H.T. as they chase their opponent • Change roles after a set time • Scoring: Defenders score 1 point for every successful tackle • Winner: Most points scored in a set time e.g. 3 mins

**PROGRESSION:** Have two defenders in each grid if attackers are very skilled. All grids are empty as a defender chases an attacker through the grids to see which, if any, grid s/he can make a NHT. S/he gains 3 Points if the tackle is made in the first grid etc.

**WHAT IT DEVELOPS:** Soloing under pressure, tackling, going by defenders & accurate shots on goal











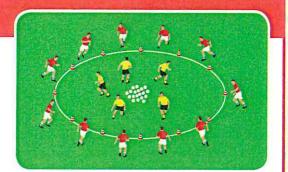


#### TOM TIDDLER

**HOW TO PLAY:** A five metre diameter circle containing 10-20 footballs • Approx 1/5th of the players are placed inside the circle • The remaining players patrol outside • The robbers must attempt to steal the footballs from the inside of the circle • The guards attempt to protect the balls and tag as many robbers as possible • Any robbers caught remain and help inside the circle

PROGRESSION: Increase number inside circle.

WHAT IT DEVELOPS: Decision making, reactions, carrying the ball & evasion











### TRIPLE CIRCLE PASS

HOW TO PLAY: Make 3 circles with a radius of 30/20/10m
• Place one defender (Black) inside smallest circle and 4 in outside circle • These players must remain in their own circles • Place 4 attackers (red) around inside circle and the same on the very outside • The 4 inside attackers must stay in their own circle while the 4 outside attackers must remain outside the outside circle • The aim is to play the ball either past the inside defenders to another attacker or to one of your attackers on the outside by passing to the outside defenders

PROGRESSION: Increase number of players in each zone. Decrease/increase diameter of square/circles.

WHAT IT DEVELOPS: Smart passing & vision







# TWILIGHT ZONE

HOW TO PLAY: Using cones layout a 30 x 40 yard grid • Divide the grid into four zones • On the top of the grid in zone 4 place 4 players with a ball each on the line • In zone 4 place 3 players (no ball) zone 3, 2 players (no ball) zone 2, 2 players (no ball) and place 1 player (no ball) in zone 1 • Players on the top of zone 5 try to hop and solo the length of the grid without losing possession of their ball, all other players are defenders

Defenders attempt to steal balls from the attackers while

staying in their zone • Each player who hops and solos the length of the grid without losing possession scores 1 point; player with most points after 5 rounds wins • Ensure that defenders only defend in their zone

PROGRESSION: Increase/decrease size of the grid.

WHAT IT DEVELOPS: Carrying past defenders & tackling







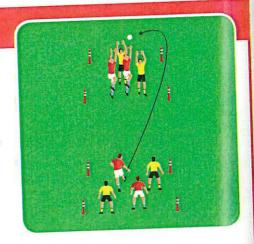


#### WAR

**HOW TO PLAY:** Set up the 2 grids as is shown • In this game it is every man for himself • A point is awarded for every ball that you win • Then they must return a high ball to the other side where the ball is once again competed for • The game continues for a set period of time and the person with the most points at the end is the winner

PROGRESSION: Increase the duration of the drill. Increase the number of players in each grid.

WHAT IT DEVELOPS: High Catching, winning breaking ball & accurate kicking











### ZONES

HOW TO PLAY: Regular rules apply except: Each player cannot leave her/his zone • Divide field into enough zones so that each player can be assigned a zone to play in with an opponent • After a score, have each player move to a different zone

PROGRESSION: Increase or decrease the number of zones. Add more than one ball. Change type of ball. Ball must go to two other zones before a team can score.

WHAT IT DEVELOPS: Decision making & discipline in keeping to your own position







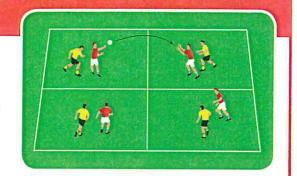


#### ZONE TO ZONE

**HOW TO PLAY:** Divide players into two teams • Spread out into 4 areas in grid as is shown • One person from each team in each section • To score you must pass ball to team mates in other zone

PROGRESSION: 4 people in each square to create a 2v2 situation.

WHAT IT DEVELOPS: Accurate passing, vision & smart runs







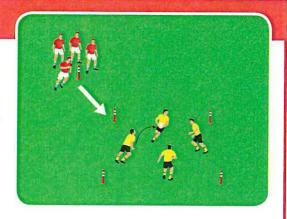


# 1,2,3 AND IN

**HOW TO PLAY:** A team of 4 stand inside the grid and make 3 hand-passes before first opponent comes in • Opponents enter after 3,6,9,12 hand-passes • Aim to make as many hand-passes as possible before ball is intercepted or goes out of bounds

**PROGRESSION:** Increase/decrease size of square. Increase number of players.

WHAT IT DEVELOPS: Quick passing & tackling











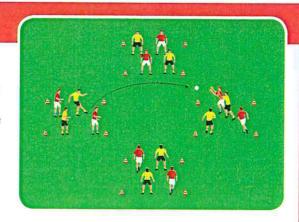
### 4 PASSES TO KICK

**HOW TO PLAY:** Group is split into 2 teams • Teams split into 4 different groups • Spread the 4 groups around the pitch as is displayed • Game starts with a high kick pass into 1 of the teams

 The team that wins the ball must make 4 passes before kicking it on to the next group • Every ball must be a high ball to simulate the breaking ball effect • Points are gained for winning the breaking ball and making the 4 passes

**PROGRESSION:** Increase time duration of the game. Increase the distance between each group.

**WHAT IT DEVELOPS:** High catching, winning the breaking ball, hand-passing & tackling











# **Full Invasion Games**

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



Attacking the goals



Maintaining possession



Contesting possession



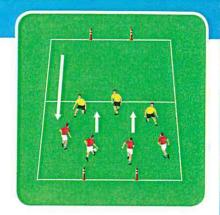
Communication as a team

### ALL UP AND ALL BACK

**HOW TO PLAY:** 2 Teams: 4 Attackers v 3 Defenders (nominate extra player to play for team in possession) • Mark out 2 grids 20m x 20m as shown • Aim of game is for 1 team (black) to start at one end and attempt to get all its players past the half way line and score through a target • For a score to count, the entire team must be over the half-way line and into opponents half when the shot/score is struck • If possession is lost, or after a score, defending team then have opportunity to attack • Change teams after a set time

PROGRESSION: Have the attacks timed.

WHAT IT DEVELOPS: Quick attacking & defending as a team









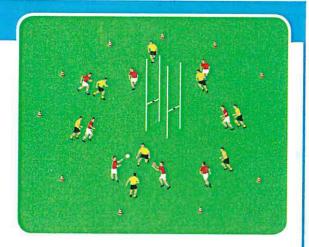


### BACK-BALL-BACK

**HOW TO PLAY:** A 2 goal pitch, but with goals back-to-back in the centre of the field • This game can be played with target goals and Goalkeepers are optional • Each team can score in either goal, on the turnover of possession you can tweak the rules to suit your players • Either; score straight away, have to complete 'x' number of passes or have to dribble to the edge before they can attack.

PROGRESSION: Decrease size of the goal, adding goalkeepers.

WHAT IT DEVELOPS: This is a great game for switching play and support (on, around or away) from the ball carrier.







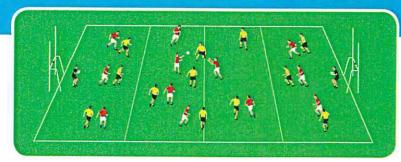






# BACKWARDS GAELIC

HOW TO PLAY: This is Gaelic football, but with everything backwards • The nets are backwards, the rules are backwards, and whatever else you'd like to turn backwards • No using feet to advance the ball, players must use their hands to shoot and pass • But goalies? No using hands for them • Quite a mix-up from the regular



game of Gaelic football, but worth trying out to add something new and exciting • Set-up the playing area similar to as shown, with nets backwards • Add in your balls. Players go at it with all the backwards rules.

**PROGRESSION:** Make this game even more challenging by only allowing players use their weaker hands when hand passing.

WHAT IT DEVELOPS: This game will help players develop creativity on the ball as they will be forced to think and play differently.







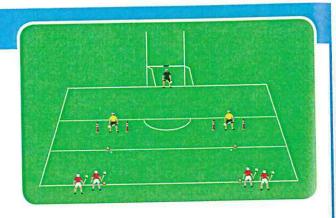
# BEAT THE MAN TOMMY

**HOW TO PLAY:** The attacker lines up at cone number 1 which is placed between the halfway line and the 45m line

- A second cone and a sliotar are placed on the 45m line
- A second cone and a shotal are placed on the
   On the edge of the D there are 2 poles placed to make a gate
   A defender is placed in this gate
   The purpose of the game is that the attacker must sprint out and pick the ball and travel through the gate evading the defender and taking their score

**PROGRESSION:** Place an extra defender behind the first defender.

WHAT IT DEVELOPS: Pick up at pace, going by players & shooting













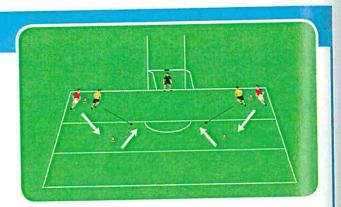
# BEAT THE 2 CORNER MEN

HOW TO PLAY: Place 2 cones in the corner of the pitch either side of the goal • Place 2 more cones further out on the 21 slightly in from the sideline • Split the team up into 2 different groups of backs and forwards either side of the goal • Backs and forwards pair off together • Aim of the game is that the forward must solo around the cone on the 21 and beat the defender and score a goal

PROGRESSION: Add in extra defender.

WHAT IT DEVELOPS: Carrying the sliotar, shooting &

tackling









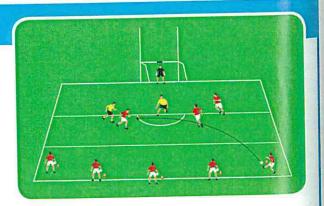




HOW TO PLAY: Place 5 fielders around the pitch on the 45 in a half circle set up • Place 3 attackers and 2 defenders inside the 45 • The aim of the game is for the feeder to make the correct decision and pick out the free forward • The free forward must carry the ball and create space for the other 2 attackers and make the correct pass to avail of this space and create a scoring opportunity

PROGRESSION: Add in another defender.

WHAT IT DEVELOPS: Decision making, vision, creating space, shooting & tackling





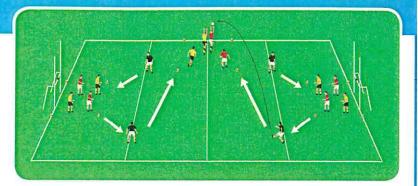






### BREAKS WIN MATCHES

HOW TO PLAY: Set up players as is shown • This game works on the breaking ball and long kick-passing and decision making • The ball is played long from midfield into the square • Backs and forwards compete for the break • If the back wins it he plays it to the wing back, who sends it cross field to the middle section • If the forward wins it they turn and attempt to score • If they are



successful the back must retrieve the ball and work it out

PROGRESSION: Increase numbers in groups. Increase duration of drill.

WHAT IT DEVELOPS: Winning breaking ball, high-catching & accurate long kick-passes







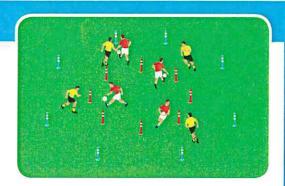


#### BREAKOUT

HOW TO PLAY: Attackers attempt to get outside the border line by evading the defenders' efforts at tackling • Defenders must stay within their zone • Defenders attempt to dispossess the attackers as they attempt to pass through their zone - (normal/near hand tackle) • 2 points are scored for every 'Breakout' and 1 for every dispossession

PROGRESSION: Increase number of defenders.

WHAT IT DEVELOPS: Breaking the tackle, carrying the ball under pressure & tackling











### BY-PASS MIDFIELD

HOW TO PLAY: 3/4 Players attempt to pass the ball from one End Zone to another by passing it around a middle zone 2/3 defenders defend their play area • Start with 3 Teams -2 at one end and another team at the other end • The aim is for the first team to use hand/fist passes and body catches to move the ball from one End Zone to the opposite • The ball is not allowed to be passed through the middle zone • If the defenders intercept the ball they must return it to the attacking team • When they get to the other end the resting



team start the sequence again • Teams have 2/3 minutes to score as many points as possible i.e. a point is scored for successfully playing the ball from one zone to the other without losing possession • Defenders gain points for every interception which may be added on to their overall score at the end etc

**PROGRESSION:** Challenge the attackers by having the same number of defenders.

WHAT IT DEVELOPS: Hand-passing, carrying the ball & vision

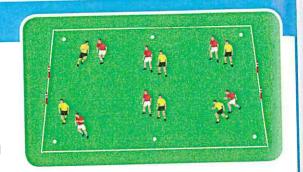






# CONTINUOUS PLAY

HOW TO PLAY: Set out two teams as is shown and with 6
Footballs • There are 6 designated positions for the Footballs
• Play begins with the referee calling a position (1-6) and the nearest player to the ball gets the game going • When the ball goes out of play again the referee calls another number • This game allows for 6 consecutive plays • It encourages quick reactions and decision making for the player who receives the ball
• When all balls are used up the players must reset the balls



PROGRESSION: Use weaker foot. Increase the number of designated positions for footballs.

WHAT IT DEVELOPS: Quick reactions, decision making & hand-passing



# CORNER BALL

HOW TO PLAY: Basketball size court • 8-15 players each team—two players from each team in corner boxes • The object is to pass the ball to the corner men who attempt to catch it • All players rotate through corner boxes in turn • Game is started with a toss up at the centre between two opposing players • On gaining possession a team passes the ball so that their corner men catch it • When the ball goes out of bounds the nearest player passes it back into play



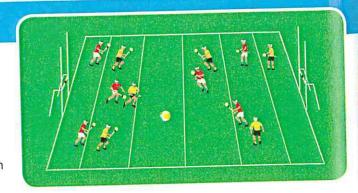
PROGRESSION: Ball may be hand-passed or kicked.

WHAT IT DEVELOPS: Hand-passing, catching, creating space & vision



# CRAZY BALL HURLING

HOW TO PLAY: Great for any grade or age level,
Crazy Ball hurling is basically a hurling game with a
little bit of attitude • Set-up a hurling game as normal,
except that instead of just using a sliotar, add in
whatever crazy equipment you might have to strike
around! • Some tested equipment that works well in
this game are foam footballs, large foam dice, or beach
balls – use all of them at the same time and watch them
bounce all crazy-like around the field as the players try
to strike them • Add in whatever rules desired when it



comes to goalies, points, etc. Set-up your hurling playing area. Add in crazy but safe equipment as the sliotars.

PROGRESSION: Increase the number of goals that each team needs to protect to make it more difficult to defend.

WHAT IT DEVELOPS: This game develops awareness and concentration given the high volume of balls used.







### DISTANT CIRCLE SCORE

HOW TO PLAY: Two equal teams of between 9 and 12 players • Portable goalposts are positioned safely in the middle of the field • A circle of multi markers is placed around the goalposts about 50 metres in diameter • Scores can only be taken from outside these markers . Ball is thrown up, the team that wins possession tries to set up a score • The ball and players are allowed inside the markers

 The game is continuous and doesn't stop after a score, players on the other side of the goal attempt to regain

possession after a score is kicked • Players can move anywhere inside the boundary line • The only time the game stops is if the ball goes outside the boundary line

PROGRESSION: 3 or more passes before a score can be executed. Shoot on sight with no limits on passes. Midfielders and goalkeepers must stay inside the arc of cones to practice high catches when ball comes from other side of posts after a score.

WHAT IT DEVELOPS: Shooting from distance, reactions & smart passing



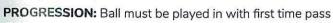






### DOUBLE BACK

HOW TO PLAY: 1 goalkeeper, 1 attacking player (A) in end zone (Inside the black line/domes) . Goalkeeper must stay in goal until 'A' receives the ball . 'A' cannot come outside the black line • 4 v 4 between the black lines • When A's receive the ball, players in the middle zone support them • Ball must be played out again by A to support players for a score • Could give extra points if score is taken with weaker foot



(This encourages players to look up and use the 'early' ball into their forwards). Have an extra defender marking the A player and play high balls into them. The ball must be 'broken' out to the in rushing attackers.

WHAT IT DEVELOPS: Long kick passing, accurate shooting for goal, tackling & goalkeeping









### DOUBLE HANDED TOUCH

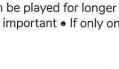
HOW TO PLAY: This game is played in a rectangular field with the short ends of the field serving as the 'touch' lines • Based on the rules of touch rugby • No kicking or tackling is permitted • The ball must be hand pased backwards and then carried forward • Play stops when an opponent touches the ball-carrier with both hands • If after five sequences of play a goal hasn't been scored, the ball is turned over • A goal occurs when the ball is touched on the ground at the end of the field • A number of balls are placed at each end of

the field so the opposing team can play on immediately when a goal is scored, resuming from the defended touch line

• The team with the highest score at the end of the game wins • This game can be played for longer periods of time • Two 15-minute halves are suitable • The 'double hand' aspect of this game is important • If only one hand is used to 'stop' a play, the game will not flow

PROGRESSION: 4 second rule in possession.

WHAT IT DEVELOPS: Breaking tackles, supporting players from behind & tackling











# DOUBLE OF QUITS

HOW TO PLAY: 5/6 multi markers scattered between 13m and 45m at both ends of the pitch • Game to be played with normal rules until one team scores a point or a goal • If it's a point let their free taker choose a marker and take a free from that spot • If the player scores, remove



but if the free is missed take away the original point and leave the marker as it was • If a team scores a goal then the nominated player takes a penalty and if successful, the team gets 6pts but if unsuccessful then the original goal doesn't stand • When kicking frees from markers, goalkeepers can be setting up next ball for kick-out to keep the game flowing

PROGRESSION: Penalty kicks to be taken instead of frees.

WHAT IT DEVELOPS: Attacking play, accurate passing & free taking under pressure



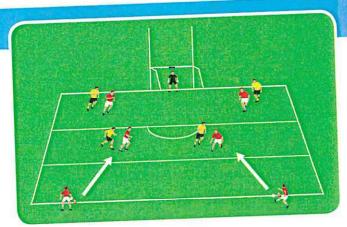






# FEED THE FORWARD

HOW TO PLAY: This game involves 8 players in a 4 v 4 match at one end of the field with the two feeders in the middle of the field • Two players are positioned between the end line and 21m line and two between the 21m and 45m line with each of them being marked by a defender • The feeder's take turns to feed in from opposite sides of the field • Balls should be fed to the square to the feet of the forwards • When the ball is fed, play begins • All forwards react and play with the aim to get a score using the other forwards also if needed • When play breaks down or ends, reset the positions and switch up the player' roles.



PROGRESSION: Add in another ball. Allow one of the feeders to join the attack after passing in order to make

defending more challenging.

WHAT IT DEVELOPS: This game develops intelligent movement, shooting and passing.







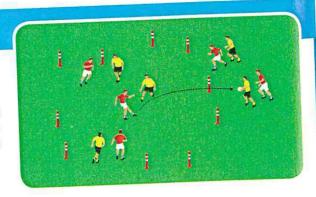


# GOALS GOALS GOALS

HOW TO PLAY: Two teams play against one another • There are five small goals (two poles) scattered in the area • One team attempts to maintain possession and score as many points as possible by passing the ball through any of the goals • The ball is only turned over if a team loses possession or the ball goes out of play • Each team has to get to so many points before the other team

PROGRESSION: Instead of passing through the goals, the ball must be hopped and soloed through.

WHAT IT DEVELOPS: Maintaining possession, hand-passing, vision & decision making











# GOAL TO GOAL

HOW TO PLAY: 40m x 20m or 30m x 15m depending on age or ability • 2 sets of goals (poles) 2-3m wide at either end • Hand-pass only • Score by carrying through or hand-passing through goals (carrying is 2 points, hand-pass is one) • Other team then gets possession • Game lasts 60-90secs • It is excellent for developing fitness with the sliotar and decision making • Game gives players a focus for attack rather than just maintaining possession • Encourages players to use their 4 steps and drive past opponents • Promotes passing and moving •



Much easier game when on the ball so it is excellent for making defenders work hard in order to turn over possession

**PROGRESSION:** Allow soloing to encourage going past players. Allow scoring team to keep possession and play in opposite direction – this is excellent for teams that have players who fail to track back. Play a 'roaming midfielder' who is always on the team in possession – this simulates the overlapping player from midfield or half-back.

WHAT IT DEVELOPS: Fitness with the sliotar, hand-passing & attacking the goal







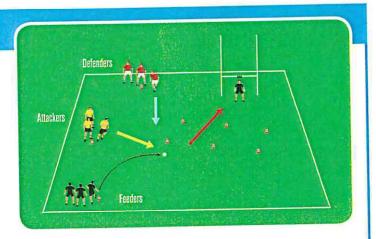




### GO 4 GOAL

HOW TO PLAY: Players in groups of three/two, one team defends/attacks • Coach plays in ball to forwards who attempt to work ball in to score goal or take shot on goalie • Defenders attempt to work any ball out to the coach • Play ends when ball goes dead • Defenders step off the field so attackers now become defenders & new group on are the forwards

WHAT IT DEVELOPS: Carrying the ball past players & last men defending





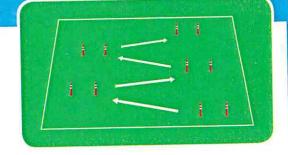






# HITTING THE TARGET

HOW TO PLAY: Two teams play against one another • There are five small goals (two poles) scattered in the area • One team attempts to maintain possession and score as many points as possible by passing the ball through any of the goals • The ball is only turned over if a team loses possession or the ball goes out of play • Each team has to get to so many points before the other team



**PROGRESSION:** Instead of passing through the goals, the ball must be hopped and soloed through.

WHAT IT DEVELOPS: Maintaining possession, hand-passing, decision making & vision



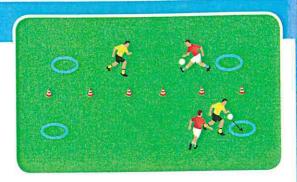






### IN THE HOLE

HOW TO PLAY: Get the kids into pairs with one ball per pair and 2 hoops about 8-10m apart ● Play a mini game of basketball -1v1- to score you must try and bounce the football into the other player's hoop ● If you score, give the ball to your opponent who then has to try to score against you ● If you have the ball, you are the attacker and if you don't have the ball you are the defender ● Attackers try to get past the defenders by bouncing or soloing the ball to the left or right of the defender without losing the ball ● Defenders try to stop the attackers from scoring by



taking the ball (swiping, stealing) • Remember you cannot touch the attacker, only the ball.

PROGRESSION: Use smaller hoops in order to make scoring more difficult.

WHAT IT DEVELOPS: This game develops agility, smart intelligent movement and disciplined tackling.











### KEEPINGS OFF

**HOW TO PLAY:** Set up-Square 10-15 metres apart • 2 Teams-4 v 2 in the square • The four move around attempting to keep possession • The two 'chasers' /defenders attempt to intercept • Team in possession score a point by making 3/5 successful handpasses • Chasers/defenders to be changed every 2 minutes

PROGRESSION: Increase number of attackers/defenders.

WHAT IT DEVELOPS: Hand-passing, creating space & tackling









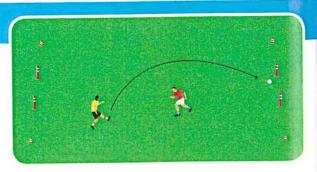


### KICK FOR GOAL

**HOW TO PLAY:** Set up grid as shown with 2 Goals at either end of a  $20m \times 15m$  grid • Play 1 v 1 initially then 2 v 2 with no Goalies • Players aim to punt kick through their opponents goal • Players may move anywhere and score from anywhere • 2 points for getting it between the poles and 1 point for getting it between poles and cone

**PROGRESSION:** Make the grid bigger. Play with more players.

WHAT IT DEVELOPS: Accurate punt passing & decision making







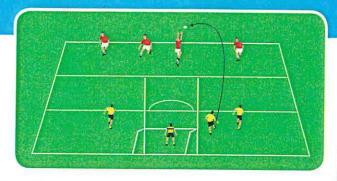






#### KICK IT FUN IT

**HOW TO PLAY:** Create a mini-pitch [approx. 40 m x  $25 \text{m}] \bullet \text{At}$  one end only, set up goals using cones or posts  $\bullet$  Choose two teams of four players each  $\bullet$  Start one team in a line across an end-line  $\bullet$  Give the ball to the other team and start them from the end-line that has the set of goals, but with only three of their players lined across it  $\bullet$  The fourth player does goals to allow a 3 v 4 situation to develop outfield  $\bullet$  On the whistle, one of the three kicks the ball high and long towards the opposing



team of four • Both teams advance quickly to meet each other • The team of four should now be in possession of the ball • The four must work the ball past the three to get in a shot for goal • A score is only awarded if the ball is kicked low into the goal [on or close to the ground] • Should the three win the ball back, they simply work it out to the far end-line • After each play, the teams switch roles, rotate goalkeepers and start again

WHAT IT DEVELOPS: Catching, working space & accurate shooting for goals







### LONG PANGE SHOOTING

HOW TO PLAY: The aim of this game is to develop the long range kicking/striking of players • Set up a normal pitch with two goals at either end of the playing zone • Place cones 35m out from each goal outlining an area in which the players must strike or kick the ball from outside • Divide the players into two teams with one team scoring in one goal and the other team scoring in the other

 When the whistle is blown, a normal game of hurling/gaelic begins with the exception that scores inside the 35m zone do not count



forces the players to shoot from longer ranges and the team with the most points at the end of the game wins.

PROGRESSION: Only allow players to take the shot with their weaker foot/side.

WHAT IT DEVELOPS: Long range kicking/striking.



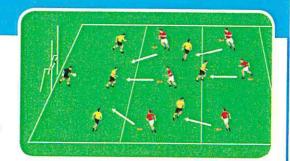






# LOSE IT/WIN IT

HOW TO PLAY: Simulates those match situations when forwards have made good runs to get a pass from midfield but the pass ends up with the opposition goalkeeper • To properly copy this, force forwards to stand at multi-markers at least five or six metres away from any backs • The ball starts with the goalkeeper • He throws it in the air and catches it to signal 'game on' • The forwards immediately try to stop the backs getting the ball out easily and carrying it over the halfway line • Do this over and over to work on



suppressing a forward's instinct to simply watch where the ball goes and to improve his ability to close an opponent down

WHAT IT DEVELOPS: Defending from the front





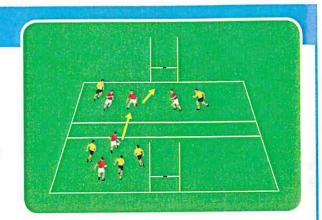




### MID FIELD SET UP

HOW TO PLAY: 20m x 30m pitch • 5 players per team • 2 Defenders v 3 Attackers in each grid • 4/8m wide road - two rows of cones across the middle • To pass ball/sliotar to midfield zone to attempt to set up attack for a shot on goal • Allow a minimum number of passes before ball reaches midfield e.g. 5 attackers should always try and use their extra player to create an overlap • The attacker with the ball soloing into midfield is the only player allowed in this zone • Scoring: A set number of passes e.g. 5 or pass the ball through either goals on end Line • Have goalkeepers to score against

WHAT IT DEVELOPS: Carrying the ball, creating space & accurate passing





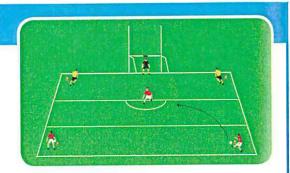




### MIGHTY MAN

**HOW TO PLAY:** Mark out a playing area from the end-line to the 45m line • Place 2 feeder players on the 45m line, either side of the goal • Place 2 defenders either side of the goal on the end-line • Place the full forward on the edge of the small rectangle • The feeder kicks the ball into space

WHAT IT DEVELOPS: Accurate passes to space, running at attackers & closing space









#### NON-STOP HURLING

HOW TO PLAY: Can be played with teams of various sizes provided pitch is adapted to suit e.g. 9 v 9 from 20m line to 20m line or 15 v 15 on a full pitch • Again based on the principle of not stopping for every break in play; keepers have plenty of balls and puck out immediately after scores or wides • Balls are placed up and down the side-line and if one team puts a ball over the line the other team lifts the nearest ball and plays on

**PROGRESSION:** Focusing on winning your own ball – balls into attack are played long and high to promote high

catching and winning dirty ball. Put a condition that every time a player gets on the ball he must try to drive past the first player he comes into contact with. Goals only. Quick side-lines – ball can't be set up and when ball goes over line the nearest one must be hit – encourages short side-line balls and promotes maintaining of possession.

WHAT IT DEVELOPS: Winning your own ball, attacking/ defending & continuous play



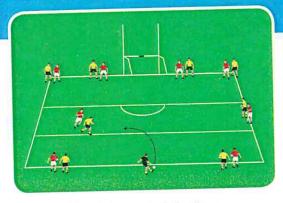






# NUMBERS GAME

HOW TO PLAY: An exercise where pairs of defenders and attackers are matched and stood at cones spaced out around the edge of one half of the pitch • Each pair is given a number (usually from 1-6 or 1-8] • The coach calls a combination of numbers [e.g. 1, 2, 5, 8] and this is the signal for those pairs to race onto the playing area and compete • The coach plays the ball to an attacker • Attackers try to score points while defenders attempt to win the ball and work it over the halfway line • Once the ball goes wide or over the bar, the pairs jog back to the edge of the pitch and the coach calls the next combination [e.g. 3 and 7]



WHAT IT DEVELOPS: Reactions, accurate shooting, beating the defender, tackling & last man defending





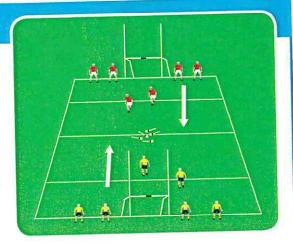


# NUMBERS HURLING GAME

HOW TO PLAY: Mark out a hurling field with 2 goals at opposite ends of the playing area • Put out 5 hurleys at each end in front of the goals • Divide the players into two teams, and have them stand at opposite sides of the field (If available, give players coloured bibs) • Give each player in the team a number from 1.... to however many players there are. For example, 6 players in the team = each kid will have a number #1, #2, #3, #4, #5, #6 • The teacher calls out a few numbers and if your number is called, you run out, pick up a hurley and play • The teams play hurling against each other until a goal is scored, or after 1-2 minutes - You then put your hurleys back down on your side, and return to your team on the side line • The manager can proceed to call out different combinations of numbers.



WHAT IT DEVELOPS: Communication and shooting.







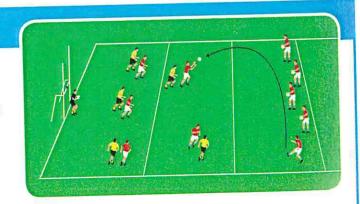


#### ONE ON ONE

HOW TO PLAY: Organise players in groups of 3, I feeder, 1 defender and 1 attacker • The feeder plays the ball from the halfway line into the attacker • The attacker performs a high catch uncontested initially and then attempts to put the ball over the bar

PROGRESSION: Advances with a fully contested high catch between defender and attacker. Switch roles every 2 minutes.

WHAT IT DEVELOPS: High catch, accurate point taking & blocking











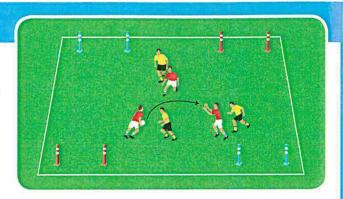
#### OPPOSITE CORNERS

**HOW TO PLAY:** 2 teams of 3 • 4 goals (red and blue)
• Team A plays towards one goal while team B play towards the other • Score in either of oppositions 2 goals, 1 point for each goal scored • If ball goes out start with sideline ball • After score other team get possession from the back • No Goalkeepers • Ball behind each goal

PROGRESSION: Add in a third team

WHAT IT DEVELOPS: Hand-passing, creating space &

decision making











### PATIENT SHOOTING

**HOW TO PLAY:** A grid should be set out as is displayed • There should be two even number teams in the grid. 6/7 per team • The team in possession must make a minimum of three passes inside the grid before transferring the ball outside of the grid to shoot for a score • Ball is retrieved on far side of the goal and the game continues

**PROGRESSION:** A second smaller grid from which you must hand pass over the bar.

**WHAT IT DEVELOPS:** Close quarter hand-passing, creating space & first time shooting from distance





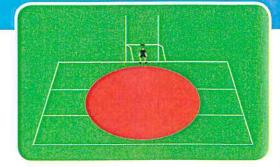






### PAY THE PRICE

**HOW TO PLAY:** Set up a large circle [diameter 40m] • Play backs v forwards to the halfway or far 45m line • The goalkeeper plays for the defenders • Start each play with a kick-out • Let the forwards take possession and attack • Only points count • Should the attackers shoot and score from outside the circle, they are awarded 1 point • A score from inside the zone earns 2 points • A 'free' scored from inside the zone earns 3 points • Defenders must work to keep the scores to a minimum, so they must make sure they do not commit fouls inside the zone and that they mark tightly enough



to keep down the number of 2 point scores • Defenders can earn scores for themselves, by winning the ball and working it up the pitch to cross the halfway line or far 45m line while still in possession

WHAT IT DEVELOPS: Working the ball into shooting zones & clean tackling







### PLAY THE ZONE

**HOW TO PLAY:** The pitch is divided into zones • Players are split into two teams • Two players from opposing teams are assigned to each zone • Normal rules apply but players cannot leave their zone • After a score, each player moves to a different zone

**PROGRESSION:** Add more game conditions i.e. a dropped ball means a turnover in possession.

WHAT IT DEVELOPS: Sticking to your position, accurate passing, tackling & blocking shots





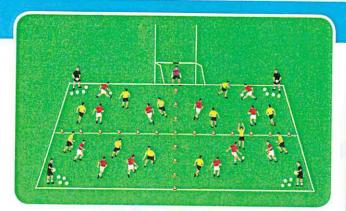




# QUADRANTS

**HOW TO PLAY:** Dimensions – end line to 45m line divided into 4 even sized squares • 4 small sided games  $3 \vee 3$  or  $4 \vee 4$  • Each game lasts 3 minutes with each pitch having a coach as referee with plenty of footballs for re starting the game • One inner pitch goes for goals only while the other 3 go for points only • Rotate onto a different pitch after 3 minutes with a 1-minute break ensuring 12 minutes' work and 4 minutes' rest.

**PROGRESSION:** Make one pitch and over load game  $-5 \vee 3$  or  $4 \vee 2$ . Finish with one game but players can't leave their zone.



WHAT IT DEVELOPS: Decision making under pressure and defending and accurate finishing in tight confined spaces.







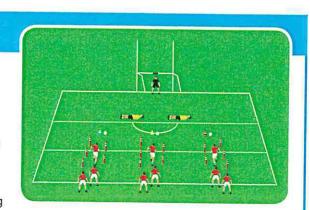


### PEACTOR GAME

HOW TO PLAY: 3 players move through the poles as fast as they can • 2 defenders lie on their backs and wait for the coach to call • The coach calls a colour, the attacker that is nearest to the cone of that colour picks up the ball & the 3 attackers try to score • Defenders must react & stop the attackers • Player that shoots moves to the back of the group • The other two attackers become defenders

PROGRESSION: Attackers must pass once before shooting.

WHAT IT DEVELOPS: Reactions, attacking as a team & tackling a man running at you













# POLLING ATTACK

HOW TO PLAY: This may be set up and played as part of a backs v forwards exercise or in a full game • An attacking ploy where the six forwards wait for the opposition goalkeeper to kick the ball out: As the ball is in flight, they rotate one position clockwise and play from their new positions • This tends to momentarily upset the defence, with backs wondering should they follow or should they stay in position • If the ball is won at midfield, the attacking options are greatly enhanced

PROGRESSION: Rotate anti clockwise on the coaches call.

WHAT IT DEVELOPS: Game plan & creating space



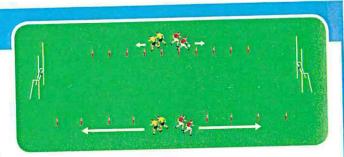






# PUNNING THE CHANNELS

• Each pole 10m wide apart • At each end of the channel put up a set of goals • At the mid-pole on each side start 4 players • Two are attackers (red) and two are defenders (green) • The reds on the right side of the channel have the ball • On the whistle, the reds sprint



with the ball to the nearest pole and turn into the channel to attack • At the same time the greens on the same side do exactly the same and turn into the channel to defend • On the other side the 2 reds and greens sprint to the 'end pole' and turn into the channel to back up their team-mates On the other side the 2 reds and greens sprint to the 'end pole' and turn into the channel to back up their team-mates and form a second wave of defenders and attackers • This leads to a 4 v 4 situation, with reds attempting to work the ball into a goal scoring situation and greens trying to work the ball back and score into the other goals

WHAT IT DEVELOPS: Sprinting with the ball, support play, working ball to scoring situation, man marking & tackling







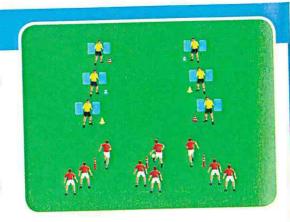


# PUN THE PAPIDS

**HOW TO PLAY:** 3 players start the drill by moving forward while passing a ball • 6 players with tackle bags assigned to 6 cones of 3 different colours • Coach calls a colour & the players at that colour must react and enter the grid to make a hit on any one player • Players with the ball must maintain control of it and reach the end of the grid

PROGRESSION: Coach calls more than 1 colour.

WHAT IT DEVELOPS: Maintaining ball under pressure, offloading through tackle & taking a hit









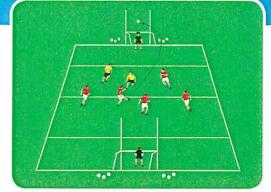






# SHOOT ON SIGHT

**HOW TO PLAY:** Use a small pitch with the small portable goals e.g.  $45 \text{m} \times 40 \text{m} \cdot 2$  uneven teams e.g. 5 v 2/3: 5 players with coloured tops play against an unequal number for a set time i.e. 3 mins • This makes it easier for one team to get plenty of shooting action • Have a good supply of balls behind either goals • Aim is to shoot as soon as you have possession or one hand pass only to get the scorer into a favourable position • Less skilled players may be permitted one solo or bounce before shooting • Have extra balls at the side of the goals to keep the game in action • Allow the other team an even number after a set time i.e. 3 mins



**PROGRESSION:** The ball must be played inside a specific line e.g. 15/20m from goals and then played back out again before a shot on goal may be attempted.

WHAT IT DEVELOPS: Taking the first option, quick shooting & blocking







# SILENT GAME

HOW TO PLAY: Start the game you want to play, be it a small-sided or full-sided one, on a shortened pitch or not
• Let the game run for a few minutes to get the flow going and then introduce a single rule • NO SPEECH ON THE PITCH! That includes...no calling for passes, no reminding team-mates to mark opponents, no speaking to the referee, no issuing instructions of any kind • Should any player break the 'no speech' rule, award a 'free' to the opposition This game forces players to look up when passing and to make themselves available for that pass



PROGRESSION: Alternate with normal game.

WHAT IT DEVELOPS: Quicker movements & makes players play with their heads up







### STAYING ALIVE!

HOW TO PLAY: In a full practice game, set flexi-markers across the halfway line and add one rule; when a team is in possession and on the attack (i.e. one of its players has the ball in the opposition half), all supporting players in that half of the pitch must move constantly and at pace! • No player may stand, jog, walk etc • Movement may be for a pass, on a decoy run or in support – as long as the ball stays alive, the attackers must do likewise • If a player breaks the rule, the penalty must be a 'free' against the team • On average, the ball stays alive.



the ball stays alive for 6-10 seconds before it is lost [e.g. wide, score, sideline or dispossession]

WHAT IT DEVELOPS: Fitness in match situations, quick passing & supporting and making telling runs









#### SWAP BALL

HOW TO PLAY: Football rules apply but there is no kicking the ball • Players can run, tackle and handpass as often as they like • One point is scored every time the ball is hand passed to a team-mate • Six points are scored if the team with possession of the ball can swap the ball in play for a ball which is placed randomly on the field by the coach • This 'swap' ball is only placed on the field three to four times per half and is only on available for 30-45 seconds • Only the team with possession of the ball can swap the ball • The ball in play must be placed



next to the swap ball before the new ball can be brought into play • The team with the highest score at the end of the game wins

**PROGRESSION:** Because of the high intensity of this game, 5-7 minute halves are recommended. Ensure the 'umpire' keeps the game flowing as much as possible so there are no throw ups.

WHAT IT DEVELOPS: Quick passing, vision, creating space & tackling





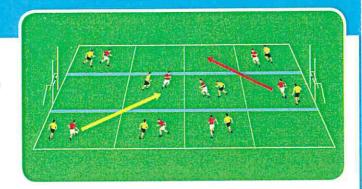


# SWITCH THE PLAY

**HOW TO PLAY:** Pitch is dived into 3 long lanes marked out with multi-markers • Player cannot pass the ball to someone in the same lane • If player passes ball to someone in the same lane a penalty free will be awarded for the opposition • Always encourage diagonal runs and better passing

**PROGRESSION:** Must pass to a player in each lane before a score.

WHAT IT DEVELOPS: Speed of thought, diagonal running & accurate long passing



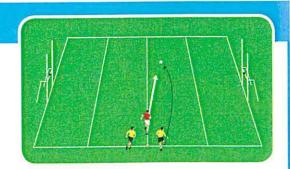






### TANDEM DEFENCE

**HOW TO PLAY:** Three players stand in line 5m apart each facing across the field • The attacker is the man in the middle • One defender has a ball • He kicks a bad pass and it goes straight to the attacker who turns and tries to beat the defender behind him • The man who kicked the poor pass runs around behind his fellow defender (he doesn't attempt to tackle from behind and concede a free kick) and acts as a cover in case the first line of defence is breached • The attacker must attempt to take the ball fully across the field



PROGRESSION: Use 5 or 7 players.

WHAT IT DEVELOPS: Individual and group defence, tackling & defenders covering space



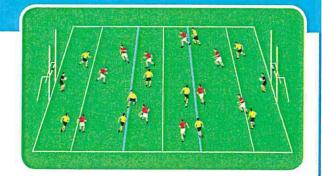






# TELLING PASS

HOW TO PLAY: A simple game to make passes more telling and players more economical in their play when in the opposition half of the field • Once a team takes possession of the ball inside the opposition half of the pitch, the ball may only be passed between players a maximum of two times before a shot is taken • 2 passes max • This does not mean that the players MUST take two passes [perhaps one pass may get them into a scoring position – e.g. if they take possession deep into the opponents' half



PROGRESSION: The coach may change the rule to suit the skill level – would three passes be better for younger teams? Would a smaller pitch be more effective?

WHAT IT DEVELOPS: Clinical passing & smart runs to get into scoring positions

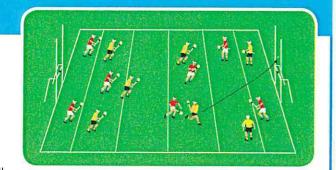






### THREE SECOND HURLING

HOW TO PLAY: Full rules 9 v 9 except players can only be on the ball for 3 seconds • Coach counts out loud 1,2,3 initially . Defenders and attackers are to be in their own half for all puck-outs • If a defender/attacker are on the ball they can cross into the other half, their marker may follow but they must retreat on delivering the ball . This promotes moving the ball quickly and encourages players to scan the pitch before using the ball • It improves decision making on the ball and encourages players to go looking to take the ball



of a team mate • Again it involves continuous play with quick puck-outs, side-lines etc

PROGRESSION: Players are only allowed 3 seconds so those defending are aware ball must be played-award a point for execution of the frontal block. After a few minutes coach begins to count into himself-the onus is now on the players to be aware of moving the ball quickly. There are always players who will call for everything, whether they are in the right position or not...put in a NO TALKING condition. Reduce time on the ball to 2 seconds.

WHAT IT DEVELOPS: Moving the ball quickly, vision, decision making & supporting the man in possession





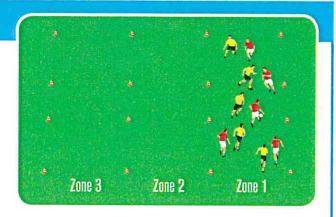


# THREE ZONES TO WIN

HOW TO PLAY: Split players into 2 teams & begin in zone 1 • Normal rules apply, except the team that wins possession must make 6 consecutive passes to score in that zone • Once a team has scored they move into the next zone and try to complete 6 passes again • The first team to complete 6 consecutive passes in all 3 zones wins

PROGRESSION: Increase the number of passes needed to score. No hop/solo.

WHAT IT DEVELOPS: Maintaining possession, creating space, accurate hand-passes & last ditch defending to turn over possession









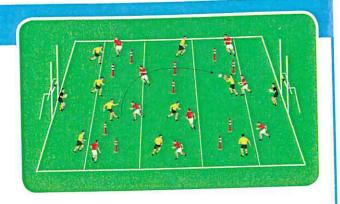


# THROUGH THE GATES

HOW TO PLAY: Set up 5 gates between the two 21m lines • The centre gate measures approx 20m while the other 4 measure approx 25m • Aim: to score a kick pass through the gate to a team mate running on to the ball • Encourages long passing, diagonal movement and forwards to attack the ball

**PROGRESSION:** Hand-pass through the gate to a team mate to encourage over-lap running.

WHAT IT DEVELOPS: Accurate kick-passing, smart diagonal runs & winning possession to score









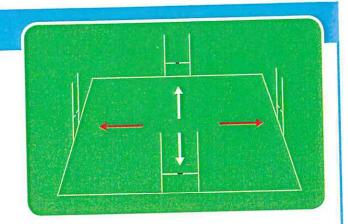


### TOTAL FOOTBALL

• Score by kicking for goals • Team that scores keeps possession and attacks another set of goals • Any one team cannot score into the same goals in succession • Apply 4 second rule • Supply of balls at each goal

PROGRESSION: Use four goalkeepers.

WHAT IT DEVELOPS: Decision making, reactions for defenders, shooting for goals & creating space











**HOW TO PLAY:** A game played on a reduced pitch [50m x 50m is best] with teams of 5 and 1 goalkeeper who plays for neither team • The goalkeeper [yellow] is the focus of this game

• He/she must defend three different goals [set together in the middle of the pitch, as a triangle of posts or cones] • Outfield players work to score into any of the three goals, forcing the goalkeeper to reposition every few seconds • A team may attack one goal and suddenly switch the point of attack to shoot at another goal • The shooting rule is that players may



only score with shots that are struck low and hard along the ground • Coach decides if a goal is scored the ball is still in play and may be picked up by any player from either team • The ball is only out of play when it crosses a touchline

PROGRESSION: Add in a second goalkeeper.

WHAT IT DEVELOPS: Goalkeeper reactions, vision, attacking play & tackling







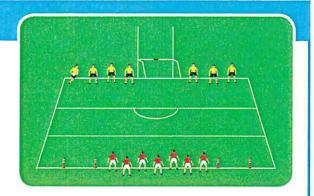


# TURNOVERS COUNT

**HOW TO PLAY:** Split team up so its 7 versus 7 • Place 1 team on the end-line, the other team on the 45 • Place 2 gates on the 45, one on either side of the pitch • The team on the end-line starts with the ball and has to get out through the gates and then score • The other team attempts to turn over the ball and also get through the gates and score themselves

PROGRESSION: Increase numbers e.g 9v9.

WHAT IT DEVELOPS: Attacking as a team, smart passing to create space, supporting the player in possession, tackling & shooting











### TWO BALL GAME

HOW TO PLAY: The game can be played with 6v6 8v8 or 15 v15 the goalkeeper will take the restart and immediately after will release a second ball Hurling/ Gaelic • It's essentially a big Hurling/Gaelic game with the added bonus of 1 more football/sliotar • Set up a typical playing zone with two teams and let the game begin • Great game to play especially with large groups of players • The added football/sliotar also give players



more opportunities on the ball than they would usually get with one football/sliotar which makes it more fun and interesting for everyone.

**PROGRESSION:** Add in the principle of 'Short/Long' where the first pass after gaining possession must be a short one and the next one must be long and so on.

WHAT IT DEVELOPS: This game develops good team communication, awareness and breeds high concentration levels.







### TWO WAY MIDFIELD

HOW TO PLAY: A game where two teams are chosen and lined out with only ONE midfielder between them [not one each, but one to play for both teams] • The midfielder is then given a neutral bib to identify him • His job is to play for whichever team is in possession • At no stage does he tackle; he simply plays both ways • This gives the player more



opportunities to practise how best to support forwards and how to do the same for defenders • Rotate who plays this role at least every five minutes during the play

PROGRESSION: Use two midfielders.

WHAT IT DEVELOPS: Midfield supporting forwards & using an overlap

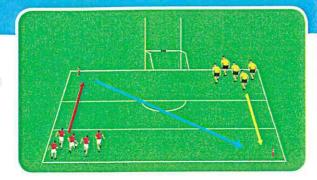






### WHEN YOUR NUMBER IS CALLED

**HOW TO PLAY:** The coach calls 2,3,4,5 etc • Players set off from either side of the pitch • Defenders have the ball and pass to each-other • Attackers just run out to 45 • Defenders once they have reached the end-line turn and kick the ball out to the field to the attackers • Attackers collect the ball and head for goals • Defenders take up positions in the scoring zone (Inside the D) • Only once the attackers have entered the zone can they shoot for a score



PROGRESSION: Use more than one ball.

WHAT IT DEVELOPS: Defenders meeting attackers as there running at them & working ball to scoring zones



#### WHO'S ATTACKING

HOW TO PLAY: Two teams of 6-8 outfield players line out in one half of the pitch • One goalkeeper stands ready to play for whichever team is defending • The coach starts the game by lobbing a ball into the playing area • The team that wins possession must work the ball out over the halfway line, keeping possession • Once across the line, this team turns with the ball to attack the goals • The other team defends and tries to win the ball back • If the ball goes dead [score, wide, sideline] the coach lobs the next ball in • Should one team dispossess the other during open play, that team must work the ball out in the same



fashion • In short, no attack may be mounted without the ball first being taken over the halfway line

PROGRESSION: After a Score the defending team must work ball out over half way line.

**WHAT IT DEVELOPS:** Switching between offense & defence quickly, shooting, tackling & winning possession







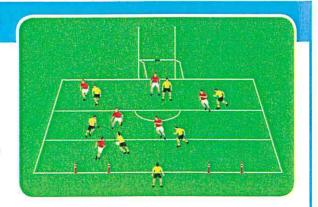
### WHO'S ATTACKING WHO'S DEFENDING

HOW TO PLAY: 2 Teams play against each other

• The defending team (Blue) with an extra player aim to score by hand/fist passing and then soloing the ball through either goals formed by two sets of cones as shown 20/30m from the end line • If successful the extra player, waiting behind the goals, plays for the attackers and attacks the defender's goal who must retreat immediately after scoring • If either team lose possession on the way out or in they change roles

PROGRESSION: Add in extra attacker.

**WHAT IT DEVELOPS:** Working the ball from defence, defending on the back foot & continuously ready for the ball











# WIPE-OUT

HOW TO PLAY: Players are keener to defend, to find space, to shoot sooner and to turn the ball over • Rules: Choose two teams [e.g. 7v7 up to 15v15], bib them and adapt the size of the pitch to suit • The game is normal with one twist • To win the game, a team must score 3 times consecutively (without their scores being interrupted by an opposition score) • Should the opposition score



before 3 consecutive scores are taken, any scores earned are wiped out and the opposition are now deemed to be winning 1-0 e.g. Team A scores a point and then a goal • They are now winning 2-0 in scores taken • Team B scores a point • Team A's two scores are wiped out and Team B leads 1-0.

**PROGRESSION:** A game to try as part of a series. Delay the 'wipe-out' element until a certain number of scores has been reached. Play to 5pts but goals count as 3 or 2pts.

WHAT IT DEVELOPS: Taking scores when the opportunity arises & focuses players to a higher degree of intensity







#### WORK IT OUT

HOW TO PLAY: Area from one end line to the 65m or far 45m line • Teams line out in backs v forwards style goalkeeper starts with all the balls • As soon as the ball goes dead i.e. wide or score the keeper starts again • The scoring is as follows • The attackers get 1pt for a point and 2pts for a goal • The defenders get 1pt for playing the ball through either set of poles and 2pts if they can carry the ball through either poles • Don't tell your players any tactics just the rules at the beginning • Let them work it out



**PROGRESSION:** To improve the length of the Goalkeepers Puck out / Kick Out, have a 5pt bonus if they can hit it through the poles.

WHAT IT DEVELOPS: Defenders working the ball out & forwards defending and trying to win the ball back





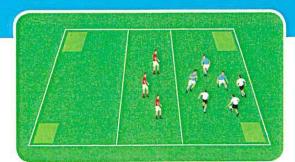




### ZONE SOLO

**HOW TO PLAY:** Mark out a grid with 3 zones as shown • Place 4 small scoring areas in the corners • Select 3 Teams – red, blue & white • Two teams (blue and white) play 3 a-side against each other while red defends the middle zone • Blue play one way and white the other into opposing grids • When white crosses the middle zone they play 3 v 3 on the blue • Each member of the team in possession must solo three times before they pass • There aim is to solo through the middle zone and score in the

• There aim is to solo through the middle zone and score in the end zones (corners) • A goal is scored by a player soloing into



their scoring grid – they retreat to their own half • The other team then take possession and start a new attack in the opposite direction • Play each game for 3 minutes and then change roles • Which team can score the most goals?

**PROGRESSION:** Allow one member of the team in the middle to defend from anywhere. Only two attacking players are allowed to pass the middle zone.

WHAT IT DEVELOPS: Breaking tackles, maintaining possession & hand-passing





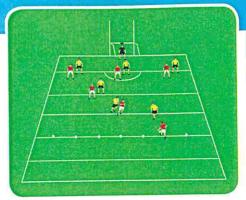


### 2 MINUTE COUNTDOWN

**HOW TO PLAY:** A simple backs v forwards series of games • For the purposes of this game, the backs may only defend the lead and try to clear the ball out over the far 45m line • A number of balls are set out along that far 45m line • The game starts with the defenders 1 point ahead and an attacker lifting a ball from the far 45m line • The attackers have two minutes on the clock to draw or win the game • Should a ball go out of play as a 'wide', a 'score', a '65' or a defensive clearance over the far 45m line, the game always restarts with an attacker lifting another ball from that far line

**PROGRESSION:** A win for either team earns 2 points – a draw earns 1 point. Give one-minute rest between games, keep switching the teams and play 4 or 6 games to see which team earns most points. Play on from Sidelines and frees.

WHAT IT DEVELOPS: Defending a lead & smart attacking to work a simple score







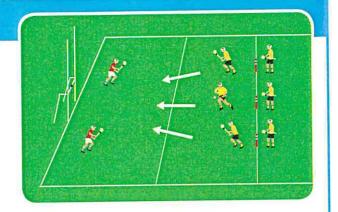


#### 3 BEATERS

**HOW TO PLAY:** 3 attackers start in possession of a sliotar on the 45m line • 2 defenders start on the end-line either side of the goal • The attackers must pass the ball a minimum of 3 times and must carry the sliotar, beat the defenders and work a goal

PROGRESSION: Increase number of attackers/defenders.

WHAT IT DEVELOPS: Carrying sliotar, hand-passing, beating a defender with the sliotar & shooting for goal











### 3V3; POAD TO SAM

HOW TO PLAY: Set up 3 mini pitches: Recommend at least 30m by 50m • Each game last 3min • There are no goalkeepers as goals are quite small around 10m wide and either use poles or 12" cones • Team must play the ball out after a score or wide, cannot solo ball out • How the movement works – If you win you move closer to Sam • If you lose you move further away

**PROGRESSION:** Ball must be under the height of the cone to score. If a foul occurs the team committing the foul have to

restart form their goals and the opposition are awarded 1pt. 2 passes before you can shoot or only allowed 3 seconds on the ball.

WHAT IT DEVELOPS: Smart hand-passing, vision, creating space & working ball as a team from one goal to the other



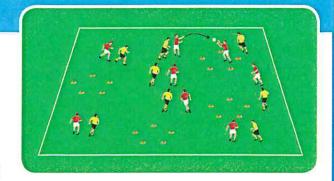






# 4 ZONE BALL

• One teams begins with the ball and attempts to score points by having one team member catch the ball in one of the goal zones outlined by the markers • The attacking team cannot run with the ball and have 5 seconds to pass the ball to a team mate once in possession • Attacking players cannot stand in the goal zones, but must enter the zone just before receiving the pass to score a point • Once a point is scored the same team continues with the ball and must attack another zone



WHAT IT DEVELOPS: Quick passing, smart runs, vision & supporting player in possession









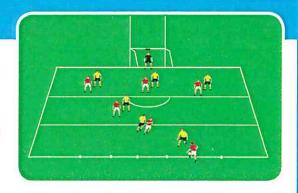
# 6 OF THE BEST

HOW TO PLAY: Full Rules • Six footballs set at half way line
• Six scoring opportunities • One forward picks up a ball and
along with his team-mate attempt to set up a score • If the ball
is intercepted or the defenders win back possession then that
attacking opportunity is gone • The forwards must then go back
to the halfway line, retrieve another ball and set up another attack
• How many scores do the forwards get from 6 attacks • Rotate

defenders with attackers after 6 attacks

**PROGRESSION:** Apply 4 second rule. Scores for goals/points only.

what it develops: Attacking as a team, creating scoring opportunities, tackling & decision making









#### 6 SQUARE MEN

HOW TO PLAY: A pitch is divided into the sections as is shown • The players aim to create space for either themselves or for team-mates • The player in possession may not move from their square to a team-mate unless he is on his own in a square • Teams can make as many passes as they wish in the same square • Players should make dummy runs to drag opponents away and create space • If the ball is turned over it must be available at the spiddle and the state.

turned over it must be worked out to the middle and then the game restarts again

PROGRESSION: The ball may only enter each square twice in one play.

WHAT IT DEVELOPS: Creating space, decision making & vision









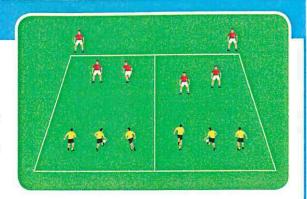


#### 10 SEC TOUCHDOWN

HOW TO PLAY: A game played across the pitch [from sideline to sideline] and in an area 30m wide • Best run with 6 players; 3v3 • Each team starts on its own end line; one team has the ball and a limited time to work the ball across the pitch and over the opposition line [i.e. the countdown from 10 to 0 called out by the coach] • The team without the ball drops one player off for this play, leaving two to defend against three; 3v2 • Rotate roles and repeat

PROGRESSION: Add more players or reduce time. Make team even i.e. 3v3.

WHAT IT DEVELOPS: Attacking at pace, tackling & carrying the ball







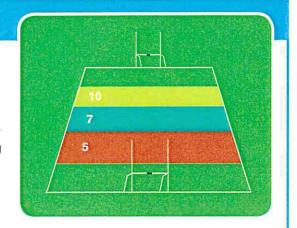


#### 10-7-5 SECOND GAME

HOW TO PLAY: Mark out a large zone 60m x 20m with 3 equal zones • Two teams 3 v 3 aim to solo the ball past their opposite end line • The team in possession must keep possession of the ball for 10 seconds in their defending zone, 7 seconds in their middle zone and 5 seconds in their attacking zone before crossing their end line for a score • If a team regains possession of the ball in their attacking or middle zone they must first solo back to their defending zone before they may start the game

PROGRESSION: When a team gets to their attacking zone they may go for a score after a set number of passes. This game encourages players to play 'Keep Ball' in their defending zone, 'Set Up Ball' in their middle zone and 'Score Ball' in their attacking zone.

WHAT IT DEVELOPS: Maintaining possession & hand-passing









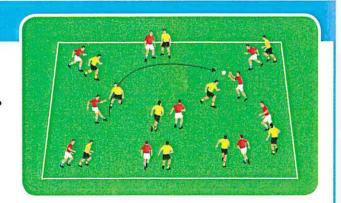
#### 30 METRE PASS

HOW TO PLAY: Two teams of 10 v 10 • Playing area maked out 60m x 80m • 1 ball • Full rules apply • Score awarded for 30 metre pass • After a score the player who receives the ball places it on the ground for the opposition • First team to 5 scores wins

PROGRESSION: Play with two extra defenders.

WHAT IT DEVELOPS: Accurate long kick-passing, vision

& decision making









# 50/50 POSSESSION

HOW TO PLAY: Keeper kicks out a 50/50 ball to start • The team that wins the ball has to work it out past the boundary line before the ball becomes live to score • When a team scores then the goalkeeper will try and find that team on the kick-out • If the ball went wide then the goalkeeper will try and find the other with the kick-out • If the ball had dropped short he would have also passed it to the other team • If the team that is defending turns the ball over then they work the ball out past the line before they can set up to score



PROGRESSION: Reverse roles to add emphasis.

WHAT IT DEVELOPS: Goalkeepers' kick-outs, working the ball from defence, vision & decision making









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Something for every coach.

Jim Gavin, Former Dublin Senior Football Manager



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