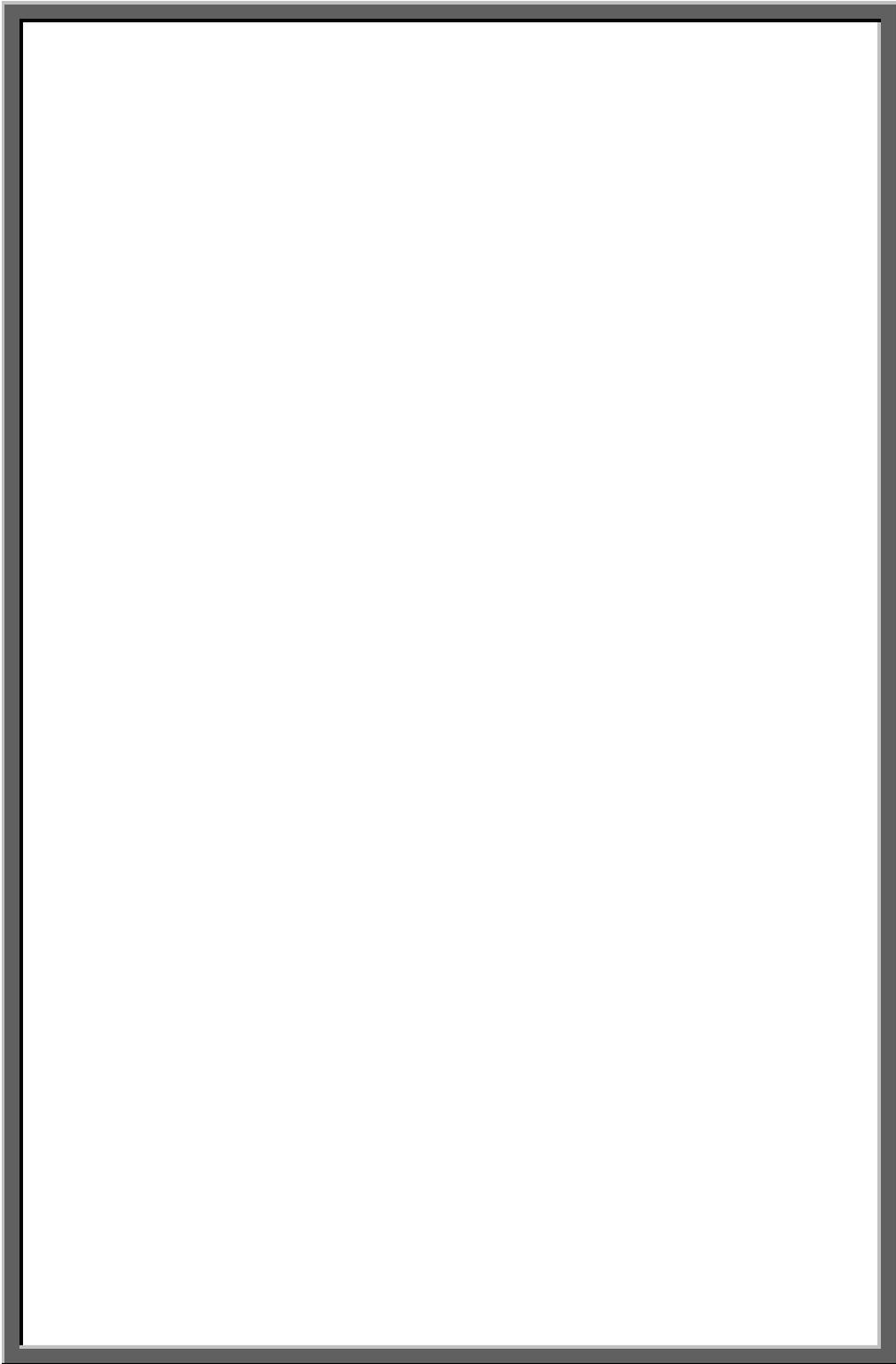


# COACHING THE GAAME



SKILL BASED COACHING  
FOR U8-13 TEAMS

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## Natural Learning through Free Play

For hundreds of years, children played games. These games were never structured, apart from a few rules that were inserted as the games went on. Away from the prying eyes of adults “who knew better”, children developed skills that allowed them to prosper at their chosen game.

As we progressed to a more “cultured time”, it became more common practice that adults took charge of these games. With each passing generation, adults are becoming much more influential on children’s *play time*. The only time my father would of seen an adult disrupting their play time was the 1 or 2 pitch sessions they attended as children many years ago. Other than that, he and his brothers, friends, neighbours ran free and wild around the streets and green areas playing games. 95% of their active time was Free Play while 5% was structured.

As time passed to our generation, Coaching became a more popular term. When adults were involved, we did DRILLS (which means “instruction or training in military exercises”). When adults were not involved, we played games. Our games were multi sport, multi disciplinary. Before school started we played Headers and Volleys, at break time we played either soccer, hurling or handball depending on the time of year, at lunch, the same. After school, we either cycled the woods, went to the pitch, built bridges across the river, climbed trees. We were given a freedom to experiment at various disciplines. Today, a child is not allowed play sports before or during break

times in school due to Health and Safety, they are not allowed run at break time. They are not allowed cycle to school for safety reasons. Their afternoons are taken up cocooned in or very close to their home. At evening time, they are brought to training for whatever sport is on that night. Children might be active 5 or 6 hours of the week in structured training for different sports be it swimming, soccer, rugby, hurling, football. They no longer have the "Free Time" that older generations were accustomed to. This generations active time is 20-30% Free Time and 70-80% structured.

How do we, today's coaches attempt to alter this balance back in favour of Free Time. We are the highest educated Coaches in the history of our sport. From a GAA perspective, more coaches are getting better Coach Education now than any time in the history of the association. Same for soccer, rugby, hockey etc. Yet, the fall off rate of children participating has never been higher. How could this happen? Coaches are supposed to be better, yet children are becoming more and more disillusioned by the sports we coach. Where is this imbalance coming from? Is society a factor. Are we limiting children from their Play Time, which our generation took for granted? How can we, the coach, engage children more in the process?

The GAA have tried to be proactive with the introduction of Go Games and lately the introduction of Super Games Centres. This is a key concept, that I have seen personally which I think

is a fantastic initiative. All clubs from a local area are invited to send in boys of a certain age to a pitch. The assigned Coach then puts them into 4 teams. Over the course of the hour, each team will play 3 matches. No referees, no team managers, nobody directing matters except the kids on the pitch. It places the power back into the kid's hands. They call their own frees, they decide if it was a score or a wide, they make positional changes on the pitch. They own the game, like we used to in our youth. To show how successful this was in one venue, there were 6 players who took part who were no longer members of a GAA club. Why did these kids come to the Super Games Centre but would not go to their local club? Could it be the fact that they got to play matches, there were no subs, no manager giving out to them for making mistakes?? Anyone of those 3 reasons is why kids give up sports, and in one swoop, the Super Games Centre eliminated the 3 biggest causes of why kids give up sports.

The other area we can encourage this Free Time is in our training sessions. Games Based Coaching is the new buzz word in the GAA circles. This basically entails more Games in the training sessions and less drills. Can you change a drill into a game which will be more enjoyable for the children and provide the Skills development that you are looking for? The traditional straight-line drills, that we were accustomed to as children do not serve purpose any longer. The reason we did straight line exercises was because of 2 main factors, lack of equipment and lack of mentors. It was easier for the 1 or 2

coaches we had, to set up 4 cones opposite 4 cones and have 5 players behind 4 cones, run out around the far-off cone and hand pass/strike/kick the ball back to the next person at the front of the Que. The coaches grew up with those drills and there were not enough resources around at the time to show new exercises to these coaches. As you can see from some of the session plans on this twitter feed, it is very easy to put in place a full Games based training session. Kids/Adults find these sessions far more engaging and of more benefit to the player. With all the additional aspects that improve in Games Based Exercises such as multi directional movement, peripheral vision, tactical know how, decision making etc. it is really an area that should be used more by all coaches.

The training sessions that you plan, need to be conscious of the children's needs. Every time I get to see the U7 and U8s training in my own club, before the session starts, they are playing multiple games of World Cup into the main goals. There could be 5 different games ongoing at the same time, with another few lads just kicking balls over the bar. Nobody tells them to do it, they just do it. And in fairness to the coaches of the group, they usually have a decent amount of time committed to Games Based exercises such as a chase game to start, no mans land, rob the nest, a tackling game and matches. As soon as the training is finished, what do the kids do? They go back to the goals and resume their games. To the untrained eye, it looks like complete chaos, but the kids are

developing so many additional skills by playing in that environment.

The role of the Coach is more about facilitation in this scenario. Facilitate the start of the games and the organising, and the coaching happens during the games. If a player is struggling with a technical aspect, you help him/her during the game while the rest of them carry on. Challenge the good players to work on new aspects and skills within the games and assist the weaker children with the simpler aspects. As children get older, ask questions about incidents in the games and see if they can figure out the solution rather than you tell them. They will always know when they make a mistake, how you deal with the mistake will dictate whether they learn from it or try to strike it from memory.

We are lucky to get more than 1 hour a week coaching a group, we must ensure that children enjoy that hour and want to come again next week. Challenge yourself to ensure this happens with more child friendly sessions. The retention rate of a team can be traced back to the coach they had. Be that good Coach. #LetThemPlay

## Creating a greater understanding of Coaching

For a coach in the GAA, there is no right or wrong way of coaching, but there are ways to improve Coaching. A quote from the recent Marvel Blockbuster “Black Panther”, that stuck with me straight away and will forever be one of my mottos in life was: “Just because something works, does not mean it cannot be improved”. It was a simple line in a movie, but the essence of what it means should ring true for every person in every walk of life, but from a Coaching perspective, it is very apt.

For a lot of coaches in the GAA, their understanding of what they are doing and why they are doing it depends hugely from person to person. Some coaches are dragged inside the wire when they arrive with their child at 6 years of age and are told, “you’ll look after this group”. Support structures within GAA Clubs and Counties vary hugely but as a coach, you will only be as good as you are willing to be. Learning about Coaching Formally through Coach Education Workshops, informally through sporadic chats and Non-formally through your own willingness to read up on Best Practice and experiment new ideas, will set the value of your coaching experience.

If a coach wants to be better and is willing to commit time and effort into doing so, the benefits to the coach as a learner and the players that are coached are huge. Some clubs have an inbuilt Culture of Coach Development and assistance to ensure

each coach has every possible support they need, other clubs don't. This gap between clubs and counties is one of the biggest challenges facing the GAA now and will continue to do so into the future.

A simple practice for all coaches is to start self-questioning your own Coaching. What I mean by this is, can you ask yourself questions which will lead to you having a greater understanding of what you are doing and why you are doing it. If you do this, you should become a more conscious coach and more willing to do exercises and Games in your coaching sessions that are more beneficial to the development of the player in the match environment.

Some Coaches have a complete misunderstanding of why we train. A simple example is this: Coach noticed that in the last match, the team were poor at Jab Lifting the ball. So, to assist this, he sets up a Jab lifting drill in training such as 3 players on Cone 1 and 3 players on Cone 2 which is 20m away, with a ball in the middle of the two cones. On the whistle, player from Cone 1 sprints out, jab lifts the ball into his hand, drops the ball and sprints to the Cone 2. As soon as he is finished, the player at Cone 2 goes the opposite direction, then next player at Cone 1 goes etc. We are all familiar with the exercise. Coach shouts at them to get faster, which they do and then he moves the 2 cones in closer and they get even more pick-ups in the tighter space. The Coach stands back, watches this working well and is happy with his coaching, all is solved. But not quite.

Unfortunately, what the coach doesn't realise is that the skill they just practiced in isolation is in no way comparable to the skill of Jab Lifting in a match. Let's just go through some of the things that happen in a match and see how this "Drill" helps the execution of this in a match situation.

- The player needs to beat his opponent and every other player to the ball.
- The player needs to anticipate where the ball will break/go/deflect to execute the jab lift.
- The player is being tackled by an opponent, so needs to protect the ball when he gets to it.
- The player needs to gain possession of the ball into his hand whilst being tackled by at least 1 opponent.
- The player gains possession and needs to decide to pass the ball, carry it or attempt a score without being dispossessed.

These are just a few things that will happen in a match which might affect the ability of the player to execute the Jab lift, but unless the coach understands, that doing a skill in isolation of any other factors, the value of the Drill is limited.

By altering this activity to something like this, might lead to greater skill development.

Coach throws the ball up between 2 players who are on the 20m line. The players must break the ball to the ground, then gain possession via jab lift and then strike the ball over the bar. Alternatively, make it 2 vs 2, where the player must make at

least 1 pass and they can go for a goal. Whilst the players might not execute as many Jab Lifts in these exercises, the value of the skill in this environment is much more aligned to what happens in the match.

Not just for Jab Lifting, but every other skill there is so many factors involved in executing them in the match situation. To get to the ball first, you do not need to be the fastest (it does help) but you need to be able to understand body positioning, anticipation, speed of thought and ability to process the information for your surroundings. If you can do that and get to the ball first, then you need to be able to execute the skill of getting the Jab Lift and catching the ball whilst being tackled. The ability to manoeuvre your body to protect the ball, getting the ball from ground to hand quickly without opponent flicking it away are all key steps. And finally, when in possession, what to do next. Do I pass, solo, shoot for a score and how do I achieve any of those when I'm faced with at least 1 person trying to stop me. These are the things that happen in matches.

The ability to do all that needs to be practiced. Players need to be put in the situation in training where they are forced to make those decisions and execute skills in a pressured situation. If coaches continue to do skills in isolation without any thinking involved, players will only be able to function in those conditions. Coaches need to create scenarios in training sessions that enable players to be challenged and to grow and

improve through those challenges. When this happens, only then are players really being Coached.

A few questions you should ask yourself when setting up any exercise, activity, drill or Game:

- What is the purpose of this exercise?
- Why are we doing it?
- Is the player faced with a real match situation, or a variation of?
- Is the player forced to make decisions based on varying circumstances?
- Could this exercise finish with a score?
- Will this improve their ability to be a better Hurling/Football player?

You don't have to answer each question, but they might help you understand better why you are doing it.

Coaching in GAA should simply be used to improve the players ability to be a better Hurling and Football players. By gearing the sessions towards this, you should greatly enhance the enjoyment and development of all your players. A criss-crossing hand pass drill might look good when a team does it, but what is the benefit of such a drill when playing a match?  
Coach the Game and Let Them Play

Disclaimer: At times, you will need to break down the skill and go back to basics of the Key points of a skill e.g. High Catch and

protecting their hand in Hurling, you might need to break down the skill for some players and give them more attention on the basics before re introducing in the game environment. But as soon as they are competent at the skill, start increasing the pressure little by little.

## What kind of players are you developing?

As a coach, you have a duty of care to ensure players get a chance to develop to their full potential. Unfortunately, I don't know how to do this to 100%, I don't think anyone has the complete solution. I, like most other coaches' experiment and try new things to adapt and improve from our gained experiences.

An excellent analogy I recently came across was the "Computer Gamer Coach". This is the coach who stands on the side-line and tries to control what his player does, the same way he would do if playing a sports game in the Xbox, Playstation, Sega Megadrive or whatever version the kids of today have.

The "Computer Gamer Coach" talks through and tells the child what to do at every opportunity so that he can maintain a grasp of control over proceedings. We all know the type (I've been guilty of this before) "Kick it long", "Take him on", "stay with him", "Make a run", etc. We are all aware of the clichés. Maybe the coach is correct in 100% of his communications, maybe he is not. Where the problem comes with this type of coach, is when he is disconnected from the game and when the players progress to other teams with other mentors.

Like a person playing FIFA or some EA Sport game on a gaming console, when the controller is disconnected, the players stop moving. If children go through years of been told exactly what

to do in certain situations, they become programmed to obey and expect these demands. When the demands stop, the children, like the players on the computer screen when the controller is disconnected, they do not know what to do. They have never learned to think for themselves. They have never been in this situation and do not know how to react. They are never given a chance to learn to succeed or fail for themselves based off their own decisions and experience.

Therefore, it is very important that in training sessions, you must ensure that the children are developing their Decision Making and Team Play. If a child is being put in a situation in training where he is forced to make his own decisions and become a problem solver, when the same situation arises in a match, he will know what to do, without the prompting from the coach. These are the type of players who enjoy playing and are more likely to stay playing GAA long term. The intrinsic value of being allowed make their own decisions on the pitch, is very empowering to the players and can lead to a massive sense of ownership for the players, regardless of age.

How do you do this? Games Based Training sessions. Minimise “Drills” and replace them with Games, Exercises or Activities. The child has a chance to learn every time they go to the training ground, the Coach dictates whether the child can avail of a learning opportunity or not. Every component of your training session can be designed and adapted to provide

greater learning for the players. The challenge for you is to make this happen.

## Why use a Games Based Approach to Coaching?

As a coach, transferring from a “Drill Based” coach to a more “Games Based” coach can lead to a substantial improvement in the levels of fun and enjoyment that the players experience, as well as a much more holistic development to the players skills set which will enable them to prosper on the playing field.

Games Based Coaching will also give players the opportunity to devise a solution for problems they may face on the pitch in games. With appropriate planning, the coach can create match situations in the training sessions which the player may not be accustomed to from Drill based training.

While this book will give the coach the opportunity to use certain exercises to develop skills, trying new games can work even better. To help devise a new game/activity, I like to break “Games” down to three sectors.

- Small Sided Games
  - Games are conditioned to focus on a skill and its development e.g. for Hand passing, 3 vs 3 possession game in a 15m x 15m square.
- Game Situation
  - These activities mimic real life game situations and are designed to introduce the player to situations that they may incur in matches e.g. for Hand passing, 5 vs 5 where the corner back starts with the ball on the end line and the defenders must work the ball out to the 45m line by hand passing only

- Conditioned Game
  - These are where the match has been conditioned to work on elements by setting limitations e.g. for Hand passing, 5 vs 5 in 40m pitch, where the players must complete 5 hand passes in a row before being allowed to score in the opponent's goals.

For each of the examples I have given, the key focus is on the "Hand pass" and using the different variety of games, we have developed different strands of the skill which may be needed in a match.

In addition to focusing on one skill, the beauty of "Games Based" coaching is that for every action, there is a reaction. What this means is for every time a player hand passes the ball, an opponent must learn how to counteract this. Does he try to intercept, does he try to tackle and dispossess etc. With traditional "Straight line Drills", there is very little complimentary skills developed. By having an opponent, the player on the ball must decide whether to go left or right, to pass high or low, pass to the left or right of the receiver etc. All these decisions that the player makes in the training session, will only enhance the players comfort when on the pitch

When designing games and activities, you need to be aware of the following elements:

- What Skill are you trying to develop?

- How competent are the group at this skill currently?
- By using the STEP (Space, Time, Equipment, Personnel) method, how can we develop the exercise?
- Is there a natural end to the activity? e.g. Can we make the end of each passage of play result in a kick for a score or another way of finishing the activity?

With Games Based coaching, you must embrace chaos. In most of the activities in this book, the diagram may highlight only 2 groups. It is encouraged that players are using each other's space e.g. playing piggy in the middle, players are not confined to a small area just for those 3 players. All the groups should be using the same space and players should become comfortable with others invading their space and crossing in front or behind them. Organised chaos is a term that is more frequently used and a sense of chaos in the training session will lead to a sense of calm on the pitch during matches.

## Age Appropriate Skills for Development

A simple model, I like to use is to Focus on developing 3 “New” skills each year. This doesn’t mean I disregard every other skill, but over the course of the year, we try to ensure that the children become competent at those skills by the end of the year.

As coaches, we can get into a rut of doing the same thing every year, when we should be trying to build tiers, year on year, much like building a house. The Foundation must be laid first where the player is given the skill at its most basic concept. Then the ground floor goes on which forces the player to execute the skill well and at speed. The 2<sup>nd</sup> floor then entails the player executing the skill under pressure from an opponent. The roof is executing the skill at speed, under pressure from an opponent in a game/match situation.

So, over the course of the year or years of coaching a group, the coach should start at the foundation level and then gradually build up the layers until the player can execute the skill in full game mode.

I will outline a structure of what skills to develop and at what ages. This should not be a limiter and not a way to stop the more advanced players from being challenged, but this should be the minimum competency each child should reach on a given year.

Kicking in Football and Striking in Hurling are the 2 core skills each year and should constantly be advanced.

For the Nursery age group (4-7 year olds) the basics of Hurling and Football should be developed with a key emphasis on Ball contacts.

Age	Hurling	Football
U5	<p><b>Core Skill:</b> Ground Strike</p> <p><b>Associate Skills:</b></p> <ol style="list-style-type: none"> <li>1. Grip</li> <li>2. Dribble</li> <li>3. Stopping a moving ball</li> </ol>	<p><b>Core Skill:</b> Ground Kick</p> <p><b>Associate Skills:</b></p> <ol style="list-style-type: none"> <li>1. Bounce</li> <li>2. Low/Chest Catch</li> <li>3. Throwing/Passing</li> </ol>
U6	<p><b>Core Skill:</b> Ground Strike on run</p> <p><b>Associate Skills:</b></p> <ol style="list-style-type: none"> <li>1. Frontal Block</li> <li>2. Shoulder Clash</li> <li>3. Ball Control- Dribbling, flicking, stopping a moving ball</li> </ol>	<p><b>Core Skill:</b> Punt Kick</p> <p><b>Associate Skills:</b></p> <ol style="list-style-type: none"> <li>1. Catch</li> <li>2. Movement with Ball</li> <li>3. Pick Up (introduction)</li> </ol>
U7	<p><b>Core Skill:</b> Double with &amp; against Moving Ball</p> <p><b>Associate Skills:</b></p> <ol style="list-style-type: none"> <li>1. Roll Lift</li> <li>2. Ball Control- Dribbling, flicking, stopping a moving ball</li> <li>3. Hooking</li> </ol>	<p><b>Core Skill:</b> Punt Kick on Run</p> <p><b>Associate Skills:</b></p> <ol style="list-style-type: none"> <li>1. Pick Up</li> <li>2. Hand/Fist Pass</li> <li>3. Block Down</li> </ol>

As the child progresses to U8, they skills progress in line with the rules of the Go Games.

<b>Age</b>	<b>Hurling</b>	<b>Football</b>
<b>U8</b>	<b>Core Skill:</b> Strike from Hand <b>Associate Skills:</b> <ol style="list-style-type: none"><li>1. Frontal Block Down</li><li>2. Jab Lift</li><li>3. Catching-Low, chest, high</li></ol>	<b>Core Skill:</b> Hook Kick <b>Associate Skills:</b> <ol style="list-style-type: none"><li>1. Near Hand Tackle</li><li>2. Side Step</li><li>3. High Catch</li></ol>
<b>U9</b>	<b>Core Skill:</b> Strike from Hand on Run <b>Associate Skills:</b> <ol style="list-style-type: none"><li>1. Hand Pass</li><li>2. Bat Down a High Ball</li><li>3. Solo Run</li></ol>	<b>Core Skill:</b> Hook Kick on Run <b>Associate Skills:</b> <ol style="list-style-type: none"><li>1. High Catch (advanced)</li><li>2. Travelling with Ball</li><li>3. Solo</li></ol>
<b>U10- U11</b>	<ul style="list-style-type: none"><li>- Emphasis should be on development of team play and further improvement of Skills as outlined already.</li><li>- Introduction of more defined link up exercises for support play.</li><li>- Multistage exercises that challenge the players to do more game like plays in training.</li><li>- Tackling and evasion whilst retaining possession.</li><li>- Small sided games to become more and more utilised.</li><li>- Quality of ball delivery should be encouraged also along with understanding of giving more advantageous ball to teammates.</li></ul>	

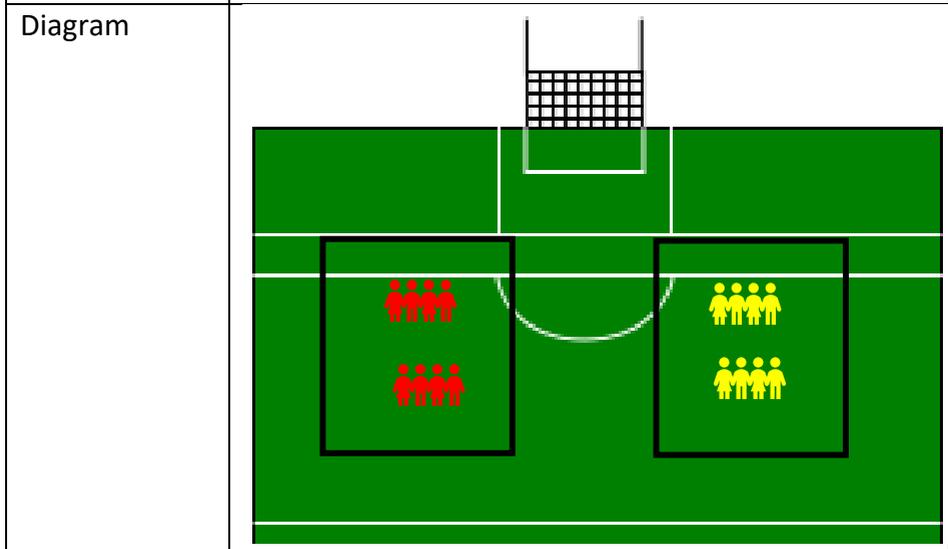
As the players progress to U12, they should be after getting an introduction to every skill needed for Hurling and Football and all that can be done from then on is improve them and build the tiers.

Age	Team Skills
<b>U12- U15</b>	<ul style="list-style-type: none"><li>- Emphasis on individual development in positional play and the roles involved in these positions.</li><li>- Technical improvements in all the skills to increase competency as well as development of Aerial ability.</li><li>- Improvement in the protection of the player and the ball whilst in possession.</li><li>- Introduce exercises with a natural start and end to the use of the ball e.g. start with a puck/kick out, ends up with a score or defensive play.</li><li>- Speed at which all the exercises and skills are carried out should be increased substantially. Ability to gain possession and release possession should be done in minimal time.</li><li>- Ability to link up with team mates and work as offensive and defensive units</li></ul>

## Hurling

- Controlling a moving ball
- Jab/Roll Lift
- Over head Catch
- Solo
- Strike from the Hand
- Hand pass
- Tackling
- Hook
- Frontal Block
- Batting a high ball

Title	No Mans Land
Primary Skill	Controlling a Moving Ball
Secondary Skills	Ground Strike
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Teams may only stay in their area and are not allowed to cross “No Mans Land” (area between the 2 areas).</li> <li>• Player must hit any Ball back into opponent’s area.</li> <li>• Team with the least amount of Balls in their area after allocated time is the winner.</li> </ul>

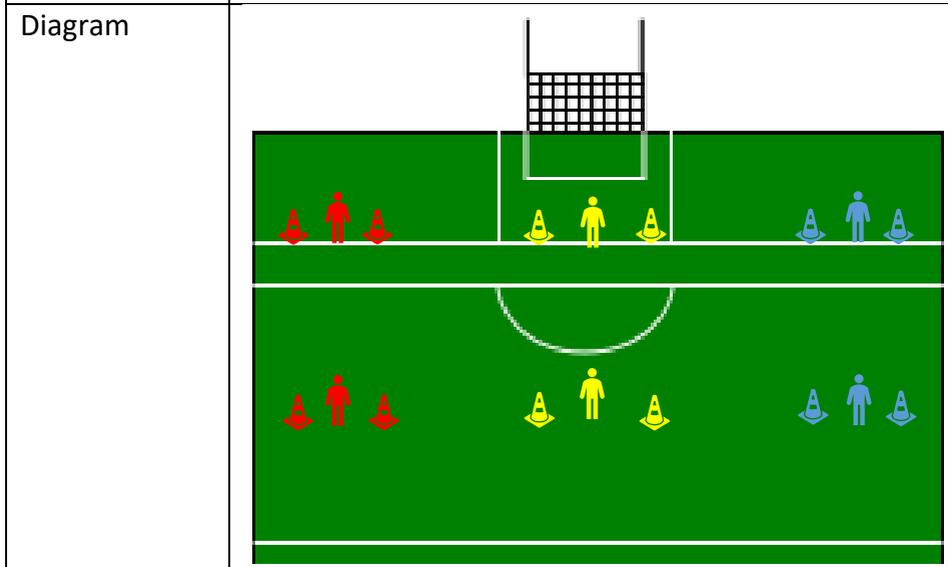


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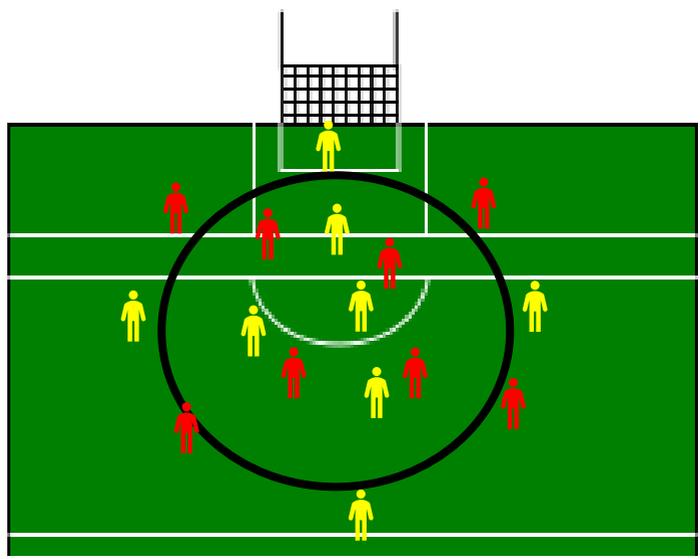
Title	Goal to Goal
Primary Skill	Controlling a moving ball
Secondary Skills	Ground strike, Strike from hands.
Equipment	Cones, Balls.
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Each player gets a partner and a goals each.</li> <li>• Object of the game is to score more goals on your opponent than your partner does.</li> <li>• Players may only take shots from their own goal line.</li> <li>• After 3 minutes, players swap partners and play someone new</li> </ul>



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Title	Inside Out
Primary Skill	Controlling a Moving Ball
Secondary Skills	Ground strike, Hand pass, Strike from hands.
Equipment	Cones, Balls, Bibs
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> <li>• On whistle, players outside the circle pass a low ball into any player in the circle.</li> <li>• When player gains possession, he passes ball back to a different player outside the circle.</li> <li>• As they progress, only Yellow players outside the circle have a ball and are trying to pass the ball to the Yellow in the middle whilst Red tackles.</li> <li>• After 30 seconds swap roles in the middle where Reds are passers and receivers.</li> </ul>

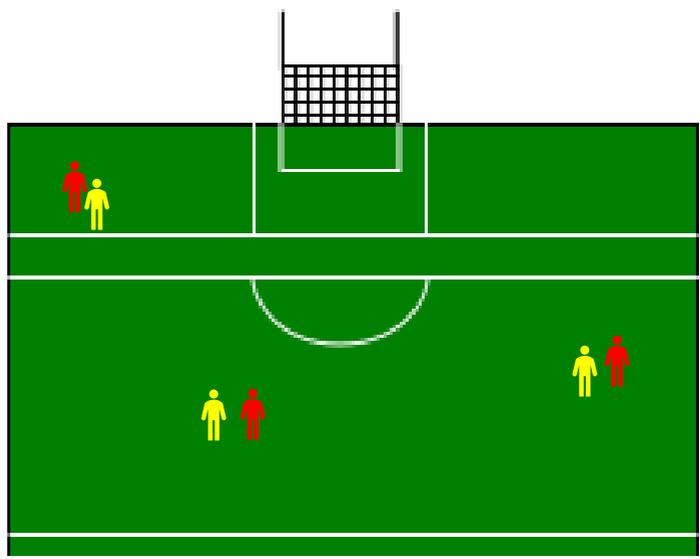
Diagram



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Title	Possession Game
Primary Skill	Controlling a Moving Ball
Secondary Skills	Ground Strike, Strike from hand, Jab Lift, Tackle
Equipment	Balls, Bibs (Optional)
Description	<p>3 vs 3 (can alter with odd numbers if needed)</p> <ul style="list-style-type: none"> <li>• Simple possession game where Red Team or Yellow Team try to keep possession by passing the ball to their team mates.</li> <li>• Can add in a scoring element e.g. if a team makes 5 consecutive passes, they can take a shot for a point.</li> <li>• Set confines on the size of the area being used with larger spaces initially progressing to small, tighter areas as players become more competent.</li> </ul>

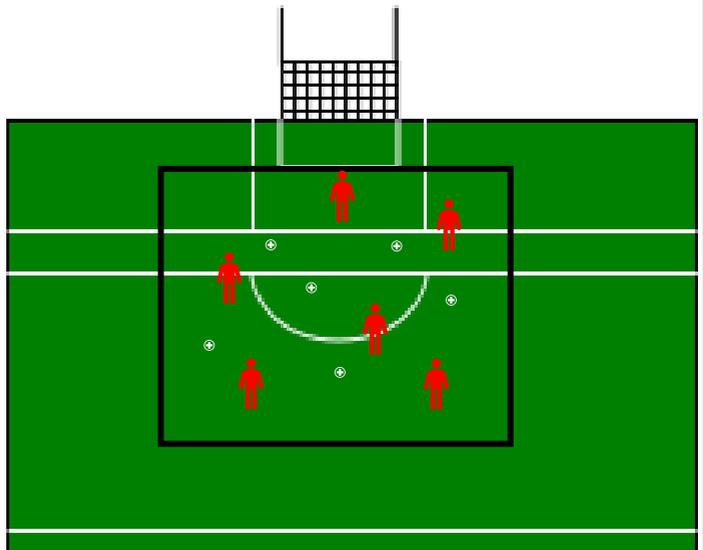
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Title	Pick and Move
Primary Skill	Jab/Roll Lift
Secondary Skills	Catch, Side Step
Equipment	Balls
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• On whistle, Players to jog/run around the area Jab or Roll lifting the ball.</li><li>• After a player Roll/Jab lifts a ball, they carry it for 4 steps before dropping it and trying to gain possession of a different ball.</li><li>• Players to get as many Jab/Roll Lifts in 30 seconds and repeat trying to improve their first score.</li><li>•</li></ul>

Diagram

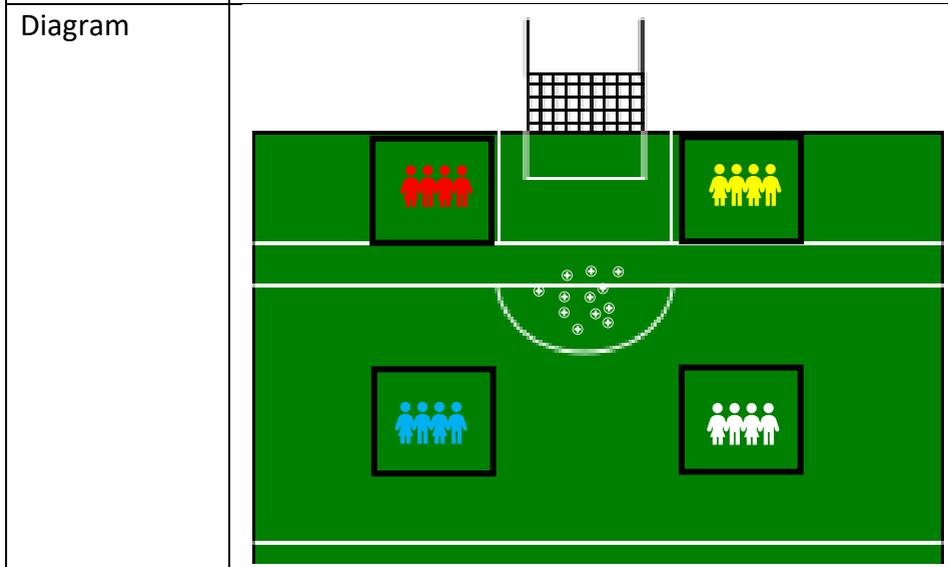


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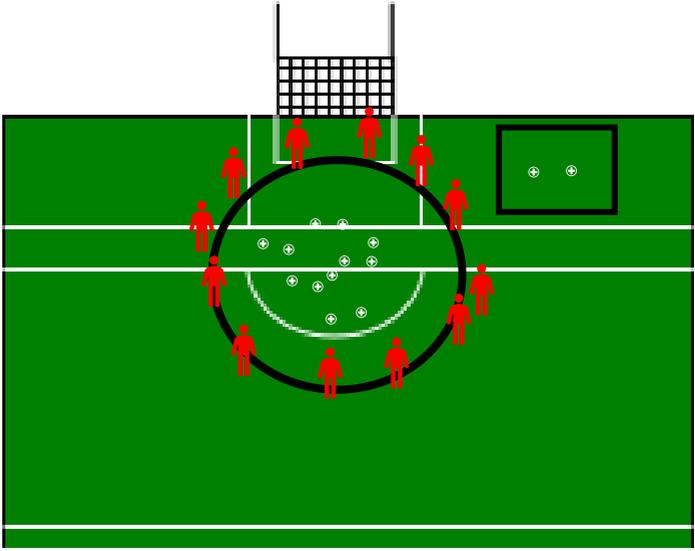
Title	Rob the Nest
Primary Skill	Jab/Roll Lift
Secondary Skills	Solo
Equipment	Cones, Balls.
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• On whistle, each player tries to jab/roll lift a ball and bring the ball back to their square.</li> <li>• After all the balls have been taken from the middle, players can then “Rob” a ball from the other groups.</li> <li>• Team with the most amount of balls at the end of the allotted time, are the winners.</li> </ul>



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Title	The Eliminator
Primary Skill	Jab/Roll Lift
Secondary Skills	Tackle
Equipment	Cones, Balls.
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Players jog around the circle, on coaches' whistle players run into circle and jab/roll lift the ball</li> <li>• After a few rounds, coach to take out 1 or 2 balls from the centre circle, so less balls that players.</li> <li>• After approx. 5 rounds, whoever doesn't get a ball is eliminated from the game. Continue until down to 1 person.</li> <li>• After players are eliminated, they practice the Jab/Roll lift uncontested in side box.</li> </ul>
Diagram	 <p>The diagram illustrates the setup for the 'The Eliminator' drill on a green soccer field. A large black circle is drawn in the center circle area. Red stick figures representing players are positioned around the perimeter of this circle. Several white soccer balls are scattered inside the circle. A goal is visible at the top of the field, and a side box is marked on the right side.</p>

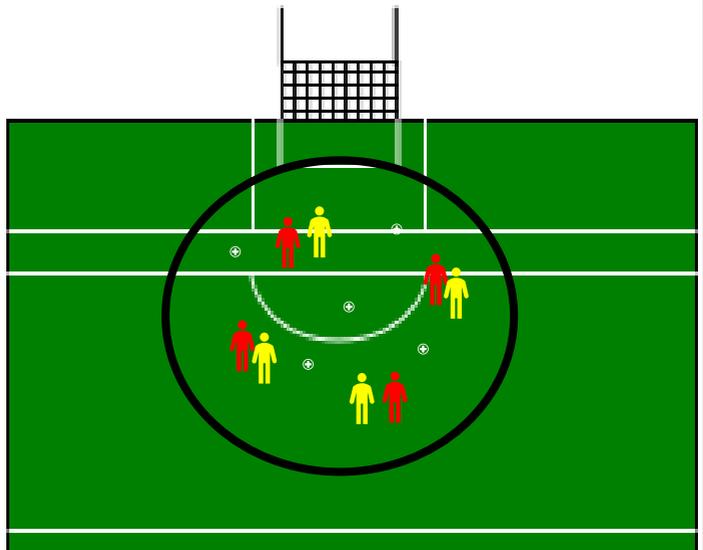
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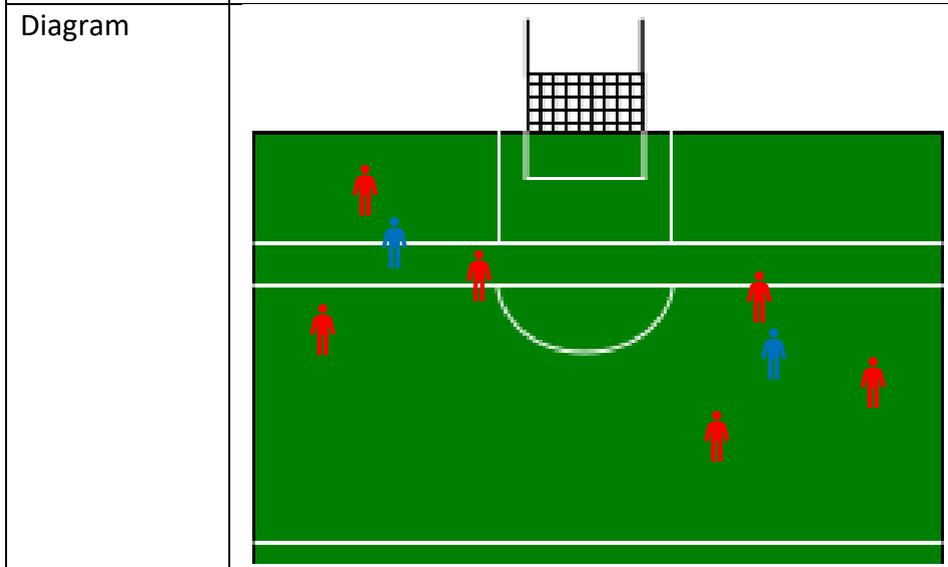
Title	Get the ball
Primary Skill	Jab Lift
Secondary Skills	Tackle, Evasion
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Each player has a direct opponent.</li><li>• On whistle, Red player tries to Jab Lift as many balls as possible while the Yellow player tries to stop him by tackling.</li><li>• After 30 seconds swap roles.</li><li>• After 2 turns each, swap opponents.</li><li>•</li></ul>

Diagram



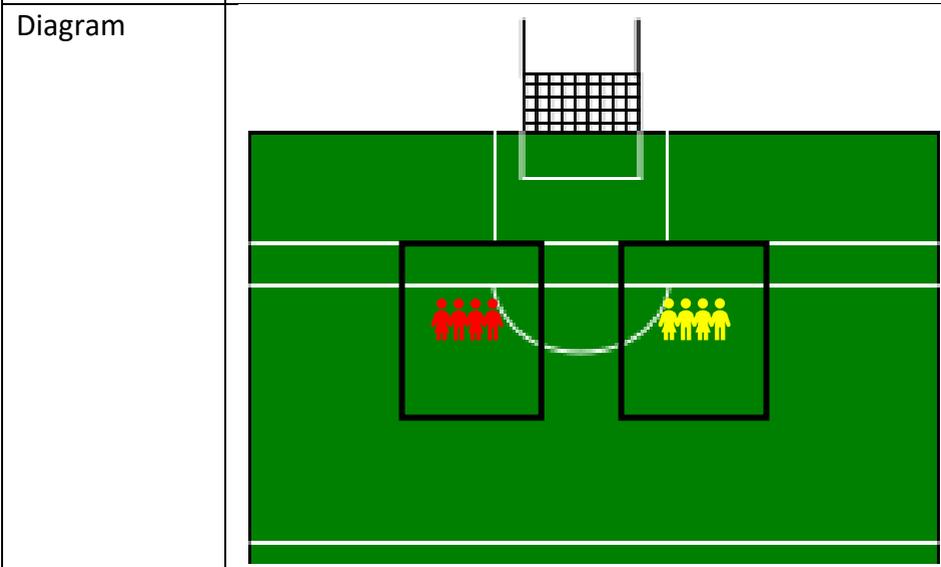
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Title	Piggy in the middle
Primary Skill	Overhead Catch
Secondary Skills	Intercepting the ball
Equipment	Balls, Bibs
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• In groups of 4, 1 player is designated the “Piggy” (In Blue below)</li> <li>• Other 3 keep the ball off the blue by throwing to their teammates, but the throw must be over head height, so the player is catching overhead.</li> <li>• Keep the game going for 1 minute and keep track of the number of “Overhead Catches” they get.</li> <li>• Rotate the “Piggy” so every minute and player that concedes the least is the winner.</li> </ul>



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Title	Over the Wall
Primary Skill	Overhead Catch
Secondary Skills	Striking from Hand
Equipment	Cones, Ball.
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Red team must throw the ball into the Yellow square, but Ball must go over the height of an imaginary wall.</li><li>• If Yellow team catch overhead, they get a point but if ball lands in square, Red team get a point.</li><li>• Yellow team then throw ball into Red square.</li><li>• If a player catches the ball, he is excluded from attempting to catch the next ball.</li><li>• Progress to striking with older kids</li></ul>

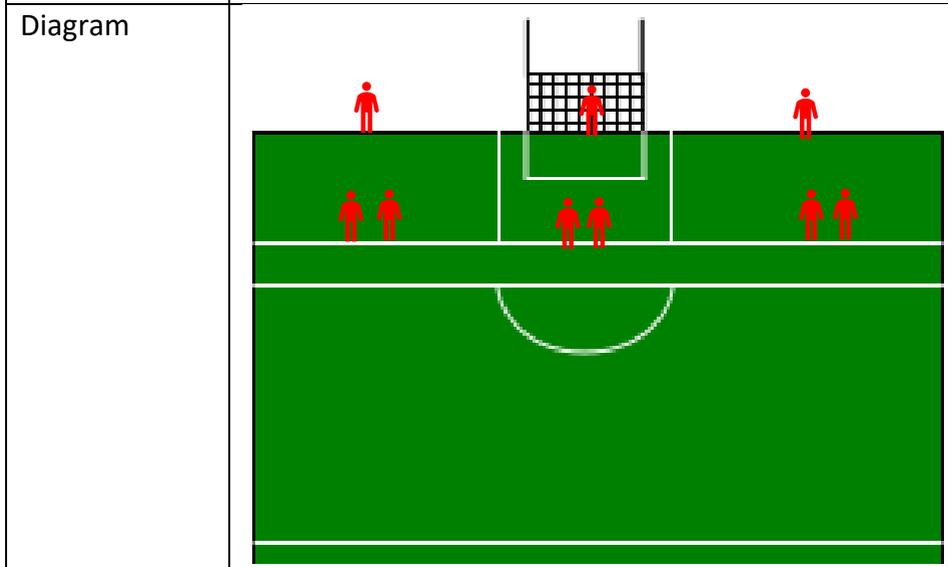


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Title	Win and Break
Primary Skill	Overhead Catch
Secondary Skills	Tackle
Equipment	Balls
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• In groups of 3, player on the end line has the ball.</li> <li>• He throws the ball up between the other 2 players who contest for a catch. Start with only using hands (not allowed raise Hurley over head)</li> <li>• Whichever player catches the ball or wins the breaking ball if it is not caught, becomes the thrower and continue swapping like this.</li> <li>• As players progress, increase distance.</li> </ul>



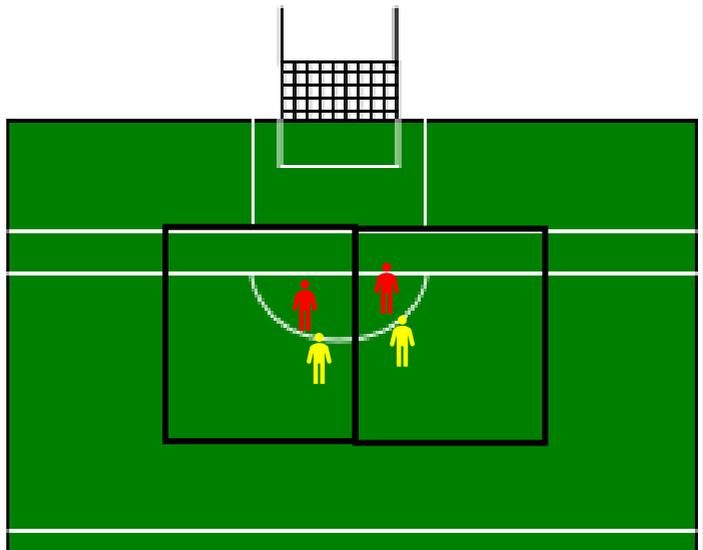
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Title	Contested No Mans Land
Primary Skill	Overhead Catch
Secondary Skills	Tackle
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Players to stay in their zone.</li><li>• Team in possession must pass the ball over and back by throwing over their team mates head who tries to catch, whilst being tackled by opponent.</li><li>• Each successful pass counts as a point.</li><li>• Progress to striking if players are capable</li></ul>

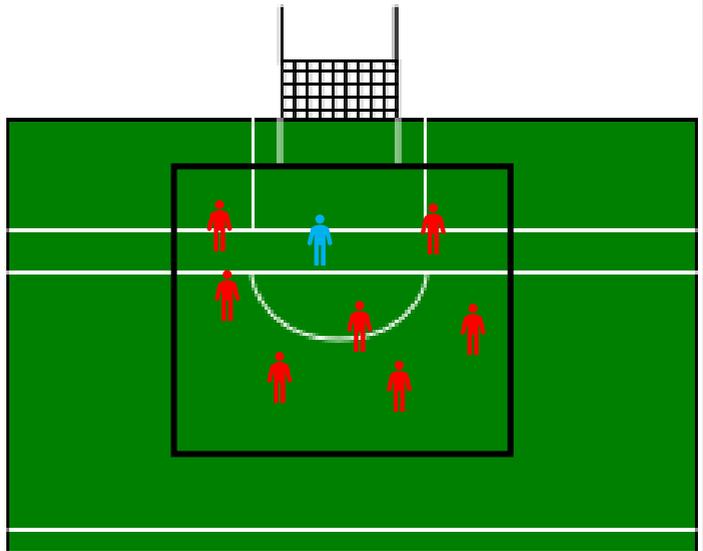
Diagram



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Title	Last Man Standing
Primary Skill	Solo
Secondary Skills	Tackle
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Every player has a ball except one player (In Blue below)</li><li>• On whistle, red players solo the ball around whilst the blue player tries to dispossess them.</li><li>• Once a player loses his ball, he also becomes a tackler.</li><li>• Game continues until there is only 1 player left.</li><li>• This player becomes the starting tackler for the next game.</li></ul>

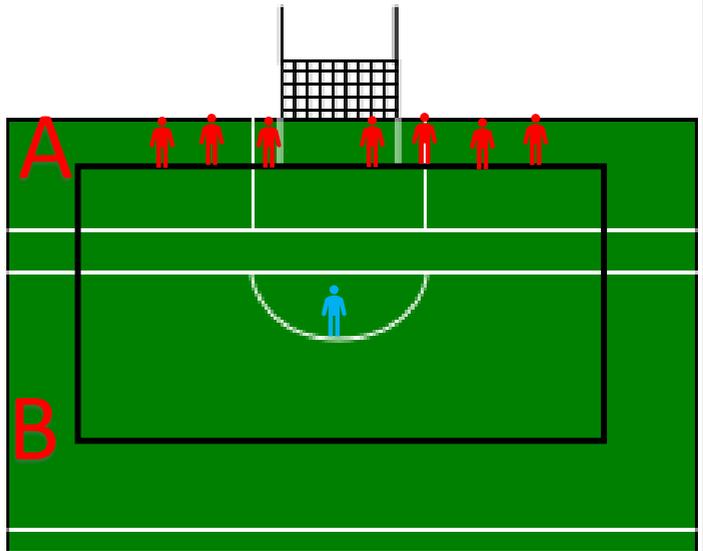
Diagram



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Title	Croker Run
Primary Skill	Solo
Secondary Skills	Tackle
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Each player in red has a ball and must run from line A to line B without getting dispossessed by Blue.</li><li>• If they lose their ball, they become a tackler with Blue for the next run, which goes from Line B to Line A</li><li>• Keep going until last man standing.</li><li>• This player becomes the starting Tackler for the next round.</li></ul>

Diagram



Notes: \_\_\_\_\_

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Title	Carry and Score
Primary Skill	Solo
Secondary Skills	Tackle, Strike from Hand, Jab Lift
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Red player starts at A with ball on the ground in front on the ground.</li> <li>• On whistle, Red players jab lifts the ball and runs to try and score a goal whilst being followed/tackled by Yellow</li> <li>• After each go, swap roles and repeat.</li> <li>• Player gaining possession to get a 5m head start initially and this can be shortened as they progress.</li> </ul>
Diagram	<p>The diagram illustrates a football pitch with a goal at the top. A blue player is positioned in front of the goal. Below the goal, a line of red and yellow players is shown, with a large black letter 'A' marking the starting position of the red player.</p>

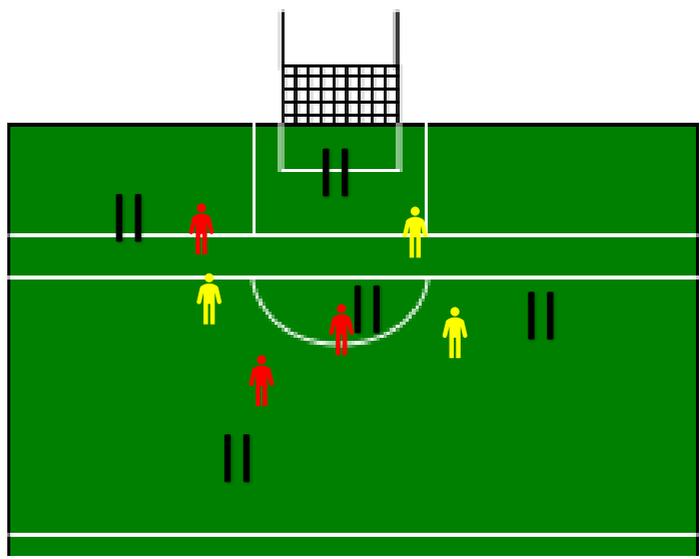
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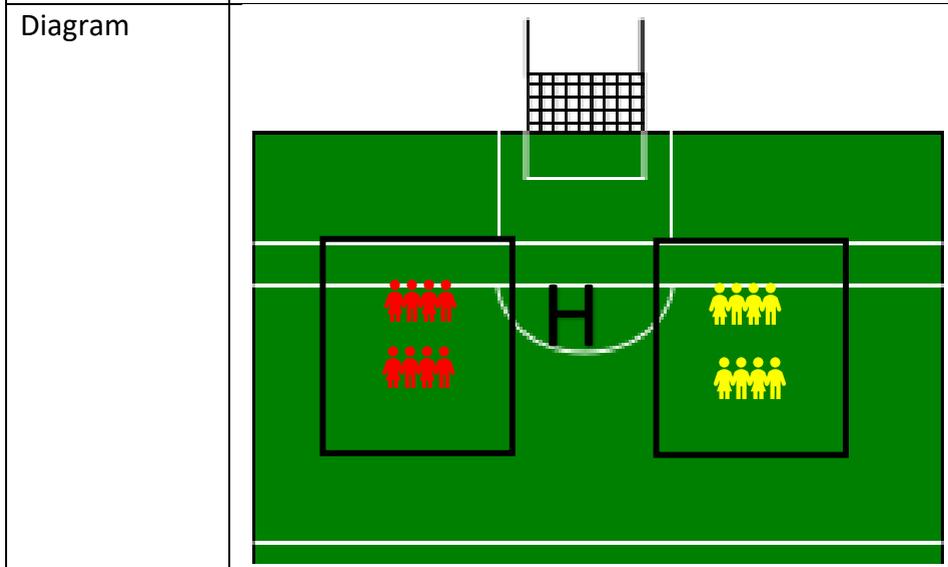
Title	Through the Gap
Primary Skill	Solo
Secondary Skills	Tackle, Strike from Hands, Hand pass, Catch, Jab Lift Skills
Equipment	Poles/Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• When a player is in possession, he must solo the ball through any gate before passing to a teammate.</li> <li>• Opponents try to stop the solo by tackling and intercepting</li> <li>• Each gate a player carries the ball through is a point for his team.</li> <li>• Same player cannot score 2 in a row.</li> </ul>

Diagram



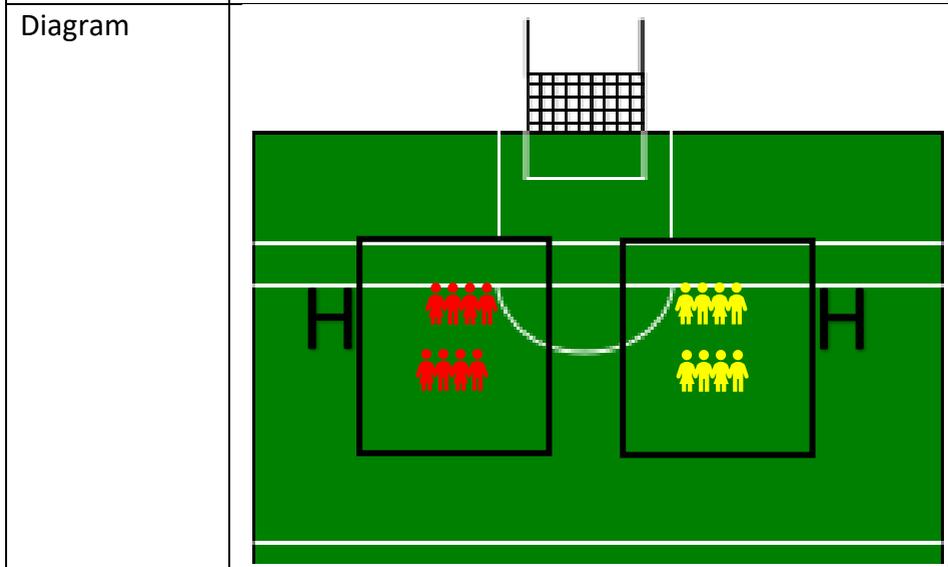
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Title	Over the Bar
Primary Skill	Strike from the Hand
Secondary Skills	Control a moving ball, Catch, Overhead Block, Jab Lift
Equipment	Cones, Balls, Portable Goals
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Teams must stay in their area.</li> <li>• Object of the game is to hit as many balls over the Portable Goal separating the two teams as possible.</li> <li>• Coaches to keep track of the scores for each side.</li> <li>• Move the grids back further from the goals the more they progress.</li> </ul>



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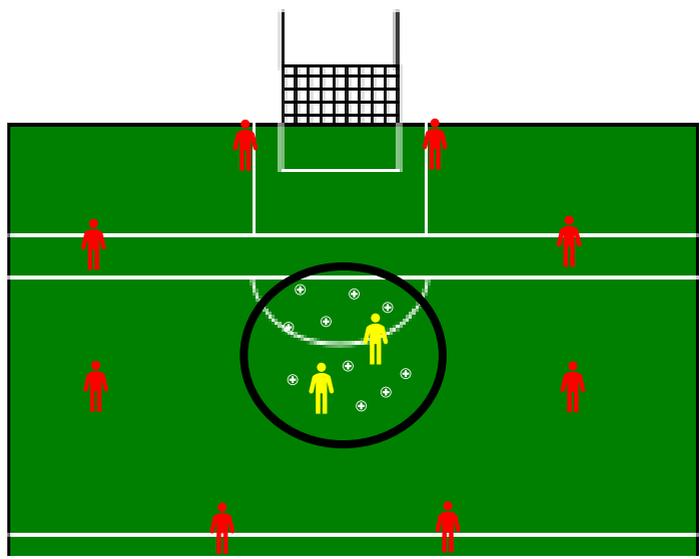
Title	Team Goal to Goal
Primary Skill	Strike from the Hand
Secondary Skills	Control a moving ball, Catch, Overhead Block, Jab Lift
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Teams may only stay in their area and are not allowed to cross into opponent's side</li> <li>• Object of the game is to score a goal into the opponent's goal.</li> <li>• Players can score goals or points with a goal being worth 5 points.</li> <li>• Swap sides after 3 minutes and coaches to keep track of the scores.</li> </ul>



Notes: \_\_\_\_\_  
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Title	Fill the Circle
Primary Skill	Strike from the Hand
Secondary Skills	Control a moving ball, Catch, Overhead Block, Jab Lift
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• On the whistle, players in the circle must strike every ball out of the circle as fast as possible.</li> <li>• Players outside the circle must gain possession of the ball and strike it back into the circle.</li> <li>• After the allotted time, change the players in the circle so that each team has a go in the circle.</li> <li>• The team that had the least amount of balls in the circle at the end of their time, are the winners.</li> </ul>

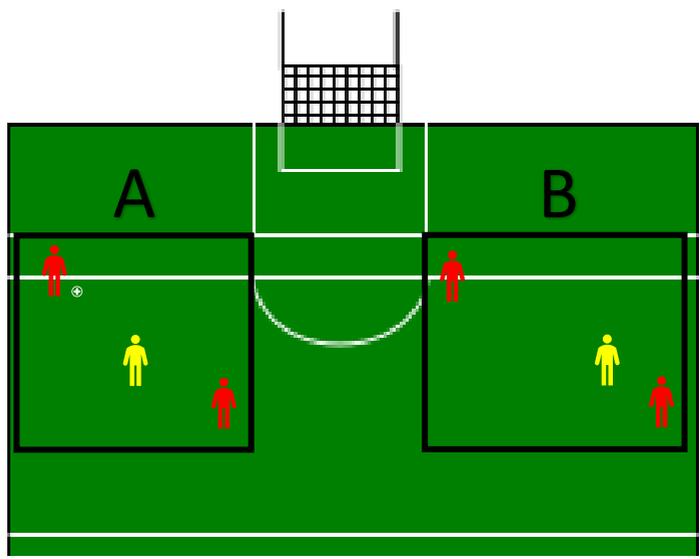
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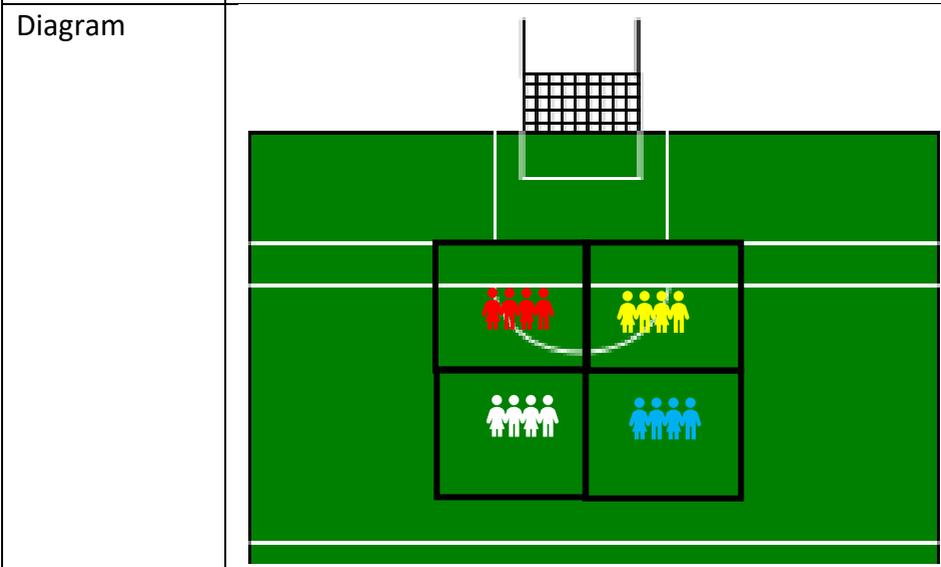
Title	Competitive No Mans Land
Primary Skill	Striking from the Hand
Secondary Skills	Control a moving ball, Catch, Overhead Block, Jab Lift
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Red player in "A" must complete 1 pass to his partner in "A", whilst Yellow tackles.</li> <li>• If his partner gains possession, he can then hit the ball over to Square B to the Red Team.</li> <li>• Red Team must complete 1 pass in "B" before passing ball back over to "A".</li> <li>• Must complete 1 pass in own square, then pass the ball over to the other square.</li> <li>• Rotate players to Yellow/Red every 2 minutes.</li> </ul>

Diagram



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Title	Clear the Square
Primary Skill	Hand pass
Secondary Skills	Catch, Ball Control, Jab Lift
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Teams to stay in their zone.</li><li>• When a player gets possession of a ball, they must simply hand pass the ball into any of the other teams zones.</li><li>• Whichever team has the least amount of balls in their zone at the end of the game is the winner</li></ul>



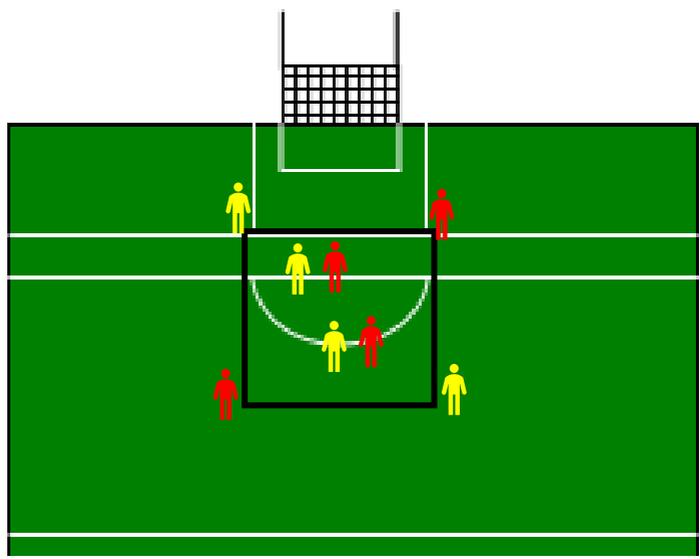
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Title	Hit the corner
Primary Skill	Hand pass
Secondary Skills	Catch, Ball Control, Tackling, Jab Lift
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Yellow vs Red, players inside the square must try to pass the ball to the teammate on the corner of the square.</li><li>• After he makes the pass, the corner man comes into the square (the passer takes up his place on corner) and must pass it to his team mate in the square or his team mate on the other corner</li><li>• He can't pass the ball directly back to the man that passed it to him</li></ul>

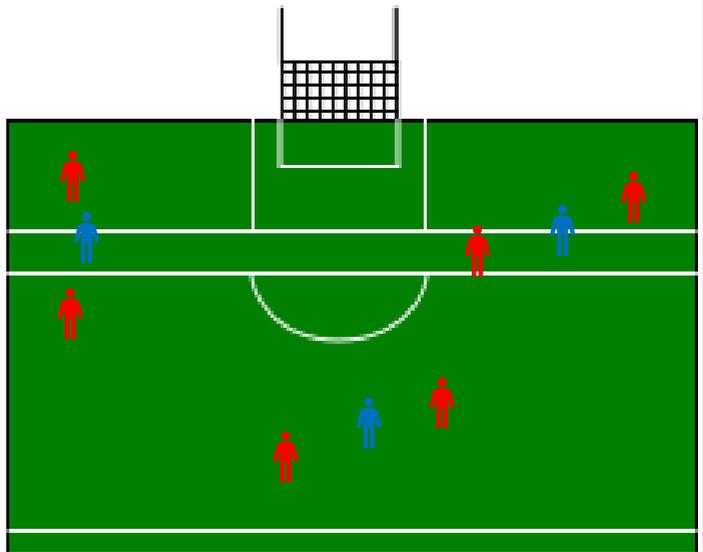
Diagram



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Title	Piggy in the Middle
Primary Skill	Hand pass
Secondary Skills	Catching, ball control, pick up, tackling.
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• 2 vs 1, with the 2 trying to keep possession by hand passing the ball only</li> <li>• If the one gets an interception, the person who lost the ball becomes the piggy in the middle.</li> <li>• Change up piggy after 1 minute</li> </ul>

Diagram



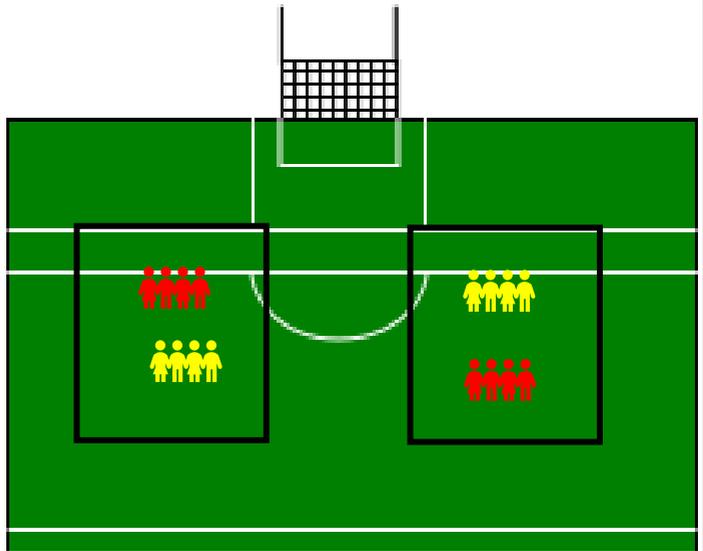
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Title	Possession Game
Primary Skill	Hand pass
Secondary Skills	Catching, ball control, pick up, tackling.
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• 4 vs 4 or 3 vs 3 in each square</li><li>• Teams to keep possession by hand passing only within their zone.</li><li>• After 1 minute, take a 30 second break and swap opponents.</li></ul>

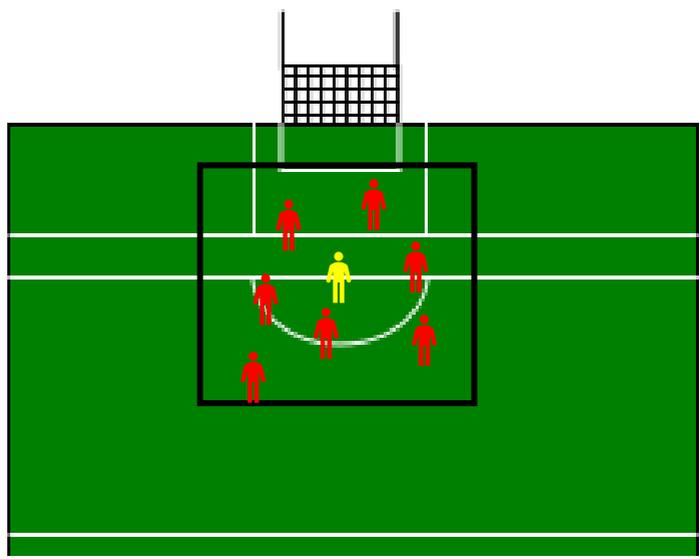
Diagram



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Title	Elimination Game
Primary Skill	Tackling
Secondary Skills	Solo, Dribble
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Each player except the yellow has a ball.</li><li>• On the whistle, Yellow must try to dispossess other players.</li><li>• Once he gains possession of a ball, the ball is passed to the coach.</li><li>• The player who lost the ball now becomes a tackler with the yellow.</li><li>• Continue until there is only one player left.</li><li>• This player becomes the catcher next</li></ul>

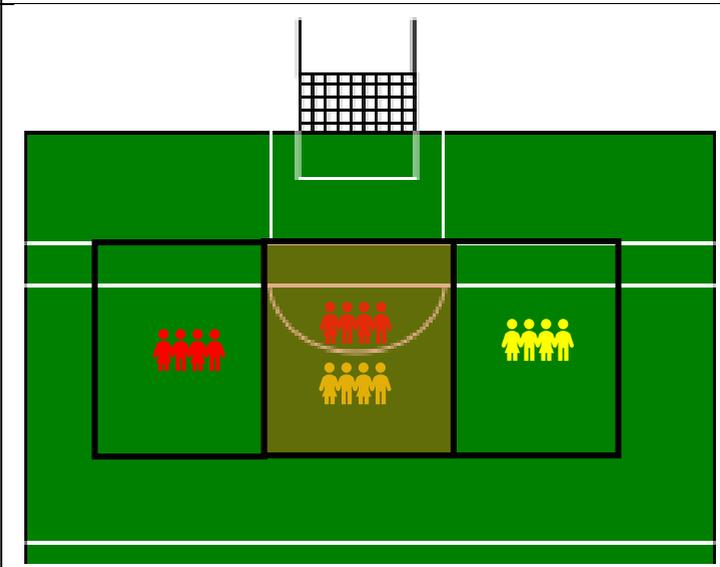
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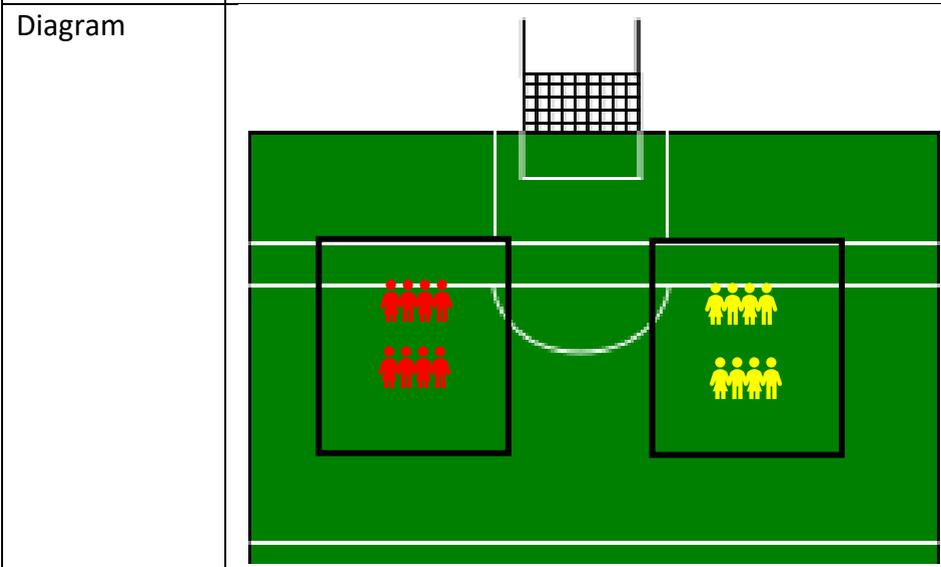
Title	Defend the Nest
Primary Skill	Tackling
Secondary Skills	Jab Lift, Solo, Evasion, Side Step
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Each team starts with half of the balls in their zone.</li> <li>• On the whistle, players can enter the other teams side and try to steal a ball, while the players in the middle zone stay there as tacklers.</li> <li>• Players are only allowed tackle when a player enters the brown middle zone with a ball</li> <li>• After 2 minutes</li> <li>• Whichever team has the most balls, is the winner</li> </ul>

Diagram



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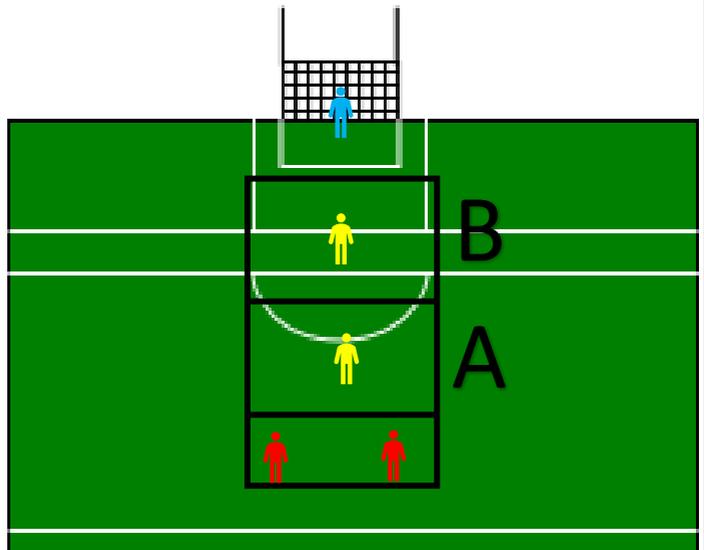
Title	Possession Game
Primary Skill	Tackling
Secondary Skills	Catch, Strike from hands, jab lift, solo
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Each player is given a unique number (1-8 if two teams of 8)</li><li>• Each team starts with 3 balls passing around their area.</li><li>• Coach calls out 3 numbers and those players enter opposition zone and try to get turnovers.</li><li>• Whichever team turns over the 3 balls first is the winner.</li><li>• Repeat and change numbers for following games</li></ul>



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Title	Run the Gauntlet
Primary Skill	Tackling
Secondary Skills	Hand pass, Striking from hand, Solo
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Red players start with a ball between 2.</li><li>• They must work as a team and try to get past the first defender in Box A, then must try to get past the 2<sup>nd</sup> defender in Box B, before trying to score a goal.</li><li>• Defenders are only allowed stay in their box.</li><li>• Progress to taking out the boxes and going 2 vs 2.</li></ul>

Diagram

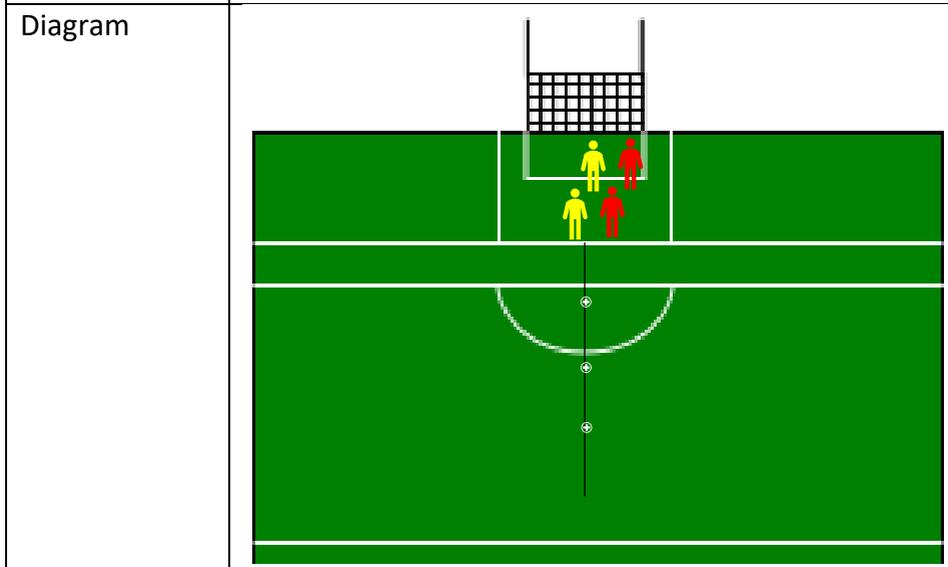


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Title	Rope a Dope
Primary Skill	Hook
Secondary Skills	Ground Strike
Equipment	Balls on a rope
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Player in front runs forward and strikes the ball on the run, player behind to get the hook.</li> <li>• Continue all the way up when they swap roles on the way back</li> <li>• Continue for each player and working both sides as they progress.</li> </ul>



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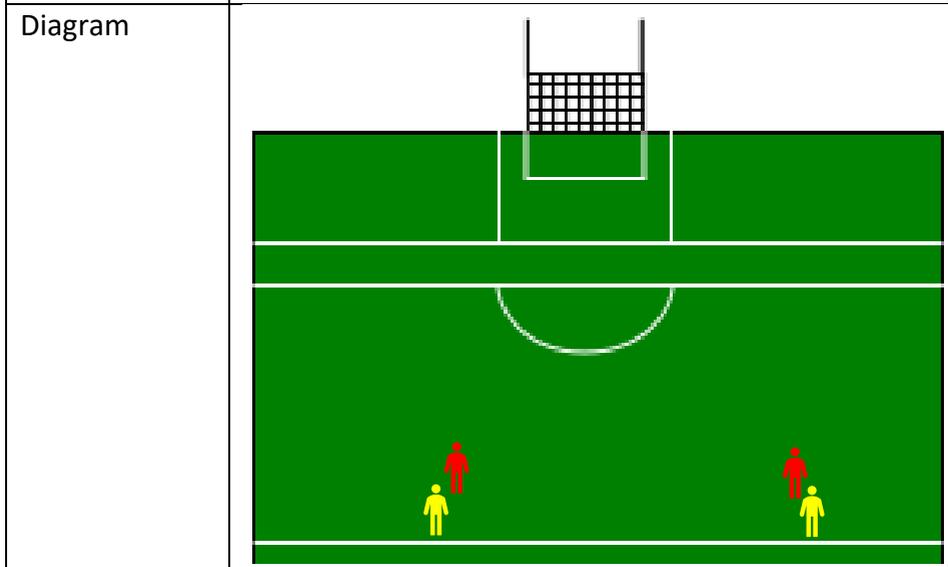
Title	Around and Around
Primary Skill	Hook
Secondary Skills	Strike from hands, Side step, Evasion, Tackle, Control a moving ball, Jab Lift
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Ball to be passed around from square to square in the direction of the arrows.</li> <li>• Whichever team is in possession, they must try to pass the ball to their team mate in the next square.</li> <li>• Opponent is trying to hook the striker.</li> <li>• When players get possession of the ball, they are only allowed strike it from inside the square.</li> <li>• Each hook is 2 points, each pass is 1 point.</li> </ul>
Diagram	

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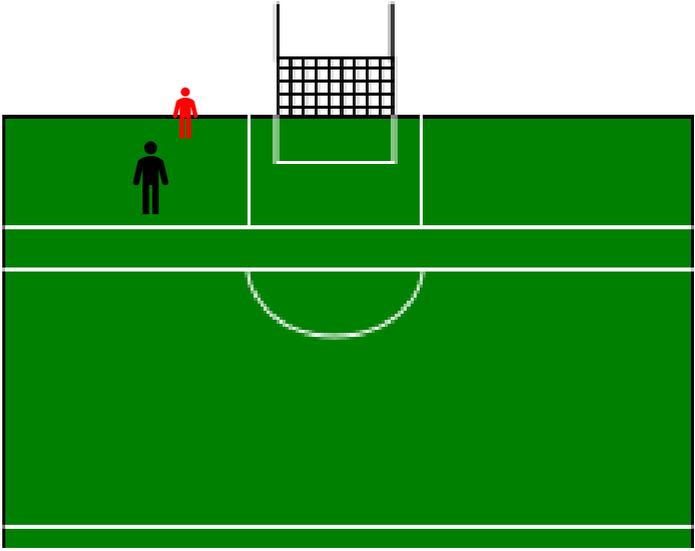
Title	The Shooting Game
Primary Skill	Hook
Secondary Skills	Solo, Side step, Evasion
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Red starts with the ball.</li> <li>• On the whistle, Red runs towards goal and tries to score a point before reaching the 13m line.</li> <li>• Yellow follows and tries to hook as he strikes.</li> <li>• Swap roles and repeat.</li> </ul>



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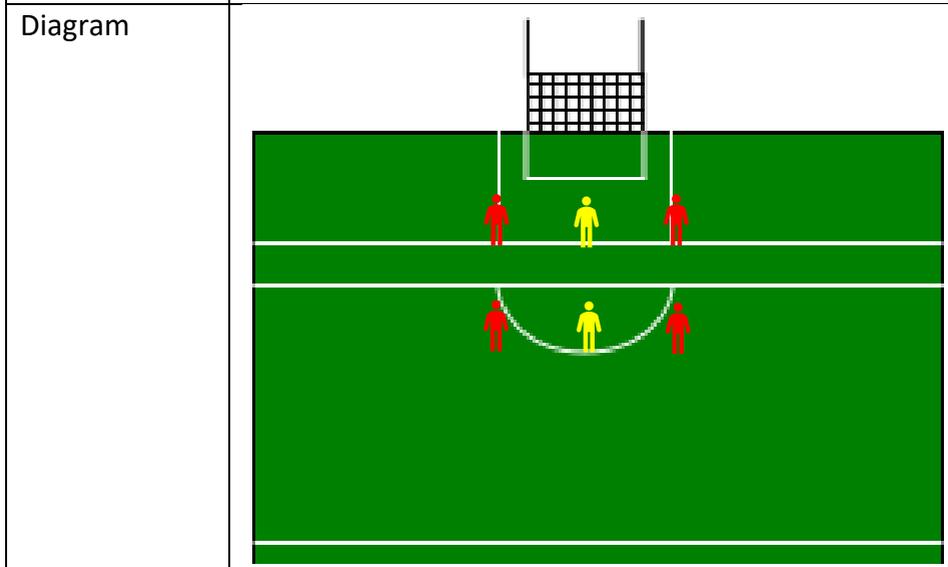
Title	Coaches Strike
Primary Skill	Frontal Block
Secondary Skills	
Equipment	Tennis ball
Description	<p>Set up as in Diagram</p> <p>This exercise is suitable as an introduction and can be done with one or two players whilst the rest of the players are taking part in another activity</p> <ul style="list-style-type: none"><li>• Coach (in black) to introduce the skill to the player and the key coaching points</li><li>• Coach to strike the tennis ball against the net whilst the player performs the blocking technique.</li><li>• Continue for 2/3 minutes, coaching the steps</li></ul>
Diagram	 A diagram of a soccer field. The field is green with white lines. A goal is shown at the top center with a white net. A black silhouette of a coach stands on the left side of the field, and a red silhouette of a player stands on the right side of the field, near the goal. The field is divided into three horizontal sections by white lines. The bottom section is a large green area with a white semi-circle in the center. The middle section is a narrow green strip. The top section is a green area with a white goal area and a white goal.

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Title	2 vs 1
Primary Skill	Frontal Block
Secondary Skills	Strike from hands, Catch, Ball control
Equipment	Cones, Tennis balls.
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Red players have a tennis ball and give a short pass over to their teammate, whilst yellow tries to block down the pass.</li> <li>• Players pass over and back for 1 minute, then one of the outside players swaps with the middle man.</li> <li>• Ensure players are striking the ball to partners hand.</li> </ul>



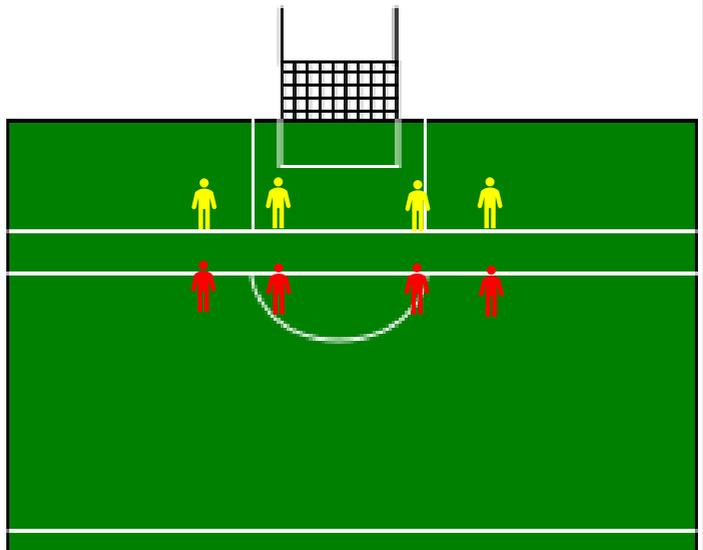
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Title	Block the Shot
Primary Skill	Frontal Block
Secondary Skills	Strike from hand, Hand pass, Catch
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Yellow player hand passes the ball to red and then runs towards Red.</li><li>• Red tries to shoot for a point as Yellow tries to close him down for</li><li>• Swap roles and repeat.</li><li>• Increase distance apart as they progress</li></ul>

Diagram

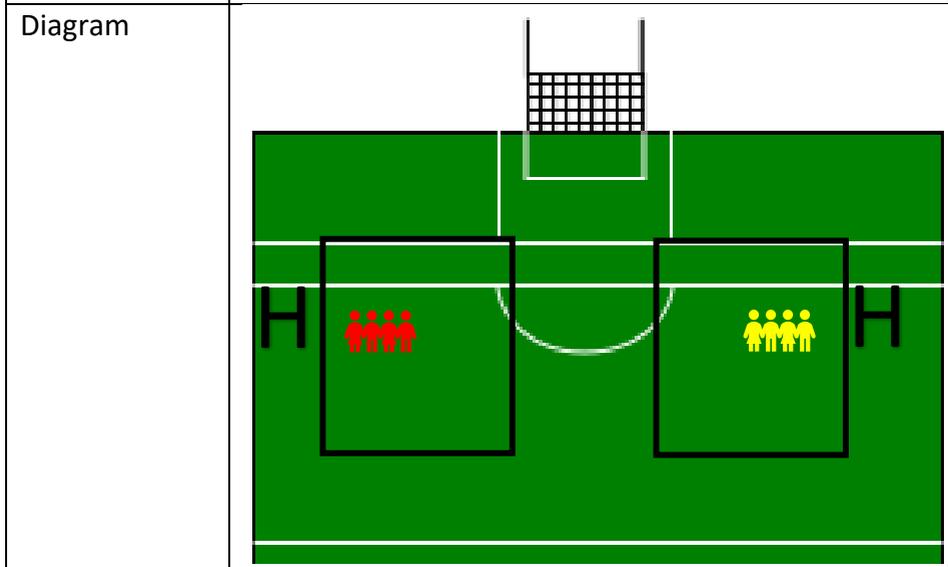


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Title	Point to Point
Primary Skill	Batting a High Ball
Secondary Skills	Striking from Hand, Ball Control, Jab Lift
Equipment	Cones, Portable Goals/Poles, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Teams to try and score points into the other teams' goals, but they are only allowed strike from within their own zone.</li> <li>• Defending players are given 1 point for every ball they stop over head height.</li> <li>• Encourage players to block the ball at the highest point</li> </ul>

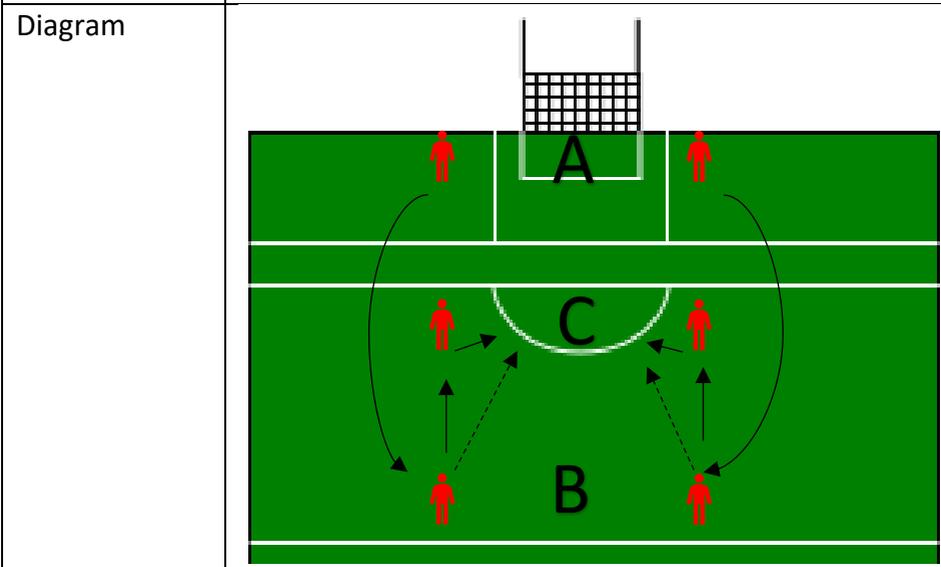


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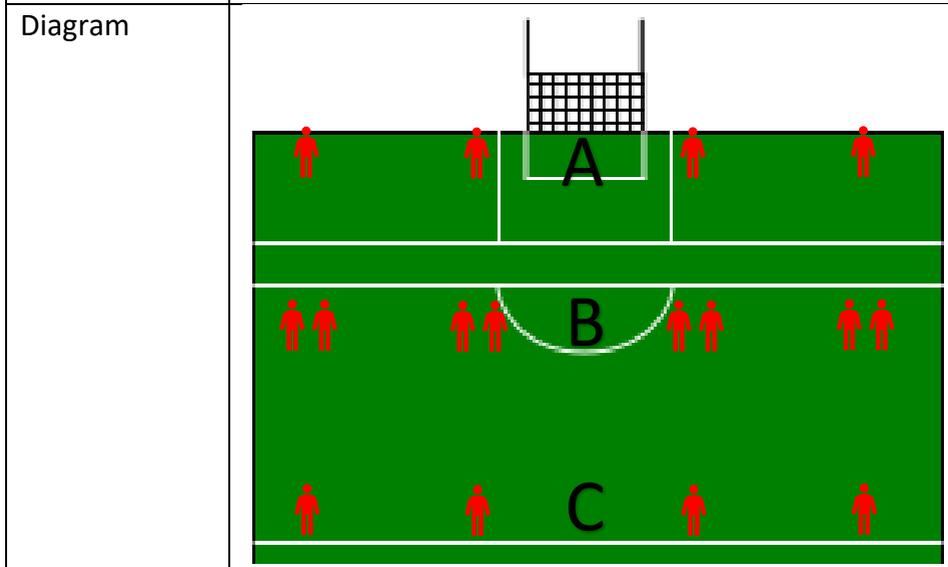
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Title	Over the Bar
Primary Skill	Batting a High Ball
Secondary Skills	Strike from hand, Control a moving Ball, Jab Lift, Hand pass
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• A pucks the ball high to B.</li><li>• B bats the ball down; C runs onto the breaking ball and collects the ball.</li><li>• Player from B then receives a hand pass from the player at C and shoots for a score.</li><li>• Players a B and C swap roles and repeat.</li><li>• Rotate Player at A into B/C after 2 mins.</li><li>• Straight line = Ball movement, Dash line = Player movement</li></ul>



Notes: \_\_\_\_\_  
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Title	Bat to Bat
Primary Skill	Batting a High Ball
Secondary Skills	Strike from Hand, Jab Lift
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Player at A hits a high ball into the 2 players at B.</li> <li>• The 2 players at B must try to bat the ball down.</li> <li>• Whichever player gets the Bat down gets 1 point.</li> <li>• Repeat with a ball from player at C.</li> <li>• After 5 balls in total, players at A &amp; C go to B and players at B go to A &amp; C.</li> <li>• Swap opponents and repeat.</li> </ul>



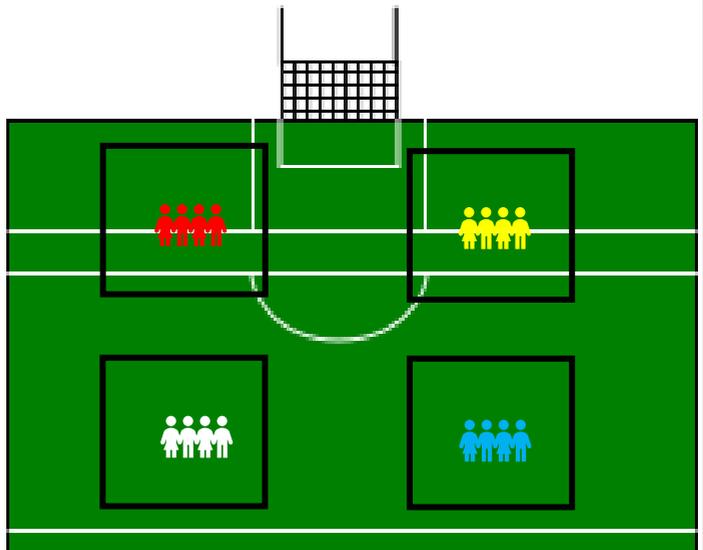
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## Football

- Pick up
- Hand pass
- Ball Control
- High Catch
- Kicking from the hands
- Block Down
- Tackling

Title	Rob the nest
Primary Skill	Pick up
Secondary Skills	Bounce, Solo
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• On whistle, each player picks up a ball and bring the ball back to their square.</li><li>• After all the balls have been taken from the middle, players can then “Rob” a ball from the other groups.</li><li>• Team with the most amount of balls at the end of the allotted time, are the winners.</li><li>•</li></ul>

Diagram

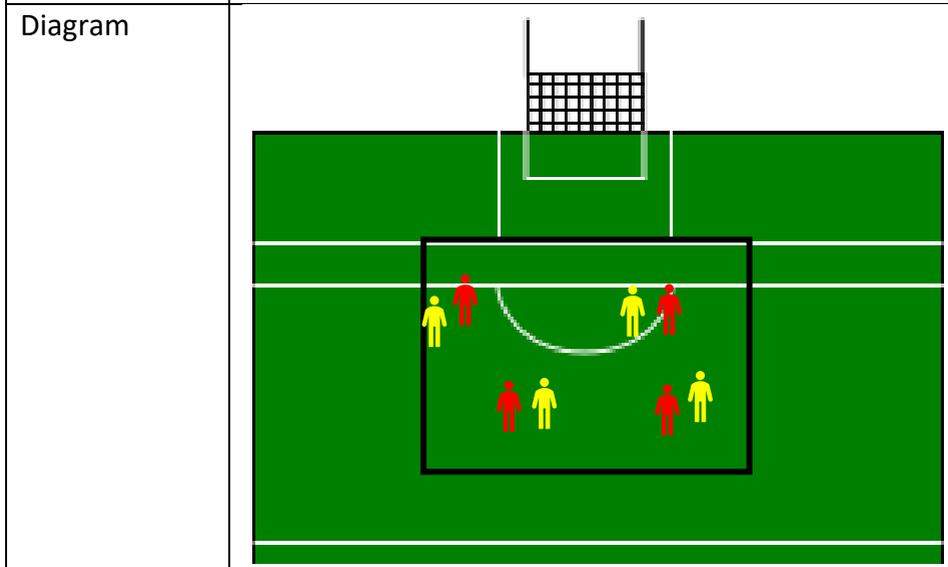


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Title	Pick and Move
Primary Skill	Pick up
Secondary Skills	Tackle
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• On the whistle, Red players must pick up as many footballs as they can in 30 seconds while his opponent in Yellow is trying to stop him</li> <li>• After 30 seconds, swap roles where the Yellow is trying to pick up whilst the Red is trying to stop him by tackling.</li> </ul>

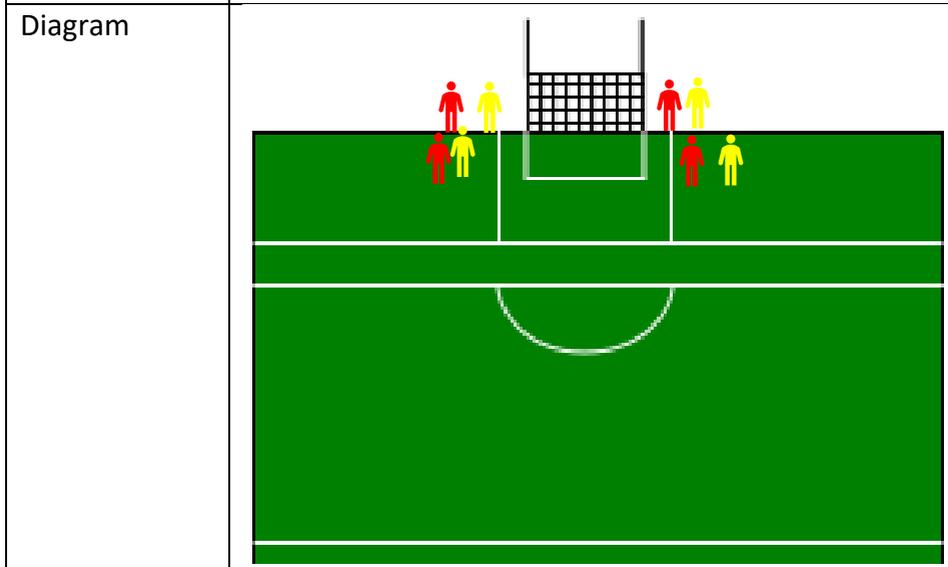


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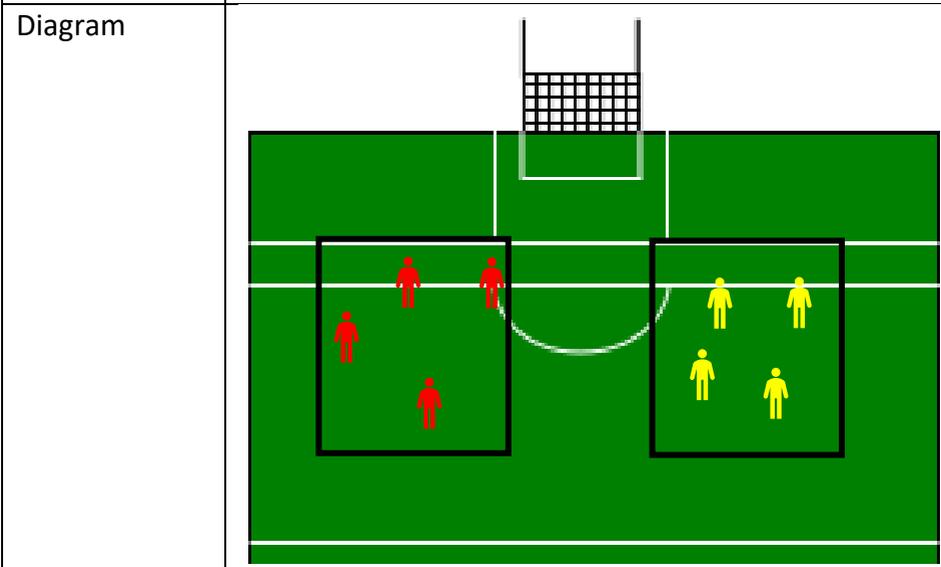
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Title	Pick and Kick
Primary Skill	Pick up
Secondary Skills	Kick, Solo, Side Step
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Ball is kicked out from the goal to about 20-30m from the goal.</li> <li>• First player to get the ball tries to Pick it up under pressure from his opponent.</li> <li>• He must then try to beat his man and score a point.</li> <li>• Kicker who starts the game to vary the kick outs to favour alternate players</li> </ul>



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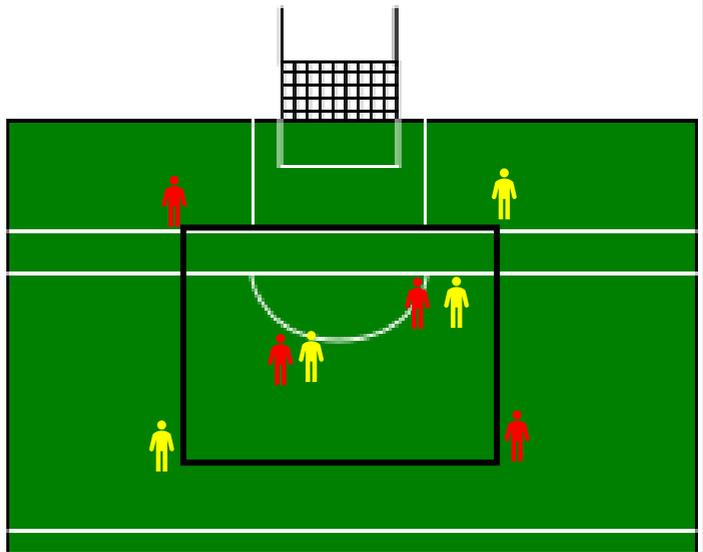
Title	Pass and Run
Primary Skill	Hand pass
Secondary Skills	Catch,
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Each player is given a number between 1 and 4.</li><li>• Player 1 can only pass the ball to player 2, who can only pass the ball to player 3 etc</li><li>• After a player gives a hand pass, he must run around one of the cones on the outside of the area, before returning for the next pass.</li><li>• After a team completes 20 passes (e.g. 5 hand passes each) they sit on the ground.</li><li>• First team finished is the winner</li></ul>



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Title	Corner to corner
Primary Skill	Hand Pass
Secondary Skills	Catch, Tackle, Evasion, Side Step, Bounce, Solo
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Possession game with only 2 vs 2 at any one time in the square with the other 4 waiting on the corners</li><li>• When a team has possession, they can pass the ball to any of their corner men, who will then enter the game and replace the passer.</li><li>• After 4 consecutive corner players have been passed to, the 2 middle players can try to score a point by kicking the ball over the bar</li></ul>

Diagram

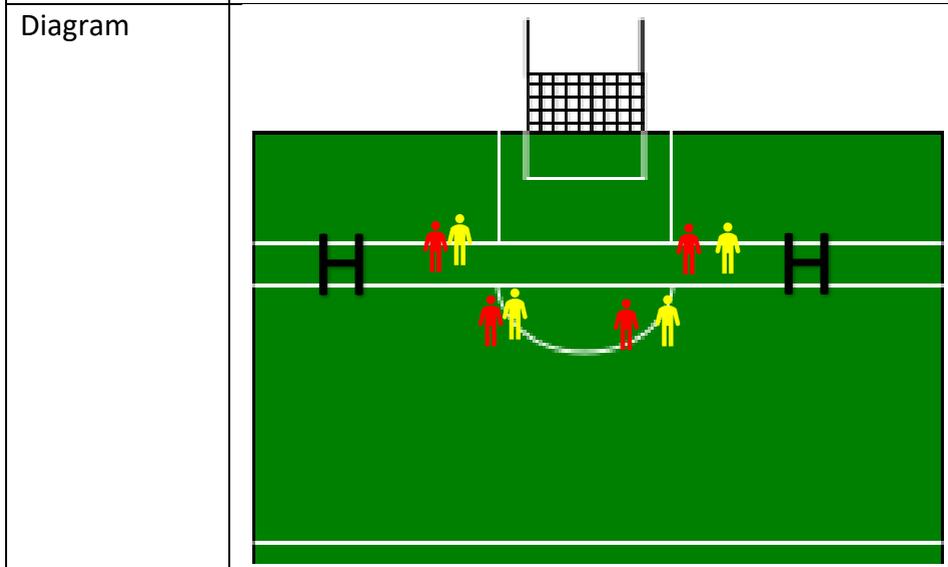


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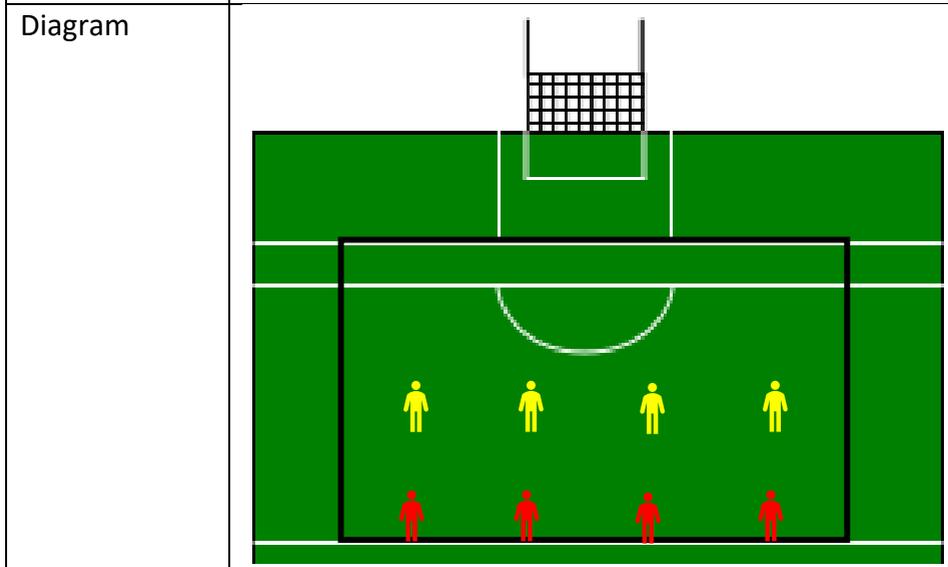
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Title	Mini Match
Primary Skill	Hand pass
Secondary Skills	Tackle, Bounce, Solo, Evasion, Catch, Side step
Equipment	Portable Goals/Poles, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Small sided game where only hand passing is permitted</li> <li>• To score, players must hand pass the ball over the opponent's cross bar</li> <li>• Limit possessions to 1 bounce or solo to encourage more passing of the ball</li> </ul>



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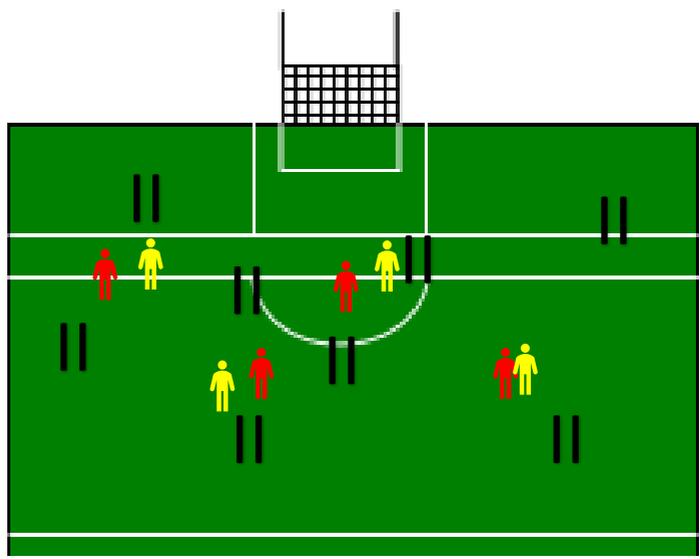
Title	Run and Shoot
Primary Skill	Ball Control
Secondary Skills	Tackle, Kicking, Side step, Evasion
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Red player starts with the ball.</li> <li>• He must carry the ball inside the 21m line before taking a shot for a point.</li> <li>• Yellow player is tackling all the time.</li> <li>• After ball goes dead (after shot, dispossession), swap roles and repeat.</li> </ul>



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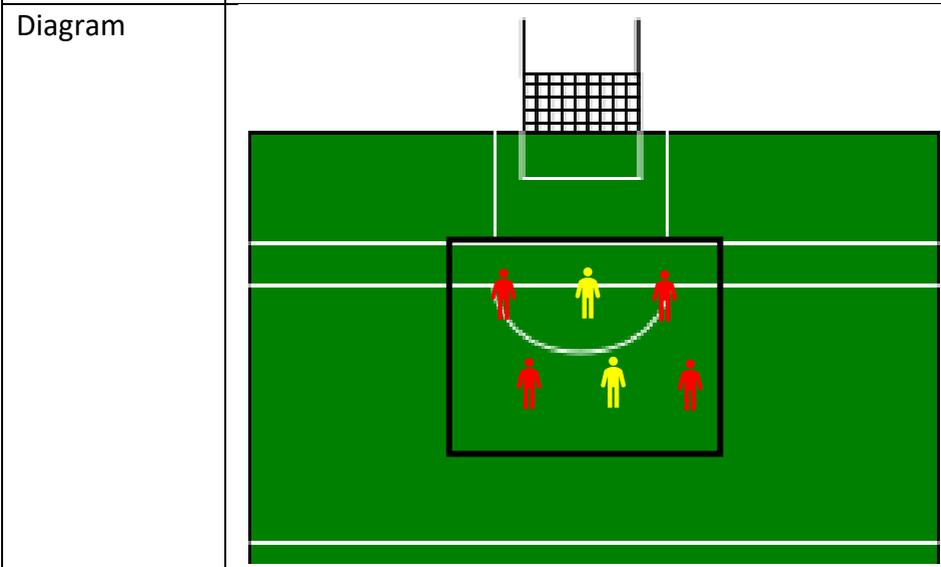
Title	Gates and Gates
Primary Skill	Ball Control
Secondary Skills	Tackle, Evasion, Side step, Kicking
Equipment	Poles/Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Red player starts with the ball.</li> <li>• On coaches' whistle, red player must carry the ball through 2 sets of gates before shooting for a point.</li> <li>• Yellow player to try and turnover possession and stop the Red player from scoring</li> <li>• Rotate roles every second turn</li> </ul>

Diagram



Notes: \_\_\_\_\_  
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Title	Catch and Release
Primary Skill	Ball Control
Secondary Skills	Tackle, Bounce, Solo, Side step, Evasion.
Equipment	Cones, Balls
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• 4 vs 2 with 2 balls.</li><li>• Player in possession must carry the ball outside the box by bouncing and soloing.</li><li>• When he reaches the outside of the box, he kicks the ball back into one of his team mates who repeats.</li><li>• Yellow team are tackling and try to dispossess the player in possession.</li><li>• Swap roles after 1 minute</li></ul>

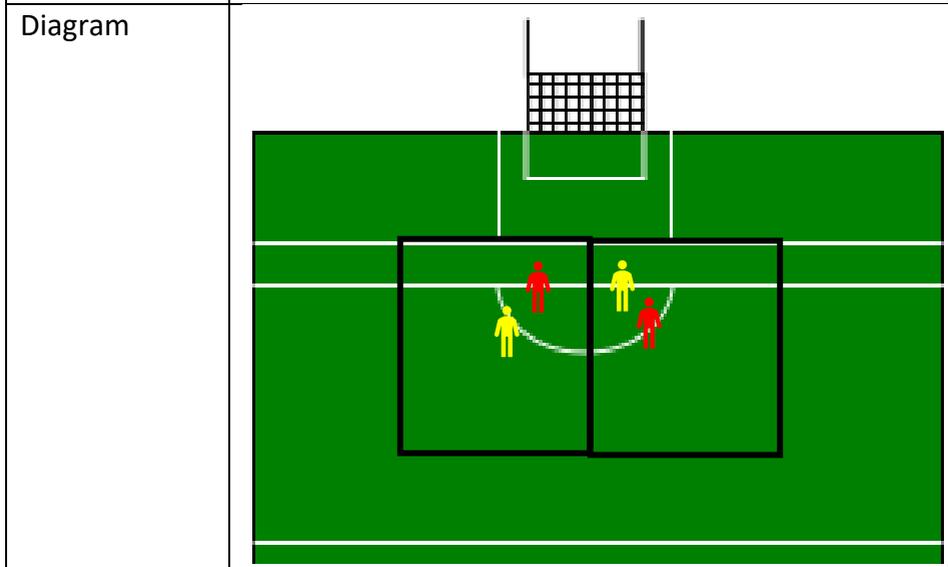


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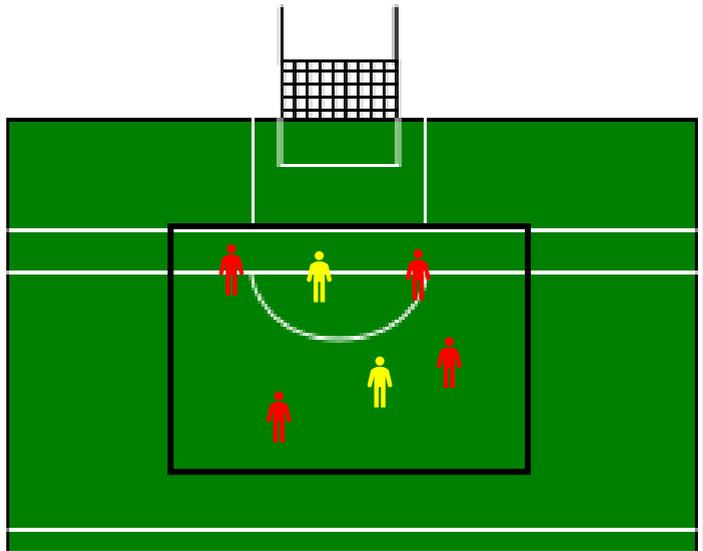
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Title	Keep Ball
Primary Skill	High Catch
Secondary Skills	Evasion, Side step
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Players may only stay in their zone.</li> <li>• Whichever team is in possession, must pass the ball over and back by throwing the ball high into the other zone for their partner to catch.</li> <li>• For every 5 high catches in a row, the team may take a shot for a point.</li> </ul>



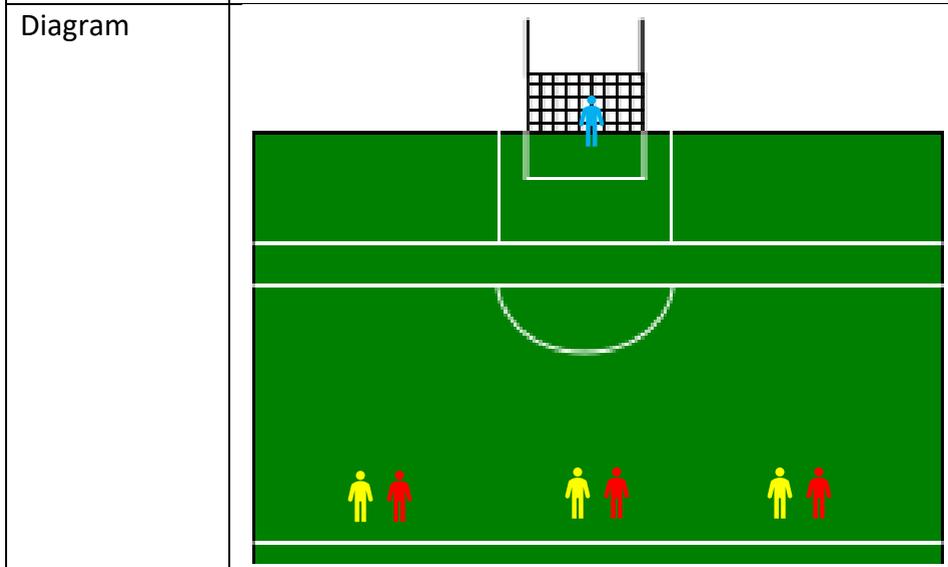
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Title	Piggy in the Middle
Primary Skill	High Catch
Secondary Skills	Hand pass, Kick pass
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"><li>• Red players may hand pass, kick pass or throw the ball over the other Red players head for a high catch.</li><li>• Yellow player is trying to dispossess them. If Yellow wins the ball, the player who lost it becomes the "Piggy".</li></ul>



Notes: \_\_\_\_\_  
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Title	Catch the Kick out
Primary Skill	High Catch
Secondary Skills	Bounce, Solo, Evasion, Side Step, Pick Up, Tackle
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Keeper starts with a kick out.</li> <li>• He kicks a ball to each of the zones, where the 2 players compete to catch the ball.</li> <li>• Whichever player wins the ball, then attacks the goal and tries to score a point.</li> <li>• Repeat for the next players in the line.</li> <li>•</li> </ul>

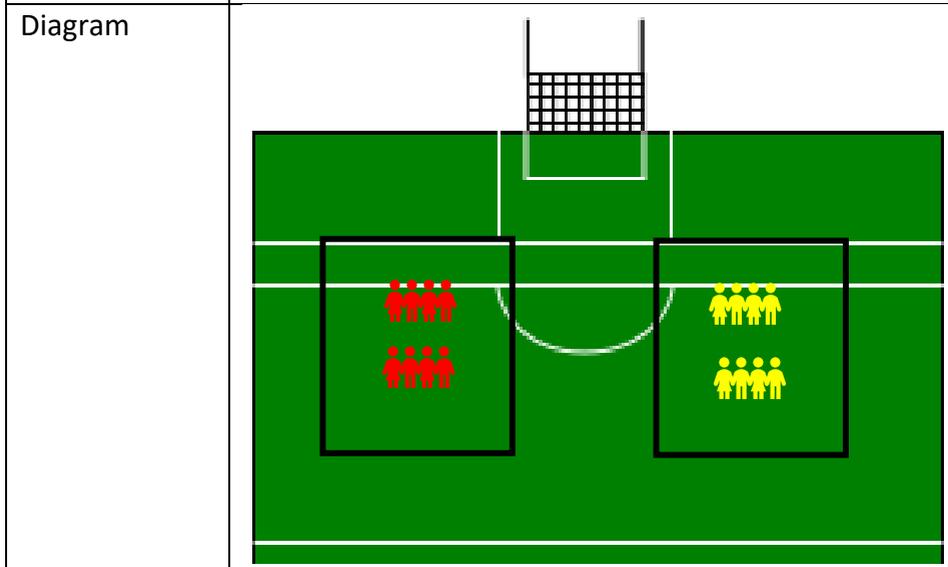


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Title	Over the River
Primary Skill	Kicking
Secondary Skills	Catching
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Teams to kick the ball into the other teams area</li> <li>• Whichever team has the least amount of balls at the end of the game, is the winner</li> <li>• For subsequent games, vary the type of kick allowed e.g. Punt Kick, Hook Kick, Drop Kick, Outside of the boot kick etc.</li> </ul>



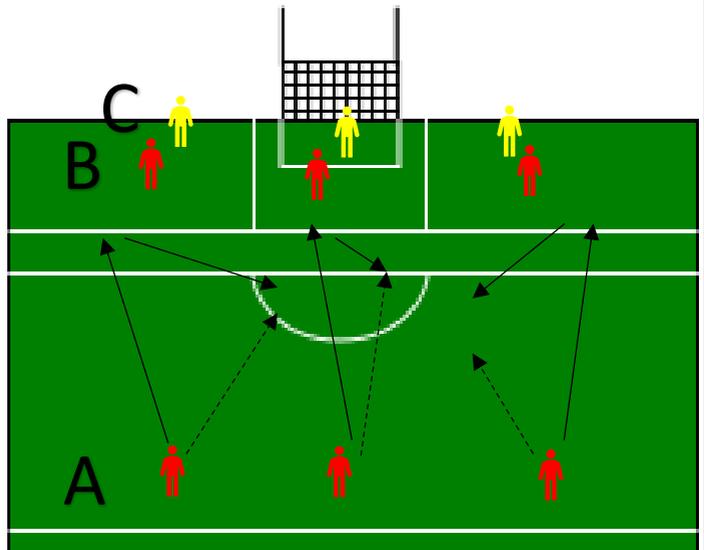
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Title	One two for score
Primary Skill	Kicking
Secondary Skills	Catching, Hand pass, Tackle
Equipment	Cones, Balls
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• A start with ball and kick passes to B, who is being tackled by C.</li> <li>• A continues run after initial pass and must receive a kick/hand pass back from B</li> <li>• A then shoots for a score</li> <li>• For next phase, player at B moves to A, C moves to B and A becomes the tackler at C.</li> <li>• Straight line is pass; dotted line is run</li> </ul>

Diagram



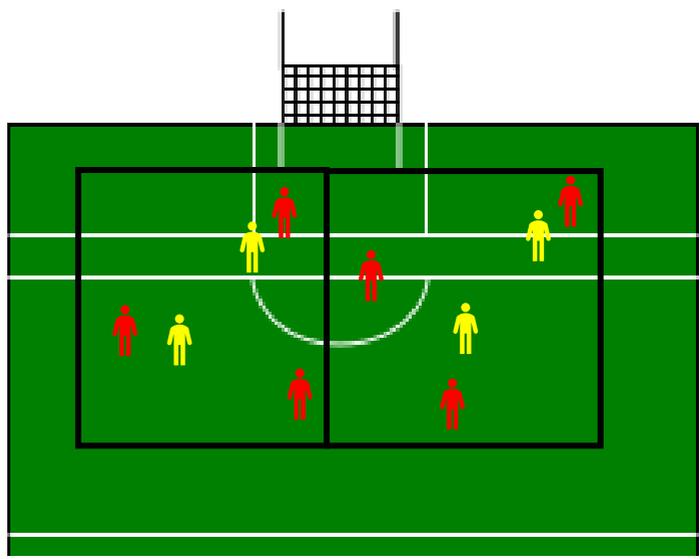
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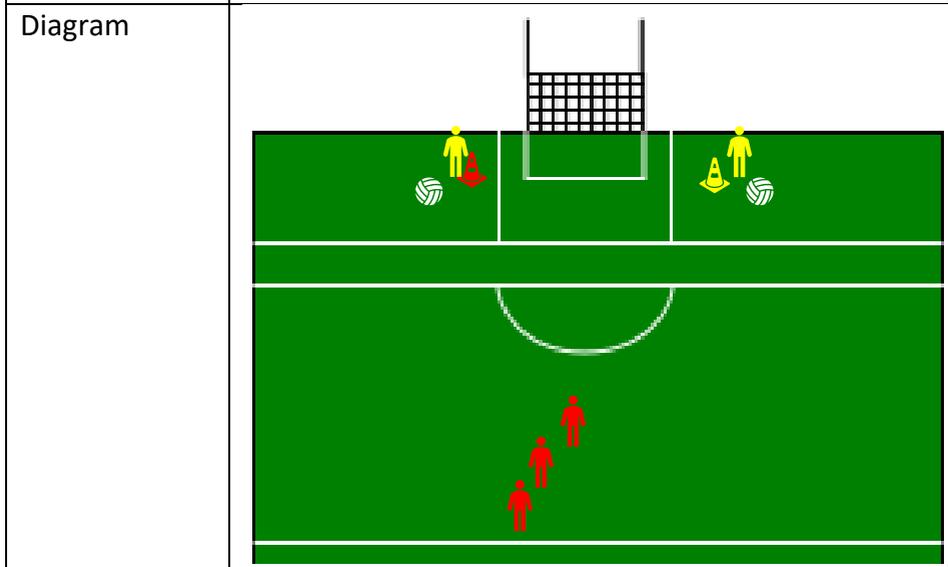
Title	3 vs 2 over and back
Primary Skill	Kicking
Secondary Skills	Catching, Evasion, Tackling
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Red teams start in possession.</li> <li>• They must complete 1 kick pass in their own zone before then kicking the ball to one of the red players in the opposite zone.</li> <li>• After 3 consecutive passes over and back to the other zone, they can shoot for a point</li> <li>• If yellow team get a turnover, they can go straight for a shot</li> </ul>

Diagram



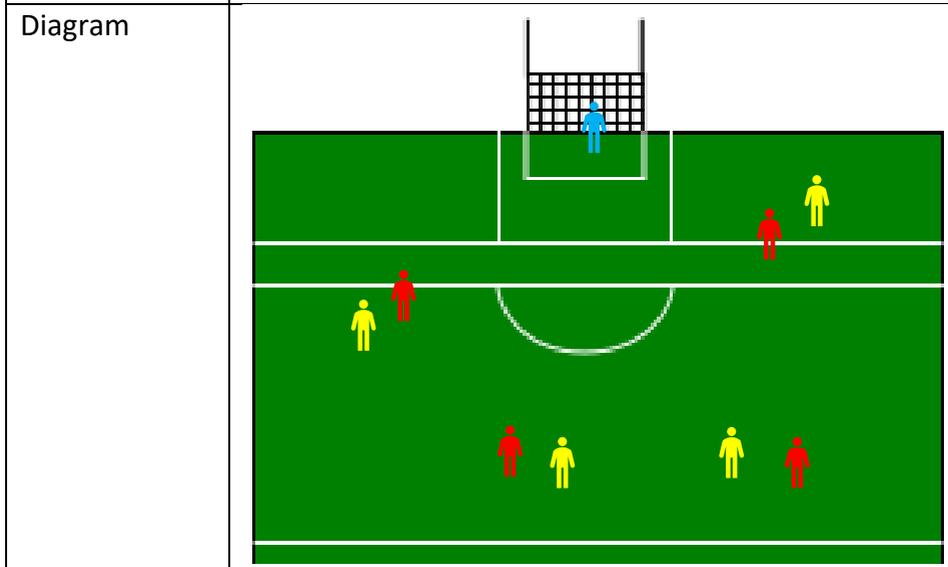
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Title	2 Footed Shooting
Primary Skill	Kicking
Secondary Skills	Catching
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Yellow player at Yellow cone kicks ball out to Red player at A.</li> <li>• He collects the ball and kicks the ball over the bar with his right.</li> <li>• Yellow player at C then kicks ball to the same player, who runs onto it and kicks over the bar with his left leg.</li> <li>• Alter distance according to ability</li> </ul>



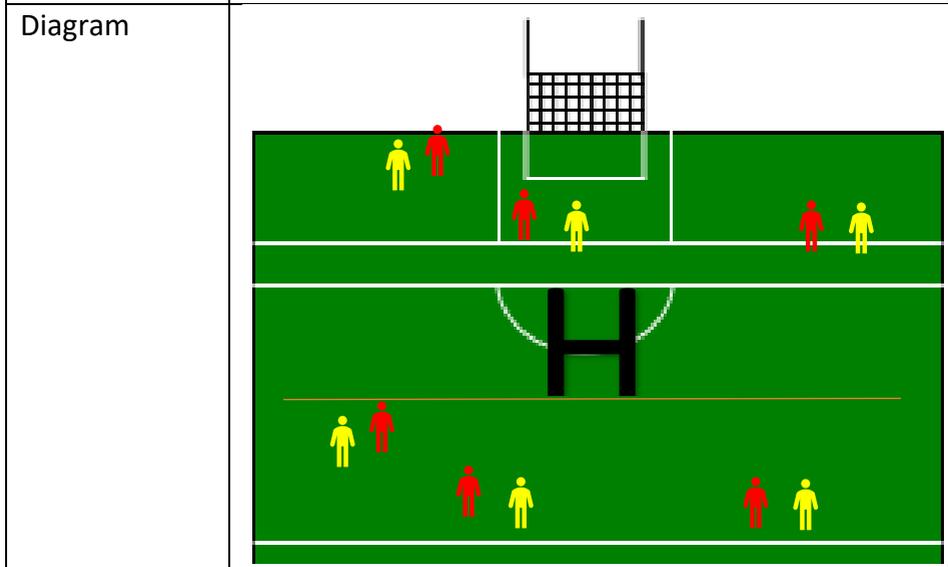
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Title	3 and score
Primary Skill	Kicking
Secondary Skills	Tackle, Hand pass, Catching, Evasion.
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Keeper kicks out a 50:50 ball to start the play.</li> <li>• Team that gains possession must get 3 kick passes (longer than 15m) in a row before then trying to score a goal or a point.</li> <li>• Opposition team try to dispossess and if they do so, they must get 3 kick passes in a row before trying to score.</li> <li>• NB: Players can hand pass but that won't count towards their passes</li> </ul>



Notes: \_\_\_\_\_  
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Title	Over and Back
Primary Skill	Kicking
Secondary Skills	Tackle, Catch, Solo, Bounce, Evasion, Side Step
Equipment	Portable Goals, Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• 3 vs 3 either side of the red line</li> <li>• Team in possession of the ball must complete 2 kick passes on their side of the red line before attempting to score over the Portable goals</li> <li>• When the ball is kicked over the bar/wide, the players on the other side of the red line play on.</li> <li>• These players must complete 2 kick passes before kicking the ball over the bar.</li> <li>• Repeat and keep score.</li> </ul>



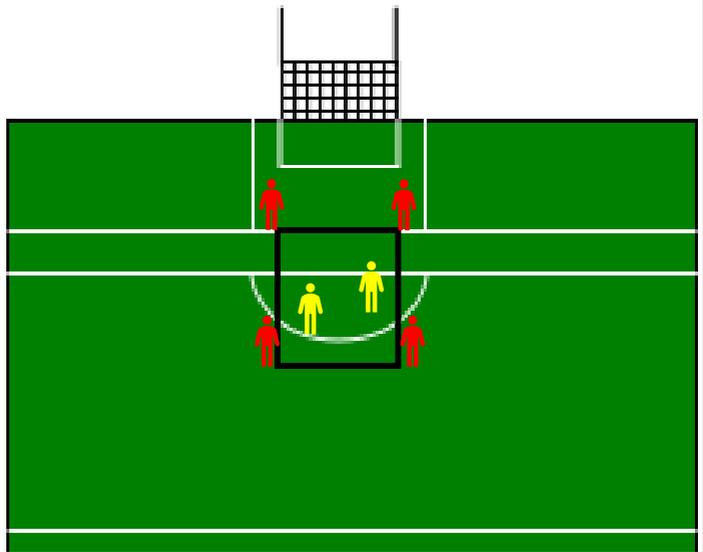
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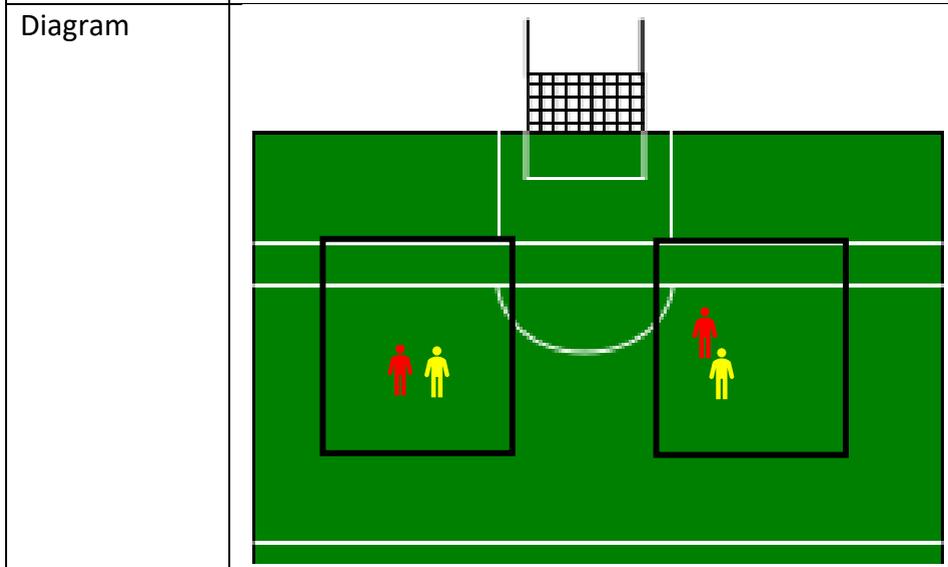
Title	Block Down Rondo
Primary Skill	Block Down
Secondary Skills	Kick pass
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram, 10m x 10m square</p> <ul style="list-style-type: none"><li>• Red players to stay at the corner of the square.</li><li>• Reds must keep possession of the ball by kick passing to one of the players at the other 3 corners.</li><li>• If a Yellow gets a block down, then they swap roles with the player they blocked down.</li></ul>

Diagram



Notes: \_\_\_\_\_  
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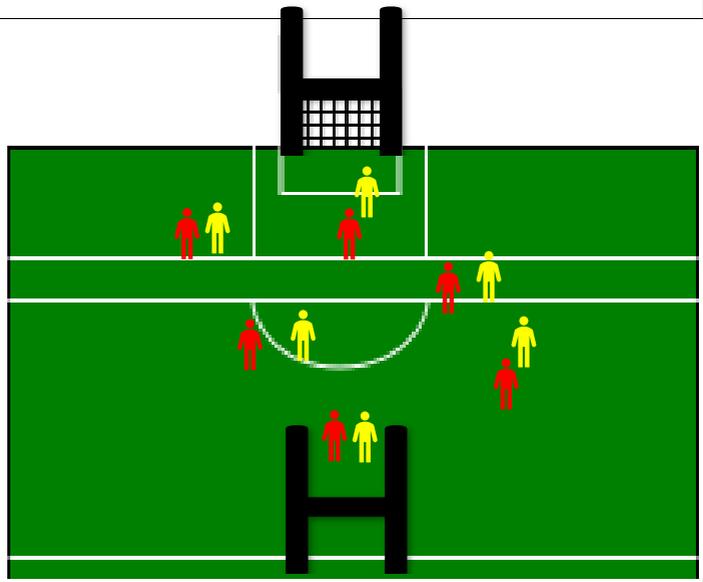
Title	Over and Back
Primary Skill	Block Down
Secondary Skills	Kicking, Evasion, Side step, Catching
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Player in possession must kick the ball to their partner in the other square.</li> <li>• Opponent tries to Block down the kick pass.</li> <li>• Players are only allowed 4 steps when in possession and are not allowed solo/bounce the ball.</li> </ul>



Notes: \_\_\_\_\_  
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Title	Block Down Game
Primary Skill	Block Down
Secondary Skills	Tackle, Kicking, Solo, Bounce, Evasion, Side step, Pick up
Equipment	Portable Goals, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Conditioned game where the teams get 1 point for every score kicked into the opposition goal and get 3 points for a successful block down.</li> <li>• Players are only allowed kick the ball (No Hand pass allowed)</li> </ul>

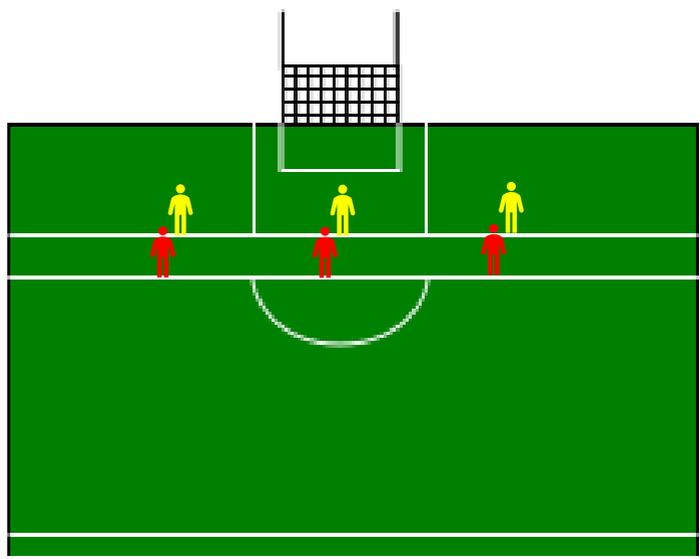
Diagram



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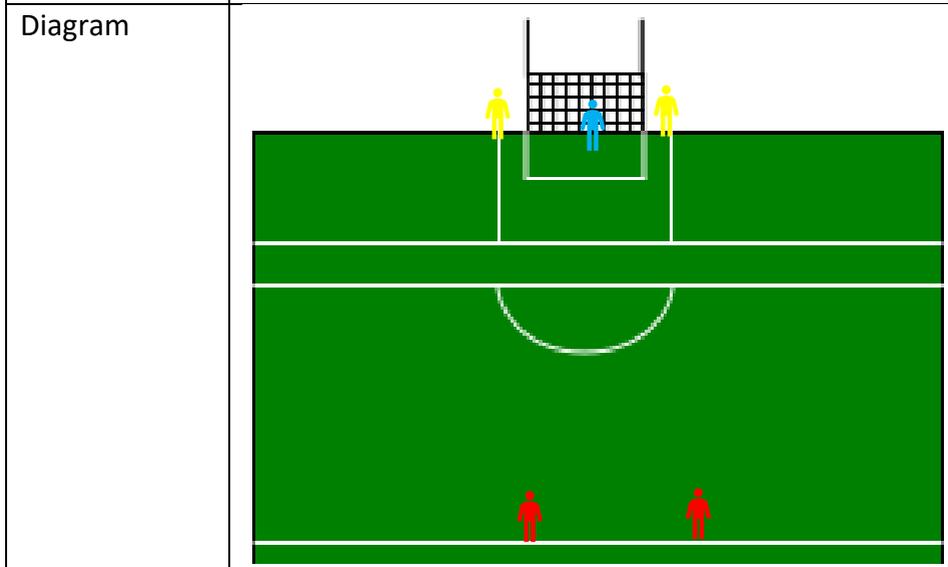
Title	1 vs 1 for score
Primary Skill	Tackle
Secondary Skills	Pick up, Kick, Solo, Bounce, Evasion, Side step
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Red player starts running to the 45m line with the ball and is pursued by the Yellow player.</li> <li>• Once he reaches the 45m line, he turns and tries to run towards the goal.</li> <li>• Red player must try to carry ball back over 20m line before attempting to score a point.</li> <li>• Yellow player continues tackling until the ball is dead.</li> <li>• Swap roles and repeat</li> </ul>

Diagram



Notes: \_\_\_\_\_  
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Title	Go for Goal
Primary Skill	Tackle
Secondary Skills	Bounce, Solo, Side Step, Evasion
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Forwards (Red) line up on the 45m line with a ball.</li> <li>• On whistle, 2 forwards try to score a goal but they are confronted by 2 defenders (Yellow)</li> <li>• After each possession, players swap roles, so the Yellows become forwards and the Reds become backs.</li> <li>• As soon as the ball is dead, the next pair of backs and forwards start.</li> </ul>



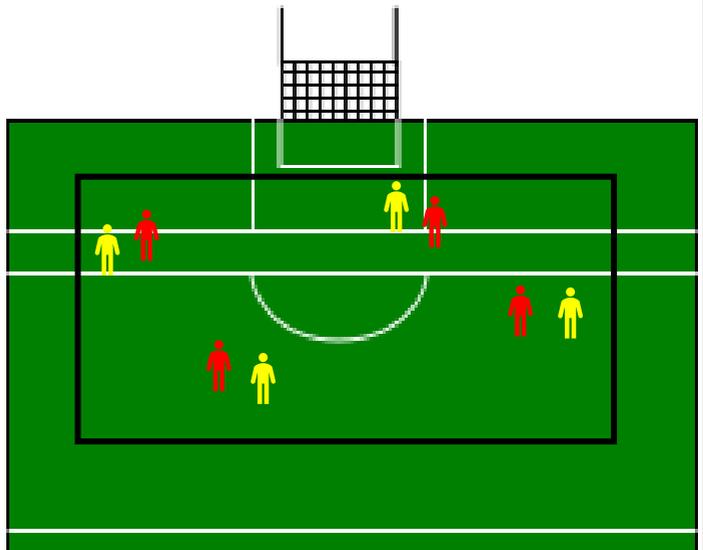
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Title	Turnover Kings
Primary Skill	Tackle
Secondary Skills	Bounce, Solo, Side Step, Evasion
Equipment	Cones, Balls, Bibs (Optional)
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> <li>• Team in possession must make 5 passes in a row before being allowed to shoot for a point.</li> <li>• Player in possession must take at least 1 bounce and 1 solo before he can pass the ball.</li> <li>• Each kicked point is worth 2 points. Each forced turnover of a man in possession is worth 3 points. Each interception is worth 1 point.</li> <li>• First to 15 wins and repeat</li> </ul>

Diagram

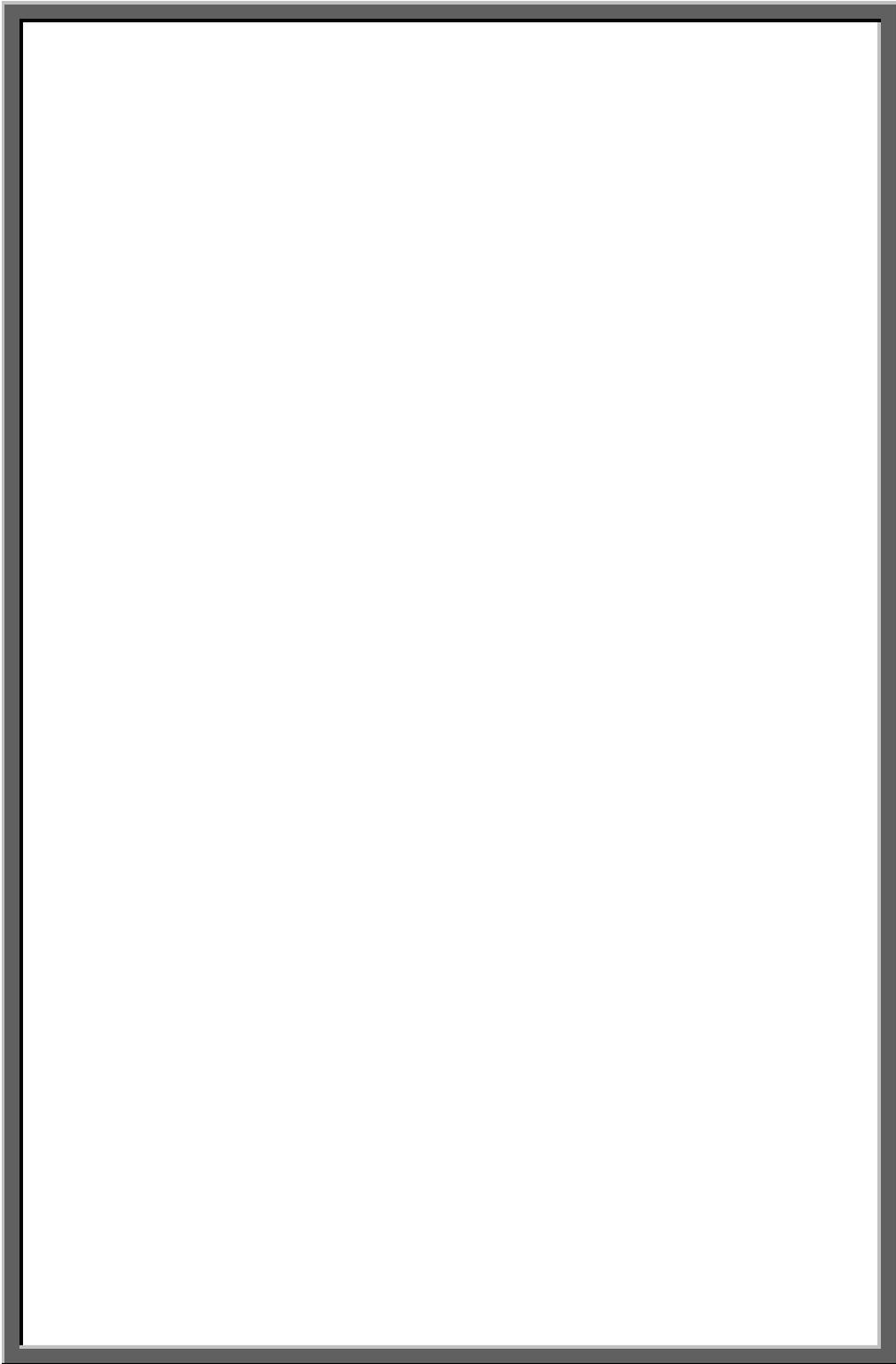


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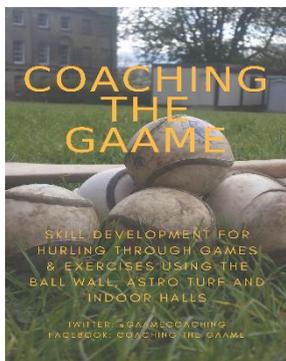
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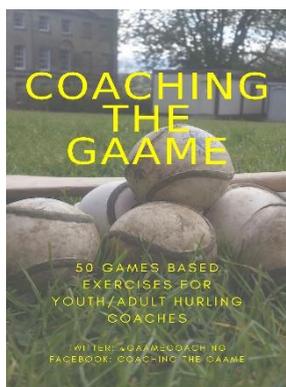
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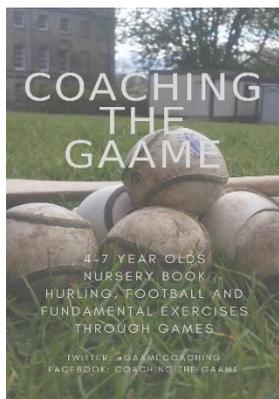
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