



Session 1 activities 15/4/19 pitch session

Category: Physical: Agility

Difficulty: Moderate | Start Time: 22-May-2019 17:45h

Description

Main part of session is full numbers match.

Begin with 4 activities as shown and then rotate

into game. Some changes in game include attacking from the middle for 3 balls and attacking from the corners. Session length 70minutes.

Warm-up Over the river and Ship to shore (10 mins)

Game 1: Over the River

Equipment: Sliotars or other (balls if not using in GAA context); Cones; Beanbags if applicable.

Players line up with as many sliotars as possible behind them as shown.

The cones mark the river over which they must use the FMS of the jump to cross

On the coaches/teachers command the players run as quick as they can and jump the river. They take the sliotars off their opponent and return to their own area by hopping over the river again.

Each player can only bring one sliotar at a time. They rise the sliotar and solo back.

Keep going for a specified period of time and see who has the most in their area to win the game.

Play the game where they use the leap to get over the middle cones.

N.B. Key teaching points for both movements must be gone through in isolation before using in the games.



Ship to Shore

Set up a suitable coned area for the size of the group.

Rules can be tailored to provide some sport specific content. Examples of some of the calls are below.

"Groups of 3" Begin 3 in a group passing game

"Hit the deck" – Lie down on your stomach

"Pairs Handpassing"- Players get into pairs and handpass

"Handpass and around the cone" Player handpasses ball to their partner and runs around nearest cone

"3 in a tub" Get into groups of 3

"3 in a tub roll and control" After forming groups of 3 they roll the ball to each other with the other player controlling the ball and then rolling it for the 3rd.

"Clear the deck" Everybody must run out of the coned area.

When you call ship players must skip and when you call shore they must skip backwards

"Sprung a leak" the children must leap from one foot to the other as if trying to avoid getting their toes wet.

"Long John silver" Hop on one leg.

Pressure on the rise; 3 goals game (10 mins)

Pressure on the Rise

Divide playing numbers so that there is a bias i.e. 6v4 or 8 v6

The job of the smaller group is to rise as many sliotars as possible in 1 minute.

The larger group must stop them from rising them

Emphasis is place on speed of the rise

Use of jab lift or roll lift where appropriate

Protect the ball and get to next ball quickly

Round 2 create a larger area

Reverse the numbers so now there are less defenders

Increase or decrease the number of balls used

The Best of 5

Place 5 balls in the tyre or other object e.g. bucket or hoop.

Teams decide what way they attack

Handpass the ball into the net and player closest the tyre takes next ball for their team.

Only 1 ball in play at a time. Scoring team retrieves the next ball

Vary size of pitch according to player numbers.

Finishing Game.

Place 2 balls in each of the corners without the goals. Each team has 2 balls to get a score. Must score into opposite goals.



Full Sided Game

Constraints

Attack from the middle

No puckouts retrieve balls from the corners

Dont hit ball away

2nd variation. Place sliotars in each of the 4 corners. Once the ball goes dead the coach directs which side the next ball should be taken from. If a defender gets there first they must work it out, if a forward gets there they can work a bonus score. Encourages staying switched on for puckout or ball dropping short.





Sesion 2 activities 22/4/19 pitch session

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Session 3 29/4/19 Pitch Session

Category: Warm-ups

Difficulty: Moderate | Start Time: 29-May-2019 18:05h

Description

Warm-up Activities (10 mins)

Exercises

Inchworms; Leg hops; Lateral Cuts; Bunny Hops; Over the gate
Worlds Greatest Stretch; Lunges; T-spine rotation; Bounds

Larger numbers 12 in each group options 8v4, 7 v 5, 6 v 6

A: Handpassing Game

- Player gives pass runs around cone and re-joins
- Players have to break tackle before giving pass
- Players when required go 1 on 1
- Set target number of completed pass to achieve and switch over
- Pass without the hurleys for camogie
- A give and go Pass (1,2 linkup)
- Looking for square bodies and low hands in the tackle

B: Get to supporting player

- Game starts with a ball rolled along the ground rather than handpass
- Ball starts from the middle
- Set a target for completed number of passes before passing to supporting player
- Ball starts from the middle get ball to outside.
- Player on outside must move and support the ball holder. Keep the score of number of passes to outside

C: 6 v 4 or 7 v 5 rising game

- Begin with desired number of sliotars on the ground
- Players on team A (lesser numbers) have to jab lift the ball while players on team B try to stop them
- Promotes work off the ball and rising technique
- Ensure players bend appropriately and shield the ball
- Reverse the numbers so more players rising and less players knocking to ground
- Change numbers accordingly

D: Pinball Game

- Numerous coloured cones or discs scattered in an appropriate sized area. Player must not go to the same colour combination twice i.e. if they go to yellow must go to blue next.
- How many pairs of colours can they complete in the time allowed
- Increase the number of colours in the area. Run around outside cones in between colours
- Change size of area depending on desire for collisions or numbers



Main body of session

Game 1: 4 second game

Teams divided as required
Players are only allowed to hold onto the ball for 4 seconds.
Any longer and the ball is turned over to the opposition
Players not allowed inside the red cone exclusion area to defend.

2: All across to score

Normal rules apply
Playing numbers selected accordingly
Can play with uneven numbers
Purpose of the game is everybody has to get across the centre line of cones
in order for a score to be allowed. i.e. if one player remains at their side of the lines a score wont count.
Encourages good use of the ball and running off the ball.

3: Work it out



One goalie. Players must work it out through the cones

They can attempt to score by carrying through the cones and then attacking.

If a team turns the ball over the opposition must work it through cones also before attempting to score.

4: Aussie Rules

Encourage players to take their steps with the ball

In this game they must take 6 steps with the ball before playing it.

They earn a score for their team by carrying through the cones. Once a player scores they must immediately offload to a team mate or turn it over to the opposition.

Session concludes with full sided game and shooting. Group divided in 3. One team on the ball wall while others play a game.



Session 4 13/5/19

Category: Technical: Movement off the ball

Difficulty: Moderate | Start Time: 13-May-2019 17:50h

Warm up activities

Games are 90 seconds on and 45 off with exercises. Exercises to be included on rotation

Jump, Skip, Gallop, Hop, Slide, Partner opposed Hop, Lunge and roll, Alternate hop, Vertical Jump.

Activity 1: goal to goal (Olympic Handball)

- 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. Start with a larger ball and practice the throw (FMS)

Activity 2: Work after the pass

- 5v 4 or 6 v 3 Working After the Pass
- Possession game as above with players in a team having to make 4 passes to score.
- However, on passing to a team-mate, the player giving the pass must run around one of the cones used to mark out the grid before he comes back into play.
- On making four consecutive passes, ball is set down for next team to start.
- Game to last 60-75secs – very intense once players get the hang of it.

Activity 3: 4 passes to score

- 3 v 3, 4 v 4 or 5 v 5 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.

Activity 4: Traffic Lights - Variation of Ship to Shore

Amber cone: Plant and rotate

Red: Plant and take off

Green: Accelerate

On whistle players gallop until you next call a colour

Activity 5: Passing off the shoulder

Player follows their ball.

A passes in front of B who is running off the shoulder. A joins B group while B runs to C who then passes off shoulder to D and joins that group.

Increase number of sliotars if required.

Not introducing overlapping runner at this time.



Main Activities

Game 1 Shooting Game Intro activity

Shooting for points

Players line up at A and B

Coach specifies how many cones the player must move around before

the hit the ball over the bar i.e. 1,2,3,4.

They cant run in a straight line and must be at least 1 cone from each row.

Player collects their ball and lines up at other side.

Encouraging COD, cutting and triple flexion.

Introduce a defender

Game 2: 4 second Hurling

Full rules 9 v 9 except players can only be on the ball for 4 seconds.

- Coach counts out loud 1,2,3 initially.
- Defenders and attackers are to be behind cones for all puck-outs
- goalie pucks the ball out over the players head and they react accordingly.

Game 3: Bunch



One goalkeeper normal rules apply.

Players start in the square for each puckout.

Goalie pucks to space and players organise themselves accordingly to win breaking ball and work together for score.

Variation. Place a set of poles at other end of pitch which defenders can carry the ball out through



Activity Set 1

Warm-Up/ Movement Preparation

Band Activation Work

Players line up at the cones facing the same colour at the opposite corner. Ideal for large groups

Exercises: Run, Hop, Skip, Gallop, Cut, Jump, Slide, Lunge, Physical Literacy Game "Remote control" fwrdr, frwnd, skip, etc.

Ball Work

Facing same colour on the diagonal

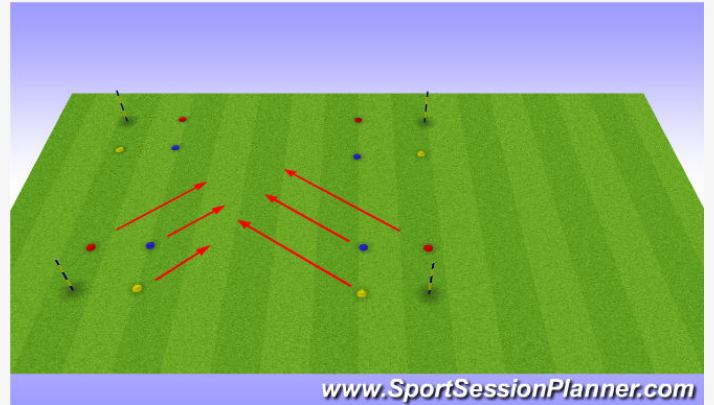
Handpass, Roll and Control, Rise and Drop in the middle, Throw and Catch, Weave pass.

Game 1 5v5 in each box (3 cones and pole). winners are the ones to get to the pole in opposite square with ball in hand,

Game 2 No mans land with reverse scoring. Widen the grid and strike the ball to the diagonal square.

Ball lands in no Mans land point for the other team.

Team catches a ball cleanly they stay at 0. Drop a ball and they get a point. 1st team to 10 are the losers.



Activity Set 2

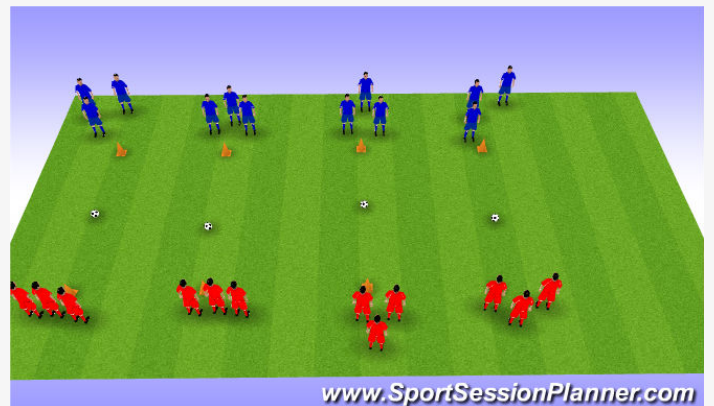
- Players organise in 3 facing 3
- Players practice striking ball to hand. Looking to work on foot placement and rotation
- Strike to hand; Concentrate on length they catch the hurley, elbow flexion, tight to the body.
- Vary the distance

Variation 1

On the whistle players work in a 2 v 1 scenario.

Go back to striking again.

Each player gets to be piggy in the middle.



Activity Set 3

Shooting Activity

Shooters line up where blues are.

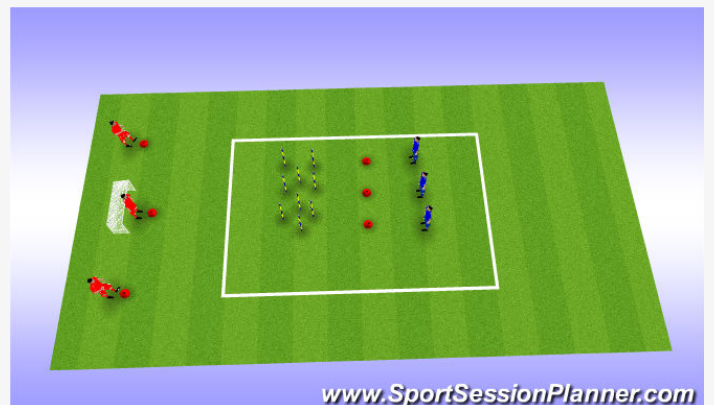
They must run through the slalom dodging 3 poles (1 from each line)

Receive the Ball from the red player and shoot over the bar.

Red Player takes the place of the Blue. Blue collects ball and lines up where reds are at.

Vary the distance between the poles.

Allow the red player become a defender.



Compass Attack

Place defenders within square.

Attackers are placed at North, East and West,

Call a compass point and they have to take it through the defenders and get a score.

Defenders cant leave area until attackers come through.

Introduce this as a game of tag first.

Variation.

Attackers Stay outside and defenders break out to try and stop the shot.





Session 6 Printing

Category: Physical: Speed

Difficulty: Moderate

Description

Activity Set 1

Warm-Up/ Movement Preparation

Band Activation Work

Players line up at the cones facing the same colour at the opposite corner. Ideal for large groups

Exercises: Run, Hop, Skip, Gallop, Cut, Jump, Slide (Activation Bands), Lunge,

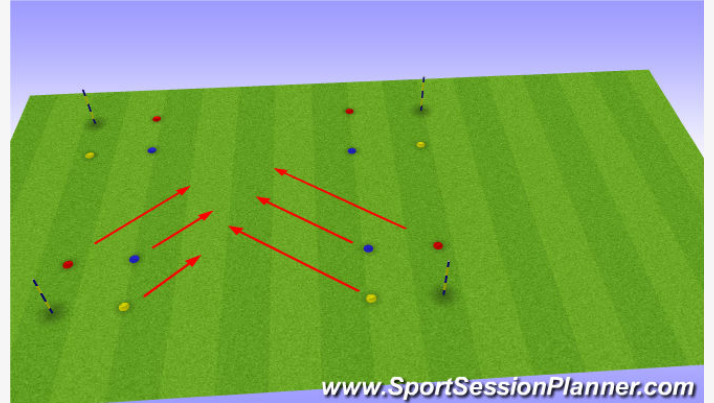
Physical Literacy Game Ship to Shore. Run to poles.

•Groups of 3" Begin 3 in a group passing game •"Hit the deck" – Lie down on your stomach •"Pairs Handpassing"- Players get into pairs and handpass •"Handpass and around the cone" Player handpasses ball to their partner and runs around nearest cone •"3 in a tub" Get into groups of 3 •"3 in a tub roll and control" After forming groups of 3 they roll the ball to each other with the other player controlling the ball and then rolling it for the 3rd.

•"Clear the deck" Everybody must run out of the coned area.

Ball Work

Handpass, Roll and Control, Rise and Drop, Throw and Catch, Weave pass.



Game 1 Sliotars begin in the middle of the area. Groups divided evenly and stand at the 4 poles. Each player gets a number. Coach calls a number and the 4 players with that number run to the middle rise the ball and try and get it back to their area.

Call 2 numbers they must work together i.e. 6 v 2

Put a time limit on how long they get in the middle to bring the ball back before it goes dead.

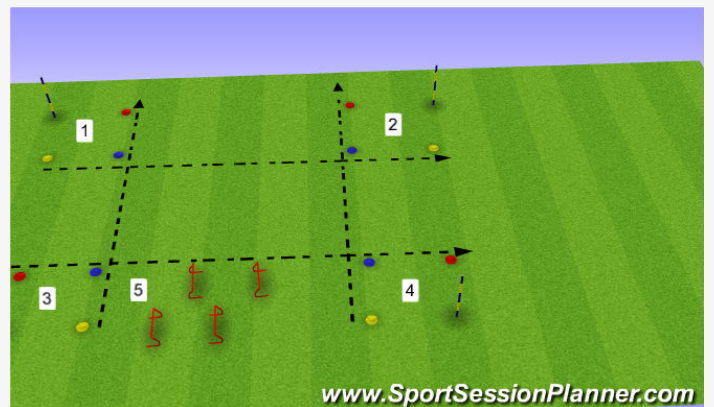
Activity Set 2 (15 mins)

Zones 1, 2, 3 and 4 Playing no mans land 5 players in each small square playing 3 v 2.

2 balls in the small squares 2 rising v 3. Jab lift under pressure

Main Area 5: FMS skill Jumping. not an SAQ activity. Participants are working on their jump over the hurdle with full arm extension and dropping behind on landing.

Vary the group at 5 every 6 seconds. 6 minute activity.



Compass Attack

Place defenders within square.

Attackers are placed at North, East and West,

Call a compass point and they have to take it through the defenders and get a score.

Defenders cant leave area until attackers come through.

Variation.

Attackers Stay outside and defenders break out to try and stop the shot.

Defenders come out and players dont have to go through the poles to get a score.

Defence emphasis is driving attackers on the back foot and towards the sideline.

Attack emphasis is on running as a compass point. i.e one goes straight ahead, 1 left, 1 right and 1 move away from the ball carrier.

Variation from the last day. when you call a compass point the attackers next to them run to get into support position as quick as possible.





Description

Activity Set 1

Warm-Up/ Movement Preparation

Band Activation Work

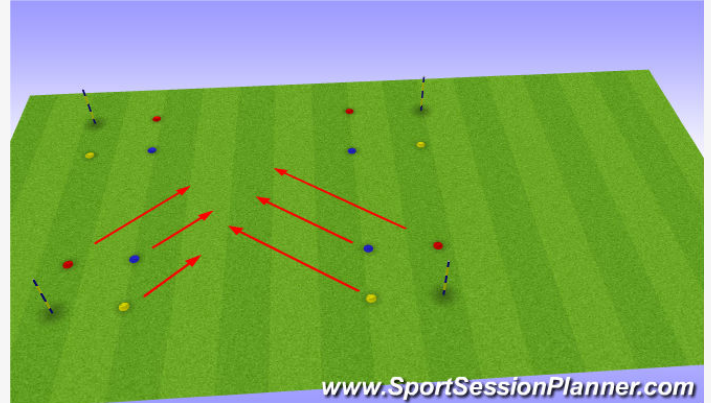
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Ball Work

Handpass, Roll and Control, Rise and Drop, Throw and Catch, Weave pass. Areas 1 and 4 all have sliotars. Must go to any other cone of the same colour bar the one on the diagonal.

FMS: Game rob the nest. Vary the locomotor movement



Activity Set 2 A (15 mins)

Zones 1, 2, 3 and 4 Playing Game Scenario 1

Set up numbers as appropriate i.e. 3v2 2v2 3v3

Small area games objective. Game starts with one player having the ball with all members of the opposing team facing them and closing their space.

Player 1 must use one of the players on their team who must then either use another player and then ball is returned to the player who had the ball originally.

Objective is pass and support. Encouraging player to move after the pass. Each member of the team must get the ball before returning to player 1.

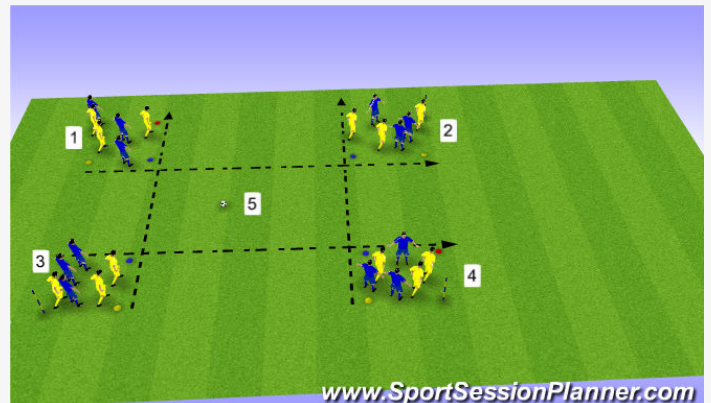
Change the teams

Progression

Zone "Capture the Flag" Game Scenario 2

When coach calls a number players from that zone must go collect the ball and bring it back to their zone.

Count up the number of blue balls and number of yellow balls in each zone.



Activity Set 2 B

Sharks and Fish

Equipment: Cones to mark out area, Bibs, (Optional – Mark out a skills area for those caught)

Mark out with cones an appropriate sized area (fish tank) for the numbers in the group.

Divide the group in 2 with the fish getting a bib each to tuck into their clothing.

The sharks must catch the fish by pulling their bib and dropping to the ground.

Variations/Progressions/Sport Specific

Variations here include the player being out of the game and the winner is the last one caught or they go to the skills area to complete a skills challenge before returning to the game. Also depending on numbers, the fish could become a shark when caught.

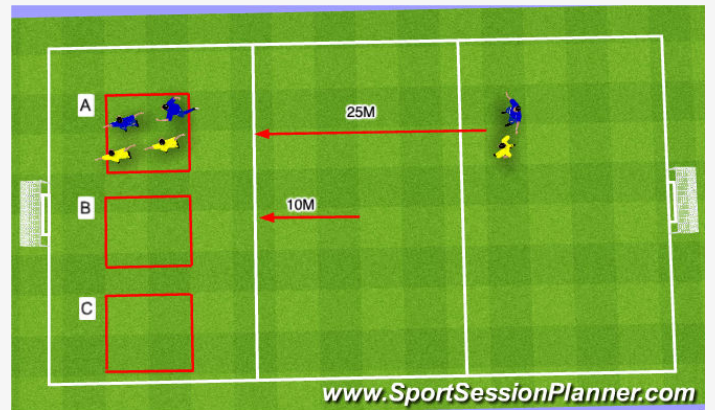
Create safe zones within the fish tank where fish are safe but once another fish comes into the zone they have to leave.



This game is then progressed to each fish having a ball and they try to hold onto the ball from the sharks in the same area. Reverse roles.

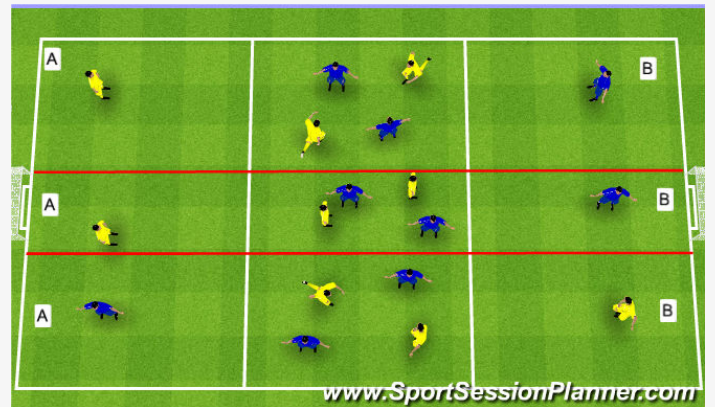
Activity Set 3 A

Set up zones B and C in same fashion as A
Outside players hit the ball into the zone and continue their run.
Which ever team wins the ball must work it to their team mate on the outside who then shoots for a score.
Switch a new pair of players out to strike in after every score.
Make sure to leave enough space in the zones and between the zones to avoid crashing.
Get the 2 outside groups to shoot for point and the middle group to shoot for goals
Vary the distance between the groups as shown



Activity Set 3 B

Ball is Fed in by Players from Zone A or B into the middle zone.
Players work to win it and return the ball to the zone of their colour.
Winners must get 3 balls in a row.
Change 1 player from each team out and move in the players from the end positions.





Session 8 1/7/19

Category: Small-Sided Games

Difficulty: Moderate

Group 1 Warm-up

Variation of No Mans Land

Distances shown not representative of pitch set-up

Same number of players in A and B. Looking for 2 passes and then clear to the other side

Players must complete 2 passes before playing back.

Variation: Players must work it out between poles and then play to the square on the same side.

Duration 10 mins



Speed Work

All activities done in pairs.

Begin with high skip and on 3rd landing run to the line. do 3 times and look for a slightly higher skip each time.

2 point start

Blow the whistle for yellow and again for blue see who crosses the line first.

same activity with 3 point start

Blue player faces the yellow player and tags them turning and trying to get away to the end line before being tagged themselves.

Resisted sprint Player has a medium hold of the player in front bib. On the whistle they let them go and they sprint to the line

Player in front faces the second player and using their feet and hands only they try to stop their partner from getting past them. No charging.



1 on 1 shooting

1 on 1 shooting drill. 3 balls and then reverse

1 on 1 throw the ball over the head whoever wins the race scores. Finally break into 2 v 1. 2 attackers one defender. Must pass and support.

Reverse then 2 attackers 1 defender.

Concentrate on committing the defender to the tackle before passing.

Defender concentrate on continuous moving of feet in the tackle.

Duration 10 minutes.





Session 9 15/7/19

Category: Physical: Speed

Difficulty: Moderate | Start Time: 15-Jul-2019 18:05h

A 12 mins

Band Work 4 mins

Warm-up 6 mins: hops, heel flicks, skips, single leg bounds, gallops, lunges, jumps, stretch work.

Total 10 mins

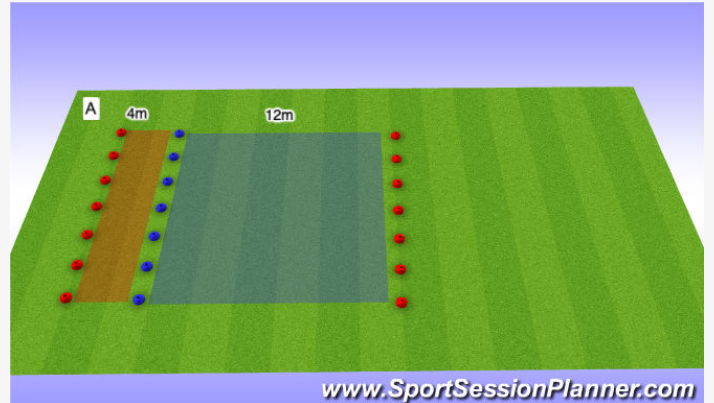
A = 12 mins

Locomotive fun relays Skip, Gallop, Slide, Sprint

Catapult sprints (start at blue back to red out to red)

Catapult sprints to rise a ball

Catapult Sprints to shadowing player. Players in pairs either side of the cones.



Screen 2

4 areas Session Emphasis Speed development and Agility

A. Warm-up/Speed Work, cutting start at blue run back to red(short) and out to red.

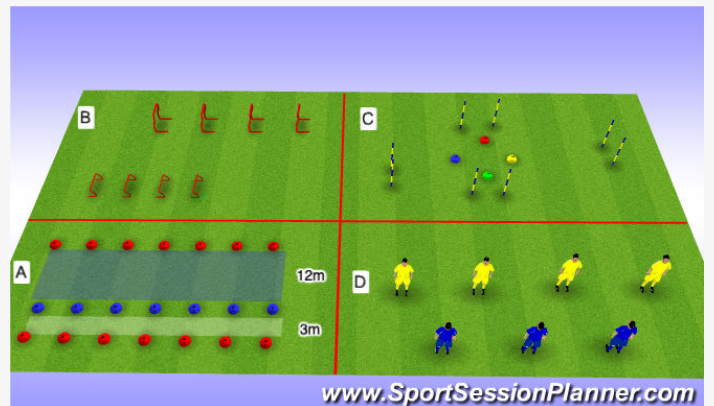
B SAQ/ Ankle Stability

C. COD - Colour sequence and goals

D. British Bulldog

Group Stay together for A and C. Split for B and D.

Timings A =



B 6 mins

Half group at B and D

Hurdle Work 6 Minutes * 2 groups

* Large Hurdle work Double leg bounds over hurdle. Soft landing Use arms to propel

* Small hurdle work Straight line speed. Vary distance between hurdles to increase stride length if possible.

Lateral Work around the hurdles.



D 6 mins

Variation of British Bulldog.

- * 3 attacking players face 4 defenders. They must try to get to the Blue zone without being tagged.
- * 3 attackers then face the same 4 who are now defending.
- * Place cones so there is considerable separation between players.
- * Players have hurleys and are carrying a ball in their hand to feel the sensation of going past a player. * Defenders in the middle cant defend using their hurleys. (Encourage them to kepp moving their feet to tackle.)



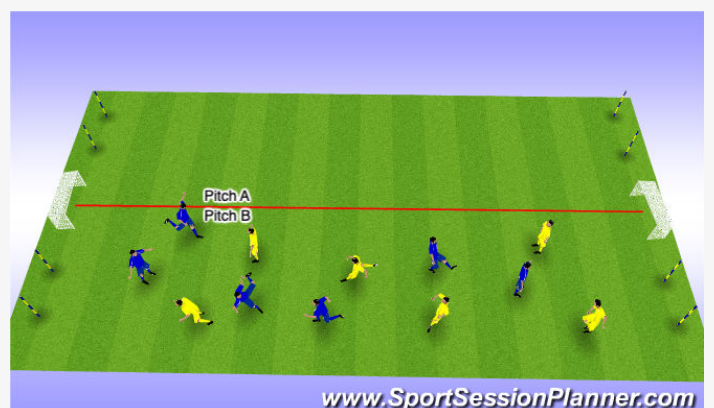
C 10 mins

- Players start with a group at each pole.
- Players are racing person at the pole beside them.
- Call a colour sequence of 2 colours e.g. Blue, Green.
- Place 4 sliotars between each of the poles
- Players run to the poles at the same side as the last colour e.g. if green is last colour run to 4.
- try not to repeat a sequence.
- 4 fastest players jab lift the sliotars.
- 2nd 4 try to intercept.
- Increase to 3 colours.
- Place the a pole where each of the cones are.
- Call a number and each player runs as hard as they can to the pole. Call left right or straight to dictate where they make their run to once around the pole.



Match 15 mins

- Divide into 4 teams. Change goalie after every score in one match.
- Set time on the clock.
- If a team score a goal. They receive a bonus free from between the 21 and 45 to score into the big goals.
- Change Teams after 5 minute game. 3 * 5.





FMS Activity/Warm-up (5 mins)

Rob "A" Nest (size not representative of Game Design)
Area split in 2 and set up as shown
Place 6 players in each of the hoola hoops
Remaining players stand in the area between the hoops.
On the whistle the players inside have to get to a hoop before the players in the hoop get there.
Players in hoops can only run in one direction
If they don't get to a hoop before an "inside" player they move into the inside and try get to a hoop the next time

Variations

Change the FMS moves as follows: hop; jump; skip;

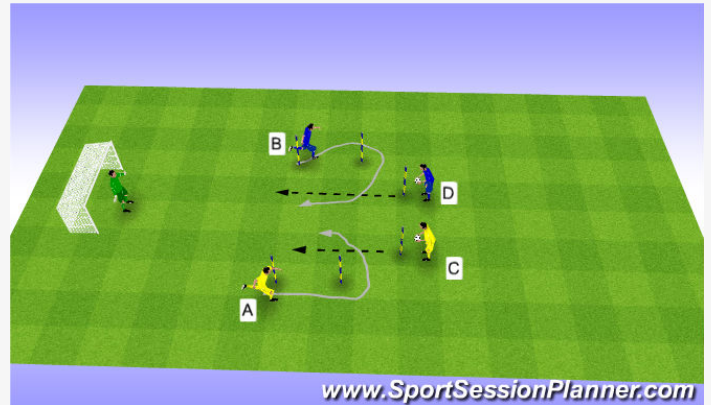
At intervals between each movement include some extra movement preparation
Deadbugs, Bilaterals, inchworms.



Shooting 1 A

Support the Runner (Size not representative of practice design)

Set up as shown
Player at A and B must run the line. their aim is to loop around the player in possession take the pass off the shoulder and take a score.
The emphasis is on crossing behind the player in possession, communication calling for the pass and taking the ball at speed.
Player in possession must give a sympathetic pass while also moving at speed.
NB Player at C or D must not slow down to wait for the run. If the player doesn't get there ins support shoot themselves.



Shooting 1 B

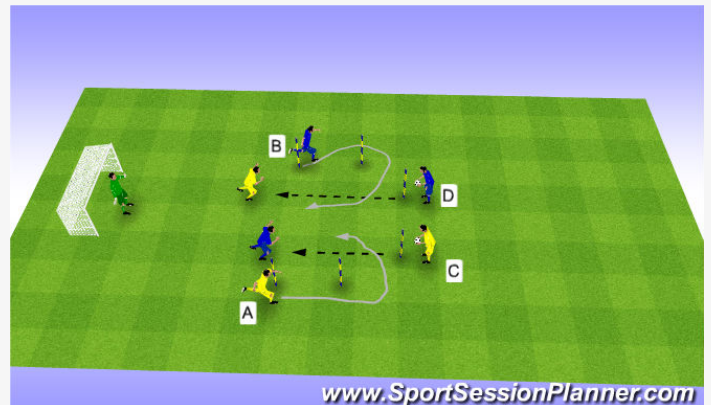
Support the Runner (Size not representative of practice design)

As Before

Introduce defending player

2 attacking players can now work in support of each other.

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NB Player at C or D must not slow down to wait for the run. If the player doesn't get there ins support shoot themselves.



Game Scenario

"Clearing the Runway"

Blues are attacking. Yellows defending. Player 1 plays an unopposed 1,2 with player 2.

Yellow defender 3 can close down once 1,2 is played.

Proper defending game situation develops

Inside attackers must clear the area in front of the goals and offer themselves in support of the ball carrier.

Key Points

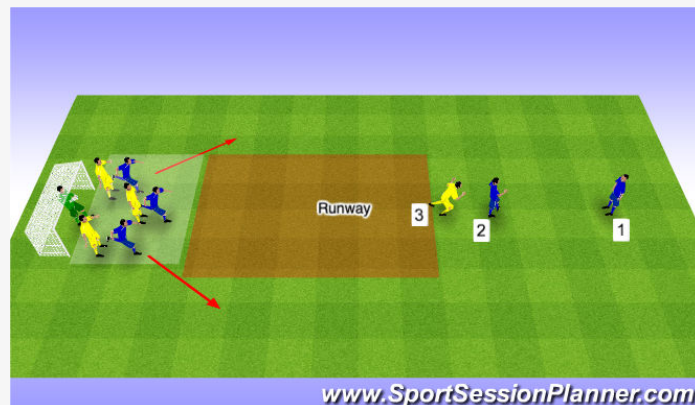
Try to create space by not running directly towards the ball carrier.

Realise making the run makes the score

Defenders learning to deal with an overload scenario.

goalie important defender if they get inside final line of defence.

Encourage a loop around runner.



Screen 5

Game

Build on clearing the runway.

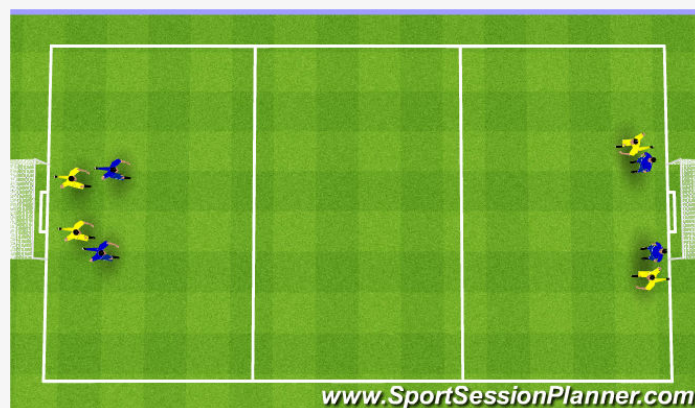
Play with 2 forwards inside on 2 backs. One stand at either goalpost.

Other players withdraw. towards middle 3rd and hit the space in front of them

Rest of game set up as normal.

Pause and re-set

After Pause encourage half forward line to get in support of the inside 2 when the ball is played.





Session 11 15-8-19

Category: Academy: Create the attack

Difficulty: Difficult

Warm-Up (10 mins)

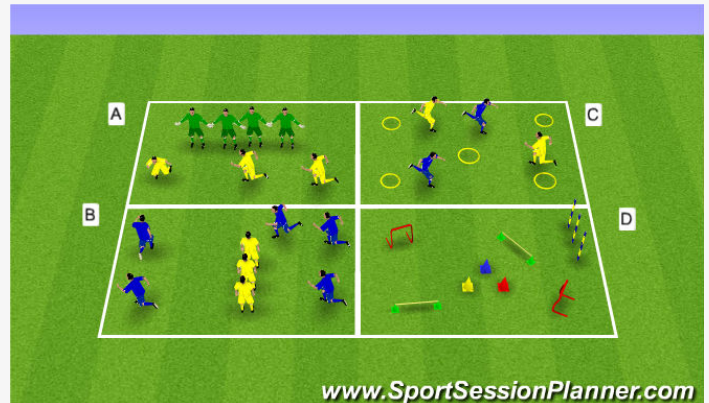
Tag Games 90 seconds and rotate clockwise

A Velcro/Fly paper Tag Start with 2 players connected. Every player caught joins onto the flypaper

B Chinese Dragon Tag. similar to previous game except players line up behind each other and skip. If an inner is tagged by any part of the dragon they also join

C Hopping Tag Yellows are it. Each hoola hopp is a den. A player can only stay in a hoop for 3 seconds before moving again. Last player left is the winner

D Agility Course with remote control. Jog = normal play sprint = fwd red hurdles = step over; green = jump over and back across; agility poles = slalom through; coloured cones = start i centre and touc a different colour before going back to the middle



Game scenarios (15 mins)

Diagram not representative of dimensions of areas. Use area 20m X 10m for each area or similar.

A = Rob the Nest/Rob eachothers nest:

Place a large number of balls in the centre hoop. Relay in to collect as many balls as you can before they are all gone. "Rob the Other Nest" One player can go to another nest at a time and take 1 ball only before returning and tagging the next player to do the same. Blow whistle after 30 seconds to see who has most.

B = Diffusion

Extract from a small area into a larger area. Working out of a tight area with a ball to get to other side of the square and place in tyre/bucket. Blues defending v Yellows. Emphasis on committing the tackler and moving the feet dodging and weaving; timing of pass and support player occupying at least one defender by creating space. On completion reverse the player roles. 2 v 1; 3 v 2

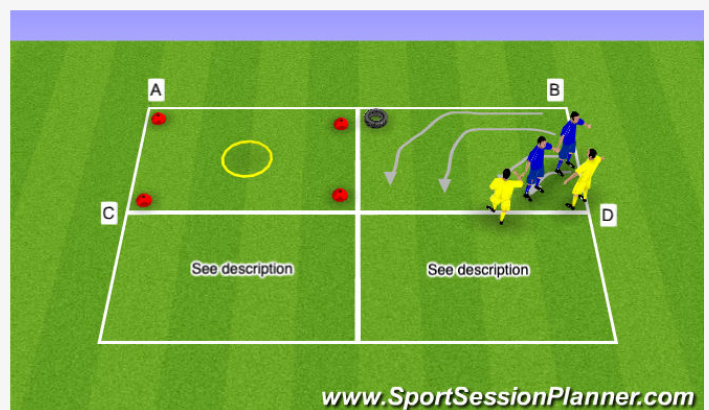
C= Don't Repeat

3 v 2 or similar in the area (larger than others). Possession Game.

Player must not repeat a pass type so handpass; hurley lay off; bounce pass; over the head pass; behind the back pass. Make area large enough to ensure it isn't always breaking down or similarly that there isn't big pauses. Adjust as seen fit.

D= Rise under pressure

Players in pairs with numeros sliotars on the ground. Player 1 shados player 2. While player 1 tries to rise as many sliotars as possible in a controlled time player 2 tries to prevent this from behind. Working on dispossession, triple flexion, low rise height and discipline to not give away frees. Reverse roles. Practice different types of rises i.e. roll rises, one handed rises, lab rises, ball tap rises, scoop to hand rises.



Skill Development (15 mins)

Objective: To work on diagonal ball delivery and striking on the move and making the run

Red lines are the striking direction

Blue lines are a coned off area which receiving players begin inside and return to each time.

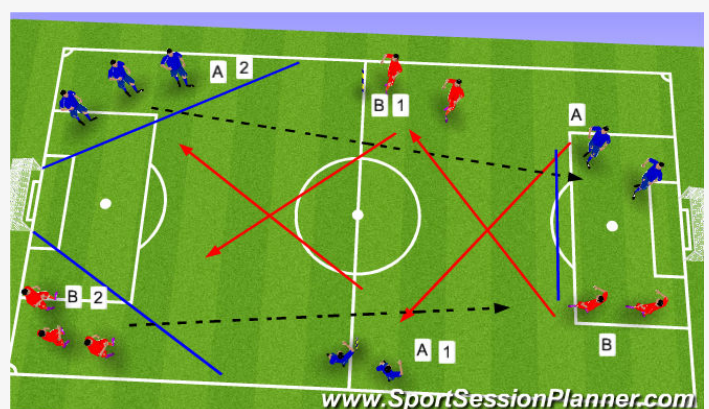
A strikes to A1 who in turn strikes a ball to a player at A2. A2 strikes back to A (B also an option or getting a score). Initially for fluidity just keep recycling the balls.

Also can have a player coming off the sholer of A2 to deliver back to A.

A1 and A2 must be on the move to receive a ball.

B mirrors A

Game progresses into a match working on the same scenarios



Variations

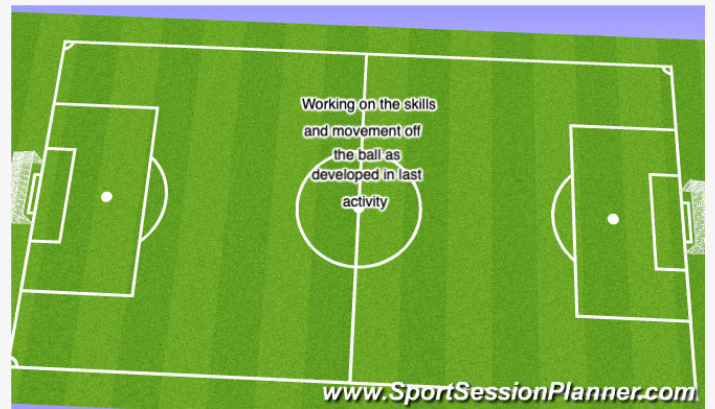
Vary distance of strike and length of pitch

Include players behind goals to return balls

Start with goalies

Include 2 midfielders who the goalies at either end try to hit with the puckout. They deliver to the goalie at the other end and he hits the other midfielder.

Game (10 mins)





Warm-up activities

Last session players have choice of activities/games to play.

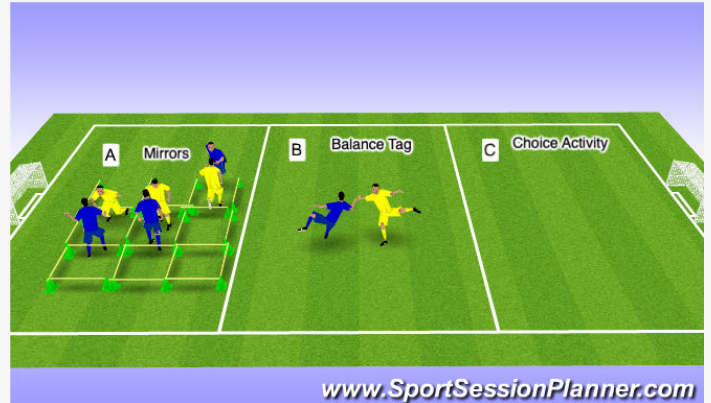
A = Mirrors.

Players get into pairs and try to copy the locomotor movements of the player opposite them.
Vary the movement to skip and hop. Great for multi directional movement development

B = Balance Tag

Players in pairs. Facing each other holding 1 hand and standing on one leg. the aim is to pull the other person off balance. They get a point if their partner puts both feet on the ground at the one time. the best of 5.

C = Choice Activity Players choose their favourite game from the sessions so far.



Shooting activity

Quickest cats gets the cream

2 separate activities. Scale not representative of layout.

Player at each cone.

A slightly different to B. Attackers have an extra player in B

Players closer to half way are attackers.

Inside players are defenders.

Player at yellow cone starts with Ball

Player with ball runs towards their partner and pass them the ball the defenders do the same.

All players run around the cone opposite them and then assume game play with 2 v 2.

In activity B. The 3rd attacker runs the same line as the player in front of them. Encourage them to delay their run so as to not over run ball carrier.

Variations

Include a floating defender close to goals to act as a sweeper.

Encourage attacking with width, how to counteract a sweeper, sticking to your player not getting sucked towards the ball.



Game Scenario 1

Avoid the sweeper/Keep runway clear

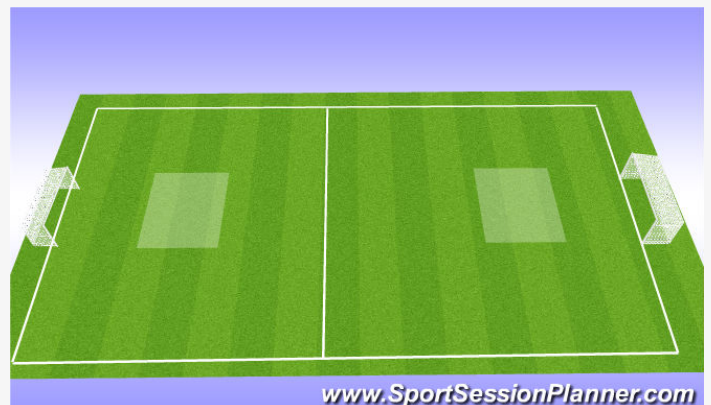
Ball must be kept out of the area marked. Ball enters there it is turned over automaticall. Encourages better, wider and diagonal delivery.

2nd variation

Move the area as seen fit. Use the exclusion zone as an area to keep clear in front of the goals to aid attacking play running down the middle.

Encourage long distance score taking.

NOTE SUPPORTING PLAYERS CAN RUN THROUGH THE EXCLUSION AREA BUT NOT WITH THE BALL.



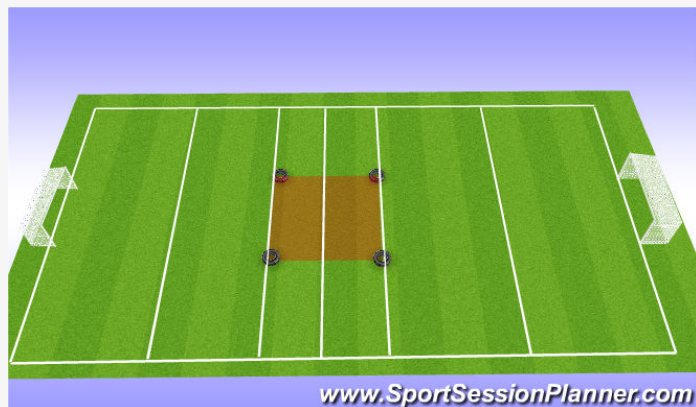
Game Scenario 2

Crowding/Defending the middle.

Each play starts from the middle of the pitch. Coach places the balls at each of the 4 corners.

Only 1 or 2 attackers and defenders inside the 45 m. Place 2 attackers at the 45 who can go the whole way to the opposition 45 but not through the middle.

Variation 2 use the set up to work on puckout strategy/defence for players breaking from the middle.



Reaction activities

Various jab lift/reaction/striking activities with player on either 65 facing each other and balls along the centre of pitch. Also works between the 14 and 21.

