

# SUMMER CAMP GAMES

10 GAMES FOR COACHES



ISSUE NO. 02

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COACHING  
HIGH ON FIRE, DASHING ALL  
THE GAME

SUITABLE FOR CHILDREN OF ALL AGES AND ABILITIES

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**Welcome to our Summer  
Camp Coaching ebook.  
We have shared 10  
games, suitable for all  
ages which will enable  
Coaches to entertain  
children whilst also  
working on skill  
development**

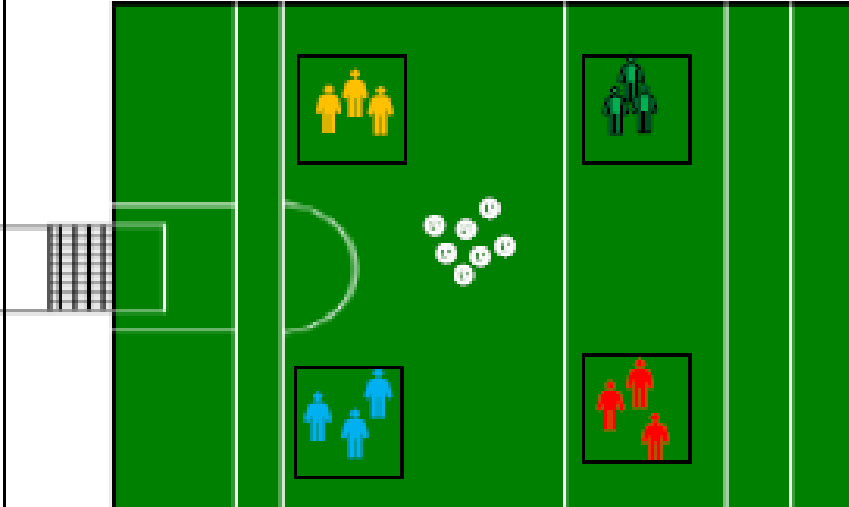
Whilst these games are a helpful resource for Coaches, we would always encourage coaches to adapt and progress exercises to suit the needs and abilities of the group.

All Games can be easily changed from Football to Hurling and vice versa.

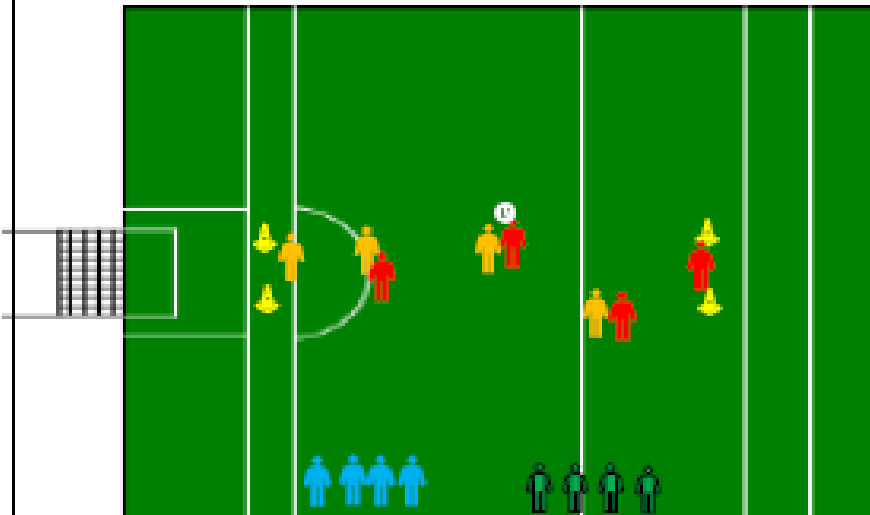
#BetterCoachingBetterPlayers

<b>Theme</b>	No Mans Land
<b>Component</b>	Game
<b>Time</b>	5 x 3 minute games, swap sides after each game
<b>Description</b>	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> <li>• Yellow Team and Blue Team each have a Ball.</li> <li>• All Players can play the 1 game.</li> <li>• Object of the Game is to have more Balls in the opponent's square at the end of the allotted time. Team with the least amount of Balls in their square is the winner of that round</li> </ul> <p>Progressions for Hurling and Football:</p> <p>Hurling:</p> <ul style="list-style-type: none"> <li>• For younger groups, make square closer together and Ground Hurling only. Increase the distance as they get older and hit the ball from Hands.</li> </ul> <p>Football:</p> <ul style="list-style-type: none"> <li>• Start with squares close together and increase distance apart with age.</li> </ul> <p>Both Codes:</p> <ul style="list-style-type: none"> <li>• Add a Goals to the back of each square to use as a target.</li> </ul>
<b>Age Group</b>	This game is easily modified so suitable for all age groups from 5-13 years, just modify to make easier/harder for different age groups.
<b>Equipment</b>	As Many Balls as Possible, Bibs, cones to mark out squares
<b>Learning Focus</b>	Focus of this exercise is to allow each child to get maximum amount of Ball contacts in a short space of time. Ensure there are plenty of Balls for this game. Key focus is the Kicking and the improvement of technique. Coaches to spot and fix any issues with children that may struggle.
<b>Diagram</b>	

<small>an approach design@psais 17 Nov 2000</small> <b>Theme</b>	Croker Run
<b>Component</b>	Game
<b>Time</b>	3-5 games, depending on how long they last
<b>Description</b>	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> <li>• All Players play the 1 game.</li> <li>• Each player on 20m line has a Ball.</li> <li>• 1 Player in the middle of the square is the Tackler/Catcher.</li> <li>• On the whistle, players must maintain possession of the ball and bring it to the 45m line without the Tackler taking the ball from them.</li> <li>• The Tackler must simply gain possession of a persons ball into their hand.</li> <li>• As soon as a person loses their ball, they also become a tackler.</li> </ul> <p>Progressions for Hurling and Football:</p> <p>Hurling:</p> <ul style="list-style-type: none"> <li>• For younger groups they should be dribbling the ball through the area.</li> <li>• For older groups, focus on the soloing or dribbling the ball to each players own discretion.</li> </ul> <p>Football:</p> <ul style="list-style-type: none"> <li>• For Younger Groups, use the Bounce only every 4 steps.</li> <li>• For Older groups, introduce the Bounce, solo, bounce, solo etc.</li> </ul> <p>Both Codes:</p> <ul style="list-style-type: none"> <li>• Larger square for older kids.</li> <li>• Coach to act as tackler with younger groups and don't catch anyone for the first ¼ games to allow the children to focus on developing the skill before it gets competitive.</li> </ul>
<b>Age Group</b>	This game is easily modified so suitable for all age groups from 5-13 years, just modify to make easier/harder for different age groups.
<b>Equipment</b>	Ball per player, cones to mark out squares
<b>Learning Focus</b>	Every child gets a chance to work on technique of maintaining possession at an age appropriate skill level whilst facing realistic pressure also.
<b>Diagram</b>	

Theme	Rob The Nest
Component	Game
Time	5 x 3 minute games.
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> <li>• 4 Teams with their own Square/Nest, with all the balls in the middle of the groups.</li> <li>• All Players can play the 1 game.</li> <li>• Object of the Game is to have more Balls in your square/Nest at the end of the allotted time. Team with the most amount of Balls in their square/Nest is the winner of that round</li> <li>• On the whistle, teams can run into the middle and retrieve a ball and continue to do so until all the balls are gone from the middle.</li> <li>• Coach then Shouts "Rob the Nest" where teams can Rob from the other teams Nests until the full time whistle is blown.</li> <li>• Rules: Players can only take 1 ball at a time and have to bring it back to the Nest before getting another ball</li> </ul> <p>Progressions for Hurling and Football:</p> <p>Hurling:</p> <ul style="list-style-type: none"> <li>• For younger groups, make square closer together and Dribbling only. Increase the distance as they get older and allow Jab/Roll Lifting and Soloing. Can also allow Tackling with older groups</li> </ul> <p>Football:</p> <ul style="list-style-type: none"> <li>• For younger groups, make square closer together and Bouncing every 4 steps whilst in possession. Increase the distance as they get older and allow Soloing. Can also allow Tackling with older groups</li> </ul>
Age Group	This game is easily modified so suitable for all age groups from 5-13 years, just modify to make easier/harder for different age groups.
Equipment	As Many Balls as Possible, Bibs, cones to mark out squares
Learning Focus	Focus of this exercise is to allow children gain and maintain possession without the challenge of a direct opponent.
Diagram	

<b>Theme</b>	Shoot For Glory
<b>Component</b>	Game
<b>Time</b>	10 minutes, swap sides after 5 minutes
<b>Description</b>	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> <li>• Yellow Team and Blue Team each have a Ball.</li> <li>• Players must kick/strike ball over the bar, retrieve their ball and go to the back of the group to repeat again.</li> <li>• However, player must first score from the Blue cone, then progress to the Yellow cone, then progress to the Red cone before finally scoring from the Black cone.</li> <li>• Blue cone is worth 1-point, Yellow cone is 2 points, Red cone is 3 points, Black cone is 4 points. Coach to keep track of each sides score.</li> <li>• Player can stay at the same cone for each kick/strike or can progress out to higher scoring cones but must score from lower scoring cones first.</li> </ul> <p>Progressions for Hurling and Football: Both Codes:</p> <ul style="list-style-type: none"> <li>• Alter distance for each age group, younger groups start much closer to goal and may score Goals and increase distance for older groups.</li> </ul>
<b>Age Group</b>	This game is easily modified so suitable for all age groups from 5-13 years, just modify to make easier/harder for different age groups.
<b>Equipment</b>	Ball per player, Bibs, cones.
<b>Learning Focus</b>	Focus of this exercise is to allow each child to get lots of scores whilst part of a team environment but working as an individual. Weaker players can stay close to the goals whilst stronger players can work their way out the distances and challenge themselves greater.
<b>Diagram</b>	

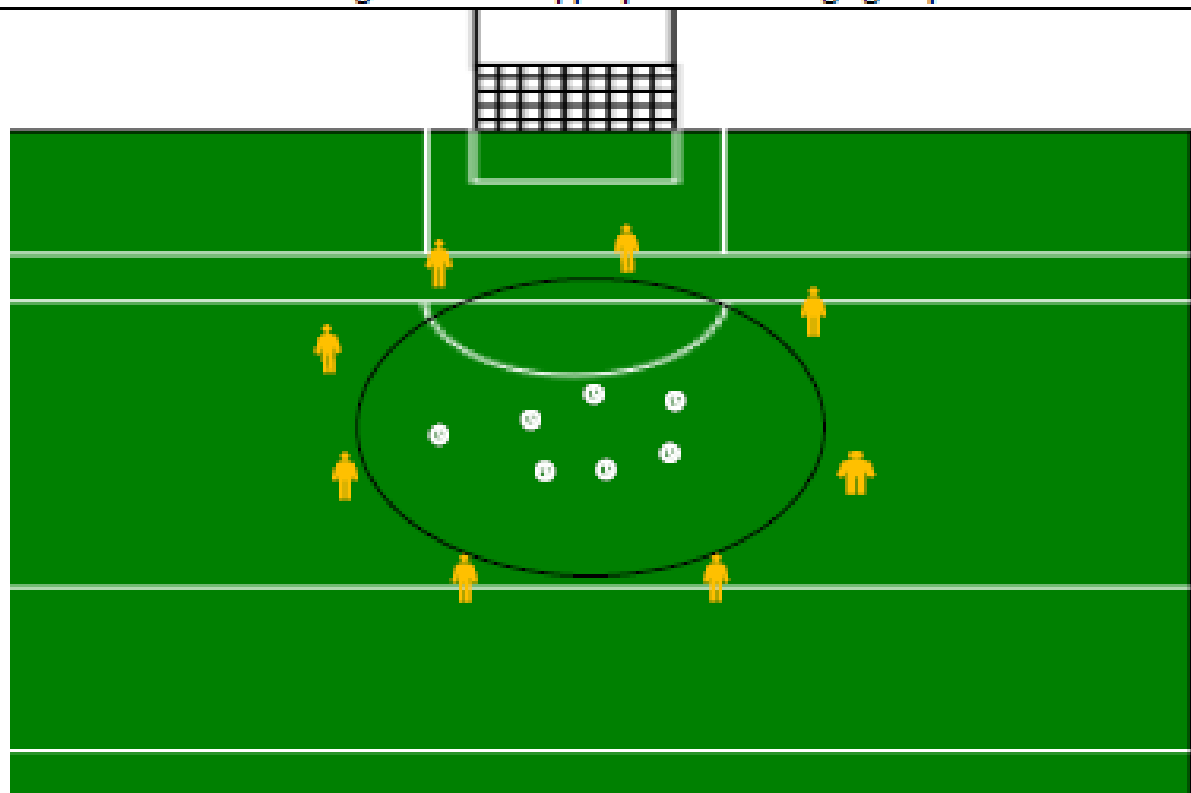
Theme	Winner Stays On
Component	Game
Time	20 minutes of game, First team to score 2 goals wins the game, Winner Stays on
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> <li>• 4 Teams evenly split.</li> <li>• Only 2 teams active in the game whilst the other 2 wait.</li> <li>• First team to score 2 goals wins the game.</li> <li>• Losing team is replaced by the next team in line.</li> <li>• Repeat.</li> <li>• Coach to keep track of which team wins the most amount of games and that team is the winner at the end of the session</li> </ul> <p>Progressions for Hurling and Football: Both Codes:</p> <ul style="list-style-type: none"> <li>• Alternate to a Blitz, where each team is active in their own game and each team plays each other team with the two teams with the best record playing in a final</li> </ul>
Age Group	This game is easily modified so suitable for all age groups from 5-13 years, just modify to make easier/harder for different age groups.
Equipment	1 Ball per game, Bibs, cones
Learning Focus	Focus of this exercise is playing matches
Diagram	

<b>Theme</b>	Clear the Square
<b>Component</b>	Game
<b>Time</b>	4 x 3 minute games.
<b>Description</b>	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> <li>• 4 Teams with one team in the Square each game.</li> <li>• Object of the exercise is the team in the square will keep striking/kicking the ball out of the square.</li> <li>• Other teams outside the square must retrieve the balls and strike/kick the balls back into the square.</li> <li>• At the end of the allotted time, count the number of balls in the square and change the team in the square for the next round.</li> <li>• Repeat for each team, so each team has a go in the square.</li> <li>• Team with the fewest balls in the square is the winner.</li> </ul> <p>Progressions for Hurling and Football:</p> <p>Hurling:</p> <ul style="list-style-type: none"> <li>• For younger groups, ground Hurling only and move to lift and strike from 8/9 up and increase square size for older groups</li> </ul> <p>Football:</p> <ul style="list-style-type: none"> <li>• For younger groups, have a smaller square.</li> </ul>
<b>Age Group</b>	This game is easily modified so suitable for all age groups from 5-13 years, just modify to make easier/harder for different age groups.
<b>Equipment</b>	As Many Balls as Possible, Bibs, cones to mark out squares
<b>Learning Focus</b>	Focus of this exercise is kicking/striking and also working as a team to gain possession and get balls back into the square for the outside teams.
<b>Diagram</b>	



<b>Theme</b>	Goal to Goal
<b>Component</b>	Game
<b>Time</b>	8 x 3 minute games.
<b>Description</b>	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> <li>• Each pair sets up their own "Pitch" for their game. Players must try to score on their opponent by taking a shot from their own goal. Distance to increase with age group</li> <li>• After each 3 minute game, players to play a new opponent.</li> </ul> <p>Progressions for Hurling and Football:</p> <p>Hurling:</p> <ul style="list-style-type: none"> <li>• Ground Hurling for the younger players. As they get older, they can get a bonus point if they get a clean catch</li> </ul> <p>Football:</p> <ul style="list-style-type: none"> <li>• Kicking from hands for all age groups (drop kick for younger kids if not competent at Punt Kick).</li> </ul>
<b>Age Group</b>	This game is easily modified so suitable for all age groups from 5-13 years, just modify to make closer/farther for different age groups.
<b>Equipment</b>	Ball per pair, cones to mark out Goals
<b>Learning Focus</b>	Focus of this exercise is to try to score but also to stop the ball and gain possession. Fun element of playing lots of mini games against players of varying ability.
<b>Diagram</b>	

Theme	Over the Bar
Component	Game
Time	5 x 3 minute games, swap sides after each game or a target of first to 30/50
Description	<p>Players set up as in Diagram with a portable goals between both teams.</p> <ul style="list-style-type: none"> <li>• Yellow Team and Blue Team each have a Ball.</li> <li>• All Players can play the 1 game.</li> <li>• Object of the Game is to get more scores than opponent by Kicking/Striking Ball over Bar of the Portable Goals separating both teams</li> <li>• Coach on either side needs to keep track of scores.</li> </ul> <p>Progressions for Hurling and Football:</p> <p>Hurling:</p> <ul style="list-style-type: none"> <li>• For younger groups, can do Goals only, with a Coach acting as Goalkeeper on each side. If a Ball goes onto the other teams side, they try to hit it past the Goalkeeper.</li> <li>• For Older groups, score points only and can put down a line of cones that they have to start behind. As the ball goes to the other teams side, they then try to hit it back over the bar, so ball should be going both ways.</li> </ul> <p>Football:</p> <ul style="list-style-type: none"> <li>• Try to score points for all age groups.</li> <li>• Set line of cones and move it back further the more competent the group is, so that the players have to kick from a certain distance.</li> </ul>
Age Group	This game is easily modified so suitable for all age groups from 5-13 years, just modify to make easier/harder for different age groups.
Equipment	As Many Balls as Possible, Bibs, Portable Goals.
Learning Focus	Focus of this exercise is to work on kicking/striking for a score under no pressure. Focus on technique and coaches to spot and fix where appropriate
Diagram	

Theme	Last Man Standing
Component	Game
Time	3-5 games, depending on how long they last
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> <li>• All Players play the 1 game.</li> <li>• Players run around the outside of the circle and on the coaches whistle, enter the circle and try to gain possession of a ball.</li> <li>• There is one ball short each game, so one player gets eliminated from each round.</li> <li>• Repeat process of running, coach whistling until only 1 person remains in the contest</li> <li>• Last Man Standing is the winner</li> </ul> <p>Progressions for Hurling and Football:</p> <p>Hurling:</p> <ul style="list-style-type: none"> <li>• For younger groups they just pick up the ball in their hand</li> <li>• For older groups, they have to jab/roll lift ball to hand to gain possession</li> </ul> <p>Football:</p> <ul style="list-style-type: none"> <li>• Encourage proper pick up for all groups where appropriate</li> </ul> <p>Both Codes:</p> <ul style="list-style-type: none"> <li>• As they get older, players can tackle a person with a ball whilst in the circle, so you go through to the next round by gaining possession and then soloing the ball out of the circle</li> </ul>
Age Group	This game is easily modified so suitable for all age groups from 5-13 years, just modify to make easier/harder for different age groups.
Equipment	Ball per player, cones to mark out squares
Learning Focus	Fun Game focused on Gaining Possession appropriate to the age group.
Diagram	 <p>The diagram illustrates a football pitch with a goal at the top. A circle is drawn on the pitch, containing several white balls. Eight yellow human figures are positioned around the circle, representing players. The pitch is marked with white lines, including the center line and the goal line.</p>

<b>Theme</b>	Over the River
<b>Component</b>	Game
<b>Time</b>	10-15 minutes or a Target score e.g. First Team to 30 points
<b>Description</b>	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> <li>• Only One Ball for this exercise. Each player in each team gets a number from 1 up to however many are needed e.g. 6 on the team, then they are numbered 1-6. 1 take the first kick/strike, then 2 takes the next kick/strike etc</li> <li>• May need to make 2 or 3 separate games, as numbers per game should be kept below 6 per team.</li> <li>• Object of game is to kick/hit the ball into the other teams square.</li> <li>• Scoring:             <ul style="list-style-type: none"> <li>○ If the Ball is caught clean, the receiving team gets 1 point.</li> <li>○ If the ball lands outside the square, the receiving team gets 1 point</li> <li>○ If the Ball lands in the square, the kicking/striking team gets 1 point.</li> </ul> </li> </ul> <p>Progressions for Hurling and Football:</p> <ul style="list-style-type: none"> <li>• Can allow one bounce for younger groups and then a catch. Make square bigger for older groups</li> <li>• If a person catches the ball, they must step out for the next potential catch, this will ensure not 1 player dominates the game.</li> <li>• For older players, the catcher becomes the kicker/striker.</li> </ul>
<b>Age Group</b>	7+ in Football and 9+ in Hurling
<b>Equipment</b>	1 Ball per game, Bibs, cones to mark out squares
<b>Learning Focus</b>	Focus of this exercise is to focus on the kick/strike and also the catch.
<b>Diagram</b>	

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