

## GAME 1: RUN FOR YOUR LIFE

### Why play this Game:

#### Scenario:

I am now training my under 13 team indoors and I want to play a game with them but I only have limited space. Have you any ideas that can assist me so that I can play a game and all players are involved?

#### What will this Game do?

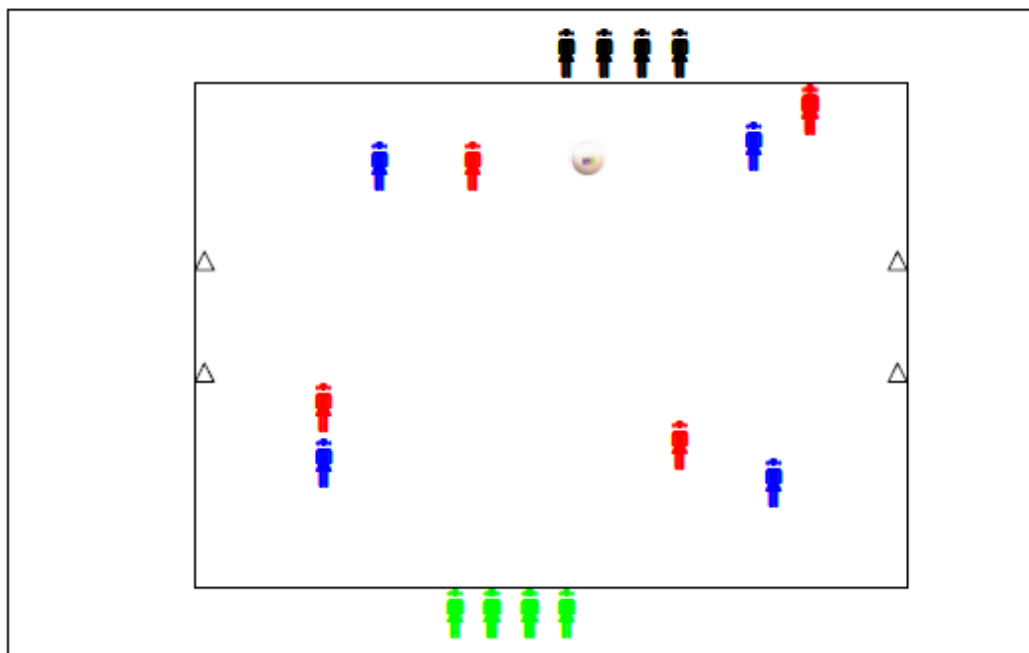
This game will:

- Ensure all players are active but have interspersed breaks
- Improve players team play
- Develop communication with your players
- Reward players that maintain possession and score

#### What do I need to set up this Game?

- The size of the playing area will be determined by the number of players you have involved but you would be encouraged to keep this small sided if possible as more movement and support involved
- 1 Football
- Set of bibs for each team
- Markers to outline space and goals/tall cones for goal posts
- Whistle

#### What will pitch layout look like?



## How do you play this Game?

### Start of Play:

- Divide Players into four teams
- Two teams commence game with coach throwing up ball between them in the middle

### Rules of Play:

- Two teams play match and first to score are winners
- When goal scored, winning team must retrieve ball from goal as quickly as possible and play into opposite goal
- Other team leaves pitch immediately and joins 'queue' to play
- Next team must get into pitch quickly and ensure defending correct goal
- Hand passing only – No Solo, hop or kick passing

### How do you score in the Game?

- Team must hand pass the ball through the goals to score

### What changes can be made to the Game?

	<b>How can I make the Game Easier?</b>	<b>How can I make the Game Harder?</b>
<b>Space</b>	Decrease playing area (this will reduce the pace of the game)  Make goals wider	Increase playing area (this will increase the pace of the game) Narrow goals
<b>Task</b>	Team that scores defends the same goals	Use weaker side (e.g. left hand only)  Hand passing game - players are not allowed to solo or bounce  All players on team must touch the ball before team is allowed to score
<b>Equipment</b>	Use more markers for extra goals	Add football at each goal so team is ready to attack as soon as play ends
<b>Players</b>	More players per team	Add Goalkeeper to each team  Less players per team

## What are the Common Problems to watch out for?

<b>Problem</b>	<b>Solution</b>
Lack of movement of players	Players must be moving when receive ball and also to get into space to look for a pass
No support for player in possession	Important that players all over pitch are looking to receive the ball to give options to the player in possession
Team too slow to attack	Remove solo and bounce to ensure all first time play
Players switch off when their team scores	Players must get ball as soon as possible after score as this will give them an advantage over team coming on

Topic: Games that can be adapted for indoors



## GAME 1: Champions League

### Why play this Game:

#### Scenario:

I am training the senior team indoors but the space is not big enough for game that involves everyone. What activity/game could I use that would be competitive?

### What will this Game do?

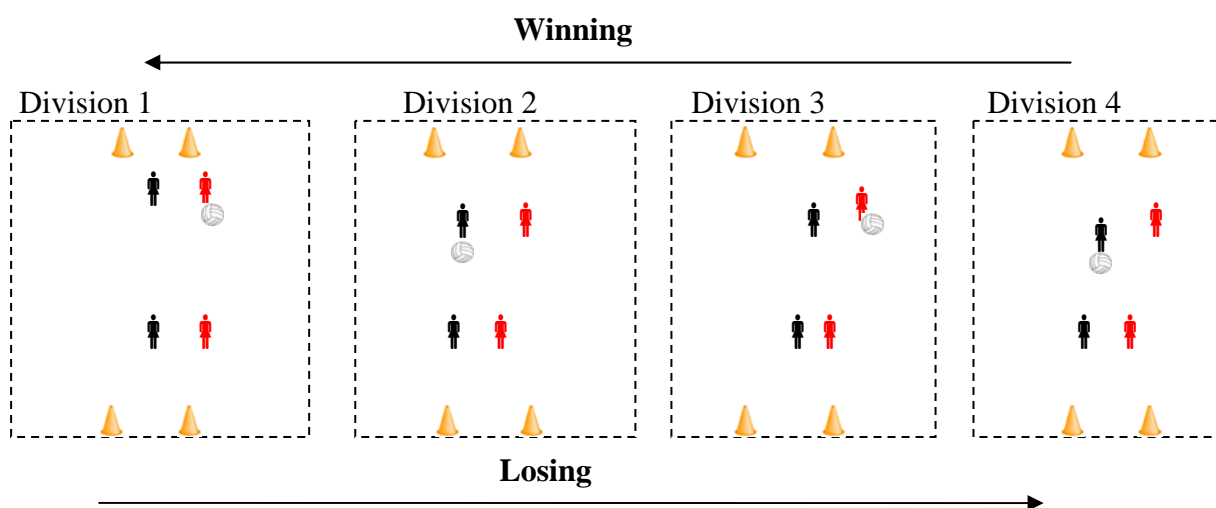
This game will:

- Ensure players are playing a game at high intensity
- Improve players attacking and defending skills
- Give players an incentive for winning a game

### What do I need to set up this Game?

- Set up four small pitches
- 4 Footballs – one for each pitch.
- 16 poles/cones to make up 8 goals
- Cones to mark sideline and end lines.
- Whistle

### What will pitch layout look like?



## How do you play this Game?

### Start of Play:

- One team starts with possession in each 'Division'

### Rules of Play:

- Hand passing game for one minute
- All rules of Ladies Gaelic Football apply
- If a team scores, they leave the ball down and give possession to the other team
- Winning team progress to higher Division while losing team moves down a pitch. Division 1 is the highest Division while Division 4 is the lowest.

### How do you score in the Game?

- Teams score by carrying the ball through the goals (remember only 4 steps allowed and no barging)

### What changes can be made to the Game?

	<b>How can I make the Game Easier?</b>	<b>How can I make the Game Harder?</b>
<b>Space</b>	Increase the size of playing area so more space for teams to get a goal	Decrease the playing area so less space for teams to get a goal
<b>Task</b>	Play games for shorter period	Limit number of hand passes allowed before a score
<b>Equipment</b>	Larger goals	Reduce size of goals
<b>Players</b>	Smaller number of players on each team e.g. 1 v 1	Increase number of players per team e.g. 3 v 3

## What are the Common Problems to watch out for?

<b>Problem</b>	<b>Solution</b>
Team too slow to attack	Put a time limit on forwards scoring
Players not tackling with open hand or hands	Players must not attempt tackle until clear sight with open hand or hands Stop play if tackle not being utilised properly – demonstrate - restart
Lack of movement of players	Players must be moving when receive ball and also to get into space to look for a pass