

Topic: Improve ability to win breaking ball

GAME 1:

Why play this Game:

Scenario:

Primary possession in Gaelic Football is paramount. If your team does not have the ball then they will not be in a position to influence or dictate matters on the field of play. Unless your team has a tactical ploy to by-pass the midfield minefield then it is vitally important your players become accustomed to winning the breaking ball in their sessions.

What will this Game do?

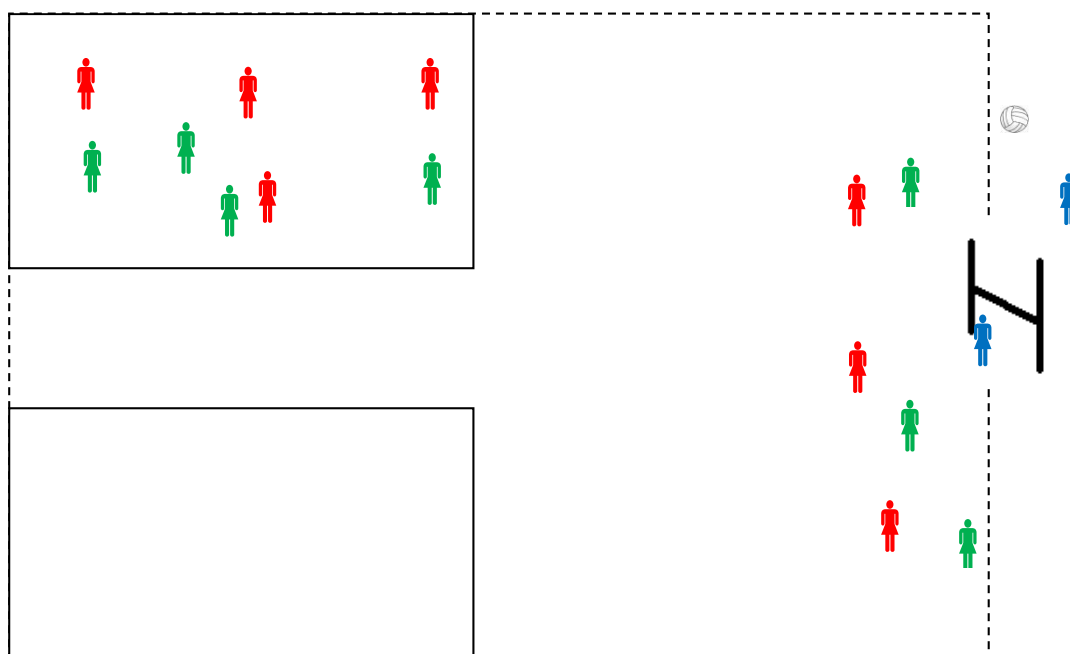
This game will:

- Improve players understanding of how to position their body in relation to the breaking ball
- Improve communication amongst team-mates
- Assist with players moving the ball quickly form centre of the field into the inside forward line
- Improve movement of forwards
- Create better understanding of outside players with inside forward line
- Improve general kicking accuracy of your goalkeeper

What do I need to set up this Game?

- The size of the playing area should be 45m length x 80m wide (width of pitch)
- 6 Footballs min to keep flow of game
- 1 Goal
- For continuity, 2 sets of bibs would be preferable
- Cones to mark sideline, endlines and large squares
- Whistle
- 2 goalkeepers

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Pick two teams
- The inside forward from both sides mark each other close to goal. Rest of team go into square. Players in square should consist mainly of players that play around the middle eight of the field i.e. half backs, midfield, half forwards.
- Both teams in the square identify their 'Jumper' for the ball
- Play starts with the goalkeeping kicking the ball into the large square

Rules of Play:

- All rules of Ladies Gaelic Football can apply
- The 'jumpers' compete for the ball that has been kicked into the square by the goalkeeper
- Once the ball is broken by the 'jumper' both teams must compete for the breaking ball
- Team that wins the breaking ball must complete three hand-passes before releasing ball into the inside forwards. Important players play the ball to a position of the square that allows a good delivery into the inside forward line
- Inside forwards move when team wins the ball and create space in order to make easier for team mates in the square to locate him when delivering in the ball
- If team loses possession in the square then opposition must complete three hand passes before delivering the ball into their inside forwards

How do you score in the Game?

- Inside forwards work together to get a goal or point
- Extra point for team that wins the breaking ball

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Increase the size of square out the field so more space for players to create space and deliver a good ball into forwards inside	Decrease the playing area so less space for players to distribute a good ball
Task	Team that wins the breaking ball can play ball unopposed into inside forward line	Attacking team have a set time that they must get a score in First time football only with no solo or bounce to increase pace
Equipment	Larger area	Reduce size of area
Players	Add an extra player to a team in the square Have extra inside forward	Give a team numerical advantage in the large square Include one extra defender to inside forward line

Problem	Solution
Players unable to win their own breaking ball	Ensure player puts their body between ball and marker so that they make sure they are first to the breaking ball
Team too slow to deliver the ball	Remove solo and bounce to ensure all first time play Limit number of passes within square before releasing the ball
Lack of movement of players to create space and support person on ball	Players must be moving when team win the breaking ball and also to get into space to look for a pass
Lack of composure in front of goals	Important attacking player picks a spot, stays concentrated and finds spot with the ball

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GAME 2:

What will this Game do?

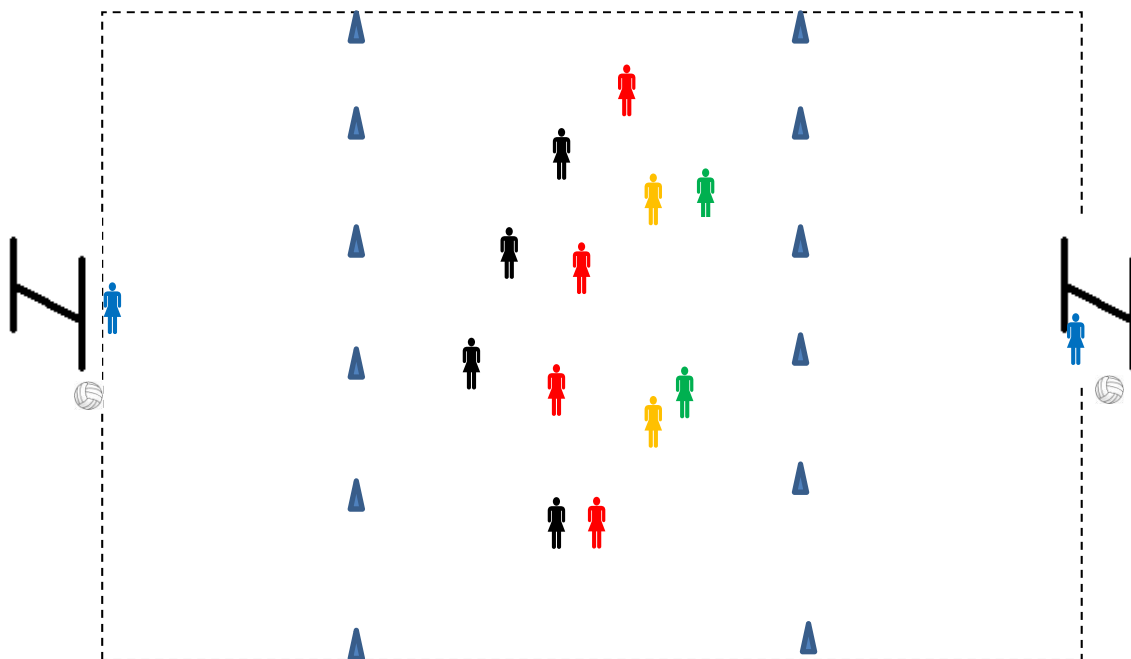
This game will:

- Improve players understanding of how to position their body in relation to the breaking ball
- Assist with teams moving the ball quickly form centre to danger area of the pitch
- Improve general kicking accuracy of players from distance

What do I need to set up this Game?

- The size of the playing area should be approx. 100m x 80m. However, size dependant on numbers. Use main goals and place another goal out the field to suit numbers.
- Three zones. Markers 30m out from goals in line across pitch
- 6 Footballs min for flow
- 2 Mini goals, 4 poles to make up 2 goals or could utilise a mini-goals with the main goals.
- 2 teams wear bibs
- Cones to marked sideline, endlines and exclusion zones
- Whistle
- 2 goalkeepers

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Divide Players into two teams
- Game commences with goalkeeper kicking the ball out into the centre of the area

Rules of Play:

- Normal rules of ladies Gaelic football apply
- Team that win the breaking ball keeps possession
- Team in possession must work the ball up the field close to the boundary line of the exclusion zone
- Players create space and must kick the ball over the ball from outside the exclusion zone for a score
- Play recommences with a kick-out

How do you score in the Game?

- Team must kick a point from outside the exclusion zone
- Extra point awarded for team that wins the breaking ball

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Decrease the size of the exclusion zone to make easier to score points	Decrease playing area (this will increase the pace of the game)
Task	Players are allowed to solo/hop the ball once	Cannot pass ball back to player that you received the pass from Identify number of players on a team that must touch the ball before team is allowed to score
Equipment	Bigger target	Smaller Targets
People	Give numerical advantage to one team	Less players per team

What are the Common Problems to watch out for:

Problem	Solution
Players unable to win their own breaking ball	Ensure player puts their body between ball and marker so that they make sure they are first to the breaking ball Clear communication on how jumping for the kick-out
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 Ball must move forward at all times
Team too slow to attack	Remove solo and bounce to ensure all first time play
Lack of composure at vital time – kicking for a point	Ensure you have select right time to execute the score and do not delay Ensure players keeps right technique when kicking from long distance in order to execute the score