

Topic: Being clinical on goal

GAME 1:

Why play this Game:

Scenario:

We are all aware of the saying in Gaelic Games that ‘goals win games’. The team that have the ability to put the ball in the back of net when the opportunity arises increase a team’s chances of coming out on top at the end of a game. Therefore it is important your players have a ‘killer instinct’ in front of goal. Many times our end product does not match the approach play on route to goal. Poor timing of a final pass or wrong option taking could be the difference between a possible wide, point or dispossession or a goal!

What will this Game do?

This game will:

- Improve players ability to score goals in tight situations
- Increase communication throughout your team
- Improve timing of the pass
- Improve decision making

What do I need to set up this Game?

- The size of the playing area should be approx. 35m x 35m
- 3 Footballs min – 1 football per team attacking goals
- 2 Mini goals, 4 poles to make up 2 goals or could utilise a mini goals with the main goals
- For continuity, 4 sets of bibs would be preferable
- Cones to mark sideline and endlines
- Whistle
- 2 goalkeepers

What will pitch layout look like?





How do you play this Game?

Start of Play:

- Play starts with a team at one end.
- They attack the goal at the other end while the other team defends

Rules of Play:

- All rules of Ladies Gaelic Football can apply
- The attacking team try to score a goal in the opposing goal
- Once the Black team take a shot on goal, they then move behind end line and the next team attacks
- The defending Red team then turn to prevent the green team from scoring and so on
- The Red team stays defending for one minute flat
- If the ball goes dead (score, wide, sideline) the next attacking team starts play again
- Should defending team dispossess the other during open play, the next attacking team starts play again

How do you score in the Game?

- Teams must score a goal in normal way

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 playing area so more space for forwards to get a goal	Decrease the playing area so less space for forwards to get a goal
Task	Team in possession are allowed to carry ball to line unopposed and work attack from there	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 goals	Reduce size of goals
Players	Add an extra attacker	Add an extra defender

Problem	Solution
Team too slow to attack	<p>Remove solo and bounce to ensure all first time play</p> <p>Put a time limit on forwards scoring</p>
Lack of movement of players to create space	<p>Players must be moving when receive ball and also to get into space to look for a pass</p> <p>Sometimes a player may make a run but does not receive the ball but in turn has drawn a defender to create extra space for their teammate</p>
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 team play
- Develop communication with your players
- Reward players that maintain possession and score
- Improve decision making and timing of passes

What do I need to set up this Game?

- The size of the playing area should be approx. 40m x 40m
- 3 Footballs min – 1 football during play and one football at either goal
- 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 and endlines
- Whistle
- 2 goalkeepers

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 while other two teams rest

Rules of Play:

- Two teams play match and first to score three consecutive goals are winners
- Team that scores retrieves the ball from goalkeeper to continue game and proceeds to attack opposite goal
- If team loses possession then opposing team must attack into opposite goal
- Handpassing only – No Solo, hop or kickpassing

How do you score in the Game?

- Team must score a goal

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Decrease playing area (this will reduce the pace of the game)	Increase playing area (this will increase the pace of the game)
Task	Players are allowed to solo/hop the ball once	Use weaker side (e.g. left hand only) All players on team must touch the ball before team is allowed to score
Equipment	Use more markers for extra goals	Smaller Targets
People	More players per team	Less players per team

What are the Common Problems to watch out for:

Problem	Solution
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 opposing team scores	Players must keep facing the play at all times
Lack of composure at vital time – kicking for goal	Ensure you have select right time to execute the score and do not delay