

Topic: Focus on bunching or all players chasing the ball

GAME 1:

Why play this Game:

Scenario:

In your last coaching session or game, you notice the player's tendency to bunch, particularly the players who are experiencing Ladies Gaelic Football for the first time. How do you devise an activity to deal with this?

What will this Game do?

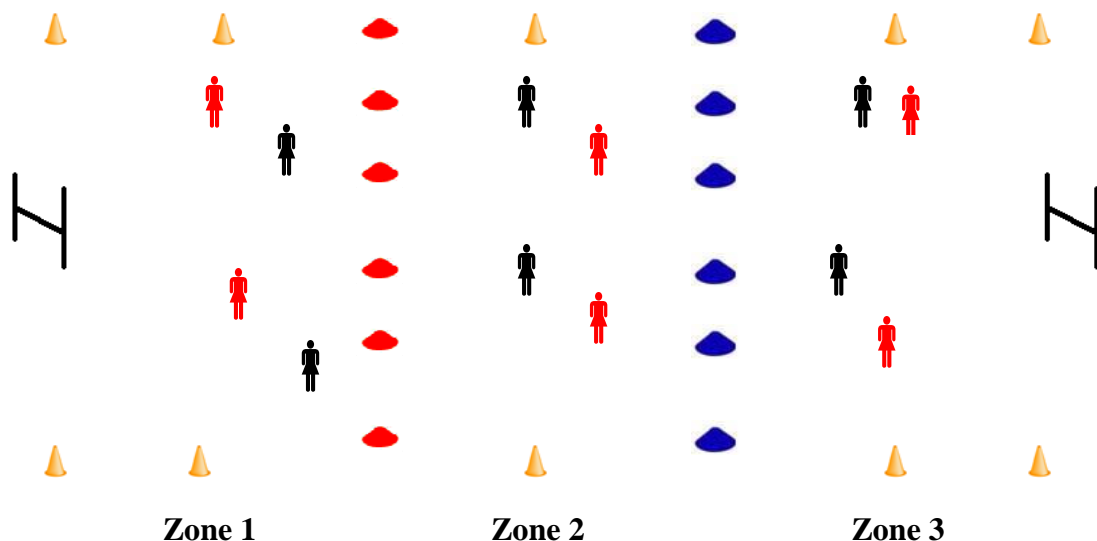
This game will:

- discourage players bunching or all players running for same ball
- limit players movements so the coach has time and space to develop players positional and technical skills

What do I need to set up this Game?

- Depending on numbers you can use full size pitch or across pitch
- 1 Football
- 2 sets of bibs or at least one set for one team
- Markers to create 3 zones and boundaries
- 2 Sets of portable goals if going across the pitch. Could also use cones or poles.
- Whistle/Stopwatch

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Ball is thrown in between players in zone 12 to commence the game

Rules of Play:

- All rules of Ladies Gaelic Football can apply
- Pitch divided into 3 zones and each team must line out in each zone i.e. 7 players – 1 goalkeeper, 2 backs, 2 midfield, 2 forwards
- During game players must stay within their own particular zone. Free is awarded against any player who enters another zone with or without the ball.
- After few minutes Coach may rotate the players to allow them to play in different zones and against different opponents

How do you score in the Game?

- Goals and points or points only

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Increase space in each zone	Decrease space in each Zone
Task	Defenders and midfielders can move ball directly into next zone after receiving it Allow one midfielder from each team to cross dividing line to support defenders or attackers Allow one midfielder at a time but not the other 3 to cross the line to support the attackers to give forward line extra player when attacking	Limit the rules of Ladies Gaelic Football i.e. one hop one solo allowed per player Limit number of passing in each zone Handpass/Kick pass with weaker foot
Equipment	Make Goals wide	Reduce size of goals
People	Decrease number of players per zone Include extra attacker in Zone 1 and 3	Increase number of players per zone Include extra defender in Zone 1 and 3

What are the Common Problems to watch out for:

Problem	Solution
Lack of Movement of Players	Players must be moving when receive ball.
Not all Players touching the ball	All Players must touch ball before ball enters next zone
Players receiving ball outside zones	Encourages players that are delivering the ball to play ball into space to the benefit of their team mate Encourage player receiving ball to make diagonal runs instead of linear runs

GAME 2:



Why Play this Game:

Scenario:

Your team has a habit of bunching in particular your half backs and half forwards. How do you devise a game to address this?

What will this Game do?

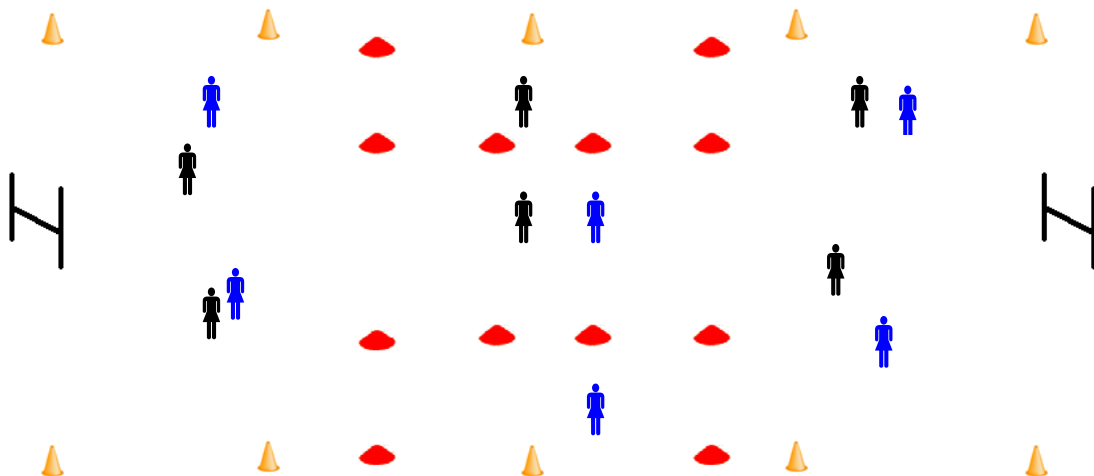
This game will:

- discourages players bunching
- assist in making players appreciate width with and without the ball
- promote the importance of running off the ball to draw opponents out of an area to allow more time and space for team mates

What do I need to set up this Game?

- Can use full size pitch or across pitch depending on numbers
- 1 Football
- 2 sets of bibs or at least one set for one team
- Markers to create 2 boundary zones at both sides of pitch
- 2 Sets of portable goals if going across the pitch. Could also use cones or poles.
- Whistle/Stopwatch

What will the pitch layout look like?



How do you play the Game?

Start of Play:

- Ball is thrown in at midfield

Rules of Play:

- All rules of Ladies Gaelic Football can apply
- One player from each team is selected and must play inside one of the two boxes marked out
- These players will both play for the team in possession
- These players cannot come outside marked area but also cannot be tackled or blocked down
- Remaining players from both teams cannot enter any of the two boxes during play
- Team must use wide players at least once before scoring
- Rotate players in boxes on regular basis

How do you score in the game?

- Goals and points

What Changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Decrease Space of overall pitch	Increase Space of overall pitch
Task	Normal rules	Limit the rules of Ladies Gaelic Football i.e. one hop one solo allowed per player Add another player to each box. They may tackle or be tackled. Passes may be fewer as a result into the boxes but this will encourage midfield players to make decoy runs which will result in midfield being less congested. Must go forward at all times
Equipment	Larger Goals Increase wide zone in size	Smaller Goals Decrease wide zone in size
People	Smaller of players per game	Increase number of players

What are the Common Problems to watch out for

Problem	Solution
Lack of space around the middle where zones are impeding on the pitch width	Encourage players to make decoy runs to draw players out of the midfield area to create time and space for other players