

Topic: *Develop Quick Attack from Defence*



GAME 1: FAST BREAK

Why play this Game:

Scenario:

In your match, you want your defence to break out quickly and counter attack. What activity could you use in training to ensure your backs attack at speed?

What will this Game do?

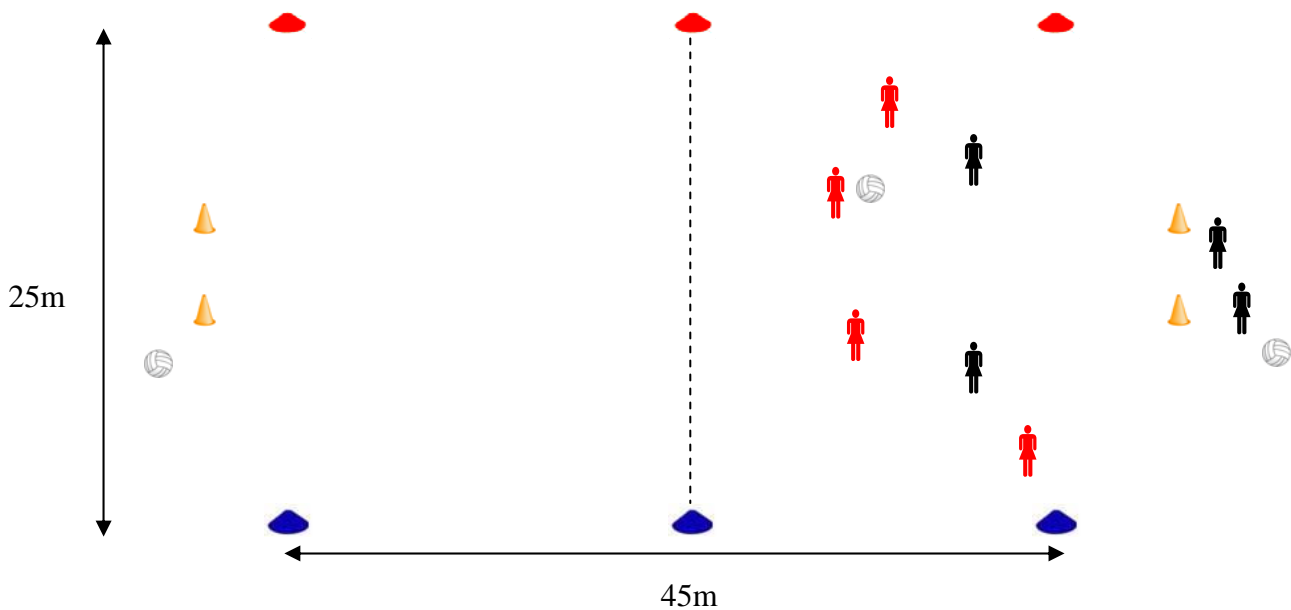
This game will:

- Ensure your backs work as a unit to turn defence into attack
- Develop communication with your players
- Reaction and sprinting speeds are also developed

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
- 3 Footballs
- 2 sets of bibs or at least one set for one team
- Markers to outline space and goals/ poles/tall cones for goal posts
- Whistle

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Ball starts with one team on their own end line
- Other team have two players out in own half and two remaining at goals

Rules of Play:

- Object of game is to score into opponent's goals as quick as possible
- Coach can stop game at any time and highlight the options that were available to player on the ball
- Two players from your team must be at own goals before team mates can tackle opposition
- All players from attacking team must be in same half of pitch before they can score
- After team scores or play is turned over, 2 players from defending team must go back to their goals and again all 4 attackers must be in same half before they can score
- Coach should focus on quick change from defence to attack and watch for players on goal line not attacking on time due to 'ball watching'.
- This should be moving at high pace

How do you score in the Game?

- Team must score a goal through goals on opposition end line

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 (this will slow down the pace)	Decrease space in each Zone (this will increase the pace)
Task	Continuously have 4 v 4 rather than 4 v 2 All attackers do not need to be in same half	Limit number of passes before having to shoot in each zone Players are not allowed to solo or bounce - first time football Players can hand pass only
Equipment	Increase width of goals Remove centre cones so no half way line	Reduce the size of the goals Add football at each goal so next team ready to attack as soon as play ends
People	Increase number of players per team Leave one player at goal so 4 v 3	Decrease number of players per team

What are the Common Problems to watch out for:

Problem	Solution
Lack of movement of players	Players must be all attacking and get to other half of pitch
Players at goal not reacting to leave quick enough	Ball must always leave from the goal area
Team too slow to attack	Remove solo and bounce to ensure all first time play
Players not getting across half way line	Encourage communication with all players to get team attacking together

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GAME 1: ALL OUT ATTACK

Why play this Game:

Scenario:

Your team find it difficult to switch between offense and defence quickly. You want them to change to attack at pace and work the ball at pace to create scoring opportunities. What game can you use to work on this aspect?

What will this Game do?

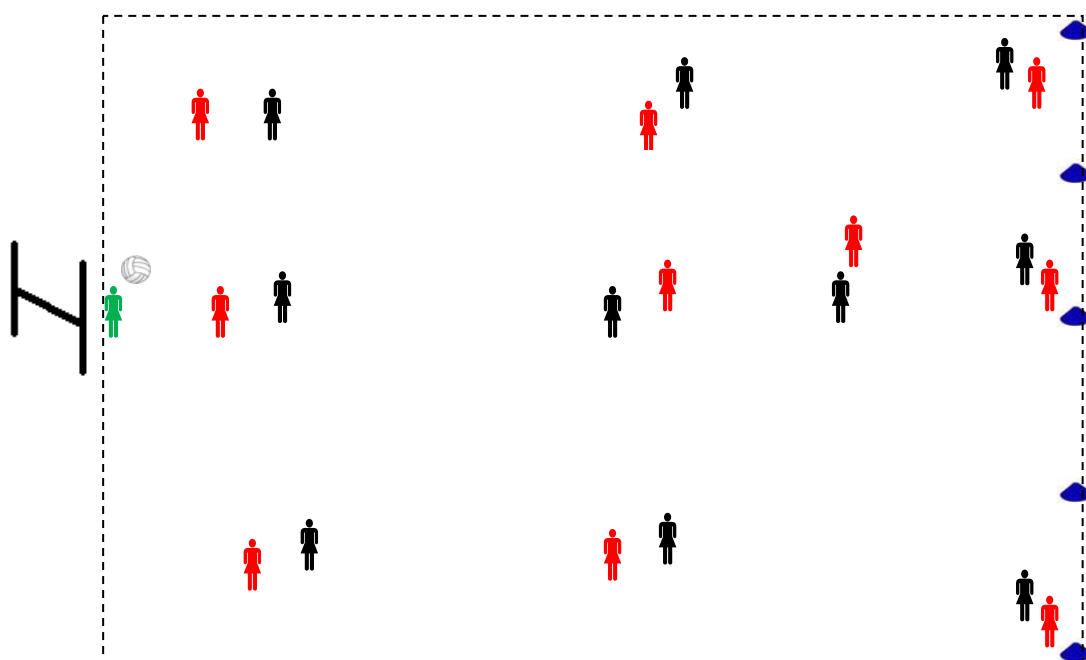
This game will:

- Ensure players have to think and switch from defence to attack rapidly
- Make all players develop attacking and defending skills
- Increase communication throughout your team

What do I need to set up this Game?

- Use 3/4 of the full size pitch
- 1 Football
- 2 sets of bibs or at least one set for one team
- Cones to mark half way line
- Whistle

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Ball is kicked into playing area by the coach

Rules of Play:

- All rules of Ladies Gaelic Football can apply
- Goal keeper plays for whichever team is defending
- The team that wins possession must work ball out over the line of cones, keeping possession
- Once across the line, this team turns with the ball and attacks the goals
- The other team defends and tries to win the ball back
- If the ball goes dead (score, wide, sideline) the coach kicks the next ball in
- Should one team dispossess the other during open play, that team must work the ball out in the same way
- In short, no attack may be mounted without ball being taken over the halfway line

How do you score in the Game?

- Teams must score a goal or point 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	Decrease the size of playing area	Increase the playing area so more space for teams to work into
Task	Team in possession are allowed to carry ball to line unopposed and work attack from there	Attacking team must try and score goal only First time football only with no solo or bounce to increase pace
Equipment	Add another set of goals at line so both teams can be attacking as soon as dispossess opposition	Leave additional football at goal and also line so that when ball out of play another comes back into play straight away
People	Increase number of players per team Add an additional player who can support the attacking team when they have crossed line	Decrease number of 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
Teams not getting over half way line before attack	Allow teams reach line unopposed before turning to attack