

Topic: Improve ability to find a team mate with the kick-pass

GAME 1:

Why play these Games:

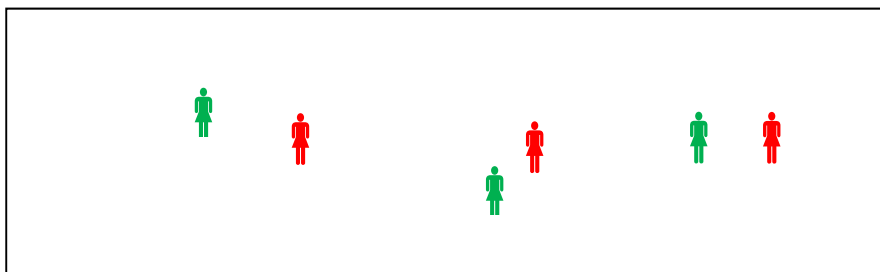
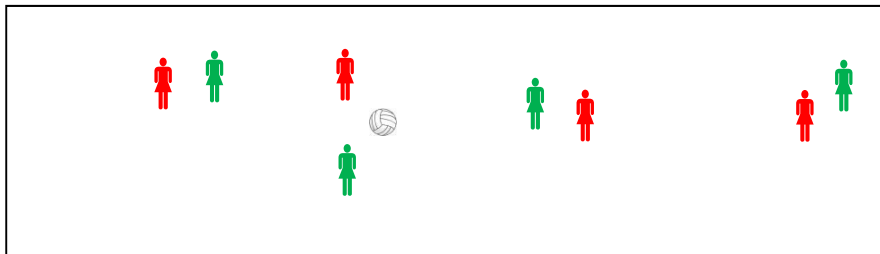
These games will:

- Improve communication amongst team-mates
- Assist with players moving the ball quickly via kick pass
- Improve general movement of players in particular forwards
- Create better understanding of outside players with inside forward line
- Improve general kicking accuracy of all your players
- Promote support play

What do I need to set up this Game?

- The size of the two playing areas should be 40m length x 80m wide (width of pitch) but this can be modified as dependant on numbers
- Distance between two boxes is approx.20m
- 1 Football but have few footballs available to keep flow of game
- 2 Goalposts (when progress game)
- 2 sets of bibs would be preferable
- Cones to mark grids
- Whistle

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Select two teams
- Divide each team into two groups and place one group from each team in each square
- Play is commenced when coach throws ball into one square

Rules of Play:

- All rules of Ladies Gaelic Football can apply at start
- Players must perform at least two hand-passes in a square before taking the option of transferring the ball to another team mate in the opposite square.
- All players are not allowed to stand still, all players must be moving constantly even when ball in opposite square

How do you score in the Game?

- When a team mate transfers the ball to a fellow team mate in the opposite square via a kick pass

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Decrease distance between the squares.	Increase distance between squares
Task	No restriction re minimum number of hand-passes	No hop or solo
Equipment	Have more than one ball in play	Have goals at back of each square and when team receives ball then they must try score a goal
Players	Deploy an extra player in one square for each team	Add in goalkeepers

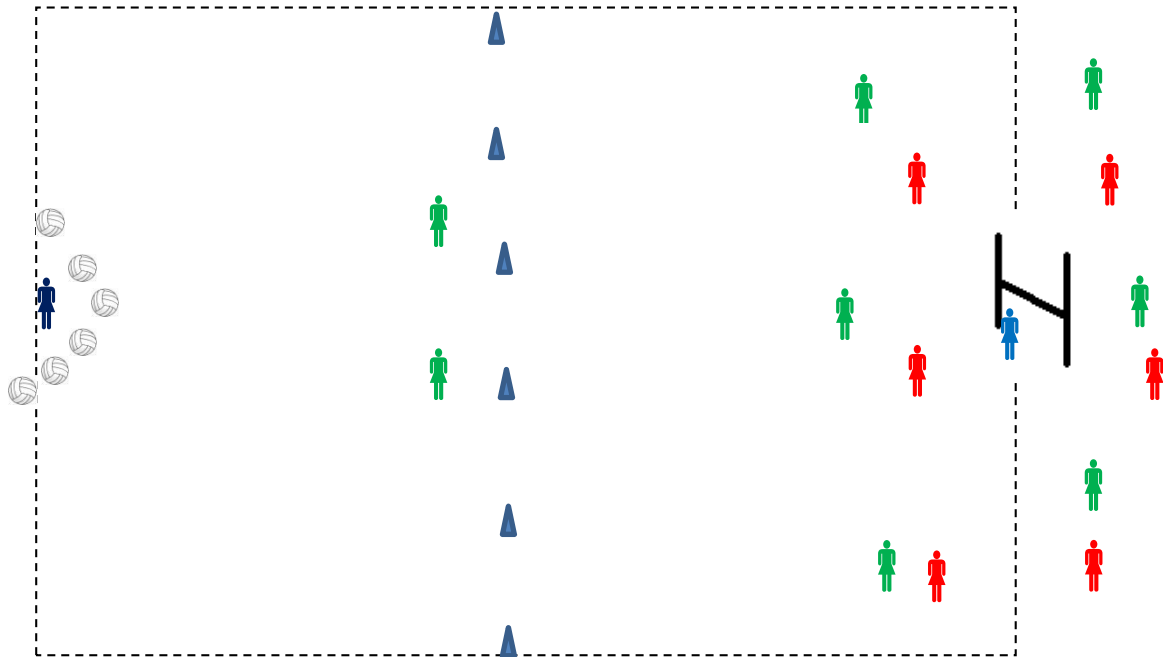
Problem	Solution
Players unable to win their own ball	Ensure player makes right decision when looking to kick pass ball across into the other square. Important team mate has at least 60% chance of winning possession and play ball to side that is the advantage of team mate, away from opposing player
Team too slow to deliver the ball	Remove solo and bounce to ensure first time play
Lack of movement of players to create space and support person on ball	Players must be moving constantly. Players may need to make two, three runs before getting ball
Lack of composure	Important players only distribute the ball when they know that their team mate is in a good position to win the ball

GAME 2:

What do I need to set up this Game?

- Goals
- As many footballs as possible to keep flow of game
- Goalkeeper
- Bibs

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Place goalkeeper in the goals
- Identify three or four players that normally play around the middle 8 for your team and place them about 45m from goals
- Divide rest of group into two teams, one team are all forward players, while the other team are defenders
- Coach stands about 60m out with all the footballs
- First three pairings come onto field of play. Rest of players stand beside or behind the goals until first play is completed

Rules of Play:

- Normal rules of ladies Gaelic football apply
- Coach plays the ball to one of the free players standing on the 45m line. This player then turns and must play ball first time into one of the three forwards who are making runs
- Once outside player has given the ball, she then can join play

How do you score in the Game?

- Forwards must get a score. Goals and points are counted as one score.
- If play breaks down and defenders win the ball back then this is a point to the defenders and play stops immediately

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Smaller playing area	Larger space
Task	Deploy one inside attacking player free and place her marker on the end-line. Only when coach plays ball to outside player can the defender enter the field of play and try mark free player	Attacking team must achieve minimum number of passes before score Goals only Defenders can attack goals outside if turnover possession
Equipment	Cones to mark smaller area	Poles for outside goals
People	Less players in play	Add extra defender to mark outside player when enter play

What are the Common Problems to watch out for:

Problem	Solution
Lack of movement	Important all players are moving at all times
Players making similar runs	Players must 'check' their run if see team mate running into similar space
Communication	Goalkeeper plays a big role in ensuring defenders track runs etc.
Poor option taking	Player distributing ball out the field needs to ensure she plays right ball into space as this will be critical to subsequent plays

