



RETURN TO PITCH GAME BASED ACTIVITIES

See full webinar on this topic on LGFA YouTube Channel

GAME 1

What do I need to set up this exercise?

- Multiple footballs, cones and bibs

How do I execute this exercise?

- Dimensions of pitch and zones are dependent on age/ability of the group you are coaching
- Place three zones to the left and right of the goalposts, six zones in total.
- Two small sided games (3v3, 4v4, 5v5, 6v6) take place at the same time
- Two teams are assigned 3 Zones each - i.e the blues and yellows are playing in zone 1 - 3 and the reds and greens are playing in zone 4-6.
- A team must complete a set number of passes in each zone i.e. 5 handpasses before they go and try conquer another zone.
- The aim of the game is to conquer all three zones before team can go for a score.
- If a team turnover a team in a zone then they can either commence in that zone or go to another zone

Duration:

- Play for a set period of time
 - Session 1: 2 sets of 5 mins
 - Session 2: 3 sets of 5 mins

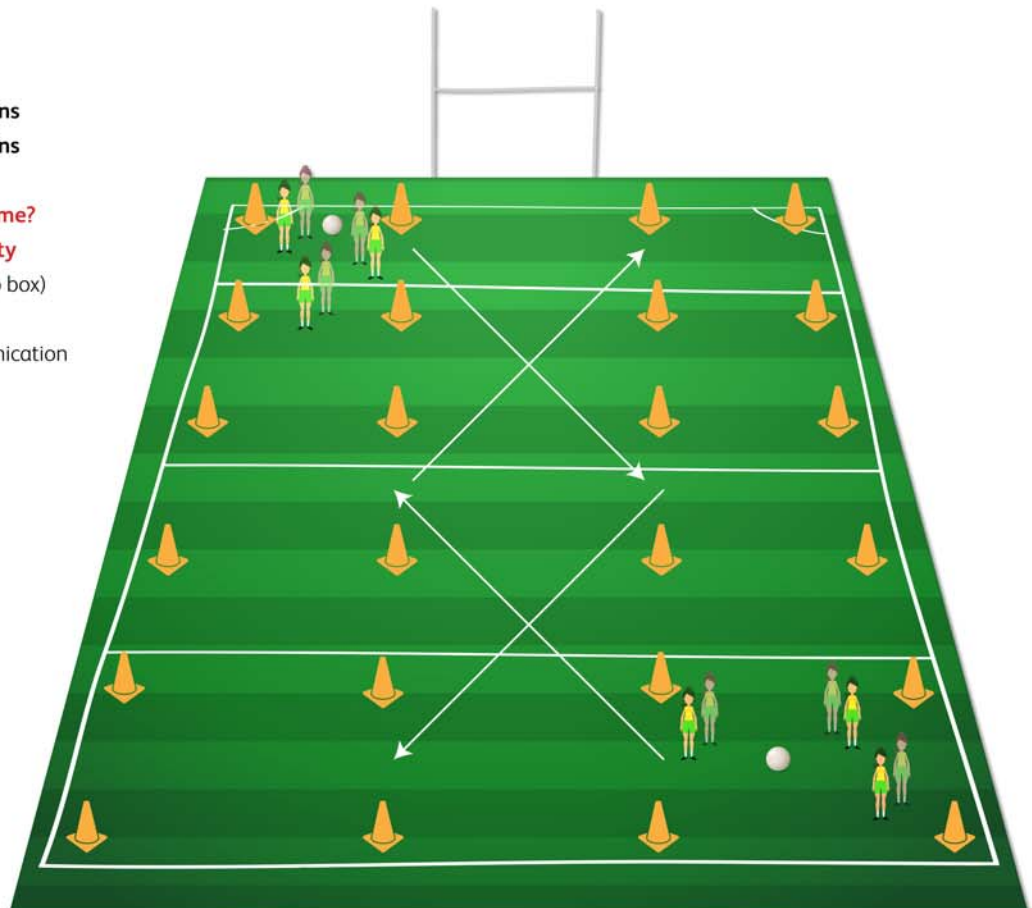
What are we getting in this game?

Introduction to contact & agility

- 30/40m linear run (from box to box)
- Practicing skills under fatigue
- Speed of thought and communication

What you might see:

- Players falling behind
- Somebody taking charge
- Tired decision making





GAME 2

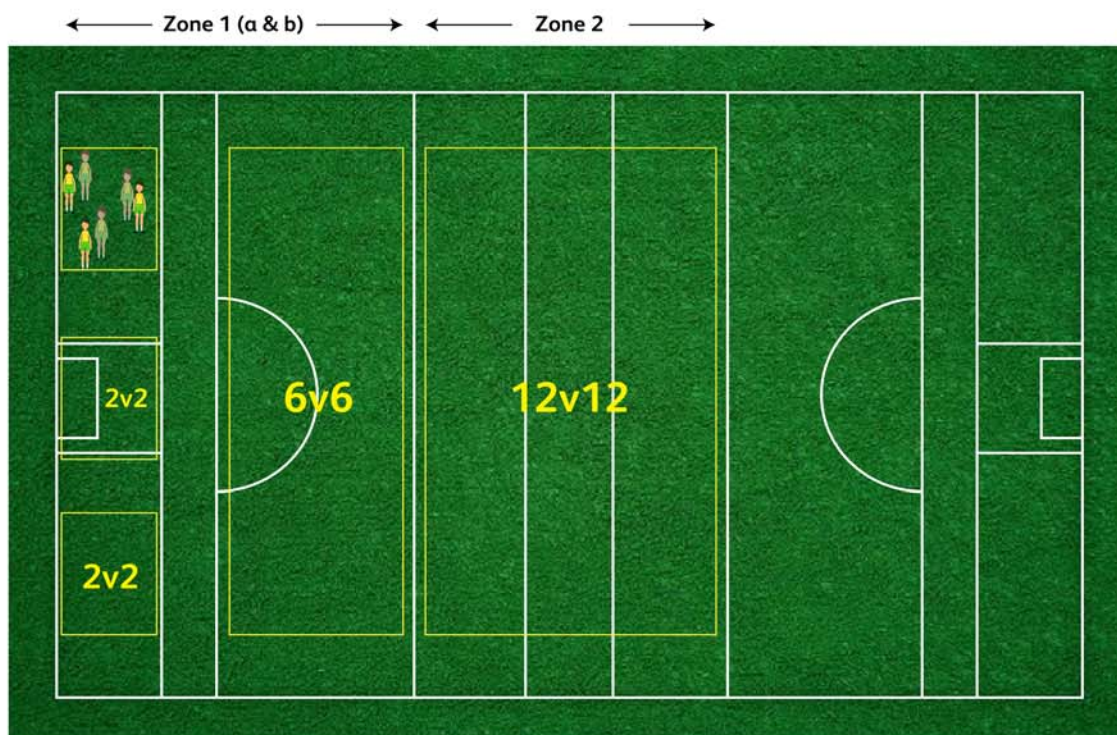
What do I need to set up this exercise?

- Multiple footballs, cones and bibs

How do I execute this exercise?

- Set up three zones
- 3 boxes in zone 1A applicable to 2v2
- One box in zone 1B applicable for 6v6
- One box in zone 2 applicable to 12v12

NOTE: set up is in accordance to your numbers



Divide group accordingly i.e. if have 24 players

- 12 players in zone 1A and 12 in zone 1B
- Teams swap zones once complete set
- All play in zone 2
- When changing between zones ensure time is short. Have it on the clock "next game throwing in in 30s"
- You can vary how teams move through zones - ie zone 1a and 1b first then everyone to zone 2, then back to zone 1 and complete the one you didn't do last time.

Duration:

- Zone 1 a: 60s bouts / 30s Rest
- o **4 bouts -6 mins**
- Zone 1b: 2.5mins / 30s rest
- o **2 bouts**
- Zone 2: 6 mins

What are we getting in this game?

- Introduction to contact & agility
- Regular Changing of Space
- Tackling
- Communication
- Game play
- Skills under fatigue

What you might see:

- "opting out" in 12 v 12
- Lack of communication/confusion
- Trouble with decision making
- Fumbles and skill errors