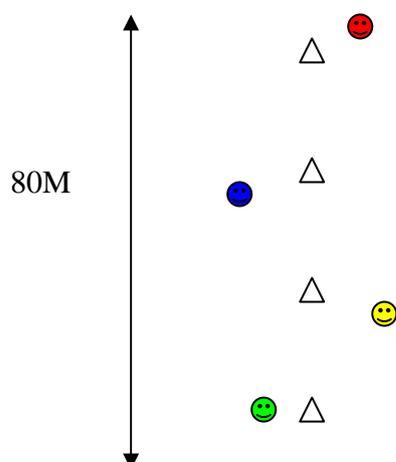


Coaching Manual Update 2

MOVING CONES DRILL



A drill to let players practise constant movement, changes of pace, receiving, turning sharply and kicking/fist passing.

Set up four cones across the width of a football pitch [approx. 80m].
Take four players and let each stand at a cone **ONLY BEFORE THE DRILL BEGINS**.

All players are instructed to keep moving left and right of their cones when not in possession. Those receiving a pass must move towards the ball to gather it, turn sharply and play it, then resume the jogging about the cone.

Red starts with the ball and kicks it to Yellow, who attacks the ball, gathers it and turns sharply to play it to Green.

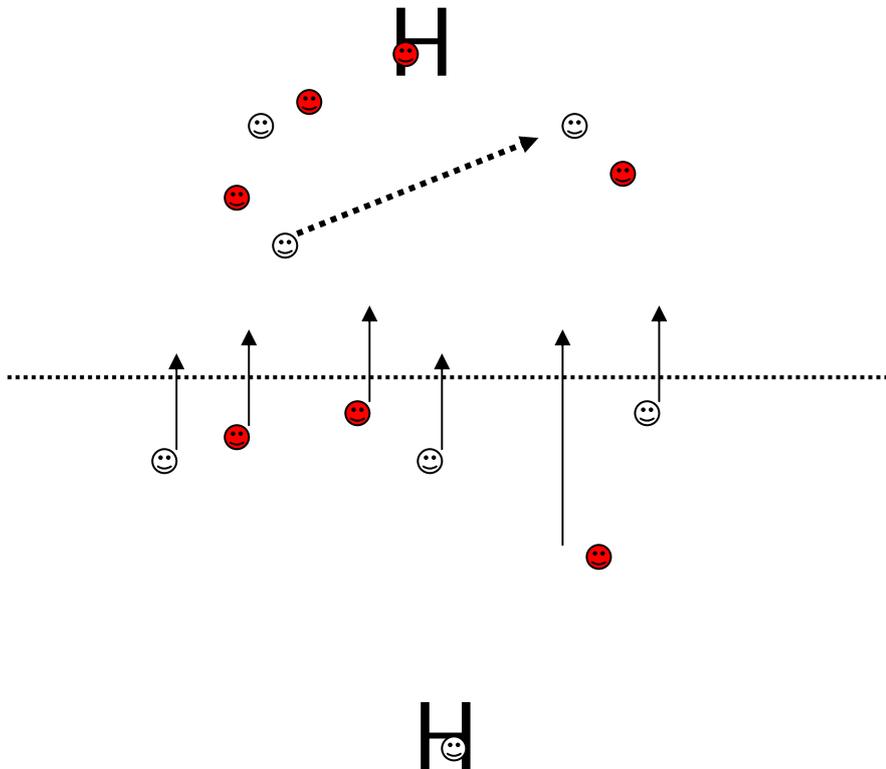
Green looks up and kicks to Blue, who turns and passes to Red etc. etc.

The key is to keep players moving and for receivers to indicate to the passers where they want the ball played.

Run this pattern for two minutes, then swap the two inside players [Blue and Yellow] with the two outside players [Green and Red].

Modify this drill by reducing the distance from 80m to 30m and using fist passes. Again, the key is total movement.

ALL ATTACK, ALL DEFEND



A simple game, played from 5 a-side up to 15 a –side:

Set out a line of fleximarkers across the mid-point or halfway line of the pitch you have chosen to use.

The reds are defending the top goal on the diagram while the whites defend the lower goal.

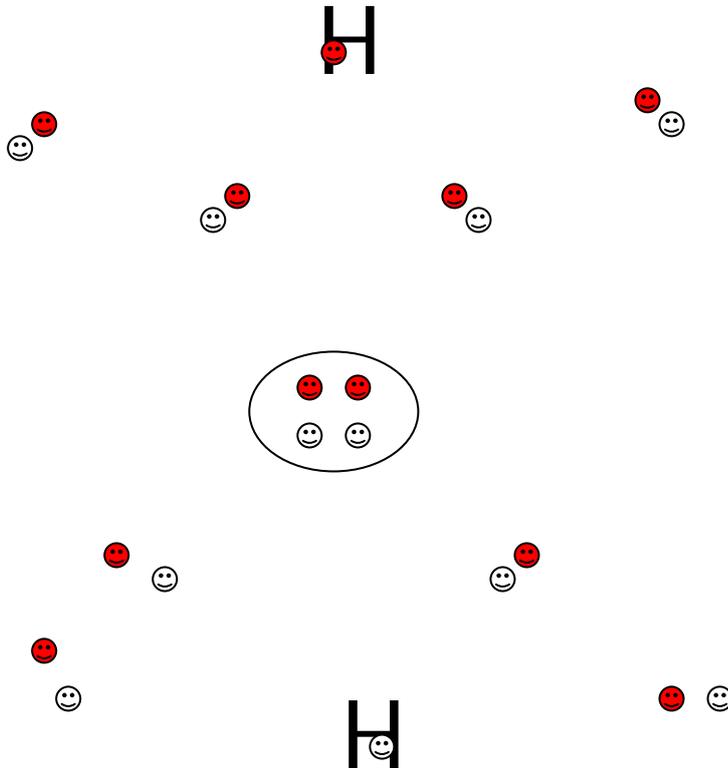
In this situation the whites are on the attack in the reds' half. Should they score a point or a goal, it will only count if the entire white team is in the red half. If a player lags behind in his/her own half of the pitch, the score will not count. The onus is on the players to stay focused and get into position, rather than on the ball players to hold up the attack.

Furthermore, the reds must also react to the white attack. All players on the red team must make it back into their own half to defend against the attack. Should any red player fail to cross the line before the whites score, any white score will count double.

For any red attack, the same rules apply.

So, for any score to count, the team on the attack must have all of its players inside the opposition half.....and to ensure that a score does not count double, all players on the defending team must be inside their own half too.

WORTH ATTACKING, WORTH DEFENDING!



A simple game played from 9 a-side up to 15 a-side: [11 a-side game shown in diagram]. Line out players with TWO pairs of midfielders [shown in circle] Play the game with normal rules. The only conditions are those set for the midfielders.

Encourage these midfield players to join in their own team's attacks as follows:

- Award 3 points for any pointed score from play that a midfielder takes or assists*
- Award 6 points for any goal from play that a midfielder takes or assists*

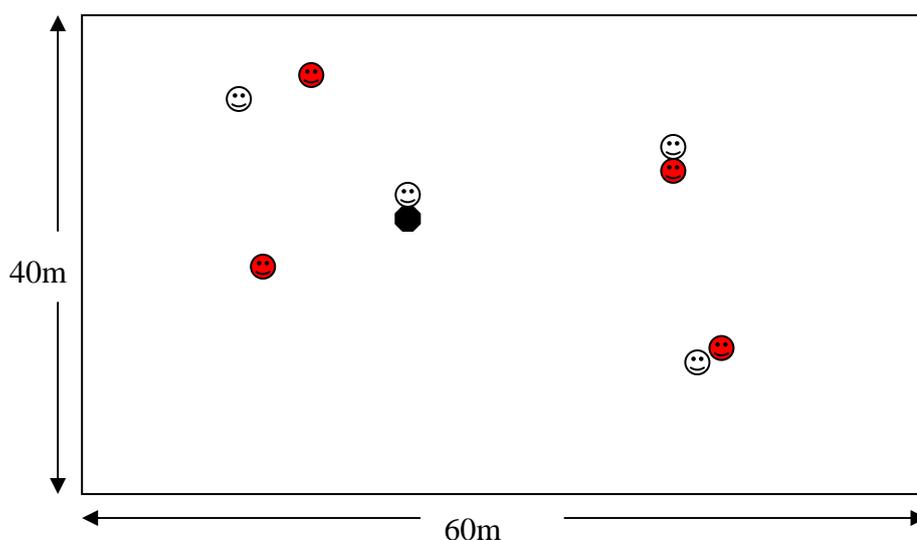
* Assists = provides the final pass for the score

The trick is to let only the four midfielders know of the conditions, as the coach doesn't want other players to forget their own marking duties and swarm tackle a midfielder because of the extra scoring rewards. Nor does the coach want teammates holding up promising attacks just to let a midfielder get on the end of a shot.

The rationale behind the game is to force midfielders to focus on their man-to-man marking duties and to prevent unmarked support runs from opposition midfielders. In many Gaelic football matches, it is often the case that a defence is beaten, not by a one-on-one match up in the full back line, but by an extra player [often a midfielder] running through, unmarked, to join in the attack.

In a 15 v 15 game, the coach can extend this rule to include half-backs, forcing half-forwards to work hard and cut out long supporting runs too.

MATCHED FOURS



Set aside an area as shown and start a 4v4 game where the rules are;
Match opponents up [i.e. – Red 1 and White 1, Red 2 and White 2, etc]
No direction of play

Fist pass, hand pass, solo run, kick pass all permitted

Score only by making a 30m pass to a team-mate [one bounce max.]

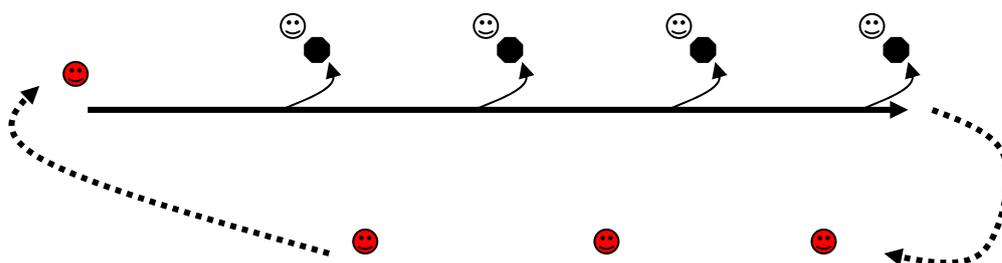
Once the referee calls a score, ball is placed on the ground for opposition to take possession.

Each player may only tackle his/her 'matched opponent' [e.g. Red 3 may only tackle White 3]. Referee must be strict on fouling and may award a 'score' against offender's team.

Run for 4 minutes. Highest number of 'scores' wins.

Next two teams on.

BLOCKING RUN



Single red player runs along a line of white players [each white is holding a ball – 5m gap between white players].

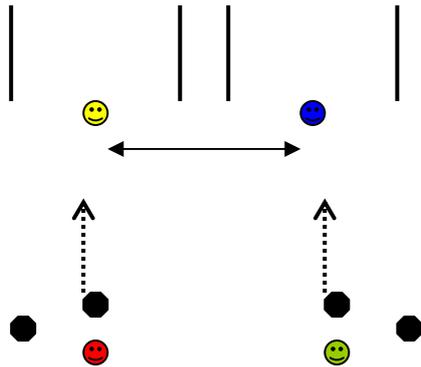
As single red passes by, each white attempts to kick pass towards the three resting reds.

Single red blocks attempts to each kick and keep momentum up until the end of the line.

Footballs retrieved by whites [or resting reds if block is missed].

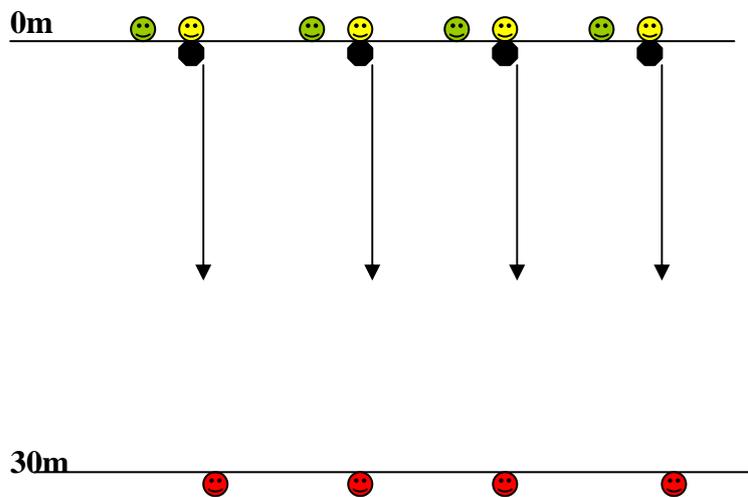
Next red moves into place to make the blocking run and finished red takes place in the 'resting group' [i.e. dotted lines]. Rotate to suit.

GOALKEEPER SHUFFLES



Use poles to set up two sets of goals [each 5m wide and with a 1m gap between].
Two goalkeepers [yellow and blue] take up position.
Two players [red and green] stand approximately 5m in front of each goal.
Red kicks to yellow as green kicks to blue. Goalkeepers return footballs [fist or kick] to red and green, then shuffle across to other goal in time for red and green to kick again [red to blue and green to yellow]. Repeat, repeat, repeat for about one minute.
Extra footballs kept beside kickers.

THREE PLAYER MIX



An exercise to mix physical fitness with ballwork:

On the whistle, Yellow solo runs to the 30m line of markers. Red is doing tuck jumps; Green is doing press-ups.

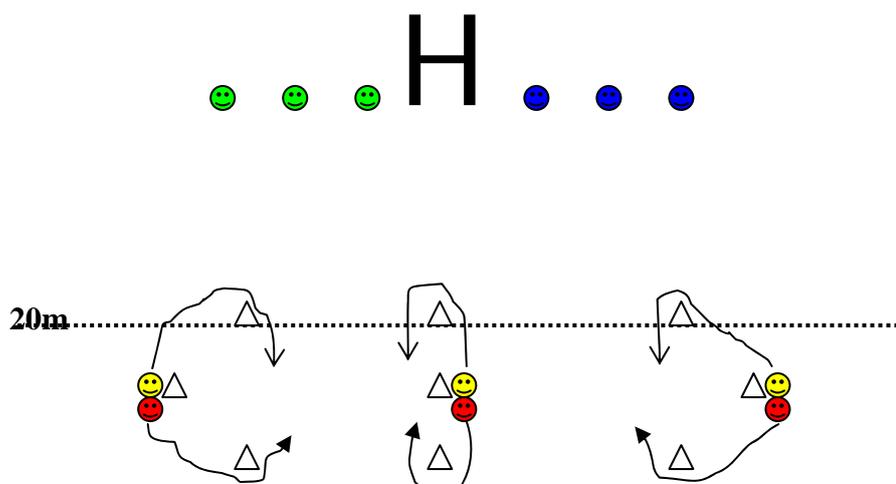
When Yellow reaches the line, he/she gives the ball to Red, who solos back again; Yellow takes over the tuck jumps from Red.

When Red reaches the 0m line he/she passes the ball to Green and takes over doing the press-ups while Green solo runs out etc. etc.

Each player does four solo runs to complete the set. Break for one minute. Repeat, changing the two exercises. Break etc.

Each runner must solo at pace to ensure that his two colleagues are not overworked.

BREAK AND SHOOT



Nine cones set out as above; each group of three shows where players work;
Focus only on one set for this explanation.

Two players [Red and Yellow] stand side by side and facing sideline at centre cone
[set about 25m from goal – shorten to suit age or ability].

Red is the attacker [with ball] and Yellow is the defender. Defendaer calls 'GO' and
both break. Red turns to solo around cone set at 30m; Yellow turns to race around
cone set on 20m line.

Red must shoot for a point and Yellow must get in position to block or tackle.
Distance between the groups of players across the pitch must be enough to ensure that
players do not run into another group.

Greens and Blues retrieve the footballs each time. Reds and Yellows switch roles each
time. After three minutes, Blues and Greens take over.

BREAK AND SHOOT



Reds start with a ball each, facing the Whites, who are on the 45m line. On the whistle, Reds solo at full pace towards Whites;
Whites sprint towards Reds and take a very short 'popped' pass from them as they cross.
Whites must shoot for points immediately. Set up a competition between shooters [e.g. first score wins – all shots from outside 20m line].
Whites follow shots and run to end line; Yellows retrieve footballs and move to 20m line. Reds start on 45m line. Whistle begins next race.

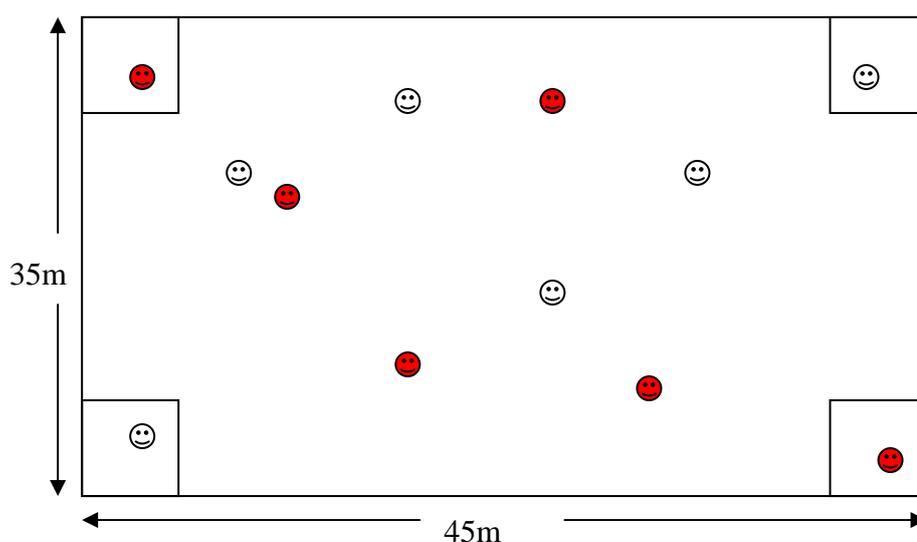
Players must work hard to maintain pace and balance when striking the ball.

Drills from watching Mayo v Fermanagh – long ball in between two, backed up by feeder + shadower – and paired shooting one with ball runner and fed inside to other runner

Paddy Tally's game on possession until whistle

Mickey Lynch's drill at Derry Dev.

PASS or BREAK



A small-sided game in a confined space, designed to force players to make decisions on and off the ball. Should I fist pass? Is it better to break the tackle? Is there a better support position? Is a lateral run the better option to receive the pass? Has a gap opened up and should I break through it rather than pass?

Area is set up [best position is in a corner of a main pitch between end line and 45m line] for 6v6 game.

Two players from each team stand diagonally opposite inside 'receiving areas' [3mx5m each] marked with cones or domes.

The four outfield players on each team battle to work the ball to a 'receiver'. Passes may only be fisted [do not allow loopy overhead passes – this will force support players to move into space rather than just behind an opponent].

Player in possession must learn to make quick decisions re. what to do – pass or break the tackle or carry further.

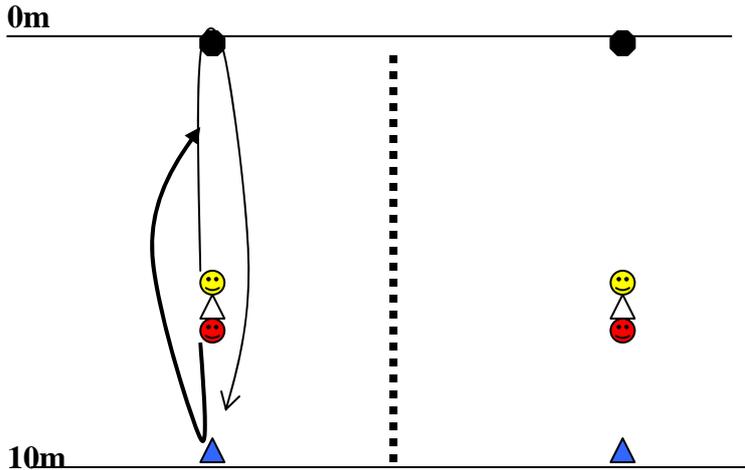
When a player fists the ball to one of his/her receivers, he/she takes the place of the receiver, who then takes the ball to outfield play. The team then tries to work the ball quickly to the other receiver, diagonally opposite.

e.g. Ball starts with a red receiver who fist passes to an outfield team-mate; reds try to work the ball to other red receiver; they are successful and the receiver is replaced by the red player who made the final pass. Play continues. Whites try to dispossess reds.

Coach should punish a 'loopy' overhead pass by awarding the ball to the opposition; coach should do the same if a 50/50 pass is played between team-mates.

Be strict if you want to improve handling, decision-making and support play.

PUSH THE CAR



A tackling/breaking the tackle drill that lets players work on technique. This drill shows up those tacklers who aren't properly balanced, whose footwork needs improving, who are easily passed or who tend to foul an opponent.

Yellow and red line up either side of a fleximarker [white] that is set approximately 8m from the end line: The ball is placed on the end line and a second fleximarker is set 10m from that line [blue].

The yellow player calls 'go' and breaks quickly to lift the ball. At the same time the red player breaks to touch the blue fleximarker. Red turns to close down yellow. Yellow should be far enough ahead to lift the ball and may even be able to turn towards red.

Yellow tries to evade or break red's tackle and solo to the blue marker. If yellow manages to step on the blue fleximarker, he/she earns one point.

Should red dispossess yellow on the way or delay him/her legally for a specified time [e.g. 5-8 seconds after the ball is lifted – tackler can even count the time aloud], he/she wins the point.

The coach should ensure that red does not simply guard the blue marker but must chase to tackle yellow as early as possible [even before he/she gets a chance to turn].

The coach must convince red that the best tackling position is one where his/her upper body is forward, arms are strong and to the front and feet are in a split position [not planted side by side on the ground]. The best way to describe the position to a young player is to get him/her to imagine pushing a car that will not start. Such a stance [with feet ready to move quickly] will ensure that the tackler is not easily passed or knocked off balance.

Set the drill up for different pairs but keep a gap of at least 8m between groups. Players swap roles and swap partners over a period of 10 minutes. They will find it tough.