

Thank you for Purchasing this Coaching book.

In it, we have 50 Football Games or Exercises. All these Games and Exercises are highly game related with decision making and team play an element throughout. In the book, you will find 20 Small Sided Activities, 20 Game Situational Activities, 8 Full Size Conditioned Games, 1 Exercise which we believe to be very useful in warm ups and finally some ideas for concluding your training sessions.

Whilst we are happy to share these exercises and games, we believe that your own coaching inputs, your progressions of the activities, your manipulation of the set up to better cater for your groups needs will lead to a much more engaging experience for you. It is very easy to take these activities, start doing it with the group and expect everything to work out. A lot of these activities may not be applicable to your group or the style of play you have for your group. It is up to you to check them out, see what will benefit the group and decide whether they will be useful or not.

Games Based coaching makes up the philosophy behind this book. Exercises that challenge the player in more ways than one is what we endeavour to do. The old school "Drills" of passing the ball in straight lines, trying to execute one individual skill in isolation should be made obsolete. By the age of 12, most children should have a good grasp of all basic Hurling and Football Skills. As they progress to U14 and beyond, the opportunity is there for Coaches to challenge the players to become better at playing the game. This will be done by playing Games and Exercises where the child is being challenged in Game like situations and finding answers to problems which will surface. Individual isolation Drills are focusing on one skill and not challenging Decision Making, Team Play, Tactical Awareness etc. Why would we limit players to one component of playing when there are so many more occurring in every match?

Some of the activities might appear Contradictory and will be in contradiction to some of the points raised by us. Unfortunately, Hurling and Football are not simple games to coach and to plan for in matches. All we can do is give our players every opportunity to be the best they can be and when they cross the white line for matches, they are able to stand in their own patch and help their team to be the best they can be.

Enjoy the book and I hope it gives you a few ideas to challenge your own thinking.

STEP Model for Progressing Activities:

To alter an exercise to make it more advanced or easier, a simple process is to use the STEP model. The STEP model allows you, the coach, to change simple things that will alter the difficulty of the exercise. They are as follows and I will use the example of a 5 vs 5 possession game:

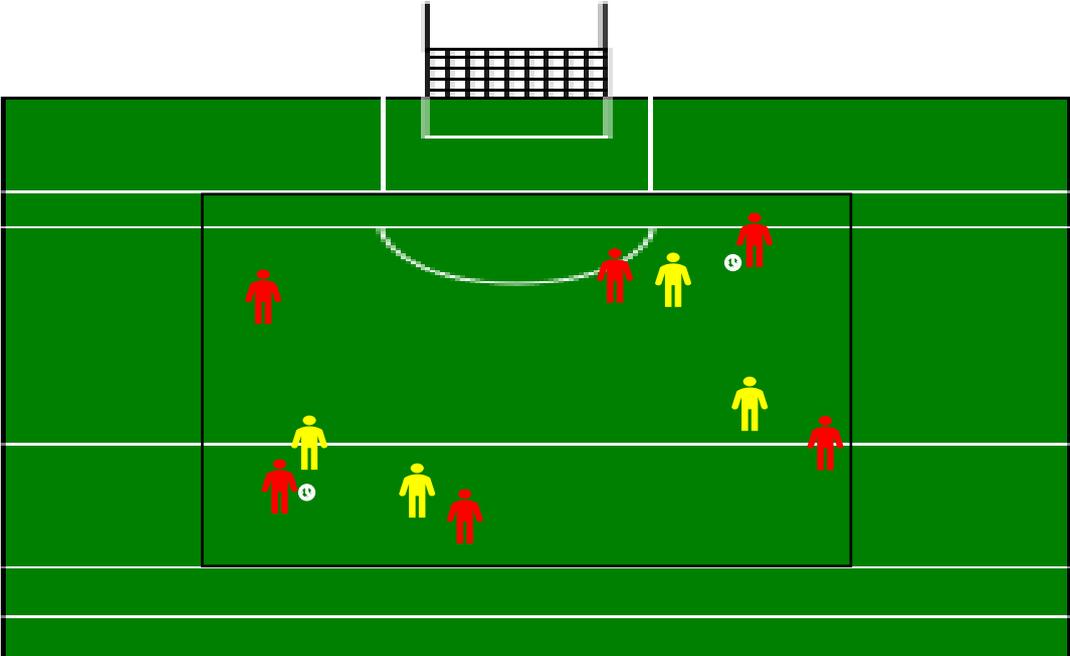
- **Space:** By making the area bigger, it will allow less pressure on the ball handler and vice versa, a smaller area will put greater pressure on the ball handler.
- **Time:** By setting a time on the game e.g. 1 minute, then the intensity will be very high throughout whereas a longer game will have more fatigue for the players and hence a lower intensity.
- **Equipment:** By adding a Goal to one or both sides of the zone, by putting in a scoring element after x number of passes, then the whole concept of the game changes.
- **Personnel:** By altering the playing numbers such as instead of 5 vs 5, they go to 7 vs 3, the pressure on the 7 will be much less while the pressure on the 3 will be very high.

Timing of each activity:

With nearly every activity listed, I have put down a time needed to do the activity. However, this is only a guide and it is at the Coaches discretion as to how long is spent on any one activity. If the intensity is very high, less time may be required. Also, the Coach may notice that a game is not working and instead of carrying on regardless for the allocated time, it may need to be stopped and moved to a different activity. Only the Coach can decide this, and I would ask that you use these times as a general guideline only and not to stick to them verbatim. An activity takes as long as it needs.

Warm Ups

We like to follow the GAA 15 warm up where possible and introduce Ball skills within it. Again, staying away from Isolation exercise, we try to get players ready to be faced with a challenge and mimic game like conditions. Passing of varying distances, Piggy in the middle and a possession game culminating in a score.

Theme	Piggy in the Middle
Component	Exercise
Time	5 minutes change rule every 1 minute
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> • In groups of 5, 3 players must keep the ball off 2 players. • If the Player in the middle gets the ball, he is replaced by the player whose error it was • Change the conditions of the pass every minute as noted in the progressions. <p>Progressions:</p> <ul style="list-style-type: none"> • Hand-pass only • Bounce Hand-Pass only (Passer must hit the ball into the ground before it goes to team mate) • Kick pass weak leg • Kick pass (Max 1 Bounce) • Anything goes.
Equipment	Footballs
Learning Focus	Simple 3 vs 2 possession game in close confines. Players ability to communicate verbally and non-verbally and ability to move into spaces where a pass can be easily executed is a key component of this exercise. By limiting the type of pass players can give, will allow players to practice a full array of playing the ball when under pressure in a match
Diagram	 <p>The diagram illustrates the 'Piggy in the Middle' exercise setup on a soccer field. A central rectangular area is marked with a white line. Inside this area, there are 5 players: 3 red players and 2 yellow players. A ball is positioned in the center. Outside the central area, there are 2 more red players. A goal is visible at the top of the field.</p>

Small Sided Games

These games are suitable for small numbers and small areas. If large number of players, having 2 separate groups is possible for all activities.

Benefits of Small Sided Games are numerous. Developing comfort with Sport Specific Body Movement, Increased Decision Making and Tactical Awareness opportunities, Skill Development in real situations and Development of Verbal and Non-Verbal Communication methods.

By working in team games, players will also start to create greater understanding of each other. Ability to communicate verbally and non-verbally will improve with each game they play together.

Skill Development is also in high focus throughout these games. Whilst these may not be the traditional "Drills" we associate with Skill Development; these exercises will provide much greater learning for executing the skill in game play. Spending time on skill development in isolation with the old traditional straight-line drills, is very much a waste of time. For Children learning the skill initially, they can be used but once the skill is mastered, Coaches need to put the Children into a situation of executing the skill in game conditions, of having an opponent. Only then, will a skill be developed adequately to resemble the skill that is needed in game play.

A simple method of ensuring skill development in small sided games is the GAA Coaching Process method. Play the Game, Freeze the Game and Fix the Skill by doing a skill development element, then back into the Game. This process allows specific skill development as well as the benefits of Game Play

Theme	Possession, Attacking/Defending
Component	Exercise-Game Like Scenario
Time	First team to 10 points (3-1, 2-4, 1-7 or 0-10 wins). Play 3 games in total
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • 8 Red vs 8 Yellow outfield players with a keeper • Keeper starts game by kicking out the ball anywhere in the pitch. • Once a team gains possession, they must complete 3 passes and then they can go for a score. • If ball is turned over, opposition team must complete 3 passes before trying to score themselves. • Play restarts with a kick out. • Keep track of score and first team to 10 points is the winner. Repeat 2 more times. <p>Progressions:</p> <ul style="list-style-type: none"> • Keeper can try to kick ball to one of the team either the team that scored, the team that didn't score or a 50/50 ball up between them all.
Equipment	Bibs and Footballs
Learning Focus	<p>Players are being put into a real match situation where they must work as a unit either offensively or defensively. Comfort for all players in any position on the field is a prerequisite in today's game, so exposing players to different scenarios is helpful to the individual and the team. Communication skills will become much more evident throughout the games and with the added intensity of a score target to win each game, it should ensure high intensity throughout.</p>
Diagram	

Theme	Gaining Possession, Tackling and Scoring
Component	Physical Conditioning exercise
Time	6 x 1 minutes, change Tackle Bag holders after each game.
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> • On whistle, ball is thrown into each square. • Yellow or Red team must gain possession and try to maintain possession throughout the 1 minute play. • Blue players to carry a tackle bag each and try to hit the Player in possession of the ball at every opportunity (may only hit from the front/side, no blindside hits). • After the minute is up, team in possession must try to score a point. <p>Progressions:</p> <ul style="list-style-type: none"> • Player in possession must take on an opponent and try to break a tackle. • Limit the type of pass allowed.
Equipment	Bibs, cones, Footballs, Tackle Bags
Learning Focus	Physical Conditioning exercise through small sided Possession Game. Players must learn how to evade tacklers and play through high physical contact
Diagram	<p>The diagram illustrates a football pitch with a goal at the top center. Two small-sided possession games are set up in the center of the pitch, each within a square area. Each square contains 6 players: 3 yellow, 2 red, and 1 blue. A ball is positioned in the center of each square. The rest of the pitch is shown with standard white lines on a green background.</p>

Theme	Attack and Defend
Component	Exercise-Game Like Scenario
Time	5-10 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> Defender starts at cone on the edge of the D, whilst attacker with the ball starts 5m further out. Once attacker starts his run, the game is on. Attacker must try to score a goal whilst the defender tries to stop him. If Defender wins the ball through a turnover, he must pass the ball to the keeper who clears it. After first group finish, next pair start straight away. <p>Progressions:</p> <ul style="list-style-type: none"> 2 vs 2. Allow the attacker a head start.
Equipment	Cones and Footballs
Learning Focus	High focus on defensive and attacking play.
Diagram	

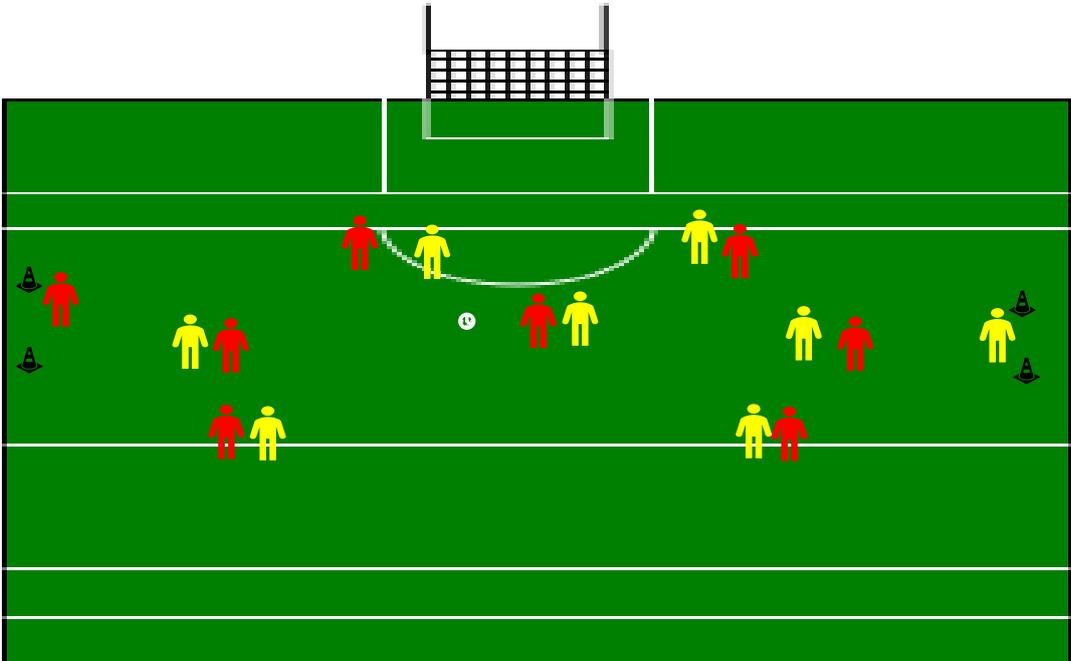
Theme	First Touch and Movement for the Ball
Component	Exercise
Time	12-20 possessions depending on length of passage of play coach allows
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • 2 Yellows and 2 Reds make up a group. From this group, 1 Yellow and 1 Red is inside the circle and the others are outside. • Group inside are not allowed outside the circle and vice versa. • Team mates must keep possession off their direct opponents by passing the ball into and out of the circle. • Coach to randomly blow the whistle, and whichever player has the ball must try to score a point while his opponent tries to stop him. • Swap players between inside and out after each whistle. <p>Progressions:</p> <ul style="list-style-type: none"> • Increase numbers per ball, e.g 4vs 4 or 8 vs 8. • Add in several passes before a score is attempted
Equipment	Bibs, cones, Footballs.
Learning Focus	Focus on players being conscious of their surroundings and aware of who is around them. Ability to shake off a would-be tackler and win possession in high intensity movement is important. For the defender, ability to anticipate the pass and movement from their opponent and their need to kill opponents possession where needed.
Diagram	<p>The diagram illustrates a football pitch with a goal at the top. A central circle is marked with a white dot. Four players (two red, two yellow) are positioned around the circle. The pitch is divided into three horizontal sections by white lines. Small black cones are placed on the pitch to mark positions.</p>

Theme	Attack for 10, Defend for 10
Component	Exercise-Game Like Scenario
Time	As needed for 3 games to take place
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Balls lined up on the far 65m line. • Red team get 10 chances to score. • Each time possession finishes (by score, wide) they re-start by getting a ball from far 65m line. • If Yellow team forces a turnover, they must carry the ball over the 65m line • After 10 possessions for the Red team, Yellow team get 10 possessions. • Whichever team scores the most is the winner in the 20 possessions is the winner • Repeat, swap around team that goes first. <p>Progressions:</p> <ul style="list-style-type: none"> • Give attacking team an extra player. • Start the Balls from the end line and the Defenders must work the ball out the field • 10 second time limit to get a score.
Equipment	Bibs and Footballs
Learning Focus	<p>Players are being put into a real match situation where they must work as a unit either offensively or defensively. Comfort for all players in any position on the field is a prerequisite in today's game, so exposing players to different scenarios is helpful to the individual and the team. Communication skills will become much more evident throughout the games and with the added intensity of a score target to win each game, it should ensure high intensity throughout.</p>
Diagram	<p>The diagram shows a football pitch with a goal at the top. A white line is drawn 65m from the goal. Red and yellow player icons are positioned on the pitch. A semi-circle is drawn in the center. The far 65m line has several small white circles representing balls lined up.</p>

Theme	Scoring and Defending
Time	Stop the game every 5 minutes for water break and team discussion. Play 2 games in total
Description	<ul style="list-style-type: none"> • Ball starts with a Kick out from the Keeper. • Team that wins the ball has 2 options, 1.) Carry ball through the gates on the 65m line and may go for a point, or 2.) Carry the ball through the gates on the 21m line and may go for goal. • Teams can only score the allocated score based on the gates they went through. • Teams may go through a different gate in the same possession but can only score what the latest gate counts for e.g. Red team go through the 65m gates for a point, but a goal chance is available, they may go through the 21m gates then but may only score a goal. • First team to score 3 goals and 5 points wins <p>Progressions:</p> <ul style="list-style-type: none"> • Swap the gates allocated
Equipment	<ul style="list-style-type: none"> • Bibs, Slalom Poles/Cones and Footballs
Learning Focus	<p>Players are encouraged to communicate and decide what option is best for the team. Decision making and decisiveness will be key in this exercise to ensure teams prevail.</p>
Diagram	

Theme	Complete the Circle
Time	First team to 5 points wins. Repeat and change opponents.
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Game starts with the coach throwing the Ball into any of the zones. • If Red team win possession, they must complete one pass inside their zone and then pass the ball onto their teammates in the next group Clockwise. • If Yellow team win possession, they must complete one pass inside their zone and then pass the ball onto their teammates in the next group anti-clockwise. • For Red team, ball works from A > B > C > D. For Yellow team, Ball works from A > D > C > B. • Each full round of completed passes is a point for that team. • Players are not allowed leave their zone and a short pass/mis pass is a turnover and the other team restarts possession. <p>Progressions:</p> <ul style="list-style-type: none"> • After 4 consecutive passes for one team to complete the cycle, that team can then go for a score in a nominated goal where everybody joins in the game. • All zones are working independent of each other and any type of 50/50 ball can be passed between zones, so to score, each individual zone keeps track of who won each contest, 2 passes inside the zone will be called a win.
Equipment	Football, Bibs, Cones.
Learning Focus	<p>Players are in full on match mode, where they must win their sector in direct competition with an opponent/s. For the team on the ball, ability to make quick decisive runs to gain possession, ability to make short passes followed by long passes, ability to communicate verbally and non-verbally with team mates are all important factors in this exercise. For the team not in possession, ability to read opponents moves, block runs, intercept passes, tackle and try to turn over possession will all be worked in this exercise.</p>
Diagram	

Theme	Changing Goals
Component	Exercise-Game Like Scenario
Time	12-15 minutes
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Coach throws ball in to start the game. Coach also has 4 cones, a yellow, a red, a black and a white. • Coach to hold any 1 cone up and for the next 15 seconds the team in possession must try to carry the ball through the goals of that colour. • Coach to change the cone every 15 seconds approx. • After a score, that team keeps possession and go for the next goal. • If a team score into the wrong goal, they lose a point. <p>Progressions:</p> <ul style="list-style-type: none"> • Opposites, where the team must score into the Goal opposite what the coach is signalling • Add in goalkeepers into each goal.
Equipment	Bibs, Cones and Footballs
Learning Focus	Alertness to surroundings and communication between players and team mates is the main component of the exercise
Diagram	

Theme	Tighter, Tighter, Tighter.
Time	5 x 6 minute games
Description	<p>Set up as in Diagram, move goals centrally for each game change.</p> <ul style="list-style-type: none"> On whistle, 50:50 ball is Kicked out from either keeper for each game, Goals only. Game 1 Pitch width: End line to 65m Line Game 2 Pitch width: End line to 45m line Game 3 Pitch Width: 13m line to 45m line Game 4 Pitch width: End line to 20m line Game 5 Pitch width: End Line to 13m line Game 6 Pitch width: 13m line to 20m line <p>Progressions:</p> <ul style="list-style-type: none"> Alter scoring conditions (ball only scored into bottom corner or can only be a punch in from inside 6m), no solo, 20m+ passes only etc.
Equipment	Bibs, Portable Goals, Footballs.
Learning Focus	Tightness of the pitch from game to game will force players to be tighter with their Football and increased chances of turnovers due to proximity of opposition players. How teams manipulate the space or lack thereof, then that will enable greater decision making and team play in the tighter confines.
Diagram	 <p>The diagram illustrates a football pitch setup for a game. At the top center, there is a goal with a net. The pitch is marked with two horizontal white lines, creating three distinct sections. A ball is located in the middle section. Red and yellow player icons are positioned throughout the pitch, representing two teams. Black cone markers are placed on the left and right sides of the middle section. The goal is centrally located, which is a key feature of the 'tighter' pitch described in the text.</p>

Theme	Scoring from outside the cones
Time	12-15 minutes
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Coach throws ball in to start the game. • Players must make 3 consecutive passes before shooting for a point, may only shoot from outside the cone circle. • After ball goes over the bar or wide, the game continues, and team must make 3 new passes before scoring again. <p>Progressions:</p> <ul style="list-style-type: none"> • Alter the number of passes outside and inside the cones • Alter the type of pass allowed e.g. Every pass must be at least 20m long
Equipment	Bibs, Cones, Portable Goals and Footballs
Learning Focus	Ability to use the space available and create space for teammates will be a crucial component of this exercise. As there are no positions in this game, players will be subjected to different scenarios than they may normally have to encounter. Ability to be always tuned in, that when a score is taken the ball is re-entering play immediately.
Diagram	

Theme	Possession, Communication and Attacking/Defensive play
Time	10-15 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> • On whistle, ball is thrown into any square. • Players can move between squares but a maximum of 4 players from each team can be in any square at the same time. • Teams must complete 3 passes in their square before they can pass the ball to either of the other squares beside them. (May not pass the ball to the opposite square, just the squares to the side) • After completing passes in 3 consecutive squares they may try to score a point in the goals. Every player can join in for this part and zones are no longer in use. • If a team forces a turnover, they restart from zero <p>Progressions:</p> <ul style="list-style-type: none"> • Increase/decrease the number of passes needed or the numbers of players allowed in each square
Equipment	Bibs, cones, Footballs.
Learning Focus	This game will hinge on a teams ability to communicate and make individual decisions to assist their team. Being always aware of their surroundings, how many players are needed in each square and where they might be able to gain an advantage for their team.
Diagram	<p>The diagram shows a football pitch with a goal at the top. The pitch is divided into several squares by black lines. A ball is in the center square. Red and yellow player icons are distributed across the squares. A central square contains 6 players (3 red, 3 yellow) and a ball. Two side squares each contain 4 players (2 red, 2 yellow). Two other squares each contain 3 players (2 red, 1 yellow).</p>

Theme	Inside Out, High Percentage shooting, Free Takers
Time	10 minutes
Description	<p>Set up as in Diagram, with a goal for every 3 players</p> <ul style="list-style-type: none"> • Keeper Kicks out a 50:50 Ball. • Team in possession can score immediately, even after a turnover. • If team scores from inside the semi-circle of cones, they get 2 points, and 1 point from outside the semi-circle. • After a score, the designated Free taker for that team must take a free from where the point was scored. If he scores, the team gets an extra point, if he misses, they lose the point from play <p>Progressions:</p> <ul style="list-style-type: none"> • After a point, scoring team restarts with a short side-line from any part of the field. • Ensure 3 passes before a score.
Equipment	Bibs, cones and Sliotars
Learning Focus	<p>High focus on offensive and defensive game to ensure players are comfortable in either situation. Ability to work with different players in different scenarios will help transfer games-based communication to the matches. Protecting the high scoring zone will focus the defenders to work as a unit and cover off the areas. Teams in possession need to weigh up the options of taking long range score which may be less pressure on the strike or working it into the more crowded area. Pressure on the free taker to add to the score from play or lose the score will mimic high pressure match like situations.</p>
Diagram	

Theme	High Intensity, High contacts Game
Time	7 mins x 4 games with changing conditions
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Both Goalkeepers have a surplus of Footballs. Pitch is 20m to 20m line and side lines are brought in 10m on both sides • Every Kick out is a 50:50 ball into the middle of the pitch. If the ball goes over the sideline on Dark Blue side, Yellow Keeper immediately Kicks ball out, if it goes over the Sky Blue sideline, Red Keeper immediately Kicks it out. <p>Game 1: No Play allowed, no bounce, no solo. Move Ball. Game 2: Handpass only Game 3: Kick Pass more than 20m only Game 4: All In, Goals only</p>
Equipment	Footballs, Bibs, Cones, Portable Goals
Learning Focus	<p>Players are in full match mode with varying conditions throughout. Object is to move the ball out of the middle third of the pitch into the Forward line as fast as possible. Defensive play will be made up of thwarting attacks and slowing down the ball into the forward line. With play restarting direct from a puck out instead of a side-line cut, tempo will be extremely high throughout the games. Short and tight pitch will ensure close physical exchanges are regular and players start becoming more comfortable in such environments.</p>
Diagram	

Theme	Rugby Football
Time	12 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> • Red Team defends the 13m line and the Yellow Team defends the 65m line • Teams score by carrying the ball over the opposition line. • Players may run with the ball, may solo the ball but can only pass the ball backwards • If a team fouls the ball or passes it forward, turnover at spot of the infringement <p><i>Progressions:</i></p> <ul style="list-style-type: none"> • Limit the number of passes allowed before they must score e.g. more than 8 passes and it is a turnover.
Equipment	Bibs and Footballs
Learning Focus	Encouraging support play and support running is the key component of this exercise. Players must provide an out ball for their teammates in possession and as a unit must decide when is best to go short or wide. Ability for the defence to stop the man in possession and get him turned will be an important component from the defensive standpoint, as well as when to push up on the ball or stay back.
Diagram	<p>The diagram shows a top-down view of a rugby field. At the top is a goalpost. The field is divided into several sections by white lines. A semi-circular line is drawn in the middle. Red and yellow human figures represent players. The Red Team (red figures) is positioned primarily in the lower half of the field, with one player near the 13m line. The Yellow Team (yellow figures) is positioned primarily in the upper half of the field, with one player near the 65m line. The setup is designed for a defensive exercise where the Red Team defends the 13m line and the Yellow Team defends the 65m line.</p>

Theme	Attacking/Defending, High Intensity Physical Contest
Time	First team to 10 points (3-1, 2-4, 1-7 or 0-10) wins. Play 3 games.
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> • Keeper Kicks out a 50:50 Ball. • Whichever team wins possession, must work the ball outside one of the Blue cones before turning and going for a score. • If they lose possession or are turned over, opponent must work ball outside the Blue cones before trying to score. • If a team scores, Keeper tries to find that team with the Kick out. If they hit it wide, Keeper tries to find the opposition team with the Kick out. <p>Progressions:</p> <ul style="list-style-type: none"> • After a point, they must score a goal, vice versa. • Ensure 3 passes before a score.
Equipment	Bibs, cones and Footballs
Learning Focus	High focus on offensive and defensive game to ensure players are comfortable in either situation. Ability to work with different players in different scenarios will help transfer games based communication to the matches.
Diagram	<p>The diagram shows a football pitch with a goal at the top center. A blue figure representing the keeper stands in front of the goal. The pitch is divided into several horizontal sections by white lines. Red and yellow figures representing players are distributed across the pitch. At the bottom of the pitch, there are several blue cones. A white arc is drawn in the center of the pitch, likely representing the center circle. The overall setup is symmetrical across the width of the pitch.</p>

Theme	Attacking/Defending, High Intensity
Time	20 minutes, 3 x 6 minute matches.
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> • Small sided games. • Each team to play each of the other teams in a 6 minute match. <p>Progressions:</p> <ul style="list-style-type: none"> • Less or more players per group. • Make length smaller/larger • Alter the type of goal allowed e.g. Can only Flick ball into goal, drop shot etc • Play Fly Goalie and only allowed score goals inside 10m
Equipment	Bibs, Slalom Poles/Portable Goals and Sliotars
Learning Focus	<p>With the pitch being so small, high amount of ball contacts and Football decisions need to be made. Also, players will spend a large amount of time engaged in the play either offensively or defensively. Ability to communicate verbally and non-verbally with team mates in such a small group will lead to greater comfort with these players in match situations.</p>
Diagram	<p>The diagram illustrates three small-sided football pitches, each 10m long. The top pitch features a yellow team (3 players) and a blue team (3 players). The middle pitch features a red team (3 players) and a black team (3 players). The bottom pitch features a blue team (3 players) and a yellow team (3 players). Each pitch has a goal at each end, and a ball is positioned in the center of the pitch.</p>

Theme	3 Goal Game
Component	Exercise
Time	10 minutes
Description	<p>Set up as below:</p> <ul style="list-style-type: none"> • Each team defends a goal. • Teams must try to score in one of the other 2 goals. • If a goal is scored, the scoring team receives 2 points. • The team that concedes the goal lose a point, so go to -1. <p>Progression:</p> <ul style="list-style-type: none"> • No Hand-pass allowed • Only allowed score using Hands • Take out goalkeeper and carry ball through goals
Equipment	Bibs, Slalom Poles/Cones and Footballs
Learning Focus	Players are encouraged to manipulate space to create opportunities for themselves and team mates. From a defensive perspective, working as a team to close out space and limit scoring opportunities. From an offensive perspective, focus is on speed of counter attack, creating space, using team mates and communication.
Diagram	<p>The diagram illustrates the setup for the 3 Goal Game on a green field. At the top center, there is a goal with a grid. A white horizontal line runs across the field. A yellow player is positioned on this line, holding a ball. To the left and right of the yellow player, there are red and blue players respectively. Slalom poles/cones are placed on the field. A white arc is drawn around the yellow player, indicating a restricted area. The field is divided into several horizontal sections by white lines.</p>

Theme	Attacking/Defending, High Intensity
Time	12-15 minutes
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Keeper (Blue) Kicks the ball out anywhere. • Players must complete 3 passes, 2 outside the cones and 1 inside the cones before attempting a goal (3-sided goal made up of Blue cones, players can score into either side and keeper can move freely between each goals). • Team with most amount of goals wins. <p>Progressions:</p> <ul style="list-style-type: none"> • Alter the number of passes outside and inside the cones. • Take the goalkeeper out and put in a Portable goal, where teams are only scoring points from outside the circle after x number of passes
Equipment	Bibs, Cones, Slalom Poles/Portable Goals and Footballs
Learning Focus	
Diagram	

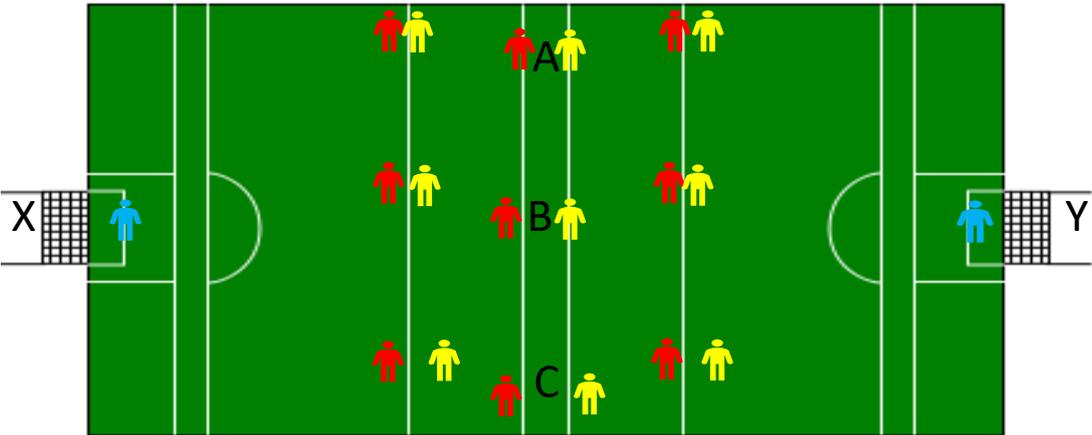
Theme	Attacking/Defending, High Intensity
Component	Exercise-Game Like Scenario
Time	First team to 10 goals wins, then swap sides and repeat 2 more times.
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Red team start with the ball and attack the goals defended by the Yellow team. • Red team must try to score a goal, whilst Yellow team try to stop them. • As soon as possession ends e.g. Score, Save/Wide, Turnover, the Yellow team is replaced by a new Yellow team who have possession of the ball. The red team are now defending. • As soon as this possession ends, the Red team is replaced by a new Red team who have a ball and they are attacking the Yellow team. • Repeat for both sides. • Each team has one possession as the attackers and one as defenders, then they are on a break until their turn comes again. <p>Progressions:</p> <ul style="list-style-type: none"> • Less or more players per group. • Make length smaller • Alter the type of goal allowed e.g. Can only Punch ball into goal, weak leg etc • Restart with a short kick out instead of players carrying ball out
Equipment	Bibs, Slalom Poles/Portable Goals and Sliotars
Learning Focus	High focus on this exercise is on physical conditioning and skill execution when fatigued. Due to the high intensity of 1 on 1 battle, the physical component will be a high factor and how players respond and adjust their play to correspond to the fatigue is an important component. Attacking and Defending in close confines and ability for each player to learn, watch and communicate with the defenders, it will give them a greater understanding of defensive play.
Diagram	

Theme	Criss Cross
Time	3 x 5 minute matches.
Description	<ul style="list-style-type: none"> • Yellow team score into yellow gates, Red team score in to Red gates. • Score by carrying ball through the gate. • Must score in every 2nd goal, can't score in same gate two times in a row. <p>Progression:</p> <ul style="list-style-type: none"> • Hand-passing or Kicking only • Make gates bigger and score a goal past a Goalkeeper
Equipment	Bibs, Slalom Poles/Cones and Sliotars
Learning Focus	Players are encouraged to manipulate space to create opportunities for themselves and team mates. From a defensive perspective, working as a team to close out space and limit scoring opportunities. From an offensive perspective, focus is on speed of counter attack, creating space, using team mates and communication.
Diagram	<p>The diagram illustrates the setup for a Criss Cross game. It shows a green rectangular field with a goal at the top center. The field is divided into three horizontal sections by white lines. In the top section, there is a goal with a grid. The middle section contains a white semi-circle. The bottom section is empty. Yellow and red player icons are scattered across the field. Yellow cones are placed on the left side, and red cones are on the right side.</p>

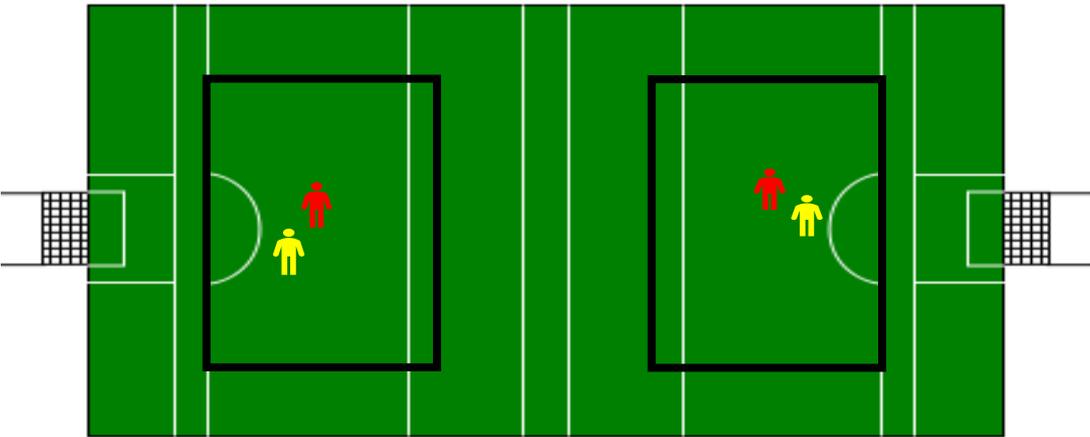
Game Situations

These types of activities are trying to recreate elements of Match Play and simulate them in training to an extent. A high focus on one on one duals, being put in situations where there is a defender and an attacker, working as part of a team to problem solve will all be explored in this section.

One of the main benefits of doing these types of an activities is to allow players to learn by doing. By being exposed to situations in training sessions and when that situation occurs in the match, they have a comfort in executing a decision and helping the team. As Football and Hurling is so multi-dimensional these days, players must be comfortable in all positions of the field and comfortable in all types of situations on the field. These Game Situational exercises will assist players create a greater understanding of potential scenarios that may occur.

Theme	Kick Outs and Breaking Ball
Time	15 minutes, 7 minutes a side before swapping direction of play
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • On whistle, ball is Kicked out from either Goal to any of the 3 zones marked A,B or C. • 9 vs 9, full game. Red start scoring towards Goal Y and Yellow start scoring towards Goal X • Keeper takes Kick outs based on where ball finished up from previous play e.g. if Red get a score or wide at Goal Y, then Goalkeeper Y takes Kick out and vice versa. • Players are not allowed inside the 20m lines and only allowed score points. • At Keepers discretion whether they puck the ball to A, B or C zone to restart play. <p>Progressions:</p> <ul style="list-style-type: none"> • Shorten pitch with portable Goals • Allow Keeper to kick to a specific team
Equipment	Footballs, Bibs.
Learning Focus	Players are being put into a real match situation where they must compete for a Kick out/long 50:50 pass. Ability to manoeuvre body position to get advantage on direct opponent and ability to win possession cleanly or from the break is a crucial factor in todays game. With the addition of multiple team mates and opponents, importance of communication is needed for this exercise. Body position at the breakdown and holding off the opponent are key skills challenged here.
Diagram	

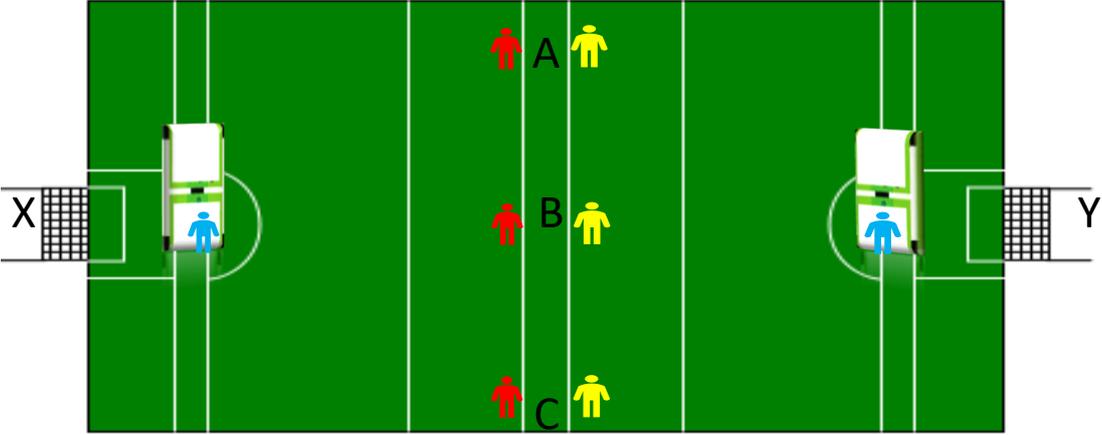
Theme	Gaining Possession, Tackling and Scoring
Time	10 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> • On whistle, Red player must run out, pick up a ball and try to score a point, whilst Yellow player is trying to stop them from doing so. Yellow tries to stop the pickup initially, then pressure the player in possession and finally get a block down/turn over. • Players can only shoot for a score inside the zone. • After play is dead, the next group are on the 20m line ready to go. Players get a natural break waiting for their next turn. • Alternate colour of team gaining possession, so all players spend time as a forward and a back. <p>Progressions:</p> <ul style="list-style-type: none"> • Work in teams of 2-4 where players must make x number of passes between them before scoring. • Add in Goalkeeper and allow players to go for goal. • All Players go at the same time.
Equipment	Bibs, cones, Footballs
Learning Focus	Attacking player needs to win possession under full pressure, take on the man and create space to take a score. Defensive player needs to be disciplined in the tackle and be patient waiting for the opportunity to hook/block/turnover. With progressions, working as a team and ability to communicate and make the right pass for attackers and for defenders to commit adequate pressure on the ball throughout the passage of play will be integral to their defensive duties in a match.
Diagram	<p>The diagram illustrates a football pitch with a central 20m wide rectangular zone. A goal is located at the top center. A white semi-circle is drawn in front of the goal. Yellow and red player icons are positioned along the top edge of the 20m zone. White circles with numbers 1-10 are scattered within the zone, representing player positions.</p>

Theme	No Mans Land: Gaining Possession and Passing
Component	Exercise
Time	5 x 3 minute sessions
Description	<p>Players set up as in Diagram, multiple groups in each area.</p> <ul style="list-style-type: none"> • Yellow players are team mates and Red players are team mates. • Player must try to pass the ball from their zone into their teammates zone. • If the teammate wins possession, he may then go for a score. • If the ball is turned over by opponent, then the ball must be passed back up to the other zone, so players need to make 1 pass to their teammate and then they can score. • Play restarts with opponent Kicking to their teammate in the opposite zone. <p>Progression:</p> <ul style="list-style-type: none"> • As there will be numerous groups in action at the same time, make it 2 vs 2 or 3 vs 3 on each side. • Add a goalkeeper and make it goals only
Equipment	Footballs, Bibs, Cones.
Learning Focus	<p>Players are in full match mode here. They are either attacking or defending depending on whether their teammate passes the ball or not.</p> <p>For team in possession, ability to give a good pass under pressure is crucial. Playing the ball advantageous to their teammate will be a key product of this exercise. Ability to win own possession, take on the player and get the score. For the defending team, knowing when to commit, try to intercept or force a turnover is a key aspect. As numbers increase 2 vs 2 or 3 vs 3, communication and team work will be much more evident and lead to better link up play for forwards and better defensive play for the defenders.</p>
Diagram	 <p>The diagram illustrates a football pitch with two rectangular zones. Each zone contains one yellow player and one red player. Goals are located at the ends of the pitch.</p>

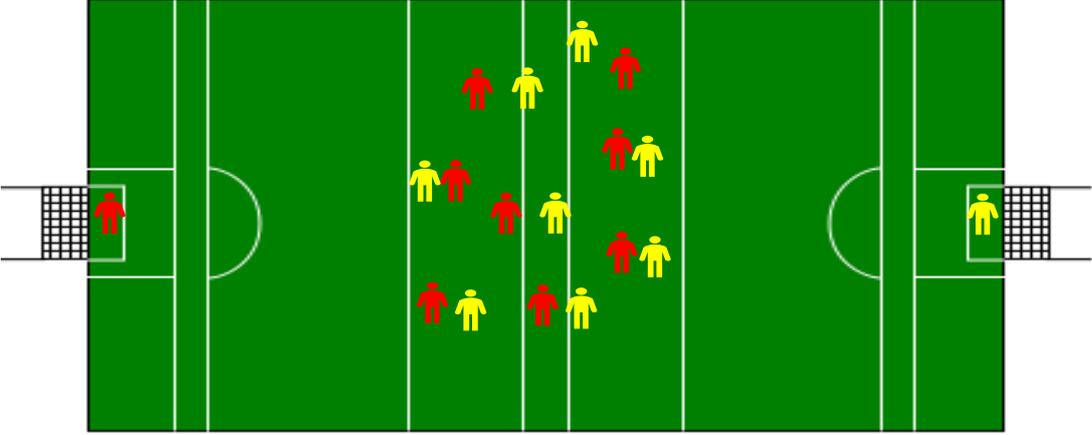
Theme	Attacking/Defending, High Intensity Physical Contest
Time	Each game lasts 90 seconds, with a 30 second break. Total of 12 minutes
Description	<p>Set up as in Diagram, with a goal for every 3 players</p> <ul style="list-style-type: none"> • Blue Player kicks 50:50 ball out to the 2 players outside. • Yellow and Red player must compete for the ball and try to score a goal. • Play restarts with another kick out once the players go back outside the 20m line. • After 90 seconds, whichever player scored the most wins and the loser goes into goal. • Repeat for 6 games in total with the person with the most amount of wins the overall winner. <p>Progressions:</p> <ul style="list-style-type: none"> • Make it 2 vs 2 • Allow players to score goals or points
Equipment	Bibs, Slalom Poles/Portable Goals and Footballs
Learning Focus	<p>High focus on this exercise is on physical conditioning and skill execution when fatigued. Due to the high intensity of 1 on 1 battle, the physical component will be a high factor and how players respond and adjust their play to correspond to the fatigue is an important component. Attacking and Defending in close confines and ability for each player to learn, watch and communicate with the defenders, it will give them a greater understanding of defensive play.</p>
Diagram	

Theme	Block Down and Near Hand Tackle
Time	10 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> • Yellow Player passes the ball to the Red player in both squares. Red player must take 4 steps (or less) and attempt to put the ball over the bar. • Yellow player in White square attempts to block down the ball whilst Yellow player in Black square attempts to chase down and dispossess the player • After 6 attempts each, swap roles within the square and after the next 6 attempts, swap squares. • Keep track of points scored and ensure players take no more than 4 steps in possession <p>Progressions:</p> <ul style="list-style-type: none"> • 2 vs 2. • Pass the ball to partner in the square and when the coach blows the whistle, whichever player is in possession must try to score, whilst the opponent tries to Block Down or Chase Down depending on the circumstance.
Equipment	Cones and Footballs
Learning Focus	High focus on skill development of the Block Down and Near Hand Tackle. Ability to get in a position to execute the skill and read the opponents movement will be an important learning from this exercise. Ability for the player in possession to get the shot away under pressure will also assist players in match situations.
Diagram	<p>The diagram illustrates the setup for the exercise on a football pitch. At the top, a goal is shown with a goalkeeper. Below the goal, two squares are marked on the pitch. The left square is white and contains three yellow players and three red players. The right square is black and contains three red players and three yellow players. A white player is positioned in front of the goal. The pitch is marked with standard football field lines, including the center circle and half-way line.</p>

Theme	Attack or Defend
Time	5-10 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> • Keeper/s Kick one high ball out to each pair. • Player that wins ball must enter any one of the squares and try to score a point whilst being challenged by his opponent. • Players keep playing until the ball is scored, wide or in keeper's hand. • Players return to the 65m line and repeat • Once a player scores from one square, they may not score from that square again. • First player to score from all 6 squares is the winner. <p>Progressions:</p> <ul style="list-style-type: none"> • 2 vs 2. • Designate which player wins the initial possession and the opponent must tackle, swap over after 6 balls.
Equipment	Cones and Footballs
Learning Focus	High focus on defensive and attacking play. Ability to win initial possession and then work into a scoring position before getting a shot away under pressure. As the game goes on, the attacker will have less options so will prove tougher to get shots away in confined spaces that the defender can manipulate.
Diagram	

Theme	Kick Outs and Breaking Ball
Time	10 minutes for each activity
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> On whistle, ball is Kicked out to each of the 3 areas. Goalkeeper at Goal X Kicks out to A and C and Goalkeeper at Goal Y Kicks out to B. Swap where they Kick to after 5 minutes One vs One, (6 players start at each area, but only 2 players fight for each ball whilst the others get rest) Players compete for Kick out and once ball is won, player must try to get a score in his designated goals. Yellow players play towards Goal X, Red Players play towards Goal Y. After each contest, pair of players move from A > B > C then back to A to repeat. <p>Progression:</p> <ul style="list-style-type: none"> Lengthen pitch and make 2 vs 2
Equipment	Footballs, Bibs, cone at A,B and C.
Learning Focus	Players are being put into a real match situation where they must compete for a Kick out/long 50:50 pass. Ability to manoeuvre body position to get advantage on direct opponent and ability to win possession cleanly or from the break is a crucial factor in today's game.
Diagram	

Theme	First Touch and Movement for the Ball
Time	12 x 1 minute games
Description	<p>Set up as in Diagram</p> <ul style="list-style-type: none"> • Designate either Red or Yellow as receiver for the first game. • Players on the outside cones must pass the ball to the designated receiver e.g. Red is the receiver so the Red players in the circle make a run and receive a pass from the outside players. • After receiving a pass, player must pass the ball back to a different outside player and look for another ball to receive from another player • All this happens whilst his opponent is trying to stop him winning ball in the middle. • After 1 minute, swap receiver. After each player in the middle has had a go, they swap with outside players. • Complete 3 sets each. <p>Progressions:</p> <ul style="list-style-type: none"> • Alter type of pass received for each set e.g. Hand pass, Kick Pass etc • Add in 1 or 2 extra defenders in the middle every time to assist the tacklers. • Can introduce a scoring element into the goals after possession is gained if needed.
Equipment	Bibs, cones, Footballs.
Learning Focus	Focus on players being conscious of their surroundings and aware of who is around them. Ability to shake off a would-be tackler and win possession in high intensity movement is important. For the defender, ability to anticipate the pass and movement from their opponent and their need to kill opponents possession where needed.
Diagram	<p>The diagram shows a football pitch with a goal at the top. There are 12 players in total, 6 red and 6 yellow. They are arranged in a circle in the center of the pitch, with 3 red players and 3 yellow players alternating. There are also 6 cones placed around the pitch, 3 red and 3 yellow, alternating. A ball is shown near the goal.</p>

Theme	Midfield Battle
Time	10-15 minutes
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Players are only allowed between the two 45m lines. • The only time a player can go inside the other teams 45m line is when he is in possession of the ball, and only his opponent can follow him. • Points only. • Keepers try to give advantageous kick outs for their team but cannot kick it short inside the 45m line. <p>Progressions:</p> <ul style="list-style-type: none"> • No solo allowed. • Allow Goals Only by the player that carries the ball into the opponents 45m zone
Equipment	Footballs, Bibs.
Learning Focus	This game is real life about the Kick outs and the tightness of play around the middle of the field. Emphasis on getting the ball to the players in the best position going forward.
Diagram	

Theme	Attack and Defend
Time	5-10 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> Defender starts at cone on the edge of the D, whilst attacker with the ball starts 5m further out. Once attacker starts his run, the game is on. Attacker must try to score a goal whilst the defender tries to stop him. If Defender wins the ball through a turnover, he must pass the ball to the keeper who clears it. After first group finish, next pair start straight away. <p>Progressions:</p> <ul style="list-style-type: none"> 2 vs 2. Allow the attacker a head start.
Equipment	Cones and Footballs
Learning Focus	High focus on defensive and attacking play.
Diagram	<p>The diagram shows a football pitch with a goal at the top. A white goalkeeper is positioned in the goal. A yellow attacker and a black cone are on the edge of the D. A yellow defender is further out. A black cone and four white footballs are in the center. Red and blue players are lined up in the lower half of the pitch.</p>

Theme	Kick Outs and Breaking Ball
Time	15 minutes, 4 minutes spent in each area with a 1 minute break between
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> On whistle, ball is Kicked out to each of the 3 areas. Goalkeeper at Goal X Kicks out to A and C and Goalkeeper at Goal Y Kicks out to B. Swap where they Kick to after each set Three vs Three. Whichever teams wins the ball, they must try to get a score whilst opponent stops them. Yellow teams score towards Goal X and Red score towards Goal Y Spend 4 minutes in each zone before rotating. <p>Progressions:</p> <ul style="list-style-type: none"> Shorten pitch with portable goals if needed.
Equipment	Sliotars, Bibs, cone at A, B and C.
Learning Focus	<p>Players are being put into a real match situation where they must compete for a Kick out/long 50:50 pass. Ability to manoeuvre body position to get advantage on direct opponent and ability to win possession cleanly or from the break is a crucial factor in todays game. With the addition of multiple team mates and opponents, importance of communication is needed for this exercise.</p>
Diagram	

Theme	Attacking, Defending and Linking up lines
Time	15 minutes. Rotate players in each position in the line after 2 minutes, and after each player has been in each position in the line, move to a new line and repeat.
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Reds are scoring towards Goal 2 and Yellows are scoring towards Goal 1. • Each line works independent of the others e.g. Players on Left hand side of pitch have their own ball, players down middle of pitch have their own ball, players on right hand side of pitch have their own ball, so 3 groups working on their own at the same time. • One of the Keepers Kicks a 50:50 ball up between each of the 3 groups in the middle of the field. • If the red player wins it, he must pass the ball to the Red forward on his line by Goal 2. Red at goal 2 must win the ball and score a point whilst being tackled by the Yellow player. • If Yellow at 2 forces a turnover, he must then pass the ball back out the field to his yellow teammate who in turn passes it into Yellow at Goal 1. Continue the play until a wide or a score. • If Yellow wins initial puck out, he passes the ball to Yellow player at Goal 1, whilst Red player marking him tries to defend, the same as above. <p>Progressions:</p> <ul style="list-style-type: none"> • Just 1 ball between all 3 Midfield players who must complete 1 pass out there before passing ball into their respective forwards. • Nominate a line to score Goals only • Players are not allowed pass to the player up their line and must go diagonal
Equipment	Footballs, Bibs.
Learning Focus	Players are in full on match mode, where they must win their sector in direct competition with an opponent/s. For the team on the ball, ability to make quick decisive runs to gain possession, ability to communicate verbally and non-verbally with team mates are all important factors in this exercise. For the team not in possession, ability to read opponents moves, block runs, intercept passes, tackle and try to turn over possession will all be worked in this exercise.
Diagram	

Theme	Attack and Defend
Time	2 x 5 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> Yellow player on 13m line kicks ball to Red player on 45m line, and the Yellow player immediately sprints out to assist the other Yellow Player as a defender. Red player at 45m line catches the ball, must give one pass to the other Red player who is running off the shoulder and they must try to score a point, whilst being tackled by the 2 Yellow players. Yellow Players switch starting places as do the Red players, so each player is in a new position. After 6 turns for the Red team to get a score, swap roles with the Yellow team. Rotate to a new position of the pitch for each new set and progression <p>Progressions:</p> <ul style="list-style-type: none"> Nominate 1 group that must try to score goals. If surplus Keepers, they could strike the ball from the end line and allow groups to be 2 vs 2 outside already.
Equipment	Bibs and Footballs
Learning Focus	High focus on defensive and attacking play. Offensively, player must deal with a long pass and give a short pass almost immediately. Players must link up to create a good scoring opportunity. From a defensive perspective, initial kicker of the ball must work hard to provide help for a teammate in 2 vs 1 situation. Ability to communicate to work together is a crucial aspect of this exercise.
Diagram	<p>The diagram illustrates the setup for the exercise on a football pitch. The pitch is green with white lines. A goal is at the top center. A goalkeeper is in the goal. Three yellow players are on the 13m line, each with a ball. Three red players are on the 45m line. Three yellow players are on the 13m line, and three red players are on the 45m line. A white arc is drawn on the pitch.</p>

Theme	Scoring, Attacking, Defensive and Support Play
Time	5 minutes in each station, 1 minute break in between each station.
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Ball starts at A,B and C. Player Kicks ball into their group to contest. Team that wins the ball must complete 2 passes and then score. • Group A and C are scoring points only, Group B is scoring Goals. • Alternate passing colour every second ball e.g. Yellow pass in first ball advantageous to yellow team. Whichever team wins possession becomes the forwards and the other team becomes defenders. Red teams pass in next ball and alternate after that. • After Ball is struck in from A, B or C, those players then enter the game and become part of the attacking/defending process e.g. Red at A Kicks ball into their group and follows the ball, Red team win possession and Red player coming from A then joins the attack whilst Yellow from A joins the defenders. • Swap outside players after each possession. <p>Progression:</p> <ul style="list-style-type: none"> • 3 balls-Outside passers can hit the ball to any of the groups and joins that group for the possession. • 1 ball- Outside strikers only kick in one ball to the three groups and all players join that 1 game. • 1 ball- Outside strikers pass the ball to one group and coach calls one of the other teams to join in. • 1 ball-Just nominate backs and forwards and the backs job is to work the ball out past the 65m line whilst forwards try to score.
Equipment	Football, Bibs, cones to mark out zones
Learning Focus	<p>Players are being put into a real match situation where they must compete for long pass and either try to score or stop a score. Non-verbal communication when making the initial run and verbal communication from then on is important. Giving the pass at the right time and then providing support play as would be required in the match is also important. Ability to work as a team when defending, putting player in possession under pressure away from the scoring zone and communication will all be increased in this activity.</p>
Diagram	<p>The diagram illustrates a football pitch with three groups of players (A, B, and C) positioned across the field. Group A is located near the top goal, Group B is near the center, and Group C is near the bottom goal. Each group consists of two red players and two yellow players. Arrows point from each group towards the center of the pitch. A blue player is positioned near the left goal. The pitch is marked with white lines, and goals are visible at both ends.</p>

Theme	Attack and Defend
Time	2 x 5 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> Yellow player on 20m line kicks ball to Red player on 65m line, and the Yellow player immediately sprints out to assist the other Yellow Player as a defender. Red player at 65m line catches the ball, must give one pass to the other Red player and they must try to score a point, whilst being tackled by the 2 Yellow players. Yellow Players switch starting places as do the Red players, so each player is in a new position. After 6 turns for the Red team to get a score, swap roles with the Yellow team. Rotate to a new position of the pitch for each new set and progression <p>Progressions:</p> <ul style="list-style-type: none"> Player on 65m line must Break the ball down to teammate and repeat same 2 on 2 exercise. Nominate 1 group that must try to score goals. If surplus Keepers, they could strike the ball from the end line and allow groups to be 2 vs 2 outside already.
Equipment	Bibs and Footballs
Learning Focus	High focus on defensive and attacking play. Offensively, player must deal with a long pass and give a short pass almost immediately. Players must link up to create a good scoring opportunity. From a defensive perspective, initial kicker of the ball must work hard to provide help for a teammate in 2 vs 1 situation. Ability to communicate to work together is a crucial aspect of this exercise.
Diagram	

Theme	Attack and Defend
Time	2 x 5 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> Blue players are the kickers and must pass the Ball to the Red players, who are the designated forwards, who must win ball under full pressure from Yellow and try to score a goal Only one ball at a time from the Blue players, which makes it a 3 vs 3 scenario inside. After ball is dead, next Blue player passes in a ball and after this possession is dead, the final ball comes in. Last Blue player carries ball into forward line to join the attack and create an overlap Players get 3 Contests in a row, before swapping with players inside who then get 3 possessions in a row. <p>Progressions:</p> <ul style="list-style-type: none"> Give 50:50 Balls Must make 1 or 2 passes before scoring.
Equipment	Bibs and Footballs
Learning Focus	High focus on defensive and attacking play. The recovery between sets allows players to talk tactics and make plans for offense and defence. For the attackers, ability to take advantage of a favourable situation to create a scoring chance is important and to build up confidence in such a situation. For defenders, to be able to move the forwards into less dangerous positions and force errors in the opponents is an important skill.
Diagram	<p>The diagram illustrates a football pitch layout for a drill. At the bottom of the pitch, three blue players (kickers) are positioned near the center line, each with a ball. In the middle third, three yellow players (defenders) and three red players (forwards) are positioned. At the top, three red players and three yellow players are positioned near the goal. A goal is visible in the center background.</p>

Theme	Attack and Defend
Time	2 x 5 minutes
Description	<p>Set up as in Diagram.</p> <ul style="list-style-type: none"> Blue players are the Kickers and must pass the Ball to the Red player, who is the designated forward who must win ball under full pressure from Yellow and try to score a point. However, Blue player cannot pass the ball to the player straight in front of him, he must give a diagonal ball. All 3 players strike ball at same time for each of the 3 pairs waiting. After each go, the players rotate with other players inside, so they get 1 contest then a small break before they get their turn again <p>Progressions:</p> <ul style="list-style-type: none"> Give 50:50 Balls
Equipment	Bibs and Sliotars
Learning Focus	High focus on defensive and attacking play. The recovery between sets allows players to talk tactics and make plans for offense and defence. For the attackers, ability to take advantage of a favourable situation to create a scoring chance is important and to build up confidence in such a situation. For defenders, to be able to move the forwards into less dangerous positions and force errors in the opponents is an important skill.
Diagram	<p>The diagram illustrates a soccer field with a goal at the top center. Three pairs of players, one red and one yellow, are positioned near the goal. Three blue players are positioned at the bottom of the field, each with a ball. The diagram shows the layout of the drill.</p>

Theme	Kick Outs and Breaking Ball
Component	Exercise
Time	15 minutes, 4 minutes spent in each area with a 1 minute break between
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> On whistle, ball is Kicked out to each of the 3 areas. Kick out comes from every second keeper to each area, so they get the ball coming from both directions. Three vs Three, with 1 vs 1 in middle of field, and the other 4 are evenly split on either 45m line. Upon ball been kicked from the keeper, the players on the 45m line can enter the game and run to the breakdown. After each possession, all 3 players rotate position so they start each play in a new position in their zone. Spend 4 minutes in each zone before rotating.
Equipment	Footballs, Bibs, cone at A, B and C.
Learning Focus	Players are being put into a real match situation where they must compete for a kick out/long 50:50 pass. Ability to manoeuvre body position to get advantage on direct opponent and ability to win possession cleanly or from the break is a crucial factor in todays game. With the addition of multiple team mates and opponents, importance of communication is needed for this exercise. Body position at the breakdown and holding off the opponent are key skills challenged here.
Diagram	<p>The diagram illustrates a football pitch with three vertical zones labeled A, B, and C. Each zone contains a 1 vs 1 situation in the middle of the field, with two red players and two yellow players on the 45m line. Two goalkeepers (blue) are positioned in front of goals X and Y.</p>

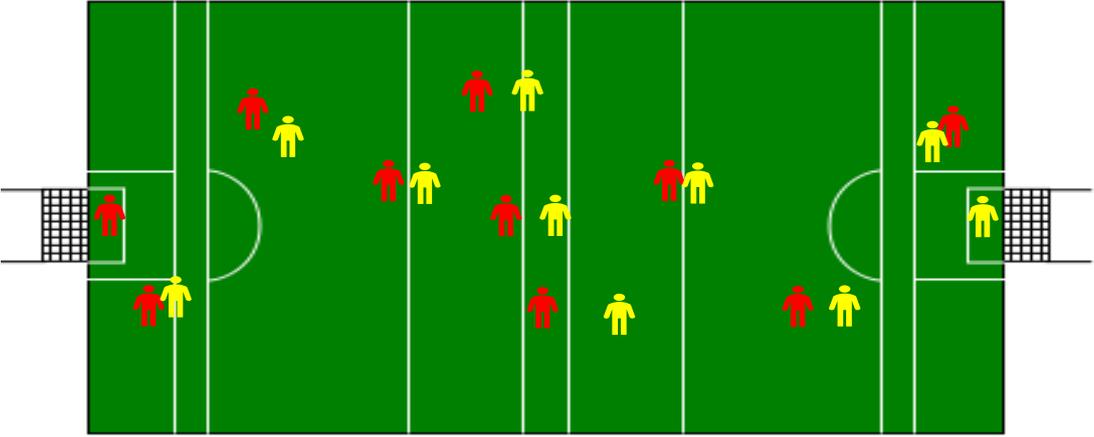
Theme	Attack and Defend
Time	2 x 5 minutes
Description	<p>Set up as in Diagram. If more than 12, start an additional group in another goals</p> <ul style="list-style-type: none"> • Balls lined up on the far 45m line, with the players in pairs behind this line. • One group starts as Defenders, Yellow team below. • Red team pick up a ball and try to score a goal, Yellow team try to stop them. • As soon as the ball is dead i.e. Score, Wide, Save, Turnover, the Reds become defenders whilst the Sky-Blue team become attackers. Yellow team move out of the way and join the group outside. Repeat for next groups. • So, for each team, they have 1 possession as the attacking team followed immediately having 1 possession as the defending team, then they go back to the start. • If a team scores, they gain a point, if they concede a score, they lose a point. <p>Progressions:</p> <ul style="list-style-type: none"> • Take away or add additional players. • Make the defensive team stay defenders for each of the outside groups, then rotate.
Equipment	Bibs and Footballs
Learning Focus	<p>High focus on defensive and attacking play. The recovery between sets allows players to talk tactics and make plans for offense and defence. For the attackers, ability to take advantage of a favourable situation to create a scoring chance is important and to build up confidence in such a situation. For defenders, to be able to move the forwards into less dangerous positions and force errors in the opponents is an important skill.</p>
Diagram	<p>The diagram illustrates a football pitch with a goal at the top. A white line is drawn 45m from the goal. Yellow players are positioned behind this line. Red players are positioned in front of it. Sky-blue and dark blue players are further down the pitch. A line of balls is shown on the far 45m line.</p>

Theme	Bacs and Forwards
Time	10 minutes
Description	<p>Set up as in diagram</p> <ul style="list-style-type: none"> • Set up team as Bacs vs Forwards with normal match positions taken up. • Ball starts with Kick out from keeper (not pictured) in opposite 45m line. • Reds must try to win ball and go for score, whilst Yellow defend. • If Red team score/wide, White keeper must take a Kick out and try to find a Yellow player. • Yellow team when in possession must try to carry the ball through either of the 3 sets of gates. • If Yellow gets ball through, keeper not pictured restarts with a long Kick out. • Scoring: Reds get 1 for a point or 3 for a Goal. Yellow get 1 point for carrying ball through Yellow gates and 2 points for carrying through Blue gates. <p>Progressions:</p> <ul style="list-style-type: none"> • Instead of Keeper not pictured starting possession for the Reds, a player starts on Far 45m line and carries ball into play and then joins play. • 10 second time limit to get a score for Red Team
Equipment	Bibs, cones and Footballs
Learning Focus	<p>Players are being put into a real match situation where they must work as a unit either offensively or defensively. Red team will have to deal with real match situations of winning own Puck out and trying to get a score. Also, when they don't have possession, they have to defend opponents short puck out as well as provide first line of defence to stop the Yellow team scoring</p>
Diagram	<p>The diagram shows a rectangular field with a goal at the top center. A white keeper stands in the goal. The field is marked with white lines, including a center line and several horizontal lines. Red and yellow player icons are distributed across the field. At the bottom of the field, there are yellow cones marking specific areas.</p>

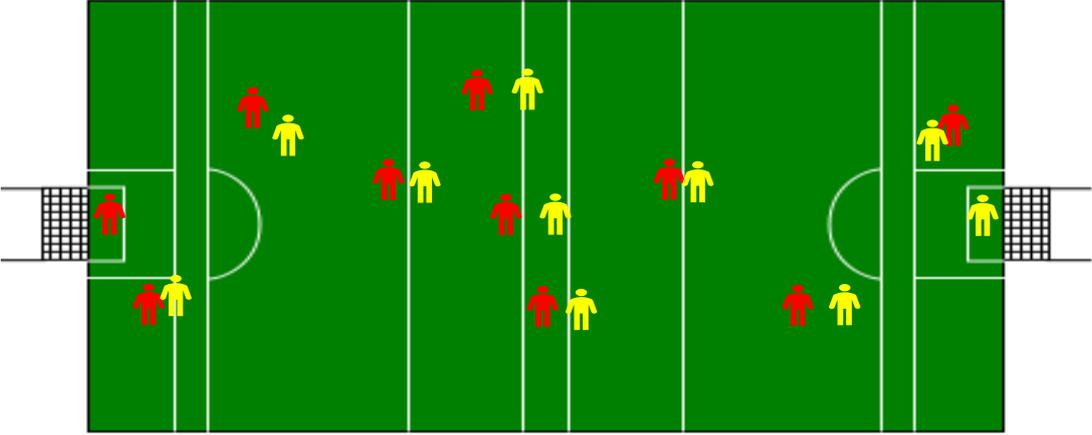
Conditioned Games

Theme	Scoring Zone Only
Time	First team to 10 wins, play 3 games.
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Coach throws ball into middle of pitch. • Teams can only score points inside of the scoring zone (allocated Box from 13m line to 45m in front of each goal) • No soloing allowed unless inside the scoring zone or entering the scoring zone. • Goalkeeper restarts with a Kick out after each score/wide <p>Progressions:</p> <ul style="list-style-type: none"> • Place an extra defender (sweeper) inside each scoring zone to replicate match situation when playing against a sweeper or playing with a man less. • If a team scores, they must take a free from anywhere outside the scoring zone, dictated by the opposition but inside the 65m line, if this is scored the team gets an extra point if they miss they lose the earlier point (double or nothing)
Equipment	Footballs, Bibs.
Learning Focus	Players are in a real match situation where they must outscore the opposition. It should focus players minds to take shots from the high percentage areas of the field and not out on the side line or from long range. Ability for teams to create opportunities in this area is beneficial for the team and makes scoring chances easier. Ability for defence to force players outside of this zone and push the attacker wide is also a necessary skill needed in matches.
Diagram	

Theme	End-zone Play: Getting ball inside opponents 21m line
Time	First team to 10 wins, play 3 games.
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Coach throws ball into middle of pitch. • Teams must gain possession and pass the ball to a player anywhere inside the opposition 21m line. If the player catches the ball clean, that teams gets a point. • After a score, teams swap the way they were playing and team that got the score restarts the ball, trying to score into the opposite goal. <p>Progressions:</p> <ul style="list-style-type: none"> • Put a keeper into each goal to act as extra defender • Allow player who gets possession inside the 21m line to go for goal after the catch, with only his direct marker allowed to tackle him. (extra point if scored)
Equipment	Footballs, Bibs.
Learning Focus	Players are being put into a real match situation where they must compete for a 50/50 ball throughout. Ability to get a direct ball into the man in the scoring zone is a high-level skill and being able to execute it in training sessions is important to ensure it happens in matches also. Defenders ability to keep the ball out of the attacker's hands is a key skill and ability to provide support play, in defence or attack is a crucial element of match play.
Diagram	<p>The diagram illustrates a football pitch with two goals at the ends. The pitch is divided into several vertical zones by white lines. Red and yellow player icons are positioned across the pitch, with a concentration in the end zones. A goalkeeper icon is positioned in each goal. The diagram shows a 50/50 ball situation throughout the pitch.</p>

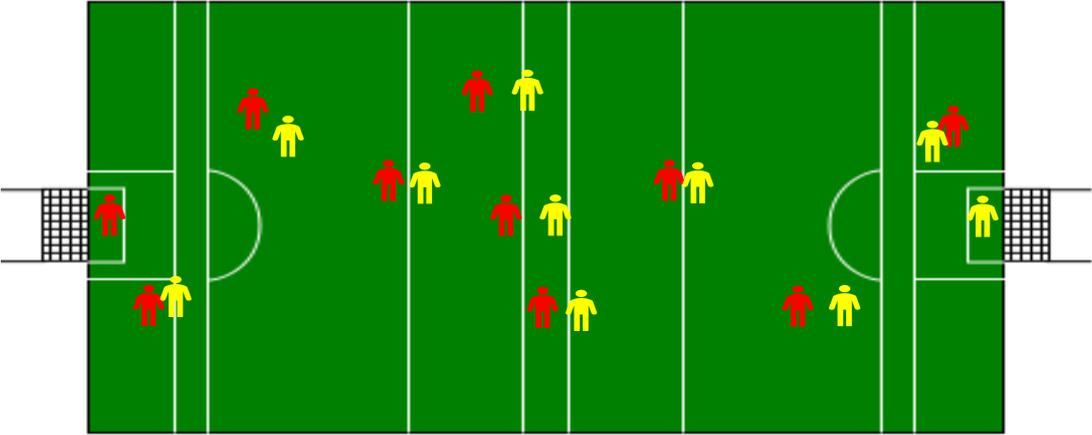
Theme	Play as you Face
Time	10-15 minutes
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none">• Full match (shorten pitch if number low)• Players are not allowed turn around in possession e.g. if the full forward runs straight out the field and catches the ball, he can only play it back the way it came <p>Progressions:</p> <ul style="list-style-type: none">• Must play it first time, no bounce or solo
Equipment	Sliotars, Bibs.
Learning Focus	Players will be encouraged to give diagonal balls and to take the ball on the turn as opposed to straight on. This will lead to quicker transitions and more breaking the line.
Diagram	

Theme	Forward Play only
Time	10-15 minutes
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Full match (shorten pitch if numbers low) • Only condition is players can only pass the ball forward, they are not allowed pass back. <p>Progressions:</p> <ul style="list-style-type: none"> • In addition to the above, give a free against players who run back towards own goal whilst in possession of the ball
Equipment	Footballs, Bibs.
Learning Focus	<p>Whilst in offensive mode, players must always be making runs in front of the player in possession. Player in possession has reduced options by negating option to pass the ball back to what is usually a safe pass option. From a defensive side, ability to close space and block potential avenues for passes is a crucial component. By adding progression, inviting the player on the ball to be aggressive in every aspect of play. Ability to put the defender under direct pressure when in possession and the defender having to adapt to learn how to cope with direct runners.</p>
Diagram	

Theme	Double Scores
Time	10-15 minutes
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Full match (shorten pitch if number low) • Object of the exercise is to try and build momentum as a unit offensively and quash it defensively. • If a team scores, they get 1 point. If they get the next point, then they get 2 points for that score. If they get the 3rd point in a row, they get 3 points for that point etc. So, by scoring 3 points in a row, the team earns 6 points. • When the opponent scores, they go back to 1 point for next score. • Object of the game is to get as many scores in a row and build momentum by getting multiple points consecutively. <p>Progressions:</p> <ul style="list-style-type: none"> • Goals can count also. • No solo in the game will lead to faster decisions needed
Equipment	Football, Bibs.
Learning Focus	It is important for players to recognise when the opponent is gaining momentum and put a stop to it by creating and executing a scoring opportunity themselves. Ability to then build on scores by adding extra points per additional score in a row will lead to teams working harder to enforce their previous score and add to it throughout the game.
Diagram	

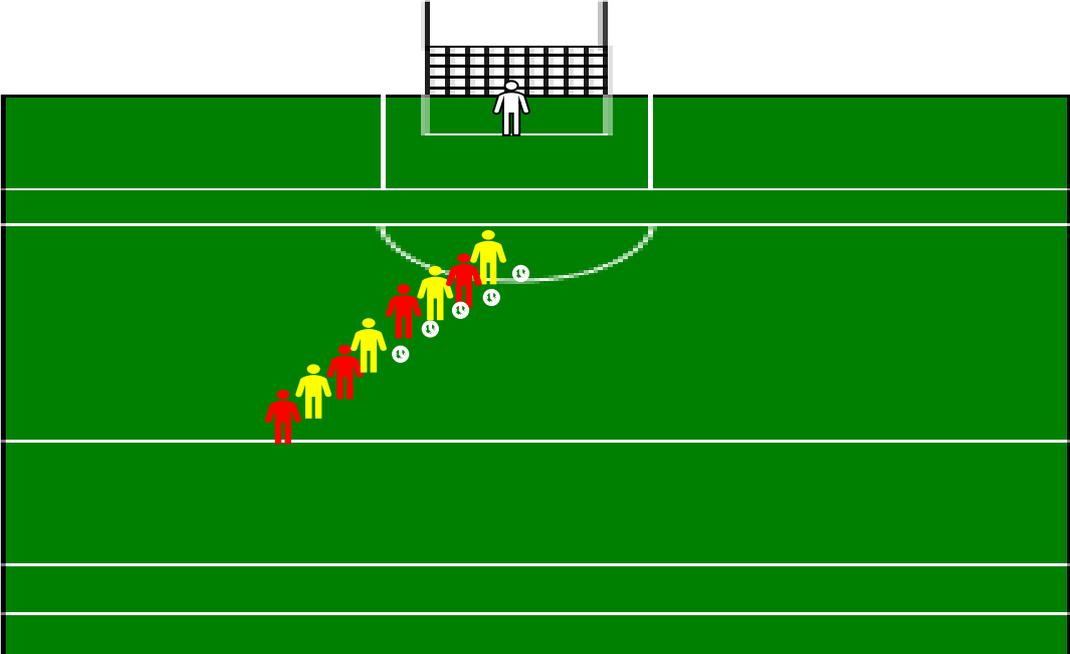
Theme	Attack as a Team and Defend as a Team
Component	Game
Time	10-15 minutes
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Full match (shorten pitch if numbers low) • Goals only. • Each score can be doubled if the defending team does not have all players in their own half. • In effect, when teams don't have the ball every player needs to work back into a defensive position. • For the attacking team, the emphasis is to attack quickly to catch out the opponents <p>Progressions:</p> <ul style="list-style-type: none"> • Teams can also score double if all their players are in the attacking half. • No solo in the game will lead to faster decisions needed
Equipment	Footballs, Bibs.
Learning Focus	It is important that the team works as a unit, attacking as one and defending as one. This exercise will be highly physical with the continuous moving from each half of the pitch to the other. Ability to the attackers to create goal scoring chances in tight spaces and in a crowded area. From a defensive side to be able to close out space and force turnovers before attacking at speed are key components on this game.
Diagram	

Theme	3 Second Rule
Time	10-15 minutes
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Full match (shorten pitch if numbers low) • Players are only allowed have possession for 3 seconds before playing the ball away for a score or a pass. • No bounce or solo allowed <p>Progressions:</p> <ul style="list-style-type: none"> • No Hand pass • Weak side only
Equipment	Footballs, Bibs.
Learning Focus	This game will focus players on playing the ball faster than usual. By forcing the player to move the ball after 3 seconds, they will have to make faster decisions and also their teammates will have to make faster more decisive movements off the ball.
Diagram	

Theme	3 Zone Game
Time	10-15 minutes
Description	<p>Players set up as in Diagram.</p> <ul style="list-style-type: none"> • Full match (shorten pitch if numbers low) • This game has the pitch broken into 3 zones (end line to 45m line, 45m line to 45m line and 45m line to end line) • In this game, you are not allowed pass the ball within the zone, so if you are in the defensive 3rd of the pitch, you cannot pass the ball to someone in the same zone as you and can only pass it to one of the other 2 zones. • Players may go backwards to zone behind them <p>Progressions:</p> <ul style="list-style-type: none"> • No solo allowed. • Make zones vertically up the field e.g. from Goal to Goal, so that players are giving angled passes to the next line.
Equipment	Sliotars, Bibs.
Learning Focus	This game will focus players on playing the ball faster than usual. By forcing the player to move the ball after 3 seconds, they will have to make faster decisions and their teammates will have to make faster more decisive movements off the ball.
Diagram	 <p>The diagram shows a football pitch divided into three vertical zones by two vertical white lines. The pitch is green with white markings for the center circle, half-way line, and goals. Two goals are shown at the ends. Red and yellow player icons are positioned across the pitch, illustrating the 3-zone setup. The zones are defined by the end lines and the two vertical lines. The diagram shows a total of 12 players: 6 red and 6 yellow, distributed across the three zones.</p>

Finish on a High

When possible, try to put in a fun element to the end of training. Below are a few ideas that you may find useful.

Theme	Fun Games to Finish Each Session
Time	5 minutes
Description	<p>At the end of each training session, I like to finish on a positive Fun note, so try to do one of the following and see how they work for you:</p> <ul style="list-style-type: none"> • Crossbar Challenge- Hit the crossbar from 20m line • Penalty Shoot Out- Score and you go into the next round, miss and you are out. • Free Taking Competition- Start at 20m line, if you score, you then move out 5m each time until a winner is got. • Point scoring Competition- First player picks a spot, all players take a shot from there. Keep moving spot until 1 man left
Equipment	A smile
Learning Focus	Enjoyment
Diagram	 <p>The diagram illustrates a soccer field with a goal at the top. A line of players, alternating in color between red and yellow, is positioned on the field, moving away from the goal. Each player has a small circle next to them, representing a spot for a free-taking competition. The goal is shown with a net and a goalkeeper.</p>

Session Planner

Designing Sessions can be very easy if you know what you want to work on. Choose a topic and try to work exercises/games to suit the topic.

Example 1: Focus on Gaining Possession

Session Focus: Today's session will focus on Gaining Possession	
Component	Activity
Warm Up	Piggy in the Middle along with Gaelic 15 Exercises
Activity 1	Complete the Circle: Watch the game unfold for a few minutes. Any areas lacking e.g. High Catch, Stop the Game, focus on executing the High Catch under token pressure for 2 minutes then back into the game. Depending on quality and engagement, 10-15 minutes
Activity 2	First Touch and Movement for the Ball Exercise: Watch the exercise and if needed, ask the players questions e.g. Where do you need to go to get an easier pass? Continue Game again and progress as needed.
Activity 3	Attacking, Defending and Linking up Lines: Again, execute the exercise. After a few minutes, get each group in together and get them to discuss tactics for when attacking and defending. Continue with exercise.
Conditioned Game	3 Zone Game: Again, allow the teams to come up with their own style of play and tactics/team play.
Cool Down	Crossbar Challenge and Stretch

Example 2: Focus on Scoring: Creating and Executing Chances

Session Focus: Today's session will focus on Scoring, Creating and Executing Goal Chances	
Component	Activity
Warm Up	Piggy in the Middle along with Gaelic 15 Exercises
Activity 1	Attacking and Defending High Intensity: Encourage each group to come up with their own tactics and plans from an offensive and defensive point of view
Activity 2	Attack and Defend 6: Players will begin to gain an understanding of the type of movement needed by forwards and the more favourable type of ball to pass in.
Activity 3	Attack and Defend 1: Players have multiple Goal scoring opportunities.
Conditioned Game	Forward Play Only: Will force quicker ball into the forward line which should create more scoring opportunities
Cool Down	Free taking Competition and Stretch