

Fr. Casey's Bord na nÓg

Fr. Casey's Bord na nÓg U10 Coaching Manual 2021



Under 10s – Training Structure

Key considerations at this level:

- Training sessions should be enjoyable and inclusive of all players.
- Groups and teams should be divided evenly in terms of ability, age and gender.
- Demonstrate the skills and drills slowly to players.
- Speak clearly and avoid shouting.
- Keep drills short and varied so that players remain interested throughout the training session.
- Players should use both hands and both feet when learning new skills and playing games.
- Coaches should encourage players, acknowledge their effort and praise them regularly.
- Give time at the end of a session to reflect with the players on the quality of the training session.
- Encourage players to practice their skills at home.
- The sample sessions provided focus on three skills in each session. Each skill develops further as sessions progress. Coaches are encouraged to build their own sessions, varying the skills focused upon and addressing the needs of the players.
- Additional activities are included to show how each skill can be developed further.

Duration of training session: 75 minutes

Equipment/Resource List:

- Each player should have a bib (different colours for opposing teams).
- 1 'Quick touch' football between two players.
- Coach/player ratio: 1:6.
- 1 set of training cones.
- 1 set of training poles.
- 1 set of water bottles.
- Sets of goal posts (10ftx6ft).
- Whistles for coaches/referees for games.
- 9-a-side games.
- Game duration– 4 quarters of 8 mins approx.
- Go Games rules apply.
- First Aid bag.

Pitch Dimensions:

- 65 meters x 40 meters
- Three zones



Under 10s – Sample Session 1

Key Skills— Reach Catch, Block Down & Hook Kick

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Session structure	Duration (mins)
Warm Up	10
Introduce the focus of the session	5
Partner Catch	10
Partner Block	10
Partner Kick	10
Game— 9v9	25
Session review and conclusion	5

Under 10s – Sample Session 2

Key Skills — Reach Catch, Block Down & Hook Kick

Session structure	Duration (mins)
Warm Up	10
Introduce the focus of the session	5
Pressure Catch	10
Move and Block	10
Around the Square (Hook Kick Drill)	10
Game— 9v9	25
Session review and conclusion	5

Under 10s – Sample Session 3

Key Skills — Reach Catch, Block Down & Hook Kick

Session structure	Duration (mins)
Warm Up	10
Introduce the focus of the session	5
Cross Catch	10
Zig-Zag Block	10
Kick and Move	10
Game— 9v9	25
Session review and conclusion	5

Under 10s – Sample Session 4

Key Skills — Solo, Crouch Lift & Checking

Session structure	Duration (mins)
Warm Up	10
Introduce the focus of the session	5
Stationery Top Tap	10
Lift and Drop	10
Hang On (Checking Drill)	10
Game— 9v9	25
Session review and conclusion	5

Under 10s – Sample Session 5

Key Skills — Solo, Crouch Lift & Checking

Session structure	Duration (mins)
Warm Up	10
Introduce the focus of the session	5
Toe Tap, Turn and Pass	10
Bridge Ball (Crouch Lift Drill)	10
Zig-Zag Check	10
Game— 9v9	25
Session review and conclusion	5

Under 10s – Sample Session 6

Key Skills — Solo, Crouch Lift & Checking

Session structure	Duration (mins)
Warm Up	10
Introduce the focus of the session	5
Crazy Solo	10
Opposed Lift (Crouch Lift Drill)	10
Zig-Zag Check with Ball	10
Game— 9v9	25
Session review and conclusion	5

Under 10s – Sample Session 7

Key Skills — Fist Pass & Side to Side Charge

Session structure	Duration (mins)
Warm Up	10
Introduce the focus of the session	5
Stationery Pass	10
Imitation Charge	10
Pressure Pass (Fist Pass 2nd drill)	10
Game— 9v9	25
Session review and conclusion	5

Under 10s – Sample Session 8

Key Skills — Fist Pass & Side to Side Charge

Session structure	Duration (mins)
Warm Up	10
Introduce the focus of the session	5
Move and Pass	10
Tackle Bag Charge	10
Charge and Lift (Side to Side Charge 2nd drill)	10
Game— 9v9	25
Session review and conclusion	5

Skills Test 1 – U10

Player Name	Body Catch		Low Catch		Punt Kick 1		Bounce		Hand Pass		Side Step		Total
	L	R	L	R	L	R	L	R	L	R	L	R	
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
10.													
11.													
12.													
13.													
14.													
15.													
16.													
17.													
18.													
19.													
20.													

• Each player should be assessed to determine their skills proficiency.

• Please use the table provided when assessing each player.

Note: L= Left Side, R= Right Side

Player Score	
Needs Practice	0-5
Reasonably Competent	5-8
Fully Competent	9-10

Manager Signature: _____

Date: _____

Skills Test 2 – U10

Player Name	Body Catch		Low Catch		Punt Kick 1		Bounce		Hand Pass		Side Step		Total
	L	R	L	R	L	R	L	R	L	R	L	R	
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
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11.													
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15.													
16.													
17.													
18.													
19.													
20.													

• Each player should be assessed to determine their skills proficiency.

• Please use the table provided when assessing each player.

Note: L= Left Side, R= Right Side

Player Score	
Needs Practice	0-5
Reasonably Competent	5-8
Fully Competent	9-10

Manager Signature: _____

Date: _____

Feedback from Testing

Player Name	Areas of Strength	Areas to Build on
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

Manager Signature: _____

Date: _____

Year Objective;

Method;

Early;

Middle;

Late;

April;

May;

June;

July;

August;

September;

October;

November;

December;

UNDER

10



COACHING
CLASSES



REACH CATCH / BLOCK DOWN / HOOK KICK / SOLO /
CROUCH LIFT / CHECKING / FIST PASS / SIDE TO SIDE CHARGE

U-10 INTRODUCTION



Welcome to the U-10 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 10. Remember that some players progress quicker than others and may have mastered these skills. In this case progress to the skills outlined in the U-12 section of this resource.

REACH CATCH

The Reach Catch in Football is a technique used to catch the ball when it approaches at or above head height. It forms the basic element of the overhead catch.

BLOCK DOWN

The Block Down is a tackling skill used to prevent an opponent shooting for a score or passing to another player. In scoring situations the Block Down is an effective and dramatic defensive skill.

HOOK KICK

The Hook Kick is a kicking technique used in Gaelic Football. It is predominantly used to shoot for points but is also used to pass to a team mate at an angle to the player in possession.

SOLO

The Solo or 'toe tap' in Gaelic Football is a technique used to play the ball in order to keep possession without fouling. It is used to carry possession to a better position or to evade an opponent. A solo run may incorporate a sequence of alternating bounces and toe taps, or just be a series of toe taps.

CROUCH LIFT

The Crouch Lift is a basic skill in Gaelic Football used to lift the ball from the ground into the hands.

CHECKING

Checking (shadowing) in Gaelic Football is a tackling skill used to force an opponent away from goal, into a poor position or onto their weaker side. Performed intelligently it is a very effective form of tackle. It is also known as jockeying.

FIST PASS

The Fist Pass is a variation of the handpass technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the closed fist of the free hand. A fisted pass will travel a greater distance than an open-handed handpass. Remember a fisted pass may be used to score a point but an open handed pass may not.

SIDE TO SIDE CHARGE

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Side to Side Charge is the basic contact skill required by football players. It may be used when the opponent is in possession of the ball, when they are playing the ball or when both players are moving in the direction of the ball to play it.

KEY TEACHING POINTS

Here are the Key Teaching Points for the Reach Catch



With head up, keep eyes on the ball



As the ball approaches, extend the arms towards the ball and spread the fingers
Keep the thumbs behind the ball forming a 'W' shape with the index fingers



When the ball approaches from above, catch it slightly in front of the head at its highest point



On receiving the ball, secure the ball into the chest with both hands



COMMON ERRORS

Here are the Common Errors for the Reach Catch



Not extending the arms fully: this may result in the ball being intercepted in a game situation as an opponent reaches and catches the ball first



To correct, extend the arms fully towards the ball and spread the fingers to receive the ball



Catching the ball behind the head



To correct, catch the ball slightly in front of the head, at its highest point



DRILL 1 PARTNER CATCH

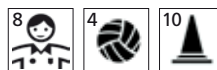
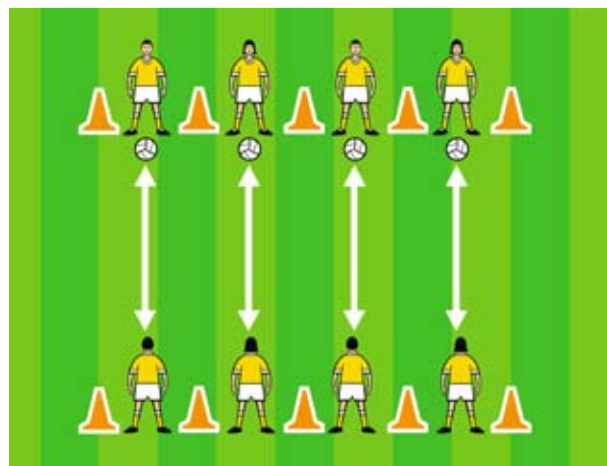
Basic Drill to practise the Reach Catch technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Each player in turn throws the ball above their partner's head for them to perform the Reach Catch overhead
- Continue the drill for a set time
- Each player then fists the ball at head height for their partner to perform the Reach Catch in front
- Again continue the drill for a set period of time

VARIATION

- The ball may be thrown slightly to either side of the catching player to challenge them to reach to each side

**DRILL 2 PRESSURE CATCH**

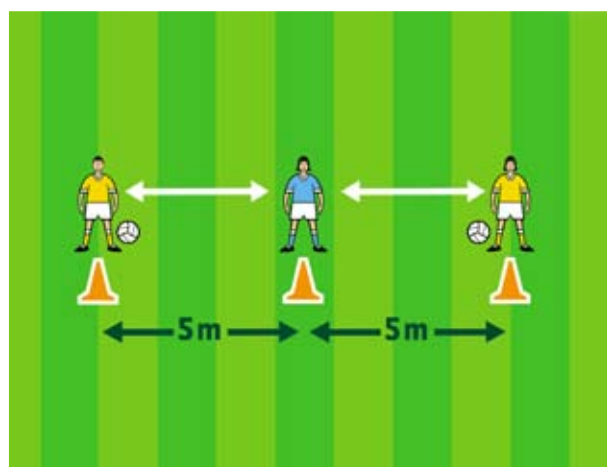
Intermediate Drill to practise the Reach Catch technique requiring the player in the middle to perform the technique as efficiently as possible

ORGANISATION

- Divide the players into groups of three: two balls per group
- Each group of three lines up with 5m between each player
- The players at each end have a ball each and in turn serve to the player in the middle to perform the Reach Catch
- The player in the middle returns the ball to the same server each time
- Begin by throwing the ball above the head and after a set time change to fist passing the ball to head height

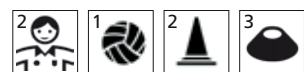
VARIATIONS

- To increase the difficulty: increase the distance between the players
- A third server may also be used



PRACTISE THE TECHNIQUE

DRILL 3 CROSS CATCH



Intermediate Drill to practise the Reach Catch technique which requires the players to attack and catch the ball while moving in different directions

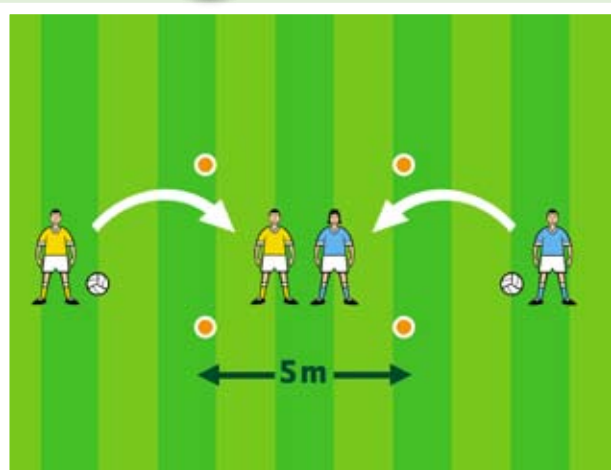
ORGANISATION

- Mark out a cross as shown
- A feeder stands at one point of the cross while the other player lines up directly opposite
- Each player in turn moves to the middle marker and each of the side markers to perform the Reach Catch as the feeder serves the ball
- Alternate between serving the ball above the head and at head height of the catching players
- Encourage the players to attack the ball at pace

VARIATION

- To increase the difficulty of the drill, each player is shadowed by a token opponent as they move to catch each pass

DRILL 4 OPPOSED CATCH



Advanced Drill to practise the Reach Catch technique introducing full opposition

ORGANISATION

- Mark out a grid approximately 8m X 5m
- Divide the players into groups of 4
- Two players are positioned within the grid
- The other two players act as feeders: each feeder is designated a partner
- Each feeder in turn throws the ball for their partner to perform the Reach Catch while the other player provides opposition
- Initially the opposition should be token before eventually progressing to full opposition as the players become more competent

VARIATION

- To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest

ACTIVITY 1 PIGGY IN THE MIDDLE

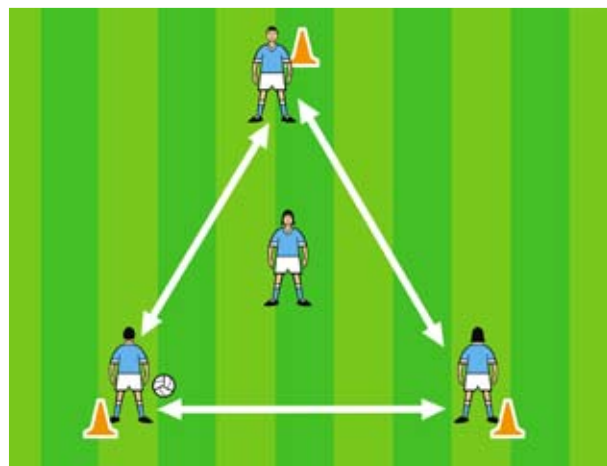
A Fun Game to develop the Reach Catch

ORGANISATION

- Mark out a triangle using cones as shown
- Divide the players into groups of four; one ball per group
- One player is positioned at each of the cones while the fourth is the 'piggy' in the middle
- Players must pass the ball to each other at an appropriate height, in order for the receiver to perform the Reach Catch
- The player in the middle attempts to intercept the ball
- If successful, the player whose pass was intercepted becomes the new 'piggy' in the middle

VARIATION

- Increase the distance between the outer players to make the drill more difficult



ACTIVITY 2 KEEP BALL

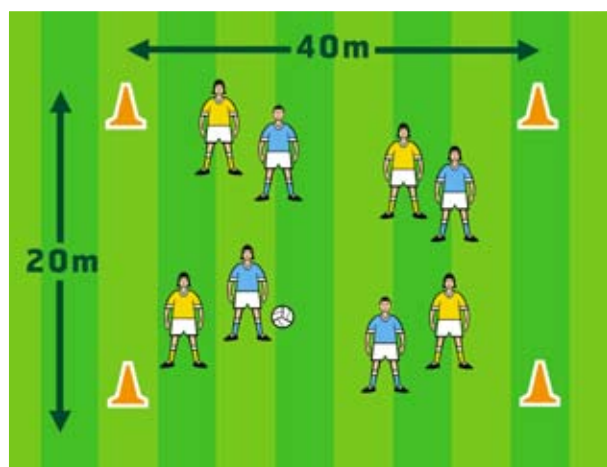
A Fun Game to develop the Reach Catch

ORGANISATION

- Mark out a grid 40m X 20m
- Divide the players into teams of 4 or 5
- The objective of the game is to retain possession by kick or fist passing to a team-mate
- The players should focus on performing the Reach Catch to receive the ball
- If the ball is intercepted or a pass hits the ground the other team win possession
- Award a point for every Reach Catch performed successfully

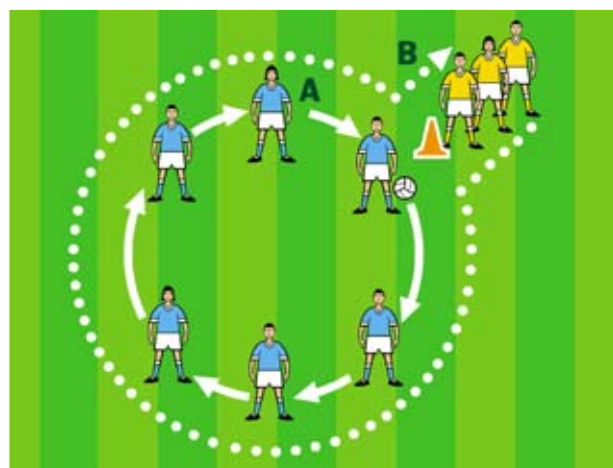
VARIATION

- Alternatively the team who retain possession for the greatest number of passes in sequence wins



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players ability to perform the Reach Catch under pressure.

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each players
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Reach Catches completed before the last player in Team B finishes their run
- Reverse the roles: the team with the most Reach Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball around the circle twice wins



KEY TEACHING POINTS

Here are the Key Teaching Points for the Block Down



Stand close to the opponent in the Check position



As the opponent prepares to play the ball, reach forward with the arms outstretched and hands close together

Keep your eyes on the ball



Block the ball at the point of contact with the boot

Move to regain possession ahead of the opponent



COMMON ERRORS

Here are the Common Errors for the Block Down



Shying away from contact



To correct, introduce the player to the contact situation in a slow and controlled manner



Missing the ball as it passes between the outstretched arms



To correct, keep the hands close together, moving confidently to block the ball at the point of contact with the boot



Closing the eyes when attempting to perform the Block Down: this may result in the player missing the block as they fail to react to the direction of the kick



To correct, keep the eyes open at all times, focusing on the ball at the point of contact



DRILL 1 PARTNER BLOCK

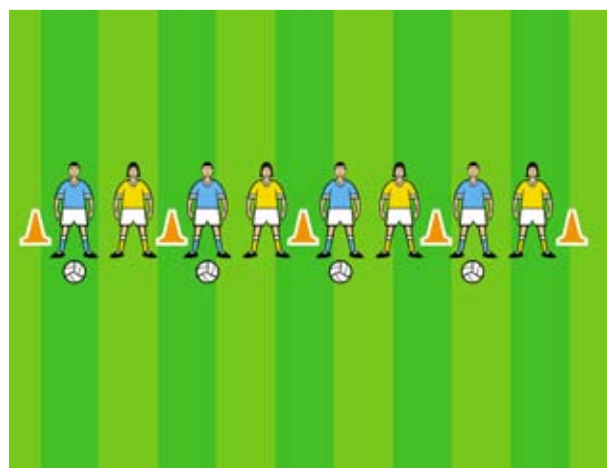
Basic Drill to practise the Block Down technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Player A toe taps the ball for Player B, in a kneeling position, to block as the ball leaves the foot
- Reverse the roles after a designated time
- This drill is particularly effective in improving the confidence of the player in performing the Block Down

VARIATIONS

- Progress the drill by getting Player B to stand
- Challenge the blocker to step into the block from a metre or so away to improve their timing

**DRILL 2 MOVE AND BLOCK**

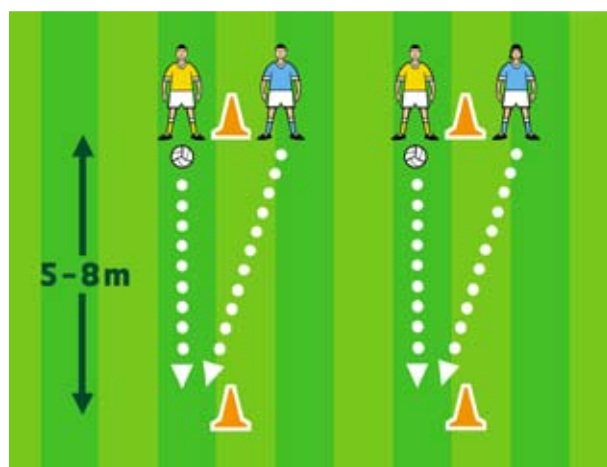
Intermediate Drill to practise the Block Down technique requiring the players to perform the block while moving

ORGANISATION

- Divide the group into pairs; one ball per pair
- Mark out two cones 5-8m apart for each pair
- The player in possession moves forward along the line to kick the ball at the far cone
- The blocking player travels alongside and attempts to block the ball as the ball is kicked
- Providing a target or player for the kicker to aim at will help improve the success of the drill
- Reverse the roles after a designated time

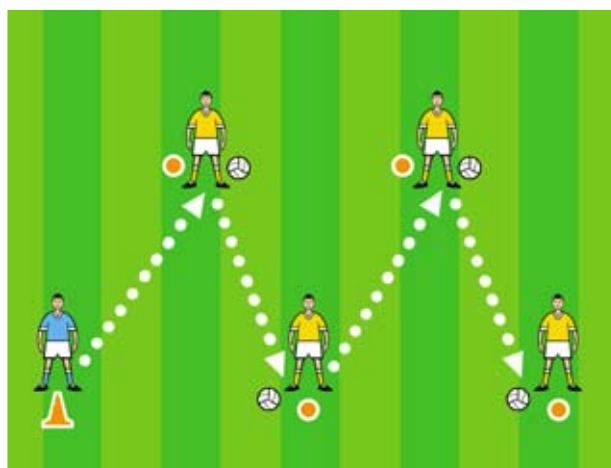
VARIATION

- As the players become more proficient increase the pace of the drill



PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG BLOCK



Intermediate Drill to practise the Block Down technique requiring the blocker to move in different directions to perform the block

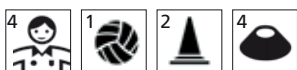
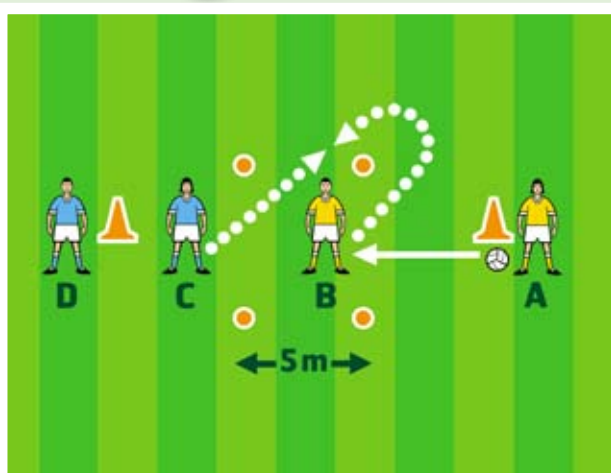
ORGANISATION

- Divide the players into groups of 5
- 4 of the players stand at intervals of 5m apart, one ball per player
- The blocker beginning at one end of the line moves to block each player in sequence
- Rotate the blocker after each run

VARIATIONS

- As the players become more proficient increase the pace of the drill
- As the players become more competent the blocker may be required to dive to block each kick

DRILL 4 HIT THE TARGET



Intermediate Drill to practise the Block Down technique

ORGANISATION

- Mark out a grid approximately 5m square using cones
- On a signal Player A, positioned 10m to one side of the grid, kick passes the ball to Player B, positioned in the grid
- Player B must turn around one of the corner cones of the grid before attempting to kick the ball to Player D approximately 10m to the far side of the grid
- Player C attempts to block Player B from completing the pass
- Repeat a set number of times before changing the feeders

VARIATION

- To increase the difficulty of the drill, increase the distance the blocker must travel to block the kicker

ACTIVITY 1 GRID BLOCK

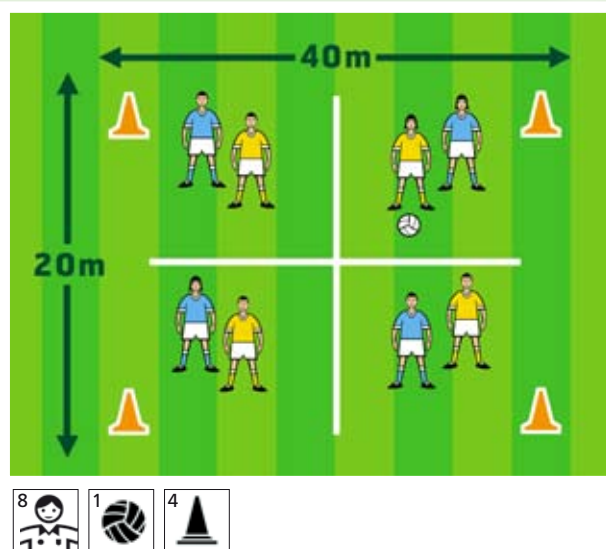

A Fun Game to develop the Block Down

ORGANISATION

- Mark out a grid approximately 40m X 20m using cones
- Divide the grid into 4 sections
- Divide the players into two teams of four; one player per section
- The players attempt to retain possession by kicking the ball from section to section
- The opposing team attempt to block the kick attempts
- If the kick is successful, that team must be allowed to retain possession
- Continue the game for a set period of time

VARIATION

- Initially allow the ball to be passed either clockwise or anti-clockwise: as the players progress, allow the ball to be played in any direction


ACTIVITY 2 SHOOT AND BLOCK

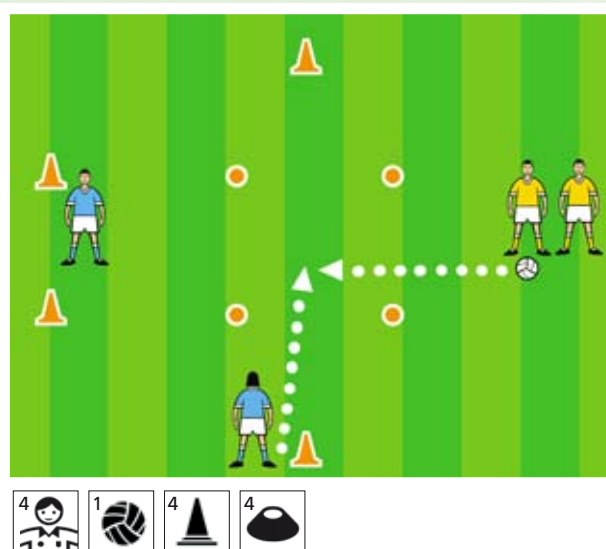

A Game Play Drill to develop the Block Down which requires the players to Block Down attacking players as they shoot for a score

ORGANISATION

- Mark out a defensive zone or grid approx 10-15m from goal
- An attacking player solos from further out the field to kick for a score from inside the defensive zone
- A defensive player enters the zone from either side, to block the attacking player as they attempt to complete their kick
- The defensive player should alternate coming from the right or the left of the attacking player

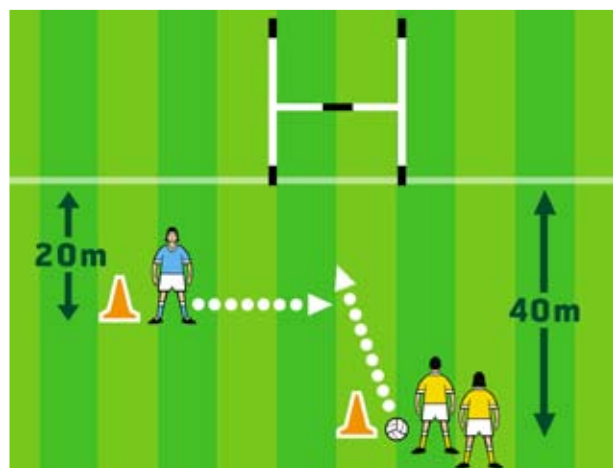
VARIATION

- Both the attacker and defender begin on the 13m line to one side of the goal; rounding a central cone the attacking player shoots as the defending player attempts to block



DEVELOP THE SKILL

ACTIVITY 3 SHOOT AND BLOCK II



A Game Play Drill to develop the Block Down

ORGANISATION

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20m from goal to one side
- Divide the players into pairs, one defender and one attacker
- Each attacker in turn solos towards goal shadowed by the defender
- Once within shooting range the attacker attempts to shoot for a point and the defender attempts to block
- Reverse the roles after a set number of attempts

VARIATION

- Increase the number of defenders to increase the occasions of blocking



KEY TEACHING POINTS

Here are the Key Teaching Points for the Hook Kick



Hold the ball firmly with both hands

Point the shoulder towards the target



Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance



Step forward with the non-kicking foot

Extend the wrist and drop the ball onto the kicking foot



Kick the ball with the inside of the foot



Follow through with the kicking leg across the body in the direction of the target, with the toe pointing upwards



COMMON ERRORS

Here are the Common Errors the Hook Kick



Not pointing the shoulder towards the target: this may lead to inaccuracy in the pass or shot



To correct, point the shoulder to the target before taking the kick



Dropping the ball from the opposite hand to the kicking foot: this can lead to the player over hooking the ball and misdirecting the pass or shot



To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance



Lifting the head too early: this can lead to mis-kicking the ball and sending the ball in the wrong direction



To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete



DRILL 1 PARTNER KICK

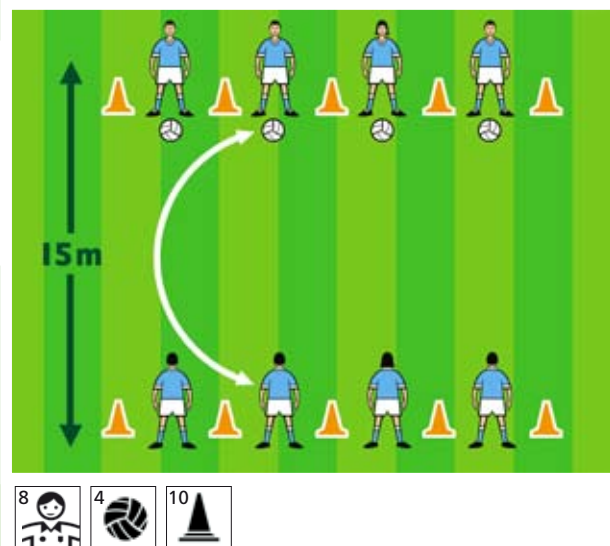
Basic Drill to practise the Hook Kick technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Mark out a channel 5m wide and 15m long for each pair
- Each player in turn Hook Kicks the ball to their partner
- It may be necessary to group the players on the basis of ability
- Repeat the drill getting the players to use the opposite leg

VARIATION

- To increase the difficulty of the drill, increase the distance between the players



DRILL 2 AROUND THE SQUARE

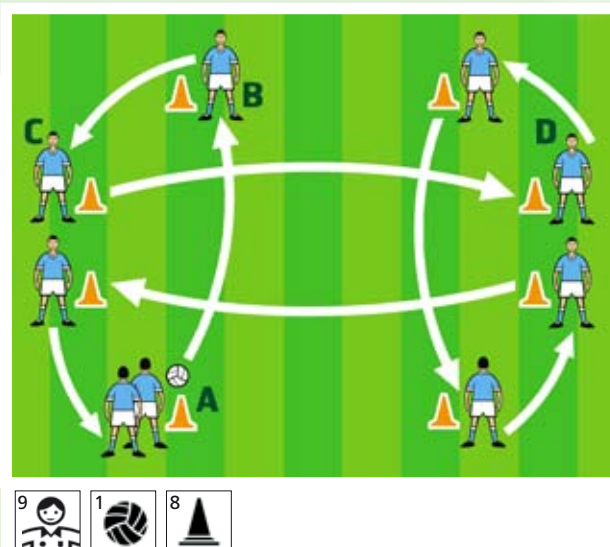
Intermediate Drill to practise the Hook Kick technique that also includes the fist pass

ORGANISATION

- Set up a formation as shown using 8 cones
- Position one player at each cone
- Player A Hook Kicks the ball to player B at the furthest cone to one side
- Player B Fist Passes the ball to Player C alongside
- Player C then Hook Kicks the ball to Player D and so the drill continues
- Rotate the kickers and receivers after three rounds
- Continue the drill in a clockwise direction for a set time before changing direction and requiring the players to use the opposite leg

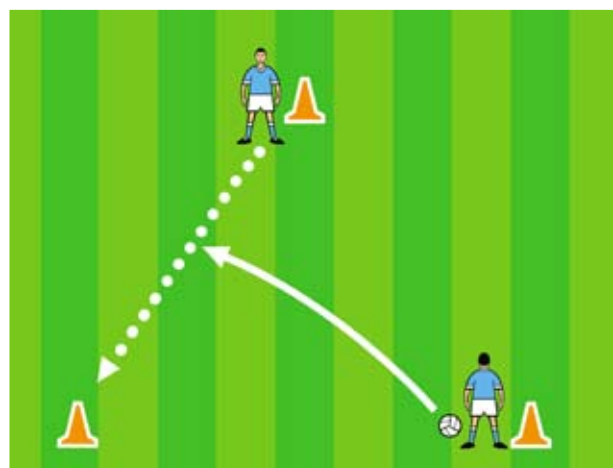
VARIATION

- To increase the intensity of the drill, introduce more footballs



PRACTISE THE TECHNIQUE

DRILL 3 KICK AND MOVE



Intermediate Drill to practise the Hook Kick technique

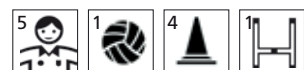
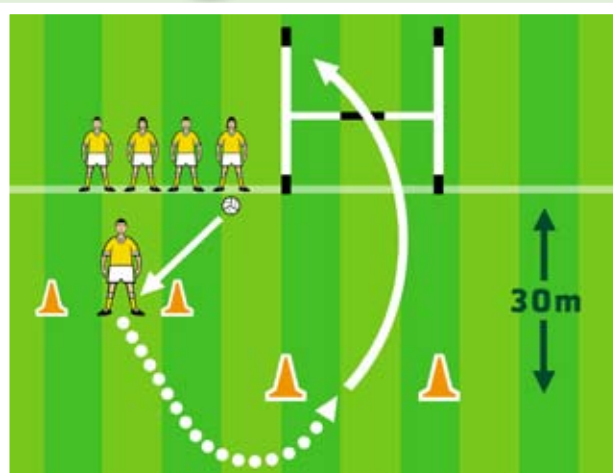
ORGANISATION

- Divide the players into pairs, one ball per pair
- Place 3 cones 20m apart to form a triangle
- First, each player Hook Kicks the ball on the run while moving along a length of the triangle; their partner remains in a stationary position
- Second, each player Hook Kicks the ball from a stationary position to their partner who is moving along the far length of the triangle
- Third, each player Hook Kicks the ball on the run to their partner who is also moving
- Change the direction of the movement to kick off the alternate side

VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves

DRILL 4 KICK AND SCORE



Intermediate Drill to practise the Hook Kick technique that requires the players to kick for a score

ORGANISATION

- Place 2 cones 6-8m apart 30m from goal
- All the players except one begin behind the goal
- Position the other player at a cone 20m from goal to one side
- The first player from behind the goal solos towards the cone and first passes to the waiting player, taking over their position
- That player solos to round the nearest 30m cone and Hook Kicks for a point
- The next player behind the goal repeats the drill
- Continue the drill for a set time and repeat from the opposite side

VARIATION

- To increase the challenge; increase the distance from which the players kick

ACTIVITY 1 BULL'S EYE



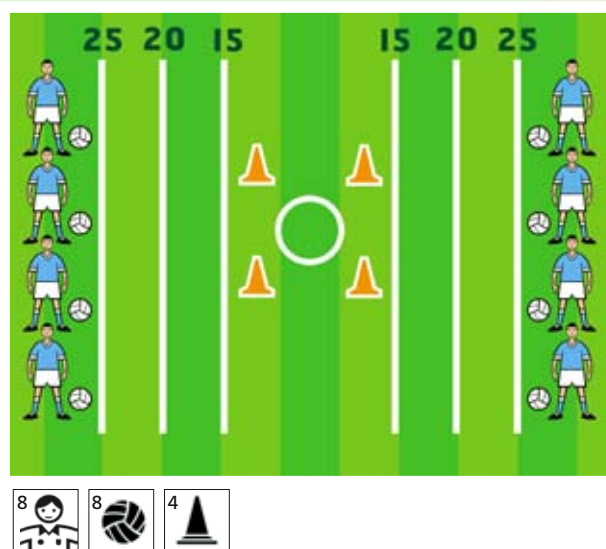
A Fun Game to develop the Hook Kick

ORGANISATION

- Place 4 cones in a 10m square formation
- Inside the 10m mark out a circle
- Mark out a line of cones 15m, 20m and 25m to either side of the grid
- Divide the players into two groups: one group at either side
- Beginning at one side and behind the 15m line, the players attempt to land the ball in the square or circle
- Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle

VARIATION

- Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient



ACTIVITY 2 HOOKED



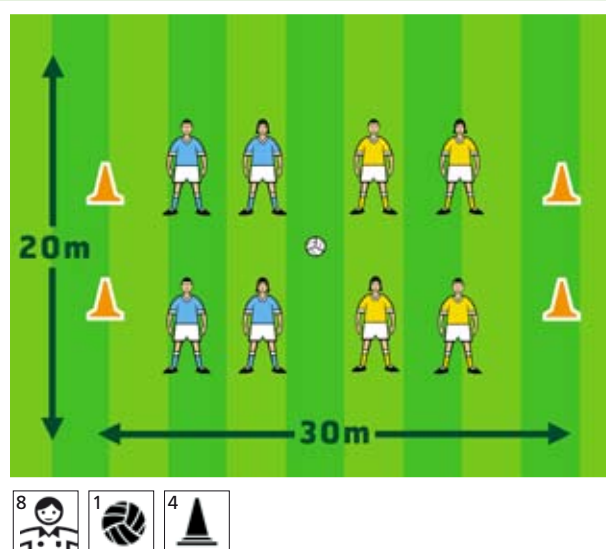
Modified Game to develop the Hook Kick technique

ORGANISATION

- Mark out a playing area 20m X 30m
- Mark out a goal area at either end
- Divide the players into two equal teams
- A permanent goalkeeper is not allowed
- The players may only Solo and Hook Kick the ball
- A score is awarded only when a player Hook Kicks the ball through the cones

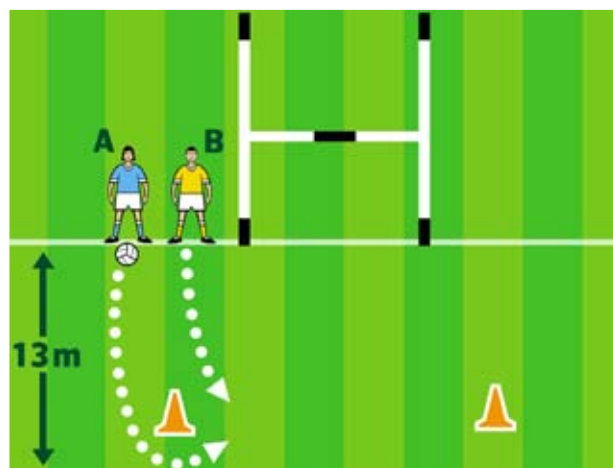
VARIATIONS

- Divide the playing area into zones to prevent crowding; players must stay within their designated zones
- Allow players to Fist Pass and Punt Kick to pass the ball; scores must be with a Hook Kick



DEVELOP THE SKILL

ACTIVITY 3 GOAL TO GOAL



A Game Play Drill to develop the Hook Kick requiring the players to Hook Kick for a point while under pressure from an opponent

ORGANISATION

- Place a cone 13m from the end line on either side of the goal area
- The players line up in pairs to one side of the goals
- Player A Solos to the cone to Hook Kick the ball for a point
- Player B follows and attempts to block
- Award points for a successful Kick
- Repeat the drill from either side of the goal
- Reverse the roles of the players after every second go

VARIATION

- Increase or decrease the distance the player has to shoot from, depending on their ability



KEY TEACHING POINTS

Here are the Key Teaching Points for the Solo



Hold the ball firmly with both hands

Keep the torso upright



Release the ball into the hand at the kicking side

Head down, eyes on the ball



Step forward with the non-kicking foot

Extend the wrist and drop the ball onto the kicking foot



When the foot impacts the ball, flick the toe upwards towards the body

Straighten the leg



Extend the arms forward to catch the ball



COMMON ERRORS

Here are the Common Errors of the Solo



Dropping the ball with both hands or dropping the ball to the foot with the wrong hand: this may lead to difficulty keeping control of the ball, particularly, when attempting to Solo at speed



To correct, drop the ball toward the kicking leg with the hand at the same side



Throwing the ball to the kicking foot



To correct, the ball is dropped and not thrown from the release hand



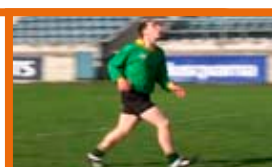
Not using a straight leg to flick the ball upwards towards the body: this may result in the player failing to control the ball



To correct, kick the ball at the end of the stride, flicking the toe upwards to bring the ball back into the body



Soloing the ball too high



To correct, ensure the ball is cushioned back by flicking the toe upward on impact



DRILL 1 STATIONARY TOE TAP

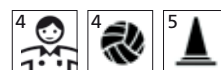
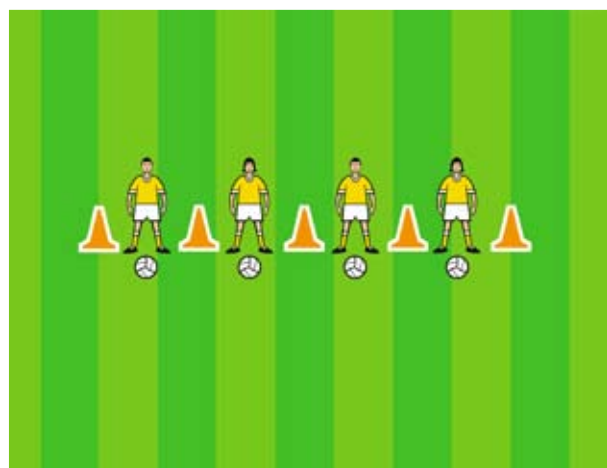
Basic Drill to practise the Solo technique

ORGANISATION

- Each player has a ball
- Ensure each player has adequate space to perform the technique in a stationary position
- On the whistle, the players Solo the ball on the spot
- The players count how many times they can Solo the ball successfully in 30 seconds
- Start again if the ball is dropped or if the ball goes above the head
- Set a target for each player depending on their ability
- Players repeat the drill using the opposite leg

VARIATION

- Organise the drill in pairs with the partners counting for each other


DRILL 2 TOE TAP, TURN AND PASS

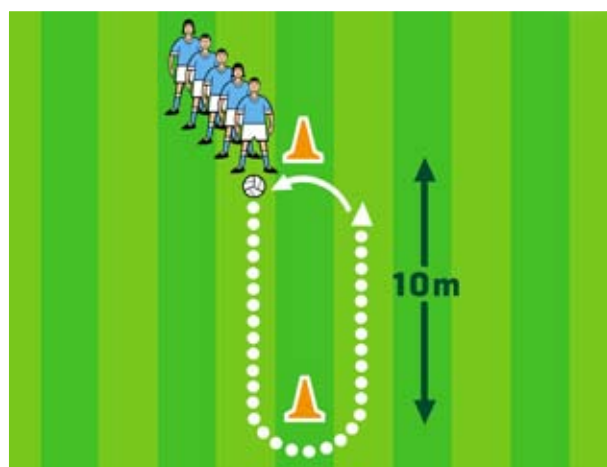
Intermediate Drill to practise the Solo technique that requires the players to Solo around a number of obstacles

ORGANISATION

- Mark out a distance of 10m using cones
- Divide the players into groups of 5, one ball per group
- The players line up behind one of the cones
- In turn each player Solos out and around the far cone, first passing for the next player as they return to the back of the line
- Continue the drill for a set time
- Repeat the drill using the opposite foot

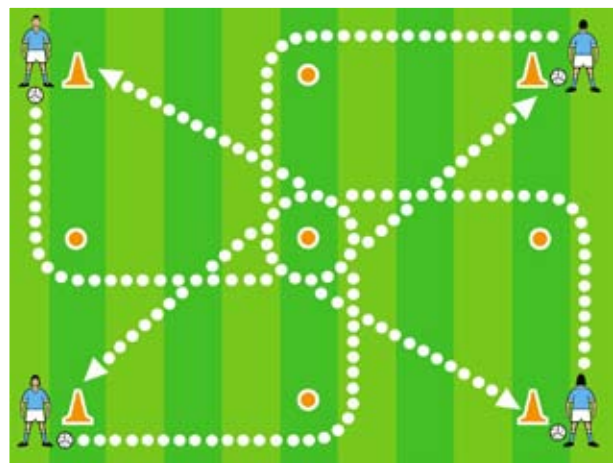
VARIATION

- Increase the speed of the drill as the players become more proficient



PRACTISE THE TECHNIQUE

DRILL 3 CRAZY SOLO



Intermediate Drill to practise the Solo technique that challenges the peripheral vision of the players

ORGANISATION

- Mark out a grid using cones and markers as shown
- Place a further marker in the centre of the grid
- Position a player at each corner cone
- Each player Solos with the ball in an anti-clockwise direction around the first marker, then the centre marker and back to their corner
- Each player in turn repeats the drill
- The players must be aware of each other's movements as they round the centre marker

VARIATIONS

- Allow the players to attempt to knock the ball from the other players as they round the centre marker
- Try with teams of three or four at each corner cone



ACTIVITY 1 TOE-TAP TAG

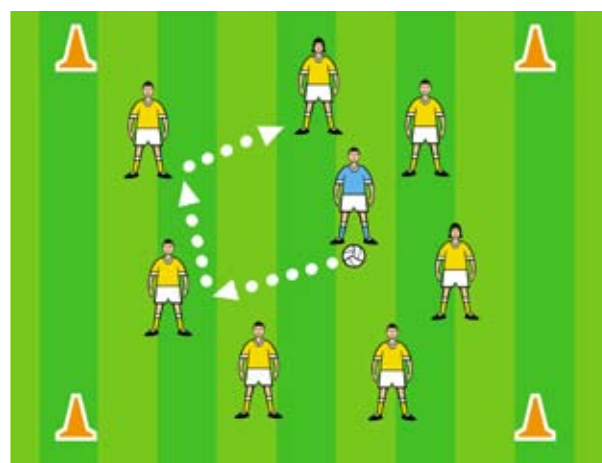

Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 15m
- One player with a ball must Solo around and attempt to tag the other players
- The player must Solo at least once every four steps
- Once a player has been tagged, they must leave the game
- Change the player with the ball when all the players have been tagged

VARIATION

- Increase the number of 'taggers' to reduce the difficulty of the game


ACTIVITY 2 PASS THE GUARD

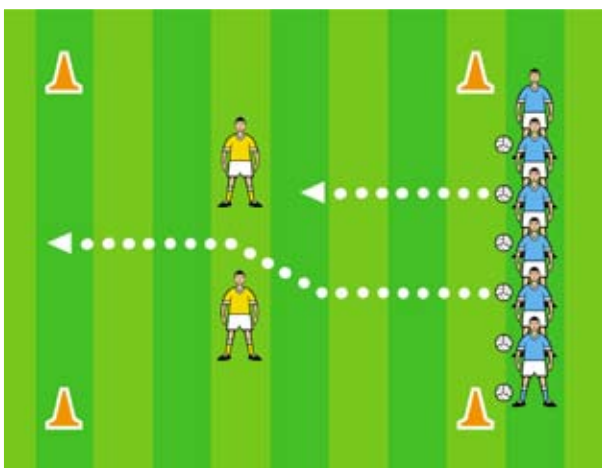

Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 15m
- Six players attempt to Solo across the grid
- Two players act as defenders and attempt to tag the soloing players
- Once a player has been tagged they must leave the game
- The soloing players continue over and back until all have been tagged
- Rotate the defenders and repeat the game

VARIATION

- Increase the width of the grid to reduce the difficulty for the soloing players



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT INVASION GAME



Modified Game to develop the Solo technique

ORGANISATION

- Divide the players into two equal teams
- The game begins with a Punt Kick from one team down the field to the other team
- The receiving team must then Solo and Hand Pass the ball up the field
- A score is awarded only when a player Solos the ball through the opposition goals
- Having scored or lost the ball in the tackle the team return to their endline and Punt Kick the ball for the second team to attempt to score

VARIATION

- To reduce the difficulty of the game for the attacking team reduce the number of defenders for each play

KEY TEACHING POINTS

Here are the Key Teaching Points for the Crouch Lift



Move to the ball

Bend the back and knees, placing the supporting foot alongside and a little ahead of the ball



Place the hands in front of the ball in a cupped position with the fingers spread



Bring the lifting leg forward, scooping the ball forward into the cupped hands



Draw the ball into the body to secure possession



COMMON ERRORS

Here are the Common Errors for the Crouch Lift



Not crouching to lift the ball: this may result in the player kicking the ball forward rather than lifting it into the hands



To correct, bend the back and knees to Crouch Lift the ball



Not placing the hands in front of the ball or leaving too much of a gap between the hands: this may result in the ball slipping through the player's hands and failing to secure possession



To correct, place the hands in front of the ball in a cupped position with the fingers spread



Touching the ball on the ground: this may result in a free being awarded against the player



To correct, bring the lifting leg forward to scoop the ball into the cupped hands



Not planting the support foot beside the ball: this may leave the player off balance and stumbling over or result in the ball being kicked ahead instead of lifted into the hands



To correct, judge the stride length as you approach the ball and plant the support foot to the side of the ball as the lifting foot comes through to scoop the ball into the hands



DRILL 1 LIFT AND DROP

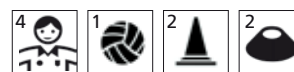
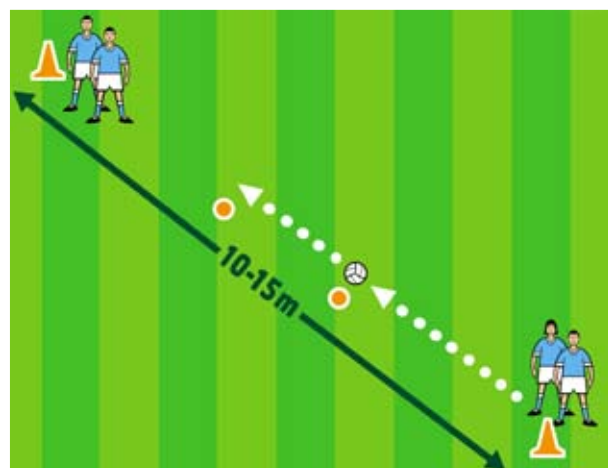
Basic Drill to practise the Crouch Lift technique that requires the players to lift and drop the ball within a short distance

ORGANISATION

- Place 2 cones and 2 markers in a line at equal distances over approximately 10-15m
- Divide the players into equal groups, positioned at each of the outer cones
- Place a ball at one of the centre markers
- The front player nearest the ball jogs forward to Crouch Lift the ball
- Continuing forward they place the ball at the next marker for the first player opposite to repeat the drill, and so on
- The players continue to the end of the opposite line

VARIATION

- To increase the difficulty of the drill reduce the space between the centre markers

**DRILL 2 BRIDGE BALL**

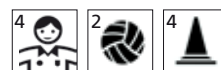
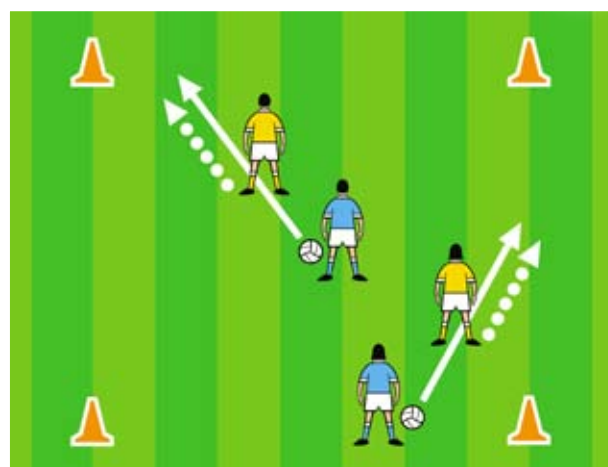
Intermediate Drill to practise the Crouch Lift that requires the players to perform the technique as the ball moves away from them

ORGANISATION

- Divide the players into pairs; one ball per pair
- The player without the ball finds space and stands still with their legs wide apart
- Their partner rolls the ball under their legs from behind so that they must chase and lift it as it moves away

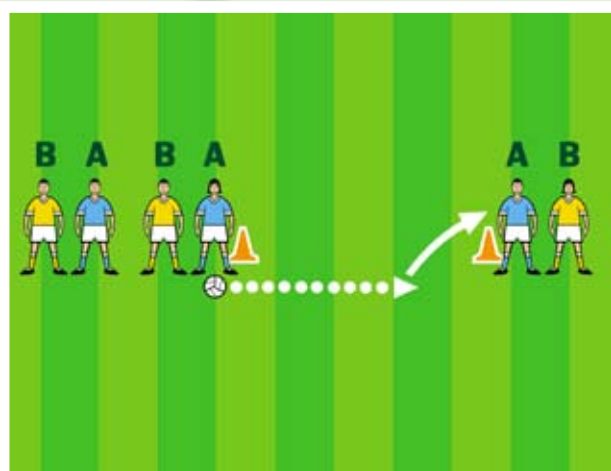
VARIATION

- To increase the difficulty of the drill the player with the ball rolls it through from in front of their partner so that they must turn before chasing and lifting the ball



PRACTISE THE TECHNIQUE

DRILL 3 OPPOSED LIFT



Advanced Drill to practise the Crouch Lift technique

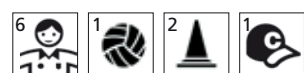
ORGANISATION

- Divide the players into groups of 3 pairs, one ball per group
- Mark out a distance of approximately 10m using cones
- Beginning with the first pair, Player A throws the ball out in front, chasing to Crouch Lift the ball into the hands
- Player B provides opposition without physically tackling the player or the ball
- Player A then passes the ball to the next pair who repeat
- The lifting players must retain focus on the technique while under simulated pressure from their partner
- Continue the routine for approximately 1 minute

VARIATION

- To increase the difficulty of the drill, allow the opposition players to tackle the ball

DRILL 4 TUSSLE AND LIFT



Advanced Drill to practise the Crouch Lift technique that requires the players to contest the ball with an opponent

ORGANISATION

- Divide the players into pairs, one of each pair lined up approximately 5m apart
- On a signal the Coach rolls the ball forward from behind each pair who chase and contest for the ball
- The players switch sides on every go

VARIATION

- To increase the difficulty of the drill the Coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed

ACTIVITY 1 A RACE AGAINST TIME

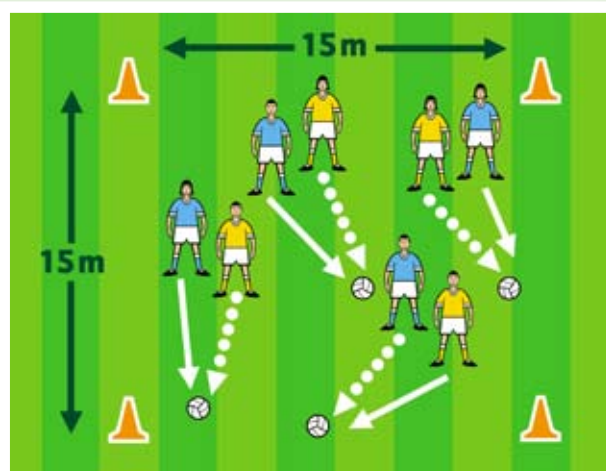

Fun Game to develop the Crouch Lift technique

ORGANISATION

- Mark out a grid 15m X 15m using cones
- Divide the players into pairs, one ball per pair
- On a whistle, the player in possession rolls the ball forward for their partner to chase and pick up using the Crouch Lift technique
- Encourage constant changes of direction
- Ensure each player practices securing the ball after the lift, before rolling it for their partner
- Count how many successful lifts each pair can do in a set time

VARIATION

- To increase the difficulty of the drill, the second player may attempt to tackle the ball as the first player attempts the Crouch Lift. Mark each player against their partner


ACTIVITY 2 SCATTER AND LIFT

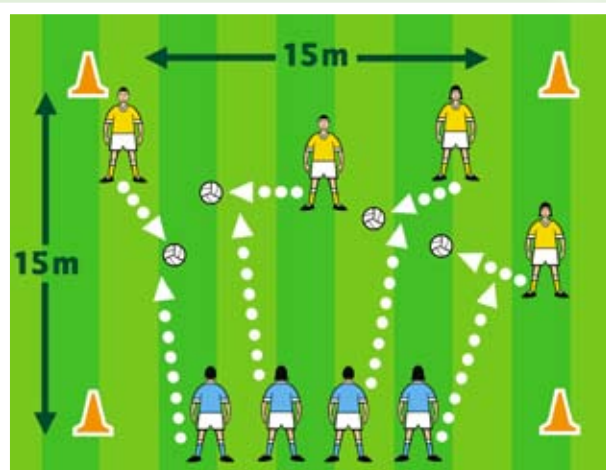

Fun Game to develop the Crouch Lift technique

ORGANISATION

- Mark out a grid 15m X 15m using cones
- Divide the players into two equal teams; one the attacking team and one the defending team
- Place a number of balls randomly throughout the grid
- On the whistle, the attacking team must pick up as many balls as possible in 30 seconds
- The defending players may pressurise the attackers, but may not guard the ball
- The teams switch roles after 30 seconds
- The team that completes the most Crouch Lifts wins

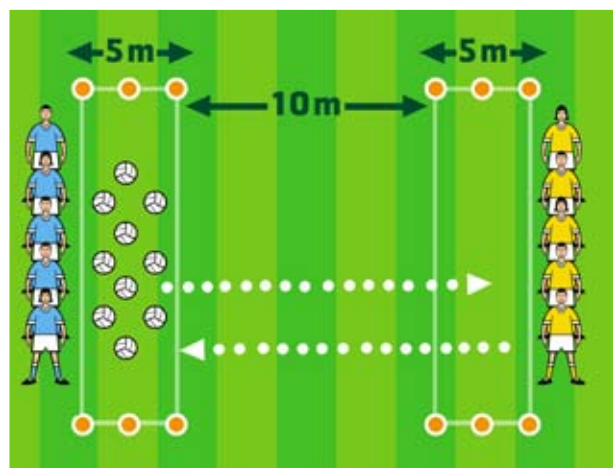
VARIATION

- The Coach can further heighten the intensity of the game by reducing the number of balls



DEVELOP THE SKILL

ACTIVITY 3 GRID SWAP



Fun Game to develop the Crouch Lift technique

ORGANISATION

- Divide the players into two teams of five players each
- Mark out two grids 5m wide with 10m between each grid; assign a grid to each team
- Place ten footballs in one grid
- On the whistle, the first team runs forward Crouch Lifts a ball each and returns it to their own grid. This is done until all the footballs have been moved
- The second team repeat the drill, moving all the footballs back to their grid

VARIATION

- Place all the football outside of either grid. Each team must collect the footballs using the Crouch Lift technique and return them to their own grid. The opposing players provide opposition.



KEY TEACHING POINTS

Here are the Key Teaching Points for the Checking technique



Position the body between the opponent and the goal
Keep the feet wide and bend the knees



Lean slightly forward



Extend the arms to either side with fingers spread



Use short steps to shadow the opponent and avoid crossing the legs



Keep one foot slightly ahead of the other to aid stability and enable a quick change of direction



Once the ball is in sight, or as the ball is being played, attempt to intercept it with an open hand



COMMON ERRORS

Here are the Common Errors for the Checking technique



Poor positioning: this may result in the player failing to contain the opponent or being caught off balance



To correct, take up position between the opponent and goals; keep the feet wide and bend the knees, leaning slightly forward



Reaching in and losing balance



To correct, keep the knees bent with one foot slightly forward for stability and quick movement



Crossing the legs: this may result in the player being unable to change direction with the opponent



To correct, keep the feet wide and use short steps to shadow opponent



DRILL 1 HANG ON

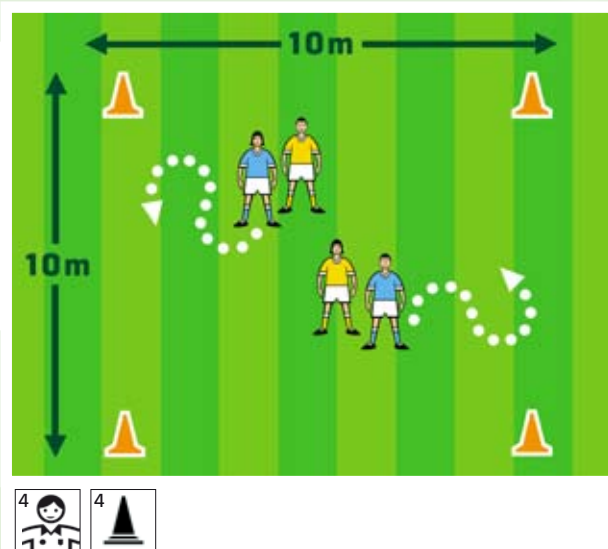
Basic Drill to practise the Checking technique

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the players into pairs
- One player is the defender and one the attacker
- The defender must try to remain in contact with the attacker using one arm at all times
- The defender is not allowed to hold or pull the attacker
- After a set time change roles

VARIATION

- Use a harness to keep the players together

**DRILL 2 ZIG-ZAG CHECK**

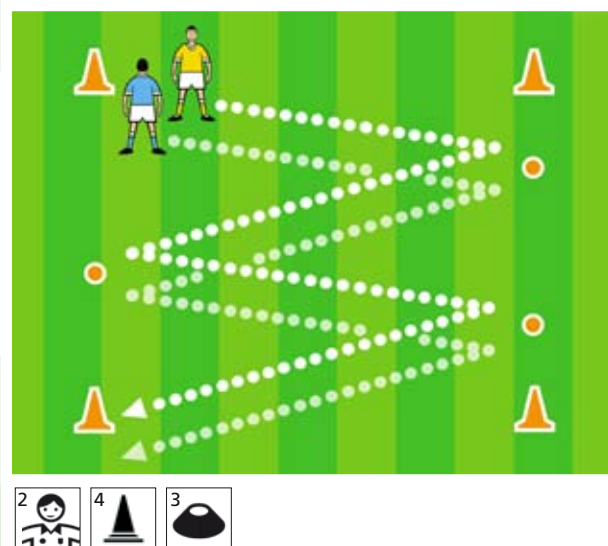
Basic Drill to practise the Checking technique that focuses on the movement of the feet

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the group into pairs
- Player A runs in a zig-zag manner from one side of the grid to the other until they reach the end of the grid
- Player B facing Player A, attempts to maintain the 'check' position throughout
- Change roles and then repeat the drill

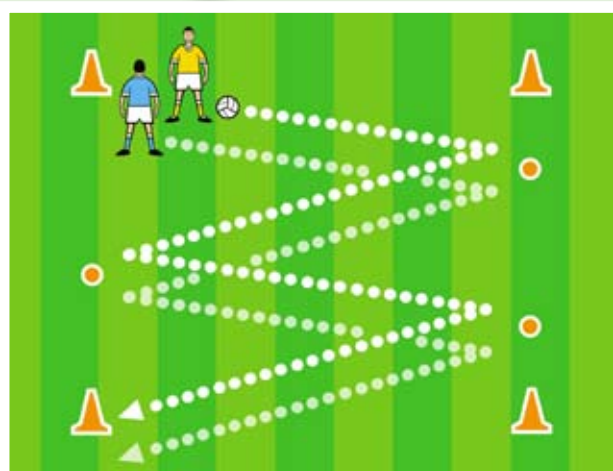
VARIATION

- Player B changes position to shadow the opponent by turning their inside shoulder into Player A, keeping the inside hand across the front of the body and the outside hand high



PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG CHECK (WITH BALL)



Intermediate Drill to practise the Checking technique introducing the ball

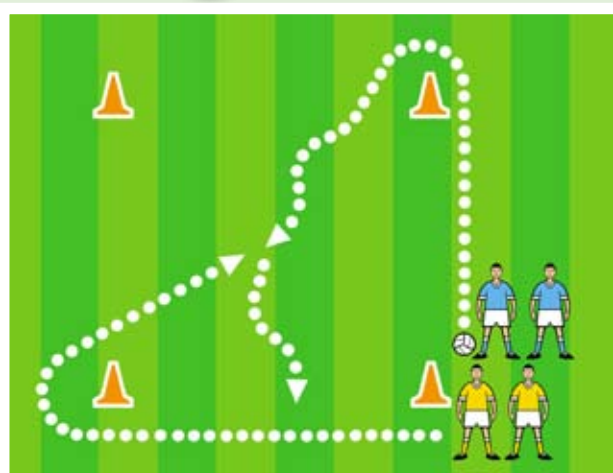
ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the group into pairs
- Player A Solos in a zig-zag manner from one side of the grid to the other
- Player B facing Player A, attempts to maintain the 'check' position throughout, but may not tackle the ball
- As the players become more proficient, allow Player B to attempt to tackle the ball
- Players should attempt dispossession when their opponent is soloing or bouncing the ball

VARIATION

- Player B changes position to shadow the opponent by turning their inside shoulder into Player A, keeping the inside hand close to the ball and the outside hand high

DRILL 4 GRID CHECK



Advanced Drill to practise the Checking technique

ORGANISATION

- Mark out a grid 8-10m square using cones
- Divide the group into pairs; one player is the attacker, the other the defender
- On the whistle, each pair race around the near corners of the grid
- Rounding the cone the attacking player must attempt to pass the defender to reach the far end of the grid
- The defending player attempts to Check the player to delay their progress
- The defending player may not touch the attacking player

VARIATION

- As the players become more proficient, allow one player to attempt to tackle the ball: dispossession should be attempted during the Solo or Bounce

ACTIVITY 1 CHECK MATE



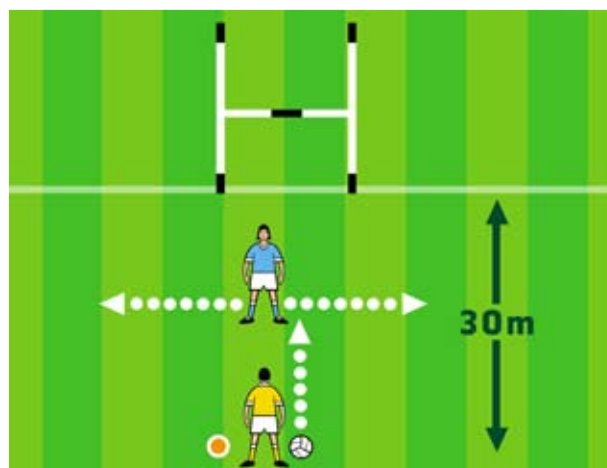
Game Play Drill to develop the Checking technique

ORGANISATION

- Divide the group into pairs; one player is the attacker, the other the defender
- Beginning 30m from goal, the attacking player must attempt to round the defender and kick for a score
- The defending player attempts to Check the player to delay their progress and to flick or palm the ball away as the attacking player Solos the ball
- Change roles and then repeat the drill

VARIATION

- Mark a channel to restrict the movement of the attacker, this will reduce the difficulty for the defender



ACTIVITY 2 CHECK ZONE



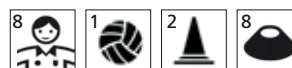
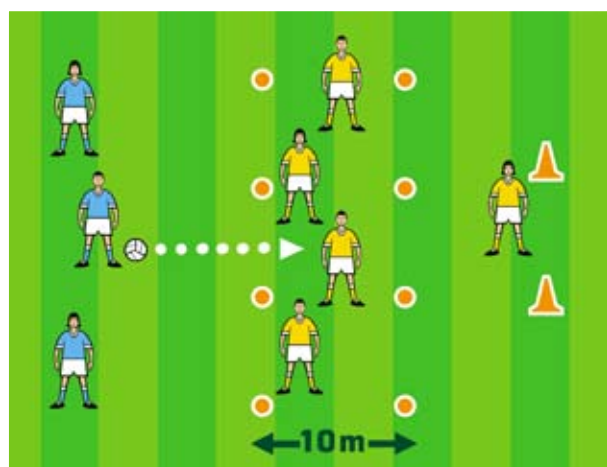
Fun Game to develop the Checking technique

ORGANISATION

- Mark out a playing area 40m X 20m
- Mark a zone approximately 10m wide across the centre of the playing area
- Three attacking players are positioned at one end of the playing area with a ball
- Four defending players are positioned in the centre zone
- The attacking players attempt to move through the centre zone playing the ball between them and continue to attempt to score on the goalkeeper at the far goal
- The defending players use the Checking technique on the attacking player in possession as they pass through the centre zone

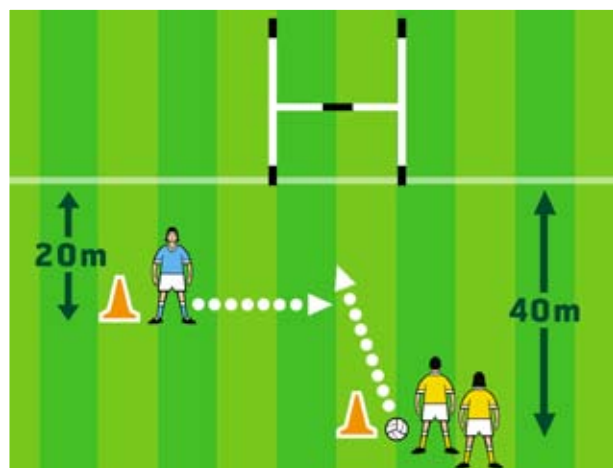
VARIATION

- Reduce the width of the playing area to reduce the difficulty for the defenders
- The Coach can pass the ball to the attacking team at random



DEVELOP THE SKILL

ACTIVITY 3 PREVENT THE SCORE



A Game Play Drill to develop the Checking and Block Down techniques

ORGANISATION

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20m from goal to one side
- Divide the players into pairs: one defender and one attacker
- Each attacker in turn Solos towards the goal
- The defending player attempts to Check the attacking player to delay their progress
- The defending player may not touch the attacking player
- Once within shooting range the attacker attempts to shoot for a point and defender attempts to block
- Reverse the roles after a set number of attempts

VARIATION

- Increase the number of defenders to increase the occasions of blocking



KEY TEACHING POINTS

Here are the Key Teaching Points for the Fist Pass technique



Support the ball in the palm of one hand in front of the body
Face the target



Swing back and extend the striking hand
Keep eyes on the ball



Lean forward and strike through the middle of the ball with the fist, using the broad surface formed by the middle bones of the fingers, the side of the thumb and the heel of the hand
Keep the supporting hand steady



Follow the strike through in the direction of the pass



While striking the ball, step forward with the foot on the opposite side



COMMON ERRORS

Here are the Common Errors for the Fist Pass technique

✗	Striking the ball from underneath; this may result in the pass being too high	
✓	To correct, strike through the middle of the ball with the fist, using the broad surface formed by the middle bones of the fingers, the side of the thumb and the heel of the hand	
✗	Throwing the ball from the supporting hand before the fist makes contact: this may result in the player making no contact with the ball or the player losing control and power in the pass	
✓	To correct, hold the ball in the supporting hand until the fist makes contact	
✗	Failing to keep the holding hand stationary: this may result in a free being awarded against the player for not using a definite striking action, or for throwing the ball	
✓	To correct, keep the supporting hand steady throughout the technique to show a clear striking action	
✗	Holding the ball too near or too far from the body: this may lead to poor contact when striking the ball	
✓	To correct, hold the ball in the palm of one hand, with the elbow bent, to position the ball in front of the body at about waist height	

DRILL 1 STATIONARY PASS

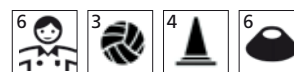
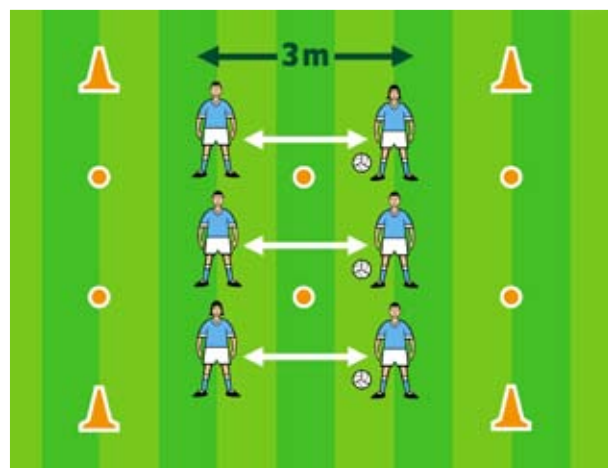
Basic Drill to practise the Fist Pass technique in a stationary position

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Players stand approximately 3m apart
- Each player in turn Fist Passes the ball to their partner
- The routine is continued for approximately 1 minute
- Remember both left and right hands should be used to practise the Fist Pass

VARIATION

- To increase the difficulty, increase the distance between the players



DRILL 2 MOVE AND PASS

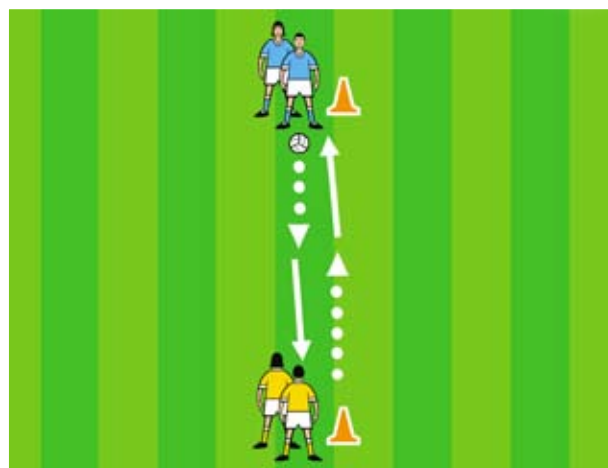
Intermediate Drill to practise the Fist Pass technique that requires the players to pass the ball while moving

ORGANISATION

- Divide the players into groups of four, one ball per group
- Mark out a distance of 5m using cones
- The players line up two facing two
- The player in possession walks forward and Fist Passes to the first player in the opposite line, who repeats
- The players join the end of the opposite line each time

VARIATIONS

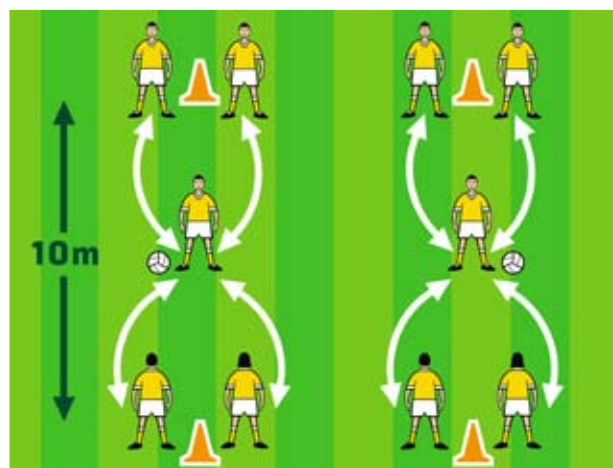
- To increase the difficulty, gradually increase the pace of the drill
- Encourage the receiver to move forward to take the pass so that the passer must time their pass more accurately



UNDER 10 FIST PASS

PRACTISE THE TECHNIQUE

DRILL 3 PRESSURE PASS



Intermediate Drill to practise the Fist Pass technique

ORGANISATION

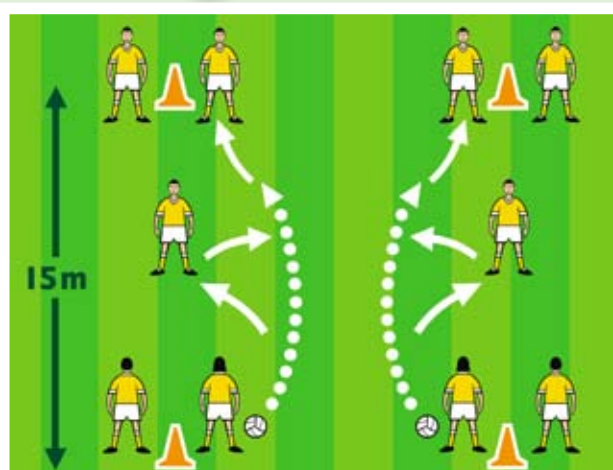
- Divide the players into groups of 5, one ball per group
- Mark out a distance of 10m using cones
- Two players stand at either cone, side by side
- Position the fifth player, ball in hand, in the middle
- The middle player passes the ball to each of the side players in turn, first to one side and then the other, over and back
- Encourage the middle player to move with the ball

VARIATION

- Vary the drill by challenging the end players to move in and out in turn for the pass



DRILL 4 MOVE AND PASS II



Intermediate Drill to practise the Fist Pass technique on the move

ORGANISATION

- Divide the players into groups of 5, one ball per group
- Mark out a distance of approximately 15m using cones
- Two players line up at each cone
- The fifth player is positioned midway between the cones
- Each player in turn Fist Passes the ball to the central player, moves to receive the return and Fist Passes to the next player at the far cone
- When running to the right of the central player the right hand should be used to pass and vice versa

VARIATION

- To increase the difficulty; the coach signals to which side of the central player each runner must pass



ACTIVITY 1 KEEP BALL

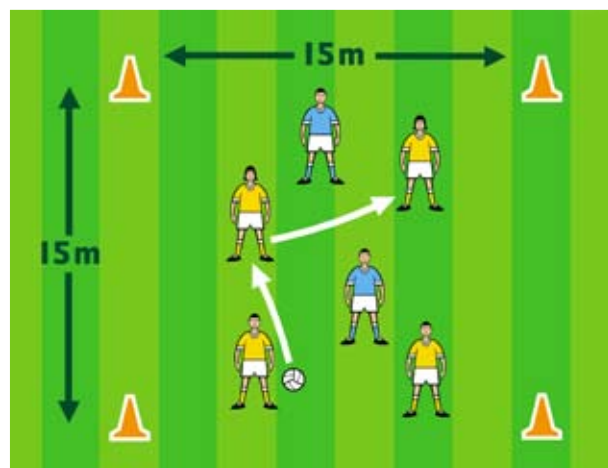
Fun Game to develop the Fist Pass technique

ORGANISATION

- Mark out a grid 15m X 15m
- Divide the players into a team of 4 and a team of 2
- The team with 4 players has the ball
- The team with 2 players are defenders and must try to get the ball
- The team with the ball must try to keep the ball away from the other team using only the Fist Pass
- Rotate the players on each team after a set period of time

VARIATION

- To increase the difficulty on the team in possession; increase the number of defenders

**ACTIVITY 2 DODGE BALL**

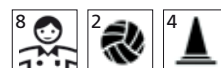
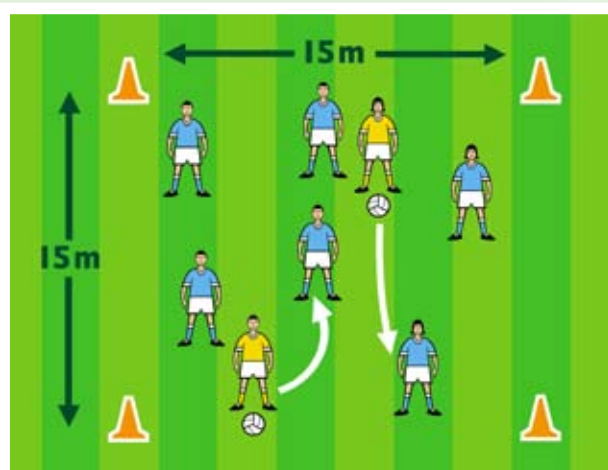
This Fun Game to develop the Fist Pass technique should be played with extra care

ORGANISATION

- Divide the players into a team of 6 and a team of 2
- The team of 2 players must try to score 'hits' by striking the other team with the ball using the Fist Pass; a hit is awarded only for striking the torso of a player
- Award one point for each hit, or alternatively the player who is hit must leave the game
- Rotate the players when the team with the ball reaches 15 points, or when all the dodgers have been eliminated

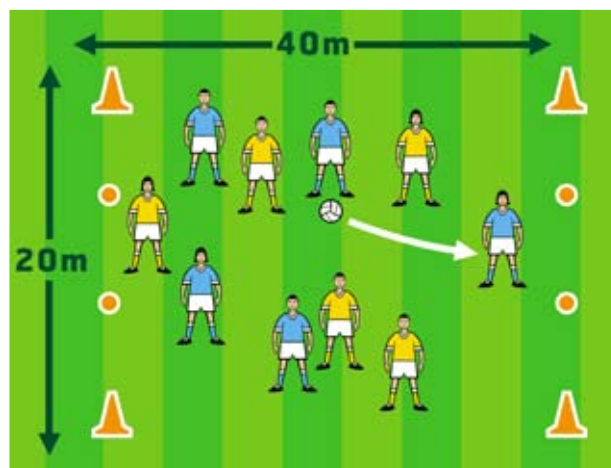
VARIATION

- Use a sponge ball when playing the game with young players



DEVELOP THE SKILL

ACTIVITY 3 GOALS GALORE



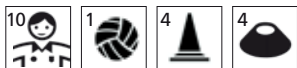
Fun Game to develop the Fist Pass technique

ORGANISATION

- Mark out a playing area 20m X 40m
- Place two markers at either end to form goals
- Divide the players into equal teams, no goalkeepers
- The objective of the game is to score goals against the other team
- Only the Fist Pass can be used to pass the ball and score

VARIATION

- To increase the difficulty, introduce goalkeepers



KEY TEACHING POINTS

Here are the Key Teaching Points for the Side to Side Charge



Move into position alongside the opponent



Plant at least one foot on the ground

Keep the upper arm tight to the body, flexing the elbow to bring the forearm out and across the torso



Shift the body weight towards the opponent, charging the opponent side to side



UNDER 10 SIDE TO SIDE CHARGE

COMMON ERRORS

Here are the Common Errors for the Side to Side Charge

	Not shifting the body weight adequately toward the opponent: this may be because the player lacks confidence in the tackle situation	
	To correct, introduce the player to the contact situation in a slow and controlled manner	
	Charging the opponent in the front or in the back: this is a breach of the rules and may be penalised as an aggressive foul	
	To correct, move into position alongside the opponent before performing the charge	
	Not keeping at least one foot on the ground	
	To correct, approach the opponent in a controlled manner and plant at least one foot on the ground before charging the opponent	

SIDE TO SIDE CHARGE PRACTISE THE TECHNIQUE

DRILL 1 IMITATION CHARGE

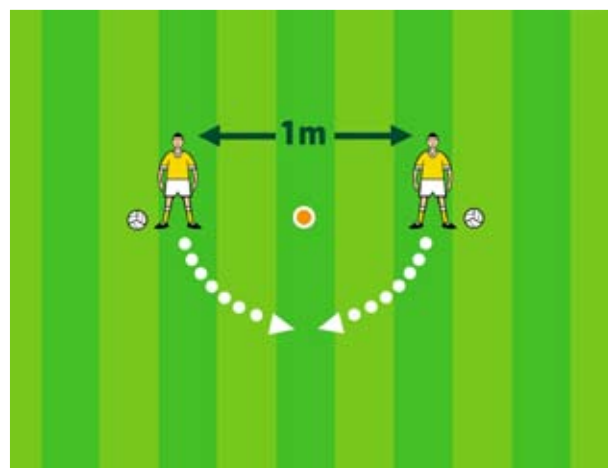
Basic Drill to practise the Side to Side Charge technique

ORGANISATION

- Players pair off and stand approximately 1m apart side to side
- Each player has a ball to help them focus on keeping their arms in a good position
- On the whistle both players step towards each other and perform the Side to Side Charge in a slow and controlled manner
- Switch sides after a set number of goes
- Ensure that the players are matched equally and that each takes due care when performing the technique

VARIATIONS

- As the players become comfortable in the contact situation increase the distance between them and allow them to walk into the charge
- As they develop further increase the pace to a jog



DRILL 2 TACKLE BAG CHARGE

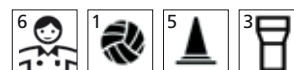
Intermediate Drill to practise the Side to Side Charge technique

ORGANISATION

- Mark out a zig-zag formation using 5 cones, each approximately 8m apart
- One player holding a tackle bag is positioned at each of the 3 middle cones
- These players must hold the tackle bag correctly using a sturdy grip, keeping it high for protection and with one foot forward to brace themselves
- Each player in turn jogs through the formation practicing the Side to Side Charge with the right and left shoulder at each alternate tackle bag

VARIATION

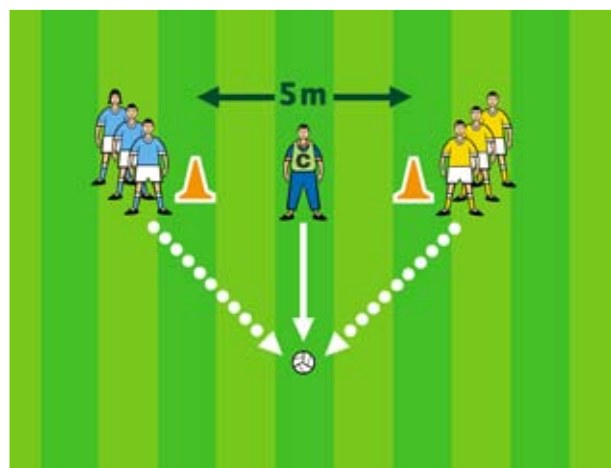
- Initially the players may not be required to play the ball: as they become comfortable encourage them to use the Solo as they approach each tackle



UNDER 10 SIDE TO SIDE CHARGE

PRACTISE THE TECHNIQUE

DRILL 3 CHARGE AND LIFT



Advanced Drill to practise the Side to Side Charge requiring the players to charge an opponent in a contest for possession

ORGANISATION

- Divide the players into pairs, the players approximately 5m apart
- On a signal the coach rolls the ball forward from behind each pair who chase and contest for the ball using the Side to Side Charge
- It is important to ensure that the players are matched equally and that each takes due care when performing the technique
- The players should switch sides on every go

VARIATION

- To increase the difficulty of the drill the Coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed



ACTIVITY 1 CHARGE ZONE

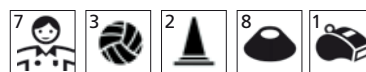
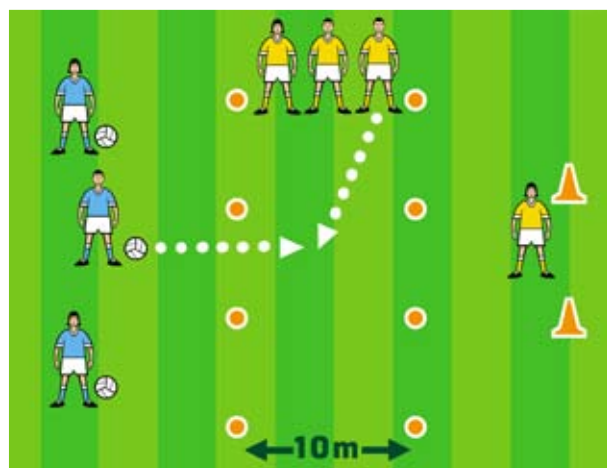

Fun Game to develop the Side to Side Charge technique

ORGANISATION

- Mark a channel from approximately 45-20m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- On the whistle, each attacker and defender enter the channel
- The defending player uses the Side to Side Charge on the attacking player in possession as they pass through the centre zone

VARIATION

- Reduce the width of the playing area to reduce the difficulty for the defenders


ACTIVITY 2 ONE ON ONE

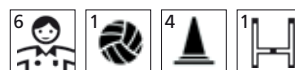
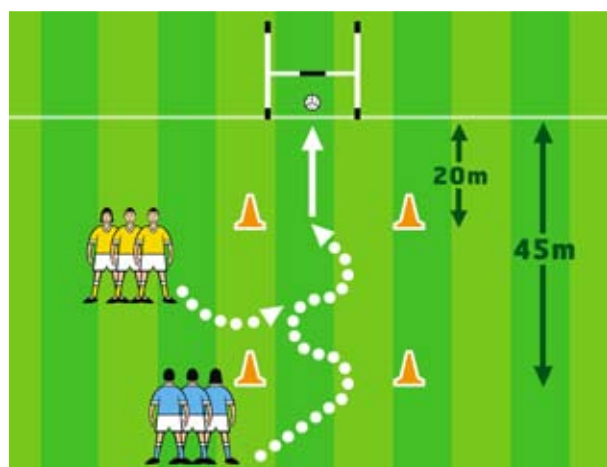

A Modified Game to develop the Side to Side Charge technique

ORGANISATION

- Mark a channel from approximately 45-20m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- On the whistle, each attacker and defender enter the channel
- The defending player uses the Side to Side Charge on the attacking players as they advance
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel
- Reverse the roles and repeat the drill

VARIATION

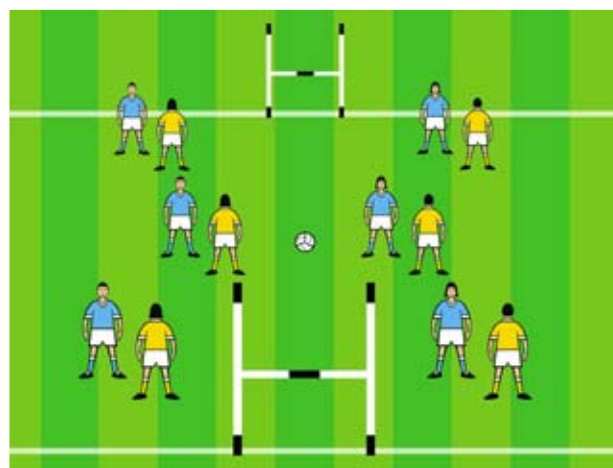
- Remove the channel and allow players free movement



UNDER 10 SIDE TO SIDE CHARGE

DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



This Modified Game to develop the Side to Side Charge awards points to players who perform the technique correctly during the game

ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful Side to Side Charge

VARIATION

- To ensure plenty of Side to Side Charges, permit players to Bounce or Toe Tap the ball after 4 steps

