

Topic: *Developing Support Play and Encouraging Players to Time Their Runs*



GAME 1: TARGETS

Why play this Game:

Scenario:

In your match, you notice that your players are not in the right place at the right time and therefore not providing support to the player in possession. What activity could you use in training to combat this?

What will this Game do?

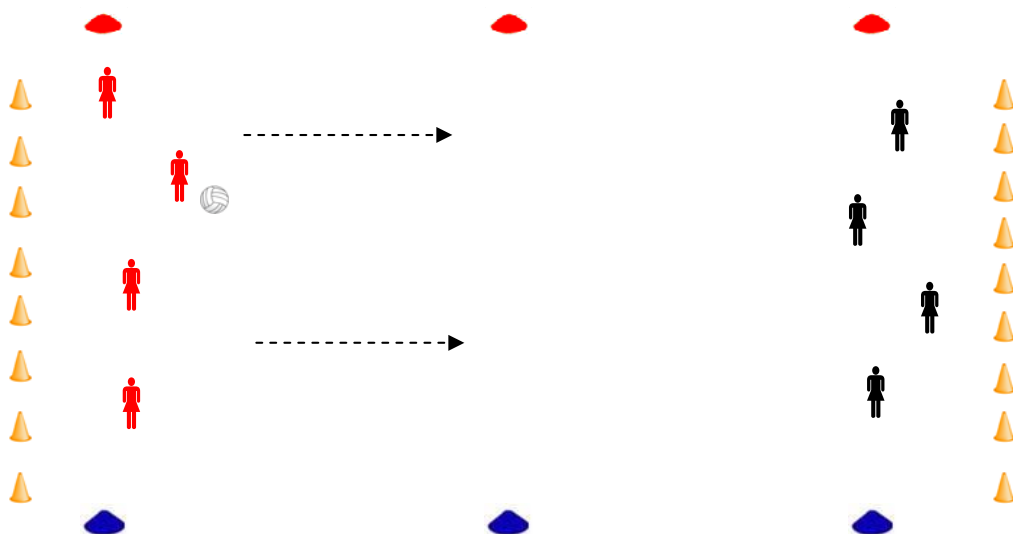
This game will:

- Encourage players to be in the right position to support team mate
- Ensure players must time their runs to make breaks through tackles and also get into space for a pass

What do I need to set up this Game?

- The size of the playing area will be determined by the number of players you have involved but you would be encouraged to keep this small sided if possible as more movement and support involved
- 1 Football
- 2 sets of bibs or at least one set for one team
- Markers to outline space and tall cones (if possible) for end lines
- Whistle/Stopwatch

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Ball is thrown in between players in centre to commence game

Rules of Play:

- Hand passing allowed only, no soloing or bouncing so one touch only
- Object of game is to knock as many cones as possible on opposition's end line
- Coach can stop game at any time and highlight the support options available to player on the ball – look out for support in front, to the side and behind player in possession

How do you score in the Game?

- Team gets a point for every cone they knock on oppositions end line using hand pass

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Increase space in each zone	Decrease space in each Zone
Task	<p>Allow players to incorporate more skills – solo, kick</p> <p>Remove game aspect and have team hand passing up pitch supporting each and then hand passing to knock a cone, other team then repeats in opposite direction</p>	<p>Limit number of passes before having to shoot in each zone</p> <p>Hand pass with weaker hand</p> <p>Players cannot hand pass forward except when aiming at target therefore support must be available</p>
Equipment	<p>Use more cones on end line</p> <p>Introduce wide goals to aim through rather than knocking a cone</p>	<p>Reduce number of cones so targets more difficult</p> <p>Add another football so players must think about attacking and defending equally</p>
People	<p>Decrease number of players per zone</p> <p>Have an additional player with a different coloured bib and they work with the team attacking at all times</p>	<p>Increase number of players per zone</p> <p>Have an additional player with a different coloured bib and they work with the team defending at all times</p>

What are the Common Problems to watch out for:

Problem	Solution
Lack of movement of players	Players must be moving when receive ball and also to get into space to look for a pass
No support for player in possession as all team mates running ahead of player	Coach can stop play at any time and encourage players to communication so support available from the side and behind at all times also
Not all players touching the ball	All Players must touch ball before attempting to knock cones
Players not knocking down the cones	This is not the important aspect of the game so focus should be on movement and support rather than scoring

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GAME 1: SUPPORT CHANNELS



Why play this Game:

Scenario:

Your team are always attacking in straight lines and only offer support in front of the player. This is making it easy for opposition teams to defend against you. What can you do in training to change this and ensure your team is utilising the ball more and players are running into space to receive a pass?

What will this Game do?

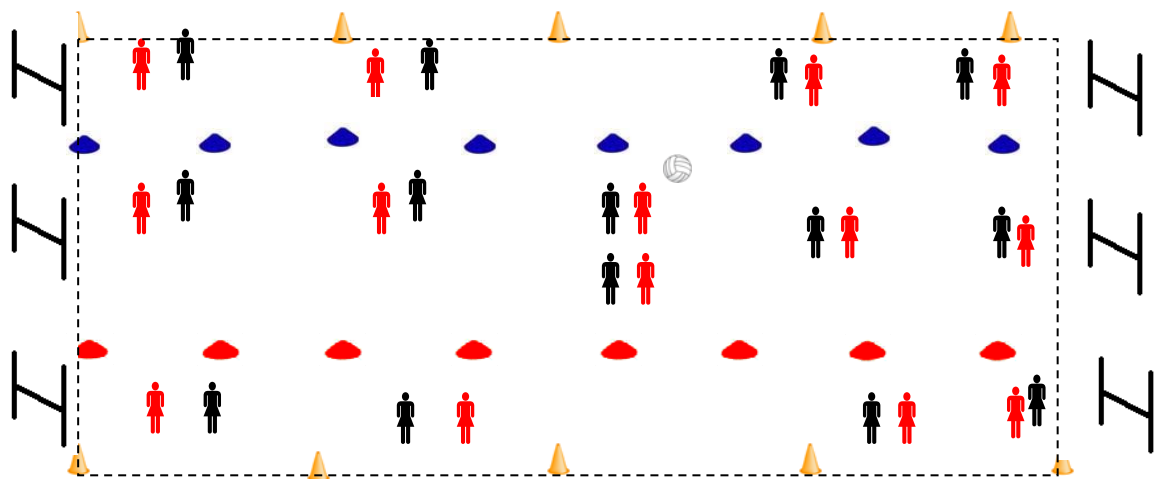
This game will:

- Ensure players are making the correct runs to be in the right position to support team mates – intelligent runs are essential for every team
- Encourage players to look up before delivering a pass to develop their decision making ability – increase vision

What do I need to set up this Game?

- Depending on numbers you can use full size pitch or across pitch
- 1 Football
- 2 sets of bibs or at least one set for one team
- Markers to create 2 channels
- 2 Sets of portable goals if going across the pitch. Could also use cones or poles.
- Whistle/Stopwatch

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Ball is thrown in between players in centre to commence game

Rules of Play:

- All rules of Ladies Gaelic Football can apply
- The pitch is divided into 3 long channels running the full length of the field. Players cannot move out of their channel
- The only thing that can change from channel to channel is the ball
- Players must stay wide and provide supporting runs at the right time for central players to use if the central section can't be penetrated and vice versa

How do you score in the Game?

- Goals are set up at the end of each channel
- Ball must be kicked through the goals for a score
- If kicked through one of the wide channels = 1 point, if kicked through the central channel = 3 points

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Increase channels so players working in closer proximity	Decrease space in channels so passing over a longer distance and more movement required in central channel
Task	Allow players to enter other channels for set time (eg. 5 seconds) Have 3 points for goal scored in any set of goal	Teams must change channel after each pass Hand pass/ Kick pass with weaker hand/ foot Add conditions to the game (hand pass only etc) Remove outside goals so must score in central goals
Equipment	Limit the channel to central area of the pitch so players could play anywhere in the other areas	Use small goals to make it more difficult to score

People	<p>Decrease number of players in channel (eg. 1 player per team)</p> <p>Add an additional player per team who can support anywhere on the pitch throughout the channels</p>	<p>Players can run into another channel but player from that channel must swap and replace her</p>
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What are the Common Problems to watch out for:

Problem	Solution
Lack of movement of players	Players must be moving when receive ball and also to get into space to look for a pass
No support for player in possession	Important that players in all channels are looking to receive the ball to give options to the player in possession
Not all players touching the ball	Ball must be passed through all channels before scoring
Players not scoring	This is not the most important element of the game so focus should be on support play