

Topic: *Some Indoor Games for the Winter*



GAME 1: Bull in the Ring

Why play this Game:

Scenario:

In your last game of the season your players found it difficult to keep possession while soloing the ball. How can you improve this given the indoor space available for training?

What will this Game do?

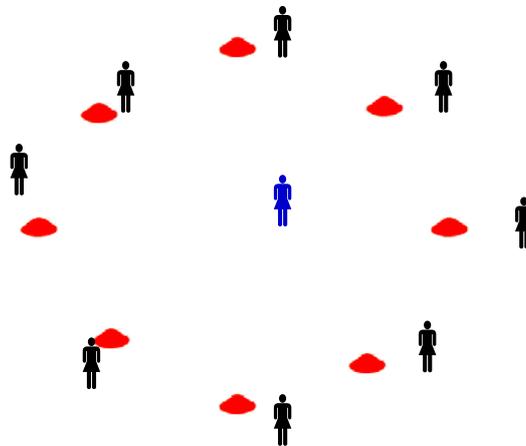
This game will:

- Build confidence for the player in possession of the ball while soloing
- Develop special awareness for both attackers and defenders

What do I need to set up this Game?

- Depending on numbers you can use full space or limit this
- 1 Football
- Markers to create circle or can just use your players for this
- Whistle

What will hall layout look like?



How do you play this Game?

Start of Play:

- All players form a circle while one player stays in middle
- The coach throws the ball to one player in the outside circle

Rules of Play:

- The player with the ball must attempt to solo to a player opposite without getting dispossessed by the player in the centre
- If the runner makes it across the circle the player in the middle stays in the middle, if the player in middle tackles and gets the ball the runner becomes the new tackler in middle and drill continues

How do you score in the Game?

- Coach can progress this to allocate points for getting across centre or for tackles

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	Allow players to carry the ball rather than solo Allow player on other side to move to meet the ball	Player must call who they will pass to and cannot change Limit number of solos Solo with weaker foot
Equipment	Increase number of footballs so not as easy on defender	Use different equipment eg. Rugby ball etc. Alter coloured cones beside player and can only pass to a different colour than your own. Eg. Leave from a red cone cannot pass to player opposite at a red cone
People	Remove the defender	Increase number of defenders in circle

What are the Common Problems to watch out for:

Problem	Solution
Players losing possession in tackle	Defender to shadow rather than tackle
Not all Players touching the ball	A different player must be selected each time.
Players passing too early without soloing	Player must hand the ball to player opposite when reach their cone

GAME 2: Four Goal Game



Why Play this Game:

Scenario:

Your team has a habit of switching off after they score and not keeping the required concentration levels to prepare for an opposition attack. What can you do to develop this during the off season?

What will this Game do?

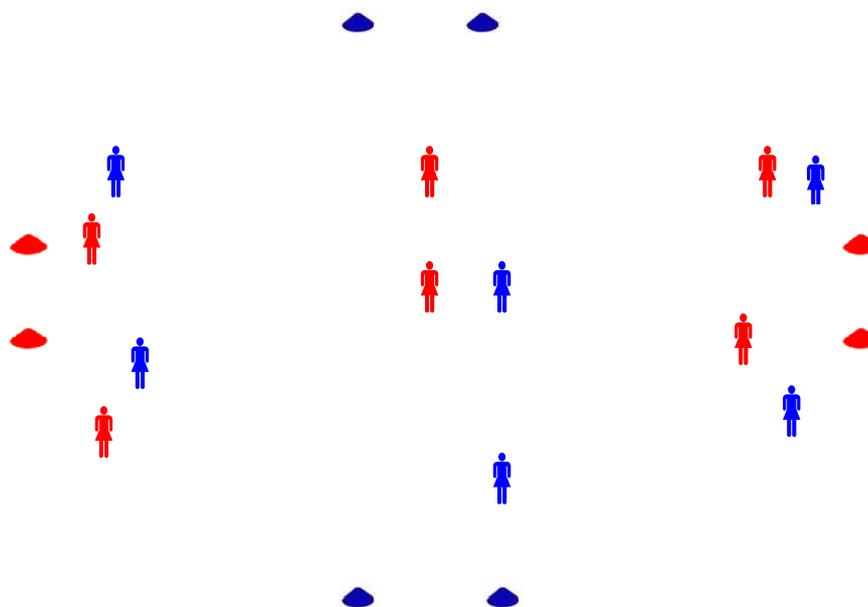
This game will:

- Develop spatial awareness with your players
- Increase concentration levels and develop communication skills
- Promote the importance of support play and retaining possession

What do I need to set up this Game?

- Can use full size hall or an area depending on the space available
- 1 Football
- 2 sets of bibs or at least one set for one team
- Markers/poles to create 4 goal areas
- Whistle/Stopwatch

What will the pitch layout look like?



How do you play the Game?

Start of Play:

- Mark out a playing area suitable to the numbers and ability of players and mark a goal on each side of the playing area

Rules of Play:

- Divide the players into equal teams
- Possession is retained using the punt kick, hand or fist pass
- Each team scores into two goals, ensuring the play is varied and distributed throughout the playing area

How do you score in the game?

- Goals through the designated goal area

What Changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Decrease Space of overall pitch	Increase Space of overall pitch
Task	Can score in any goals Use only one goal per team	Limit the rules of Ladies Gaelic Football i.e. one hop one solo allowed per player Add a goal keeper to each goal area. Use weaker hand/foot
Equipment	Larger Goals Remove one set of goals	Smaller Goals Add more footballs
People	Smaller of players per game	Increase number of players

What are the Common Problems to watch out for:

Problem	Solution
Lack of space around the middle of pitch area	Encourage players to make decoy runs to draw players out of the midfield area to create time and space for other players
Scoring in same goals all the time	Must score in different goal each time
Player standing in goals at all times	Create zone in front of goal area where no players are allowed to enter