



GAA

Under 8

Football Skills

Hand Pass

Skill Test 1		
<p>5m Static Hand Pass Test Target: Hand pass ball through gate</p>	<p>Set up 2 poles 2metres apart. Player performs skill from cone 5metres opposite poles.</p>	<p>Player performs: 5 x Hand Passes with right hand 5 x Hand Passes with left hand</p>

Coaching Points:

- ✓ Place the ball in palm of one hand
- ✓ Extend the striking hand back
- ✓ Strike through the middle of the ball
- ✓ Follow through in the direction of the pass



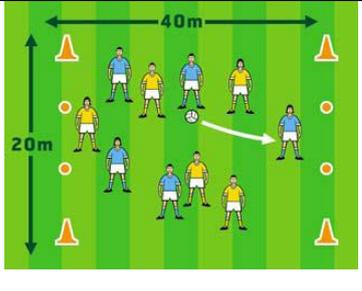
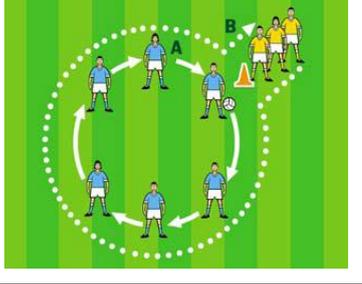
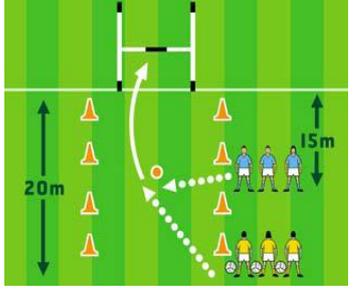
Basic Drills – Hand Pass

Drill	Diagram	Description	Comments
Static Handpass to partner		Handpass football to partner	May also be performed against a wall, possibly hitting targets Progression: Increase distance Use other hand How many passes in 30 secs?
Grid Drill (a) Lines (b) Around the Square (c) Diagonal (d) Figure of 8		Handpass football to group as per instruction a-d. These all may be used as separate drills.	Progression: Increase distance Use other hand How many passes in 30 secs? Relay races – solo out, handpass back to group
Pressure Pass		Middle player in turn takes and returns a pass from outer players.	Progression: Increase distance Use other hand How many passes in 30 secs?
Intermediate	Diagram	Description	Comment
Fill the Corner		3 in a team Area = 5m x 5m 4 corners- cone at each Players pass the ball and move to the empty corner	5 successful passes = 1 point Progression: Use watch and time 30 secs- how many passes? Solo before moving Solo to empty corner then pass

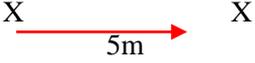
<p>Piggy in the Middle</p>		<p>Middle player tries to intercept the ball while the outer players handpass the ball to each other.</p>	<p>Change middle player every 30secs/1 min</p>
<p>Gate Game</p>		<p>In pairs, player hand passes through gate to partner who returns pass. Pair then go find another gate to repeat skill.</p>	<p>How many gates in allocated time?</p>

Hand Pass Games

Game	Diagram	Description	Comments
<p>Tower Ball</p>		<p>4 Attackers aim to score a goal (A Cone = Tower) defended by a defender.</p>	<ul style="list-style-type: none"> - Attackers may move anywhere but stay well spaced out for better scoring opportunities. - 1 defender has to protect the target (cone) and must remain outside the cones.
<p>Uneven Conditioned Games</p>		<p>4 v 2 4 attackers keep possession of ball by handpassing between each other</p>	<p>Progression: Add in extra defender Increase size of grid</p>

<p>Captain Ball</p>		<p>Team Handpass the ball to their goalkeeper/captain to score.</p>	<p>Place the goalkeeper/captain in a square – no other players are allowed to enter</p>
<p>Beat the Circle</p>		<p>Team A throws the ball around the circle while Team B runs around the circle in relay</p>	<p>Count how many passes it takes to get whole team around circle.</p>
<p>Tackle Alley with Handpass score</p>		<p>Attacker moves forward and must Feint and Side Step the opponent before handpassing over bar for a point.</p>	<p><u>Progression:</u> Add in an extra defender. Keep number of attackers greater than number of defender to ensure success.</p>

Catching

Skill Test 2		
Static Catching Test Target: Catch ball before hitting ground	 Player stands 5 metres away from thrower (coach/player)	Player performs: 5 x Body Catches (from hand pass/throw) 5 x High Catches (from 10m throw)

Coaching Points:

Body Catch

- ✓ Move forwards towards ball
- ✓ Extend arms out in front of chest, keep arms close together
- ✓ Palms facing up
- ✓ Let ball enter palms before curling hands around the ball and bringing to the chest

High Catch

- ✓ Moving forward, extend upwards
- ✓ Extend arms fully above head
- ✓ Hands in “W” position
- ✓ Catch ball in front of head
- ✓ Secure ball into chest



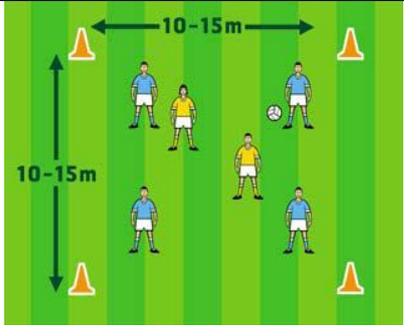
Basic Drills - Catching

Drill/Game	Diagram	Description	Comment
Partner Work		<p>Each Player in turn throws/hand passes the ball for their partner to catch</p>	<p>Progression: Use other hand Increase distance How many passes in 30secs? After 10 successful passes/catches – move further out.</p>
Pick the Fruit		<p>In pairs, one player holds a football in their hand at shoulder height. The other player runs and jumps to catch ball and returns it to partner. They then go to another player that has a ball and repeats skill.</p>	<p>How many fruit can they pick in 30secs?</p>
Jump the River		<p>Coach holds the ball at shoulder height between 2 cones 2-3metres apart. Player must run and jump the river (coned area) while catching ball in chest/body.</p>	<p>Set up a number of these, with players holding ball so that long queues do not form.</p>
Jump to Score		<p>Five players, three players inside a grid 7m x 7m, two players outside the grid. Defender inside grid must try to intercept high lobbed balls from two attackers</p>	<p>Add extra defender Make grid larger (harder for defenders) and use punt kick Make grid smaller (harder for attackers)</p>

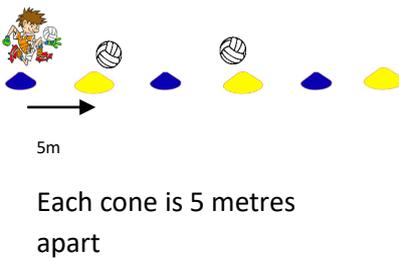
Gates Game		In pairs, partner hand passes/throws ball through gate for player to catch and return. Pair then go find another gate to repeat skill.	How many gates in allocated time?
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Catching Games

Drill/Game	Diagram	Description	Comment
No Man's Land		<p>Mark out 3 Zones as shown (Big zones 10m x 8m with middle zone 3/6m wide depending on ability of players).</p> <p>Players must stay in their own zones.</p>	<p>Players must send the ball over the domes (River) in the middle.</p> <p>If ball is caught, get a point for your team.</p>
Prisoner Ball		<p>Play as per rules of No man's land but if ball is caught, player who kicked it must join the other team.</p>	<p>Winner is team that reaches 10 points first or who has the most players at the end of time.</p>
Scout Ball		<p>Play as per rules of no man's land but place one player in opponents grid. If team can pass the ball to their "scout" they get 5 bonus points.</p>	<p>Increase number of scouts in opponents grid.</p>

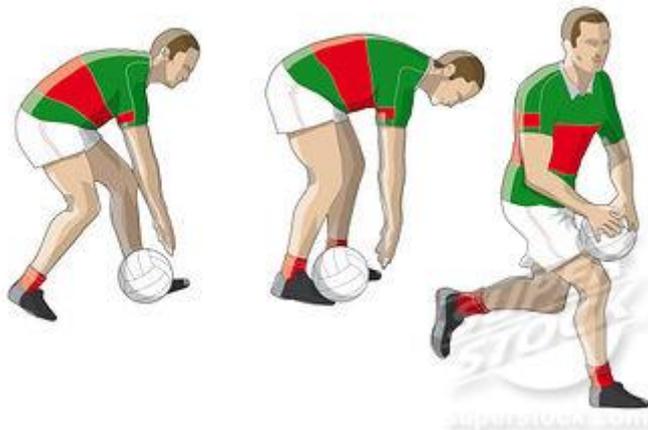
<p>Uneven Teams</p>		<p>4 v 1</p> <p>Players handpass/kick ball to each other to catch. Defender puts pressure on player picking up the ball.</p>	<p>Add in another defender.</p> <p>Can you get 10 passes in a row without dropping the ball?</p>
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Pick Up

Skill Test 3		
<p>Moving Pick up Test Target: Crouch lift ball from ground while running</p>	 <p>5m</p> <p>Each cone is 5 metres apart</p>	<p>Player performs: 2 x Pick ups with left foot 2 x Pick ups with right foot</p> <p>Player starts at blue cone, runs to yellow, crouch lifts ball with left foot and places it at the next blue cone. Player continues to next yellow cone, crouch lifts ball with left foot and places it at the next blue cone.</p> <p>Player then runs around yellow cone at the end and repeat skill with right foot on the way back.</p>

Coaching Points:

- ✓ Move toward the ball
- ✓ Place hands in front of ball and foot beside ball
- ✓ Scoop the ball forward into cupped hands
- ✓ Secure possession

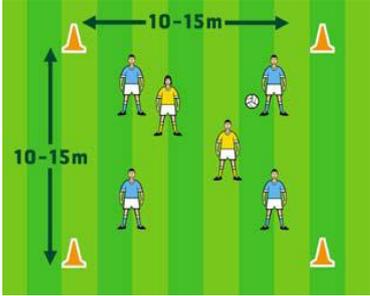


Basic Drills – Pick Up

Drill/Game	Diagram	Description	Comment
Lift and Drop		<p>Player jogs forward to Crouch Lift the ball, places the ball at the next marker and continues</p>	<p>Progression: Use other foot How many lifts in 30 secs? Relay race</p>
Partner work		<p>Player A rolls ball out for Player B to Crouch Lift and vice-versa.</p>	<p>How many in 30 seconds?</p>
Around the Square		<p>Player rolls ball out to next player to crouch lift. This continues around the square.</p>	<p>On whistle, players must change direction.</p>

Pick Up Games

Drill/Game	Diagram	Description	Comment
Grid Swap		<p>Each team in turn Crouch Lifts all the balls into their grid</p>	<p><u>Progression:</u> Which team can move all the footballs into their grid the faster?</p>
Swap Shop		<p>Player crouch lifts ball at cone and sets down at another free cone.</p>	<p>How many crouch lifts in a minute?</p>
Gates Game		<p>In pairs, partner rolls ball through gate for player to pick up. Pair then go find another gate to repeat skill.</p>	<p>How many gates in allocated time? May also be played individually – pick up ball at gate, set it down at another gate, continue to get another ball.</p>
Rob the Nest		<p>Split players into 4 teams. Each team must stand inside their own square. On whistle players run to middle, crouch lifts ball and bring back to “nest”.</p>	<p>Players may also rob footballs from other teams nests. Team with most football on final whistle wins.</p>

<p>Uneven Teams</p>		<p>4 v 1</p> <p>Players roll ball to each other to crouch lift. Defender puts pressure on player picking up the ball.</p>	<p>Add in another defender</p>
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Kicking

Skill Test 4		
<p>10m Static Hand Pass Test Target: Hand pass ball through gate</p>	 <p>Set up 2 poles 2metres apart. Player performs skill from cone 5metres opposite poles.</p>	<p>Player performs: 5 x Kick Passes with right foot 5 x Kick Passes with left foot</p>

Coaching Points:

- ✓ Release the ball into hand at kicking side
- ✓ Step forward with non-kicking foot
- ✓ Kick ball with laces of boot
- ✓ Toes pointed, follow through

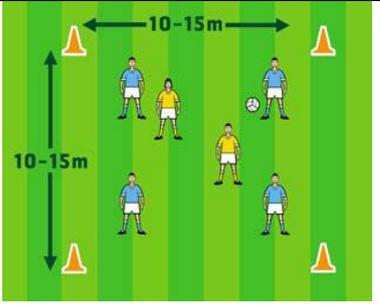
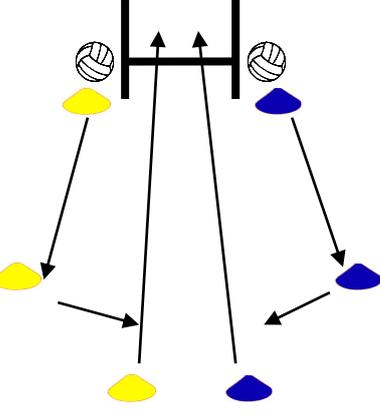
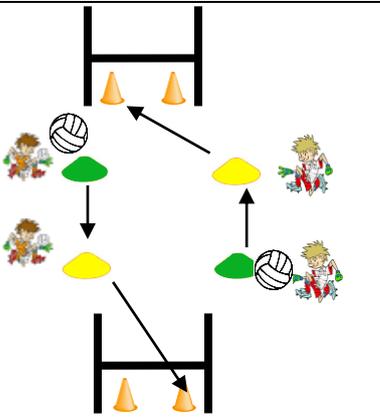


Basic Drills – Kicking

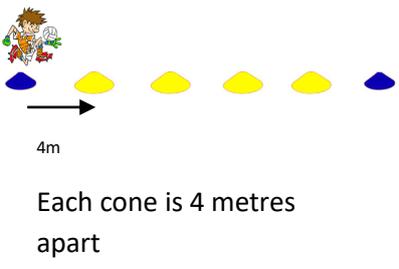
Drill/Game	Diagram	Description	Comments
Static Kick pass to partner		Kick football to partner	May also be performed against a wall, possibly hitting targets Progression: Increase distance Use other foot How many passes in 30 secs?
Grid Drill (a) Lines (b) Around the Square (c) Diagonal (d) Figure of 8		Kick pass the ball in grid format as per a-d. These may be done as individual drills	Introduce a set of goals/poles so that players pass the ball over the bar to the next group. Progression: Increase distance Use other foot How many passes in 30 secs?
Piggy in the Middle (Groups of 3/4)		Middle player tries to intercept the ball while the outer players kick the ball to each other	Progression: Increase distance Use other foot How many passes in 30 secs?
Kick the kerbs		Players punt kick ball to knock over cones.	Progression: Increase distance Use other foot Move cones further apart Cap cones different colours

Kicking Games

Drill/Game	Diagram	Description	Comments
No Man's Land		<p>Players punt kick ball into oppositions grid. If ball hits ground, point awarded to other team.</p>	<p>Progression:</p> <ul style="list-style-type: none"> Increase size of grid Use other foot Add more footballs
Clear the Circle		<p>Uneven teams</p> <p>Players inside circle punt kick ball out to keep circle clear. Players outside circle work to put ball back into the circle.</p>	<p>Progression:</p> <ul style="list-style-type: none"> Increase size of circle Increase numbers outside circle Use other foot
Clear your area		<p>Start with 10 footballs in each area. Players have 1-2mins to clear their area with a punt kick.</p> <p>Team with less footballs in their area wins.</p>	<p>Progression:</p> <ul style="list-style-type: none"> Add more footballs Increase size of area
Pressure Square		<p>Game begins with 4 player in large square kick passing ball to each other. On each whistle a defender enters square working towards 4 v 4</p>	<p>Give attackers advantage to retain ball. Only move to 4 v 4 when success has been achieved at easier level.</p>

<p>Keep Ball</p>		<p>4 v 2</p> <p>Players retain possession by Kick Passing to each other.</p>	<p>Progression:</p> <p>Increase number of defenders</p> <p>Use other foot</p> <p>Increase size of area</p>
<p>Race to 7</p>		<p>Split players into 2 teams which start at either side of the goals. Players kick to 2nd blue cone, and then hand pass to 3rd cone that kick for a score.</p> <p>First team to score win the point. First team to 7 points wins.</p>	<p>Progression:</p> <p>Use other foot</p> <p>Increase distance to cone</p> <p>Add in a defender</p> <p>Add different scoring zones</p>
<p>Shooting for goals</p>		<p>Coach places 3 cones in each corner of goals. Players line up at Green cone. Coaches at yellow. Player Passes to coach takes the return and tries to knock cones down.</p>	<p>Progression:</p> <p>Add in defender / Goalie</p>

Solo

Skill Test 5		
<p>Moving Solo Test Target: Solo the football while running</p>	 <p>Each cone is 4 metres apart</p>	<p>Player performs: 4 x Solos with left foot 4 x Solos with right foot</p> <p>Player starts at blue and runs out, soloing football with left foot at every yellow cone. Player then runs around blue cone at the end and repeat skill soloing with right foot at every yellow cone on the way back.</p>

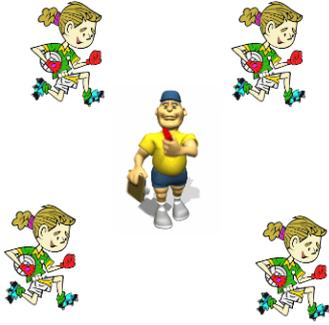
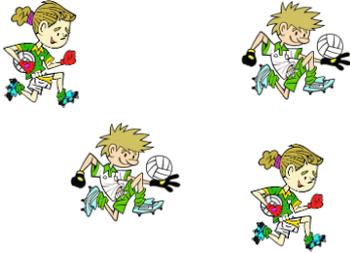
Coaching Points:

- ✓ Release the ball into the hand on kicking side
- ✓ Step forward, drop ball onto foot
- ✓ When ball impacts on foot, flick toe upwards
- ✓ Extend arms to catch ball



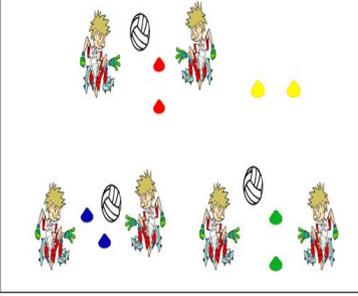
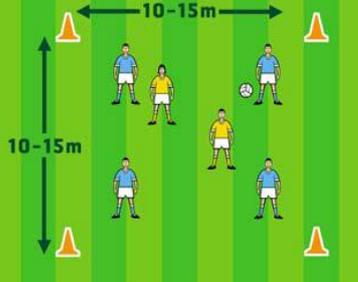
Basic Drills - Solo

Drill/Game	Diagram	Description	Comments
Group work		<p>Player solos ball to cone opposite and handpasses ball to next player.</p>	<p>Ensure player uses both feet.</p> <p>Increase distance between cones.</p>
Zig Zag Solo		<p>Player solos ball out round cones which are set up in a zig-zag pattern</p>	
Crazy Solo		<p>Players Solo in an anti-clockwise direction around the first and centre marker each time</p>	
Follow the leader/ Partner Solo		<p>In pairs, player A must solo that ball and on coaches whistle player B must attempt to tackle ball away from player A.</p>	<p>If player is dispossessed, return ball to them for another chance.</p> <p>Change roles.</p>

<p>“Big bad coach”</p>		<p>Each player has a football and solos it around the grid. The coach attempts to dispossess players. If ball is knocked away, player is out of the game.</p>	
<p>King of the ring</p>		<p>Each player has a football and must continue to solo it around the grid. Players may tackle to dispossess each other whilst trying to keep their own football safe.</p> <p>Players that are dispossessed are out of the game</p>	<p>Ensure players solo every 4 steps.</p>

Games

Games	Diagram	Description	Comments
10 second burst		<p>Players stand 5metres apart hand passing ball with both hands. On coach's whistle, player with the ball must sprint & solo ball and player without ball must attempt to catch them. Sprint ends on coaches' second whistle.</p>	<p>May introduce other skills eg. High catch, pick up, kick pass etc.</p>
Grid Swap		<p>Each player in turn Crouch Lifts a football and solo into their grid. This continues until all footballs are</p>	<p>Progression: Which team can move all the footballs into their grid the faster?</p>
Around the Square		<p>Player solos ball and hand passes to next player in the square and then chases them to the next cone. This continues around the square.</p>	<p>On whistle, players must change direction.</p>

<p>Gates Game</p>		<p>Played individually – solo ball through as many gates as possible.</p>	<p>How many gates in allocated time? Coach may call colours of gates that player must solo through.</p>
<p>Uneven teams</p>		<p>4 v 1 Player must solo before they can pass.</p>	<p>Add in an extra defender.</p>



Under 10 Football Skills

Near Hand Tackle

Skill Test 1		
<p>Moving Near Hand Tackle Test Target: Tackle the football while running</p>	<p>20m Use same player to solo for each test</p>	<p>Player performs: Near Hand Tackle with right hand Near Hand Tackle with left hand</p> <p>Player 1 starts at blue and runs out, soloing football. Player 2 runs alongside player 1 and tackles the ball using near hand. Change hands on way back.</p>
<p>Scoring system (8 marks)</p> <ol style="list-style-type: none"> 1. Eye contact with ball 2. On toes, quick footwork 3. Deny space – close gap 4. Push player 1 onto weaker side 5. Correct hand used 6. Timed the tackle 7. Dispossessed ball 8. Used both hands 		

Coaching Points:

Near Hand Tackle

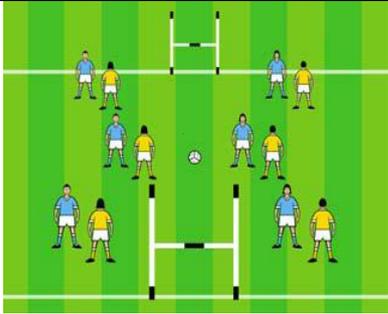
- ✓ Move in close to the opponent
- ✓ Step across the opponents space
- ✓ Flick the ball away with the nearest hand
- ✓ Secure the ball to gain possession



Basic Drills – Near Hand Tackle

Drill/Game	Diagram	Description	Comment
Partner Work (Shadow/Hang On)		Defender tries to remain in contact with the attacker using one arm	
Channel Tackle		One player bounce and toe taps the ball while the other attempts to step across and execute the Near Hand Tackle	Ensure player that is soloing ball does so in straight line and lets the player tackle the ball.
Attack/Defend the Goal		Attacker tries to progress to score while the defender attempts to tackle and dispossess him	
Gladiators		Attackers attempt to pass the defenders who try to tackle them and prevent them from scoring	

		Must solo before passing to increase chance of tackle.	
Space Invaders		<p>Three attackers and one defender in each zone start in zones as shown</p> <p>Attacking team start at end line and attempt to move through the zones to score Defender must remain in zone 2 and attempts to stop attackers moving through zone</p>	<p>Progression: Make grids narrower and shorter. Add in extra defenders in zones and have less attackers. Increase number of passes/time in zone. Take away rest grids. Challenge other means of sending i.e. hand/fist pass, kick/punt pass or striking.</p>
Pressure Cooker		<p>Game begins with 4 player in large square kick passing ball to each other. On each whistle a defender enters square working towards 4 v 4</p>	<p>Give attackers advantage to retain ball. Only move to 4 v 4 when success has been achieved at easier level.</p>
Pressure Cooker Expanded		<p>Split group into two. One group stands outside grid, half of which have a ball. Other group stand inside grid and pair up for 1 v 1. Attacking player must receive ball from player on outside of grid, get past their defender and give the ball to another player on the outside of grid. They then go get another ball.</p>	<p>Work for 30-40seconds at a time. Change roles of each group.</p>

<p>Conditioned Game</p>		<p>3pts for a successful Near Hand Tackle 2pts for a goal</p>	
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Blocking

Skill Test 2		
Static Block Test Target: Block the football		Player performs: Static Block from 3 metres Player B (Blocker) begins with the ball, handpasses to player A who kicks immediately. Player B must step across and perform block.
Scoring system (5 marks) <ol style="list-style-type: none"> 1. Eye contact with ball 2. Hands placed together 3. Hands down on top of foot 4. One foot in front of other 5. Step in/across player 		

Coaching Points:

- ✓ Stand close to opponent
- ✓ Step in with closest foot to opponent
- ✓ Reach forward with arms outstretched, hands together
- ✓ Block ball with point of contact with boot



Basic Drills – Blocking

Drill/Game	Diagram	Description	Comment
Shadow Block		<p>Individually players complete movement of the block enforcing coaching points.</p>	
Partner work		<p>Players hand pass ball to each other. On whistle, player in possession kicks ball anywhere while partner must get a block or else go gather the ball.</p>	
Zig Zag Block		<p>One player moves from cone to cone and tries to Block each player</p>	
Around the Clock		<p>5/6 players stand in a circle, as blocker approaches them they kick the ball.</p>	<p>Keep rotating roles.</p>
Work the blocker		<p>Player in middle (C) runs to player A who kicks the ball, Player C must block and then run to player B who also kicks, player C blocks again.</p>	<p>Blocker works for 20-30 seconds</p>

Games

Drill/Game	Diagram	Description	Comment
Shoot & Block		<p>On the whistle Player A solos around cone and hook kicks for score while Player B runs directly to player A to perform block.</p>	
Possession Square Block		<p>Set up 3 10m x 10m squares side by side.</p> <p>Each square works simultaneously. 3 v 3 possession game, after 10 seconds attacker must shoot while defenders attempt to block the shot.</p>	<p>Change length of time depending on ability.</p>
Keep Ball		<p>Players are only allowed to kick ball to each other.</p> <p>Successful kick pass = 1 point</p> <p>Successful block = 2 points</p>	<p>Add in extra defenders.</p>
1 v 1		<p>Attacker may shoot at cone of their choice. Defender must shadow and block the shot.</p>	

Side Step

Skill Test 3		<p>Player performs: Side step at each pole using both left foot and right foot</p> <p>Player holds ball and runs to each pole and performs side step leading with a different foot each time.</p>
<p>Scoring system (5 marks)</p> <ol style="list-style-type: none"> 1. Movement of feet – planting of foot and driving off 2. Drop of shoulder 3. Use both feet 4. Move off with acceleration 5. Keep ball away from point of contact 		

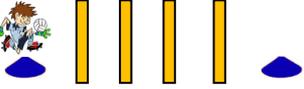
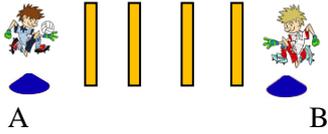
Coaching Points:

- ✓ Run directly towards opponent
- ✓ Release ball into hand on kicking side
- ✓ Drop your shoulder and plant your foot on same side
- ✓ Push off in different direction



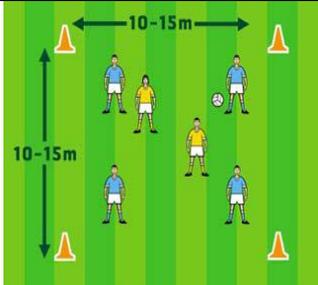
Basic Drills – Side Step

Drill/Game	Diagram	Description	Comment
Skin the snake		<p>Groups of 5. 4 players line up behind one another and form a chain by putting their hands on each other's waist.</p> <p>Player 5 stands facing the chain. They must try to "tag" or get tail (bib) from last person.</p>	Change positions after 30seconds.
Monkey tails		<p>All players tuck a bib into their shorts to act as a tail.</p> <p>Two or more catchers are selected whose task is to gather as many tails as possible.</p> <p>Players are not allowed to hold onto their tail if they are being tagged.</p>	Add in more catchers.
Statues		<p>Split group into pairs, one player stands still inside the grid.</p> <p>The other player will run and side step the "statues" in the grid.</p>	Change roles after 30seconds – 1minute.
Zig Zag Solo		<p>Player solo runs to each cone and performs a side step around the player standing there before continuing onto next cone.</p>	

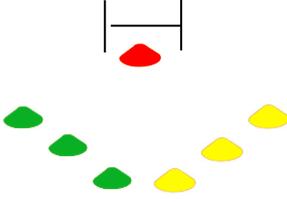
<p>Agility Run</p>		<p>Player runs through agility poles using side step to move in and out of them.</p>	<p>Develop this into a race between teams.</p>
<p>Cat & Mouse</p>		<p>Player A solos and side steps through poles, hand passes ball to player B, runs around their cone and chases B back through the poles and continues on way back.</p>	
<p>1 v 1</p>		<p>Attacker must Feign and pass the defending player accelerating through the cones to the other side</p>	

Games

Drill/Game	Diagram	Description	Comment
Pressure Cooker		<p>Game begins with 4 players at each cone of the square, 2 with a football. Inside square there is 1 attacker and 1 defender.</p> <p>Attacker must side step defender to receive ball and give to another player on the outside without a ball. Then go to receive next ball.</p>	<p>Change middle pair every 30 seconds.</p>
Evade & Shoot		<p>Attacker tries to progress to score while the defender attempts to Check and dispossess him.</p>	
Possession Grid		<p>Begin with 4 v 2. Team of 4 keep possession of ball, they must side step defender before giving a hand pass to their team mate.</p>	<p>Increase number of defenders.</p>
4 Goal Game		<p>Team 1 plays through yellow goals, team 2 plays through red goals. A player in each goal to receive ball. Full rules apply. Play the ball to the person standing in goals for a point, they then break out with the ball and the player that scored takes their place.</p>	<p>Alternative game is that team must work the ball through all four goals to gain a point.</p>

<p>Ball Tag</p>		<p>Two players wear bibs, these are the target players. The rest of the team pass 2 footballs between them with the aim to tagging target players with ball.</p>	<p>Players have only 4 steps – promotes fast passing.</p> <p>Players must touch target players with ball, no throwing/kicking ball at target allowed.</p>
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Hook Kick/ Shooting

Skill Test 4		
<p>Shooting for points test Target: Kick ball over the bar</p>	 <p>Each cone is 14 yards out from goals</p>	<p>Player performs: 3 x shots with right foot 3 x shots with left foot</p> <p>Player starts at red cone directly under crossbar. Six footballs are placed here.</p> <p>Run out to first green cone, turn and kick over bar.</p> <p>Player the runs back to red cone, collects ball and runs to next green cone. Continue format.</p> <p>Player will kick with left foot from yellow cones.</p>

Coaching Points:

- ✓ Release ball into hand on kicking side
- ✓ Step forward with non-kicking foot
- ✓ Kick with the inside of the foot
- ✓ Follow through across the body

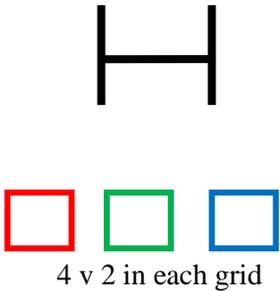
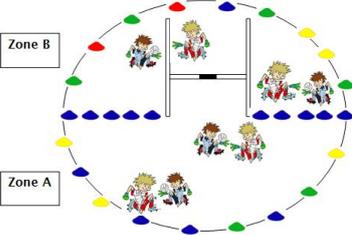


Basic Drills – Hook Kick / Shooting

Drill/Game	Diagram	Description	Comment
Partner work		Each player hook kicks to their partner.	
Hook Kick for Scores		Player starts at goalpost, runs out and hook kicks football for a score from each cone.	Add competition – quickest time to hook kick 3 footballs.
Group work		Split into groups of 3 or 4 at each cone. Player solos ball out around cone (must not be cone opposite) and hook kicks it back to next player in group.	Change cone each time.
Clear the circle		Uneven teams Players inside circle hook kick ball out to keep circle clear. Players outside circle work to put ball back into the circle.	Progression: Increase size of circle Increase numbers outside circle Use other foot

Games

Drill/Game	Diagram	Description	Comment
Race to 10		<p>Split players into 2 teams which start at either side of the goals (yellow cone). Players solo out around the blue cone and kick for a score.</p> <p>First team to 10 points wins.</p>	<p>Progression: Use other foot Increase distance to cone Add in a defender Add different scoring zones</p>
Beat the grid		<p>Split players into 2 teams, each team stands inside grid. Give 10 footballs to each grid.</p> <p>First player solos ball as close to goal as they wish and hook kicks for a point, they then run back to grid and next player goes.</p>	<p>Ensure next player does not go until first player returns to grid.</p> <p>Team that scores the most points wins.</p>
Prisoner Ball Hooked		<p>Set up court as per diagram.</p> <p>Split into 2 teams who stand between blue and yellow cones on each side.</p> <p>Play as per rules of No man's land but if ball is caught, player who kicked it must go to prison (behind the yellow cones on other side).</p>	<p>Player may get out of prison if team hook kicks ball to them and they catch it in the yellow grid.</p> <p>Winner is team that reaches 10 points first or who has the most players at the end of time.</p>

<p>Uneven Teams</p>	 <p>4 v 2 in each grid</p>	<p>Possession game of 4 v 2 in each grid, on the whistle player in possession hook kicks ball over the bar.</p>	<p>Increase number of defenders. Increase length of time in grid before shot.</p>
<p>Circle score</p>		<p>4v4 Players on Zone A attempt to gain possession from throw-in. Upon gaining possession players must work as a team and attempt to score a point. When a point is scored the ball is then in play on the other half of the circle. Again, upon gaining possession players must work as a team and attempt to score a point.</p>	<p>Increase the playing numbers, with some moving outside circle who must receive pass. Allow pressure on the kickers. Change rules i.e. no solo etc.</p>