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HURLING & FOOTBALL CLUB TRALEE

15th Jan 2015

Football in the Rock Coaching Structure

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INTRODUCTION

This document outlines the Austin Stacks Club's approach to Football. It has been formulated particularly with the Coaches in mind, and addresses:

- Football in the club
- Role of the Football Executive.
- Coaching Priorities for the various Age Groups.
- Strength and Conditioning programme for the various Age Groups.

It is intended that this publication will serve as a guide to help the coaches to maximise their own, and by extension their players', potential.

FOOTBALL IN THE CLUB – AN OVERVIEW

The Rock's aim in Football is to

- Maximise the involvement of as many players as possible through the attempted promotion of teams at all levels and abilities.
- Strive towards excellence in team preparation
- Optimise the individual potential of all players.
- Produce a successful senior Rock team

FOOTBALL EXECUTIVE / COACHING COMMITTEE

The Football Executive will comprise of the five or six-person Coaching Committee, which will include the Coaching Officer and four or five others. The terms Football Executive and Coaching Committee are interchangeable. The appointment of the Coaching Committee is a reserved function of the Club Executive. The Coaching Committee is appointed / reappointed / amended at the first Meeting of the incoming Executive each year. The current Committee includes Tim McMahon, Timmy Sheehan, Noel O'Connell, Gene O'Donnell and the Coaching Officer and Chairman, Colm Mangan.

Functions:

1. To make recommendations to the Club Executive for the appointment of team managers and mentors/selectors for all teams
2. To establish a system of coaching / playing and help team managements in overseeing its implementation by making ongoing recommendations on improvements in practice
3. To provide for the ongoing development of the coaches as in 2 above and by encouraging their development by gaining further coaching qualifications
4. To ensure the availability of the resources necessary to maximise the potential of the players and teams

Managerial Appointments

The Football Executive will make recommendations to the Club Executive for the appointment of the Management for the Senior, Junior, U21 and Minor teams.
The final selection is the responsibility of the Club Executive.

Coaching

The Committee has drawn up a documented system of Coaching and core principles to serve as a guide for the team managers. This publication is reviewed / added to/ modified on an ongoing basis.
The system is based on core principles of play and these principles form the basis of all teams' preparations
The Football Executive will try to ensure that coaches are provided with the knowledge to implement these priorities.
Each team management shall meet with the Coaching Committee four times during the year i.e. January, April, July and September.
Coaches will be obliged to contribute to the implementation of the coaching programme by adhering to the recommendations of the Football Executive.

Coaching Personnel

The Committee will strive to provide all necessary training for these coaches through internal or external coaching programmes

Resources

The Coaching Committee will ensure that the necessary facilities and equipment for training and games are provided to the Coaches, within the resources available.
The Coaching Committee will ensure that players can avail of good gym facilities and have access to the best knowledge of its use.

COACHING PRIORITIES

The Committee has identified 5 key elements on which all Coaches are asked to concentrate. The aspiration is that all Rock players would be proficient in these basic skills / facets and that all players and coaches would have the same basic standards and values on the game.
The 5 key elements identified are

1. **KICKING**
2. HIGH FIELDING
3. DEFENSIVE PLAY
4. ATTACKING PLAY
5. DISCIPLINE

The coaches, particularly those of under-age teams, are respectfully asked, irrespective of all other drills / aspects of play on which they may wish to work, to concentrate in training on the details as set out below. Coaches are also asked to please keep Diaries in order to plan and record the sessions with particular emphasis on the key facets identified.

1. KICKING

Ensure that players use the proper technique. The ball should be dropped from one hand, **NOT THE TWO HANDS**, to the foot. The important factor is to drop the ball to the foot with **THE LEFT HAND FOR THE LEFT LEG**, and vice versa. Practise kicking with the weaker foot. Learners will master it most easily by walking slowly forward and kicking when ready, i.e. when the player is 'in step' to kick with the weaker foot.
Learners don't like this part of training, but it is vital that all Stacks footballers, of all ages, be taught this important skill until it has been mastered.
The attached drills may be helpful.

2. HIGH FIELDING

Teach players how to **JUMP OFF ONE LEG AND NOT TWO**, ie one foot after the other, to run and then jump. Secondly, it is important to have the fingers properly positioned, and an aspect that some find very difficult, **KEEP THE ELBOWS STRAIGHT** when fielding high ones.
Once players begin to get the 'hang' of it, they will improve quickly because they will like the fun of high catching – getting players started takes a little effort but is well worthwhile.
Put the emphasis on **high fielding** because players will generally practise body-catches, low catches, half-volley catches etc in all other facets of play.
The attached drills may be helpful.

3. DEFENSIVE PLAY

(1) Marking (2) Tackling (3) Defending from No.15 backwards (4) No Fouling

3.1 Marking

The first aspect of Defensive Play is to DENY THE OPPOSITION OF POSSESSION.
A player must **NEVER, EVER, BE BEHIND** his opponent. **ALWAYS** stay beside, but with **ONE STEP IN FRONT**, keeping an eye on the ball and an eye on the man who will be slightly behind your shoulder, and you continuously flick your hand to ensure that he's there and hasn't sneaked away. Also, always make sure that you are on his inside, i.e. that he is nearer to the sideline than you.
THE IDEA IS TO BEAT HIM TO THE BALL EVERY TIME, so be ready always to **SET OUT ON TIME**. If a man is marked in this way he'll soon lose his enthusiasm for the ball, because NO

player likes that kind of annoyance. On the other hand, if the defender stands off him or behind him, the opposing player will be very eager for ball.
Concentration is extremely important.
The coach must CONSTANTLY remind ALL outfield players, during training and games, of these MARKING principles.

3.2 Tackling
Possession should never be conceded easily, so always be a step ahead of your man as above. There are many aspects to the tackle:
3.2.1 Positioning
CATCH UP to the man in possession. **DO NOT TRY TO REACH AT HIM FROM BEHIND OR FROM A DISTANCE.** Concentrate on sprinting, getting beside him without reaching at him from behind or pulling him or becoming entangled. If you reach for him from behind he'll entangle you and get a free or else shake you off, and you'll be out of your stride, and he'll be gone on….
3.2.2 Patience
Now that you are up with / beside the ball carrier, **be PATIENT. Don't dive in or tug at him or become entangled in him or leave your hand 'in'.** If you do, he'll entangle you and get a free or else shake you off, and you'll be out of your stride, and he'll be gone on….
Be on your toes, don't cross your feet or turn your back.
Shadow him, 'stand him up', **BE DISCIPLINED** and **CONCENTRATE**!
Don't ever 'give' the forward the end-line.
TACKLE THE BALL AND NOT THE MAN!!!!!!!!!!!!!!!
WAIT for him to play the ball, sometime in the next four steps. He must release the ball to solo, kick or pass. **ANTICIPATE IT, AND BE READY TO POUNCE AND KNOCK THE BALL AWAY WHEN IT LEAVES HIS HANDS.** Use your 'near' hand.

This needs Practise, Concentration and Discipline, and should be worked on with ALL outfield players at every training session.

3.3 Defending from No. 15 backwards
These principles of marking and tackling apply to **ALL 15** players. When the opposition has possession, and for their kick-outs and free kicks, everyone becomes a defender - Rock forwards and midfielders must also mark tightly and tackle zealously.
Defensive drills must include forwards and midfielders as much as backs.

3.4 No Fouling
Fouling = Failure. Your opponent wants you to foul him. An easy clearance for a defender or a tap-over free at the other end – both are equally self-defeating. **DO NOT ALLOW OR CONDONE FOULING IN TRAINING AND DRILLS BECAUSE FOULING LOSES MATCHES.**

4. ATTACKING PLAY
The modus operandi of Rock teams should be based on trying to get the ball as quickly as possible in a controlled way into the opposition's D-area. We must try to get our inside forwards in possession in or around the D-area.
We are attacking when in possession in any part of the field
The goalkeeper and defenders should move the ball quickly to the wings – "the sideline is the defender's friend". Backs and midfielders go sideways to receive from our defence. This also applies to kick-outs.
Organise the 2 midfielders properly for the throw-ins and for our kick-outs.
The outfield players must get the ball as quickly as possible in a controlled way to the scoring forwards near the opposition's goals
Free kicks and line-balls should be taken quickly.

Forwards must work to make 'space', evade their markers and make themselves available – otherwise the outfield players' task is very difficult. Work on this in training.

IN ATTACK, GOOD DECISION-MAKING, SHOT SELECTION and BALL RETENTION are CRUCIAL. MINDING THE BALL IS ONE OF THE MOST DIFFICULT ASPECTS OF FORWARD PLAY. DO NOT FRITTER POSSESSION AWAY!!!!

The attached drills may be of help.

5. DISCIPLINE

Constantly remind the players of the need for correct behaviour – there must be no back-chat to officials or referees, no fighting with your opponent, etc. Remind them continuously that **ANY** indiscipline – abuse of the Ref., kicking the ball away, etc. - makes things easier for the other team.

'Troublesome' players as described above should be substituted, as a matter of policy, to help them learn the right way to behave.

No fouls – count them and recount them later to the 'fouler'.

No backchat

Do not give the Ref. a reason to move the ball forward

No fighting

No criticism on the pitch of your team mates

No 'sledging'

Have the team ready and waiting on the pitch at the appointed time for the throw-in.

No 'wrong' gear – don't 'play' anyone who does not have the right gear

No Bad Language – in the dressing room, on the sideline or on the pitch

COACHING PRIORITIES for VARIOUS AGE LEVELS

The respective **Priorities / Objectives** for the coaches at various age levels are outlined below.

Under 6

- Active recruitment and establishment of player records
- Development of a strong liaison with parents
- **A very strong emphasis on Fun and Games**
- **Optimal opportunities for inclusion**
- **'Ball in hand' as much as possible**
- Kicking technique be kept in mind
- Catching technique be kept in mind

Under 8

- Active recruitment and establishment of player records
- Development of a strong liaison with parents
- Membership of the Club
- **A very strong emphasis on Fun and Games**
- **Optimal opportunities for inclusion**
- **'Ball in hand' as much as possible**
- Kicking technique be developed
- Catching technique be developed
- Some emphasis on pick-up, hand and fist pass

Under 10

- Development of a strong liaison with parents
- Membership of the Club
- **A strong emphasis on Fun and Games**
- **Optimal opportunities for inclusion**
- **'Ball in hand' as much as possible**
- Development of Kicking technique **with both feet**
- Development of **High** Catching technique
- Development of pick-up, hand and fist pass (both sides)
- Introduction to the concepts of marking, tackling properly and good decision making.

Under 12

- **REMEMBER, THE PLAYERS ARE CHILDREN, THIS IS NOT THE ALL IRELAND FINAL AND THE FIRST PRIORITY IS FUN FUN FUN…!**
- Development of a strong liaison with parents
- Membership of the Club
- **Optimal opportunities for inclusion**
- **'Ball in hand' as much as possible**
- Development of Kicking technique **with both feet**
- Development of **High** Catching technique
- Development of pick-up, hand and fist pass (both sides)
- Some emphasis on Marking and Tackling properly and Good Decision Making.

Under 14

- **REMEMBER, THE PLAYERS ARE CHILDREN, THIS IS NOT THE ALL IRELAND FINAL AND THE FIRST PRIORITY IS FUN FUN FUN…!**
- Development of a strong liaison with parents
- Membership of the Club
- **Optimal opportunities for inclusion**
- **'Ball in hand' as much as possible**
- Development of Kicking technique **with both feet**
- Development of **High** Catching technique
- Development of pick-up, hand and fist pass (both sides)
- Development of Marking and proper Tackling techniques
- Development of **Good Decision Making and Tactical Awareness**
- Development of hand and fist pass (**particularly weak side**)
- Development / Implementation of a programme on Lifestyle / Strength and Conditioning

Under 16

- Membership of the Club
- **Optimal opportunities for inclusion**
- **'Ball in hand' as much as possible**
- Development of Kicking technique **with both feet**
- Development of **High** Catching technique
- Development of **weak side** hand and fist pass
- Development of Marking and proper Tackling techniques
- **Development of Good Decision Making and Tactical Awareness**
- **Development of PERSONAL RESPONSIBILITY**
- **Development / Implementation of a programme on Lifestyle / Strength and Conditioning**

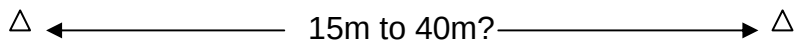
Minor

- Membership of the Club
- **'Ball in hand' as much as possible**
- Development of Kicking technique **with both feet**
- Development of **High** Catching technique
- Development of **weak side** hand and fist pass
- Development of Marking and proper Tackling techniques
- **Development of Good Decision Making and Tactical Awareness**
- **Development of PERSONAL RESPONSIBILITY**
- **Development / Implementation of a programme on Lifestyle / Strength and Conditioning**

Coaching Drills

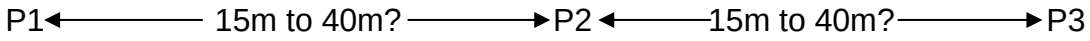
KICKING DRILLS

1. Simple Catch and Kick
2 players, 2 cones and 1 ball.



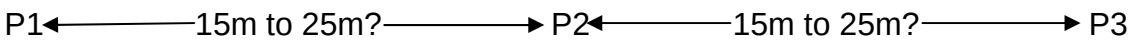
Players kick the ball over and back to each other.
It is important that each player returns to his cone before kicking.
Intensive drill for 5 minutes only
Choose the distance to suit the players
Use both feet and catching is also important

2. Catch and Kick, Man in the Middle
3 players, 3 cones / caps and 2 balls



P2 plays in the middle for 30 seconds.
P2 kicks to P1 and then turns and receives from P3.
P2 kicks back to P3 and then turns and receives from P1, etc
It is important that each player returns to his cone before kicking.
Catching is very important. Change the middle-man after 30 seconds
Choose the distance to suit the players. Intensive drill for 5 minutes only

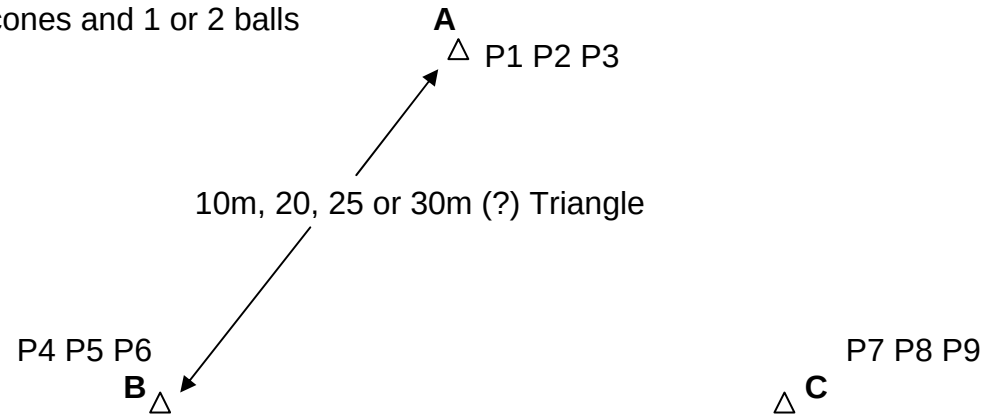
3. Kick and Run 3 Players
3 players, 3 cones and 1 ball



P1 kicks to P2, follows and takes return handpass and then kicks to P3 and follows
P2 hurries back to cone 1.
P3 handpasses back to P1 who then kicks back to P2 at cone 1.
P3 goes to cone 2 etc
Choose the distance to suit the players

4. Kicking Triangle

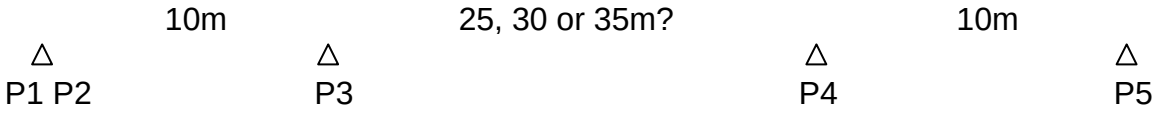
9 players, 3 cones and 1 or 2 balls



Player at A kicks to player at B and joins him.
Player at B kicks to player at C and joins him etc
Introduce a defender to intercept?
Choose the distance to suit the players

5. Kick and Run with 5 Players

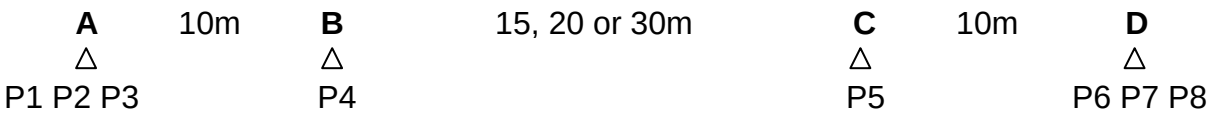
5 players, 4 cones and 1 ball



P1 handpasses to P3, runs and takes return and kicks to P4, takes return and handpasses to P5 and stops there.
P5 continues the drill.
Choose the distance to suit the players
Concentrate on good technique in passing
Players move to next position after 1 minute and continue drill for 5 minutes only

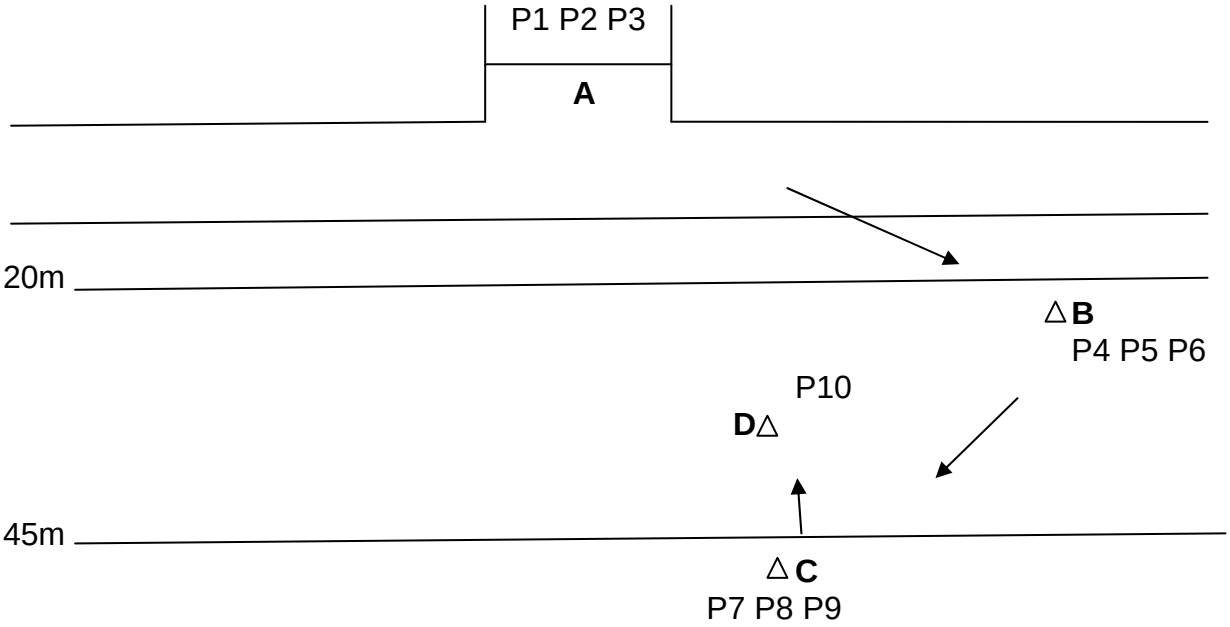
6. Kick to the Third Man

8 players, 4 cones and 1 ball



A kicks to C and then runs to B. Meanwhile B runs and takes handpass from C, and gives to D and stops there
D then kicks to B, runs to C, C runs and takes pass from B and gives to A etc

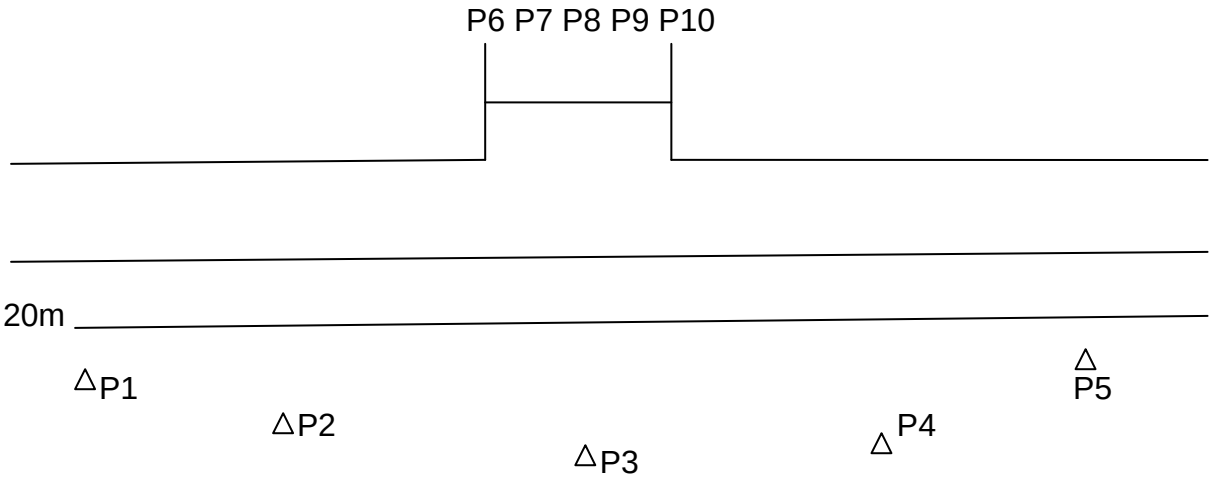
7. Kick, Receive and Score
10 or more players, goalposts, 3 cones, 1or 2 or 3 balls



C kicks to D, takes the return and kicks for a point, and runs to A.
A soloes and passes to B and joins B, who kicks to C and joins C, etc
Practise with both feet and also concentrate on catching
Variations:

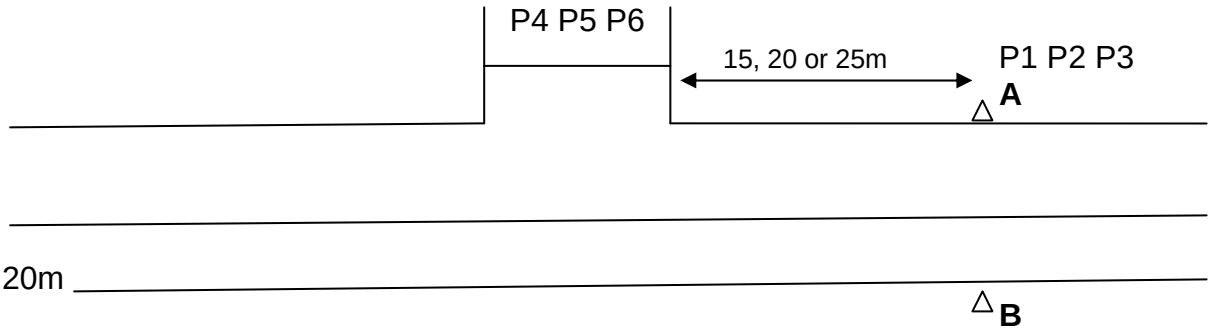
(a) D turns and shoots, C goes to D
(b) Add a defender at D
(c) Set up a similar drill <u>simultaneously</u> on the other wing
(d) Choose the distance to suit the players

8. Shooting in Pairs
6 or more players, goalposts, 3 or more cones and 3 or more balls.



Players catch and kick in pairs, P1 and P6, P2 and P7 etc, 1 ball per pair.
Maybe 10 shots, 2 at each station, keep the scores, and then change roles with partner. It is important that the players behind the goals also concentrate on kicking and catching! Practise with both feet. Choose the distance to suit the players.

9. Hook Kick to score
6 or more players, goalposts, 2 or more cones, 1or more balls.

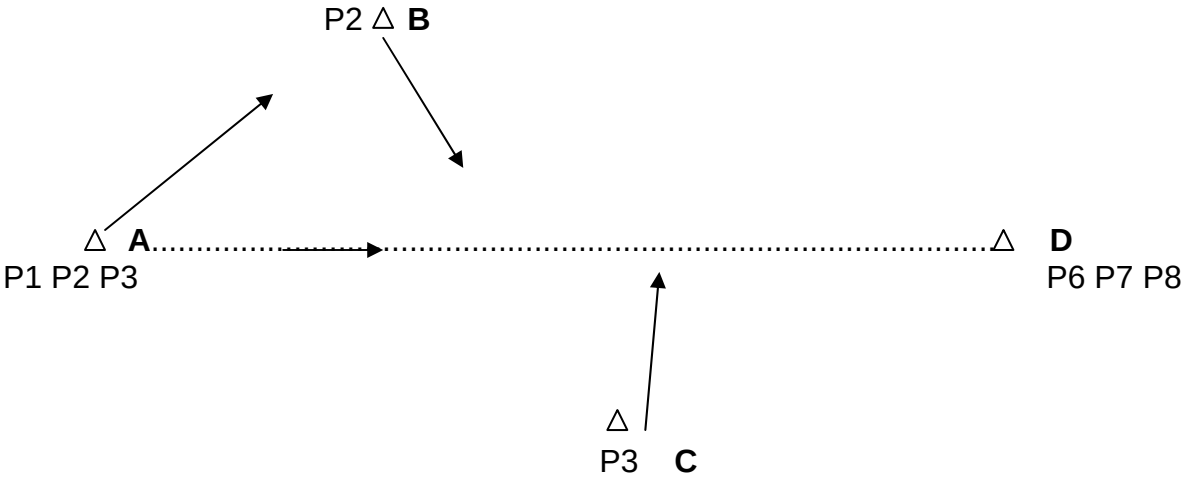


Player at A soloes around B, kicks for a point and runs behind the goals
P4 catches ball, kicks to P2 and runs to A, etc. Keep the scores
Use the left foot when kicking from the right wing etc
Variations:

(a) The drill can be doubled on the other wing and players can then shoot from alternative sides.
(b) Introduce a defender at B?

10. Kick and Support
8 players or more, 4 cones, 1 ball or more

AD = 35 to 45m?
AB = 25m?
BC = 35m?

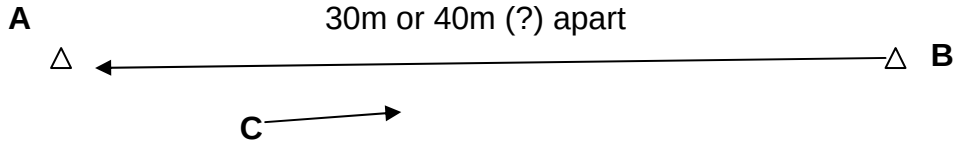


P1 kicks to P2 and P1 runs towards **D**
P2 kicks to P3 who kicks to P1, still running towards **D**...
P1 kicks to P6 who kicks to P3 and P6 runs towards **A**
P3 kicks to P2 who kicks to the onrunning P6, etc
Rotate stationary players at B and C
This is a difficult drill because accuracy is essential....

11. Kicking, Catching and Support

This is a very intense drill so 1 ½ or 2 minutes is a long enough duration

3 players, 2 cones and 1 ball

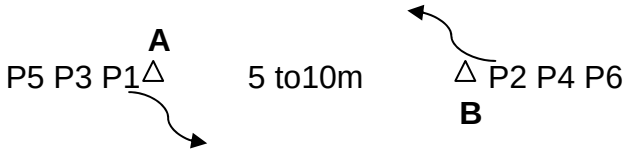


Player A kicks long and high to player B while player C sprints to support / receive the off-load from player B.
Player C then kicks long and high to player A while player B sprints to support / receive the off-load from player A
Player B then kicks long and high to player C while player A sprints to support / receive the off-load from player C

Choose the distance to suit the players

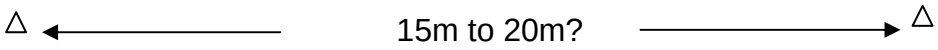
HIGH FIELDING DRILLS

1. Basic for U8s and some U10s
Run to Catch
4 or more players, 1 or more balls, 2 cones



P1 throws the ball up high for P2 and queues at **B**
P2 throws the ball up high for P3 and queues at **A**
P3 throws the ball up high for P4 and then queues at **B,** etc
It is important that each player returns to the cone before throwing
Close supervision is required.

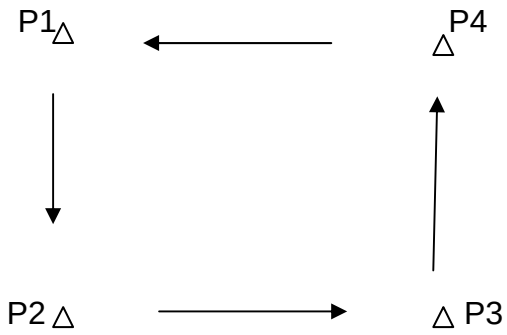
2. **Simple Catch and Kick**
2 players, 2 cones and 1 ball.



Player 1 kicks the ball strongly and **straight up over his own** head
Player 2 runs over and jumps to catch it etc
It is important that each player returns to the cone before kicking
This intensive drill can be maintained for 5 minutes only
Choose the distance to suit the players
Close supervision and active encouragement are important!
Variation

(a) If a 2nd ball is available per pair, each player repeatedly kicks the ball high over his own head and jumps to catch it
(b) Both players contest each kick

3. Kicking Square or Circle
4 or more players, 1 or 2 balls, 4 or more cones

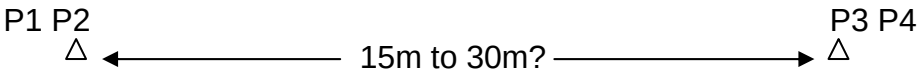


20, 25 or 30m square or circle

Players jog around the cones, kicking the ball across and high for another to catch

Variations
Extra players, balls, vary size of grid

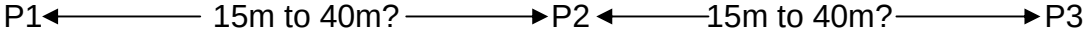
4. Pairs Contesting
4 players, 1 ball, 2 cones



Each pair contests the high ball kicked from the other side
It is important that each player returns to the cone before kicking
This intensive drill can be maintained for 5 minutes only
Choose the distance to suit the players
Keep the score and 'mix' the pairs if the players are similar in size

Variation
One player on each side tries to 'break' the ball
Simply practise fielding without 'contesting'

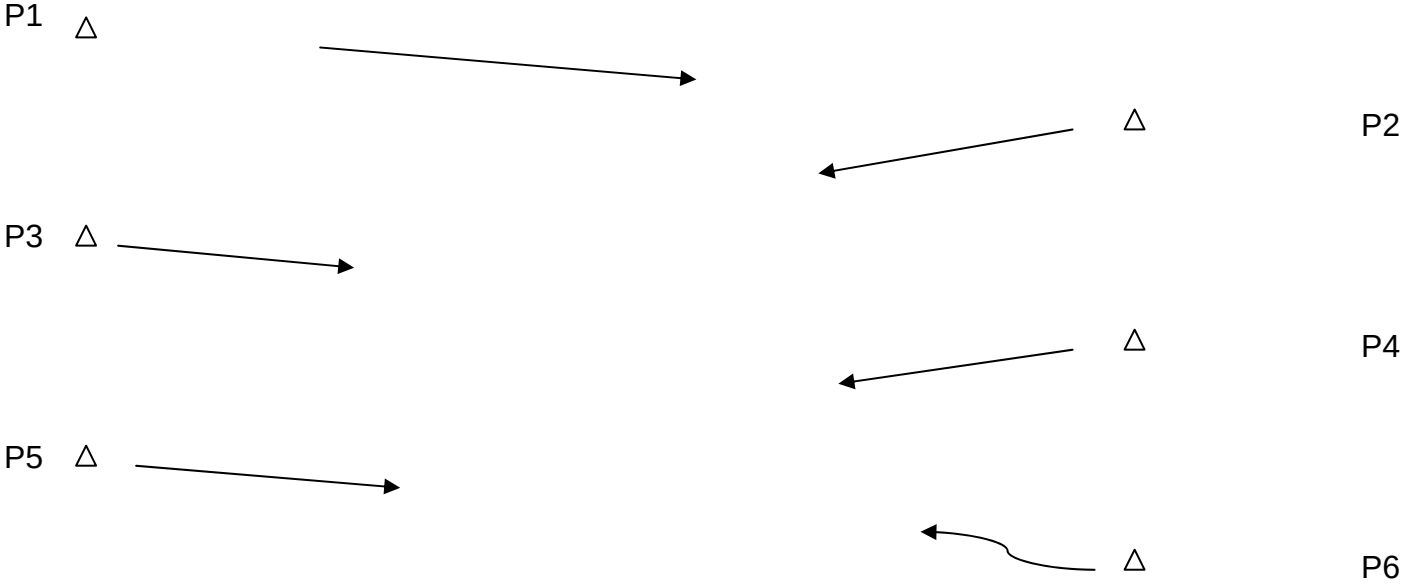
5. High fielding, Man in the Middle
3 players, 3 cones / caps and 2 balls



P2 plays in the middle for 30 seconds.
P2 kicks a high ball to P1 and then turns and receives a high ball from P3.
P2 kicks back to P3 and then turns and receives from P1, etc
It is important that each player returns to his cone before kicking, and kicks up in the air rather than 'long'.
Change the middle-man after 30 seconds
Choose the distance to suit the players. This is an intensive drill - for 5 minutes only

6. Cross-ball

4 or more players, 1 or more balls, 4 or more cones



P1 to P2 = 30m
P1 to P3 = 15m
High kicking P1 to P2 to P3 to P4 to P5 to P6 *and back to P5 etc*
It is important that each player returns to his cone before kicking, and kicks up in the air rather than 'long'
Introduce a 2nd ball if the standard of play is good.

7. Using the Goalkeeper

Goalkeeper and 2 players, 1 or more balls, a cone or 2 if you wish..
(a) Practise fielding of and competing for kick-outs by 1 on 1s with midfielders paired on the wings
(b) Put half-forwards and half-backs in 1 on 1s as above.
Concentrate on getting these players to contest high ones because they often 'shy' away from this important skill.
Note – Extra Coaches /man-power is required for this specialist individual work

DRILLS FOR DEFENSIVE PLAY

1. **Marking Box -** 15 or 20m square grid
   6 players, 2 balls, 4 cones

P3△ △P4

P1 is marked by P2 within the square
Two of the 4 players at the corners have a ball
P1 tries to get free from P2 to receive the ball
P1 can't pass back to player who passes ball
Two balls in play for 30 seconds
No crossing of boundaries by anyone!

P1, P2

Intensive drill for 30 secs. and then rotate
Never be behind your man!

P6△ △P7

Corner players must also be alert
Concentrate also on passing
6 passes in 30 seconds is good play!
Variation: Use 3rd ball, allow a pass only to the corner without a ball!

2. **Multiple Marking box -** 30m square grid
   14 or more players, 3 or 4 or more balls, 8 cones
   As No.1 above
   Pairs can move anywhere within the grid
   Introduce another pair? This is a very intensive exercise

P7 △ P8 △ P9 △

P3 marks P4

P14 △ △ P10

P1 marks P2

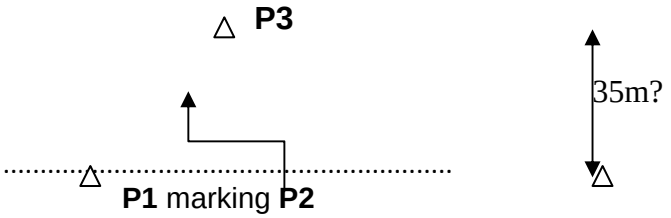
P5 marks P6

△ P11 △ P12 △ P13

3. **Marking - Freeze**
   6 or more players, 4 or more cones to mark out a square grid, 1 or more balls
   2 teams of 3 aside or more up to 12 aside
   Square grid of 25m or up to 80m depending on number of players
   Use 1 or more balls.
   Each player has a man to mark
   Team tries to retain the ball(s)
   Players of team in possession must run all over the grid to get 'loose'

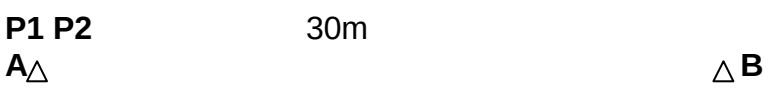
Coach blows whistle to suddenly stop the game and all players 'freeze' – any poor marking?
Five press-ups

4. **Marking – get free to receive**
   3 players, 3 cones and 1 ball
   P1 marking P2 on end line or any other line
   P3 stands 35m away and acts as a feeder, holding ball and delivering when P2 gets 'free'. P3 must be patient and wait
   P2 gets 'free' by a change of pace or direction, or by running, checking and running again, or by going behind defender etc DO NOT ALLOW P1 TO FOUL!
   P1, marking, must work really hard to stay slightly in front
   This a very difficult Marking job because P3 can wait and wait before passing

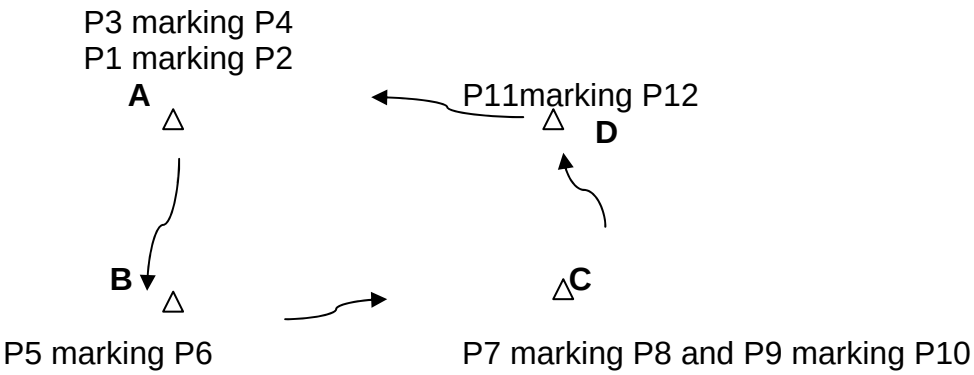


Variation: Double or treble the drill to include 3 or 6 more players

5. **Tackling 1 on 1**
   2 or more players, 1or more balls, 2 or more cones
   P1 runs with and tackles P2 who soloes and weaves etc with the ball from **A** to **B** and back again
   Positioning and Patience – catch up, no pulling and dragging from behind, wait for him to play ball
   Variation: 6 or 8 players working in pairs
   The Coach must work really closely with the tacklers here!



6. **Tackling 1 on 1**
   12 players, 2 balls and 4 cones
   20, 25 or 30m square or circle

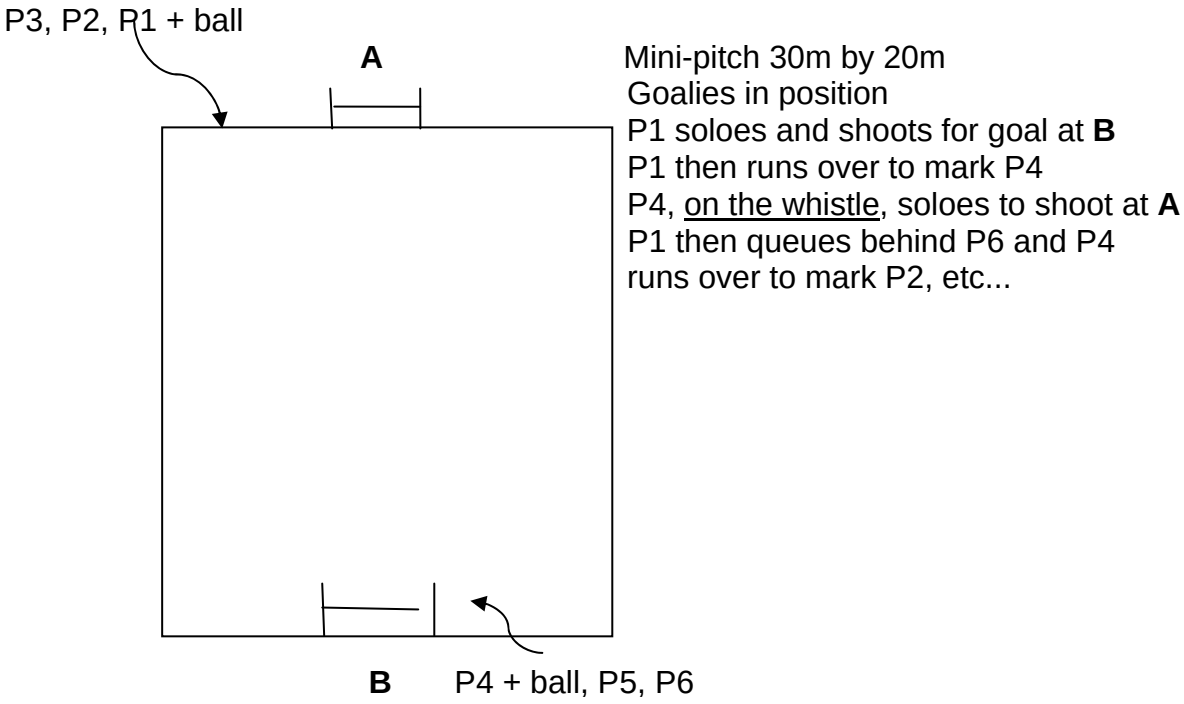


4 players at **A**, 4 players at **C,** 2 players at **B** and **D**
Players work in pairs, P1 marking P2 etc
Ball with P1 and ball with P8

P1 moves towards **B**, soloing, sidestepping etc, and P2 tries to tackle him, while simultaneously P7 and P8 move towards **D**
The pairs at **B** and **D** then come into the action, etc

DRILLS FOR ATTACKING PLAY

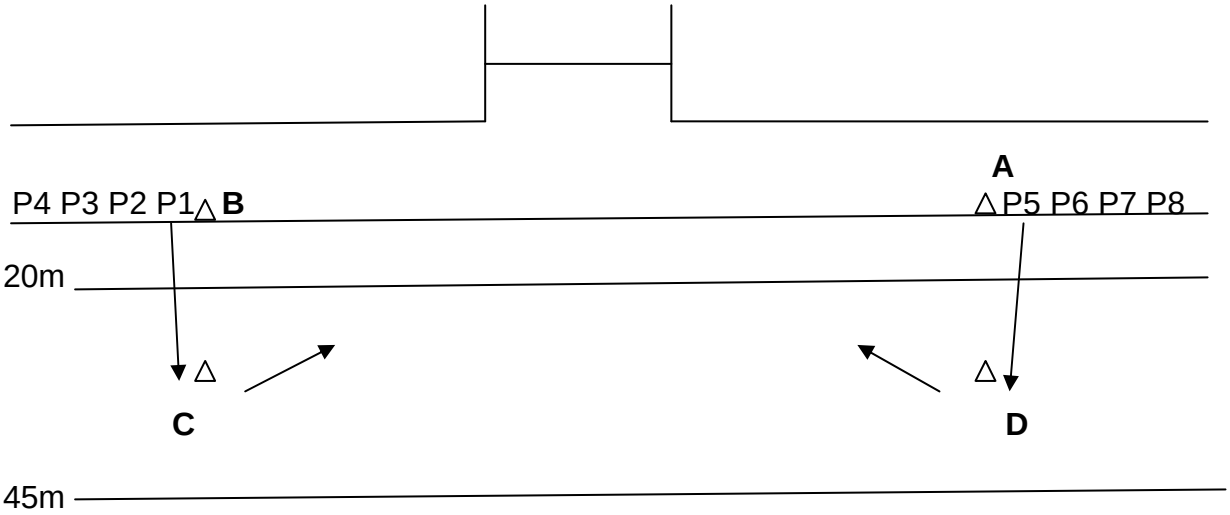
1. Shoot for a goal 1 on 1
8 or more players including 2 'keepers, 3 balls, 2 sets of posts and 4 cones (corner flags)



Variation: Double the number of players and work in pairs

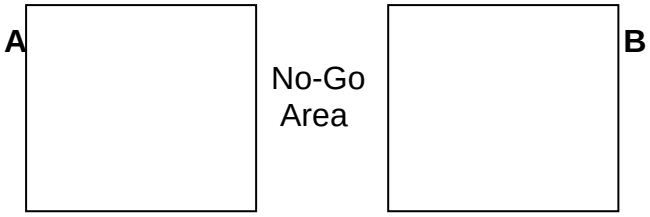
2. Mini games 5, 6 or 7 aside
15, 18 or 21 players, 3 or 4 balls, 2 sets of posts and 4 cones (corner flags)
3 sets of differently coloured bibs
Mini pitch 60m, 70m or 80m square
3 teams of 5, 6 or 7 aside
2 teams play normal or conditioned game
1st team to score a goal (no points) wins – losing team is replaced by the 'spare' team which comes on quickly at the half way line.
The Winners then restart game from goals in which they have just scored
This is high tempo and enjoyable.
Work at marking / tackling also!

3. Attacking / defending 1 on 1 or 2 on 2
8 or more players, goalposts, 4 cones, 1 or 2 or 3 balls



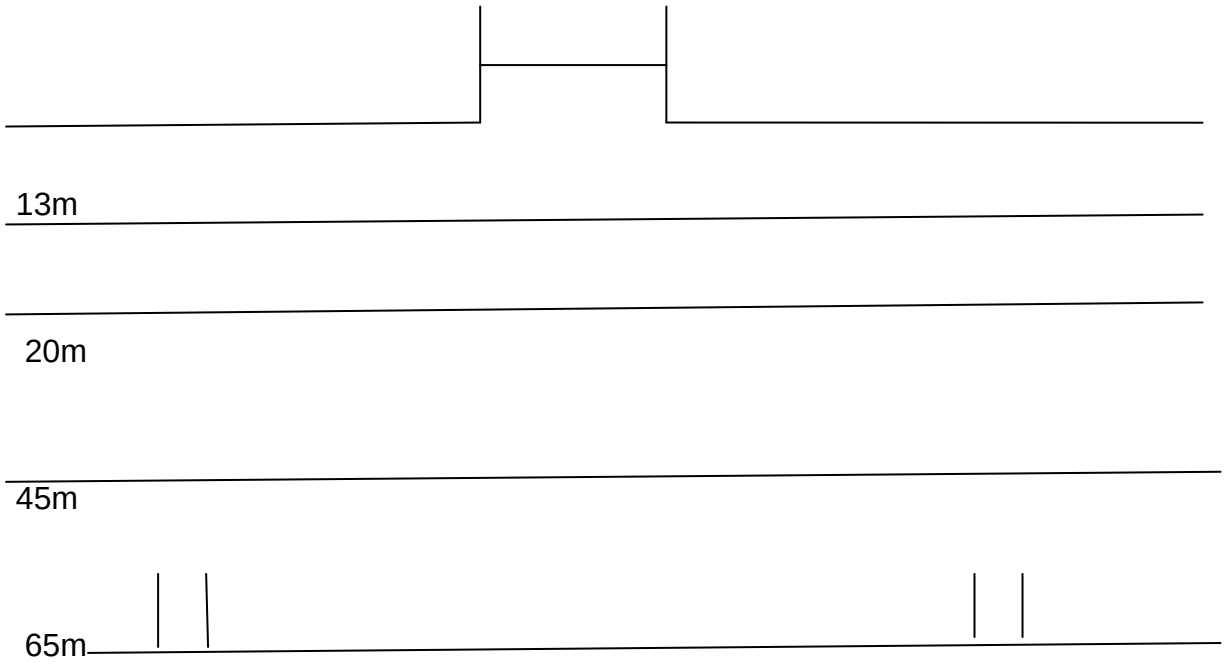
4 attackers+ ball at **B,** 4 defenders at **A** and goalie in place
On the whistle, P1 soloes around **C** and goes to score, while P5 sprints around **D** and tackles him. The Coach must concentrate on good tackling, **NO FOULING!,** attacker's determination, sidestep and /or dummy and always keep the shot on the deck.
Variations: (1) Work in pairs; (2) Put defenders at D to race around A and face the attackers – goals only in this case

4. No Man's Land
(Difficult but enjoyable - probably too difficult for U14s)
12 or more players, 10 or more cones, 1 ball
2 Zones, each 30-35m square, with a No-Go area of width 15-25m



2 teams of 6 aside or more
Players in pairs – 3 from each team in each zone
Players can only gather the ball in the No-Go area
The aim is to work the ball to the front of your zone to enable your team to kick the ball successfully to a team-mate in the other zone – your team scores if you achieve this.
You retain the ball and try to do the same in the other direction
The team without the ball **marks tightly and tackles cleanly**
Support play and evasion of your marker to receive the ball are also vital
This is a very strenuous game – 3-5 minutes only.

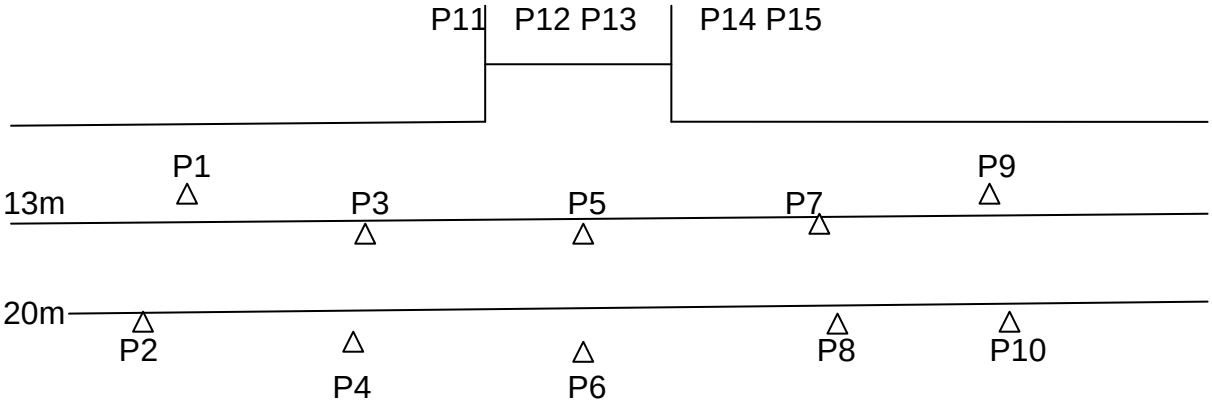
5. Backs and Forwards
13 or more players, goalposts, 4 evasion poles, 1or 2 or 3 balls



Set up 2 sets of mini gates (2m wide?) as shown
Backs and forwards line out normally
Coach or midfielders deliver passes to the attack, or 'keeper kicks out.
Defenders score by completing clearances through either gate.
Emphasis on each forward's ability to **get 'loose'**, to **make the right decision** in possession, to **mind the ball** in attack, to offer **good support**, **to score**, and **importantly** to **defend** when the backs are coming out with the ball.
Emphasis on defenders staying right up with forwards (never behind), good tackling technique without fouling, and good support and handling in getting the ball away to the wings in controlled fashion.
Variation: Any extra players in midfield mark in pairs and play 'keep ball' until Coach blows the whistle to signal that the ball be sent to the Attack. It is important that the midfielders remain outside the 65m line

6. Overloaded Game 5 V 4
10 players, 6 or 8 cones, 1or 2 balls and NO goalposts
Mark out a 40m square pitch
5 players per team
The Red team starts the game in possession on own endline
The Blue team ready on the pitch but with 1 player behind its endline, ie **the attacking team always has 1 extra**
The Red team scores by carrying the ball over the Blues' endline
The Reds' scorer immediately sprints around the boundary and goes back behind his own endline, while the Blues with their spare man now in action pick up the ball and attack the other end which is defended by only 4 Reds
Variation: Allow the scorer to re-enter when he arrives back to his own endline

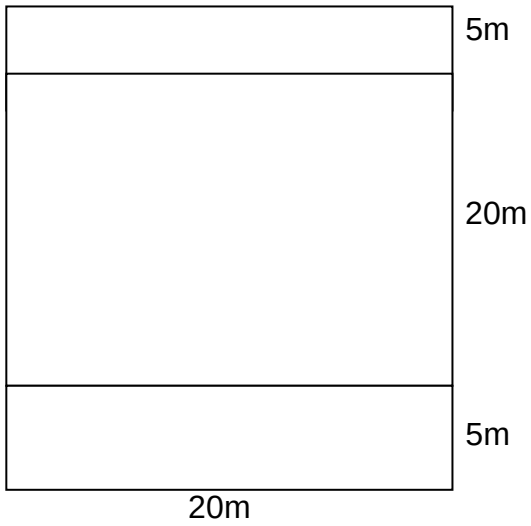
7. Fist, Feint and Shoot
9 players or more, goalposts, 3 or more balls and 6 or more cones



Set out 3, 4, 5 or 6 cones in a shallow arc along the 13m line
Set out 3, 4, 5 or 6 cones in a shallow arc to match the above along the 20m line
A player (P1, P3 etc) with a ball stands at each cone on the arc near the 13m line
A player (P2, P4 etc) stands at each cone on the arc near the 20m line
At the Coach's whistle, ONE BY ONE, each player passes to his partner near the 20m line and rushes to close him down. **Don't dive in!**
The receivers try to feint / sidestep the markers and score points.
Coach the attacker in how to dummy / sidestep / feint
The retrievers kick the balls back to the players who remain at the same cones on the 13m line
After each shot the kicker moves along the 20m line ready for a fist pass from the next opponent
Rotate

8. Penetration, Ball Retention and Tackling
12 players, 8 balls, 8 or more cones

Zone 1= 20m x 5m
Zone 2 = 20m x20m
Zone 3 = 20m by 5m
4 tacklers stay in Zone 2
4 players with a ball each in Zone 1
4 players with a ball each in Zone 3
Ball players solo from Zone 1 to Zone 3 and vice versa
Stay no more than 5 seconds in Zones 1 and 3
Who can retain possession longest?



Coach the tackle and do not allow fouling