

	Jason Ryan	GAA Games Development Conference 2008—Team Play in Gaelic Football
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## **GAA Games Development Conference 2008**

### ***'Team Play in Gaelic Football'***

Saturday November 29th 2008

Venue: Croke Park

Coach: Jason Ryan

## Gathering the Breaks I

**Aim:**

The aim of this activity is to develop the skills of gaining possession of the breaking ball

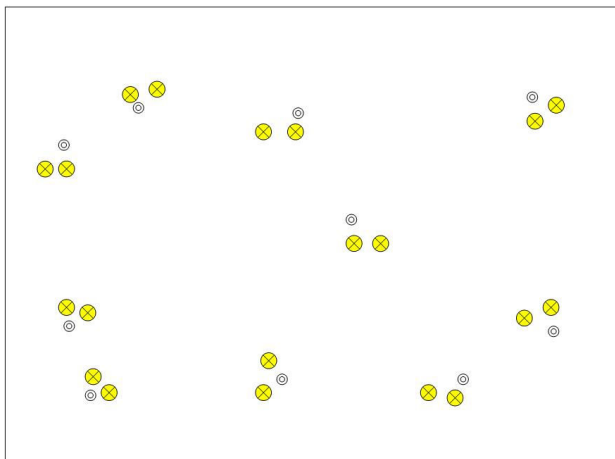
**Organisation:**

- Divide the players into pairs, one football per pair.
- Mark out an area of 40m X 40m. The size can be reduced or increased depending on the numbers involved.
- The first player of the pair jogs forward and throws the ball into the air, over his shoulder. The second player must gather possession as quickly as possible.
- Reverse the roles for each attempt.

**Key Points:**

- Encourage all players to be aware of where the ball is at all times.
- Ensure that the throwing player throws the ball at random
- To alter the challenge, allow 2 bounces before gaining possession, then 1 bounce and finally gain possession without any bounce
- This game can be used as an ideal warm up game.

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## Gathering the Breaks 2

**Aim:**

The aim of this activity is to develop the skills of gaining possession of the breaking ball with opponents

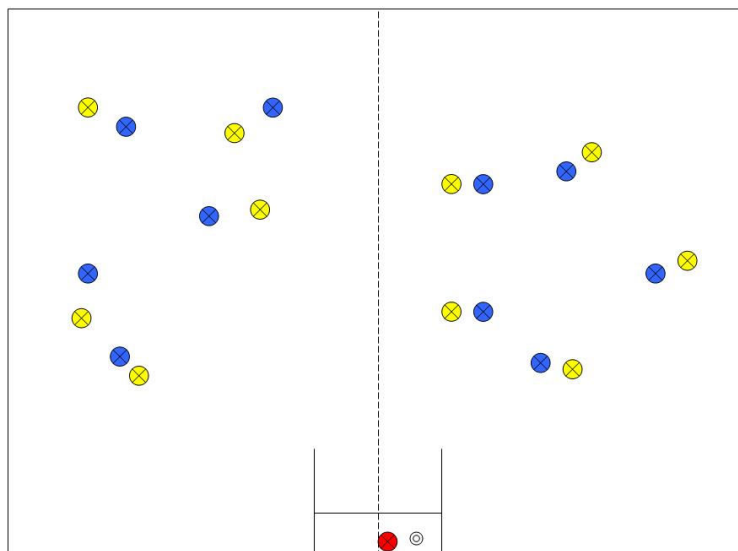
**Organisation:**

- Mark out an area of one half of the pitch. Divide the playing area into 2, either side of the goalposts.
- Divide the players into teams of 5. Place two teams in each half of the playing area.
- The goalkeeper kicks the ball out between each pair of teams. Once a team gains possession the game a point is awarded. The first team to score a set number of points is the winner.
- Alternate the kick outs for each attempt.

**Key Points:**

- Ensure that the goalkeeper player kicks the ball out at random
- To alter the challenge, allow the goalkeeper to favour one team

**Notes:** \_\_\_\_\_  
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## Clean Kick Outs I

**Aim:**

The aim of this activity is to develop the skills of gaining clean possession from a kick out.

**Organisation:**

- Mark out an area of one half of the pitch.
- Line out the players as normal, with a Goalkeeper, Full Back line, Half Back line, Mid Field and Half Forward line. No opponents are used.
- The aim of this game is for the Centre Half Back to gain possession cleanly.

**Key Points:**

- Ensure that the Full Back moves out of the central area. Both Corner Backs move towards the sideline as does the Wing Half Back to create space for the Centre Half Back to move into and take possession
- Communication between the Goalkeeper and the defenders is crucial.
- Progress to include opponents

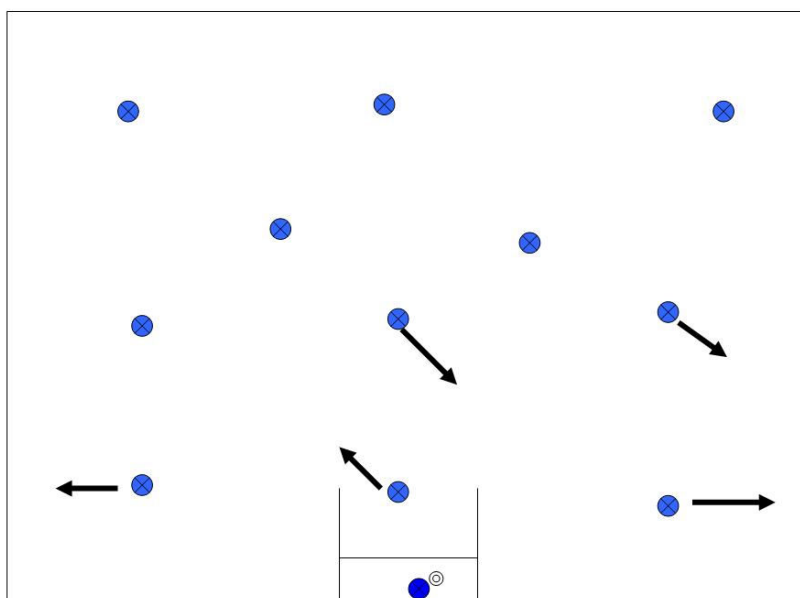
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## Clean Kick Outs 2

**Aim:**

The aim of this activity is to develop the skills of gaining clean possession from a kick out.

**Organisation:**

- Mark out an area of one half of the pitch.
- Line out the players as normal, with a Goalkeeper, Full Back line, Half Back line, Mid Field and Half Forward line. No opponents are used.
- The aim of this game is for the Wing Half Forward to gain possession cleanly.

**Key Points:**

- Ensure that the Midfielders move into the central area. The Wing Half Back at that side moves towards the goal for a short kick out leaving space for the Wing Half Forward to move into and claim
- Communication between the Goalkeeper and the outfield players is crucial.

**Notes:** \_\_\_\_\_

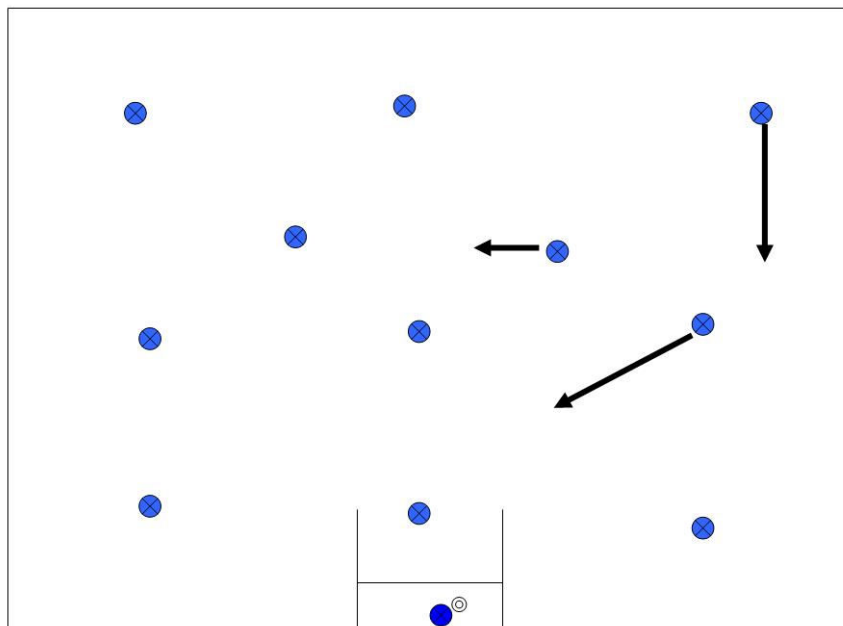
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## Clean Kick Outs 3

**Aim:**

The aim of this activity is to develop the skills of gaining clean possession from a kick out.

**Organisation:**

- Mark out an area of one half of the pitch.
- Line out the players as normal, with a Goalkeeper, Full Back line, Half Back line, Mid Field and Half Forward line. No opponents are used.
- The aim of this game is for the Midfielder to gain possession cleanly.

**Key Points:**

- Ensure that the Wing Half Back moves towards the goal for a short kick out leaving space for the Midfielder to move into and claim
- Communication between the Goalkeeper and the outfield players is crucial.

**Notes:** \_\_\_\_\_

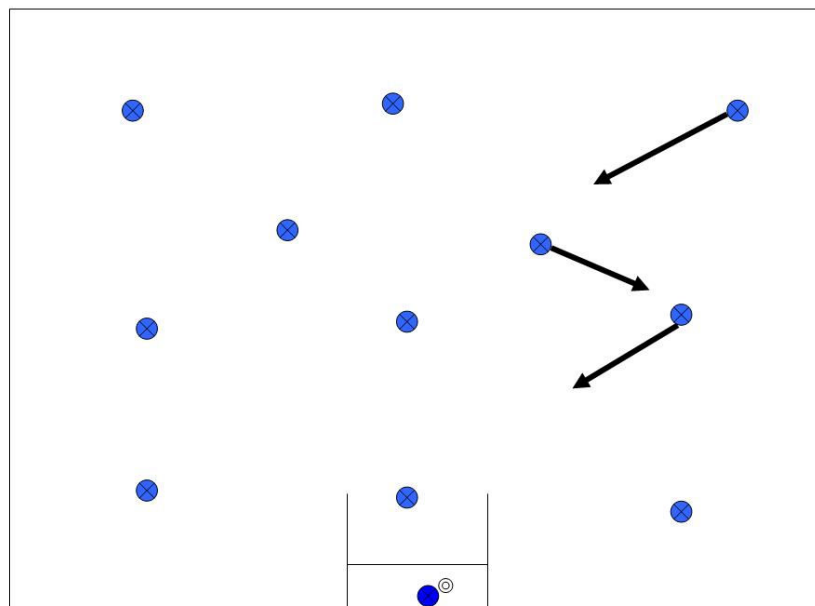
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### Switching the Play I

**Aim:**

The aim of this activity is to ensure that there is width in team play.

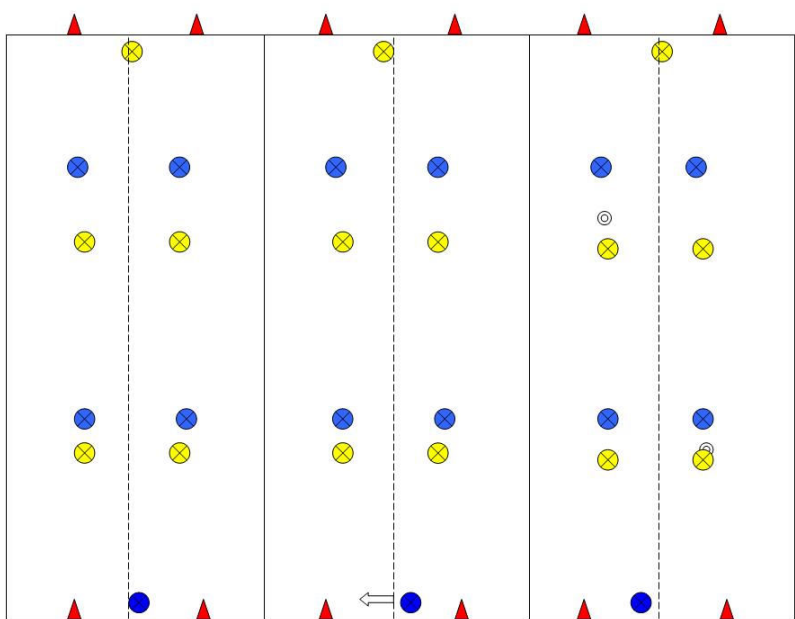
**Organisation:**

- Mark out an area of one half of the pitch. Divide this area into 3 playing areas. Place one goalpost at each end of each playing area.
- Divide each playing area in 2, with cones from the centre of one goal to the centre of the opposite goal.
- Divide the players into teams of 5. Points are awarded when either team can hand pass the ball through their opponents goal. In order for a score to count, the attacking team must play the ball over the dividing line in their pitch.

**Key Points:**

- Players are permitted to hand, fist or kick pass the ball across the line
- Scores can only count if the ball has been played over the centre line
- This game can be used as an ideal warm up game

**Notes:** \_\_\_\_\_  
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## Switching the Play 2

**Aim:**

The aim of this activity is to ensure that there is width in team play.

**Organisation:**

- Mark out an area of one half of the pitch. Place one goalpost at each end of each playing area. Mark out two tramlines 10m in from the sideline at each side.
- Divide the players into teams of 5. Place 1 player in each of the tramline areas. These players are permitted to play for both teams. The game can continue as normal, but scores can only be awarded if the ball has been worked through the player in one of the tramlines.
- Rotate the player in the tramlines after a set time.

**Key Points:**

- Players are permitted to hand, fist or kick pass the ball
- The player in the tramline works as a support player to both teams

**Notes:** \_\_\_\_\_

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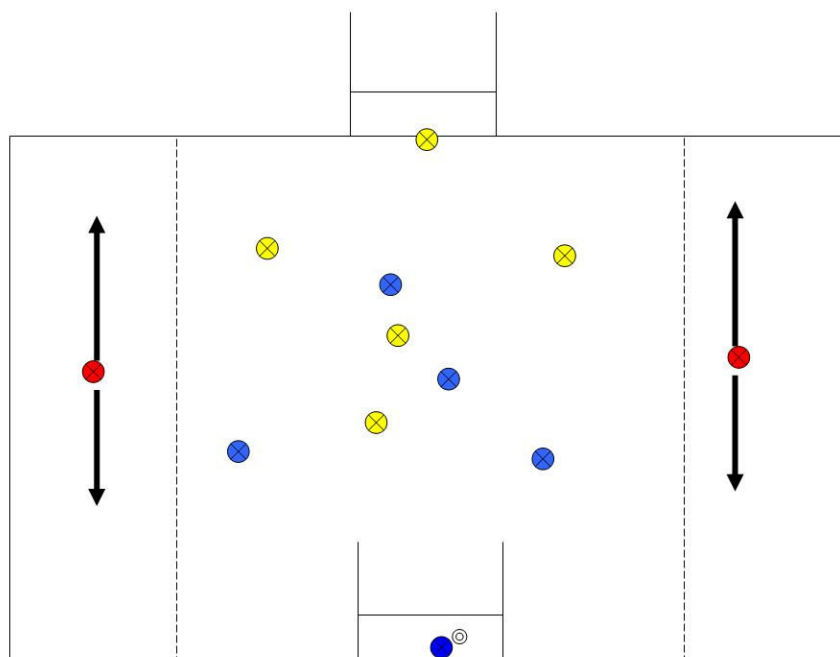
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## Switching the Play 3 (4 Goal Game)

**Aim:**

The aim of this activity is to ensure that there is width in team play.

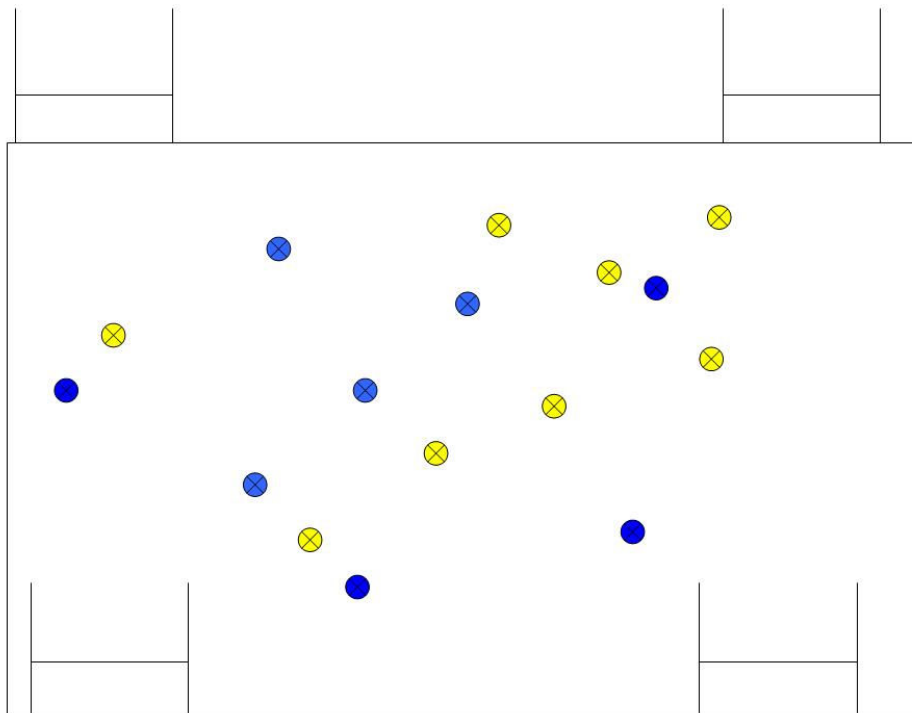
**Organisation:**

- Mark out an area of one half of the pitch. Place one goalpost in each corner.
- Divide the players into teams of 8. The game can continue as normal, but scores can be awarded if the ball has been played through either goal.

**Key Points:**

- Players are permitted to hand, fist or kick pass the ball
- Encourage players to switch the play to score in either goal

**Notes:** \_\_\_\_\_  
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## Pressure Play I

**Aim:**

The aim of this activity is to encourage high work rate and exerting pressure on opponents.

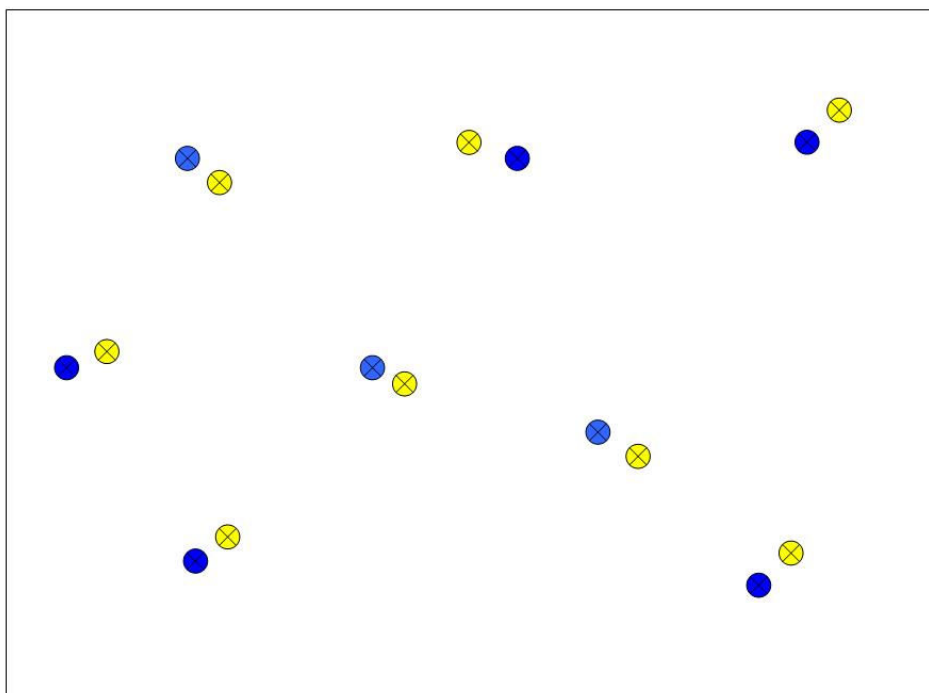
**Organisation:**

- Mark out an area 30m X 30m.
- Divide the players into pairs. Identify one player of each pair as the attacker and one as the defender. On the whistle the defender attempts to shadow the attacker, while the attacker attempts to evade the defender.
- After 3 seconds, alternate the roles.

**Key Points:**

- Encourage attackers to use evasion techniques—sidestep, roll etc to evade the defender

**Notes:** \_\_\_\_\_  
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## Pressure Play 2

**Aim:**

The aim of this activity is to encourage high work rate and exerting pressure on opponents.

**Organisation:**

- Mark out an area 30m X 30m.
- Divide the players into teams of 6. Place one goalpost at either end of the playing area.
- Play continues as normal. Each player may only tackle their direct opponent.

**Key Points:**

- Encourage attackers to use evasion techniques—sidestep, roll etc to evade the defender
- Encourage movement amongst players to ensure high work rate.

**Notes:** \_\_\_\_\_

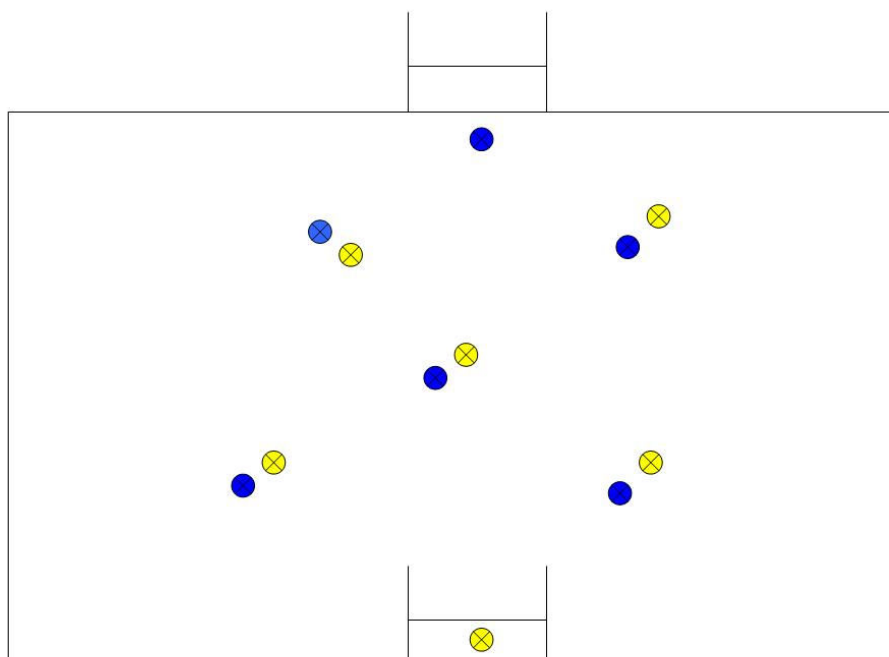
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## Pressure Play 3

**Aim:**

The aim of this activity is to encourage high work rate and exerting pressure on opponents.

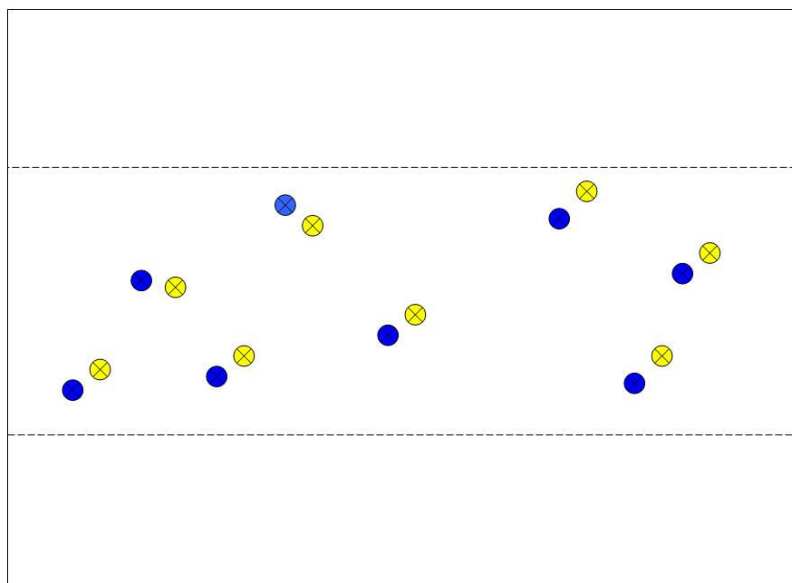
**Organisation:**

- Mark out a playing area half the size of a normal pitch. Mark out a scoring zone 30m deep at either end of the playing area.
- Divide the players into teams of 8.
- Play continues as normal. Scores are awarded when the ball is played—either hand, fist or kick passed—into the scoring zone. Each player may only tackle their direct opponent.

**Key Points:**

- Encourage players to move the ball quickly into the scoring zone
- Encourage attackers to use evasive techniques to gain space within each scoring zone.

**Notes:** \_\_\_\_\_  
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## Big Man Play

**Aim:**

The aim of this activity is to encourage the use of a big full forward.

**Organisation:**

- Mark out a playing area from the end line to the 45m line. Place 2 feeder players on the 45m line, either side of the goal. Place 2 defenders either side of the goal on the endline. Place the full forward on the edge of the small rectangle.
- The feeder players kick the ball to the full forward and follow up as a support runner. The full forward gathers possession and either scores, or plays the ball to the support runner to score.

**Key Points:**

- Encourage the full forward to move into space for the feeders to play the ball into.
- Encourage feeder players to follow up quickly as support runners for the full forward.

**Progression:**

- To increase the intensity of the game, allow the defender to move from the endline to tackle the full forward once he gains possession
- To further increase the intensity of the game, allow both defenders to move from the endline to tackle the full forward once he gains possession
- To further increase the intensity of the game, allow a defender to mark the full forward.

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