

Introduction

Games

The one thing that all players want and crave is to play a game, how many times have you heard players say they love playing games and hate training. Well that doesn't have to be the case, training can be enjoyable and games provide the learning experience that motivates players. Using various methods of adapting the games the coach can improve the technical and tactical ability of the players.

Benefits of games

The reason we play games is to get players to work together as a team and understand what to do and how to do it

What they promote

A game provides opportunities for players to solve problems and increase decision making in making situations.

A game can be defined as the following:

Goal: which players try to reach and usually has a set of rules.

Activity challenging in which the group trying to solve a problem

Motivation there is usually a winner and a loser enough to motivate

Enjoyment games are fun and help to promote cooperation

Scoring regardless of the game if a game is played by one person or a team requires motivation

How can we begin?

- A simple game of 1 v 1 which involves simple rules, how to score, where to score and some key rules can be developed by simply changing or adding something.
- What are the things we change or add?
- The numbers involved, the area in which we play, making it narrower, wider or changing to a different shape.
- There are other ways a game changes its focus or aim, for example how the participants enter the playing area: side, back, do they walk, jogging.
- How the players begin the activity either moving facing away from each other arriving at different times coming from different parts all change the type of game it is you play.
- The shape of the attack and defence bunched, lines, groups circle.
- How the football ball or sliotar is introduced, passed, rolled or lobbed.
- We can do all the above with almost any game activity.
- The key is we can develop our own games and help players come up with their own ideas for games all it takes is a little imagination.

Categorization of Games:

Games can be categorized according to the format in which they are played.

The five major categories are:

- Chasing Games
- Target Games
- Court Games
- Field Games
- Invasion Games (Non ,Part, Full)

Chasing Game

These games involve tagging and chasing like tag where players perform skills as fleeing, and dodging. Appropriate for warm up activities.

Target Games

The simplest form of a game which challenges players to use their technique to score by throwing, striking or kicking to a target. Decision making is limited. Players have lots of time to perform the task with out any distraction from other players.

Court Game

Divided court games require players to pass the ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited. The use of other skills essential for team work like communication, anticipation and spatial awareness all become more apparent. To score players hit/kick the ball into the free or open court space

Field Games

A field game requires one team to act as the strikers/kicker and the opposition become the fielders retrieving the ball. Teams alternate. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is key

Part-Invasion

A game that requires players to complete a task without any direct or limited opposition. Such games encourage a greater awareness of time and space but also help develop characteristics of Team Play, e.g. support play and communication. Non-invasion games allow players to develop positional sense, and limit the opposition that players meet

Full Invasion Game

The core objective in invasion games is to move into an opponent's territory in order to score. To achieve this objective the players must maintain possession of the ball, create and use space and attack a 'goal' Werner, Thorpe and Bunker, (1996).

Key element with invasion games is the number of players involved

Player = space = time =skill. Movement off the ball is a key component.

Game Finder (A-Z)

Game	Game Type	Skills	Age Level	Code	Page
1,2,3, and in	Part invasion	Hand passing/TacklingEvasion/	Any	H/F	
50/50 possession	Full invasion	Winning the ball and scoring	16-adult	H/F	
6 square men	Full invasion	Off the ball movement/Creating space	16-adult	H/F	
4 passes to kick	Part invasion	Winning possession/Kick passing/ hand passing	12-adult	F	
2 guard or not 2 guard	Warm up and Chasing game	Attacking the goal	Any	F	
4 v 1	Court Game	Maintaining possession	Any	F	
4 choices	Court	Concentration and hopping and soloing	Any	F	
1 on 1 return	Full invasion	Winning possession	Any	F/H	
2 minute countdown	Full invasion	Defending/attacking as a team	16-adult	F/H	
3 beaters	Full invasion	Defending and attacking	16-adult	F/H	
3 vs 3 Road to Croker	Full invasion	Hand passing/Off the ball movement	Any	F/H	
4 zone ball	Full invasion	Team work/Picking out the free man	16-adult	F/H	
6 of the best	Full invasion	Defending and Attacking as a team	16-adult	F/H	
10 second touchdown	Full invasion	Passing and movement	16-adult	F/H	
10-7-5 second game	Full invasion	Keep possession/Off the ball movement	12-adult	F/H	
30 metre pass	Full invasion	Kick passing	12-adult	F	
All coned out	Target	Accuracy	Any	F	
All up and all back	Full invasion	Attacking and defending	16-adult	F	
Astride ball	Target game	Accuracy	Any	F	
Back to back	Warm up and Chasing Game	Evasion	Any	F/H	
Batting/fielding game	Field	Striking and Catching	5-12	F/H	
Batters bonanza	Field	Striking and fielding	5-12	F/H	
Bean Bag Tag	Chasing game	Evasion	4-10	F/H	
Be on your guard	Court	Attacking and defending	Any	F	
Beat the man Tommy	Full invasion	Evading the tackle/defending	16-adult	H/F	
Beat the 2 corner men	Full invasion	Evading the tackle/ defending	16-adult	h/f	
Best of 5	Full invasion	Defending/attacking	16-adult	H/F	
Big hitter	Field	Striking and catching	5-12	F/H	
Bombardment	Target	Accurate kick passing	5-12	F	
Border Raisers	Part invasion	Defending skills/ evasion skills	10-adult	F	
Boxing	Part invasion	Team work and catching	U16-adult	F	
Breaks win matches	Full invasion	Long kick passing and winning breaking ball	U16-adult	F	
Breakout	Full invasion	Evading the tackle/tackling	U16-adult	F	
Bridge ball	Target Game	Pick up	4-10	F/H	
By-pass Midfield	Full invasion	Hand passing and defending	U16-adult	F	
Captains Ball	Court	Hand passing and team play	Any	F	
Catch and kick if you can	Target	Hop and solo	Any	F/H	
Catch the Train	Chasing game	Evasion	5-10	F/H	
Catching Game	Full invasion game	Evasion + catching	5-10	F/H	
Cats and Mice	Chasing game	Evasion	5-10	F/H	

Game	Game Type	Skills	Age Level	Code	Page
Chase your Partner	Chasing	Evasion	any	F/H	
Chasing Cars	Chasing	Evasion	4-10	F/H	
Chaos	Chasing	Evasion	4-10	F/H	
Chase the hound	Part invasion	Attacking and defending	U16-adult	F/H	
Chuck it Out	Court	Evasion and throwing	5-12	F	
Circle in circle out	Target	Ground striking and blocking	5-12	H	
Circle Score	Part invasion	Shooting and catching	10-adult	F	
Circle chase	Chasing	Evasion	4-10	F/H	
Clear the Circle	Target	Kick passing	5-12	F	
Coach Tag	Chasing	Evasion and concentration	4-10	F/H	
Commando	Chasing	Evasion	4-10	F/H	
Cone Bombardment	Target	Kick-passing/Ground Striking	5-12	F/H	
Continuous play	Full invasion	Team play and concentration levels	16-adult	F/H	
Corner Ball	Full invasion	Accurate passing/ catching	16-adult	F	
Crazy Kicks	Field	Kicking and Catching	5-12	F	
Crazy slalom	Court	Hopping and soloing	any	F/H	
Crossfire	Court	Intercepting and passing	any	F/H	
Crows and Cranes	Chasing	Evasion and concentration	4-10	F/H	
Cúchulainn	Part invasion	Catching/ kicking/ shooting	12-minor	F/H	
Deny possession	Part invasion	Defending and ball protection	14-adult	F	
Distant Circle Score	Full invasion	Long distance shooting	12-adult	F	
Dodge and Tag	Chasing	Evasion	any	F/H	
Double Back	Full invasion	Support play	16-adult	F/H	
Double Handed Touch	Full invasion	Tackling and finding space	16-adult	F	
Double or quits	Full invasion	Free taking and score taking	16-adult	F	
Down and back	Court	Ball control	Any	F/H	
Dribbling circle	Chasing	Ground control	5-12	H	
Empty the Circle	Field	Ground striking	5-12	H	
Everyone is it	Chasing	Evasion	any	F/H	
Find the Link Man	Part invasion	High catching and pass awareness	14-adult	F/H	
Find the Goals	Target	Kick-passing/Ground striking	5-12	F/H	
Field Rounder's	Field	Kicking and catching	5-12	F/H	
Find the Coach	Chasing game	Evasion	5-12	F/H	
Fire ball	Court	High catching	any	F/H	
Fire Zone	Court	Accurate shooting and blocking	Any	H/F	
Flick and strike	Warm Up	Flicking	5-12	H	
Flick the Flies	Invasion	Dispossess	5-12	H	
Forward Kicking/thinking	Part invasion	Kick passing	16-adult	F	
Four ball battle	Court	Kick-passing	5-12	F	
Four corners	Court/ Field	Kicking/ striking and catching	5-12	F/H	
Four Hitters	Field	Kicking and catching	5-12	F	
Free movement	Warm Up	Concentration and Evasion	Any	F/H	
Frozen Wall Ball	Court	Team work/ intercepting	any	F	
Frozen Ball	Court	Kicking and catching	any	f	
Goals, Goals, Goals	Full invasion	Keeping possession and accurate passing	16-adult	F	
Goal to Goal	Full invasion	Switching the play and team work	16-adult	F	
Goalkeeping	Full invasion	Attacking/ Defending/ Goalkeeping	10-adult	F	
Goid	Full invasion	Defending and ball retention	8-16	F/H	
Golf hurling	Target	Ground striking	5-12	H	
Grid block	Court	Kick passing and Blocking	any	F	

Game	Game Type	Skills	Age Level	Code	Page
Here, There Everywhere	Chasing game	Evasion	Any	F/H	
Hit the corners	Court	Kick-passing	any	F	
Hit the cone	Target	Kick-passing	5-12	F	
Hitting the target	Full invasion	Carrying the ball/defending	16-adult	F/H	
Hit 4 and go	Field	Kicking and catching	5-12	F/H	
Hot sun	Court	Handling	Any	F	
Hoopster	Court	Hand passing and team work	Any	F	
Human tunnel Ball	Chasing game/ Warm up	Reaction skills	5-10	F/H	
Hurling minefield	Warm up	Dribbling	Any	H	
Incoming	part invasion	Catching and teamwork	5-12	F/H	
Jammy dodgers	Court	Kick passing/Evasion	5-12	F	
Keep ball	Part invasion	Attacking and defending	Minor-adult	F	
Keepings off	Invasion	Possession and tackling	16-adult	F/H	
Kicking Rounder's	Target	Kick-passing	Any	F/H	
Kick for goal	Full invasion	Accurate kicking	Any	F	
Knock out ball	Court	Dribbling	5-12	H	
Lane to Lane	Full invasion	Striking on the run	12-adult	H	
Land Mines	Court	Dribbling	5-12	H	
Last man standing	Chasing game	Evasion	Any	H	
Last person awake	Chasing	Concentration and evasion	Any	F/H	
Line game	Court	Attacking and defending	Any	f/H	
Long ball	Full invasion	Long accurate kick passing/Handling skills	8-18	F	
Long channels	Part invasion	Awareness and passing skill	Minor-adult	F/H	
Long distance score	Full invasion	Long distance shooting	16-adult	F	
Lose It/Win it	Full invasion	Forwards defending/Defenders carrying ball out from defence	16-adult	F	
Mayhem	Court	Dribbling	5-12	H	
Mid-field build up	Part invasion	High catching	U16-adult	F	
Mid-field set up	Full invasion	Using extra man	16-adult		
Move the goals	Target	Kick-passing	5-12	F	
Musical footballs	Warm up	Concentration and agility	5-12	F	
No mans land elimination	Part invasion	Kicking and catching	6-minor	F	
Non stop Hurling	Full invasion	Concentration+Winning possession	16-adult	H	
One on one	Full invasion	Winning possession	14-adult	F/H	
On the whistle	Warm up	Hand passing and concentration	Any	F	
One two three red lights	Warm up	Hoping and soloing	5-12	F	
Opposite corners	Full invasion	Switching direction of attack	14-adult	F	
Out of control	Chasing	Concentration and hop and solo	Any	F	
Over the Bar	Court	Kicking and catching	Any	F	
Over the border	Court	Ground striking	5-12	H	
Over the river	Court	Catching and kicking	8-16	F	
Over the river pass and attack	Part invasion	Kicking and catching	10-minor	F/H	
Pass the guards	Court	Evasion and defending	Any	F	
Patient shooting	Full invasion	shooting	10-adult	F	
Pick and drop and pick if you can	Part invasion	Pick ups	5-12	F/H	
Pick up and run	Field	Pick up and reactions	Any	F	
Play the zone	Full invasion	Positional sense and different roles	16-adult	F/H	
Possession game	Court	Movement/ keeping possession/intercepting	Any	F	

Game	Game Type	Skills	Age Level	Code	Page
Possession striking	Part invasion	Hand passing and striking	8-16	F/H	
Protect the ball partner work	Court	Tackling/ protecting	Any	H	
Push the button	Full invasion	Winning possession	12-adult	F/H	
Quick Rounder's	Field	Striking/Kicking and catching	5-12	F/H	
Reactor game	Full invasion	Evasion/Agility/shooting	14-adult	F	
Rob the nest	Warm up	Dribbling	Any	h	
Rolling attack	Full invasion	Attacking as a team	16-adult	F/H	
Rotate the defender	Part Invasion	Hand passing and dispossessing	14-adult	F	
Rotate	Field	Kicking/Striking and catching	5-12	F/H	
Run the rapids	Invasion	Evasion and defending	Any	F	
Running the channels	Full invasion	Attacking under pressure	14-adult	F/H	
Scout ball	Part invasion	Kicking and catching	8-16	F	
Shadow running	Chasing	Evasion	Any	H/F	
Shoot on sight	Full invasion	Shooting skills	14-adult	H/F	
Short ball long ball	Part invasion	Kick passing and hand passing			
Signal man	Warm up	Concentration levels and agility	Any	H/F	
Silent game	Full invasion	Concentration And working off the ball	16-adult	H/F	
Skittles	Target	Kick passing/Ground striking	5-12	H/F	
Snakes in the grass	Chasing	Evasion	5-12	H/f	
Snatch the bacon	Chasing	Evasion	Any	H/F	
Space tennis 30 possessions	Part invasion	Kick passing and hand passing	10-adult	F	
Space invaders	Part invasion	Passing and defending	12-18	F/H	
Staying alive	Full invasion	Movement off the ball	16-adult	F/H	
Strike away	Court	Dribbling and dispossessing	5-12	H	
Swap ball	Court	Team work/ possession/concentration	any	F	
Switch the play	Full invasion	Change direction of attack	14-adult	F/H	
Tandem Defence	Part invasion	Teamwork in defence	10-adult	F	
Tackle alley	Part invasion	Tackling and evading the tackle	10-adult	F	
Team ball pass	Warm up	Hand passing	10-adult	F	
Telling pass	Full invasion	Decision making/passing	15-adult	F/H	
Three second hurling	Full invasion	Quick hurling	16-adult	H	
Three zones to win	Court	Teamwork/ hand passing	Any	F/H	
Through the gates	Full invasion	Kick passing	16-adult	F	
Through the legs	Target	Ground striking	5-12	H	
The twilight zone	Part invasion	Evading the tackle/Tackling/Carrying the ball	16-adult	F	
Timing and shooting	Full invasion	Concentration + shooting skills	14-adult	F/H	
Top of the pole	Court	Team work and movement	Any	F/H	
Tom Tiddler	Part invasion	Evasion skills/ tackling skills	any	F/H	
Tower ball	Target	Kicking and blocking	5-12	F	
Traffic	Court	Team work	any	F	
Traffic jam	Court	Evasion/Dribbling/ Hop and solo	5-12	F/H	
Triangular goals	Full invasion	Goal keeping/Switch the play	15-adult	F/H	
Triple Circle Pass	Part invasion	Passing and movement off the ball	10-adult	F	
Turtle flip chasing	Chasing	Evasion	5-12	H/F	
Turnovers count	Full invasion	Ball retention and turning ball over	6-adult	H/F	
Two court dodge-ball	Court	Evasion	5-12	H/F	
Two minute overlap	Full invasion	Using extra man	16-adult	F/H	
Two way midfield	Full invasion	Using extra man	16-adult	F/H	
The zones					

Game	Game Type	Skills	Age Level	Code	Page
War	Part invasion	High catching	Any	F/H	
When your number is called	Full invasion	Attacking and defending	16-adult	F/H	
Where's the goal	Court	Possession skills/Goalkeeping	Any	F	
Who's attacking	Full invasion	Changing from def-attack	16-adult	F/H	
Who's attacking who's defending	Full invasion	Use of extra player	16-adult	F/H	
Wipe-out	Full invasion	Shooting skills	16-adult	F/H	
Working after the pass	Court	Movement/ concentration/ hand passing	Any	H/F	
Work it out	Full invasion	Work out the ball from defence	16-adult	F	
Your numbers up	Court	Concentration and team work	Any	H/F	
Zones	Part invasion	Positional sense	16-adult	F/H	
Zone solo	Full invasion	Ball carrying skills	16-adult	F	
Zone to zone	Part invasion	Hand passing and off the ball movement	8-adult	F/H	

chapter

1

GIVE US A GAME

**WARM UPS
AND CHASING
GAMES**

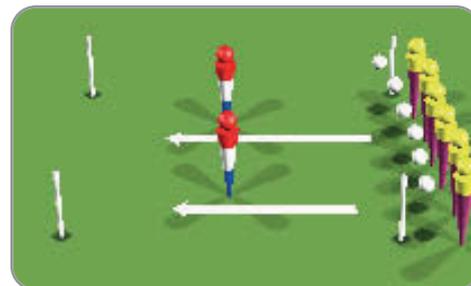
2 Guard or not 2 Guard

How to Play

Mark out a grid 15m by 15m. Six players attempt to solo across the grid. Two players act as defenders and attempt to tag the soloing players. Once a player has been tagged they must leave the Game. The soloing players continue over and back until all have been tagged. Rotate the defenders and repeat the game.

Progression

Increase the width of the grid to reduce the difficulty for the soloing players and vice versa.



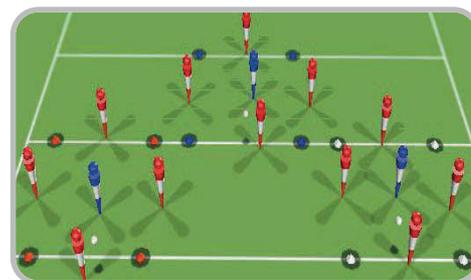
4 v 1

How to Play

Put players in groups of 5 (1 defender & 4 attackers). Use grids (10m x 10m). Attackers stay outside the area, defender stays inside. Attackers score a point when they make a successful pass to another attacker. Defenders score two points for a block/intercept. Change the defender every 30 seconds.

Progression

Increase the time. Increase/reduce the grid size.



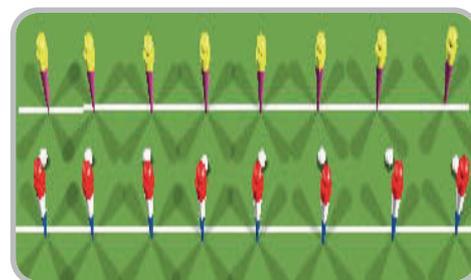
Astride Ball

How to Play

2 teams line up and face each-other from about 2 metres in distance. Each player stands shoulder width apart with his feet astride, touching the players feet next to him. The object is to throw the ball from one side to the other side and to force the ball through an opponent's legs to score a point. The ball must be thrown underarm with two hands, and it can only be thrown through the legs of the opposite team. Feet cannot be moved. A time limit of 5 seconds is allowed to serve.

Progression

Ball May be handled only. Circle formation



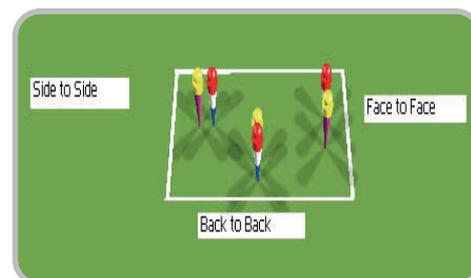
Back to Back

How to Play

Children move about the area and on coach's command to stop children must get back to back to the pupil close to you

Have an odd number playing so that the last person not standing back to back must stand out each time

This person then gets to call back to back and rejoin the game.



Bean Bag Tag

How to Play

One player tries to touch any player inside the grid. If the player is carrying a bean-bag they cannot be tagged.

Progression

Add or reduce the size of the grid. Add or reduce number of bean bags.



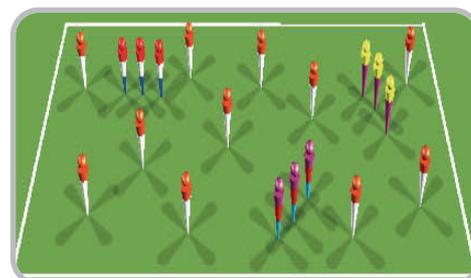
Catch the Train

How to Play

3 players form a 'train' by placing their hands on the hips of the child in front of them. All the other players chase the train and try to join the end of the train

Progression

Add in more than 1 Train. Have 2 or 3 trains to catch.



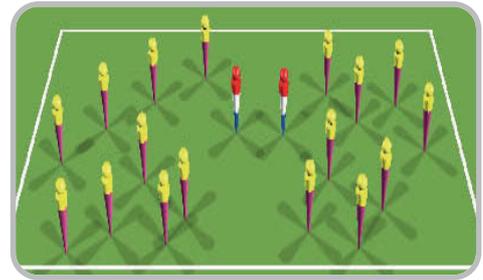
Cats and Mice

How to Play

Two players are chosen as 'Cats'. The remaining players are mice. The 'Cats' sit in the middle while the mice move around by hopping or skipping, etc. The 'Cats' sit quietly and patiently until they are ready to leap up and chase the mice towards the boundary. The mice that are caught become cats in the next round. The game ends with the last mouse as the winner

Progression

Increase the number of cats at the beginning. Decrease / increase the size of the grid to make it easier/harder



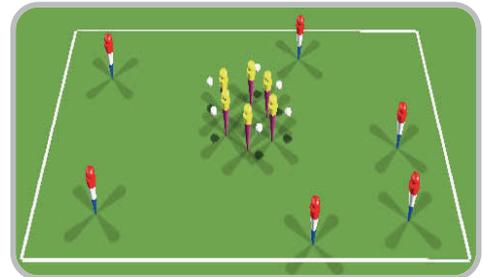
Chase your Partner

How to Play

Players are divided into pairs. The player with the Ball stands still while his/her partner runs in the grid. On the whistle the ball carrier chases their partner trying to tag them on the back. When they do so the roles are reversed.

Progression

Increase size of grid Increase number of players. Players must hop and solo when in pursuit



Chasing Cars

How to Play

Players are in pairs – "cars". One player is the driver the other is the passenger. The ball is the steering wheel. Use calls;

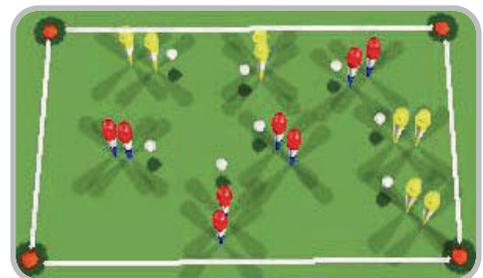
Red = STOP

Orange = READY TO STOP

Green = GO

Progression

Some of the pairs act as Trucks. They try and bump into the "cars". The "cars" use agility to avoid a crash



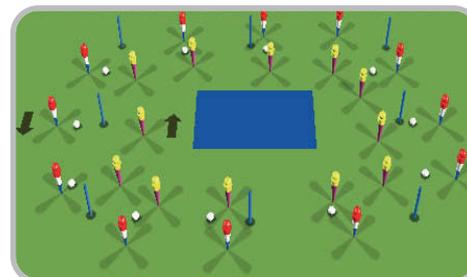
Chaos

How to Play

Players in pairs. One player on outside square / one player inside. Players run in different directions. On call inside player finds outside partner- completes ten hand-passes and ten pick ups.

Progression

Switch roles



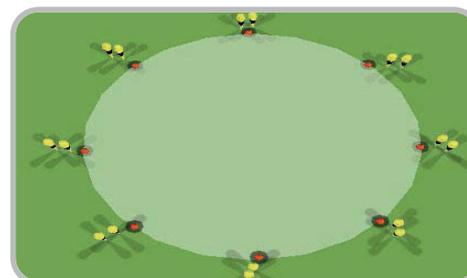
Circle Chase

How to Play

Mark out a circle with cones. 2 players per cone, numbered 1 & 2. On the whistle all the number 1's run clockwise. The aim is to tag the person in front. When the number 1's return to their start cone, the number 2's await the coaches whistle.

Progression

Solo/bounce a ball. Change direction



Coach Tag

How to Play

Coach stands in the Centre holding a Football. Players move around carrying out the actions indicated by the coach, e.g. walking, running to the right, running to the left, jumping on the spot etc. When the coach hides the football behind his back all players run to the boundary, as coach tries to tag them.

Progression

Instead of coach being in command 2 players are in charge.

