

## Conditioned Games for Youth Players; MICC 19/01/11

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### Why Conditioned Games work....

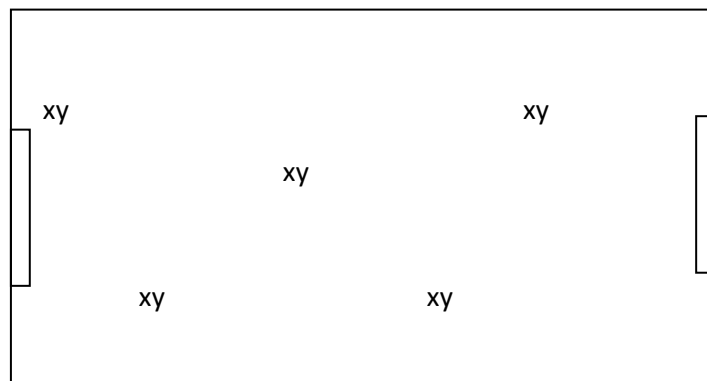
- A good game has a clear objective
- Stimulating = Enjoyment
- Match situation
- Fitness
- Psychological
- Identify weaknesses
- Decision making
- Movement
- Competitive
- Consequences for losing team eg press-ups
- High intensity – short passages of play
- Conditions change the emphasis
- Mistakes lead to coaching and learning
- Develop pattern of play
- Challenging
- Record scores
- Flexibility eg Nemo Rangers' scoring defenders
- Part of an overall coaching plan
- Combine with skills coaching eg passing and tackling
- Session – warm-up – skills- conditioned games – tactical ploys – full match
- Run games simultaneously Avoid turning back
- Support play
- Maintain possession
- Get free – making runs
- Improve running & passing
- Quality of possession
- Movement

## NOTE

“How to vary a game” – STEP Model

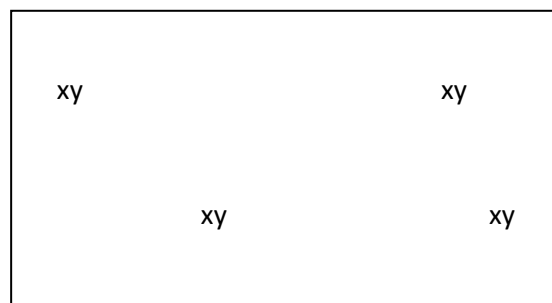
- **Space** – eg Increase space to improve fitness
- **Time**
- **Equipment**
- **Players** - eg Increase numbers to increase intensity

### 1. Five aside



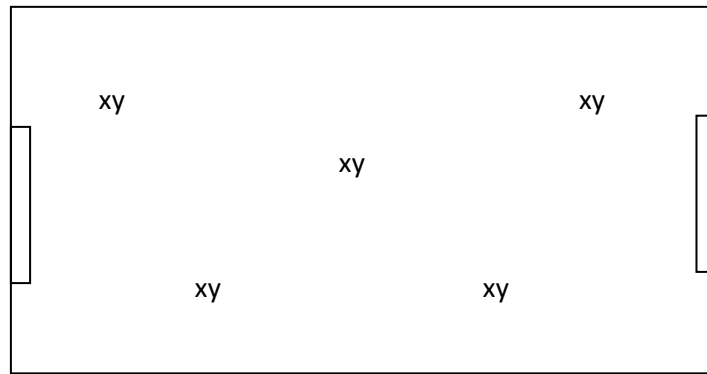
- Emphasis = Making runs away from the play – switch the play
- Reverse a ball to the other side – create space and passing angles
- Break a challenge, create an overlap and penetrate
- Scores for dispossessing (near hand tackle)
- Stick to your marker “Mark your own”

### 2. Box games – no goal posts



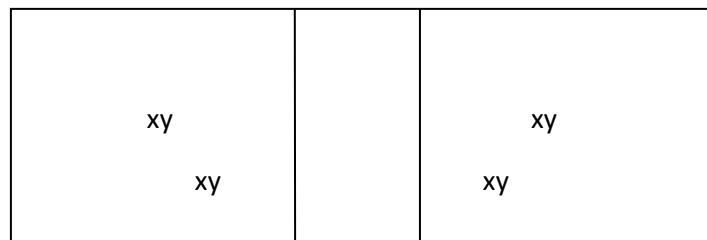
- Maintain possession
- Run into space, away from the ball – use the corners
- Decision making
- Kicking & passing
- Anticipation
- Count turnovers
- Count touches per player
- Count completed kicks

### 3. Support games



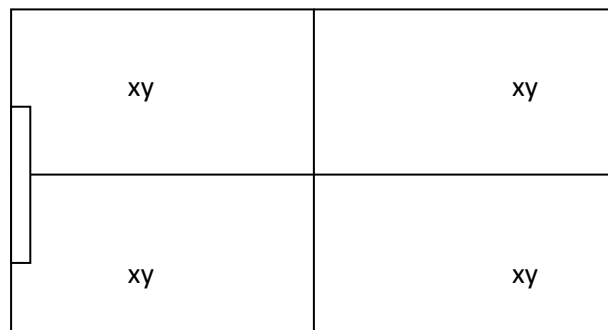
- Pass and tag (i.e. tag the receiver) – others run into space

### 4. Playing zones



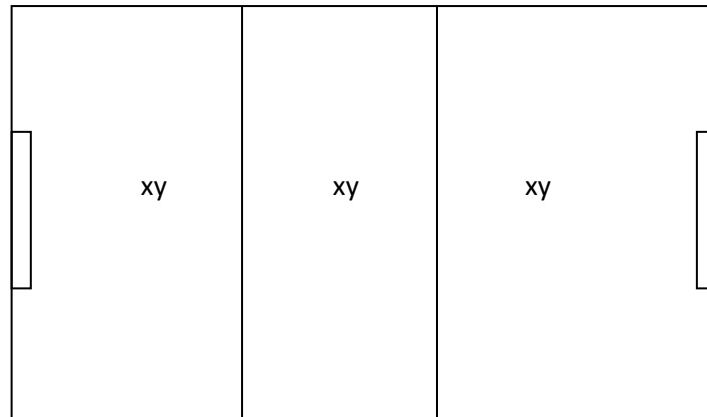
- No man's land (2 v 2 on each side) – kick over the river
- Min. 2 passes and then kick
- Support play on one side (with the ball)
- Making runs on the other side (without the ball) – timing and movement
- Create an opportunity to kick across
- Count number of completed kicks
- Includes tackling and marking – count turnovers

### 5. Scoring zones



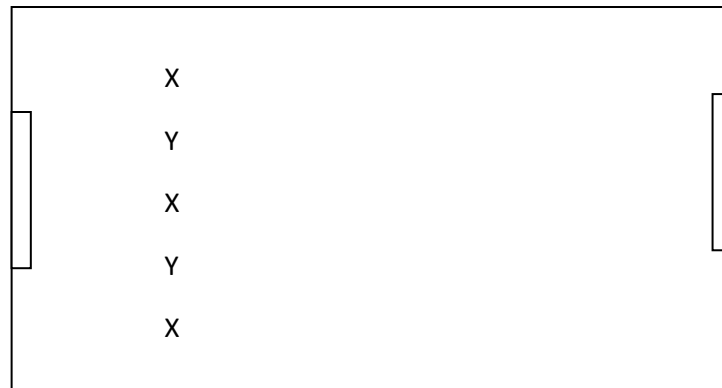
- Four backs v four forwards
- Conditions e.g. pass to inside forwards only
- 3 options – across / forward / diagonal
- Diagonal pass is the 'killer ball'
- Aim to create space down the middle
- Make runs

## 6. Playing zones II



- Normal game but each hand pass must be followed by a kick (every second one)
- “Winning the breaks” – kick to midfielders and other players ‘get inside position’ for breaks

## 7. Hand passing drill – ‘Weave’



- Pass to the next man and run behind him to touch the sideline
- Last player shoots
- First 5 v 0
- Then 3 v 2
- Then 2 v 1
- Then 1 v 1

