

# Games for better team play

**Key Areas: Warm up/ Team play/ Conditioned Games**  
**Monday 20<sup>th</sup> February**  
**Owenbeg, Dungiven, Co.Derry**

## Session Format

Time	Content
15mins	warm-up and ball skills
15mins	Game 1
15mins	Game 2
5mins	Team Thinking Drill
15mins	Game 3
15mins	Game 4
10mins	Warm Down

## Warm up

(1)

### Ball work

- Chest pass right side  
2 touch
- Chest pass left side  
2 touch
- Ground strike right side
- Ground strike left side
- Low pass either side  
2 touch
- Shoulder pass either side  
2 touch

(1)

### Dynamic Stretching 1

- Run out
- Run in
- Backwards out
- Forward in
- Backward out - high knees
- Forward in - flick heels
- Backward out - arms forward
- Forward in - arms backward
- Backward out - flick heels
- Forward in - high knees
- Side to side; out and in

(2)

### Lift & soloing

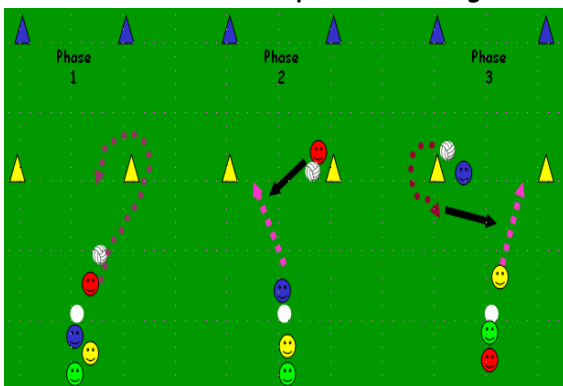
3 times each &  
Solo backwards

(3)

### Dynamic Stretching 2

- Straight line Lunging
- Right angle lunging
- Long stride forward / Long stride backward
- Double foot bounding
- Hop left leg / Hop right leg

## Ball Drill - take ball at pace and change of direction



Better set up if groups are odd.

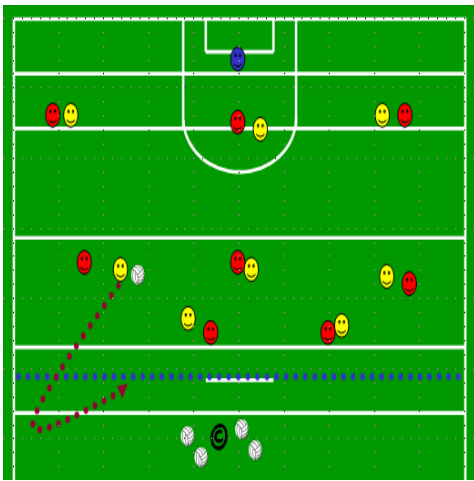
- Can be done using any repetition of skills
- First player runs right second player runs left.
- Jog through each skill for 30secs and then go full throttle for 60-120secs
- Emphasis must be placed on
  - running at an angle to ball carrier
  - Moving while receiving the ball
- If ball is missed player completes run without ball and next in line continues as normal.
- Use Yellow cones for fist/hand passing and blue cones for striking/kicking

## Games for better team play

### Game 1 - Three Seconds

- One of the traits a good player has is the ability to look up when in possession and scan the area ahead.
  - He/she is scanning in order to make the right decision.
- One of the easiest methods of developing this is by running the 'Three Second Game'.
- This simply means playing a match or a backs v forwards game and introducing the rule that allows each player a maximum count of '3' on the ball.
- To highlight this, the coach should referee the game and call out loudly "1.....2.....3 when a player receives the ball.
- Should the ball be played on the count of '2' then the coach stops the call and begins again as the next player receives the ball.
- Should any player still be in possession after the count of '3', a free may be awarded to the opposition.
- The same count applies to the free - too long and the opposition gets a free.
- Counting to '3' forces more players to look up first and, indeed, leads to more team-mates making runs for passes.

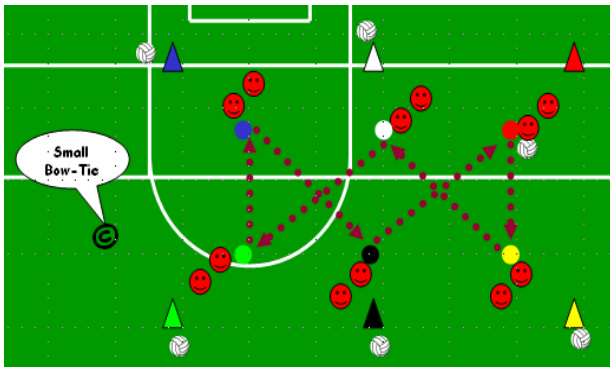
### Game 2 - Who's attacking?



- Two teams of 6-8 outfield players line out in one half of the pitch.
- One goalkeeper stands ready to play for whichever team is defending.
- The coach starts the game by lobbing a ball into the playing area.
- The team that wins possession must work the ball out over the halfway line, keeping possession.
- Once across the line, this team turns with the ball to attack the goals.
- The other team defends and tries to win the ball back.
- If the ball goes dead [score, wide, sideline] the coach lobs the next ball in.
- Should one team dispossess the other during open play, that team must work the ball out in the same fashion.
- In short, no attack may be mounted without the ball first being taken over the halfway line.
- This game is designed to force players to change quickly from defensive mode to attacking mode and vice versa.

## Games for better team play

### Team Thinking Drill - Big Bow-tie - Small Bow tie

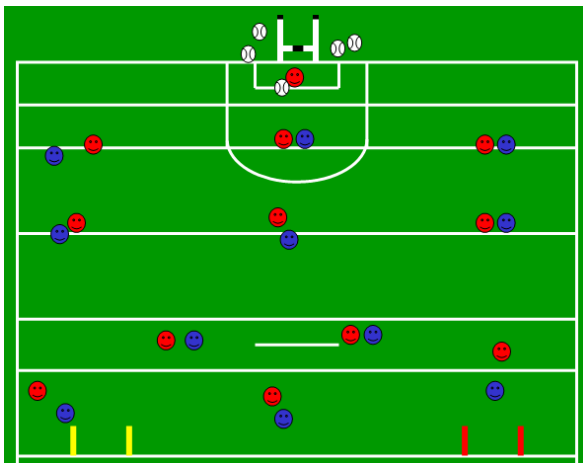


- To set up you need 6 cones, 6 caps (shown as red, yellow, white, green, blue and black) and 6 balls.
- 6 groups evenly spread around the six caps
- On coaches command players pass and follow the ball.
- Red to yellow, yellow to white, white to green, green to blue, blue to black, and black to red.
- On coaches command:
  - **Small bow-tie:** the player's hand pass

and move via the caps

- **Big bow-tie:** the player's hurl pass and move via the cones
  - These changes are made without stopping
  - This creates confusion - which dealing with is a big part of our games
  - Once the players have accomplished this with one ball add a ball at each cone, this is a real test.
- N.B This can be conditioned by the coach indicating which side to use i.e.
- **Left:** Left hand pass / Left strike pass
  - **Right:** Right hand pass / Right strike pass

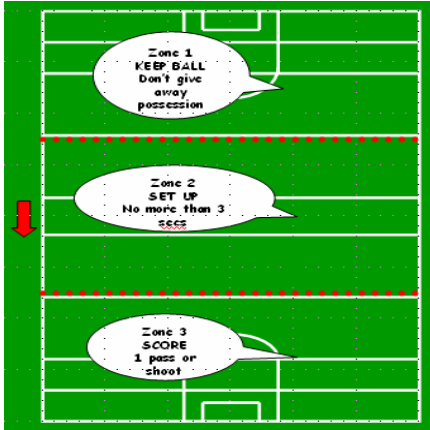
### Game 3 - Work it out



- The aim is in the name
  - Set up
    - area from one end line to the 65m or far 45m line
    - teams line out in backs v forwards style
    - goalkeeper starts with all the balls
    - As soon as the ball goes dead i.e. wide or score the keeper starts again.
  - The scoring is as follows
    - The attackers get 1pt for a point and 2pts for a goal.
    - The Defenders get 1pt for playing the ball through either set of poles and 2pts if they can carry the ball trough either poles
- Don't tell your players any tactics just how the rules at the beginning. Let them work it out

## Games for better team play

### Game 4 - Three part pitch



- Here is one way to develop team play.
- It also allows you, the coach, to step back, spot where things are going wrong and move to fix them.
- Think of the pitch as three separate zones:
  - The first, Zone A, runs from your own team's end line to the 45m line.
  - Zone B lies between the two 45m lines
  - Zone C is that section from the far 45m line to the opposition's end line. When your team is in possession, watch carefully what happens in each zone.
- Priority in Zone A is 'KEEP BALL', with the emphasis on keeping possession through close passing and plenty of support play.
- Once in Zone B, the focus changes to 'SET UP'. In this area a player should aim to use the ball quickly and directly to set up team-mates who are inside the opposition's 45m line. The ball must not stay in this zone for any longer than 3-4 seconds or for more than 2 passes.
- Zone C is the 'SCORE' zone. In here the aim is to get into position to either go for a score or to directly assist a score.
- NB. It does not matter which player is in which zone.....the task remains the same.

#### Warm Down and evaluation

- General stretching and movement exercises
- Combine with thinking and fun game.
- Players thoughts