

Clontarf GAA

Team Play

Aimed at CCC1 level, a football workshop designed to aid coaches in developing team work and decision making in young children using game based activities.

Stephen Behan
3/30/2012

Workshop – Teamply

Date: Fri 30th March 2012

Duration: 60/70 mins

Introduction

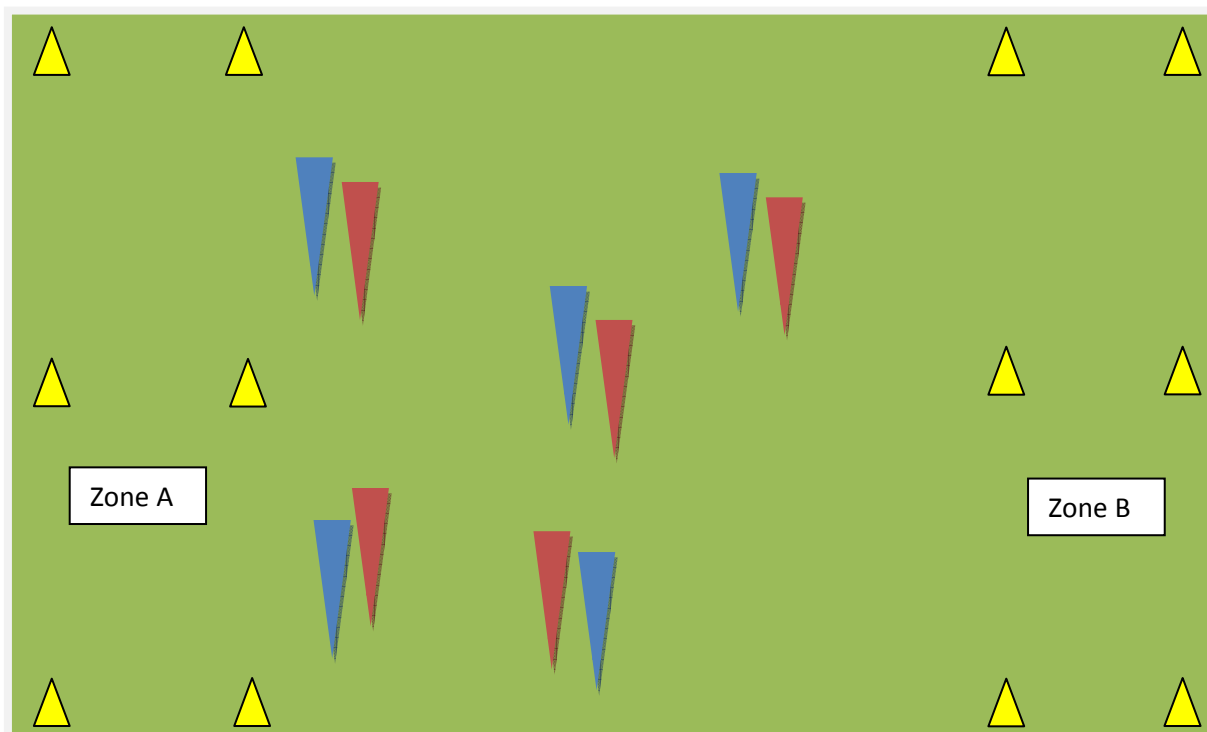
The aim of this workshop is to help coaches develop team work and correct decision making, in game situations, in young children.

We will try to do this by;

- Putting the children in positions where they must make a decision
- Conditioned games which forces decision making
- Trying to develop drills/games that focuses on the developmental needs of the team
- Encouraging children to think 'when, who, how' when on the ball, i.e. When do I pass the ball? Who do I pass it to? And how do I pass it?
- Allowing the children to learn from their mistakes

Warm Up – Endzone

Aim To encourage teamwork and working off the ball



The Blue team starts with the ball. They must try and work the ball from their zone, Zone A, to the Red team's zone, Zone B.

They score a point if they catch the ball inside their opponent's zone, i.e. Zone B, and vice versa for the Red team. Similar to American football.

If you are in possession of the ball you cannot move your feet. Your team mates must move for you and you must throw the ball to them. No tackling allowed at this stage.

Team in possession has five throws to get a score, in they do not they must turn over possession.

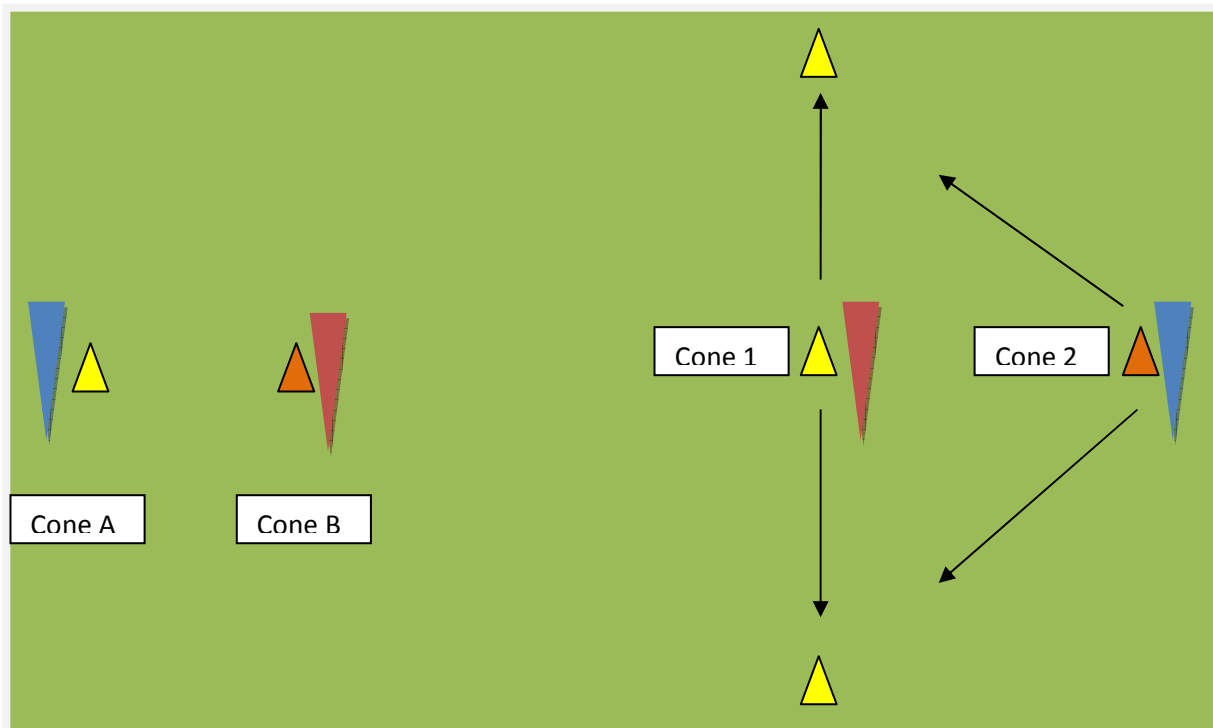
The idea of this game is to encourage teamwork and working off the ball. If team mates don't make run to help player in possession, they will lose.

We can increase the difficulty of this game very easily once the children understand the concept of the game. Hand passing instead of throwing or putting a time limit on the time someone can have the ball in their hands, e.g. must pass after 3 seconds.

Remember the STEP method can help you turn an easy drill into a difficult one.

- S** – Space Changing the amount of space available
- T** – Time Setting a time limit/changing the amount of time available
- E** – Equipment Adding/Taking away pieces of equipment
- P** – People Adding/taking away people into the drill

Decision Making Drill 1



Blue player is at Cone A with a ball, Red player is at Cone B facing Cone A.

A second Red player is at Cone 1.

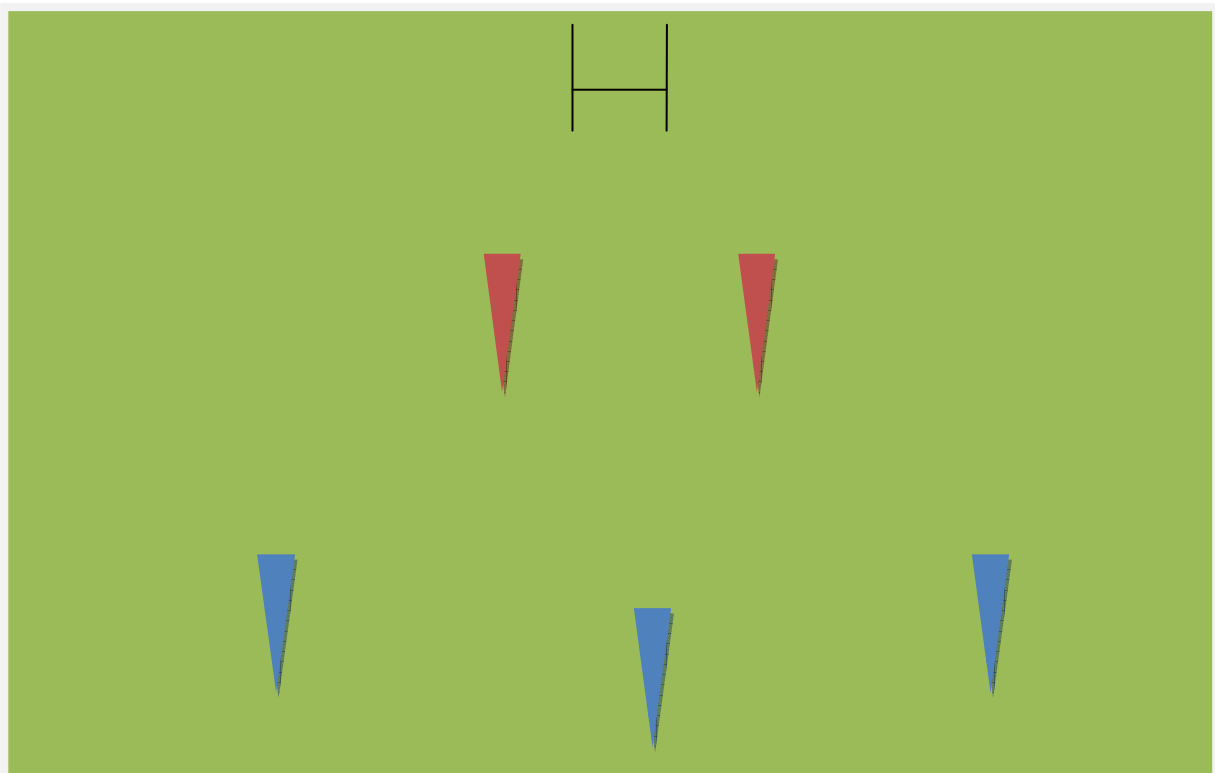
On the coach's whistle, blue player at Cone A hand passes ball to red player at Cone B. Red must turn and kick pass the ball to his team mate. His team mate, who started at Cone 1, has moved to one of the sides on the same whistle. This forces the player with the ball to look up and make a quick decision about where to kick the ball. It also encourages the receiver to move into space for the ball.

The difficulty can be increased very easily afterwards. Blue player at Cone A turns into a tackler after hand passing to Red at Cone B, he/she must put pressure on the kicker as they kick the ball. This forces the kicker to act quickly and develops fast decision making.

By placing another blue player at Cone 2, he/she could turn into a tackler to put the receiver under pressure. This would ensure that the pass would have to be both fast and accurate.

There are many other variations for this drill, think of some that would be suitable to your team and where they are in their development.

Decision Making Drill 2

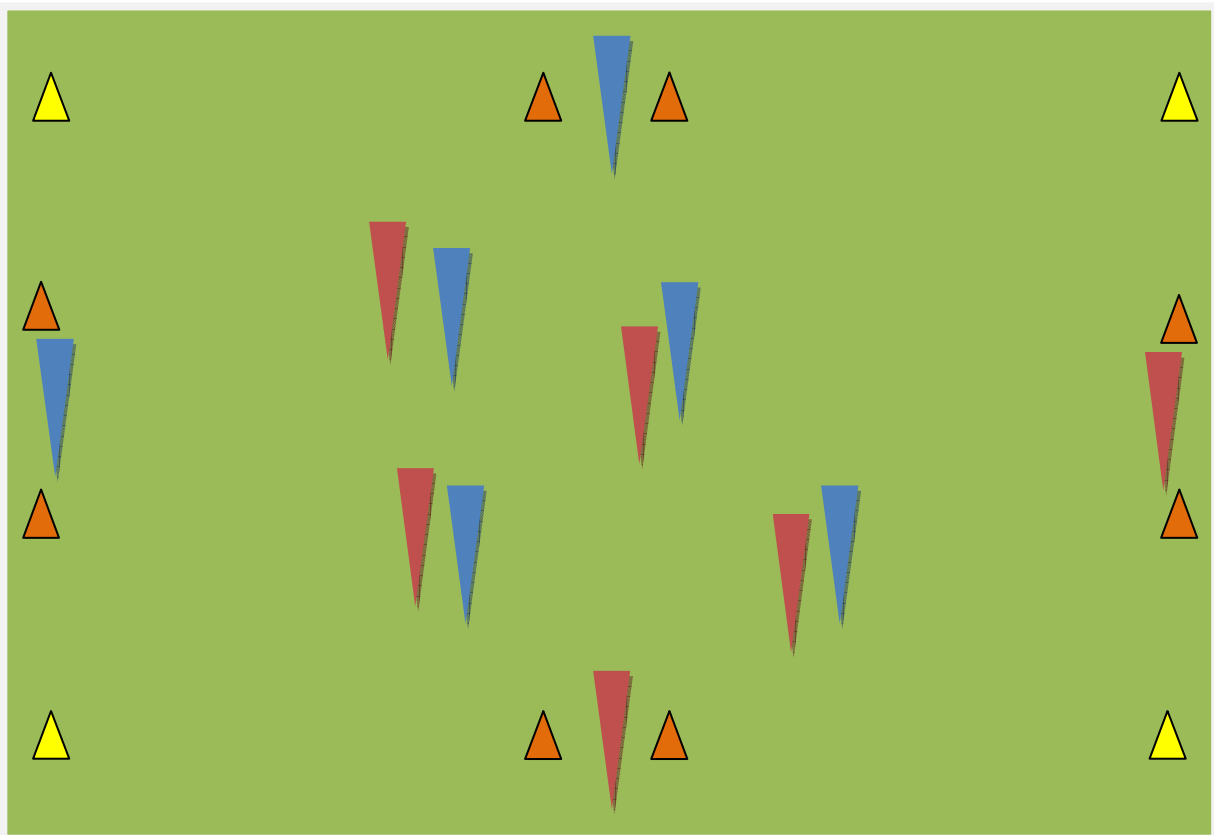


Very simple drill. Three attackers against two defenders.

The attackers start with the ball, thirty yards out. They must work a goal by using the extra man. This forces the players, both attackers and defenders, to make a decision.

Conditioned Game 1 – Captain Ball

Aim: To encourage support play through active decision making



Two teams must compete for the ball inside a square of cones.

Team A must get the ball using a hand pass to their 'captains' in goals 1 and 2, while team B must get the ball to their 'captains' in goals 3 and 4.

The captain must catch the ball without moving outside their goal and the ball is not permitted to bounce. Whoever passes the ball for a score must switch places with the captain.

Team in possession must pass the ball three times before scoring.

This is a great game to encourage support play and movement off the ball. The player must constantly make decisions when on, and off, the ball.

How can we progress this? Remember STEP?

Space

We could make the space in which they are playing smaller, thus increasing the difficulty.

Time

We could put a time limit on the game, e.g. who can score the most in 2 minutes?

Equipment

We could take away the goals and play a straight possession game, e.g. the team who complete 5 hand passes scores a point.

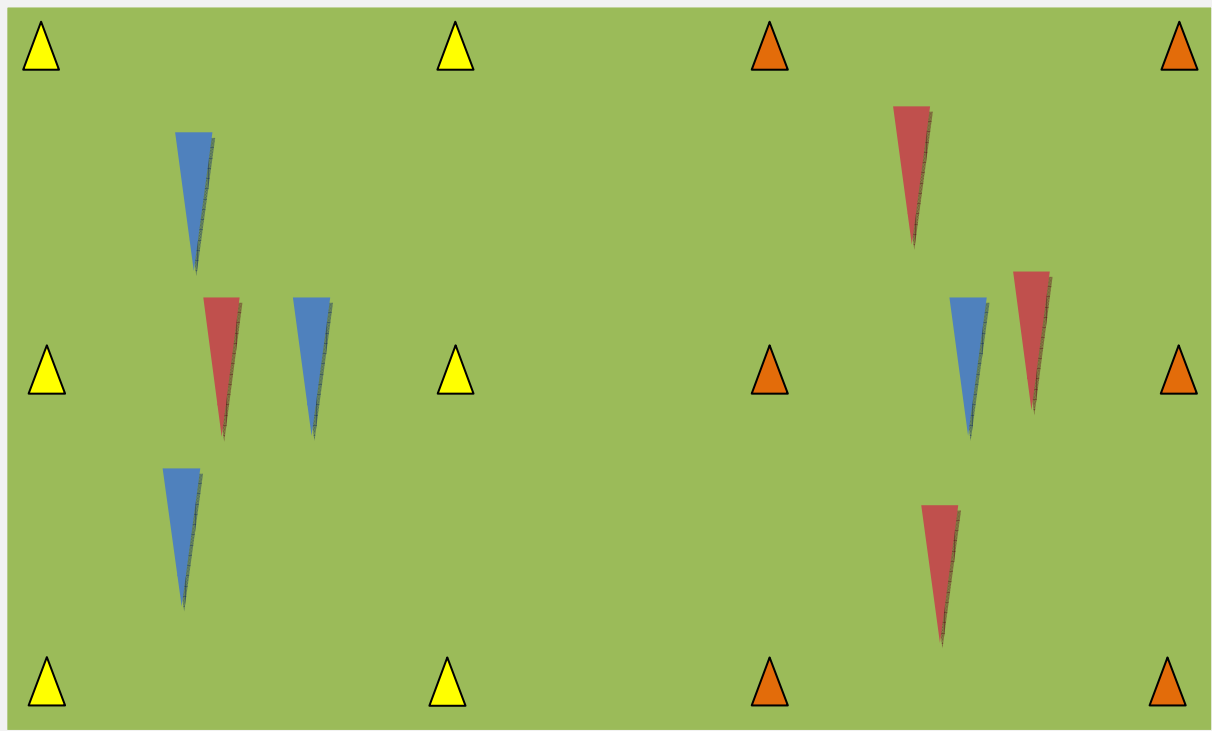
People

We could make the teams uneven to focus more on attack or defense, e.g. 4 versus 3

They are just some simple ways to change the game, can you think of any more that would help with their decision making skills?

Conditioned Game 2 – No Man’s Land

Aim: To encourage passing into space and decision making.



Team A must kick the ball across 'no man's land' into team B's grid. Team B must catch the ball before it bounces in their grid to stop team A from gaining a point and vice versa.

The player kicking the ball must think about where he is kicking it, the game encourages him/her to kick the ball into space.

How can we make this more difficult?

Space

Make the grids either bigger or smaller

Time

Impose a time limit the ball can be held before being kicked

Equipment

Add more footballs into game so players must concentrate at all times

People

Have one person from each team switch sides and become a tackler in the opposition's grid.

Can you think of anymore? Try to think of some that will be of specific benefit to your team.

Conditioned Match 1

Aim: To encourage wide play through active decision making in a game based environment.

Place a large circle in the middle of the pitch.

Players are not allowed have the ball inside the circle in the middle of the pitch.

The ball can be played through the circle, and players can run through the circle, but the ball must not be touched inside it.

This will encourage the players to keep the ball wide and play to the wings. It will stop the strongest players carrying the ball straight up the middle and the longer this game is played, the more you will see the diagonal ball come into play.

Conditioned Match 2

Aim: To encourage looking up while on the ball, picking the right pass and decision making in a game based environment.

Silent Game

The players are not allowed to speak or make any noise during this game.

Players on the ball must look up to pick out a pass otherwise they will be passing blind.

Great game for getting players to realise the importance of looking up before kicking.

Will encourage players to run into space, will help defenders focus on marking their man.

Conditioned Match 3

Aim: To encourage accurate passing and taking the correct option.

Players may call a mark and get a free when they catch a kick pass without a bounce.

Encourages players to get free of their man and run to space.

Rewards a good pass.

After the mark, players will have time to decide what option to take, coaches can advise.

Conclusion

All the above games are suggestions what you can use to help encourage decision making. By no means are they the best or the only ones you can use, these are just some which have worked for me. Don't be afraid to try new things and experiment to find which games work best for your team. You are the coach and you will know best as to what your team needs. Remember, STEP can change any drill/game, you can sacrifice some skills to work on one specifically and game based drills/games will give the children more match realistic conditions. Do not be afraid to do some research, there are a host of coaching websites out there, in fact, some of the best games I have come across are in other codes and I have just adapted them to Gaelic games. If in doubt about anything, just ask another coach, the chances are they have experienced the same problem before. Lastly, don't expect children to take the correct option each time, especially if we as coaches never put them in a position to make any sort of decision in training. Remember, we learn from our mistakes, let the children learn.

"Failure is good. It's fertilizer. Everything I've learned about coaching, I've learned from making mistakes."

Rick Pinito – American basketball coach