

UNDER
7



OFFALY

COACHING

CLASSES



**BODY CATCH / LOW CATCH / PUNT KICK I /
BOUNCE / HAND PASS / SIDE STEP**

BODY CATCH PRACTISE THE TECHNIQUE

DRILL 1 THROW AND BODY CATCH

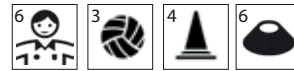
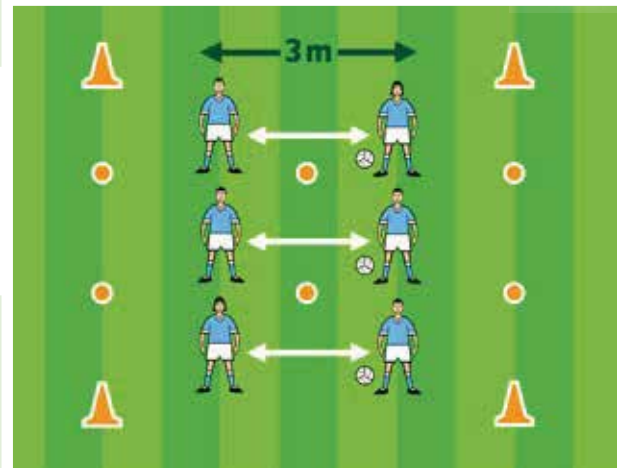
Basic Drill to practise the Body Catch technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- The players stand approximately 3m apart
- Each player in turn throws the ball underarm for their partner to Body Catch
- Count the number of successful catches in 30 seconds

VARIATION

- To increase the difficulty increase the distance between the players
- To increase the challenge move the players further apart as their technique improves



DRILL 2 HANDBALL BOB

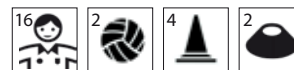
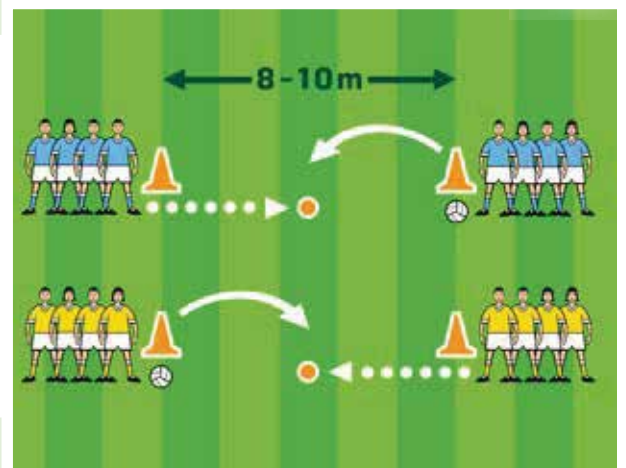
Intermediate Drill to practise the Body Catch technique

ORGANISATION

- Divide the players into groups of 8; one football per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker half way between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the opposite player to run forward and catch at the halfway marker
- The catching player runs on and hands the ball to the next player to repeat
- Each player follows on to line up at the back of the opposite line

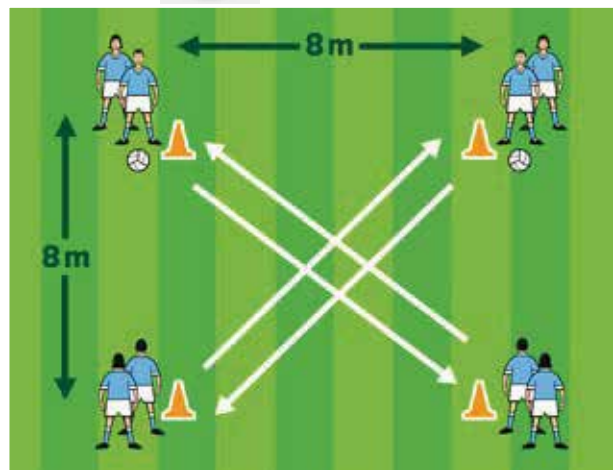
VARIATIONS

- To increase the difficulty increase the distance between the players
- To increase the difficulty throw the ball higher



PRACTISE THE TECHNIQUE

DRILL 3 CROSS RUNNING CATCH



Intermediate Drill to practise the Body Catch technique, requiring the players to catch the ball while crossing the path of other players

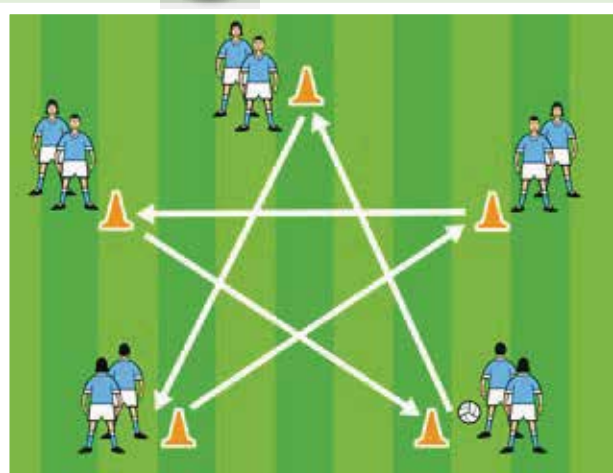
ORGANISATION

- Using cones, mark out a grid approximately 8m X 8m
- Two players line up at each cone
- Each player in turn moves forward and throws the ball for the front player at the opposite corner to attack and catch
- Each player follows their throw to take position at the back of the opposite line
- Encourage the catching players to move forward and jump into the ball as it approaches

VARIATIONS

- To increase the intensity of the drill reduce the space between the cones
- Introduce a second ball to each diagonal as the players technique improves

DRILL 4 STAR DRILL



Intermediate Drill to practise the Body Catch technique

ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

VARIATION

- To increase the difficulty of the drill introduce a second ball

BODY CATCH DEVELOP THE SKILL

ACTIVITY 1 PIGGY IN THE MIDDLE

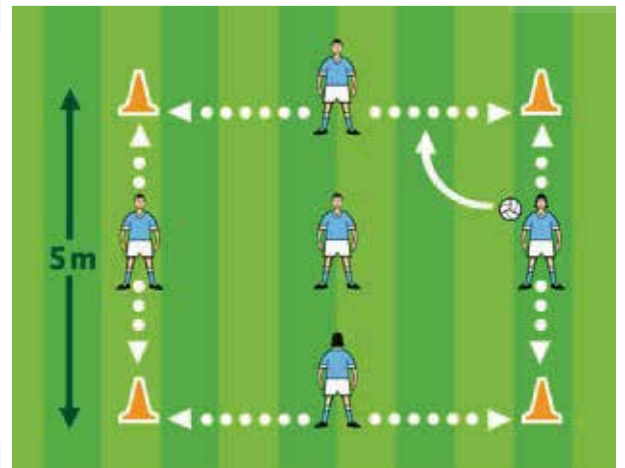
A Fun Game to develop the Body Catch technique

ORGANISATION

- Mark out a grid 5m X 5m using cones
- Divide the players into groups of five
- Position one player along each length of the grid
- Position the fifth player in the middle of the grid
- The outside players must move along the lengths of the grid throwing the ball to each other to retain possession
- The ball must be caught using the Body Catch technique
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

VARIATION

- To increase the difficulty, increase the size of the grid



ACTIVITY 2 OVER THE RIVER

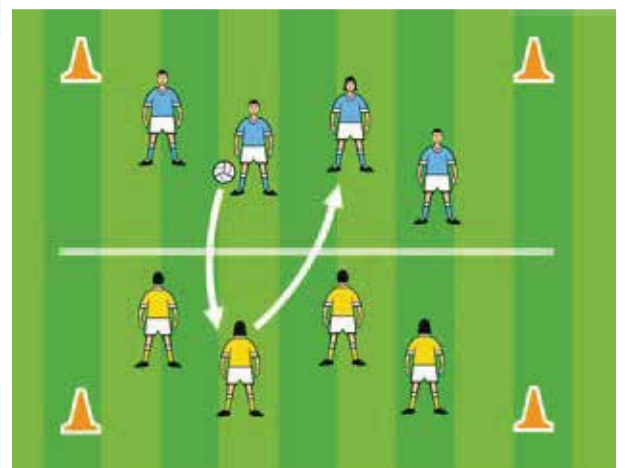
A Fun Game to develop the Body Catch technique

ORGANISATION

- Mark out a grid or 'court' using cones
- Divide the players into two teams of 4
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch
- The opposition team must use the Body Catch technique
- 1 point is awarded if the opposition fail to catch the ball using the Body Catch, or if the ball is dropped
- Award 1 point to the opposition if the ball is thrown outside the court

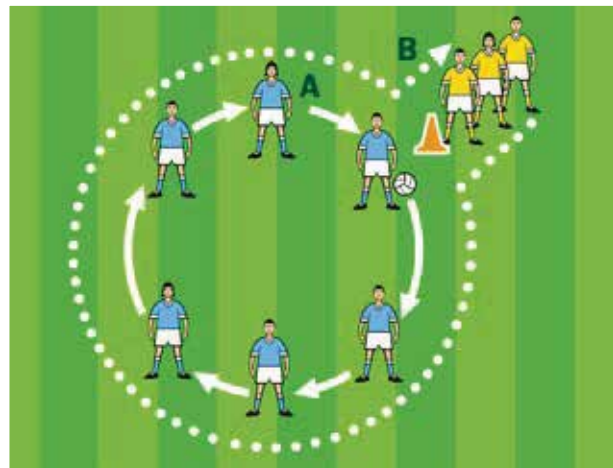
VARIATIONS

- Reduce the number of players on each team to provide more touches on the ball
- To increase the difficulty, introduce a second ball



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players ability to perform the Body Catch under pressure

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Body Catches completed before the last player in Team B finishes their run
- Reverse the roles; the team with the most Body Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins



LOW CATCH PRACTISE THE TECHNIQUE

DRILL 1 THROW AND LOW CATCH

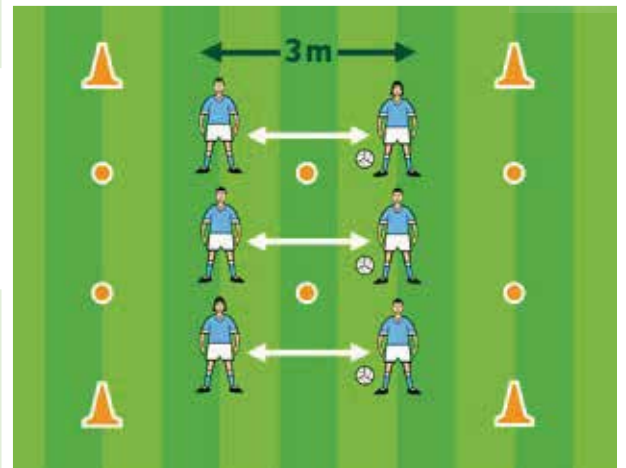
Basic Drill to practise the Low Catch technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- The players stand approximately 3m apart
- Each player in turn throws the ball to bounce for their partner to perform the Low Catch
- Count the number of successful catches in 30 seconds

VARIATION

- Move the players further apart as their technique improves



DRILL 2 ISLANDS

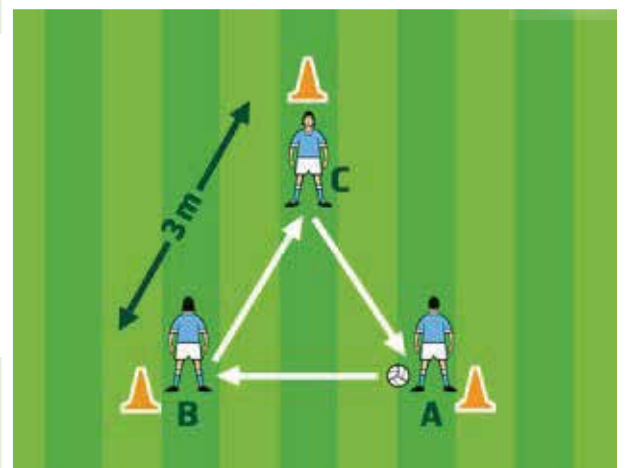
Basic Drill to practise the Low Catch technique

ORGANISATION

- Divide the players into groups of 3, each group in triangle formation approximately 3m apart
- Ensure each group has adequate space to perform the technique
- Player A throws the ball low towards the feet of Player B
- Player B then repeats the drill with Player C and so on around the triangle
- After a set time, change the direction of the drill

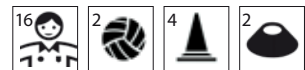
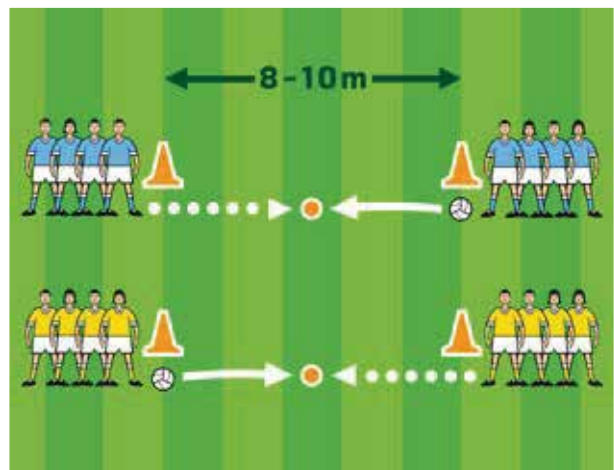
VARIATION

- To increase the intensity of the drill, introduce a second ball



PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND CATCH



Intermediate Drill to practise the Low Catch technique

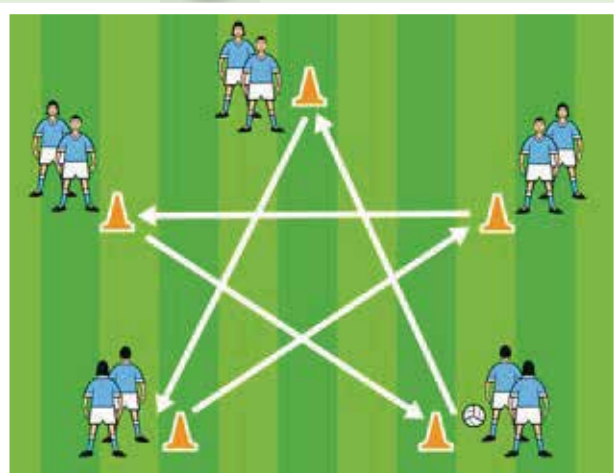
ORGANISATION

- Divide the players into groups of 8: one ball per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker halfway between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the player opposite
- This player runs forward and catches the ball at the halfway marker, runs on and hands the ball to the next player to repeat the drill
- Each player follows on to line up at the back of the opposite line

VARIATION

- To increase the difficulty allow the throwers to place the ball slightly to either side of the catching player

DRILL 4 STAR DRILL



Intermediate Drill to practise the Low Catch technique

ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

VARIATION

- To increase the difficulty of the drill introduce a second ball



LOW CATCH DEVELOP THE SKILL

ACTIVITY 1 PASS THE GUARD



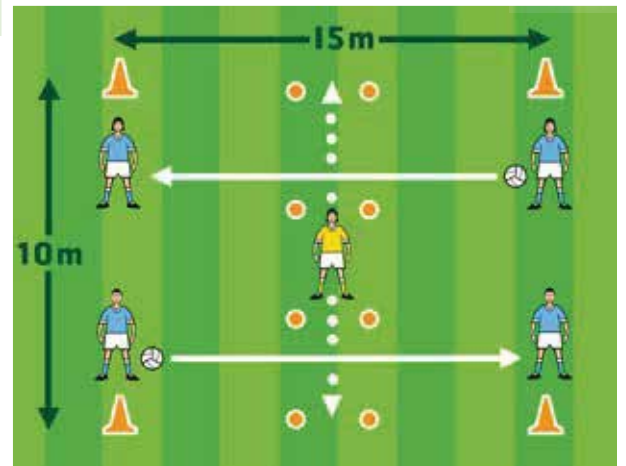
A Fun Game to develop the Low Catch technique

ORGANISATION

- Mark out a grid approximately 15m X 10m
- Mark a zone approximately 1m wide across the centre of the grid
- Two players are positioned at either end of the grid with one player in the centre
- The outer players attempt to throw the ball low past the centre player
- The centre player attempts to catch the ball using the Low Catch technique without leaving the centre zone
- Only one ball at a time may be thrown
- The centre player receives a point for every ball successfully caught
- Switch the centre player after a set time

VARIATION

- To reduce the difficulty increase the number of centre players



ACTIVITY 2 PIGGY IN THE MIDDLE



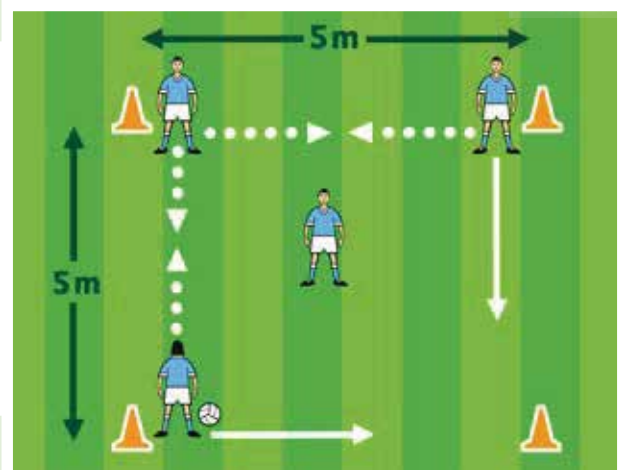
A Fun Game to develop the Low Catch technique

ORGANISATION

- Mark out a grid 5m X 5m using cones
- Position one player at each of 3 corners of the grid
- Position a further player in the middle of the grid
- The outside players must throw the ball along the lengths of the grid to keep possession
- The ball may only be thrown and caught at a cone
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

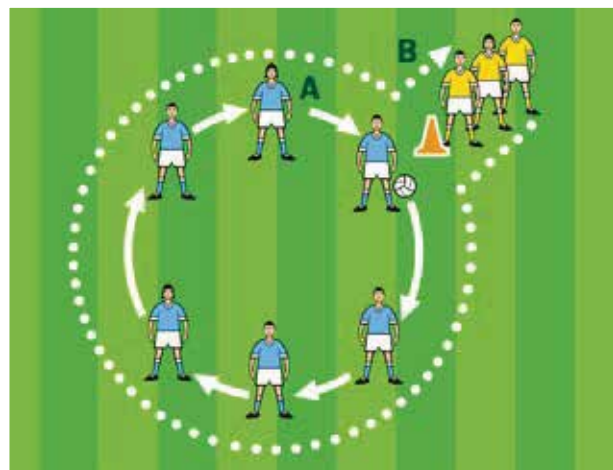
VARIATION

- To increase the difficulty increase the size of the grid



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players' ability to perform the Low Catch under pressure

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Low Catches completed before the last player in Team B finishes their run
- Reverse the roles: the team with the most Low Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins



PUNT KICK I PRACTISE THE TECHNIQUE

DRILL 1 PUNT KICK TO PARTNER

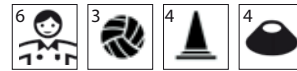
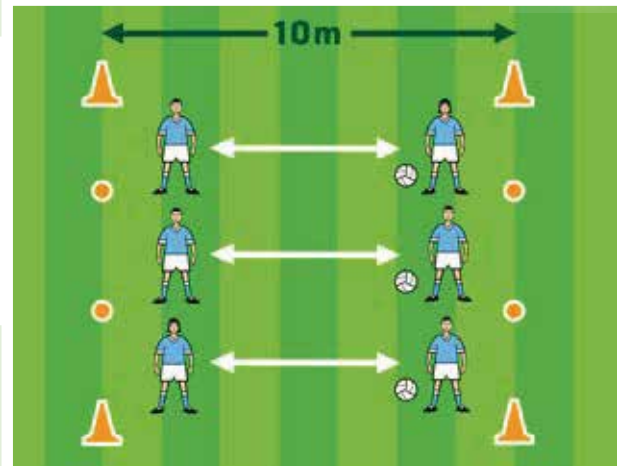
Basic Drill to practise the Punt Kick technique

ORGANISATION

- Divide the group into pairs; one football per pair
- Mark out a channel for each pair, who face each other approximately 10m apart
- Each player in turn Punt Kicks the ball to their partner
- To kick with the right leg take the first step with the left leg and vice versa
- It may be necessary to group children on the basis of ability

VARIATION

- To increase the challenge, increase the distance between the players



DRILL 2 PASS AND FOLLOW

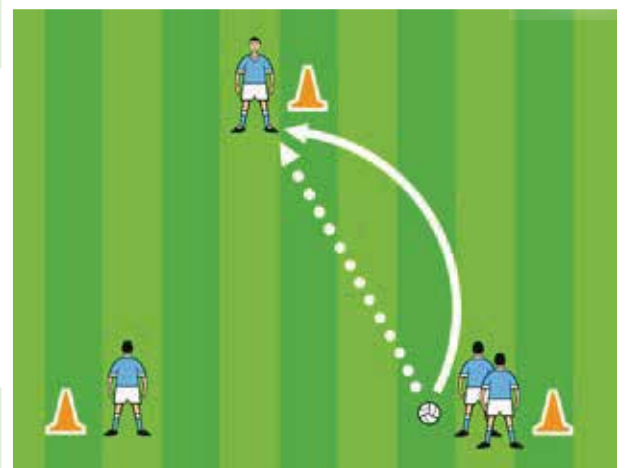
Basic Drill to practise the Punt Kick which requires the player to pass the ball before moving

ORGANISATION

- Mark out a triangle using cones, with approximately 8m between each cone
- Divide the players into groups of four
- Two players begin at one cone, the first with the ball
- Each player in turn Punt Kicks the ball to the next player in rotation before following their pass to the next cone
- Challenge the players to change the direction of the drill and use their other foot to pass the ball

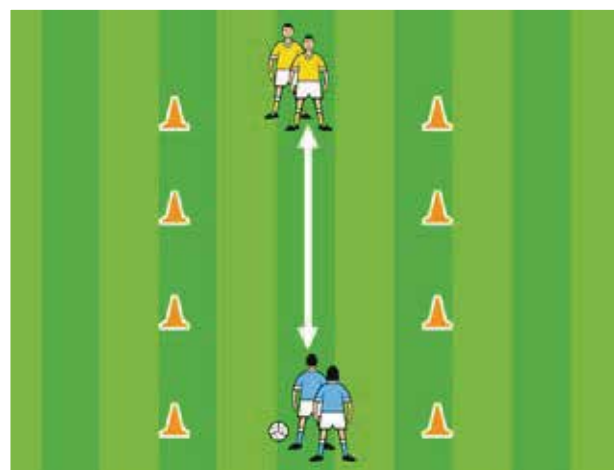
VARIATION

- To increase the challenge, increase the distance between the players



PRACTISE THE TECHNIQUE

DRILL 3 DOWN THE LINE



Intermediate Drill to practise the Punt Kick designed to improve the players ability to kick with accuracy

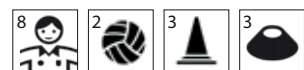
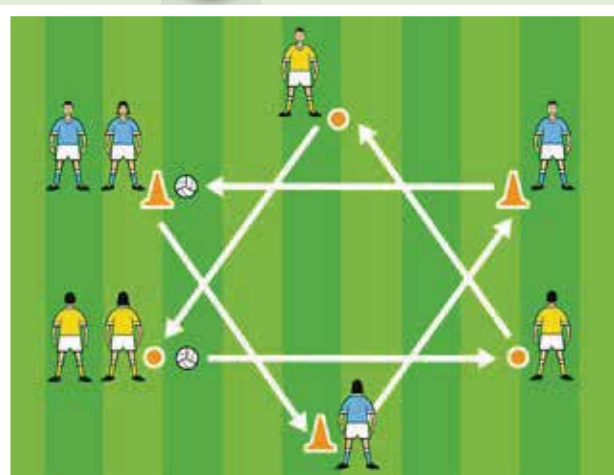
ORGANISATION

- Mark out a channel approximately 10-15m long and 2m wide for each group
- Two players line up at each end of the channel
- Each player in turn moves forward and Punt Kicks the ball to the next player at the far end of the channel
- After kicking the ball the player moves out of the channel and follows on to line up at the far end
- Allow the players to move as far along the channel as necessary to kick the ball accurately

VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves

DRILL 4 SIX STAR DRILL



Intermediate Drill to practise the Punt Kick requiring the players to move and turn before performing the technique

ORGANISATION

- Place 3 cones and 3 markers as shown to make two overlapping triangles
- 4 players play each triangle; 2 at one cone/marker, the first with a ball, and 1 at each of the other cones/markers
- The player in possession passes the ball to the player on the second cone/marker to their right
- They in turn receive the ball before turning to pass to the player on the second cone/marker to their right, and so on
- Each player follows their pass to take position at the far cone/marker
- Encourage the receiving player to move forward into the ball as it approaches

VARIATION

- Challenge the players to play the ball low to bounce, or at chest height or high to catch overhead



ACTIVITY 1 EMPTY THE CIRCLE

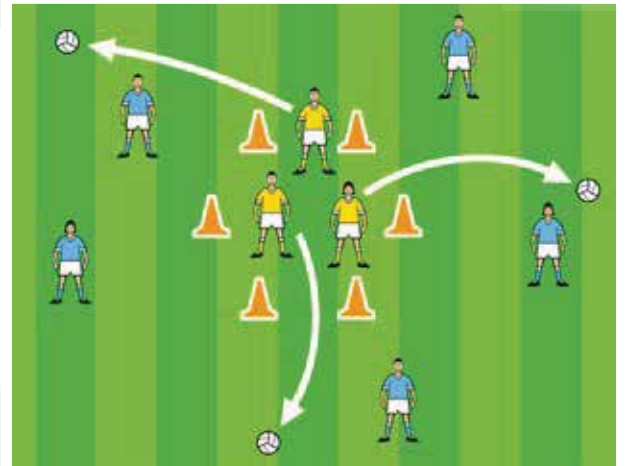
Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a circle using cones
- Divide the players into uneven teams
- Position the team with the greater number of players outside the circle and the other inside the circle
- The players inside the circle must attempt to keep the circle clear by Punt Kicking each ball from the circle
- The outside players must retrieve the balls and place them back in the circle
- Switch the roles of the players after a set time

VARIATION

- Fill the Circle: the outside team must Punt Kick to land in the circle; the inside team clear the circle by rolling the balls away



ACTIVITY 2 HIT THE CONES

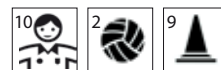
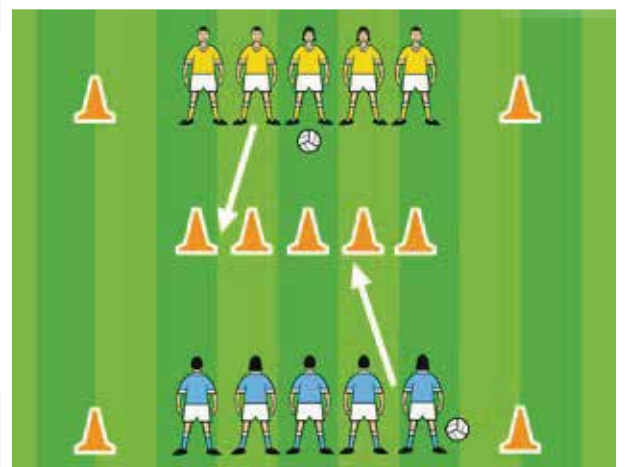
Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a grid 25m X 25m
- Place a number of cones across the middle of the grid
- Divide the group into teams of 3-5 players
- Give 1 or 2 footballs to each team
- The player in possession attempts to strike one of the cones in the middle of the grid using the Punt Kick
- For each successful strike award one point
- Extra points may be awarded for knocking a cone over or for a clean catch if the ball is struck too far

VARIATION

- Alternatively points may be awarded for kicking the ball through gaps in the cones



DEVELOP THE SKILL

ACTIVITY 3 GOAL TO GOAL



This Fun Game challenges players to score against their partner using the Punt Kick technique

ORGANISATION

- Mark out goals 5m apart using cones
- Divide the players into pairs; one ball per pair
- Each player in turn tries to score a goal by Punt Kicking the ball past their partner
- Repeat the drill for a set time

VARIATIONS

- As the player develops, increase the distance between them
- Increase or decrease the width of the goals based on the ability of the players

BOUNCE PRACTISE THE TECHNIQUE

DRILL 1 STATIONARY BOUNCE

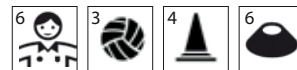
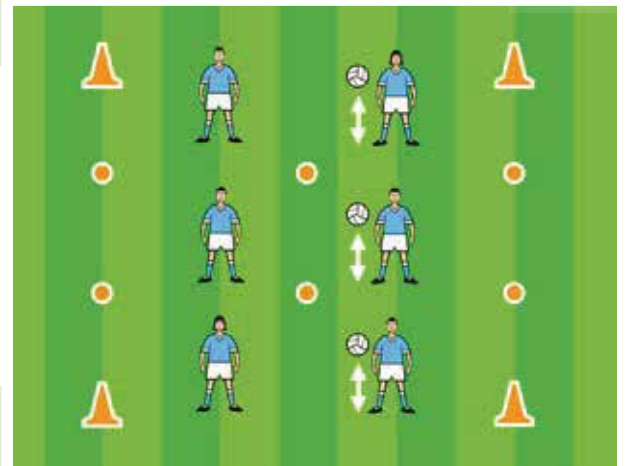
Basic Drill to practise the Bounce technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- Each player in turn Bounces and catches the ball and hands it to their partner
- Alternatively, one player in each pair Bounces the ball repeatedly for one minute, catching the ball securely after each Bounce
- The second player in each pair counts the successful attempts by their partner
- Players switch play after 1 minute

VARIATION

- As the players become more proficient, challenge them to Bounce the ball at an angle for their partner to catch



DRILL 2 BOUNCE ON THE MOVE

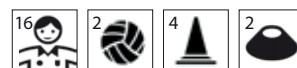
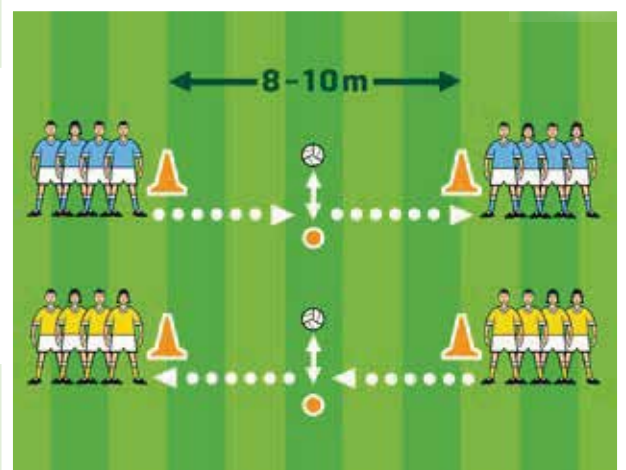
Basic Drill to practise the Bounce technique while moving at walking pace

ORGANISATION

- Form lines of 4 players 8-10m apart
- Place a marker half way between each line
- The player in possession walks forward four steps before Bouncing the ball and catching it again
- The player then walks on and hands the ball to the next player who repeats the drill
- Each player in turn moves to the back of the opposite line

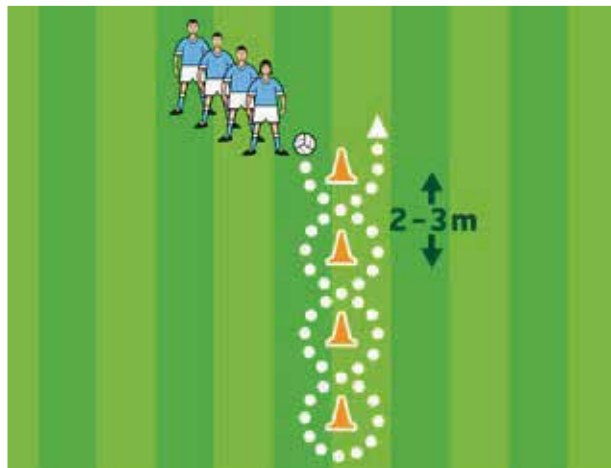
VARIATIONS

- As the players become more proficient, increase the pace to jogging
- Challenge the players to Bounce the ball at an angle for their partner to catch



PRACTISE THE TECHNIQUE

DRILL 3 SLALOM BOUNCE



Intermediate Drill to practise the Bounce technique requiring the players to Bounce the ball using both left and right hands alternately

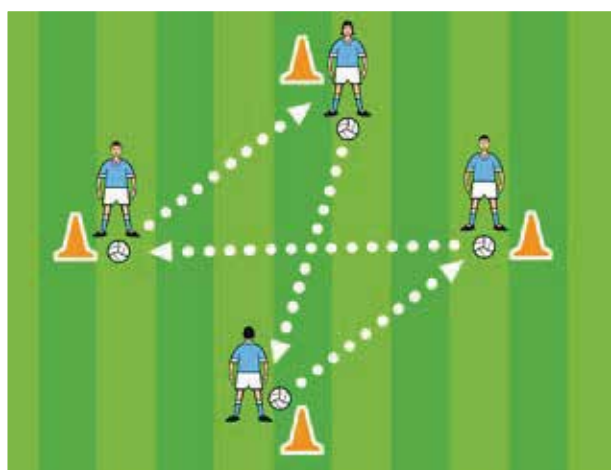
ORGANISATION

- Place four cones in a line at 2-3m intervals
- Line the players up before the first cone
- The first player in the line runs out and back, Bouncing the ball while rounding each cone
- The ball should be Bounced with the outside hand while rounding each cone, i.e. use left and right hands alternately
- Each successive player repeats the drill

VARIATION

- Challenge the players to dribble Bounce the ball in and out between the cones; switch to the outside hand rounding each cone

DRILL 4 BOUNCE AND TURN



Intermediate Drill to practise the Bounce technique

ORGANISATION

- Set up 4 cones in a square formation approximately 4-5m apart
- Position one player, ball in hand, at each cone
- The players move to perform the Bounce technique as they turn around each of the cones randomly
- Encourage the players to use the left hand to Bounce the ball when turning to the right around a cone and vice versa
- The players must be aware of each other to avoid knocking into one another as they cross to each cone

VARIATION

- Divide the players into pairs; challenge each pair to pass simultaneously to each other after rounding each cone

ACTIVITY 1 SPACE INVADERS

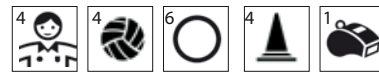
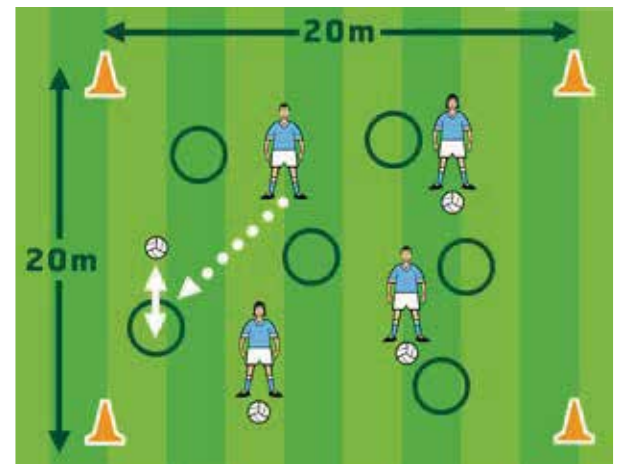
This Fun Game emphasises the development of control, accuracy and speed while performing the Bounce technique

ORGANISATION

- Mark out a grid 20m X 20m
- Place hoops on the ground at various points within the grid
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- Players must attempt to Bounce the ball in as many hoops as possible in 1 minute
- The ball should not be Bounced in the same hoop twice in succession
- The player who Bounces the ball in the greatest number of hoops wins

VARIATIONS

- Allocate different points to different colour hoops
- Divide the players into teams and award team points



ACTIVITY 2 BOUNCE KING

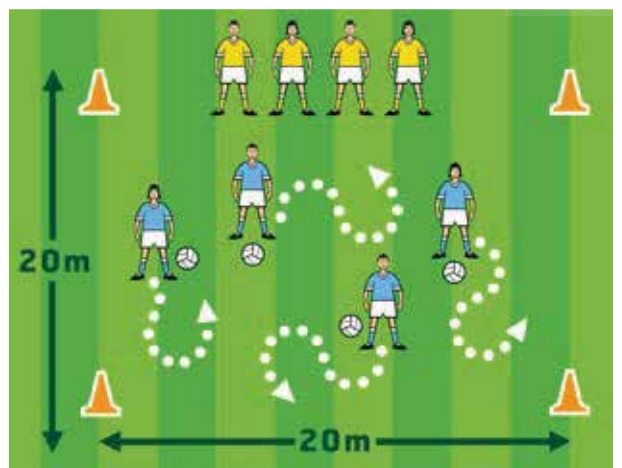
A Fun Game challenging each player to perform the Bounce technique while under pressure from an opponent

ORGANISATION

- Mark out a grid 20m X 20m
- Divide the players into two equal teams
- Team 1 starts inside the grid; each player has a ball
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- After a short time, each member of Team 2 enters the grid, attempting to dispossess a member of Team 1
- The team of players who keeps possession for the longest time wins
- Switch the roles after a set time

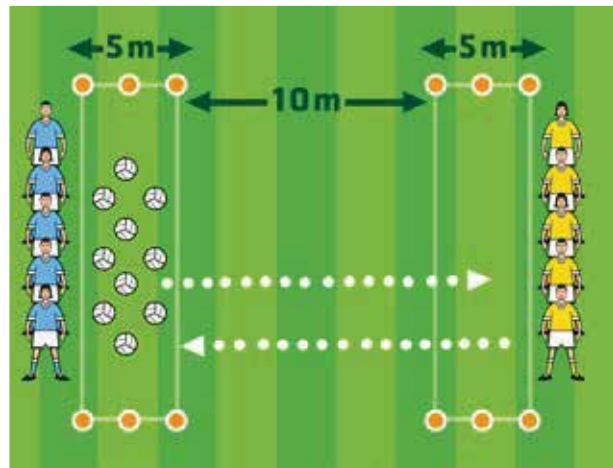
VARIATION

- Play the game on an individual basis awarding the game to the player who keeps possession for the longest time



DEVELOP THE SKILL

ACTIVITY 3 GRID SWAP



Fun Game to develop the Bounce Technique

ORGANISATION

- Divide the players into two teams of five players each
- Mark out two grids 5m wide with 10m between each grid. Assign a grid to each team
- Place ten footballs in one grid
- On the whistle, the first team runs forward, picks up a ball each and returns it to their own grid, Bouncing the ball along the way. This is done until all the footballs have been moved
- The second team repeat, moving all the footballs back to their grid

VARIATION

- Place all the footballs outside of either grid. Each team must collect the footballs and return them to their own grid by Bouncing them on the way back. The opposing players provide opposition



HAND PASS PRACTISE THE TECHNIQUE

DRILL 1 HAND PASS TO PARTNER

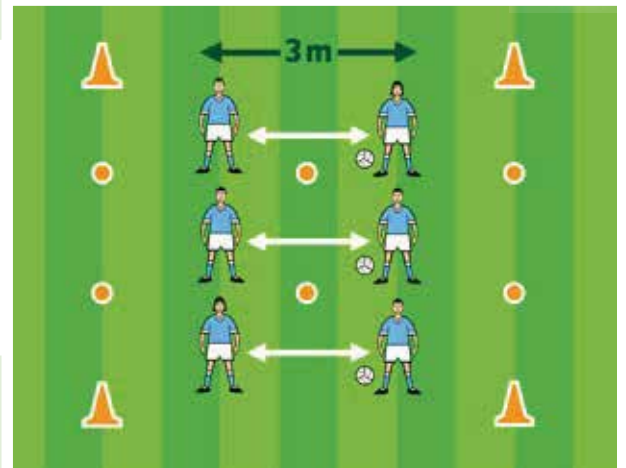
Basic Drill to practise the Hand Pass technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Use cones to ensure that each pair has adequate space to perform the technique in a stationary position
- Partners stand approximately 3m apart
- Each player in turn Hand Passes the ball to their partner
- Continue the routine for approximately 1 minute
- This drill may be used to practise the variety of open handed Hand Pass techniques

VARIATION

- To increase the challenge, increase the distance between the players



DRILL 2 MOVE AND PASS

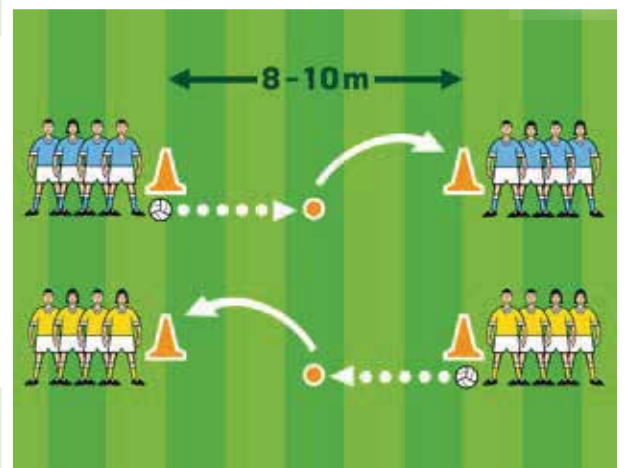
Intermediate Drill to practise the Hand Pass technique

ORGANISATION

- Divide the players into groups of 8: one ball per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker half way between the outer cones
- Four players line up at either cone
- The player in possession jogs forward, Hand Passing the ball from the marker to the first player on the far side, who repeats the drill
- Each player follows on to line up at the back of the opposite line

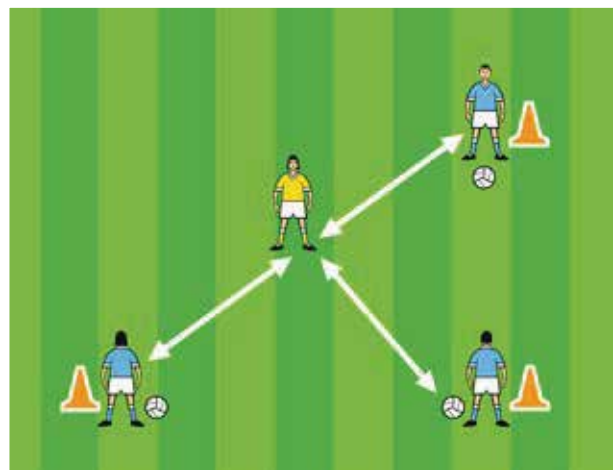
VARIATION

- To increase the challenge, increase the distance between the players



PRACTISE THE TECHNIQUE

DRILL 3 PRESSURE PASS



Intermediate Drill to practise the Hand Pass technique requiring the players to catch and pass in different directions

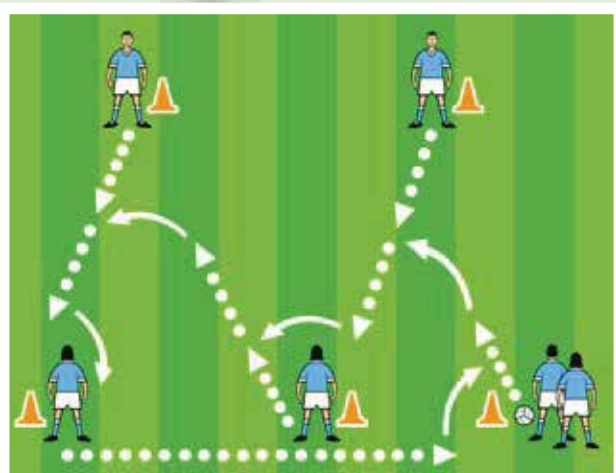
ORGANISATION

- Divide the players into groups of 4, as shown
- Three players act as feeders, with one ball each
- The fourth player acts as the 'central' player
- The 'central' player must take and return a pass from each player in turn for a set period of time, e.g. 30 seconds
- Reverse the roles to provide each player with an opportunity to be the 'central' player

VARIATION

- To increase the difficulty of the drill, the feeder players pass the ball as the 'central' player is returning the previous pass

DRILL 4 ZIG-ZAG PASS



Intermediate Drill to practise the Hand or Fist Pass techniques requiring the players to time and weight the pass so that the receiver can move onto it

ORGANISATION

- Place 5 markers in a zig-zag formation approximately 10m from each other
- Two players line up at the first marker, the first with a ball
- One player is positioned at each of the other markers
- Each player in turn passes the ball in front of the next player so that they must move forward to receive it, before following on to take their position
- The last player plays the ball back to the first marker and so the drill continues
- Encourage the players to use their right hand when the receiver is to the left and vice versa

VARIATION

- To increase the difficulty of the drill introduce a second ball



HAND PASS DEVELOP THE SKILL

ACTIVITY 1 KEEP BALL

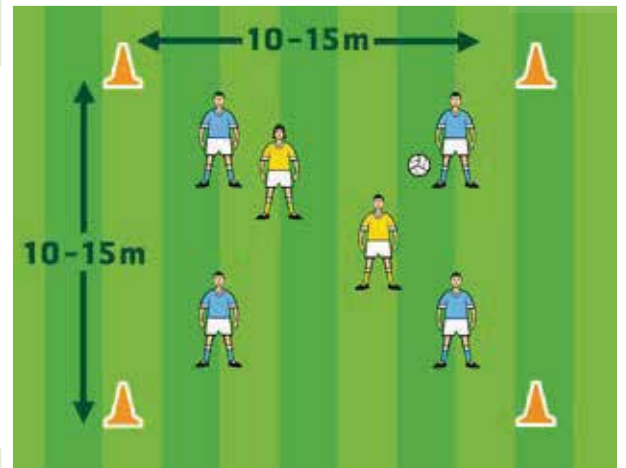
Game Play Drill designed to improve the players' ability to perform the Hand Pass under pressure

ORGANISATION

- Mark out a grid approximately 10-15m square
- Divide the players into uneven teams
- The team with the greater number of players have the ball and must attempt to successfully complete as many Hand Passes as possible in succession
- The opposing players may attempt to intercept the ball by catching or by blocking it
- Possession is also lost by letting the ball fall to the ground or by stepping outside the grid
- Switch the players around after a set time

VARIATION

- To increase the difficulty for the team in possession increase the number of opponents



ACTIVITY 2 AROUND THE SQUARE GAME

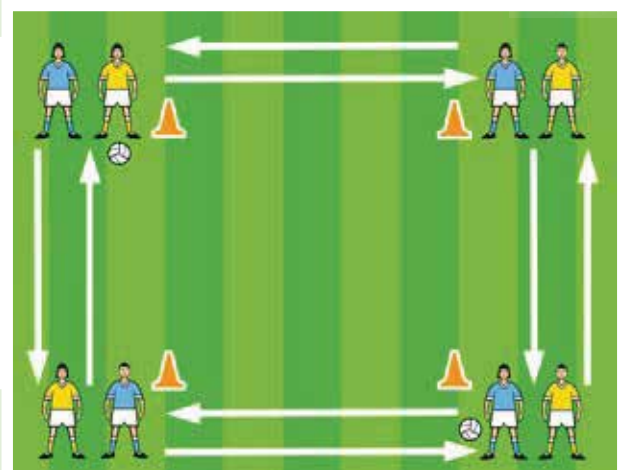
Fun Game to practise the Hand Pass technique

ORGANISATION

- Mark out a square or circle using cones
- Divide the players into two teams, one ball per team
- Position one player from each team at each cone
- One team passes the football in a clockwise direction, while the second team passes the football in an anti-clockwise direction
- The first team to have the football back to the starting player wins
- If the football hits the ground, it must be returned to the starting player to begin again

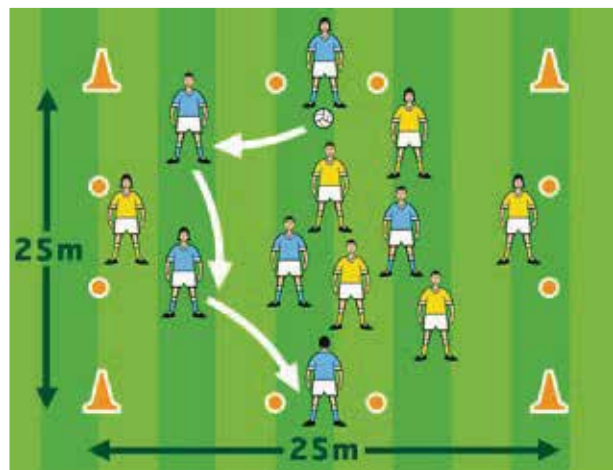
VARIATION

- To increase the challenge; increase the size of the square



DEVELOP THE SKILL

ACTIVITY 3 CAPTAIN BALL



Modified Game to develop the Hand Pass technique

ORGANISATION

- Mark out a playing area approximately 25m X 25m
- Mark out a goal area at the centre of each line of the playing area
- Divide the players into even teams: two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by Hand Passing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score, the goalkeeper must pass the ball to the opposition to restart the game

VARIATION

- Set up the game using only two goals and two goalkeepers

SIDE STEP PRACTISE THE TECHNIQUE

DRILL 1 WALK AND SIDE STEP

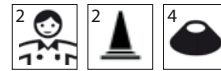
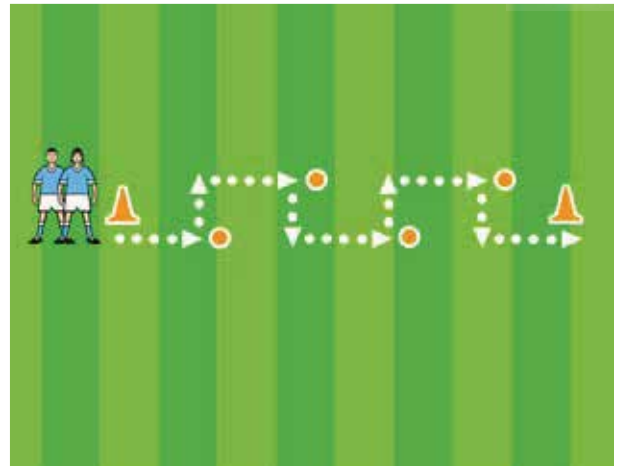
Basic Drill to practise the Side Step technique off both feet

ORGANISATION

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player walks forward and Side Steps each marker, side-stepping to the left off the markers to the right and to the right off the markers to the left
- Continue the drill over and back for a set time

VARIATION

- As the players become familiar with the technique, repeat the drill while walking, and eventually while jogging across the field



DRILL 2 STEP LEFT STEP RIGHT

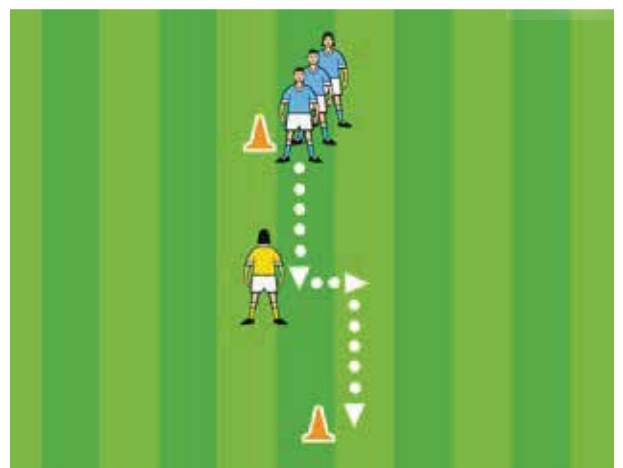
Basic Drill to practise the Side Step technique off both feet introducing a static opponent

ORGANISATION

- Place 2 cones approximately 10m apart
- Divide the players into groups of 4
- 3 players line up behind one cone; the fourth player is positioned midway between the cones
- Each player in turn must approach and Side Step the middle player and continue to the far cone
- The middle player does not move or attempt to block the side-stepping player
- The players should practise side-stepping off both the left and right feet

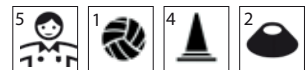
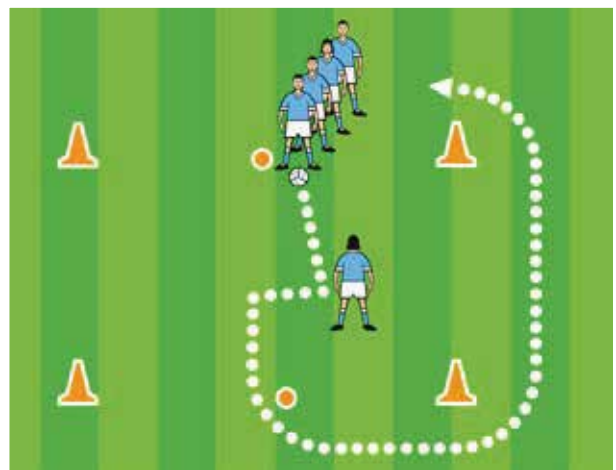
VARIATION

- To progress the drill, introduce a ball; encourage the players to use the outside hand to bounce the ball as they move out of the Side Step



PRACTISE THE TECHNIQUE

DRILL 3 SIDE STEP AND BOUNCE



Intermediate Drill to practise the Side Step technique

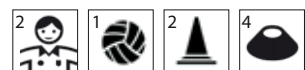
ORGANISATION

- Divide the players into groups of 5: one ball per group
- 4 players line up behind a marker
- The fifth player from each group takes up position approximately 5m from the line of players
- Each player in turn jogs forward, takes one bounce and Side Steps the player in the middle, who does not attempt to tackle
- The jogging player then goes to the end of the channel and returns to the end of the line for the next player to repeat the drill
- After a set time change the player in the middle

VARIATION

- To increase the difficulty challenge the players to perform the drill at a quicker pace

DRILL 4 SIDE STEP SLALOM



Intermediate Drill to practise the Side Step technique

ORGANISATION

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player jogs forward and Side Steps each marker, side-stepping to the left off the markers to the right and to the right off the markers to the left
- As they Side Step each marker the players should use the outside hand to bounce the ball as they move out of the Side Step
- Continue the drill over and back for a set time

VARIATION

- As the players improve challenge them to increase the pace of the drill



ACTIVITY 1 STEP IN TIME

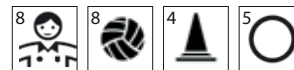
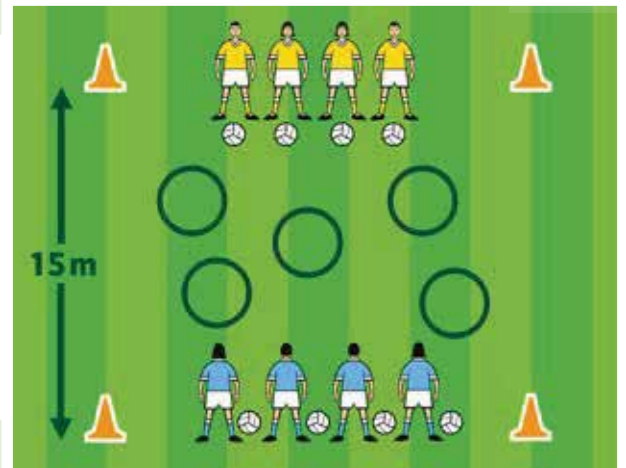
Fun Game to develop the Side Step technique

ORGANISATION

- Mark out a grid 15m long by 10m wide
- Place a number of hoops or obstacles within the grid
- Divide the players into 2 equal teams one at either end of the grid; each player has a ball
- On the whistle, all the players jog through the grid attempting to avoid the opposing team players and the obstacles
- If a player touches an obstacle, or a player from the opposing team, they must leave the grid
- Repeat the drill until all the players have left the grid, or for a set time

VARIATION

- To increase the difficulty of the drill, allow players to tackle for the ball



ACTIVITY 2 PASS THE GUARDS

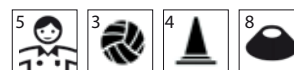
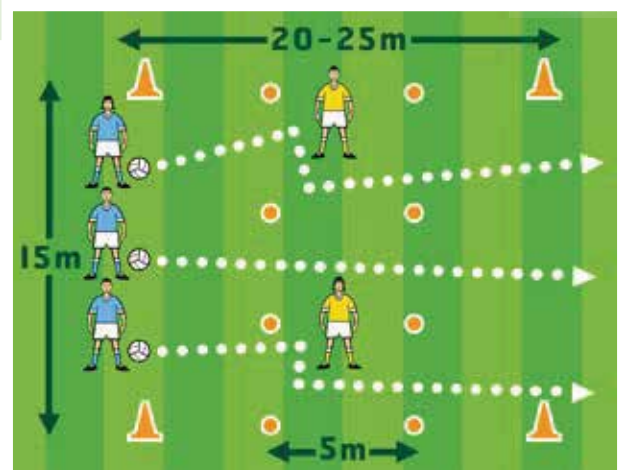
A Fun Game to develop the Side Step technique

ORGANISATION

- Mark out a grid 20-25m X 15m
- Mark a zone approximately 5m wide across the centre of the grid
- Three attacking players are positioned at one end of the grid with a ball each
- Two defending players are positioned in the centre zone
- The outer players must run forward together and run through the centre zone
- To pass a defending player the attackers use the Side Step technique, bouncing the ball with outside hand as they pass
- The defending players may move left and right but may not tackle the attacking players or the ball

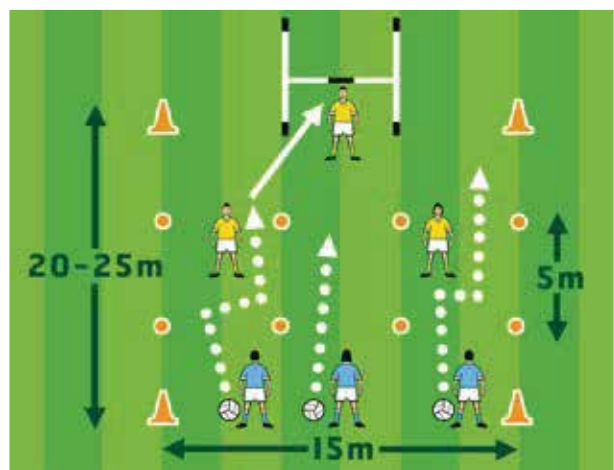
VARIATION

- As the attacking players progress increase the opposition provided by the defending players



DEVELOP THE SKILL

ACTIVITY 3 SIDE STEP, BOUNCE AND SCORE



Game Play Drill to develop the Side Step technique

ORGANISATION

- Mark out a grid 20-25m X 15m: mark a zone approximately 5m wide across the centre of the grid. Place goalposts at one end
- Three attacking players are positioned at one end of the grid with a ball each
- Two defending players are positioned in the centre zone and a goalkeeper in goals
- The outer players must run forward together and run through the centre zone
- To pass a defending player the attackers use the Side Step technique, bouncing the ball with outside hand as they pass. This is followed by a shot on goal.
- The defending players may move left and right but may not tackle the attacking players or the ball

VARIATION

- As the attacking players progress increase the opposition provided by the defending players



OFFFALY COACHING CLASSES

REACH CATCH / BLOCK DOWN / HOOK KICK / SOLO /
CROUCH LIFT / CHECKING / FIST PASS / SIDE TO SIDE CHARGE

REACH CATCH

PRACTISE THE TECHNIQUE

DRILL 1 PARTNER CATCH

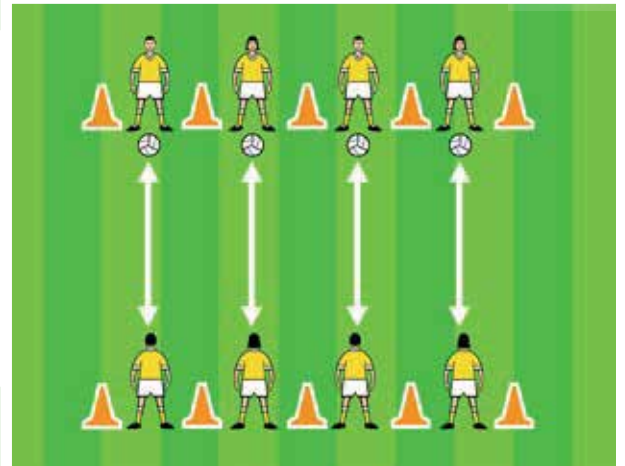
Basic Drill to practise the Reach Catch technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Each player in turn throws the ball above their partner's head for them to perform the Reach Catch overhead
- Continue the drill for a set time
- Each player then fists the ball at head height for their partner to perform the Reach Catch in front
- Again continue the drill for a set period of time

VARIATION

- The ball may be thrown slightly to either side of the catching player to challenge them to reach to each side



DRILL 2 PRESSURE CATCH

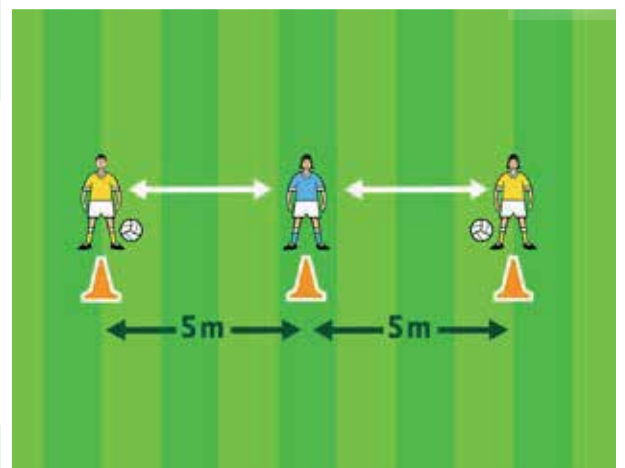
Intermediate Drill to practise the Reach Catch technique requiring the player in the middle to perform the technique as efficiently as possible

ORGANISATION

- Divide the players into groups of three: two balls per group
- Each group of three lines up with 5m between each player
- The players at each end have a ball each and in turn serve to the player in the middle to perform the Reach Catch
- The player in the middle returns the ball to the same server each time
- Begin by throwing the ball above the head and after a set time change to fist passing the ball to head height

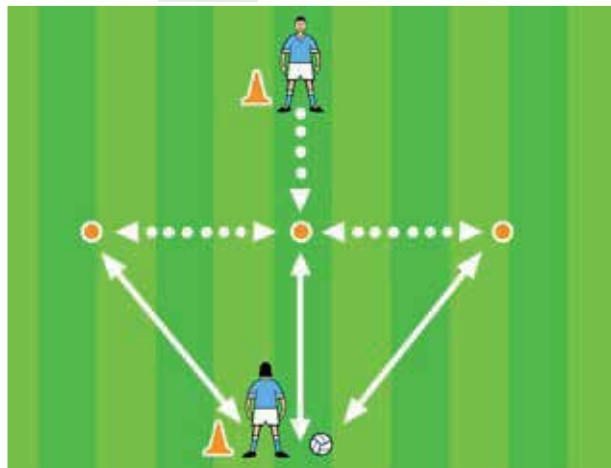
VARIATIONS

- To increase the difficulty: increase the distance between the players
- A third server may also be used



PRACTISE THE TECHNIQUE

DRILL 3 CROSS CATCH



Intermediate Drill to practise the Reach Catch technique which requires the players to attack and catch the ball while moving in different directions

ORGANISATION

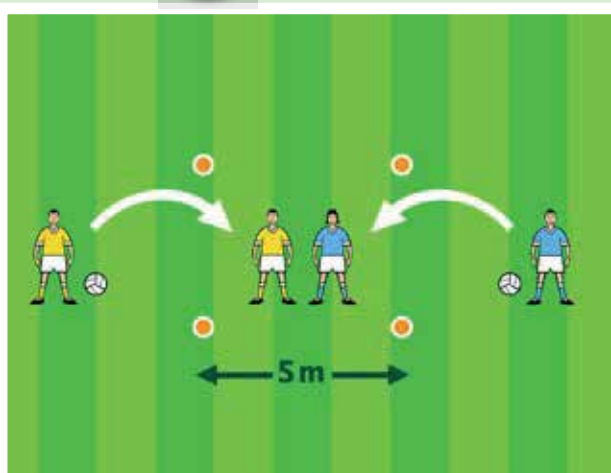
- Mark out a cross as shown
- A feeder stands at one point of the cross while the other player lines up directly opposite
- Each player in turn moves to the middle marker and each of the side markers to perform the Reach Catch as the feeder serves the ball
- Alternate between serving the ball above the head and at head height of the catching players
- Encourage the players to attack the ball at pace

VARIATION

- To increase the difficulty of the drill, each player is shadowed by a token opponent as they move to catch each pass



DRILL 4 OPPOSED CATCH



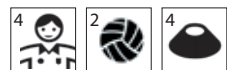
Advanced Drill to practise the Reach Catch technique introducing full opposition

ORGANISATION

- Mark out a grid approximately 8m X 5m
- Divide the players into groups of 4
- Two players are positioned within the grid
- The other two players act as feeders: each feeder is designated a partner
- Each feeder in turn throws the ball for their partner to perform the Reach Catch while the other player provides opposition
- Initially the opposition should be token before eventually progressing to full opposition as the players become more competent

VARIATION

- To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest



ACTIVITY 1 PIGGY IN THE MIDDLE

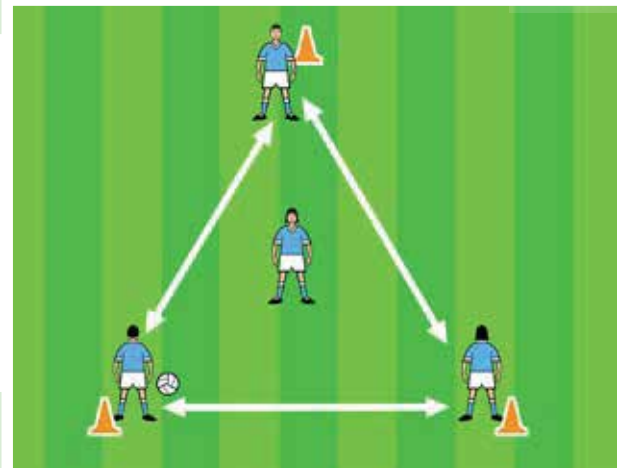
A Fun Game to develop the Reach Catch

ORGANISATION

- Mark out a triangle using cones as shown
- Divide the players into groups of four; one ball per group
- One player is positioned at each of the cones while the fourth is the 'piggy' in the middle
- Players must pass the ball to each other at an appropriate height, in order for the receiver to perform the Reach Catch
- The player in the middle attempts to intercept the ball
- If successful, the player whose pass was intercepted becomes the new 'piggy' in the middle

VARIATION

- Increase the distance between the outer players to make the drill more difficult



ACTIVITY 2 KEEP BALL

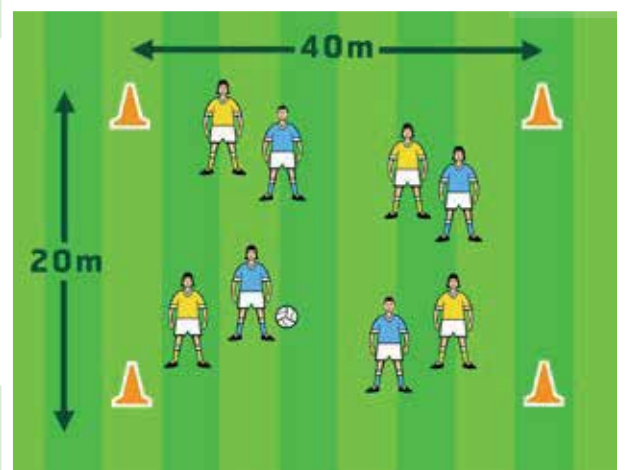
A Fun Game to develop the Reach Catch

ORGANISATION

- Mark out a grid 40m X 20m
- Divide the players into teams of 4 or 5
- The objective of the game is to retain possession by kick or fist passing to a team-mate
- The players should focus on performing the Reach Catch to receive the ball
- If the ball is intercepted or a pass hits the ground the other team win possession
- Award a point for every Reach Catch performed successfully

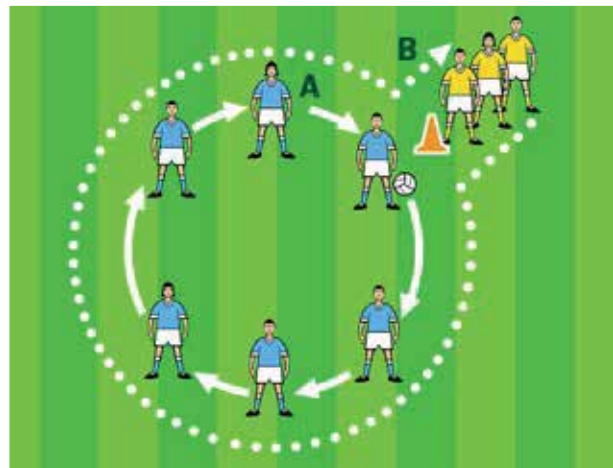
VARIATION

- Alternatively the team who retain possession for the greatest number of passes in sequence wins



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players ability to perform the Reach Catch under pressure.

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each players
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Reach Catches completed before the last player in Team B finishes their run
- Reverse the roles: the team with the most Reach Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball around the circle twice wins



BLOCK DOWN PRACTISE THE TECHNIQUE

DRILL 1 PARTNER BLOCK

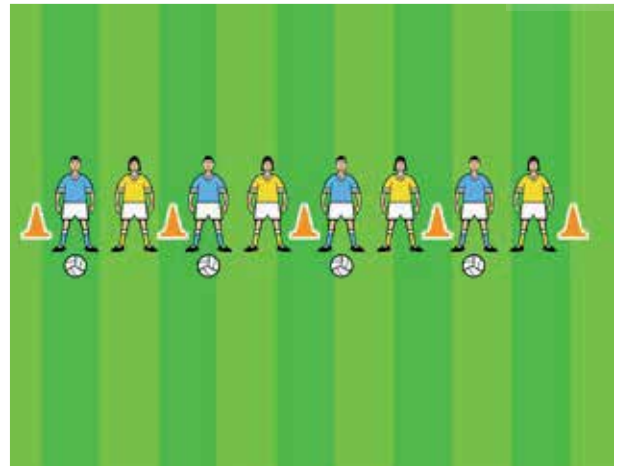
Basic Drill to practise the Block Down technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Player A toe taps the ball for Player B, in a kneeling position, to block as the ball leaves the foot
- Reverse the roles after a designated time
- This drill is particularly effective in improving the confidence of the player in performing the Block Down

VARIATIONS

- Progress the drill by getting Player B to stand
- Challenge the blocker to step into the block from a metre or so away to improve their timing



DRILL 2 MOVE AND BLOCK

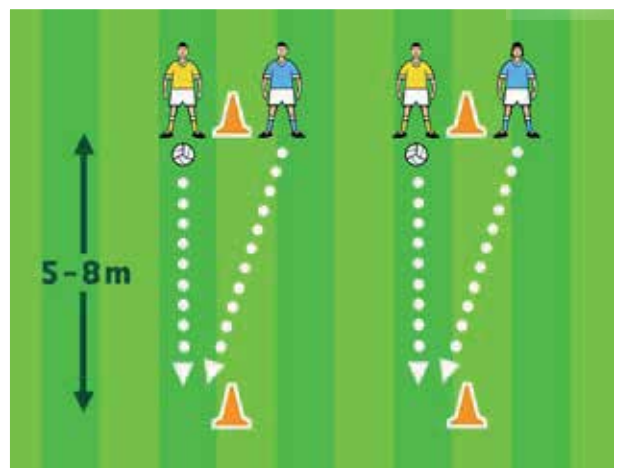
Intermediate Drill to practise the Block Down technique requiring the players to perform the block while moving

ORGANISATION

- Divide the group into pairs; one ball per pair
- Mark out two cones 5-8m apart for each pair
- The player in possession moves forward along the line to kick the ball at the far cone
- The blocking player travels alongside and attempts to block the ball as the ball is kicked
- Providing a target or player for the kicker to aim at will help improve the success of the drill
- Reverse the roles after a designated time

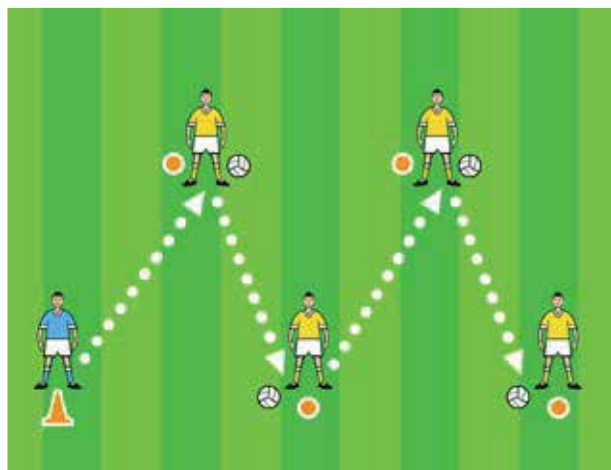
VARIATION

- As the players become more proficient increase the pace of the drill



PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG BLOCK



Intermediate Drill to practise the Block Down technique requiring the blocker to move in different directions to perform the block

ORGANISATION

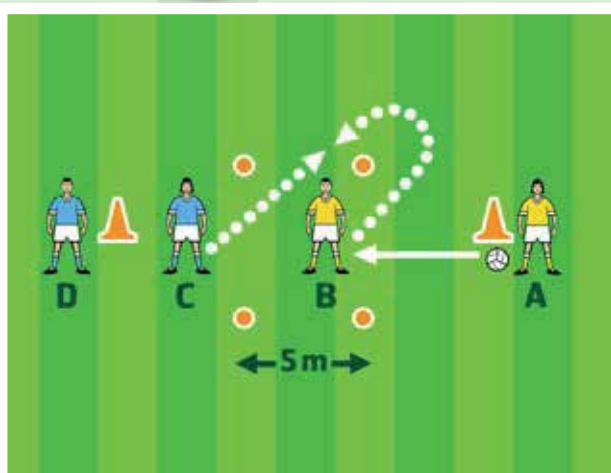
- Divide the players into groups of 5
- 4 of the players stand at intervals of 5m apart, one ball per player
- The blocker beginning at one end of the line moves to block each player in sequence
- Rotate the blocker after each run

VARIATIONS

- As the players become more proficient increase the pace of the drill
- As the players become more competent the blocker may be required to dive to block each kick



DRILL 4 HIT THE TARGET



Intermediate Drill to practise the Block Down technique

ORGANISATION

- Mark out a grid approximately 5m square using cones
- On a signal Player A, positioned 10m to one side of the grid, kick passes the ball to Player B, positioned in the grid
- Player B must turn around one of the corner cones of the grid before attempting to kick the ball to Player D approximately 10m to the far side of the grid
- Player C attempts to block Player B from completing the pass
- Repeat a set number of times before changing the feeders

VARIATION

- To increase the difficulty of the drill, increase the distance the blocker must travel to block the kicker



ACTIVITY 1 GRID BLOCK

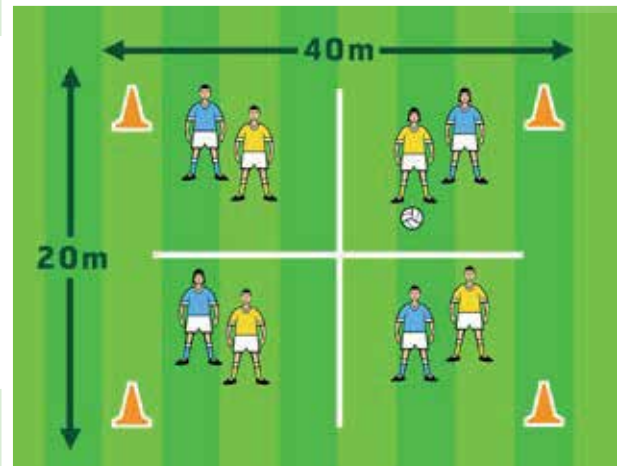
A Fun Game to develop the Block Down

ORGANISATION

- Mark out a grid approximately 40m X 20m using cones
- Divide the grid into 4 sections
- Divide the players into two teams of four; one player per section
- The players attempt to retain possession by kicking the ball from section to section
- The opposing team attempt to block the kick attempts
- If the kick is successful, that team must be allowed to retain possession
- Continue the game for a set period of time

VARIATION

- Initially allow the ball to be passed either clockwise or anti-clockwise: as the players progress, allow the ball to be played in any direction



ACTIVITY 2 SHOOT AND BLOCK

A Game Play Drill to develop the Block Down which requires the players to Block Down attacking players as they shoot for a score

ORGANISATION

- Mark out a defensive zone or grid approx 10-15m from goal
- An attacking player solos from further out the field to kick for a score from inside the defensive zone
- A defensive player enters the zone from either side, to block the attacking player as they attempt to complete their kick
- The defensive player should alternate coming from the right or the left of the attacking player

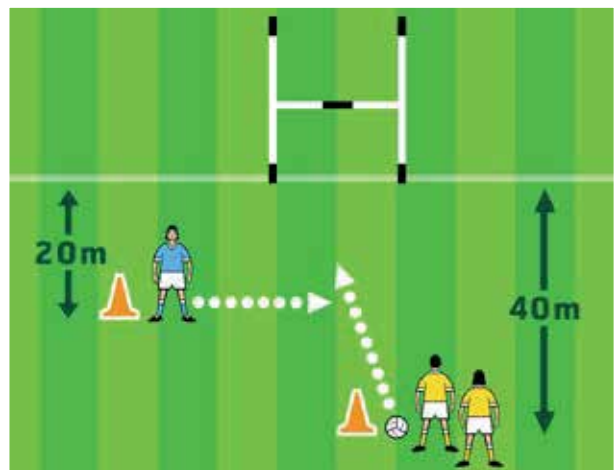
VARIATION

- Both the attacker and defender begin on the 13m line to one side of the goal; rounding a central cone the attacking player shoots as the defending player attempts to block



DEVELOP THE SKILL

ACTIVITY 3 SHOOT AND BLOCK II



A Game Play Drill to develop the Block Down

ORGANISATION

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20m from goal to one side
- Divide the players into pairs, one defender and one attacker
- Each attacker in turn solos towards goal shadowed by the defender
- Once within shooting range the attacker attempts to shoot for a point and the defender attempts to block
- Reverse the roles after a set number of attempts

VARIATION

- Increase the number of defenders to increase the occasions of blocking

HOOK KICK PRACTISE THE TECHNIQUE

DRILL 1 PARTNER KICK

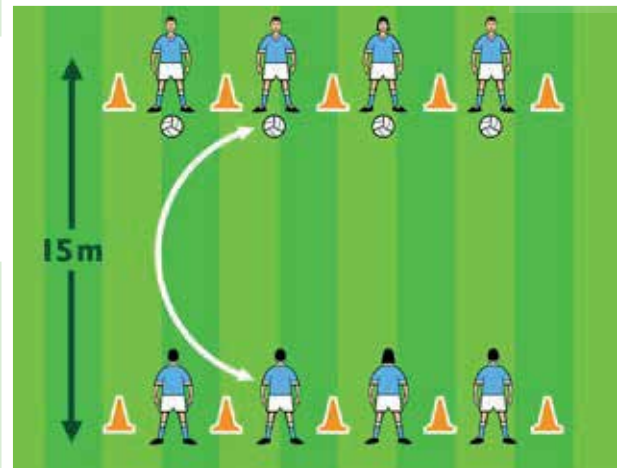
Basic Drill to practise the Hook Kick technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Mark out a channel 5m wide and 15m long for each pair
- Each player in turn Hook Kicks the ball to their partner
- It may be necessary to group the players on the basis of ability
- Repeat the drill getting the players to use the opposite leg

VARIATION

- To increase the difficulty of the drill, increase the distance between the players

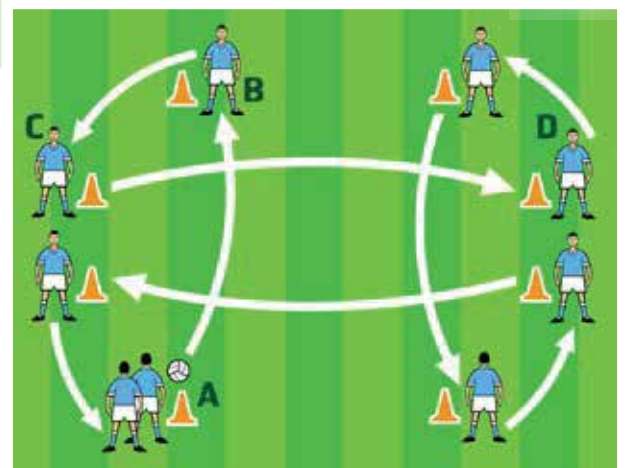


DRILL 2 AROUND THE SQUARE

Intermediate Drill to practise the Hook Kick technique that also includes the fist pass

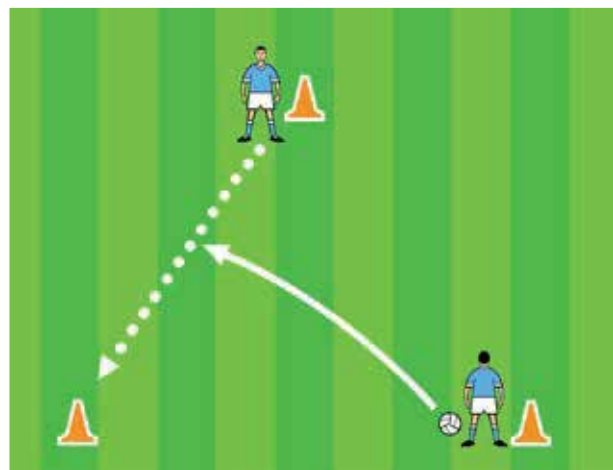
ORGANISATION

- Set up a formation as shown using 8 cones
- Position one player at each cone
- Player A Hook Kicks the ball to player B at the furthest cone to one side
- Player B Fist Passes the ball to Player C alongside
- Player C then Hook Kicks the ball to Player D and so the drill continues
- Rotate the kickers and receivers after three rounds
- Continue the drill in a clockwise direction for a set time before changing direction and requiring the players to use the opposite leg



PRACTISE THE TECHNIQUE

DRILL 3 KICK AND MOVE



Intermediate Drill to practise the Hook Kick technique

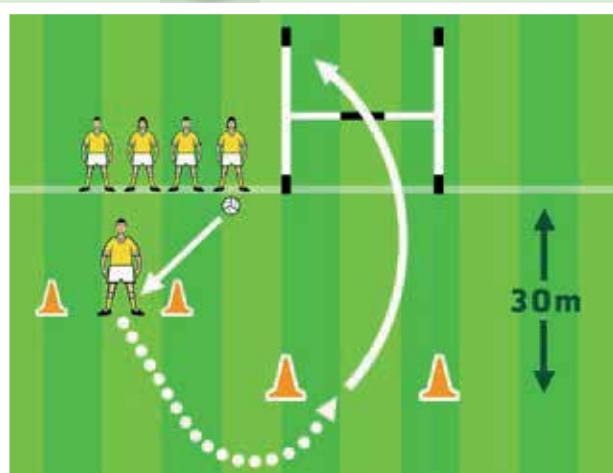
ORGANISATION

- Divide the players into pairs, one ball per pair
- Place 3 cones 20m apart to form a triangle
- First, each player Hook Kicks the ball on the run while moving along a length of the triangle; their partner remains in a stationary position
- Second, each player Hook Kicks the ball from a stationary position to their partner who is moving along the far length of the triangle
- Third, each player Hook Kicks the ball on the run to their partner who is also moving
- Change the direction of the movement to kick off the alternate side

VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves

DRILL 4 KICK AND SCORE



Intermediate Drill to practise the Hook Kick technique that requires the players to kick for a score

ORGANISATION

- Place 2 cones 6-8m apart 30m from goal
- All the players except one begin behind the goal
- Position the other player at a cone 20m from goal to one side
- The first player from behind the goal solos towards the cone and fist passes to the waiting player, taking over their position
- That player solos to round the nearest 30m cone and Hook Kicks for a point
- The next player behind the goal repeats the drill
- Continue the drill for a set time and repeat from the opposite side

VARIATION

- To increase the challenge; increase the distance from which the players kick

ACTIVITY 1 BULL'S EYE

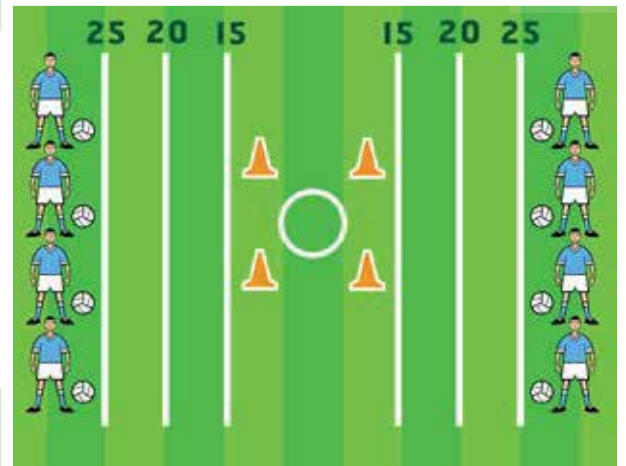
A Fun Game to develop the Hook Kick

ORGANISATION

- Place 4 cones in a 10m square formation
- Inside the 10m mark out a circle
- Mark out a line of cones 15m, 20m and 25m to either side of the grid
- Divide the players into two groups: one group at either side
- Beginning at one side and behind the 15m line, the players attempt to land the ball in the square or circle
- Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle

VARIATION

- Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient



ACTIVITY 2 HOOKED

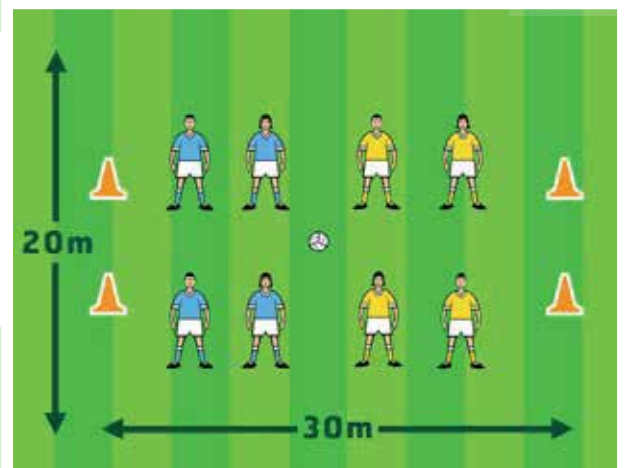
Modified Game to develop the Hook Kick technique

ORGANISATION

- Mark out a playing area 20m X 30m
- Mark out a goal area at either end
- Divide the players into two equal teams
- A permanent goalkeeper is not allowed
- The players may only Solo and Hook Kick the ball
- A score is awarded only when a player Hook Kicks the ball through the cones

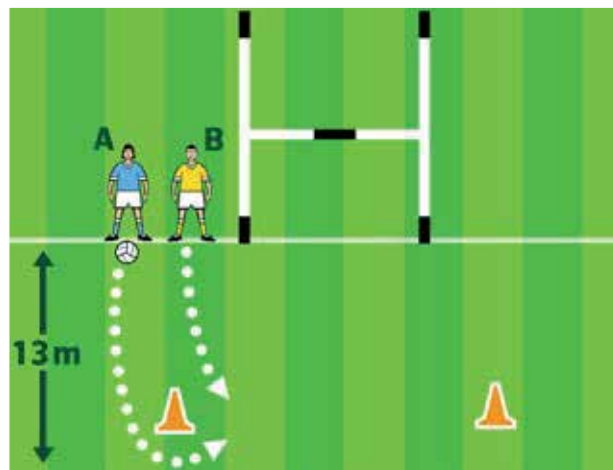
VARIATIONS

- Divide the playing area into zones to prevent crowding; players must stay within their designated zones
- Allow players to Fist Pass and Punt Kick to pass the ball; scores must be with a Hook Kick



DEVELOP THE SKILL

ACTIVITY 3 GOAL TO GOAL



A Game Play Drill to develop the Hook Kick requiring the players to Hook Kick for a point while under pressure from an opponent

ORGANISATION

- Place a cone 13m from the end line on either side of the goal area
- The players line up in pairs to one side of the goals
- Player A Solos to the cone to Hook Kick the ball for a point
- Player B follows and attempts to block
- Award points for a successful Kick
- Repeat the drill from either side of the goal
- Reverse the roles of the players after every second go

VARIATION

- Increase or decrease the distance the player has to shoot from, depending on their ability

DRILL 1 STATIONARY TOE TAP

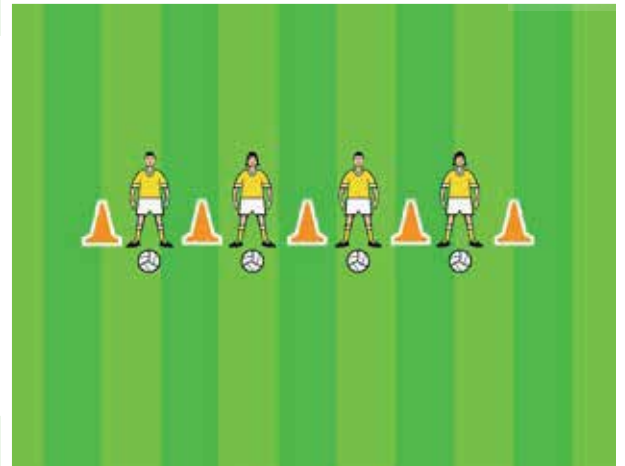
Basic Drill to practise the Solo technique

ORGANISATION

- Each player has a ball
- Ensure each player has adequate space to perform the technique in a stationary position
- On the whistle, the players Solo the ball on the spot
- The players count how many times they can Solo the ball successfully in 30 seconds
- Start again if the ball is dropped or if the ball goes above the head
- Set a target for each player depending on their ability
- Players repeat the drill using the opposite leg

VARIATION

- Organise the drill in pairs with the partners counting for each other



DRILL 2 TOE TAP, TURN AND PASS

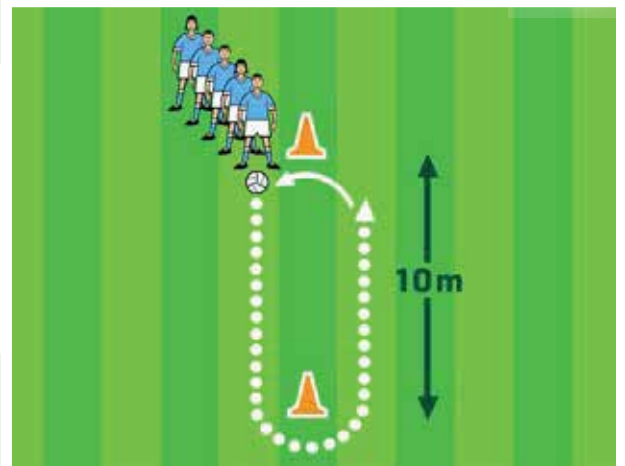
Intermediate Drill to practise the Solo technique that requires the players to Solo around a number of obstacles

ORGANISATION

- Mark out a distance of 10m using cones
- Divide the players into groups of 5, one ball per group
- The players line up behind one of the cones
- In turn each player Solos out and around the far cone, first passing for the next player as they return to the back of the line
- Continue the drill for a set time
- Repeat the drill using the opposite foot

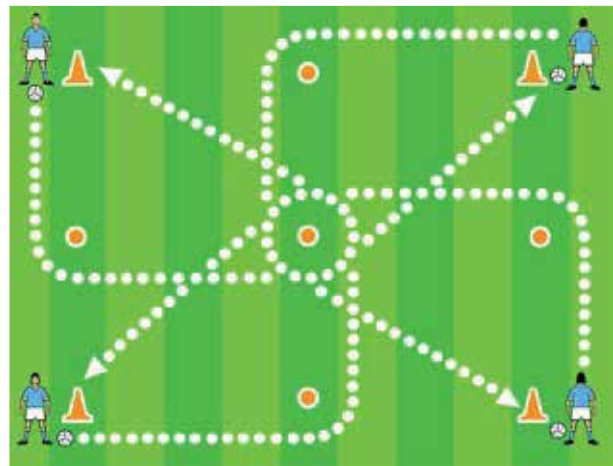
VARIATION

- Increase the speed of the drill as the players become more proficient



PRACTISE THE TECHNIQUE

DRILL 3 CRAZY SOLO



Intermediate Drill to practise the Solo technique that challenges the peripheral vision of the players

ORGANISATION

- Mark out a grid using cones and markers as shown
- Place a further marker in the centre of the grid
- Position a player at each corner cone
- Each player Solos with the ball in an anti-clockwise direction around the first marker, then the centre marker and back to their corner
- Each player in turn repeats the drill
- The players must be aware of each other's movements as they round the centre marker

VARIATIONS

- Allow the players to attempt to knock the ball from the other players as they round the centre marker
- Try with teams of three or four at each corner cone



ACTIVITY 1 TOE-TAP TAG



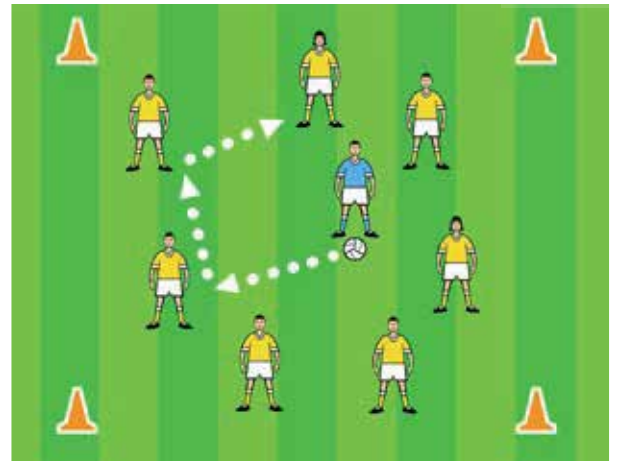
Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 15m
- One player with a ball must Solo around and attempt to tag the other players
- The player must Solo at least once every four steps
- Once a player has been tagged, they must leave the game
- Change the player with the ball when all the players have been tagged

VARIATION

- Increase the number of 'taggers' to reduce the difficulty of the game



ACTIVITY 2 PASS THE GUARD



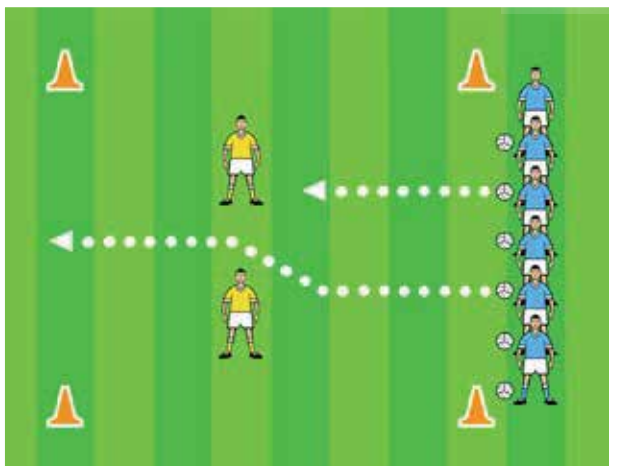
Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 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

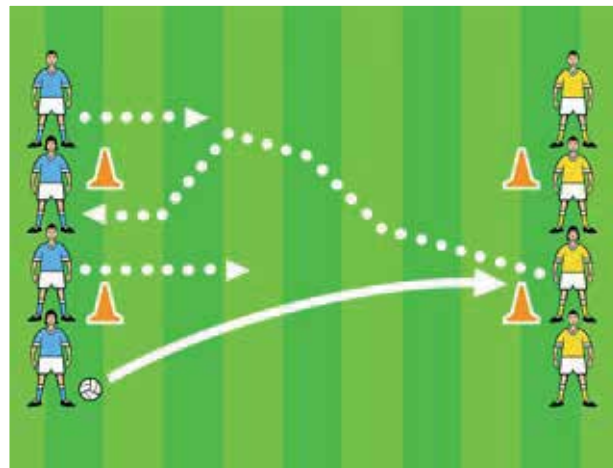
VARIATION

- Increase the width of the grid to reduce the difficulty for the soloing players



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT INVASION GAME



Modified Game to develop the Solo technique

ORGANISATION

- Divide the players into two equal teams
- The game begins with a Punt Kick from one team down the field to the other team
- The receiving team must then Solo and Hand Pass the ball up the field
- A score is awarded only when a player Solos the ball through the opposition goals
- Having scored or lost the ball in the tackle the team return to their endline and Punt Kick the ball for the second team to attempt to score

VARIATION

- To reduce the difficulty of the game for the attacking team reduce the number of defenders for each play



CROUCH LIFT PRACTISE THE TECHNIQUE

DRILL 1 LIFT AND DROP

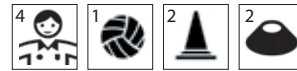
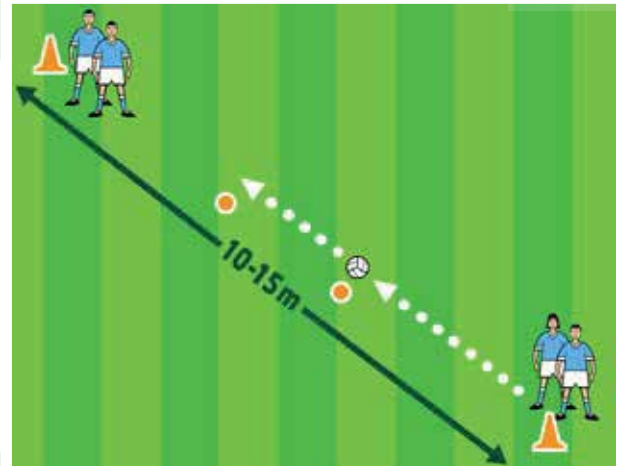
Basic Drill to practise the Crouch Lift technique that requires the players to lift and drop the ball within a short distance

ORGANISATION

- Place 2 cones and 2 markers in a line at equal distances over approximately 10-15m
- Divide the players into equal groups, positioned at each of the outer cones
- Place a ball at one of the centre markers
- The front player nearest the ball jogs forward to Crouch Lift the ball
- Continuing forward they place the ball at the next marker for the first player opposite to repeat the drill, and so on
- The players continue to the end of the opposite line

VARIATION

- To increase the difficulty of the drill reduce the space between the centre markers



DRILL 2 BRIDGE BALL

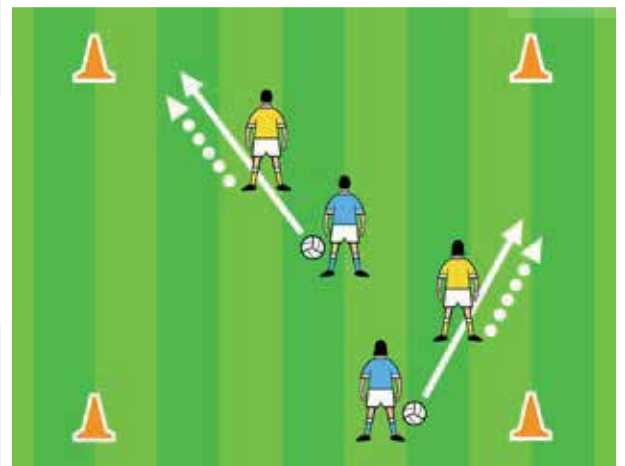
Intermediate Drill to practise the Crouch Lift that requires the players to perform the technique as the ball moves away from them

ORGANISATION

- Divide the players into pairs; one ball per pair
- The player without the ball finds space and stands still with their legs wide apart
- Their partner rolls the ball under their legs from behind so that they must chase and lift it as it moves away

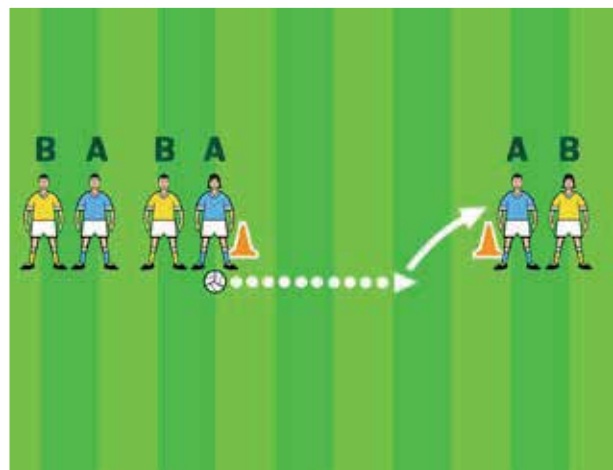
VARIATION

- To increase the difficulty of the drill the player with the ball rolls it through from in front of their partner so that they must turn before chasing and lifting the ball



PRACTISE THE TECHNIQUE

DRILL 3 OPPOSED LIFT



Advanced Drill to practise the Crouch Lift technique

ORGANISATION

- Divide the players into groups of 3 pairs, one ball per group
- Mark out a distance of approximately 10m using cones
- Beginning with the first pair, Player A throws the ball out in front, chasing to Crouch Lift the ball into the hands
- Player B provides opposition without physically tackling the player or the ball
- Player A then passes the ball to the next pair who repeat
- The lifting players must retain focus on the technique while under simulated pressure from their partner
- Continue the routine for approximately 1 minute

VARIATION

- To increase the difficulty of the drill, allow the opposition players to tackle the ball

DRILL 4 TUSSELE AND LIFT



Advanced Drill to practise the Crouch Lift technique that requires the players to contest the ball with an opponent

ORGANISATION

- Divide the players into pairs, one of each pair lined up approximately 5m apart
- On a signal the Coach rolls the ball forward from behind each pair who chase and contest for the ball
- The players switch sides on every go

VARIATION

- To increase the difficulty of the drill the Coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed

ACTIVITY 1 A RACE AGAINST TIME



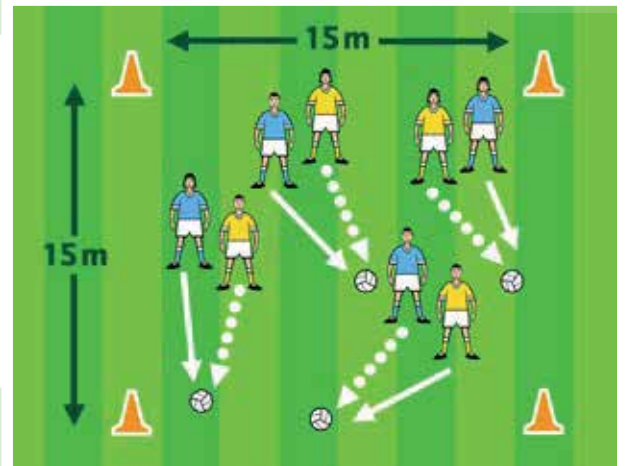
Fun Game to develop the Crouch Lift technique

ORGANISATION

- Mark out a grid 15m X 15m using cones
- Divide the players into pairs, one ball per pair
- On a whistle, the player in possession rolls the ball forward for their partner to chase and pick up using the Crouch Lift technique
- Encourage constant changes of direction
- Ensure each player practices securing the ball after the lift, before rolling it for their partner
- Count how many successful lifts each pair can do in a set time

VARIATION

- To increase the difficulty of the drill, the second player may attempt to tackle the ball as the first player attempts the Crouch Lift. Mark each player against their partner



ACTIVITY 2 SCATTER AND LIFT



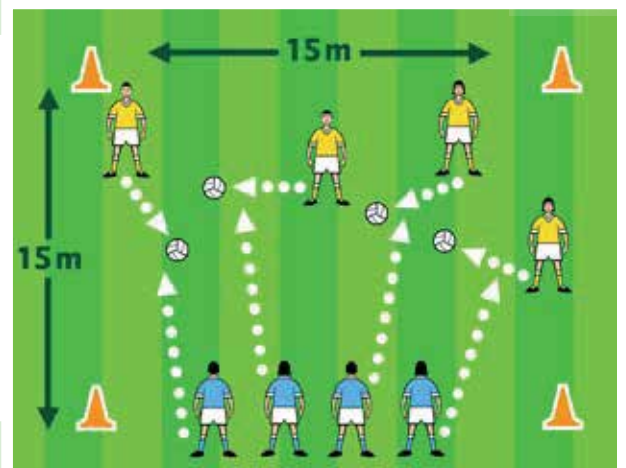
Fun Game to develop the Crouch Lift technique

ORGANISATION

- Mark out a grid 15m X 15m using cones
- Divide the players into two equal teams; one the attacking team and one the defending team
- Place a number of balls randomly throughout the grid
- On the whistle, the attacking team must pick up as many balls as possible in 30 seconds
- The defending players may pressurise the attackers, but may not guard the ball
- The teams switch roles after 30 seconds
- The team that completes the most Crouch Lifts wins

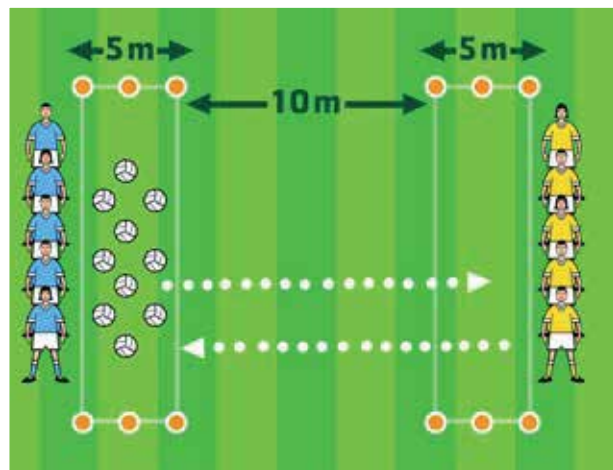
VARIATION

- The Coach can further heighten the intensity of the game by reducing the number of balls



DEVELOP THE SKILL

ACTIVITY 3 GRID SWAP



Fun Game to develop the Crouch Lift technique

ORGANISATION

- Divide the players into two teams of five players each
- Mark out two grids 5m wide with 10m between each grid; assign a grid to each team
- Place ten footballs in one grid
- On the whistle, the first team runs forward Crouch Lifts a ball each and returns it to their own grid. This is done until all the footballs have been moved
- The second team repeat the drill, moving all the footballs back to their grid

VARIATION

- Place all the football outside of either grid. Each team must collect the footballs using the Crouch Lift technique and return them to their own grid. The opposing players provide opposition.



CHECKING PRACTISE THE TECHNIQUE

DRILL 1 HANG ON

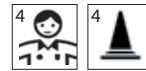
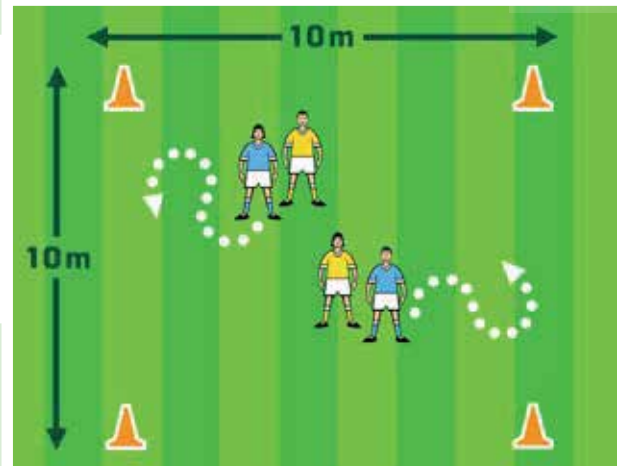
Basic Drill to practise the Checking technique

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the players into pairs
- One player is the defender and one the attacker
- The defender must try to remain in contact with the attacker using one arm at all times
- The defender is not allowed to hold or pull the attacker
- After a set time change roles

VARIATION

- Use a harness to keep the players together



DRILL 2 ZIG-ZAG CHECK

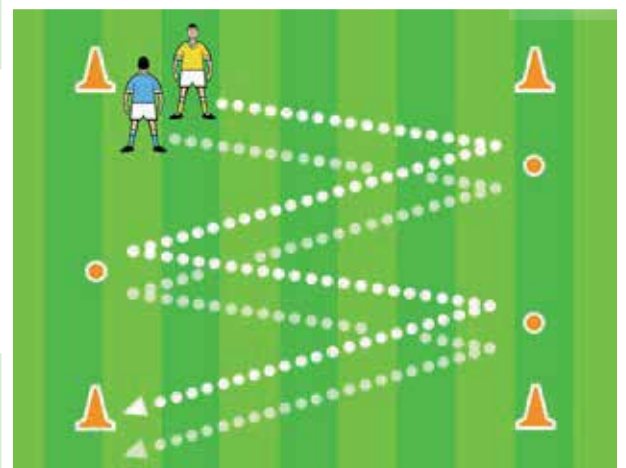
Basic Drill to practise the Checking technique that focuses on the movement of the feet

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the group into pairs
- Player A runs in a zig-zag manner from one side of the grid to the other until they reach the end of the grid
- Player B facing Player A, attempts to maintain the 'check' position throughout
- Change roles and then repeat the drill

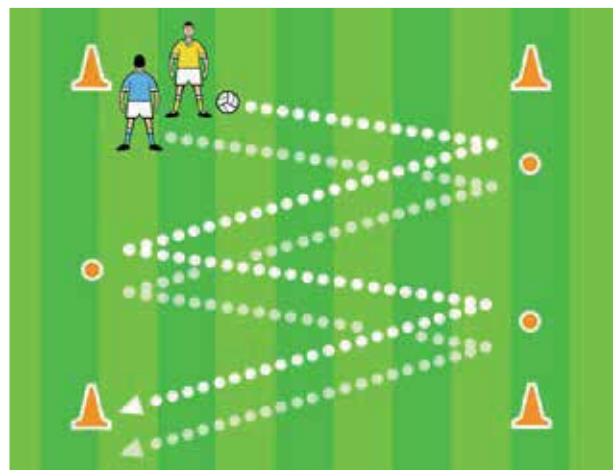
VARIATION

- Player B changes position to shadow the opponent by turning their inside shoulder into Player A, keeping the inside hand across the front of the body and the outside hand high



PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG CHECK (WITH BALL)



Intermediate Drill to practise the Checking technique introducing the ball

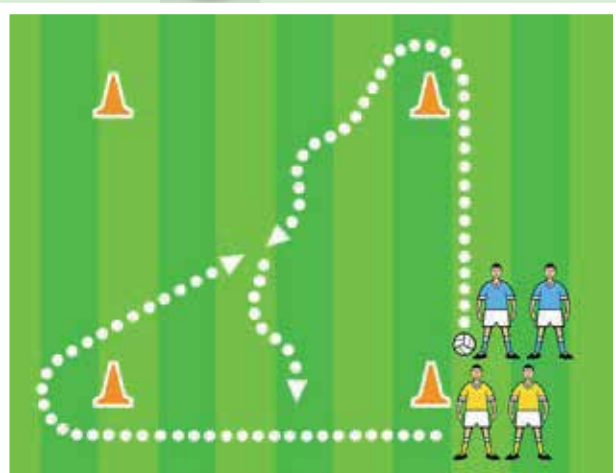
ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the group into pairs
- Player A Solos in a zig-zag manner from one side of the grid to the other
- Player B facing Player A, attempts to maintain the 'check' position throughout, but may not tackle the ball
- As the players become more proficient, allow Player B to attempt to tackle the ball
- Players should attempt dispossession when their opponent is soloing or bouncing the ball

VARIATION

- Player B changes position to shadow the opponent by turning their inside shoulder into Player A, keeping the inside hand close to the ball and the outside hand high

DRILL 4 GRID CHECK



Advanced Drill to practise the Checking technique

ORGANISATION

- Mark out a grid 8-10m square using cones
- Divide the group into pairs; one player is the attacker, the other the defender
- On the whistle, each pair race around the near corners of the grid
- Rounding the cone the attacking player must attempt to pass the defender to reach the far end of the grid
- The defending player attempts to Check the player to delay their progress
- The defending player may not touch the attacking player

VARIATION

- As the players become more proficient, allow one player to attempt to tackle the ball: dispossession should be attempted during the Solo or Bounce



ACTIVITY 1 CHECK MATE



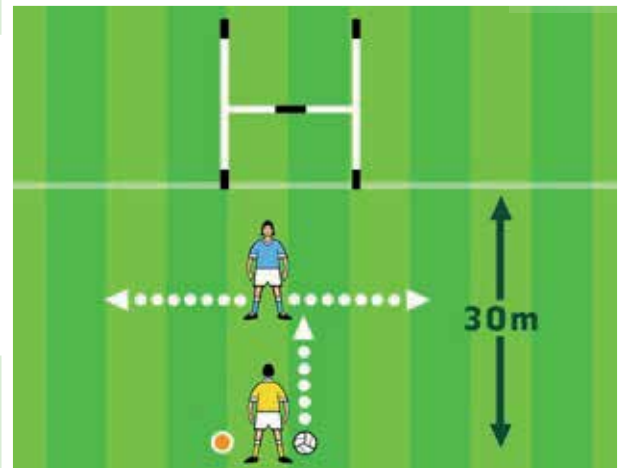
Game Play Drill to develop the Checking technique

ORGANISATION

- Divide the group into pairs; one player is the attacker, the other the defender
- Beginning 30m from goal, the attacking player must attempt to round the defender and kick for a score
- The defending player attempts to Check the player to delay their progress and to flick or palm the ball away as the attacking player Solos the ball
- Change roles and then repeat the drill

VARIATION

- Mark a channel to restrict the movement of the attacker, this will reduce the difficulty for the defender



ACTIVITY 2 CHECK ZONE



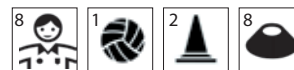
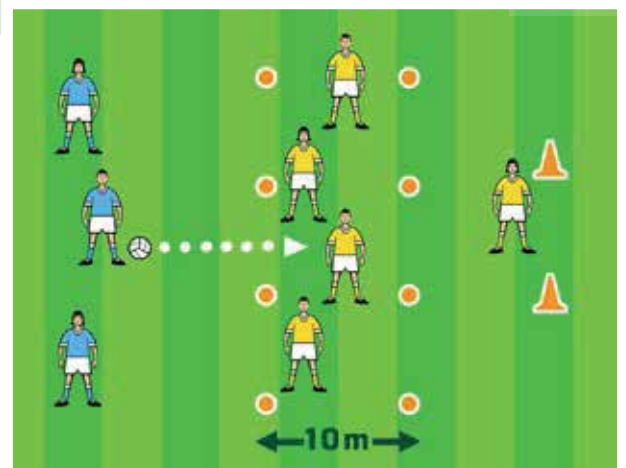
Fun Game to develop the Checking technique

ORGANISATION

- Mark out a playing area 40m X 20m
- Mark a zone approximately 10m wide across the centre of the playing area
- Three attacking players are positioned at one end of the playing area with a ball
- Four defending players are positioned in the centre zone
- The attacking players attempt to move through the centre zone playing the ball between them and continue to attempt to score on the goalkeeper at the far goal
- The defending players use the Checking technique on the attacking player in possession as they pass through the centre zone

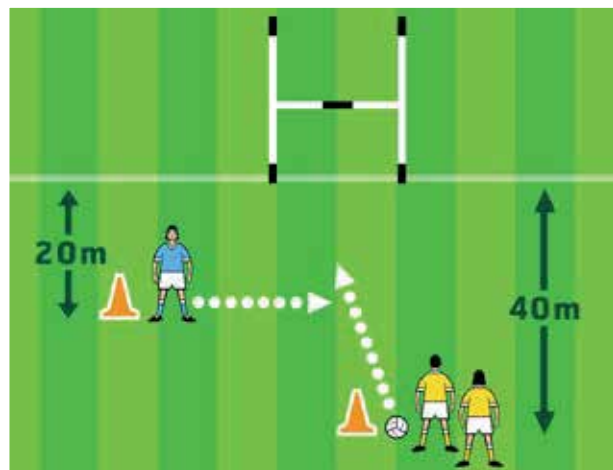
VARIATION

- Reduce the width of the playing area to reduce the difficulty for the defenders
- The Coach can pass the ball to the attacking team at random



DEVELOP THE SKILL

ACTIVITY 3 PREVENT THE SCORE



A Game Play Drill to develop the Checking and Block Down techniques

ORGANISATION

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20m from goal to one side
- Divide the players into pairs: one defender and one attacker
- Each attacker in turn Solos towards the goal
- The defending player attempts to Check the attacking player to delay their progress
- The defending player may not touch the attacking player
- Once within shooting range the attacker attempts to shoot for a point and defender attempts to block
- Reverse the roles after a set number of attempts

VARIATION

- Increase the number of defenders to increase the occasions of blocking

FIST PASS PRACTISE THE TECHNIQUE

DRILL 1 STATIONARY PASS

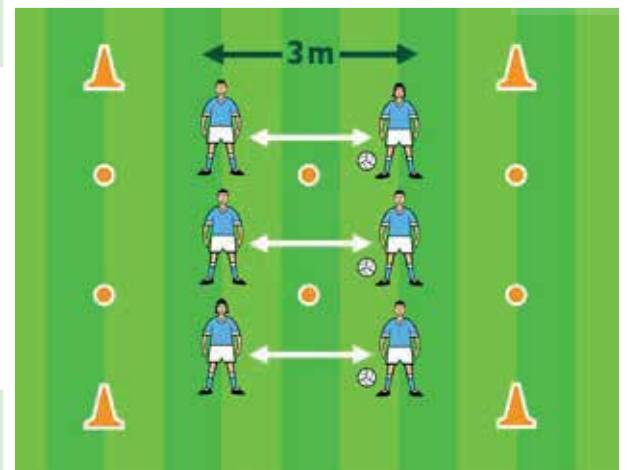
Basic Drill to practise the Fist Pass technique in a stationary position

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Players stand approximately 3m apart
- Each player in turn Fist Passes the ball to their partner
- The routine is continued for approximately 1 minute
- Remember both left and right hands should be used to practise the Fist Pass

VARIATION

- To increase the difficulty, increase the distance between the players



DRILL 2 MOVE AND PASS

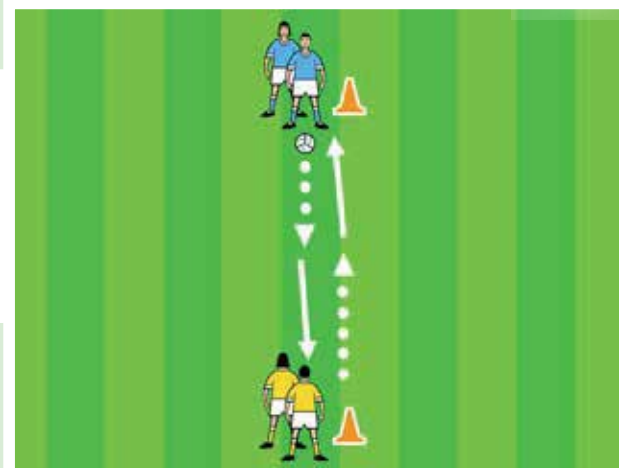
Intermediate Drill to practise the Fist Pass technique that requires the players to pass the ball while moving

ORGANISATION

- Divide the players into groups of four, one ball per group
- Mark out a distance of 5m using cones
- The players line up two facing two
- The player in possession walks forward and Fist Passes to the first player in the opposite line, who repeats
- The players join the end of the opposite line each time

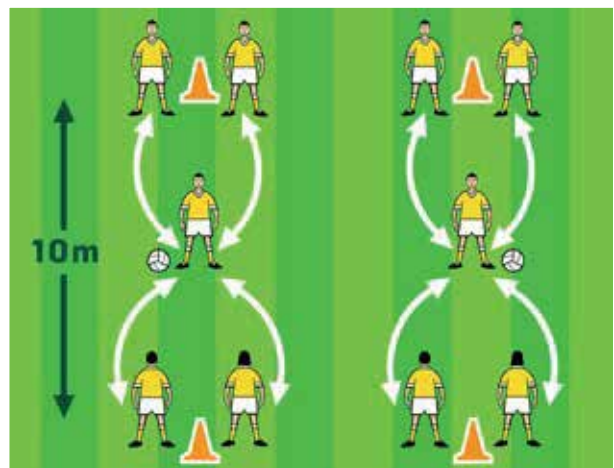
VARIATIONS

- To increase the difficulty, gradually increase the pace of the drill
- Encourage the receiver to move forward to take the pass so that the passer must time their pass more accurately



PRACTISE THE TECHNIQUE

DRILL 3 PRESSURE PASS



Intermediate Drill to practise the Fist Pass technique

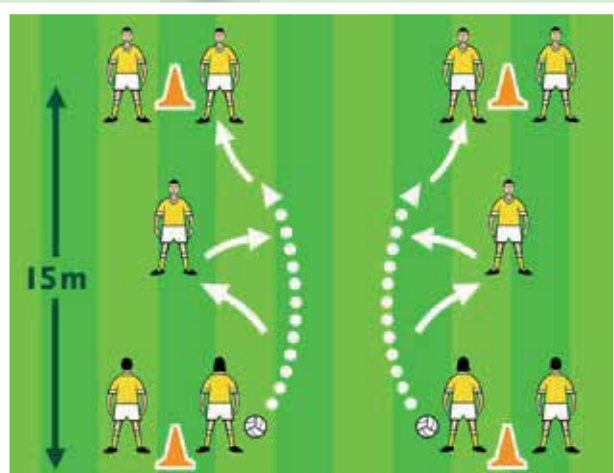
ORGANISATION

- Divide the players into groups of 5, one ball per group
- Mark out a distance of 10m using cones
- Two players stand at either cone, side by side
- Position the fifth player, ball in hand, in the middle
- The middle player passes the ball to each of the side players in turn, first to one side and then the other, over and back
- Encourage the middle player to move with the ball

VARIATION

- Vary the drill by challenging the end players to move in and out in turn for the pass

DRILL 4 MOVE AND PASS II



Intermediate Drill to practise the Fist Pass technique on the move

ORGANISATION

- Divide the players into groups of 5, one ball per group
- Mark out a distance of approximately 15m using cones
- Two players line up at each cone
- The fifth player is positioned midway between the cones
- Each player in turn Fist Passes the ball to the central player, moves to receive the return and Fist Passes to the next player at the far cone
- When running to the right of the central player the right hand should be used to pass and vice versa

VARIATION

- To increase the difficulty; the coach signals to which side of the central player each runner must pass

FIST PASS DEVELOP THE SKILL

ACTIVITY 1 KEEP BALL

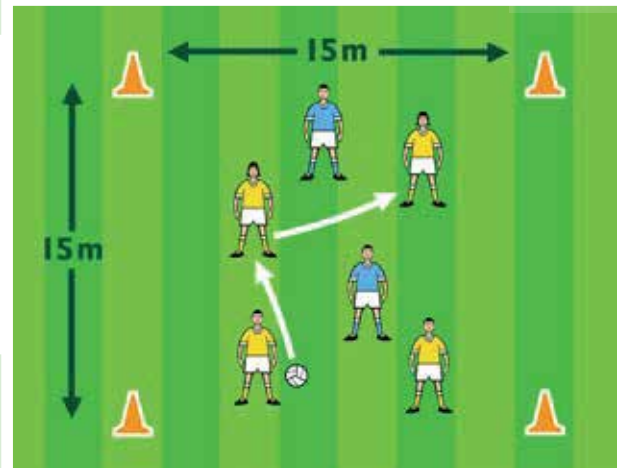
Fun Game to develop the Fist Pass technique

ORGANISATION

- Mark out a grid 15m X 15m
- Divide the players into a team of 4 and a team of 2
- The team with 4 players has the ball
- The team with 2 players are defenders and must try to get the ball
- The team with the ball must try to keep the ball away from the other team using only the Fist Pass
- Rotate the players on each team after a set period of time

VARIATION

- To increase the difficulty on the team in possession; increase the number of defenders



ACTIVITY 2 DODGE BALL

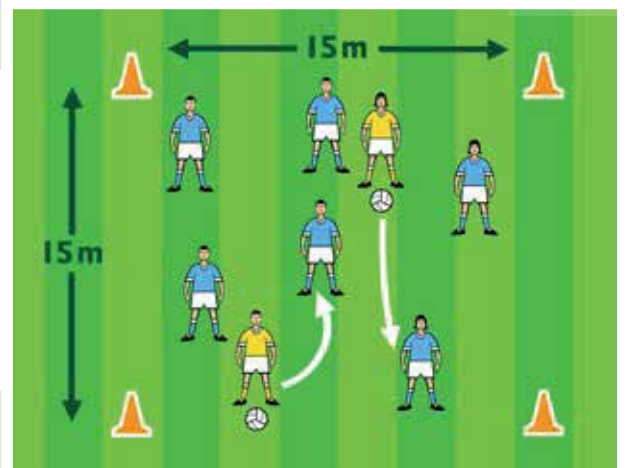
This Fun Game to develop the Fist Pass technique should be played with extra care

ORGANISATION

- Divide the players into a team of 6 and a team of 2
- The team of 2 players must try to score 'hits' by striking the other team with the ball using the Fist Pass; a hit is awarded only for striking the torso of a player
- Award one point for each hit, or alternatively the player who is hit must leave the game
- Rotate the players when the team with the ball reaches 15 points, or when all the dodgers have been eliminated

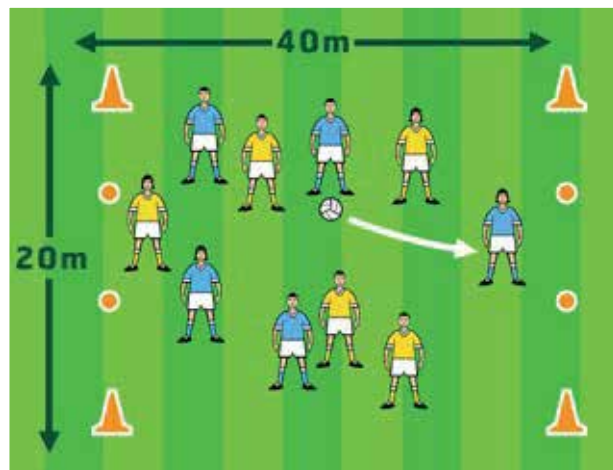
VARIATION

- Use a sponge ball when playing the game with young players



DEVELOP THE SKILL

ACTIVITY 3 GOALS GALORE



Fun Game to develop the Fist Pass technique

ORGANISATION

- Mark out a playing area 20m X 40m
- Place two markers at either end to form goals
- Divide the players into equal teams, no goalkeepers
- The objective of the game is to score goals against the other team
- Only the Fist Pass can be used to pass the ball and score

VARIATION

- To increase the difficulty, introduce goalkeepers



SIDE TO SIDE CHARGE PRACTISE THE TECHNIQUE

DRILL 1 IMITATION CHARGE

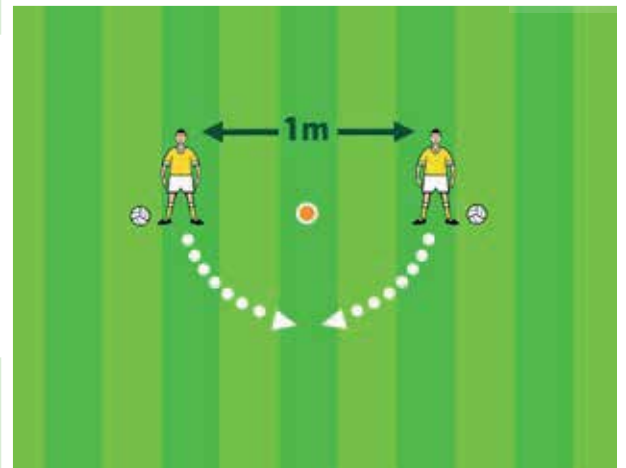
Basic Drill to practise the Side to Side Charge technique

ORGANISATION

- Players pair off and stand approximately 1m apart side to side
- Each player has a ball to help them focus on keeping their arms in a good position
- On the whistle both players step towards each other and perform the Side to Side Charge in a slow and controlled manner
- Switch sides after a set number of goes
- Ensure that the players are matched equally and that each takes due care when performing the technique

VARIATIONS

- As the players become comfortable in the contact situation increase the distance between them and allow them to walk into the charge
- As they develop further increase the pace to a jog



DRILL 2 TACKLE BAG CHARGE

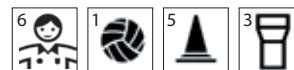
Intermediate Drill to practise the Side to Side Charge technique

ORGANISATION

- Mark out a zig-zag formation using 5 cones, each approximately 8m apart
- One player holding a tackle bag is positioned at each of the 3 middle cones
- These players must hold the tackle bag correctly using a sturdy grip, keeping it high for protection and with one foot forward to brace themselves
- Each player in turn jogs through the formation practicing the Side to Side Charge with the right and left shoulder at each alternate tackle bag

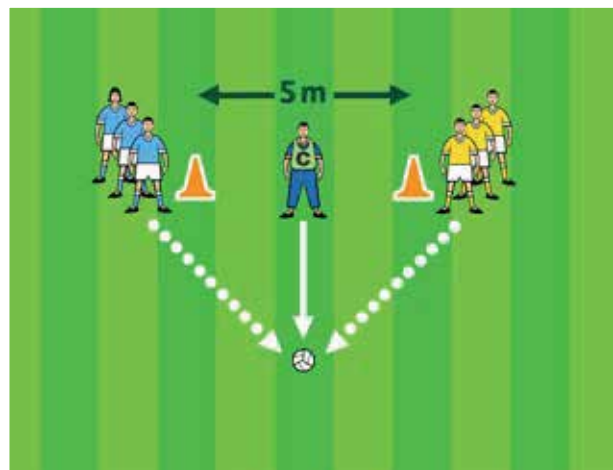
VARIATION

- Initially the players may not be required to play the ball: as they become comfortable encourage them to use the Solo as they approach each tackle



PRACTISE THE TECHNIQUE

DRILL 3 CHARGE AND LIFT



Advanced Drill to practise the Side to Side Charge requiring the players to charge an opponent in a contest for possession

ORGANISATION

- Divide the players into pairs, the players approximately 5m apart
- On a signal the coach rolls the ball forward from behind each pair who chase and contest for the ball using the Side to Side Charge
- It is important to ensure that the players are matched equally and that each takes due care when performing the technique
- The players should switch sides on every go

VARIATION

- To increase the difficulty of the drill the Coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed

SIDE TO SIDE CHARGE DEVELOP THE SKILL

ACTIVITY 1 CHARGE ZONE

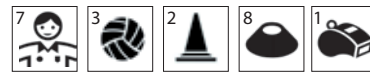
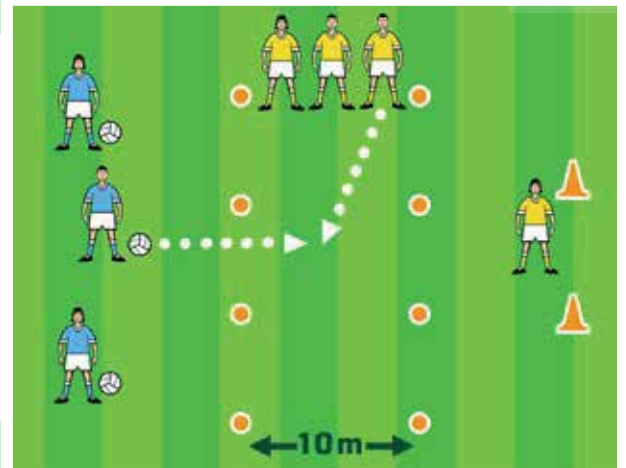
Fun Game to develop the Side to Side Charge technique

ORGANISATION

- Mark a channel from approximately 45-20m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- On the whistle, each attacker and defender enter the channel
- The defending player uses the Side to Side Charge on the attacking player in possession as they pass through the centre zone

VARIATION

- Reduce the width of the playing area to reduce the difficulty for the defenders



ACTIVITY 2 ONE ON ONE

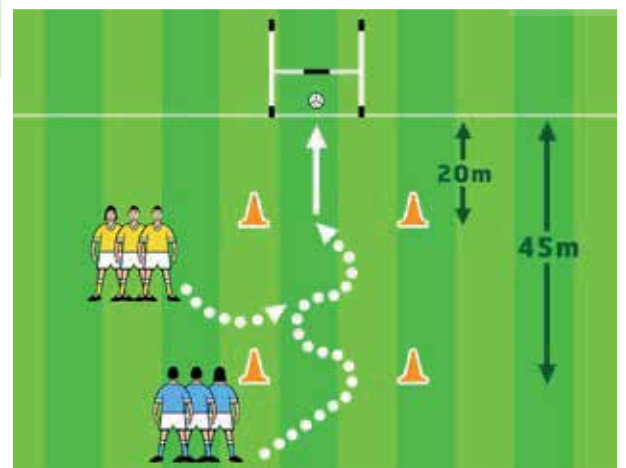
A Modified Game to develop the Side to Side Charge technique

ORGANISATION

- Mark a channel from approximately 45-20m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- On the whistle, each attacker and defender enter the channel
- The defending player uses the Side to Side Charge on the attacking players as they advance
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel
- Reverse the roles and repeat the drill

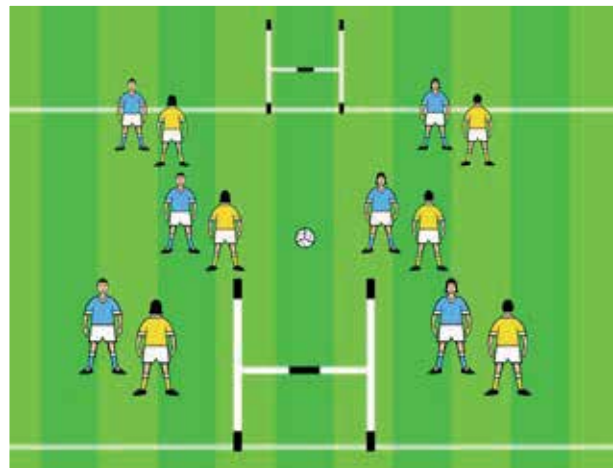
VARIATION

- Remove the channel and allow players free movement



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



This Modified Game to develop the Side to Side Charge awards points to players who perform the technique correctly during the game

ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful Side to Side Charge

VARIATION

- To ensure plenty of Side to Side Charges, permit players to Bounce or Toe Tap the ball after 4 steps

UNDER 11



OFFFALY **COACHING** **CLASSES**



**PUNT KICK II / HIGH CATCH / THE ROLL /
NEAR HAND TACKLE / FEINT AND SIDE STEP**

PUNT KICK II PRACTISE THE TECHNIQUE

DRILL 1 PARTNER KICK

Basic Drill to practise the Punt Kick technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Mark out a channel for each pair through which the ball must pass
- Beginning approx 10m apart each player in turn Punt Kicks the ball to their partner
- Encourage the players to practise Punt Kicking with both left and right feet

VARIATION

- As the players become more competent increase the distance the players are required to kick the ball



DRILL 2 ALONG THE LINE

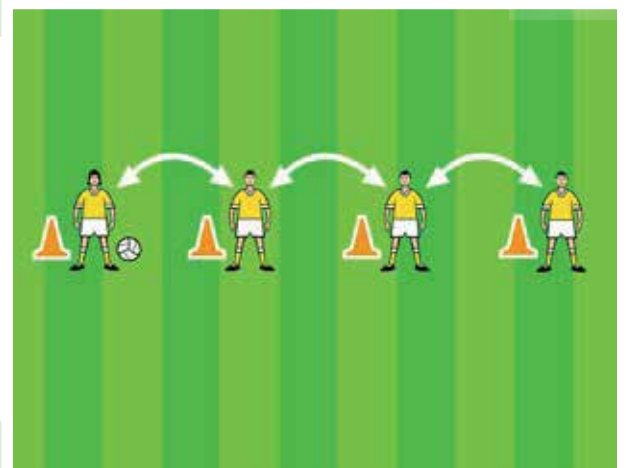
Intermediate Drill to practise the Punt Kick technique

ORGANISATION

- Mark out 4 cones in a line each approx 20m apart
- One player is positioned at each cone
- The ball is Punt Kicked from player to player over and back across the line
- Initially the kicker kicks from a stationary position to the receiver who is moving towards the ball
- Adapt the drill by requiring the kicker to pass the ball while moving
- After a set period of time rotate the outside players with the inside players

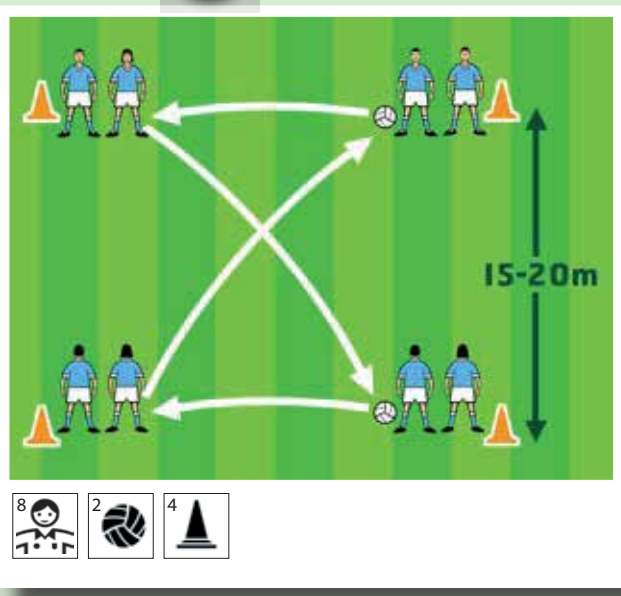
VARIATION

- To increase the difficulty of the drill further introduce an opponent for each player to provide token opposition



PRACTISE THE TECHNIQUE

DRILL 3 TURN AND KICK



Intermediate Drill to practise the Punt Kick technique which requires the players to adjust their position to face the target player before passing the ball

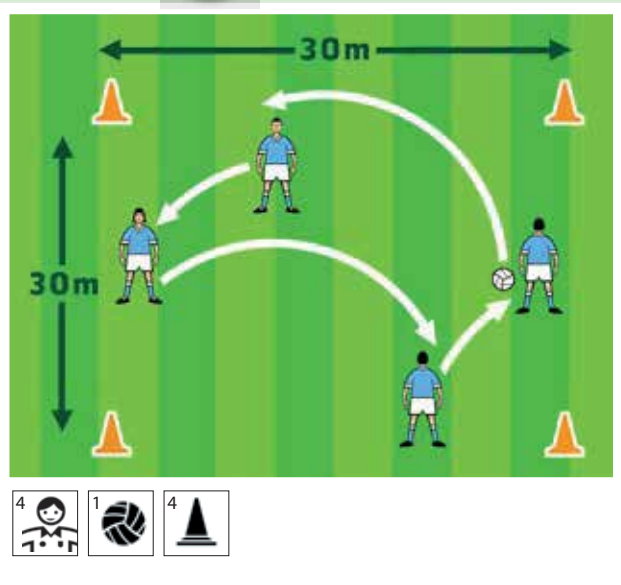
ORGANISATION

- Mark out a grid approximately 15 X 20m square using cones
- Position 2 players at each cone
- The ball is passed along a length of the grid and then across a diagonal from player to player
- Each player follows their pass to the end of the opposite line

VARIATION

- The drill should be conducted in both directions with players practicing off both right and left legs and varying the height and weight of the pass

DRILL 4 CATCH AND KICK



Advanced Drill to practise the Punt Kick technique

ORGANISATION

- Mark out a grid approximately 30m X 30m
- The players work in two pairs
- The player in possession must kick to their partner in the opposite pair who must field the ball using the High Catch
- The second player in the opposite pair provides token opposition
- On receiving the pass the ball is transferred to the other player in the pair who in turn Punt Kicks back to their partner
- Encourage the kicker to place the ball to either side of the receiver requiring them to move into position to field the pass

VARIATION

- To increase the difficulty of the drill the opponent may provide full opposition to the receiver



PUNT KICK II DEVELOP THE SKILL

ACTIVITY 1 TARGET MAN

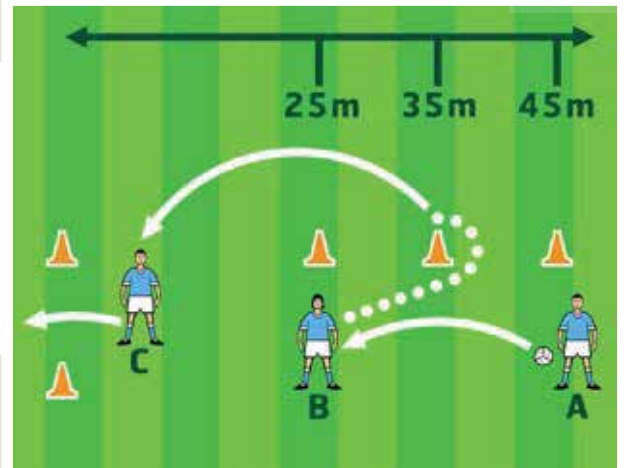
Fun Game to develop the Punt Kick technique which requires the players to pass the ball to a moving target

ORGANISATION

- Mark an attacking zone between the goal and the 13m line
- Place a cone at approximately 25, 35 and 45m from goal
- Player A at the 45m line kick passes the ball for Player B at the 25m line to attack and receive, before turning around the 35m cone and Punt Kicking a pass to Player C in the attacking zone
- Player C should make a run within the attacking zone and call for the ball

VARIATION

- To progress the drill include a defending player to shadow Player C increasing the difficulty of making a successful pass



ACTIVITY 2 CHASE AND SCORE

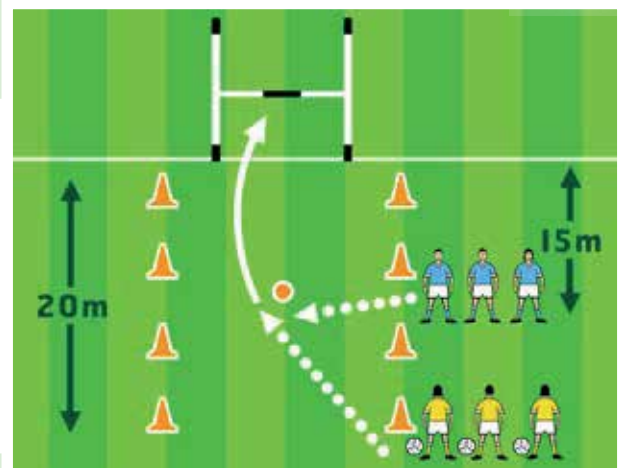
Game Play Drill to develop the Punt Kick requiring the players to Punt Kick for a point while under pressure from an opponent

ORGANISATION

- Divide the players into defenders and attackers
- The attackers line up 15-20m out from goal, each with a ball
- The defenders line up 10-15m out from goal on the same side
- On the whistle, the first attacker moves forward towards a marker directly in front of goal and Punt Kicks the ball for a point
- The defender gives chase and attempts to dispossess the attacker

VARIATION

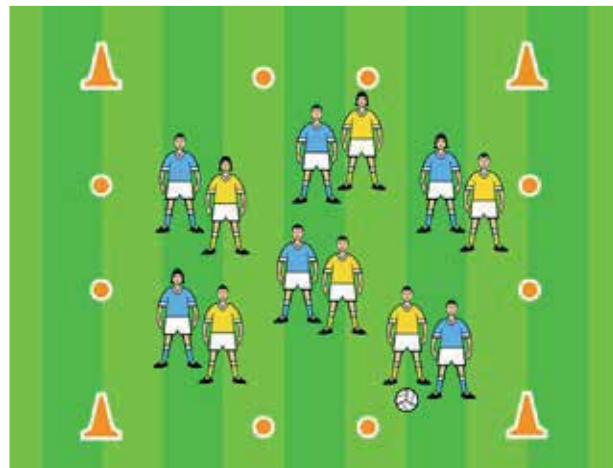
- Allow the attacking players to Solo in any direction and shoot at any time



UNDER 11 PUNT KICK II

DEVELOP THE SKILL

ACTIVITY 3 4 GOAL GAME



Modified Game to develop the Punt Kick technique

ORGANISATION

- Mark out a playing area suitable to the numbers and ability of players
- Using portable goalposts, cones or markers, mark a goal on each side of the playing area
- Divide the players into equal teams
- Possession is retained using the Punt Kick, Hand or Fist Pass
- Each team scores into two goals, ensuring the play is varied and distributed throughout the playing area
- This also gives an advantage to the team in possession as players will find it easier to create space

VARIATION

- Require a team to make 2 or 3 passes in succession before scoring

HIGH CATCH PRACTISE THE TECHNIQUE

DRILL 1 PARTNER CATCH

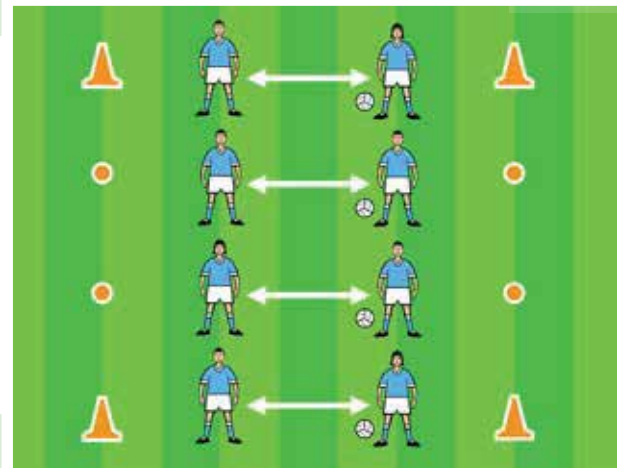
Basic Drill to practise the High Catch technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Each player in turn throws the ball above their opponents head for them to perform the High Catch
- Initially the catcher jumps off both feet from a stationary position, bend the knees and extend the arms backwards before springing up and extending the arms forward and up to catch the ball
- To progress the drill the catcher takes one step forward to jump while swinging the other leg forward. Concentrate on gaining as much height as possible with the swinging leg

VARIATION

- As the players become more competent allow the catcher to jog forward to jump for the ball



DRILL 2 MOVE AND BLOCK

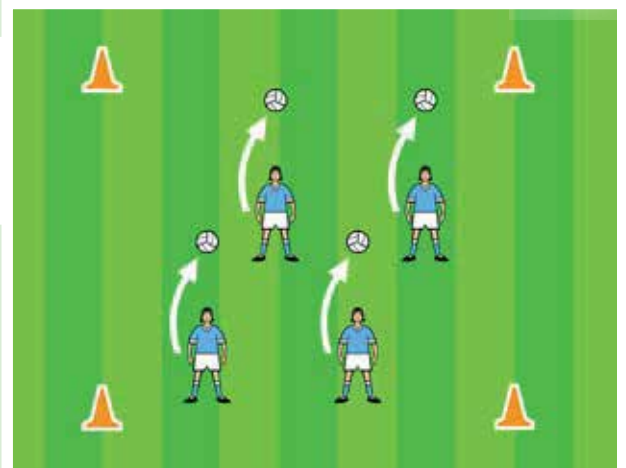
Basic Drill to practise the High Catch technique

ORGANISATION

- Mark out a grid appropriate to the number of players
- While remaining within the grid each player throws a ball high above their heads to perform the High Catch
- Continue the drill for a set period of time

VARIATION

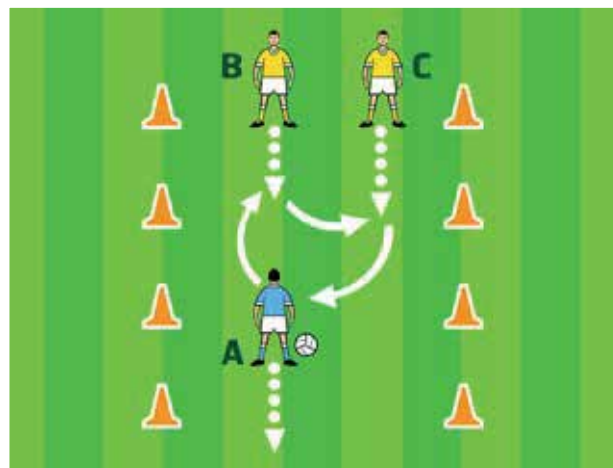
- Adapt the drill by requiring the players to kick the ball up to perform the High Catch



UNDER 11 HIGH CATCH

PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND CATCH



Intermediate Drill to practise the High Catch technique

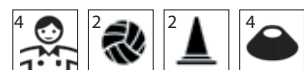
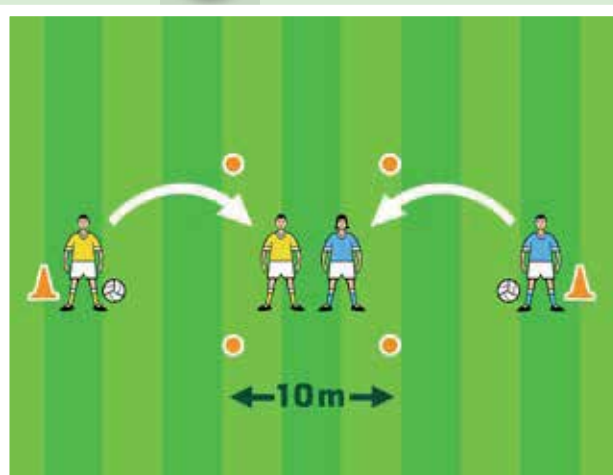
ORGANISATION

- Mark out a channel with cones
- Divide the players into groups of three: one ball per group
- Beginning at one end of the channel Player A jogging backwards throws the ball for Player B to move forward and perform the High Catch
- On landing Player B fist passes the ball to Player C who in turn fist passes the ball to Player A to repeat
- Rotate the players and repeat the drill

VARIATION

- Adapt the drill by making Player B the server who must throw the ball up for Player A to catch as they jog backwards
- Allow Player C to provide token opposition to the catcher

DRILL 4 OPPOSED CATCH



Advanced Drill to practise the High Catch technique introducing an opponent

ORGANISATION

- Mark out a grid approximately 10m X 10m
- Divide the players into groups of 4
- Two players are positioned within the grid
- The other two players act as feeders
- Each feeder is designated a partner
- Each feeder in turn throws the ball for their partner to perform the High Catch while the other player provides token opposition

VARIATIONS

- As the players become more competent allow both players to contest for the ball
- To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest

ACTIVITY 1 PRISONER BALL

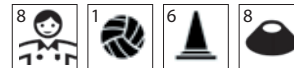
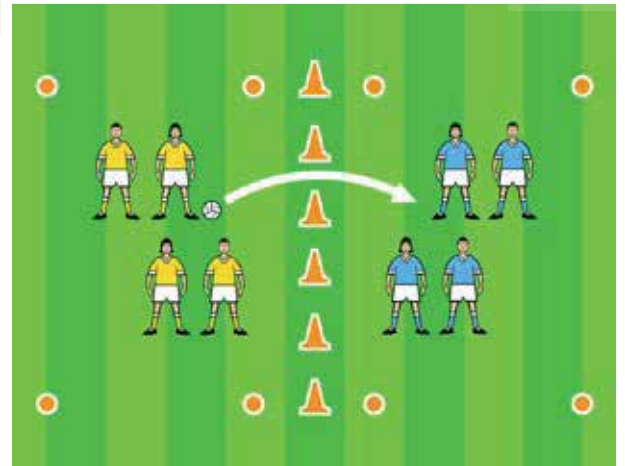
Fun Game to develop the High Catch technique

ORGANISATION

- Mark out a court using markers
- Mark out a centre net or barrier using cones to divide the court into two sides
- Divide the players into 2 equal teams
- The objective of the game is to kick the ball into the opponents section of the court
- If the ball is caught it is returned in the same way, but if the ball is not caught, the player who dropped it or who was nearest must surrender as 'prisoner' to the other side, effectively increasing their numbers
- The game is over when all the players of one team have been taken prisoner by the other

VARIATION

- Require the catcher to Fist or Hand Pass to a team mate immediately on landing before the ball can be kicked back to the opposite side



ACTIVITY 2 ONE ON ONE

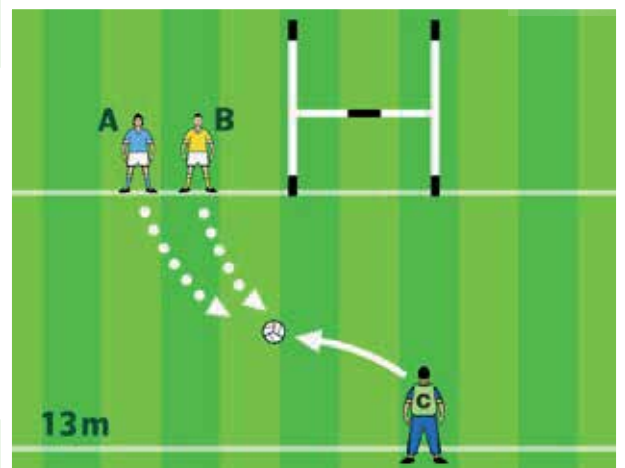
Game Play Drill to develop the High Catch technique in a contest situation

ORGANISATION

- Divide the players into two teams, designate one the attacking and one the defending team
- Both teams line up beside each other in pairs on the end line
- The Coach is positioned on the 13m line
- On the whistle, the first pair jog out from the end line
- The Coach throws the ball up for the attacking player to High Catch and shoot for goal
- The defending player attempts to block the shot or knock the ball clear

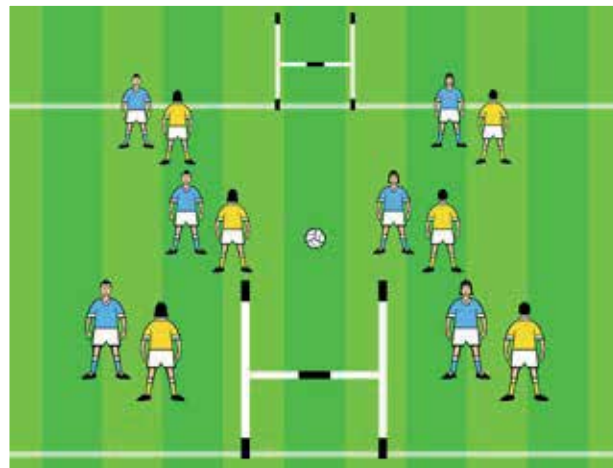
VARIATION

- As the players become more proficient, increase the distance from the goal



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the High Catch that awards points to players who perform the technique correctly during the game

ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful High Catch and 2 points for a goal

VARIATION

- To ensure plenty of High Catches, do not permit players to Bounce or toe tap the ball



THE ROLL PRACTISE THE TECHNIQUE

DRILL 1 PARTNER ROLL

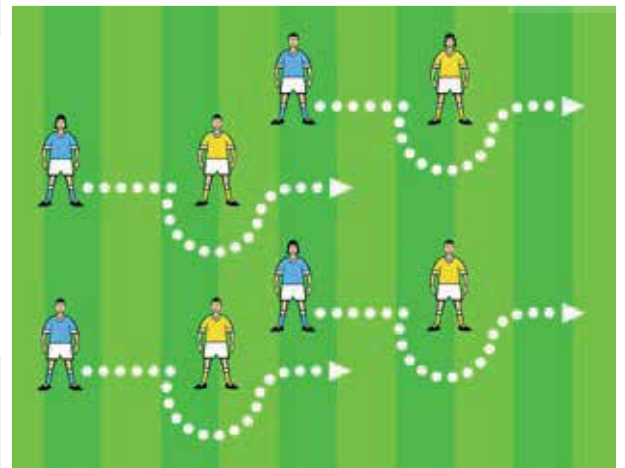
Basic Drill to practise The Roll technique

ORGANISATION

- Divide the players into pairs
- One player from each pair performs The Roll technique off their partner without a ball
- The technique should be performed at a walking pace initially allowing the players to focus on planting the correct foot and rolling in the correct direction
- The players should practise the technique off both sides
- After a set number of attempts reverse the roles

VARIATIONS

- As the players become more competent the pace should be increased gradually
- As the players develop introduce a ball; encourage the players to toe tap approaching their partner and Bounce the ball as they move away



DRILL 2 GRID ROLL

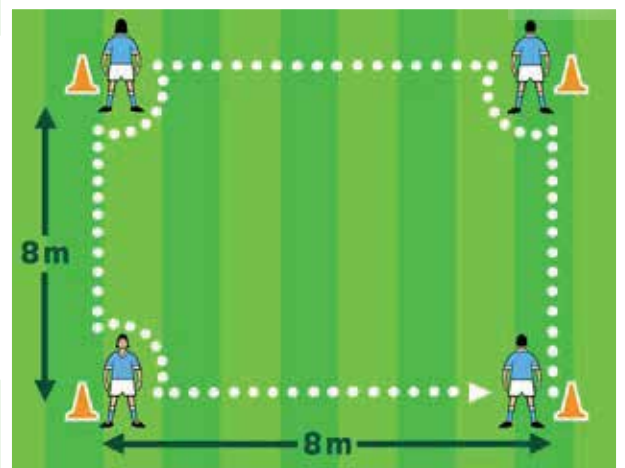
Basic Drill to practise The Roll technique

ORGANISATION

- Mark out a grid approximately 8m square using cones
- Position one player at each cone
- Each player in turn moves around the grid engaging shoulder to shoulder with the other players to perform The Roll technique
- The stationary players should face away from the grid
- Change the direction of movement after each player has had a turn
- When moving anti-clockwise the moving player should roll off the left shoulder and vice versa

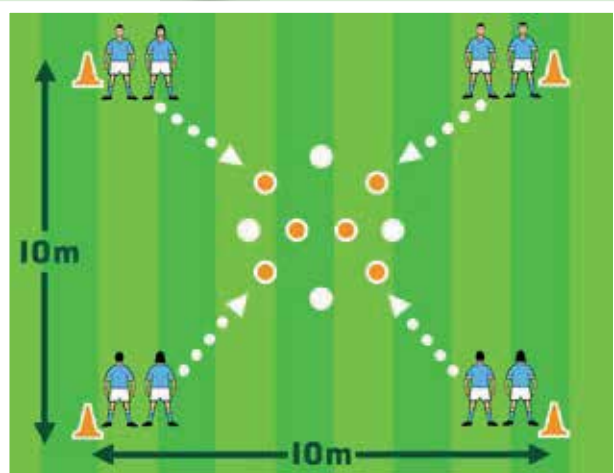
VARIATION

- As the players develop, introduce a ball; encourage the players to toe tap approaching the stationary players and Bounce the ball as they move away



PRACTISE THE TECHNIQUE

DRILL 3 DANCING FEET



Intermediate Drill to practise The Roll technique

ORGANISATION

- Mark out a grid approximately 10m square using cones
- Place markers of two colours evenly spaced out throughout the centre
- Two players are positioned at each cone
- One of each pair enter the grid simultaneously to perform a Roll at each of the markers
- The players roll off the right foot at markers of one colour and off the left foot at markers of the other colour
- Switch the players after a set time

VARIATION

- To progress the drill, require the players to carry a ball

DRILL 4 TACKLE BAG ROLL



Intermediate Drill to practise The Roll technique

ORGANISATION

- Mark out a zig-zag formation using 5 cones, each approximately 8m apart
- One player holding a tackle bag is positioned at each of the 3 middle cones
- These players must hold the tackle bag correctly using a sturdy grip, keeping it high for protection and with one foot forward to brace themselves
- The remaining players line up at one end of the formation
- Each player in turn jogs through the formation practising The Roll with the right and left shoulder at each alternate tackle bag

VARIATION

- As the players become more comfortable encourage them to play the ball, particularly focusing on using the Bounce as they move away from each tackle

ACTIVITY 1 ROLL AND SHOOT



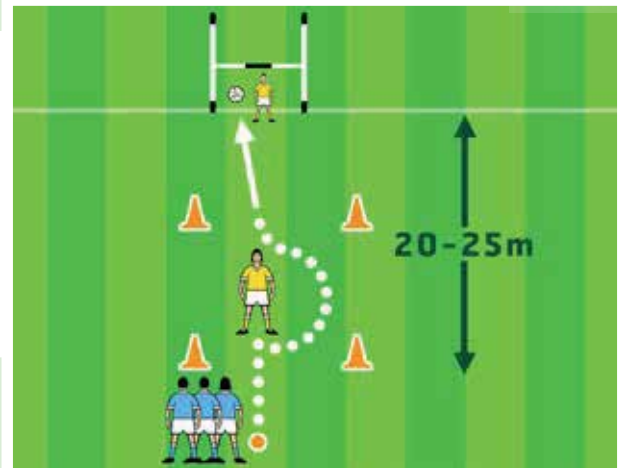
Game Play Drill to develop The Roll technique

ORGANISATION

- The attacking players line up approximately 20-25m from goal
- A defending player is positioned in a grid midway between the attacking players and the goal
- Each player in turn Solos forward to engage the defending player before rolling to one side and attempting to score
- The players should toe tap as they approach the defender and use the outer hand to Bounce the ball as they roll away towards goal

VARIATION

- To increase the difficulty of the drill allow the defensive player to tackle for the ball



ACTIVITY 2 ROLL AND PASS



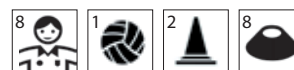
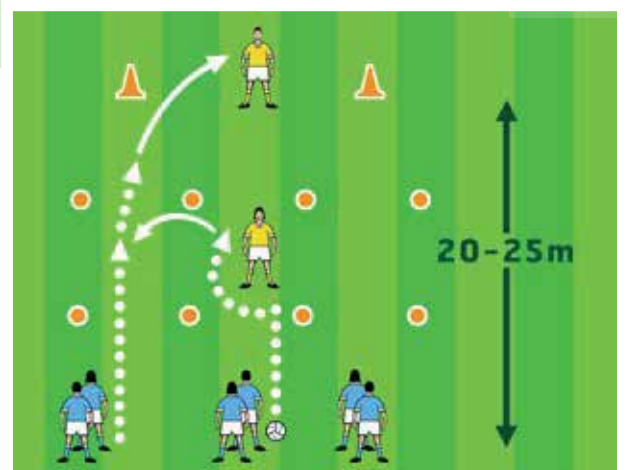
Game Play Drill to develop The Roll technique that requires the players to work together

ORGANISATION

- Attacking players line up in threes approximately 20-25m from goal
- A defending player is positioned in a defensive zone midway between the attacking players and the goal
- The attacking players move forward together with the central player in possession of the ball
- Having rolled off the defensive player the central attacking player lays off the ball to the outside player at that side using the Hand Pass technique
- Focus on transferring the ball to keep it in the outside arm throughout The Roll
- The players should use the right hand when passing to the right and the left hand when passing to the left

VARIATION

- To increase the difficulty of the drill allow the defensive player to tackle for the ball



DEVELOP THE SKILL

ACTIVITY **3** 2 V 2



Game Play Drill to practise The Roll technique

ORGANISATION

- Mark out a grid approximately 10-15m square
- Position the grid 10m from the goal
- Divide the players into attackers and defenders, with one goalkeeper
- The attackers enter the grid with the ball, which may be passed between them. They must perform The Roll before shooting on goal
- Rotate the players after a set number of goes

VARIATION

- Increase or decrease the difficulty by varying the degree to which the defender can tackle



NEAR HAND TACKLE PRACTISE THE TECHNIQUE

DRILL 1 ON THE BALL

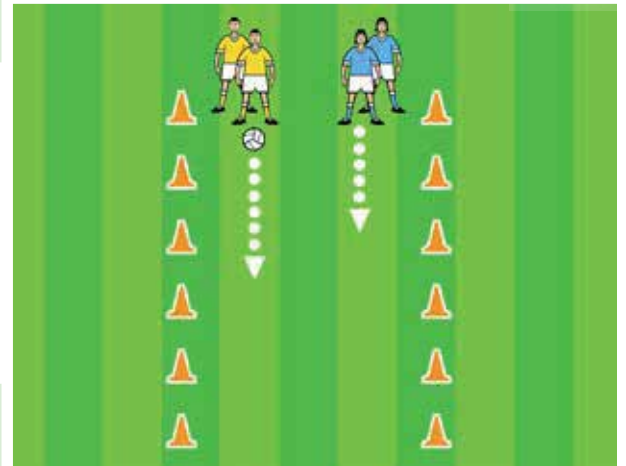
Basic Drill to practise the Near Hand Tackle technique in a controlled situation

ORGANISATION

- Divide the group into pairs
- Mark out a channel approximately 5m wide using cones
- Each pair walk side by side through the channel with Player A attempting to step across and execute the Near Hand Tackle
- Player B should toe tap or Bounce the ball on every stride to afford the tackling player a number of chances to practise the tackle
- Change roles after a number of attempts

VARIATION

- Increase the pace gradually beginning with a jog as the players become more competent



DRILL 2 AROUND THE BLOCK

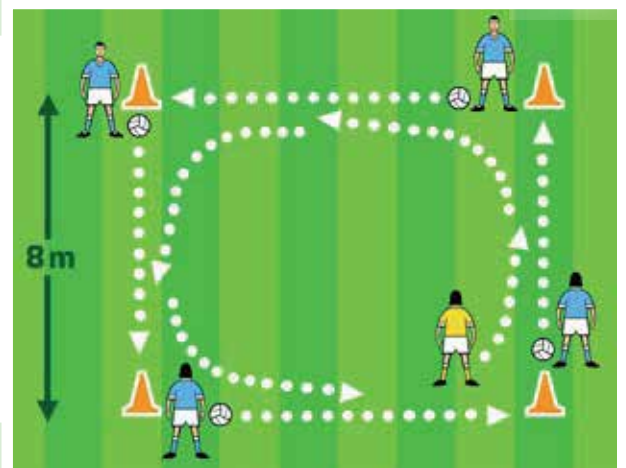
Basic Drill to practise the Near Hand Tackle technique

ORGANISATION

- Mark out a grid approximately 8m square using cones
- Position one player at each cone with a ball and a tackling player at one of the cones
- The tackling player runs alongside each of the other players in turn attempting to perform a Near Hand Tackle as they travel a length of the grid
- The Coach may assist the drill by signalling when each player in possession should begin to move
- Switch the tackling player after each circuit of the grid
- The drill should be conducted in both directions

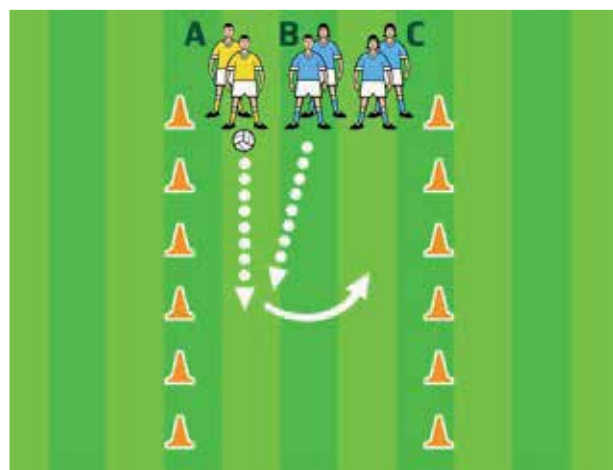
VARIATION

- Increase the lengths of the grid to allow the tackling player more time to perform the technique



PRACTISE THE TECHNIQUE

DRILL 3 TACKLE TO TEAM-MATE



Intermediate Drill to practise the Near Hand Tackle technique requiring the tackling player to knock the ball to a team mate

ORGANISATION

- Divide the players into groups of 3
- Mark out a channel approximately 5m wide using cones
- Player A on the right of the group Solos forward
- Player B in the middle attempts to perform the Near Hand Tackle and knock the ball to Player C in the process
- Change roles after a number of attempts

VARIATIONS

- Player B is in possession and Player C attempts to perform the Near Hand Tackle and knock the ball to Player A
- As the proficiency of players improves, increase the pace of the drill



ACTIVITY 1 GRID TACKLE

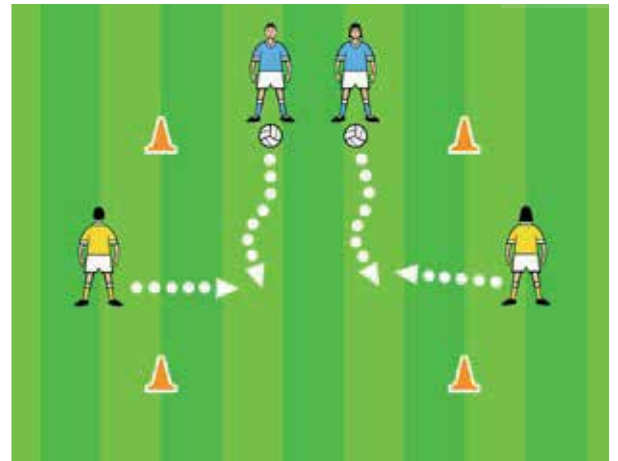
Fun Game to practise the Near Hand Tackle in open space

ORGANISATION

- Mark out a grid 15m X 15m
- Two players with a ball each enter the grid from one side
- Two tackling players enter the grid from each adjacent side
- The players in possession continue to Solo around the grid as the tackling players attempt to perform the Near Hand Tackle
- After a set time reverse the roles

VARIATION

- Increase the number of players in possession giving the tackling players a number of targets



ACTIVITY 2 LAST MAN STANDING

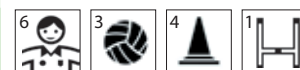
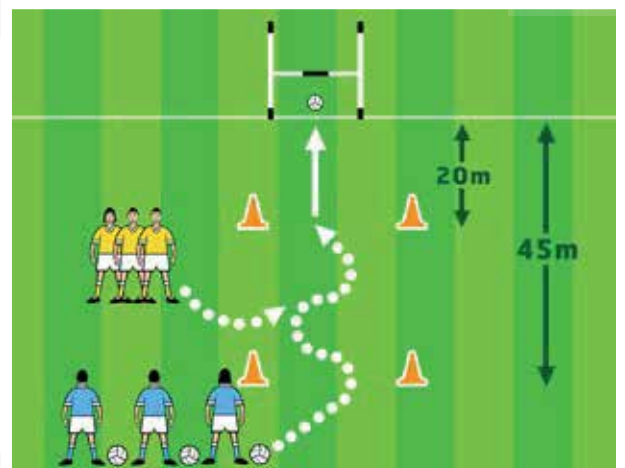
Game Play Drill to develop the Near Hand Tackle technique

ORGANISATION

- Mark a channel from approximately 20-45m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- In turn each attacker and defender enter the channel
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel
- The defenders may only use the Near Hand Tackle to dispossess the attacker

VARIATION

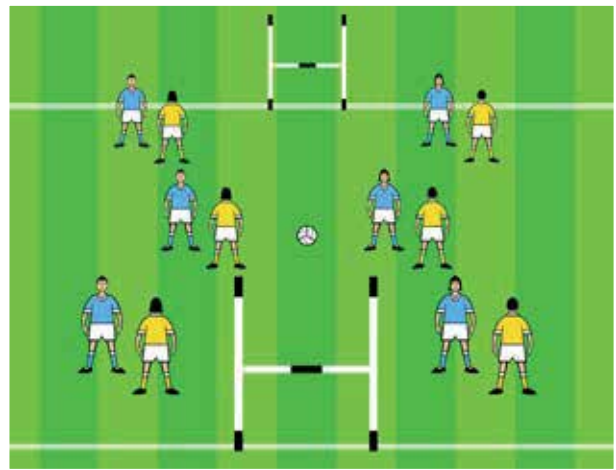
- Increase the number of defenders on each go to reduce the difficulty of the drill



UNDER 11 NEAR HAND TACKLE

DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the Near Hand Tackle that awards points to players who perform the technique correctly during the game

ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful Near Hand Tackle and 2 points for a goal

VARIATION

- To ensure plenty of Near Hand Tackles, permit players to Bounce or toe tap the ball after taking four steps



FEINT AND SIDE STEP PRACTISE THE TECHNIQUE

DRILL 1 AROUND THE MAN

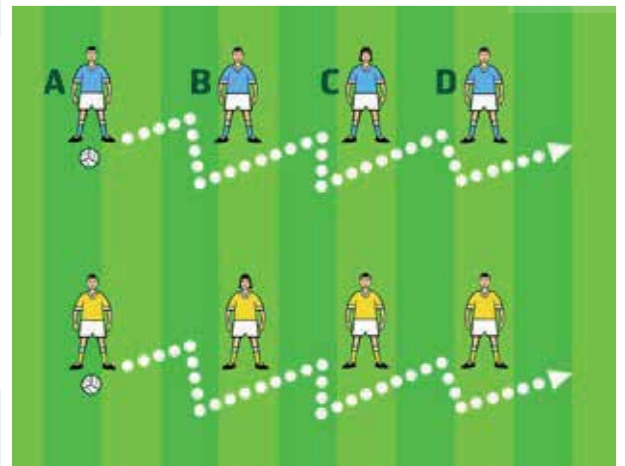
Basic Drill to practise the Feint and Side Step technique

ORGANISATION

- Divide the players into groups of 4
- The players form a line approximately 3-4m apart, the first player facing the others
- Player A, with ball in hand, feigns past each player in turn while walking
- Players B, C and D remain stationary throughout
- Once player A reaches the end of the line all the players move forward and the ball is passed to Player B to repeat the drill
- Each player in turn moves to the top of the line and repeats

VARIATION

- As the players become proficient introduce jogging to increase the speed of the drill



DRILL 2 IN AND OUT

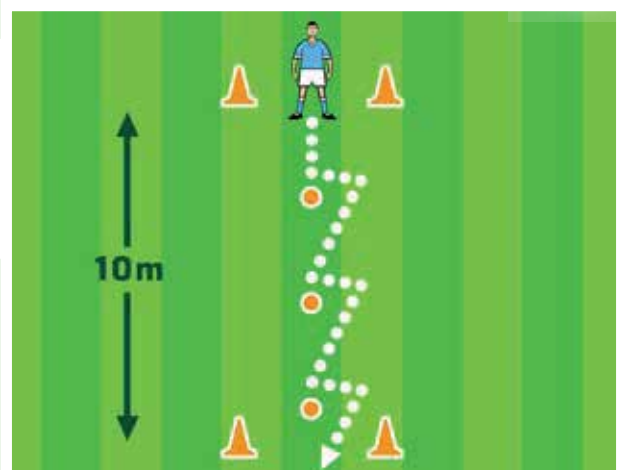
Basic Drill to practise the Feint and Side Step technique

ORGANISATION

- Place 3 markers 1-2m apart down the centre of a channel
- Beginning at one end of the channel each player in turn feigns around each cone
- Initially the players should be encouraged to perform the technique slowly to focus on each of the key points

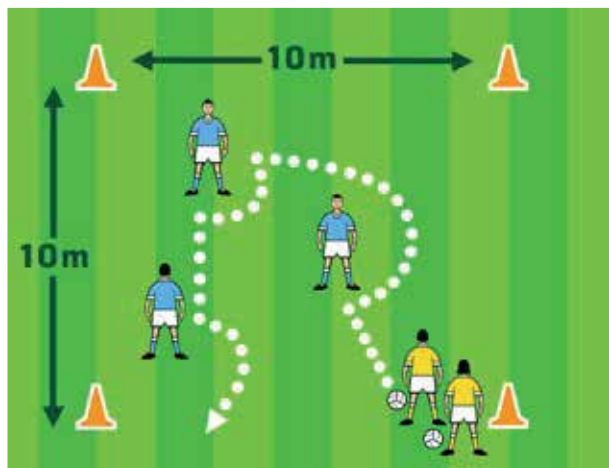
VARIATION

- As the players become more competent the pace should be increased, first to a jog and eventually to running speed
- Introduce a ball once the players are comfortable performing the technique without a ball



PRACTISE THE TECHNIQUE

DRILL 3 1, 2, 3, FEINT



Intermediate Drill to practise the Feint and Side Step technique requiring the players to feint around three stationary opponents in succession

ORGANISATION

- Mark out a grid 10m X 10m using cones
- Position 3 defending players within the grid as shown
- The remaining players line up outside the grid each with a ball
- Each player must enter the grid in turn, approach each of the defending players, feign and accelerate away
- Change the defending players at frequent intervals
- Continue the drill for a set period of time

VARIATION

- To increase the difficulty, allow the defending players to tackle the ball while remaining in their positions

DRILL 4 ALONG THE LINE



Advanced Drill to practise the Feint and Side Step technique introducing a moving opponent

ORGANISATION

- Place 6 markers 1-2m apart down the centre of a channel
- Divide the players into pairs; one attacker and one defender
- On the whistle the attacking player moves forward along one side of the cones
- The defending player shadows the attacker from the other side of the cones
- The attacking player must feign and pass the defending player, accelerating through the cones to the other side
- Reverse the roles after a set number of attempts

VARIATION

- As the players become competent introduce a ball

ACTIVITY 1 TAG



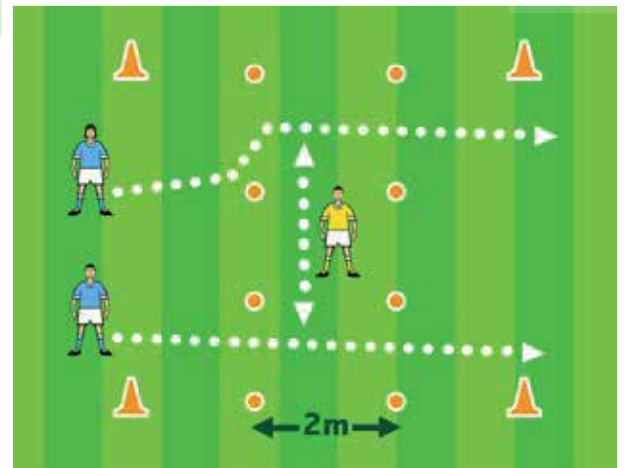
Fun Game to develop the Feint and Side Step technique

ORGANISATION

- Mark out a grid 15-20m X 10m
- Mark a zone approximately 2m wide across the centre of the grid
- Two attacking players are positioned at one end of the grid; one defending player in the centre zone
- The outer players must run forward together and pass through the centre zone while avoiding the defending player
- The defending players use the Checking technique to block the attacking players
- The attacking players lose one life every time they are tagged by the defending player
- When an attacking player loses all their lives they become the defending player

VARIATION

- To increase the difficulty allow only one attacking player run at a time



ACTIVITY 2 PASS THE GUARDS



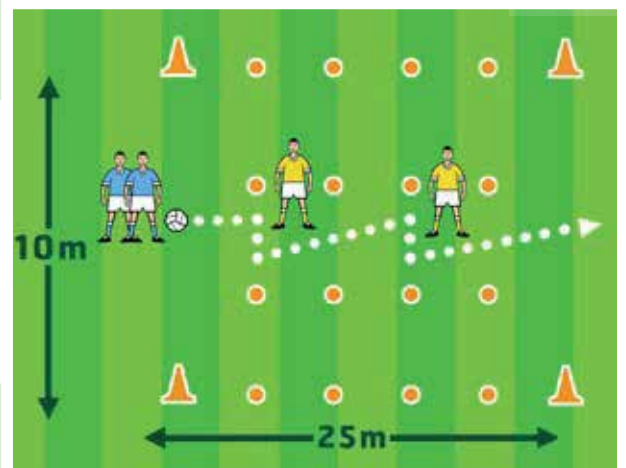
Fun Game to practise the Feint and Side Step technique. It also helps develop defensive skills like Checking and the Near Hand Tackle

ORGANISATION

- Mark out a grid of approximately 25m X 10m wide
- Mark 5 equal zones along the length of the grid
- Position a defender in the 2nd and 4th zones
- In turn, attacking players attempt to get to the far end of the grid without losing possession
- The defending players may only challenge the attacking players within their defensive zones

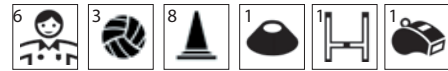
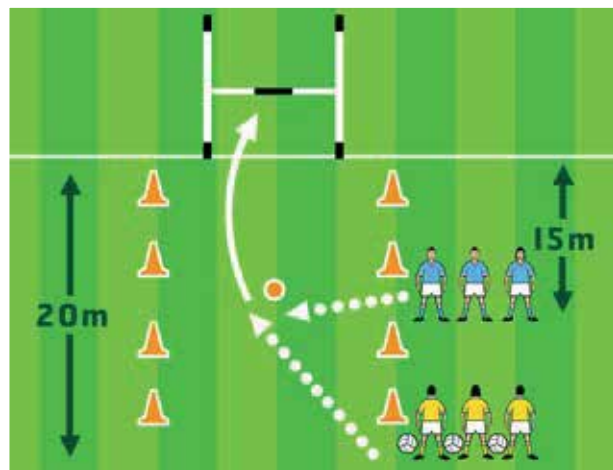
VARIATION

- Place a goal at the end of the grid and require the players to shoot for goal having successfully passed the defenders



DEVELOP THE SKILL

ACTIVITY 3 CHASE AND SCORE



This is a Game Play Drill to develop the Feint and Side Step technique requiring the players to avoid an opponent and kick for a point

ORGANISATION

- Divide the players into defenders and attackers
- The attackers line up 15-20m out from goal, each with a ball
- The defenders line up 10-15m out from goal on the same side
- On the whistle, the first attacker moves forward towards an opponent. The attacker must Feint and Side Step the opponent and kick for a point
- The defender gives chase and attempts to dispossess the attacker

VARIATION

- Allow the attacking player to Solo in any direction and shoot at any time

**SAMPLE
SESSIONS**



OFFALY

COACHING

CLASSES

SAMPLE SESSION

1

THE SOLO

SESSION THEME

- DEVELOP THE SOLO

EQUIPMENT LIST



WARM UP BOUNCE PASS (HAVE A BALL / CATCHING & PASSING / LEVEL 2)

ORGANISATION

- The players work in pairs approximately 5m apart
- In turn Bounce the ball for your partner to catch

KEY POINTS

- Extend the arm behind the ball as you bounce it: aim for approximately midway between you and your partner
- Extend the arms towards the ball to catch it



GAME 1 BOUNCE KING (CATCH & KICK / BOUNCE / U-8)



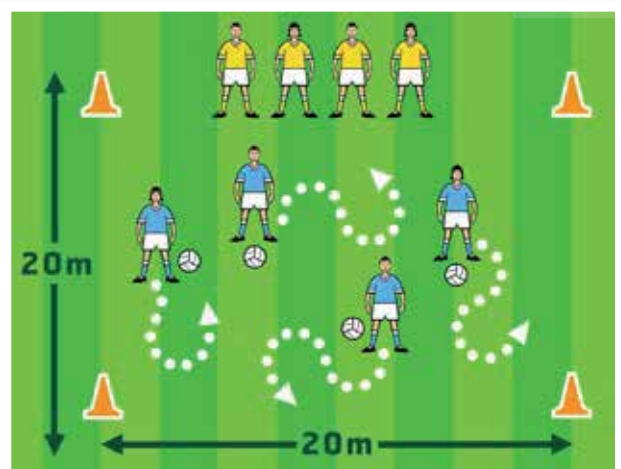
Fun Game challenging each player to perform the Bounce while under pressure from an opponent

ORGANISATION

- Mark out a grid 20m X 20m
- Divide the players into two equal teams
- Team 1 starts inside the grid: each player has a ball
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- After a short time, each member of Team 2 enters the grid, attempting to dispossess a member of Team 1
- The team of players who keeps possession for the longest time wins
- Switch the roles after a set time

VARIATION

- Play the game on an individual basis awarding the game to the player who keeps possession for the longest time



SAMPLE SESSION 1

REVISE A TECHNIQUE

KEY POINTS THE SOLO (CATCH & KICK / SOLO) U9

Here are the Key Teaching Points for the Solo



Hold the ball firmly with both hands
Keep the torso upright



Release the ball into the hand at the kicking side
Head down, eyes on the ball



Step forward with the non-kicking foot
Extend the wrist and drop the ball onto the kicking foot



When the foot impacts the ball, flick the toe upwards towards the body
Straighten the leg



Extend the arms forward to catch the ball



PRACTISE THE TECHNIQUE

DRILL 1 TOE TAP, TURN AND PASS (CATCH & KICK / SOLO) U9

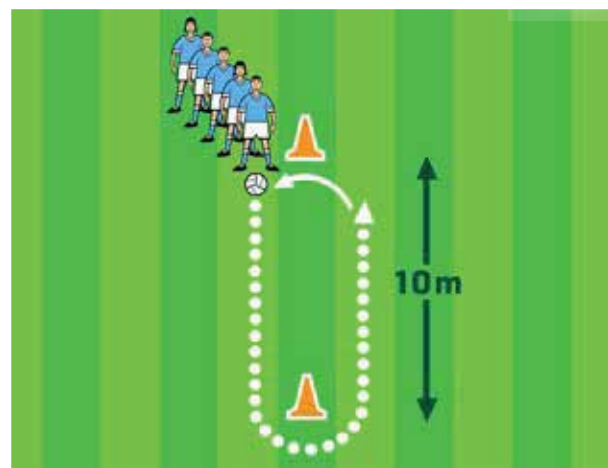
Intermediate Drill to practise the Solo technique that requires the players to Solo around a number of obstacles

ORGANISATION

- Mark out a distance of 10m using cones
- Divide the players into groups of 5: one ball per group
- The players line up behind one of the cones
- In turn each player Solos out and around the far cone, fist passing for the next player as they return to the back of the line
- Continue the drill for a set time
- Repeat the drill using the opposite foot

VARIATION

- Increase the speed of the drill as the players become more proficient



DEVELOP THE SKILL

ACTIVITY 1 PASS THE GUARD (CATCH & KICK / SOLO) U9

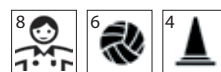
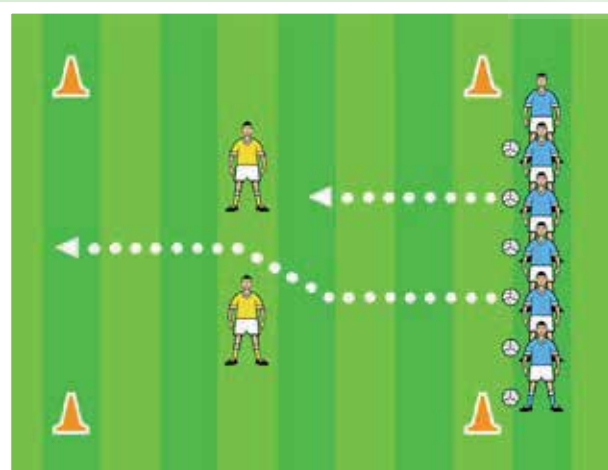
Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 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

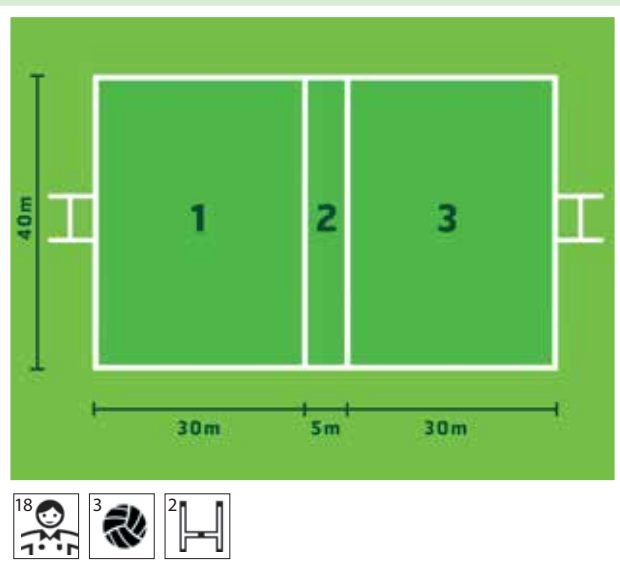
VARIATION

- Increase the width of the grid to reduce the difficulty for the soloing players



SAMPLE SESSION 1

GAME 2 QUICK TOUCH (GO GAMES / GO FOOTBALL U9)



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 9 v 9
- 4 quarters - 8 minutes per quarter
- 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Play commences with a kick out from the hands
- The ball may be caught in the hands and played away by kicking it or striking it with the fist.
- The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one toe tap per possession
- A player who is fouled takes the free and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free
- 2 points when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

EQUIPMENT NOTES

- Wear Velcro bands or a different coloured sock to identify non-dominant leg
- 3 Quick Touch (Size 2) footballs – one placed behind each goal and one in play

SESSION REVIEW

SAMPLE SESSION

2

THE PUNT KICK

SESSION THEME

- DEVELOP THE PUNT KICK

EQUIPMENT LIST



WARM UP BOUNCE AND KICK (HAVE A BALL / KICKING / LEVEL 3)

ORGANISATION

- Each player has a ball
- In a stationary position drop the ball allowing it to bounce
- Kick the ball as it returns from the ground

KEY POINTS

- Drop the ball from the hand on the kicking side
- Plant the non-kicking (supporting) foot beside the ball as it bounces



GAME 1 EMPTY THE CIRCLE (CATCH & KICK / PUNT KICK)

U7



Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a circle using cones
- Divide the players into uneven teams
- Position the team with the greater number of players outside the circle and the other inside the circle
- The players inside the circle must attempt to keep the circle clear by Punt Kicking each ball from the circle
- The outside players must retrieve the balls and place them back in the circle
- Switch the roles of the players after a set time

VARIATION

- Fill the Circle: the outside team must Punt Kick to land in the circle. The inside team clear the circle by rolling the balls away



SAMPLE SESSION 2

REVISE A TECHNIQUE

KEY POINTS THE PUNT KICK (CATCH & KICK / PUNT KICK)

U7

Here are the Key Teaching Points for the Punt Kick



Hold the ball firmly with both hands

Head down, eyes on the ball



Release the ball into the hand, at the kicking side and extend the opposite arm away from the body to aid balance



Step forward with the non-kicking foot

Extend the wrist and drop the ball onto the kicking foot



Kick the ball with the instep, that is, the laced part of the boot



Keep the toes pointed

Follow through in the direction of the target



PRACTISE THE TECHNIQUE

DRILL 1 ALONG THE LINE (CATCH & KICK / PUNT KICK)

u11



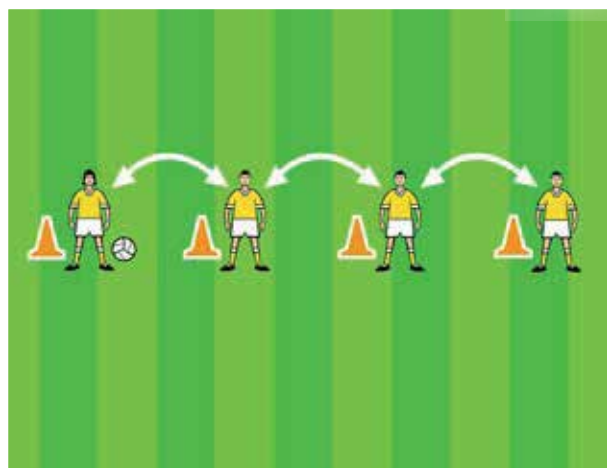
Intermediate Drill to practise the Punt Kick technique

ORGANISATION

- Mark out 4 cones in a line each approx 20m apart
- One player is positioned at each cone
- The ball is Punt Kicked from player to player over and back across the line
- Initially the kicker kicks from a stationary position to the receiver who is moving towards the ball
- Adapt the drill by requiring the kicker to pass the ball while moving
- After a set period of time rotate the outside players with the inside players

VARIATION

- To increase the difficulty of the drill further introduce an opponent for each player to provide token opposition



DEVELOP THE SKILL

ACTIVITY 1 TARGET MAN (CATCH & KICK / PUNT KICK)

u11



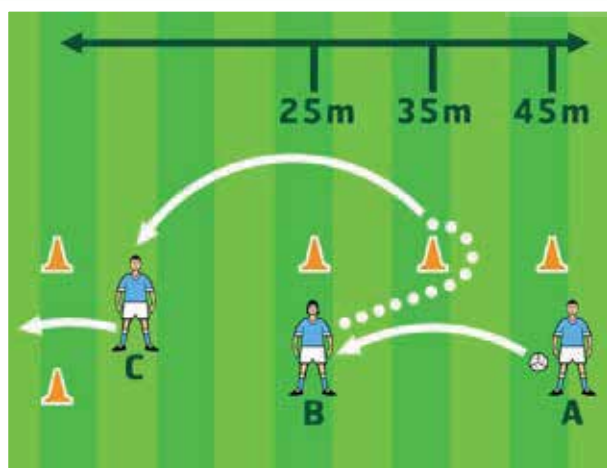
Fun Game to develop the Punt Kick technique which requires the players to pass the ball to a moving target

ORGANISATION

- Mark an attacking zone between the goal and the 13m line
- Place a cone at approximately 25, 35 and 45m from goal
- Player A at the 45m line kick passes the ball for Player B at the 25m line to attack and receive, before turning around the 35m cone and Punt Kicking a pass to Player C in the attacking zone
- Player C should make a run within the attacking zone and call for the ball

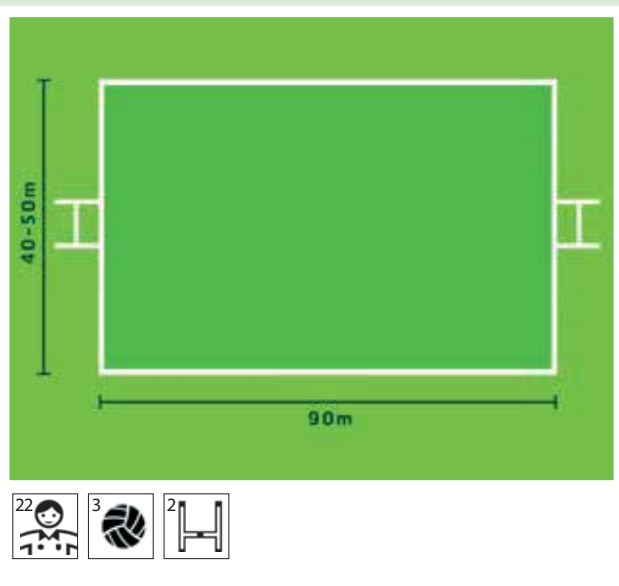
VARIATION

- To progress the drill include a defending player to shadow Player C increasing the difficulty of making a successful pass



SAMPLE SESSION 2

GAME 2 SMART TOUCH (GO GAMES / GO FOOTBALL) U11



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 11 v 11
- 2 halves - 20 minutes per half
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- Play commences with a throw-in between two players from each team in the middle of the field
- The ball may be caught in the hands and played away by kicking it or striking it with the fist.
- The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one toe tap per possession
- A player who is fouled takes the free kick and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free.
- 1 point when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

EQUIPMENT NOTES

- 3 Smart Touch (Size 3) footballs – one placed behind either goal and one in play

SESSION REVIEW

SAMPLE SESSION

THE NEAR HAND TACKLE

3

SESSION THEME

- DEVELOP THE NEAR HAND TACKLE

EQUIPMENT LIST



WARM UP MIRROR BALL (ABC / BALANCE / LEVEL 3)

ORGANISATION

- The players work in pairs, facing each other and supporting the stability ball between them
- One person leads the movement while the other must mirror the movement to ensure the ball remains aloft



KEY POINTS

- Make each movement at a slow steady pace
- Place the hands slightly below the middle of the ball

GAME 1 GRID TACKLE (CATCH & KICK / NEAR HAND TACKLE)

U9



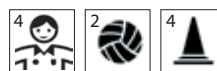
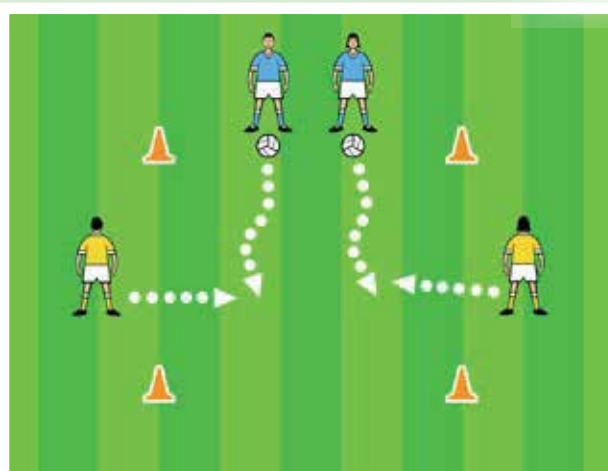
Fun Game to practise the Near Hand Tackle in open space

ORGANISATION

- Mark out a grid 15m X 15m
- Two players with a ball enter the grid from one side
- Two tackling players enter the grid from each adjacent side
- The players in possession continue to Solo around the grid as the tackling players attempt to perform the Near Hand Tackle
- After a set time reverse the roles

VARIATION

- Increase the number of players in possession giving the tackling players a number of targets



SAMPLE SESSION 3

REVISE A TECHNIQUE

KEY POINTS NEAR HAND TACKLE (CATCH & KICK / NEAR HAND TACKLE) U11

Here are the Key Teaching Points for the Near Hand Tackle technique



Move alongside or level with the opponent

Keep eyes on the ball



When the opponent's far leg is forward step across their space with the near leg



Flick the ball away with the hand nearest the opponent when the ball is free in the solo or bounce



Recover the ball to win possession



PRACTISE THE TECHNIQUE

DRILL 1 AROUND THE BLOCK (CATCH & KICK / NEAR HAND TACKLE)

u11



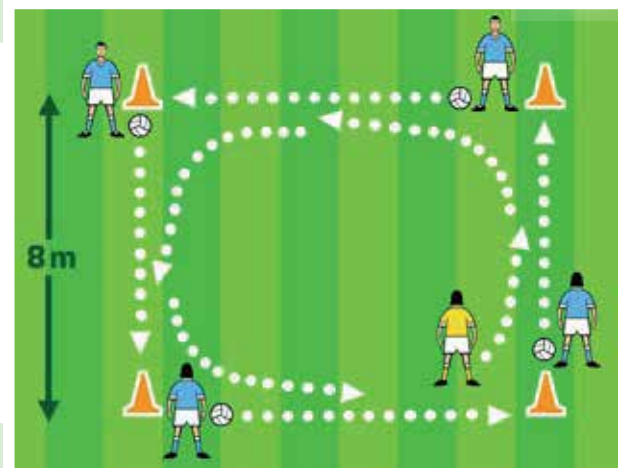
Basic Drill to practise the Near Hand Tackle technique

ORGANISATION

- Mark out a grid approximately 8m square using cones
- Position one player at each cone with a ball and a tackling player at one of the cones
- The tackling player runs alongside each of the other players in turn attempting to perform a Near Hand Tackle as they travel a length of the grid
- The Coach may assist the drill by signalling when each player in possession should begin to move
- Switch the tackling player after each circuit of the grid
- The drill should be conducted in both directions

VARIATION

- Increase the lengths of the grid to allow the tackling player more time to perform the technique



DEVELOP THE SKILL

ACTIVITY 1 LAST MAN STANDING (CATCH & KICK / NEAR HAND TACKLE)

u11



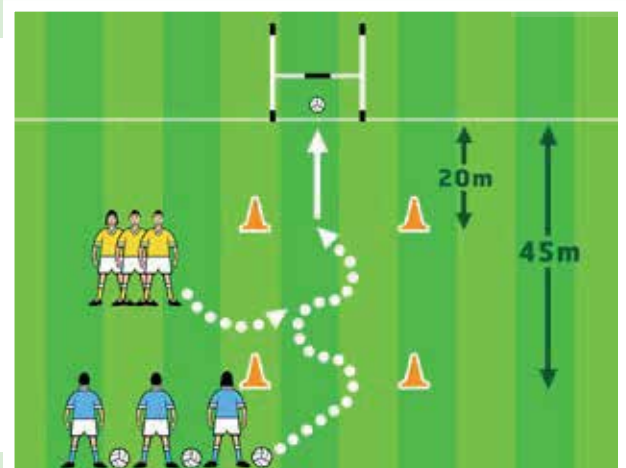
Game Play Drill to develop the Near Hand Tackle technique

ORGANISATION

- Mark a channel from approximately 20-45m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- In turn each attacker and defender enter the channel
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel
- The defenders may only use the Near Hand Tackle to dispossess the attacker

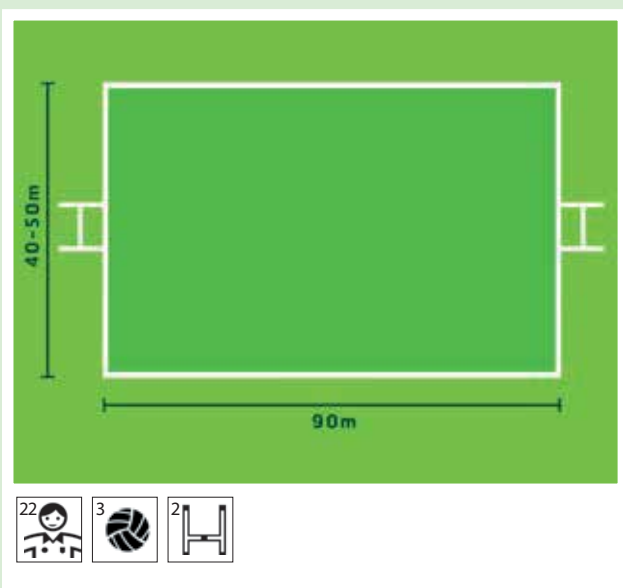
VARIATION

- Increase the number of defenders on each go to reduce the difficulty of the drill



SAMPLE SESSION 3

GAME 2 SMART TOUCH (GO GAMES / GO FOOTBALL u11)



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 11 v 11
- 2 halves - 20 minutes per half
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- Play commences with a throw-in between two players from each team in the middle of the field
- The ball may be caught in the hands and played away by kicking it or striking it with the fist
- The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one toe tap per possession
- A player who is fouled takes the free kick and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free
- 1 point when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

EQUIPMENT NOTES

- 3 Smart Touch (Size 3) footballs – one placed behind either goal and one in play

SESSION REVIEW



SAMPLE SESSION

4

THE HOOK KICK

SESSION THEME

- DEVELOP THE HOOK KICK

EQUIPMENT LIST



WARM UP OVER THE RIVER (HAVE A BALL / KICKING / LEVEL 3)

ORGANISATION

- Divide the players into two groups: each player has a set number of 'lives'
- The players kick pass the ball over a centre zone, a net or guard
- If the ball drops in the centre zone the player who kicked it loses a life
- Use a soft or sponge ball when introducing players to this game

KEY POINTS

- Ensure the players have enough room to move around safely



GAME 1 BULL'S EYE (CATCH & KICK / HOOK KICK)

U9



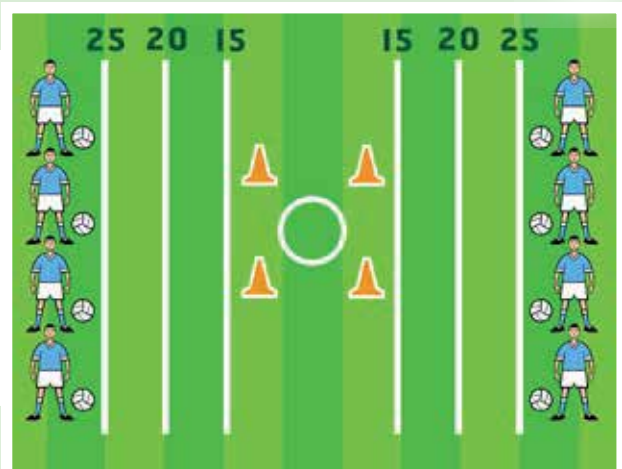
Fun Game to develop the Hook Kick

ORGANISATION

- Place 4 cones in a 10m square formation
- Inside the 10m mark out a circle
- Mark out a line of cones 15m, 20m and 25m to either side of the grid
- Divide the players into two groups, one group at either side
- Beginning at one side and behind the 15m line, the players attempt to land the ball in the square or circle
- Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle

VARIATION

- Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient



SAMPLE SESSION 4

REVISE A TECHNIQUE

KEY POINTS HOOK KICK (CATCH & KICK / HOOK KICK) U11

Here are the Key Teaching Points for the Hook Kick



Hold the ball firmly with both hands
Point the shoulder towards the target



Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance



Step forward with the non-kicking foot
Extend the wrist and drop the ball onto the kicking foot



Kick the ball with the inside of the foot



Follow through with the kicking leg across the body in the direction of the target, with the toe pointing upwards



PRACTISE THE TECHNIQUE

DRILL 1 CATCH AND KICK

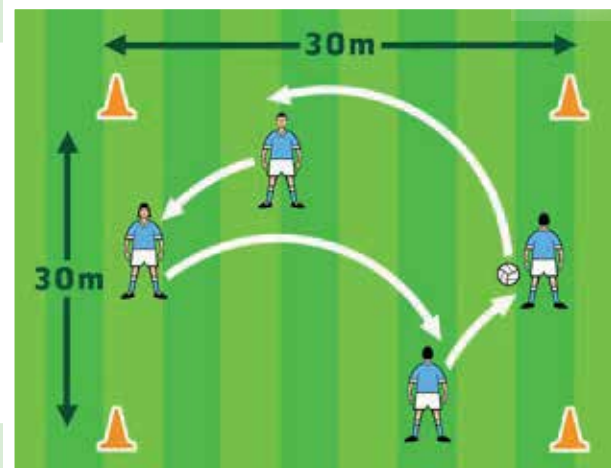
Advanced Drill to practise the Hook Kick technique

ORGANISATION

- Mark out a grid approximately 30m X 30m
- The players work in two pairs
- The player in possession must kick to their partner in the opposite pair who must field the ball using the High Catch
- The second player in the opposite pair provides token opposition
- On receiving the pass the ball is transferred to the other player in the pair who in turn Hook Kicks back to their partner
- Encourage the kicker to place the ball to either side of the receiver requiring them to move into position to field the pass

VARIATION

- To increase the difficulty of the drill the opponent may provide full opposition to the receiver



DEVELOP THE SKILL

ACTIVITY 1 4 GOAL GAME

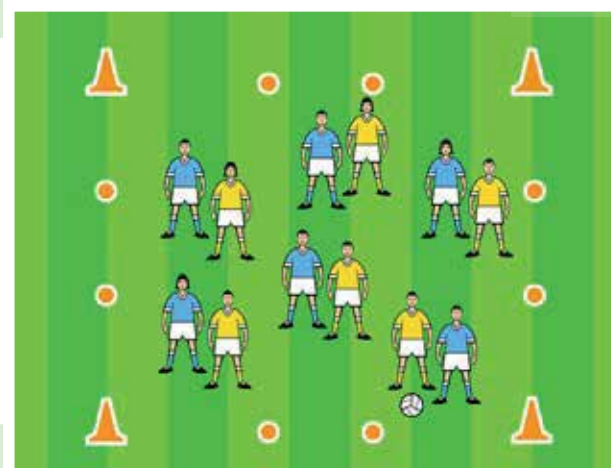
Modified Game to develop the Hook Kick technique

ORGANISATION

- Mark out a playing area suitable to the numbers and ability of players
- Using portable goalposts, cones or markers, mark a goal on each side of the playing area
- Divide the players into equal teams
- Possession is retained using the Hook Kick, Hand or Fist Pass
- Each team scores into two goals, ensuring the play is varied and distributed throughout the playing area
- This also gives an advantage to the team in possession as players will find it easier to create space

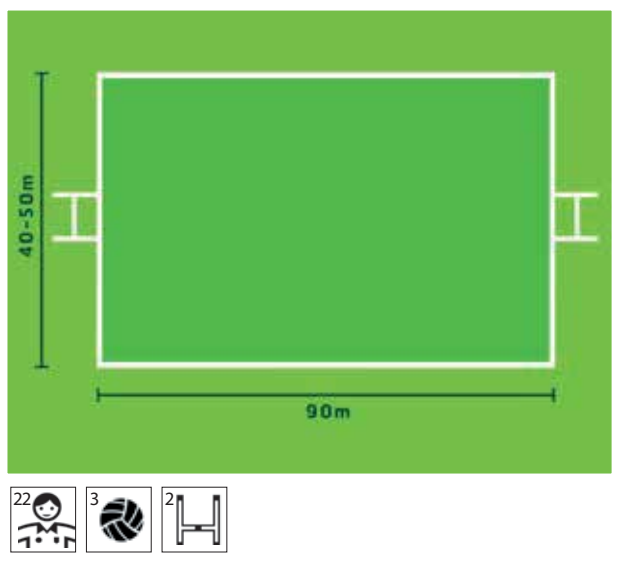
VARIATION

- Require a team to make 2 or 3 passes in succession before scoring



SAMPLE SESSION 4

GAME 2 SMART TOUCH (GO GAMES / GO FOOTBALL U11



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 11 v 11
- 2 halves - 20 minutes per half
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- Play commences with a throw-in between two players from each team in the middle of the field
- The ball may be caught in the hands and played away by kicking it or striking it with the fist
- The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one toe tap per possession
- A player who is fouled takes the free kick and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free
- 1 point when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

EQUIPMENT NOTES

- 3 Smart Touch (Size 3) footballs – one placed behind either goal and one in play

SESSION REVIEW

BUILD YOUR OWN SESSION

SESSION THEME

EQUIPMENT LIST

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WARM UP

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PLAY A GAME 1

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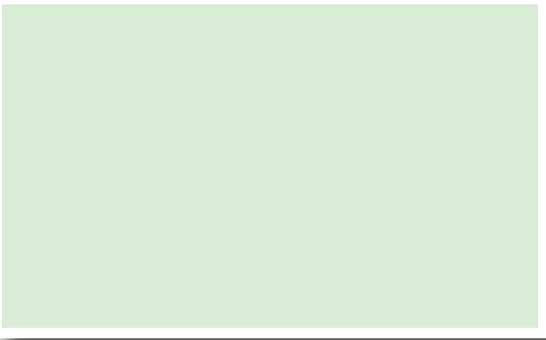
REVISE A TECHNIQUE

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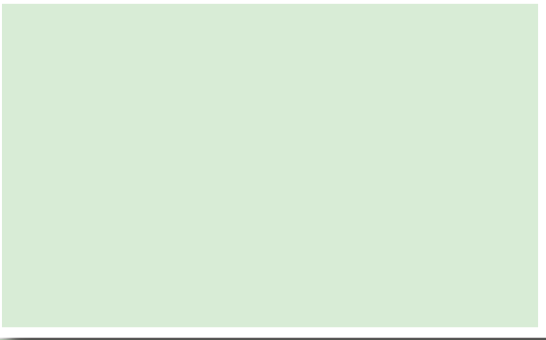


BUILD YOUR OWN SESSION

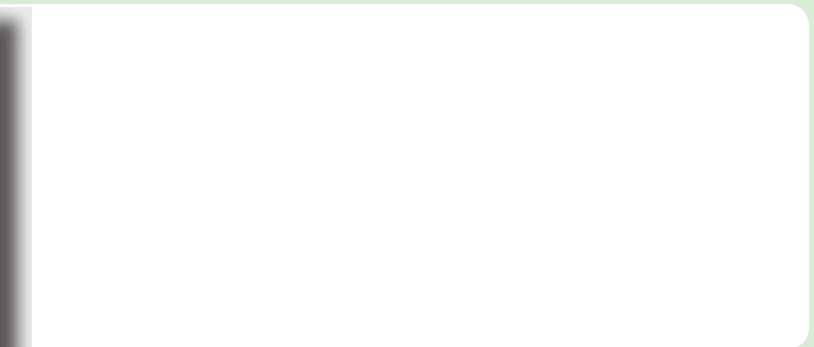
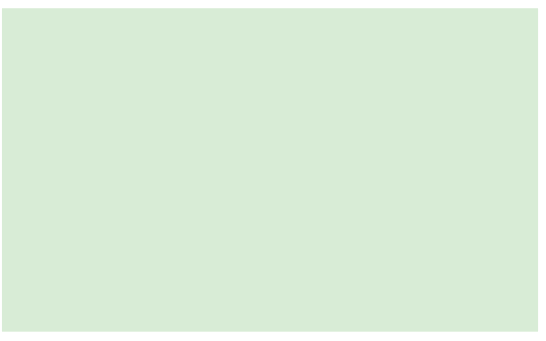
PRACTISE THE TECHNIQUE



DEVELOP THE SKILL



PLAY A GAME 2



SESSION REVIEW



BUILD YOUR OWN SESSION

SESSION THEME

EQUIPMENT LIST

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WARM UP

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PLAY A GAME 1

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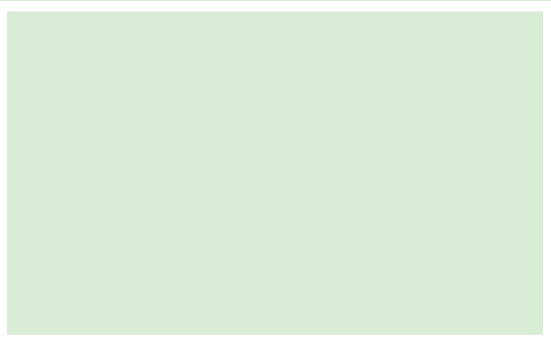
REVISE A TECHNIQUE

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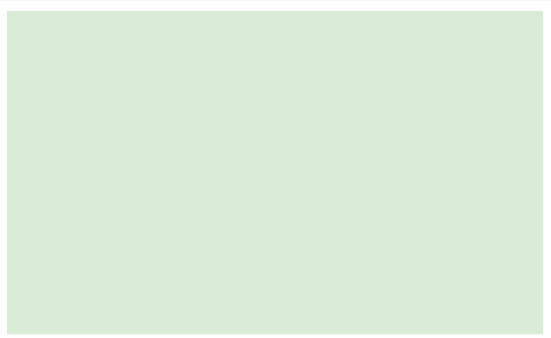


BUILD YOUR OWN SESSION

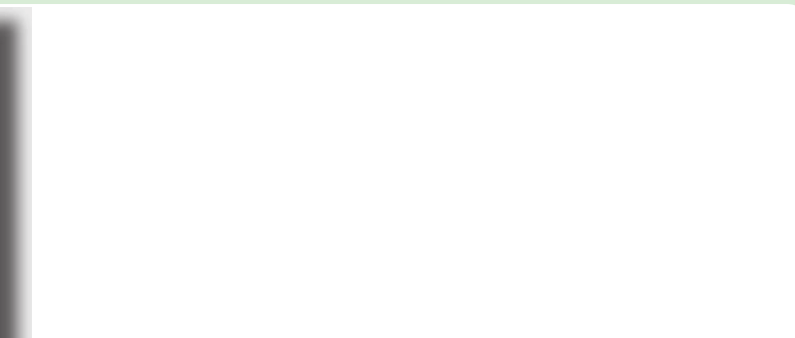
PRACTISE THE TECHNIQUE



DEVELOP THE SKILL



PLAY A GAME 2



SESSION REVIEW

