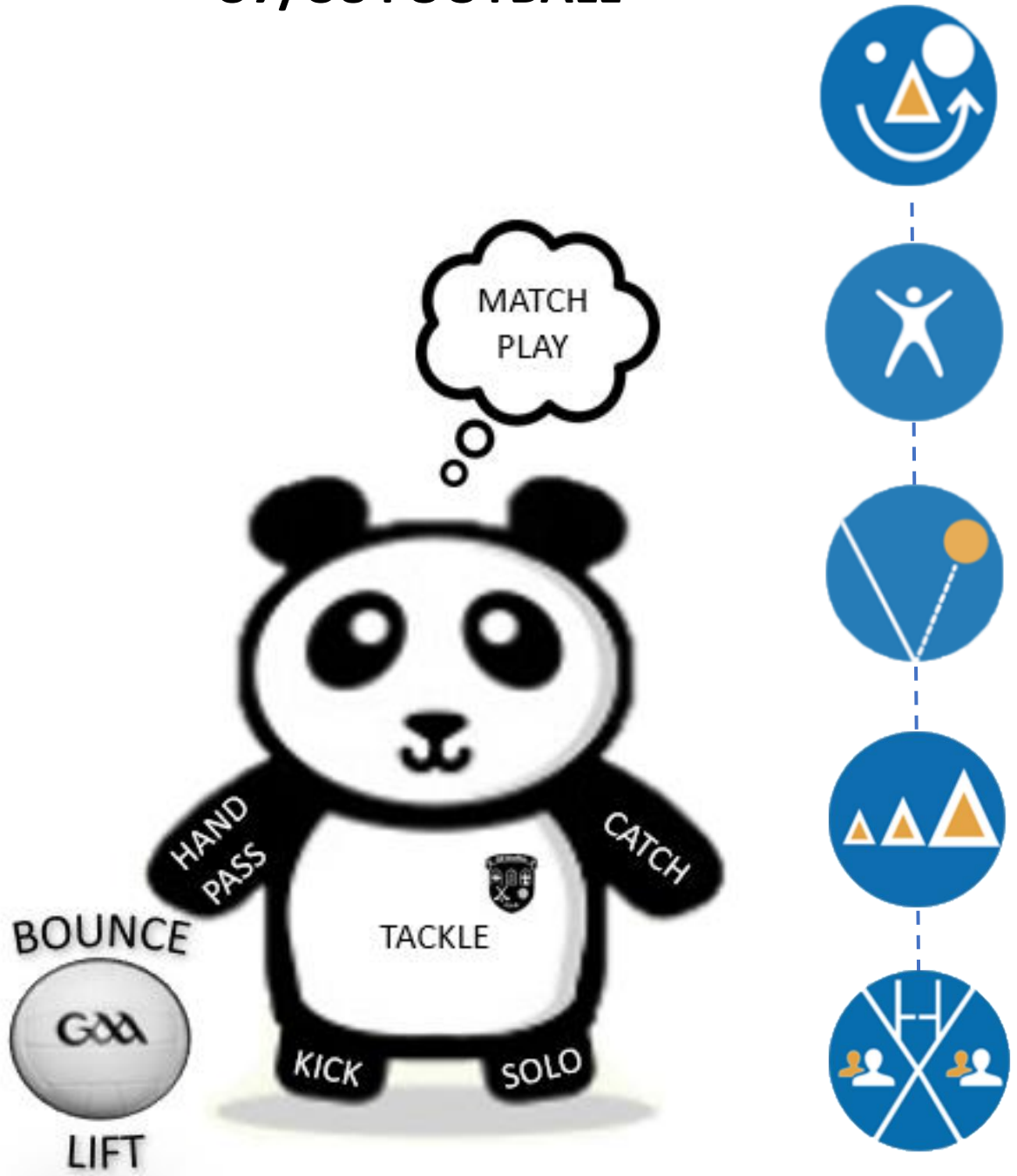


KILCULLEN GAA JUVENILE COACHING PROGRAMME 2019 U7/U8 FOOTBALL



CONTENTS

Coaching Plan – Outline
 Coaching Plan – Detailed

FUN ROUTINES

1. Foxes & Hounds
2. Head, Shoulders, Knees & Cones (with ball)
3. Positions Sprints (with ball)
4. Obstacle Course (with ball)
5. Colour Fetch (with ball)



BALL SENSE, SKILLS DRILLS & CONDITIONED GAMES

BOUNCE, CATCH & LIFT

1. Slalom Bounce (with catch & lift)
2. Bounce & Turn
3. Low Catch (Basic, intermediate & advanced)
4. Crouch Lift – Race against time 2
5. Opposed Reach Catch
6. Bounce King



HAND PASS

1. Move & Pass
2. Around the square
3. Move & Pass 2
4. Zig Zag Pass
5. Pressure Pass
6. Captain Ball



KICK

1. Partner kick 2
2. Kick to score
3. Pressure clearance kicks
4. Pressure scoring kicks
5. Combination Kicks



TACKLE & BLOCK

1. Near Hand Tackle
2. Imitation Block
3. Mirror Mirror
4. Move & Block
5. Tackle to Team Mate
6. Shoot & Block (1 & 2)
7. Last Man Standing



Play
And
New skills
Development
Activities

MATCHPLAY

1. 1-V-1's & 2-V-2's
2. Keep Ball
3. Goals Galore
4. Feint & Side Step (Along the line)
5. The Roll (Tackle Bag)
6. Tussle & Lift (2)
7. Hunting Pack
8. Turn & Shoot/Pass
9. Mark & Track
10. Goalie Swap
11. Zonal Game

SOLO

1. Solo SMS
2. Solo – Toe Tap & Pass
3. Crazy Solo
4. Check Solo
5. Solo Invasion

KILCULLEN GAA JUVENILE ACADEMY
 2019 Coaching Programme
 AGE GROUP - U7/8



Activity		Time	WEEK 13	WEEK 14	WEEK 15	WEEK 16	WEEK 17
Warm up		5	Foxes & Hounds	Head, Shoulders, Knees & Cones	Position Sprints	Obstacle Course	Colour Fetch
Water Break			Divide into groups and allocate bibs	Divide into groups and allocate bibs	Divide into groups and allocate bibs	Divide into groups and allocate bibs	Divide into groups and allocate bibs
Skills	a	10	Solo - Toe Tap & Pass	Catch & Lift - Race Against Time 2	Zig Zag Pass	Pressure clearance kicks	Shoot & Block 1
	b	15	Catch & Lift - Race Against Time 2	Zig Zag Pass	Pressure clearance kicks	Shoot & Block 1	Crazy Solo
Water Break							
Matchplay		10-15	1st to ball (1-v-1's & 2-v-2's)	Keep Ball	Tracker	Feint & Side Step; Along the line	Hunting Pack
Water Break							
Match		15-20	Standard Game (Catch)	Standard Game (Handpass)	Goals Galore n/a	Zonal Game 1st to ball	Standard Game
Bonus Scores			Catch, bounce & lift	Handpass	Kick	Kick	Tackle/Block
Home Practice		3x 5/10min					Solo
WEEK 18			GAME 1	GAME 2	GAME 3	Review	
Competition & Review Week			Obstacle Course	?	?	Journal Review	

BLOCK 3
GET MOVING

FUN ROUTINE

WARM UP DRILLS

FOXES & HOUNDS

This exercise to develop agility skills is generally suitable for players of 4-10 years



Organisation

Set up the playing area as per fig.1 below.

Players tuck training bib into the side or back of their shorts to make a tail

On the Mentors whistle all players run around the playing area and try to steal the other players tails

At any stage of the game on the Mentors 'double whistle' all players must freeze

When a players' tail is removed, they remain in the game and continue to try and take other tails to replace their own.

A player cannot have a bib in their hand unless they already have a tail in place in their shorts.

Players can step out of the playing area to put a new tail in place before re-joining the game. Once out of the playing area they cannot have their tail removed by another player.

Key Points

Ensure the players have enough room to move around safely.

No harsh grabbing, pushing or bumping.

Equipment

10-14 cones as playing area boundary

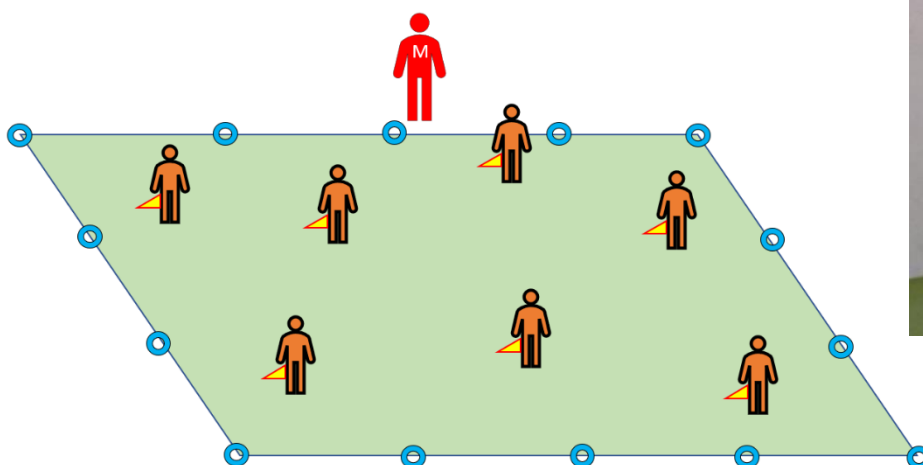


fig.1



FUN ROUTINE

WARM UP DRILLS

HEAD, SHOULDERS, KNEES & CONES (with ball)

This exercise to develop agility skills and is suitable for all ages



Organisation

Set up the playing area as per fig.1 below.

Players line up facing each other either side of the centre cones

Each player places their football on the ground beside the cone

The players follow the mentors calls as follows;

- Head, shoulders, knees, toes – players touch as per call
- Cones – first player to grab the cone in front of them
- Ball Swap –
 - (1) Players pick up their ball (pick up as per match rules) and sprint to place the ball at cone behind them, leave the ball down and sprint back to cone.
 - (2) The next time 'Ball Swap' is called the players sprint to pick up their ball (pick up as per match rules) and bring it back to their centre cone.
- Sprint – players sprint to the edge cones and back

Variants;

Players start back to back

Introduce a hop or solo while running with ball

Additional calls can be added to include other agility or warm up actions such as jumping jacks, hopping on one leg, windmill arms, etc.

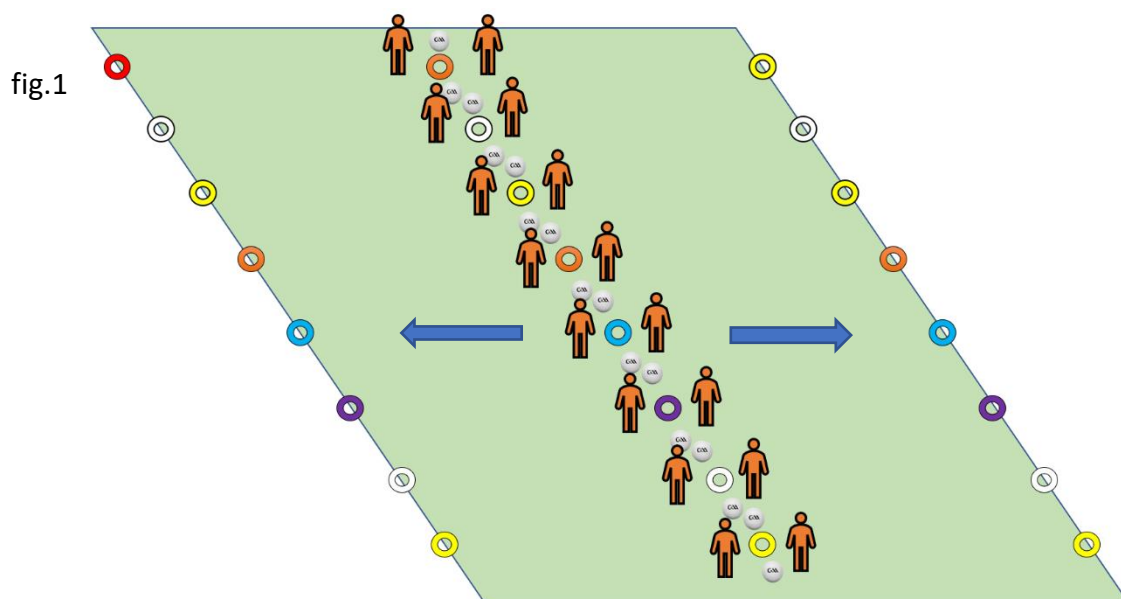
Key Points

Ensure the players have enough room to move around safely.

Players must stay on their feet when returning to the centre cone (no sliding or jumping in)

Equipment

3 cones and 2 footballs for each pair of players



FUN ROUTINE

WARM UP DRILLS

POSITION SPRINTS (with ball)

This exercise to develop agility, attention and ball skills and is suitable for ages 4 -10 yrs



Organisation

Set up the playing area as per fig.1 below.

Players gather in the centre of the drill area

Each player has a ball

When the mentor calls out the name of any position all players must run to that position

Once at that position the mentor calls out an activity;

Ball activity –

- throw & catch
- roll and pick up
- punt kick to next position and retrieve

Fitness or Agility activity -

- Jumping jacks
- Run on the spot
- Frog Jumps/bunny hops
- Hop on one leg

Key Points

Mentor takes the players on a walk around the playing area and explains the name of each of the positions and what happens at each position

Equipment

20-30 cones and four posts. Each player must have a football

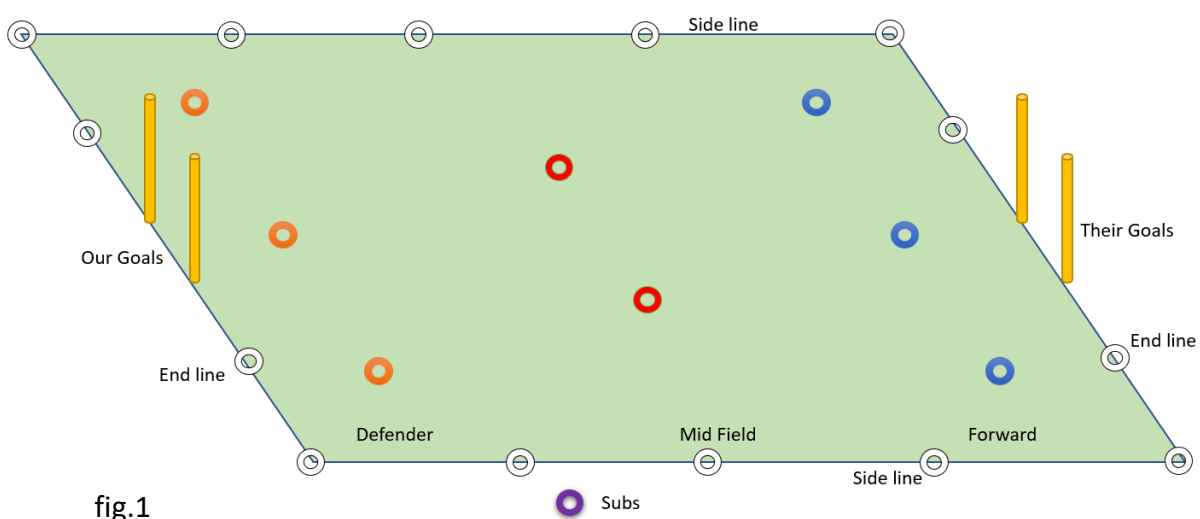


fig.1

FUN ROUTINE

WARM UP DRILLS

COLOUR FETCH – LEVEL 1

This exercise to develop agility and attention skills and is suitable for ages 4 -10 yrs



Organisation

Set up the playing area as per fig.1 below.

Players gather in the centre of the drill area

Players must run to the item called by the Mentor or group together in the numbers called by the Mentor.

Available calls as per fig.1 are;

Run to items -

- Red
- Orange
- Blue
- White
- Post

Groups –

- One
- Two
- Three
- Four

Mentors may add in additional activity calls such as;

- Jumping jacks
- Run on the spot
- Frog Jumps
- Hop on one leg

Key Points

Equipment

4 different coloured cones and four posts

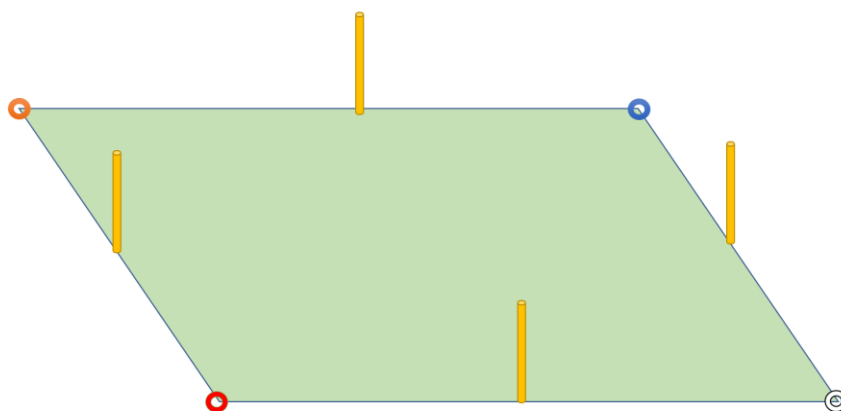


fig.1

FUN ROUTINE

WARM UP DRILLS

COLOUR FETCH – LEVEL 2 & 3

This exercise to develop agility and attention skills and is suitable for ages 4 -10 yrs



Organisation

Level 2 (4-7yrs)

- Set up drill area as per fig.2
- Mentor should have approx. 20 cones of various colours
- Place 1 cone of each colour in the centre of the drill area
- Once the Mentor calls a cone colour, the players at the front of the que must sprint to gather the correct coloured cone and bring it back to their post.
- Mentor adds a new cone to the centre (always ensuring there is only one of each colour) and calls the next colour sprint.

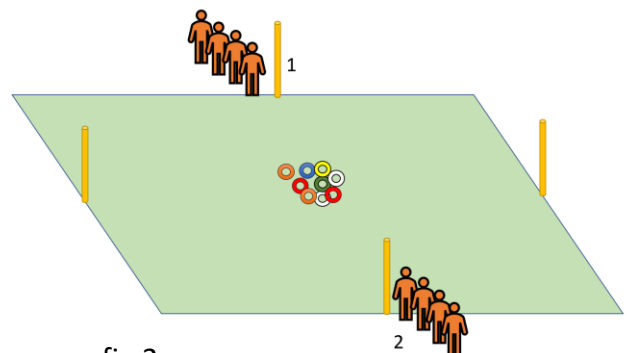


fig.2

Level 3 (8-10yrs)

- Set up drill area as per fig.3
- Mentor should have approx. 20 cones of various colours
- Place 1 cone of each colour in the centre of the drill area
- Once the Mentor calls a cone colour, the team 1 and team 2 players at the front of the que must sprint to gather the correct coloured cone and bring it back to their post.
- Mentor adds a new cone to the centre (always ensuring there is only one of each colour) and calls the next colour sprint for teams 3 & 4
- Repeat

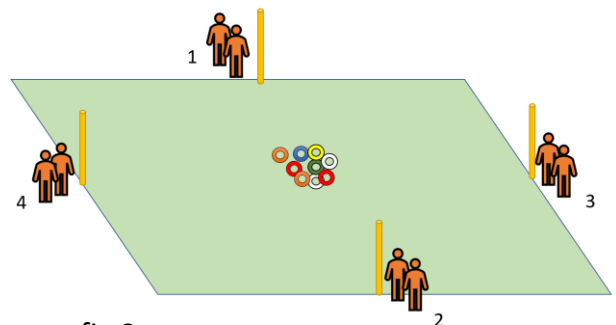


fig.3

Key Points

Equipment

Approx. 20 different coloured cones and four posts

FUN ROUTINE

WARM UP DRILLS

COLOUR FETCH – LEVEL 4

This exercise to develop agility and attention skills and is suitable for ages 4 -10 yrs



Organisation

Set up drill as per fig.1 below.

Mentor advises players which group they are in (1, 2, 3 or 4)

Game starts with group 1 v's group 2

On the Mentors whistle, the first player from Groups 1 & 2 must sprint to gather a football and bring it back to their post by hand passing it to their team mate on the post.

The ball must be passed from the cone and not closer and the pass must be caught.

First back to have their pass caught wins and the group gets to keep the ball

Second to have pass caught or a dropped pass, the ball must be returned by the passing player to the centre of the drill area

Repeat for groups 3 & 4

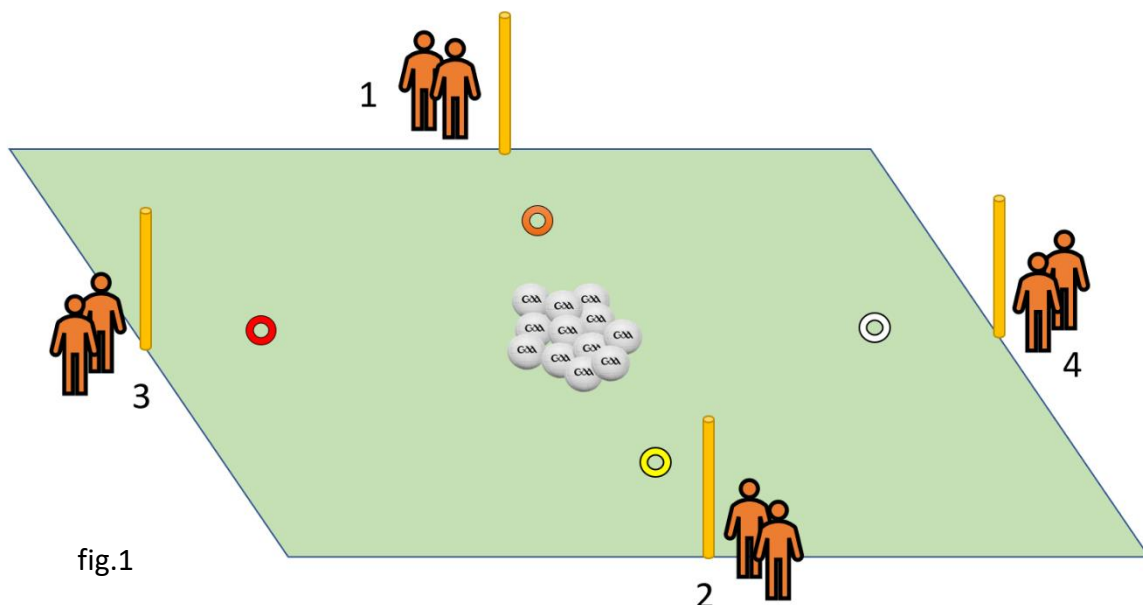
Most balls win

Key Points

As football are in a large group, players are permitted to pick ball straight from the ground without using the foot.

Equipment

Approx. 20 different coloured cones and four posts



AGILITY & COORDINATION

DRILLS

OBSTACLE COURSE (with ball)

This exercise to develop agility and coordination skills and is suitable for all ages

Organisation

Set up the playing area as per fig.1 below.

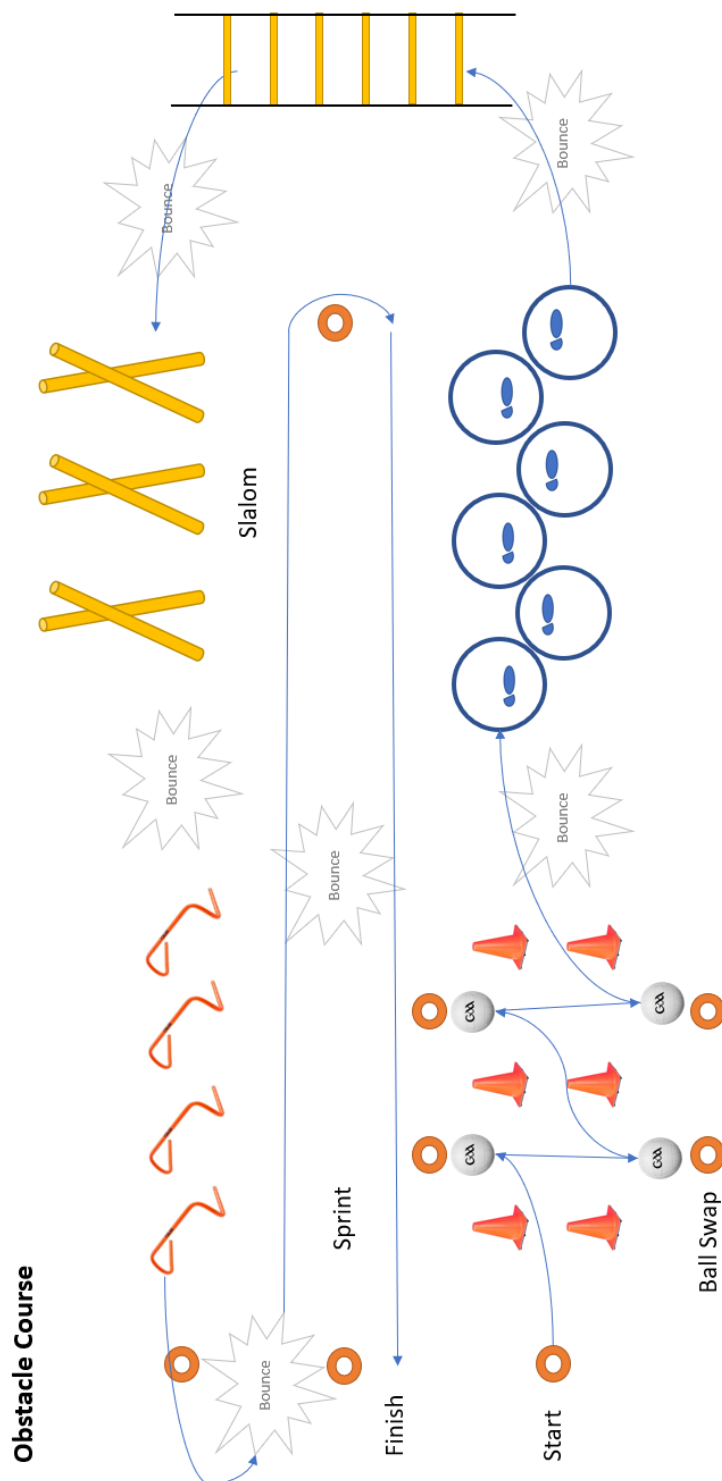


fig.1

CONDITIONED GAME

MATCHPLAY DRILLS

1-V-1's

This exercise to develop agility, attention and ball skills and is suitable for ages 6 -10 yrs



Organisation

Set up the playing area as per fig.1 below

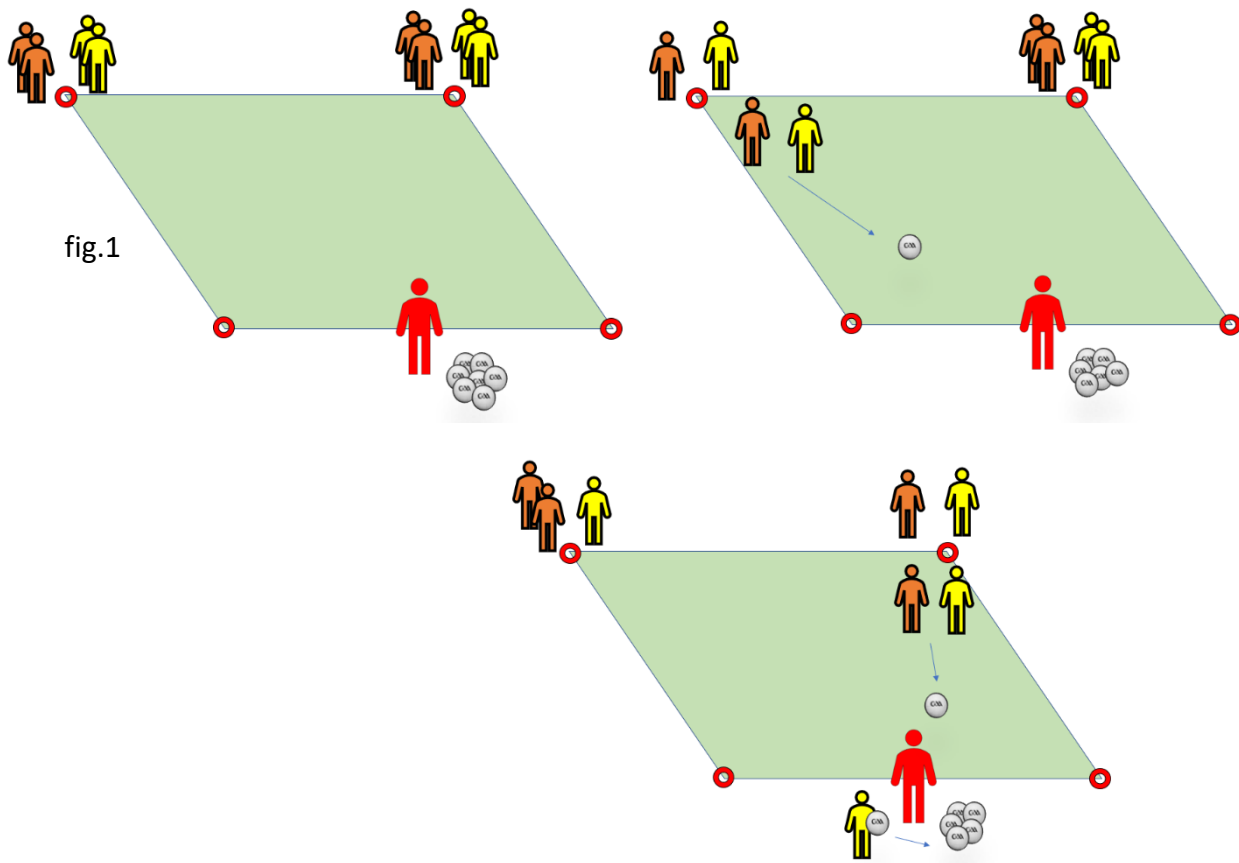
Mentor rolls the ball into the playing area, first pair compete to be first to the ball and lift it
Once possession is secured the ball is returned to the pile, players return to the queue and the Mentor repeats with the next pair

Variation

Throw/kick the ball into the drill area so players attempt to catch the ball before it bounces

Equipment

Ground marker cones & footballs



CONDITIONED GAME

MATCHPLAY DRILLS

2-V-2's

This exercise to develop agility, attention and ball skills and is suitable for ages 6 -10 yrs



Organisation

Set up the playing area as per fig.1 below

Players are paired into teams, in the example below these are the yellow and orange teams

Mentor rolls the ball into the playing area.

The first 2 pairs compete to be first to the ball

Once in possession that team with the ball are the forwards and the other team are the defenders. The team with the ball must make at least one pass to a team mate and then pass the ball back to the Mentor.

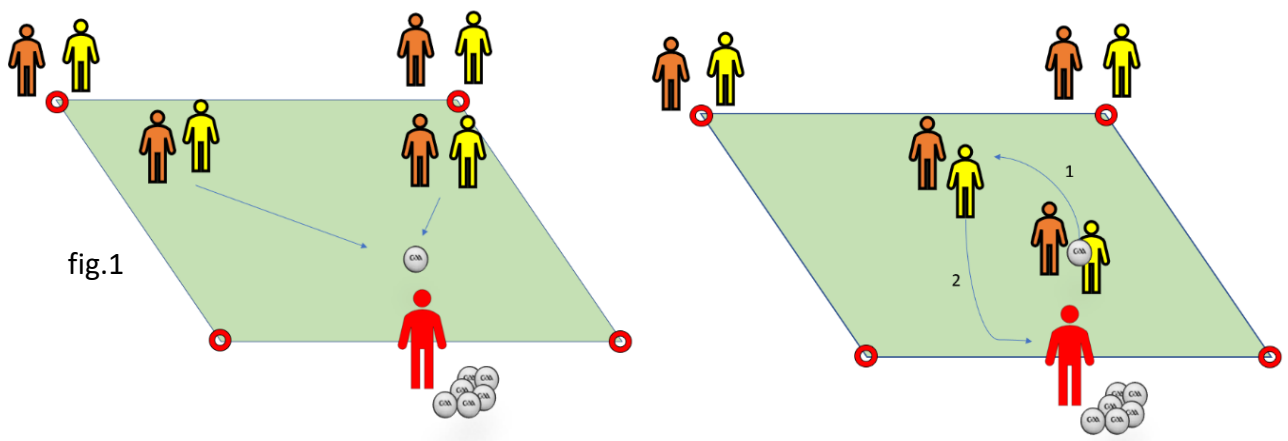
If the defenders intercept the ball at any stage prior to the Mentor receiving the ball then the roles swap and the game continues until 1 team-mate pass and a final pass to the Mentor is completed

Key Points

Emphasise movement off the ball for the forward player without the ball

Equipment

Ground marker cones & footballs



CONDITIONED GAME

MATCHPLAY DRILLS

KEEP BALL

This is a possession game designed to improve the players' ability to perform the hand pass under pressure



Organisation

Mark out a grid approximately 10 to 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

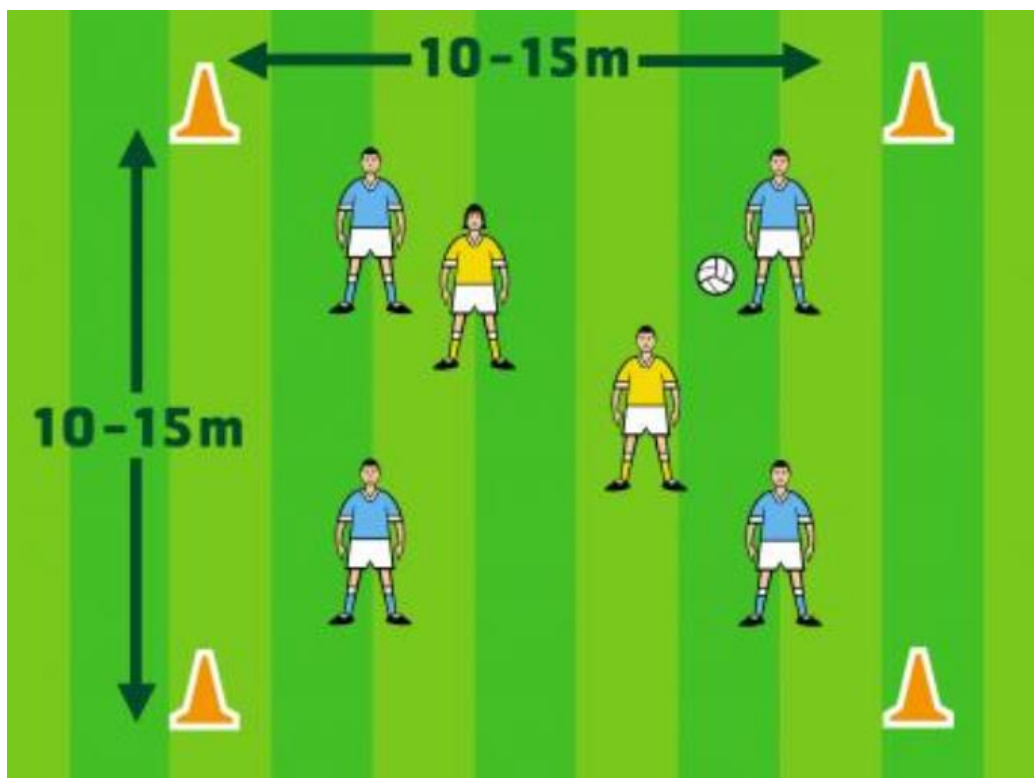
Possession is also lost by letting the ball fall to the ground or by stepping outside the grid

Switch the players around after a set time

Variation

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

Video - https://youtu.be/y_mmFb8XGV8



CONDITIONED GAME

MATCHPLAY DRILLS

CAPTAIN BALL

This is a Conditioned Game to develop the handpass



Organisation

Mark out a playing area approximately 25m by 25m, with a goal in the center of each line
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

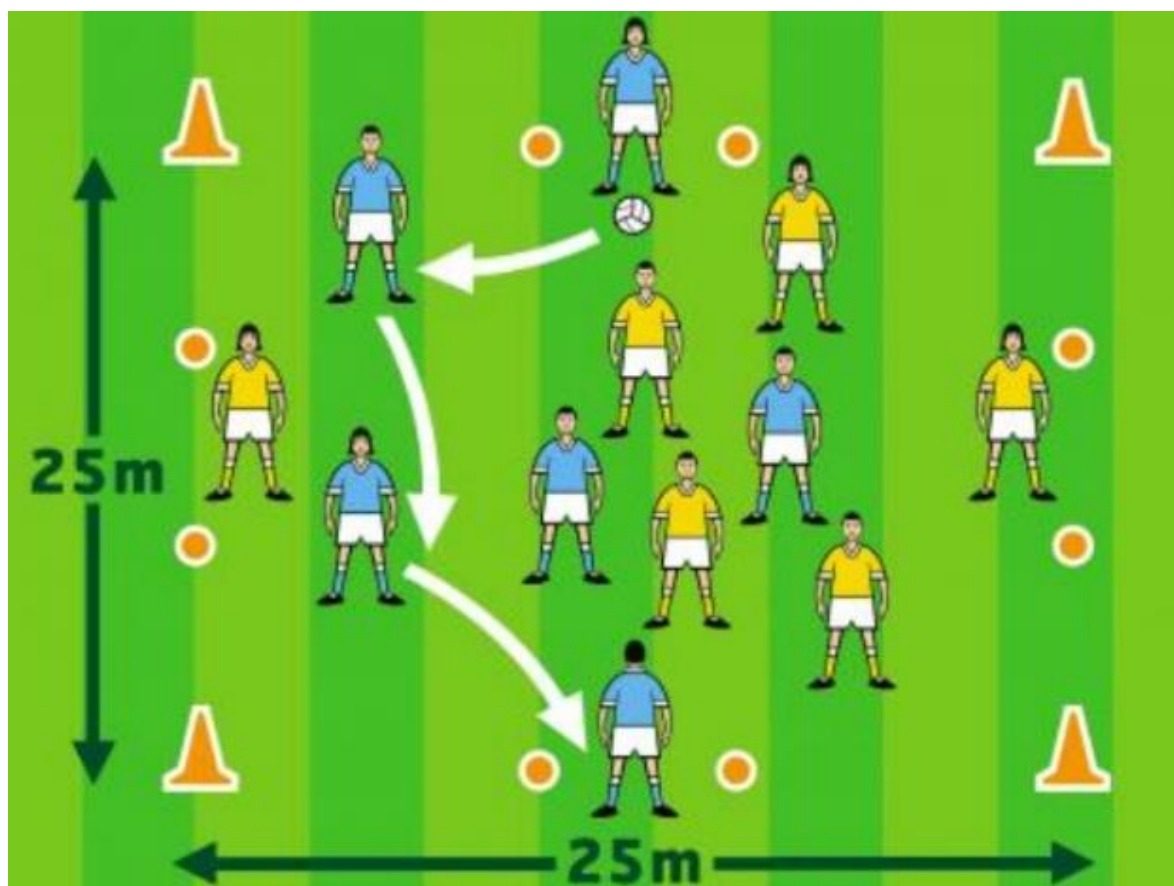
After each score, the goalkeeper must pass the ball to the opposition to restart the game

Variation

Space - Increase the area to challenge the players fitness

Task -Allow players to solo the ball to maintain possession

Video - <https://youtu.be/oIJ7rZY2aoU>



CONDITIONED GAME

MATCHPLAY DRILLS

GOALS GALORE

This is a modified fun game to develop the Fist Pass technique

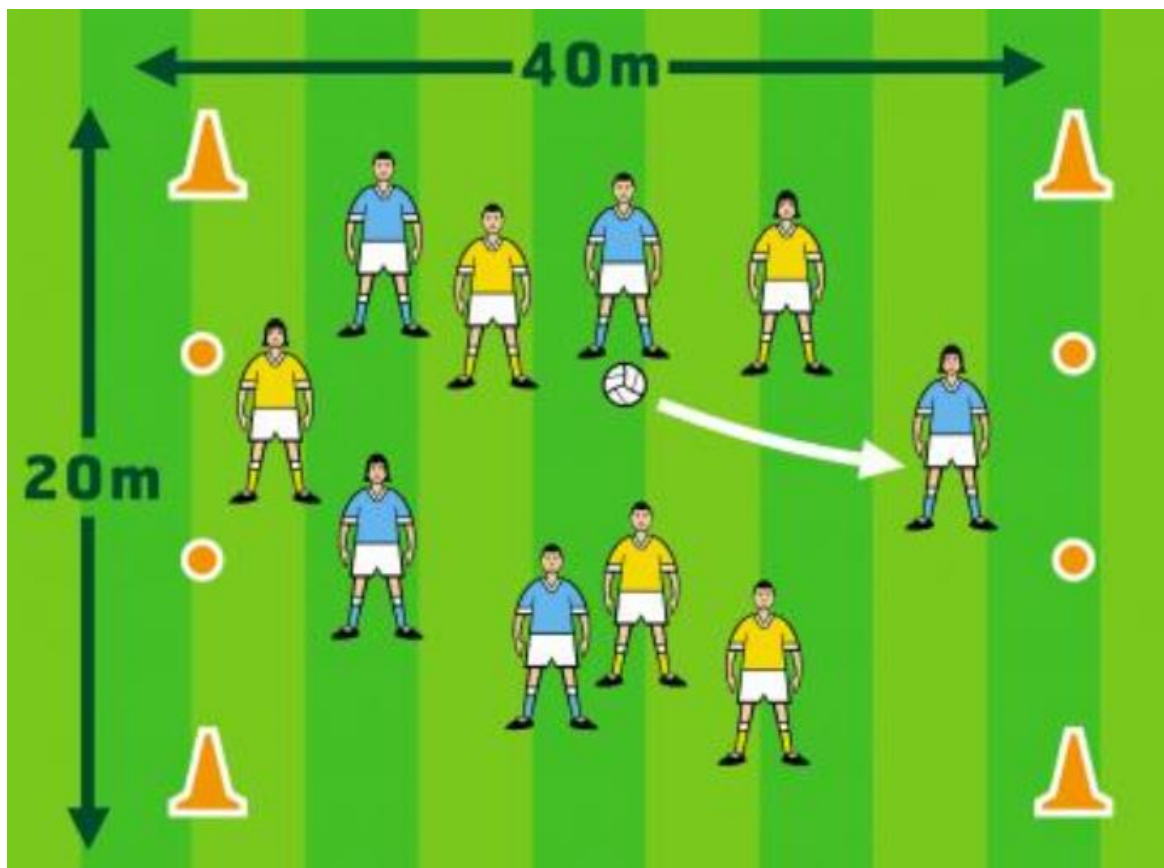
Organisation

Mark out a playing area 20m by 40m
Place two poles 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

Video –



PRACTICE PLAY

SKILLS DRILLS

SHOOT & BLOCK 1

This is 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 to 15m from goal

An attacking player solos from further out the field to kick for a score from inside the defensive zone

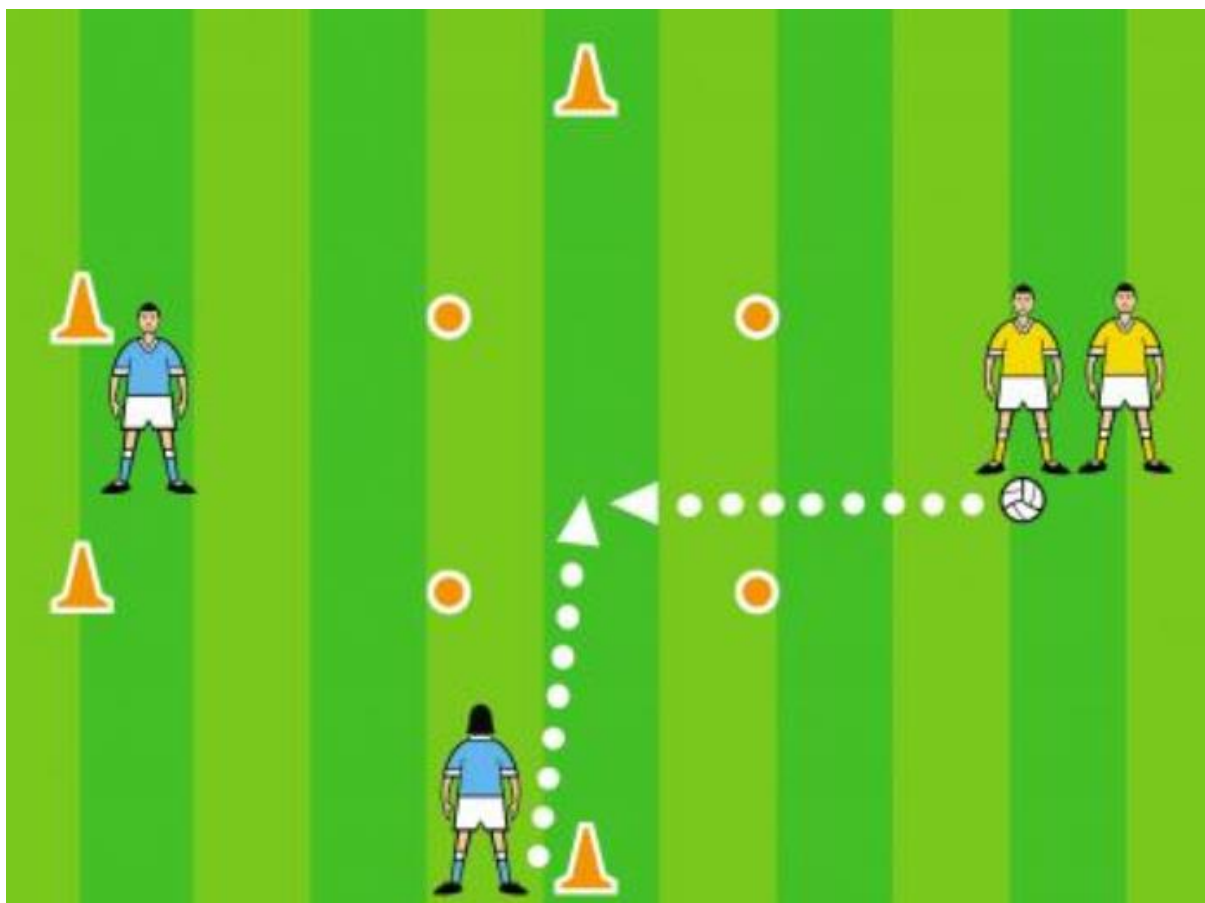
A defensive player enters the zone from either side, to block the attacking player as they attempt to complete their kick

The defensive player should alternate coming from the right or the left of the attacking player

Variation

Task – 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

Video - <https://youtu.be/HyFTggGuPJY>



PRACTICE PLAY

SKILLS DRILLS

SHOOT & BLOCK 2

This is 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

Place a cone approximately 40m directly out from goal

Place a second cone approximately 20 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

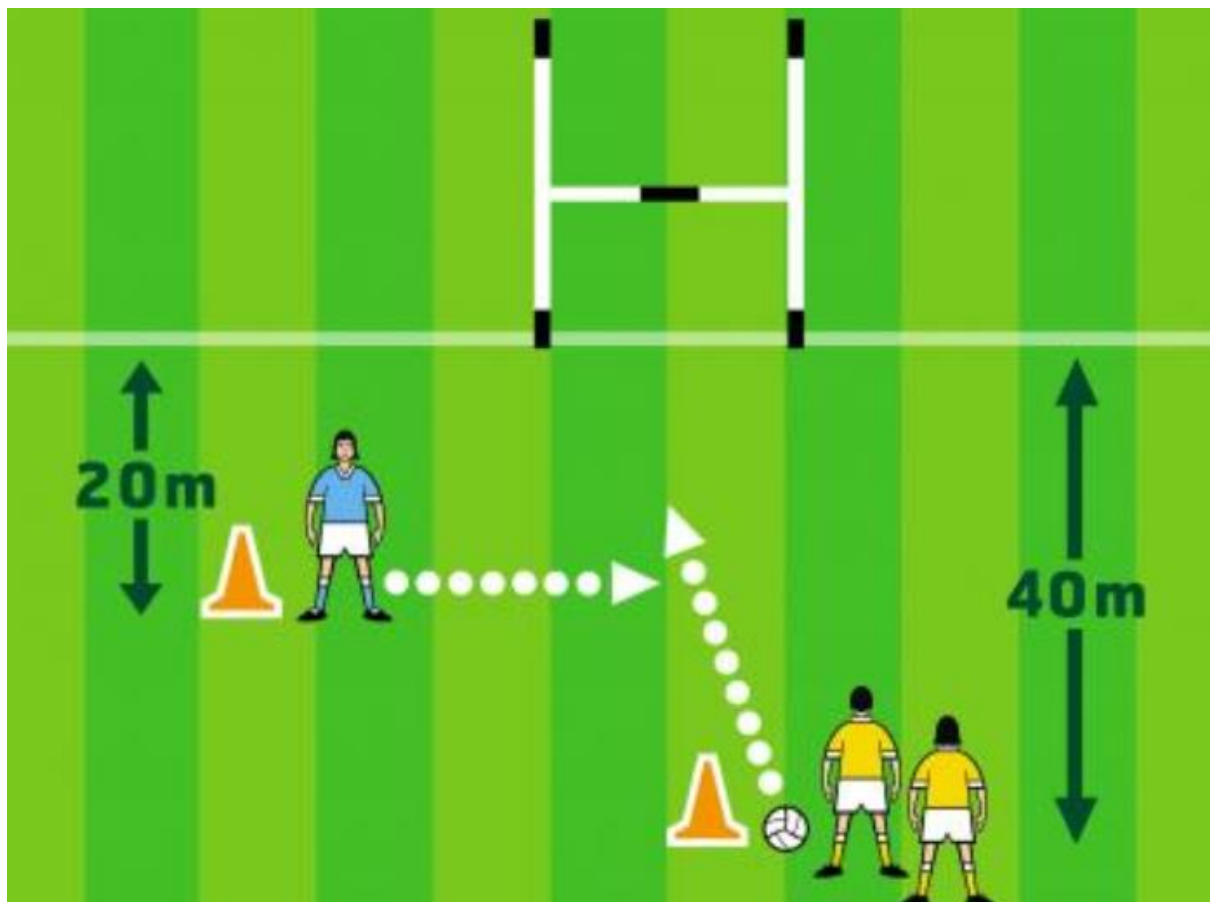
Once within shooting range the attacker attempts to shoot for a point and the defender attempts to block

Reverse the roles after a set number of attempts

Variation

Increase the number of defenders to increase the occasions of blocking

Video - <https://youtu.be/HxN4LZ18mEg>



CONDITIONED GAME

MATCHPLAY DRILLS

SOLO – SKILL POINT INVASION

This is a 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

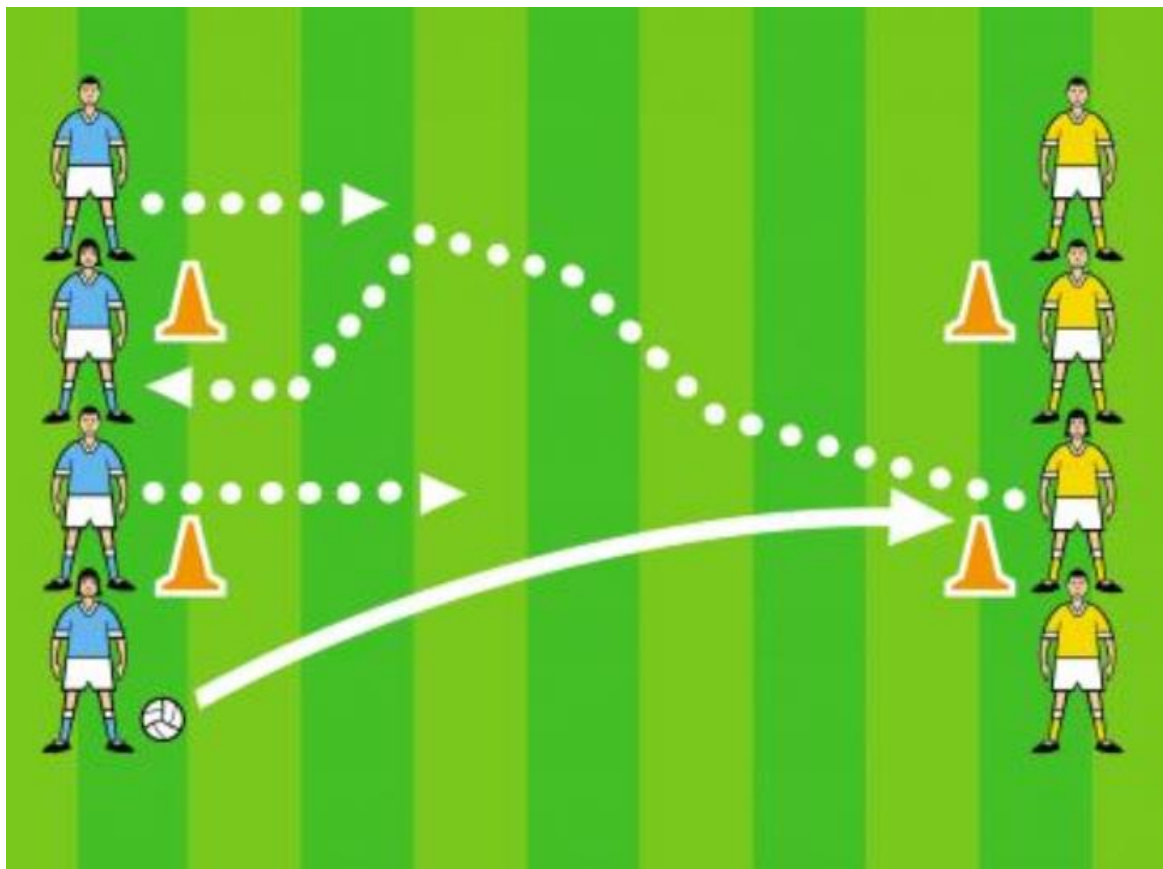
A score is awarded only when a player solos the ball through the opposition goals

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

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

Video - <https://youtu.be/o9LYmL33fKI>



PRACTICE PLAY

SKILLS DRILLS

FEINT AND SIDE STEP - PAST THE GUARDS

This is a game play drill to practice the feint and side step techniques. It also helps develop defensive skills like checking and the near hand tackle.



Organisation

Mark out a grid of approximately 25m by 10m wide

Mark 5 equal zones along the length of the grid

Position a defender in the 2nd and 4th zones

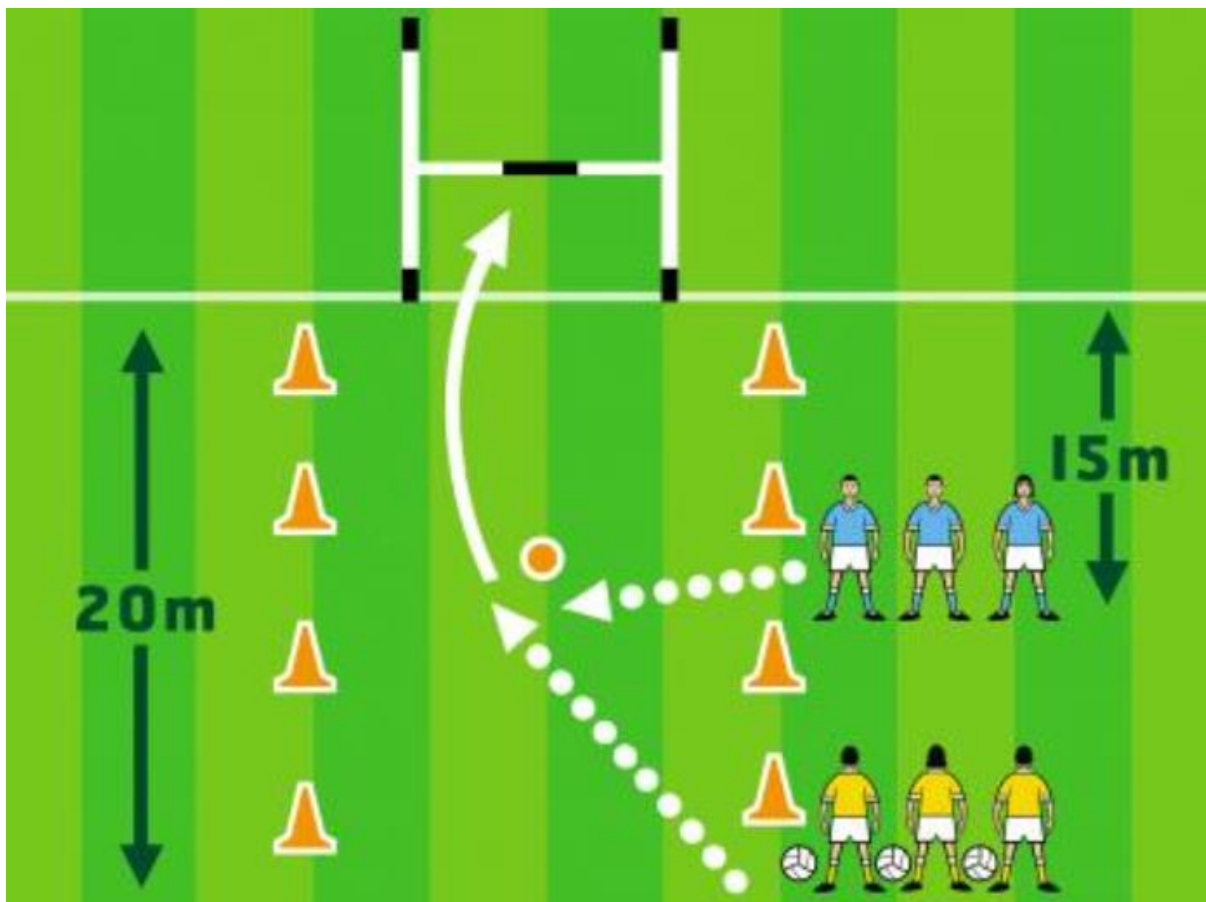
In turn, attacking players attempt to get to the far end of the grid without losing possession

The defending players may only challenge the attacking players within their defensive zones

Variation

Equipment – Place a goal at the end of the grid and require the players to shoot for goal having successfully past the defenders

Video - <https://youtu.be/GDLtZvcFRQ>



PRACTICE PLAY

SKILLS DRILLS

NEAR HAND TACKLE - LAST MAN STANDING

This is a Game Play Drill to develop the Near Hand Tackle technique



Organisation

Mark a channel from approximately 45 to 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

In turn each attacker and defender enter the channel

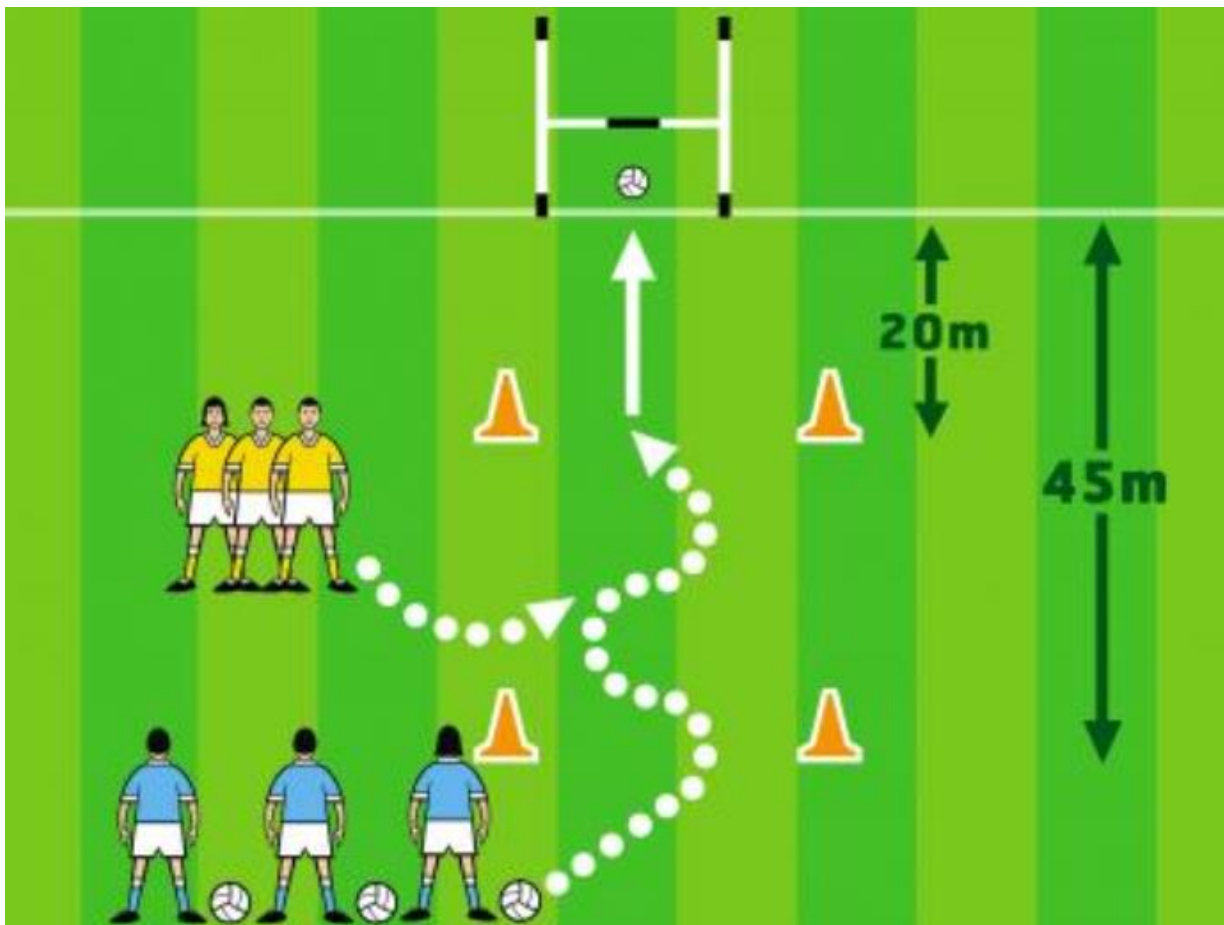
The attacker attempts to get past the defender to take a shot at goal from the end of the channel

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

Video - <https://youtu.be/bcxLUfaplu8>



PRACTICE PLAY

SKILLS DRILLS

LOW CATCH - PASS THE GUARD

This is a fun game to develop the low catch



Organisation

Mark out a grid approximately 15m by 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 must catch the ball using the low catch technique without leaving the centre zone

Only one ball at a time may be thrown

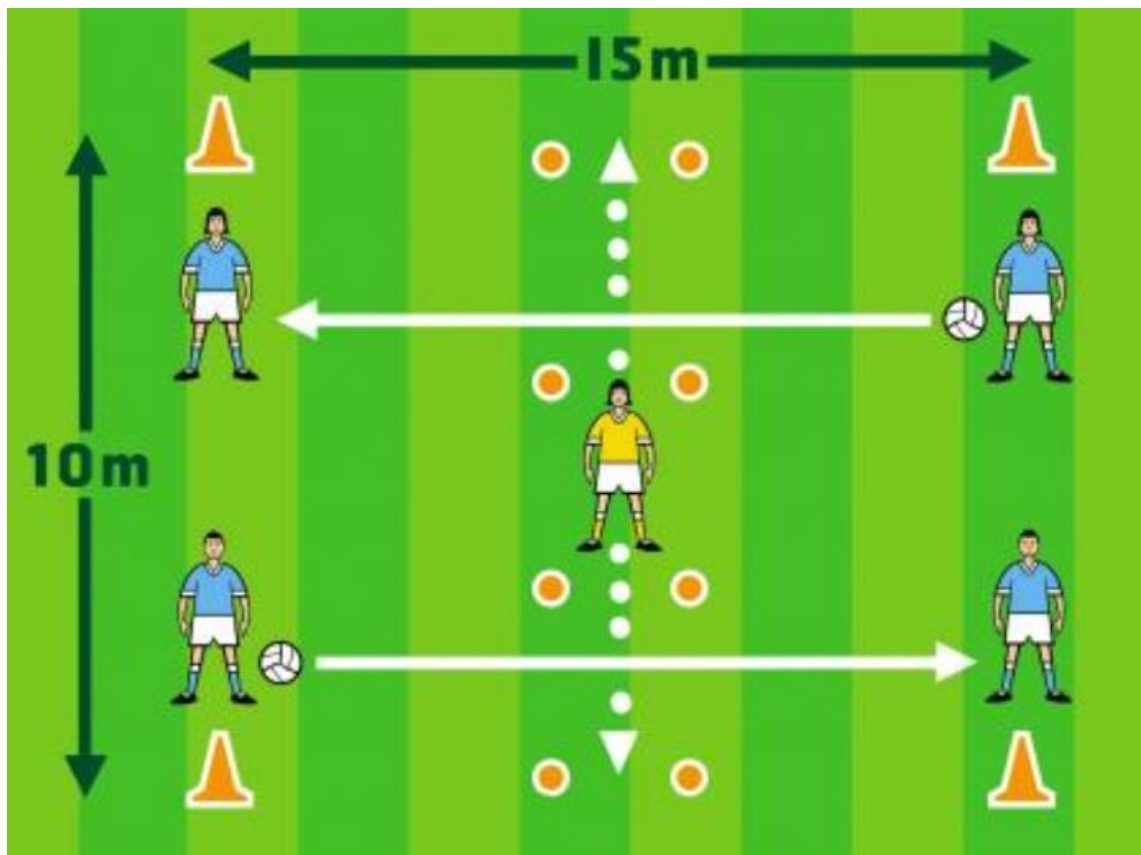
The centre player receives a point for every ball successfully caught

Switch the centre player after a set time

Variation

To reduce the difficulty increase the number of centre players

Video - <https://youtu.be/5lgppbMaReo>



PRACTICE PLAY

SKILLS DRILLS

CROUCH LIFT - A RACE AGAINST TIME II

This is a 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

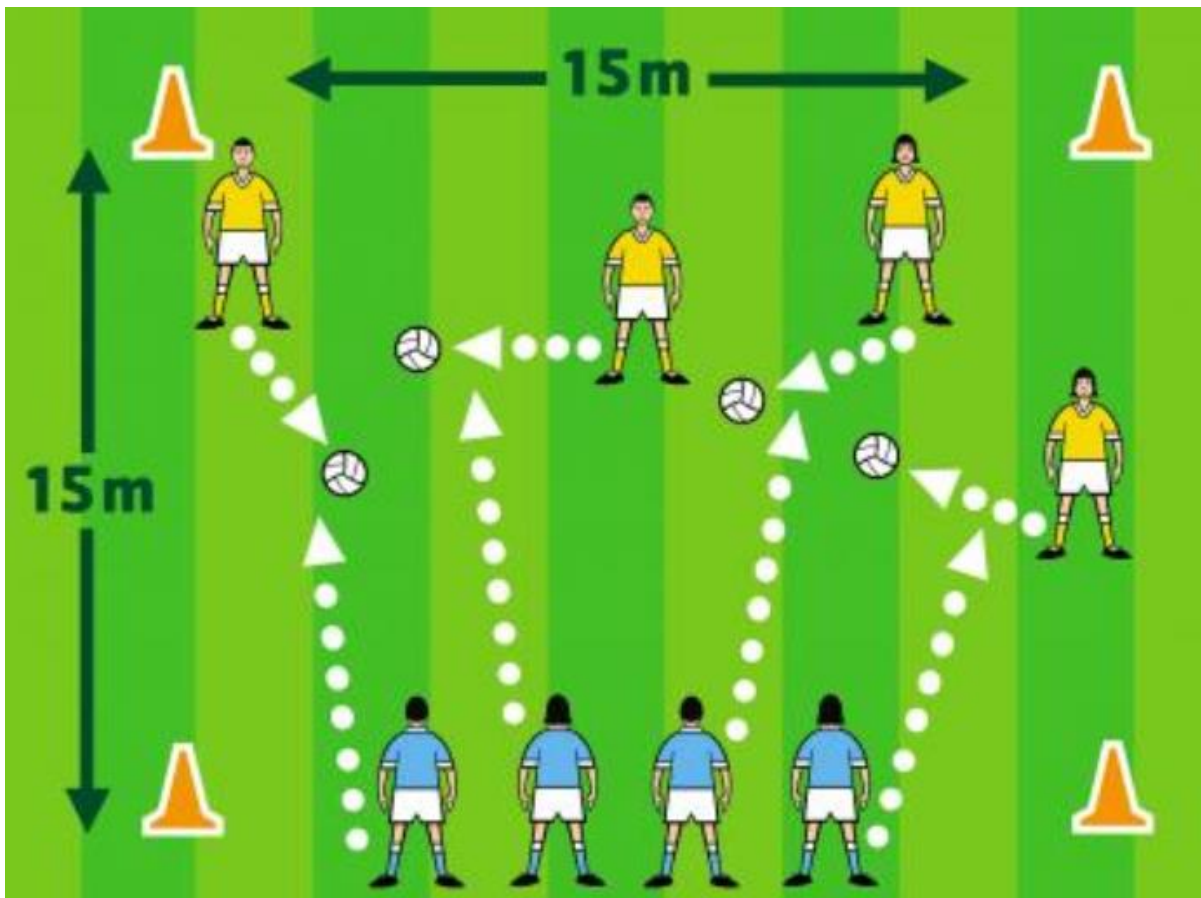
The teams switch roles after 30 seconds

The team that completes the most crouch lifts wins

Variation

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

Video - <https://youtu.be/wCOXUPIOhbU>



PRACTICE PLAY

SKILLS DRILLS

THE ROLL - TACKLE BAG ROLL

This is an intermediate drill to practice 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

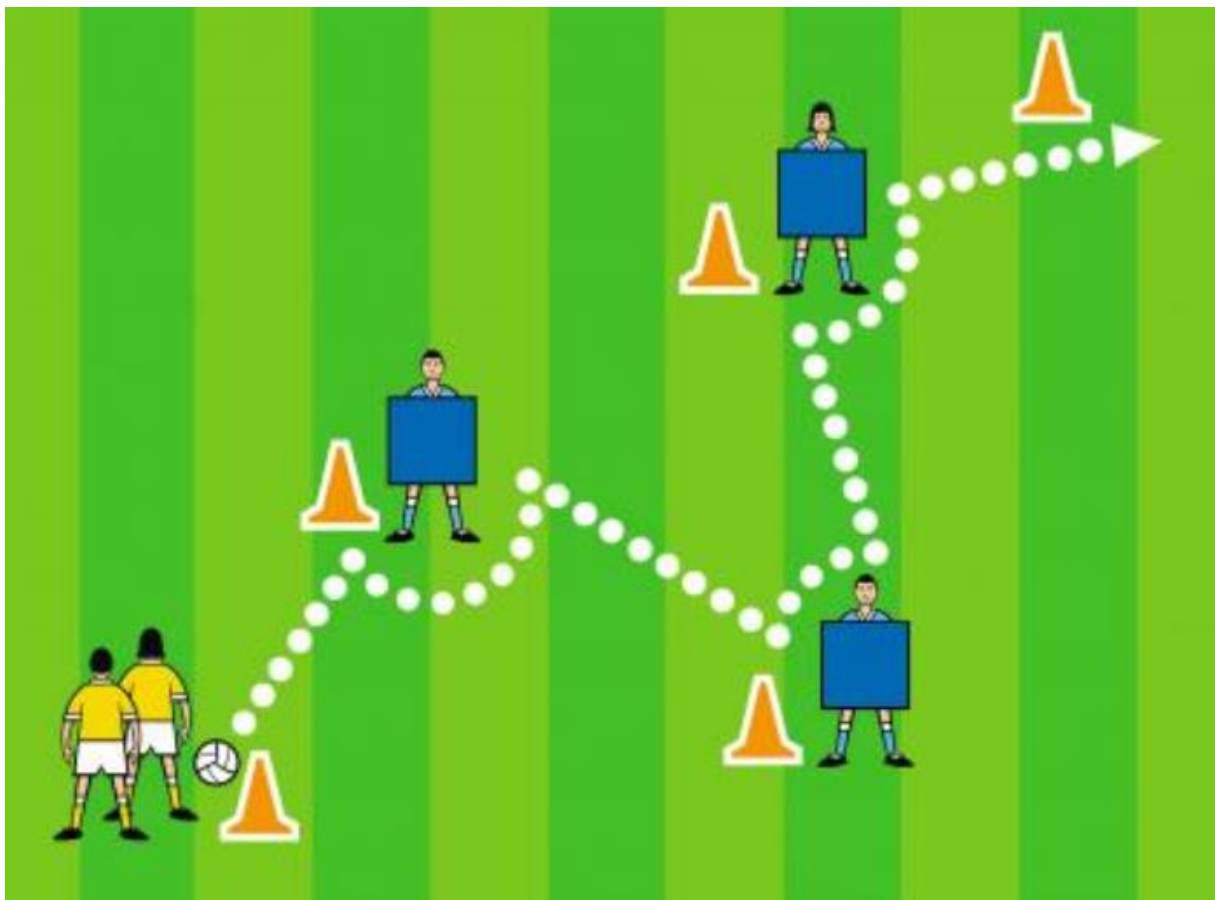
The remaining players line up at one end of the formation

Each player in turn jogs through the formation practicing the roll with the right and left shoulder at each alternate tackle bag

Variation

Task - As the players become more comfortable encourage them to play the ball particularly focussing on using the bounce as they move away from each tackle

Video - <https://youtu.be/UG1pg2EbCt4>



PRACTICE PLAY

SKILLS DRILLS

CHECKING - CHECK SOLO

This is an intermediate drill to practice the Checking technique



Organisation

Mark out a grid 8 to 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

Task - As the players become more proficient, allow player B to attempt to tackle the ball; dispossession should be attempted during the solo or bounce

Video - https://youtu.be/ZvEJWrVUi_E



PRACTICE PLAY

SKILLS DRILLS

SOLO - TOE TAP & FIST PASS

This intermediate drill to practice the Solo technique requires the players to toe tap the ball on the run



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 returns to the back of the line

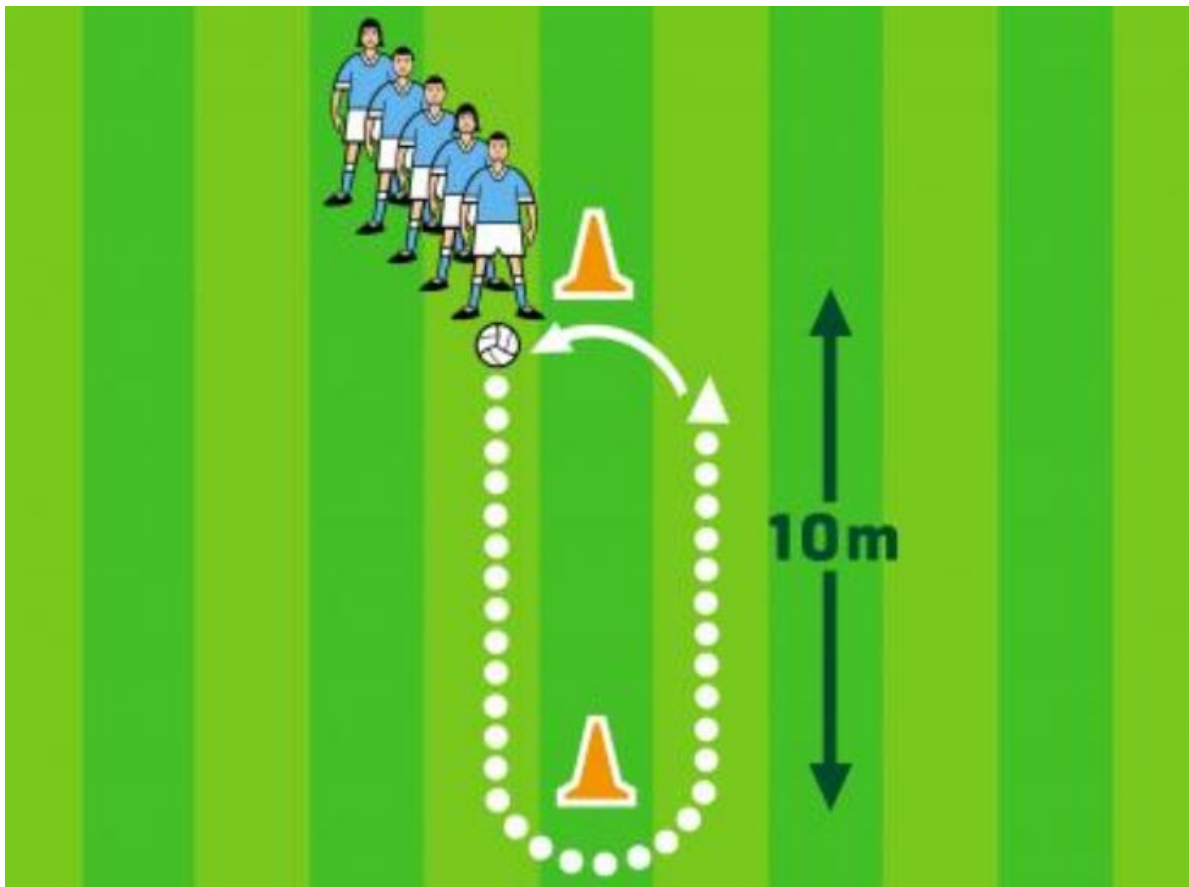
Continue the drill for a set time

Repeat the drill using the opposite foot

Variation

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

Video - <https://youtu.be/LyXuGWQE30Q>



BALL SENSE

CORE SKILLS DRILLS – BOUNCE

BOUNCE SLALOM – (with catch & lift)

This intermediate level drill to practice the Bounce technique requires the players to bounce the ball using both left and right hands alternately.



Organisation

Set up drill area as per fig.1, four poles or cones in a line at 2 to 3 metre intervals.

Mentor throws the ball to the first player in the line.

Player catches the ball and then rolls it out in front of them.

Running forward, the player lifts the ball and makes their way through the slalom course while bouncing the ball.

Once they reach the end, the player returns the ball to the next mentors ball pile and joins the next line.

Key Points

When player is half way through the slalom, start the next player

Encourage players to practice bouncing with both hands and single handed with left and right hands

Equipment

8 posts, 2 ground marker cones, at least 6 footballs

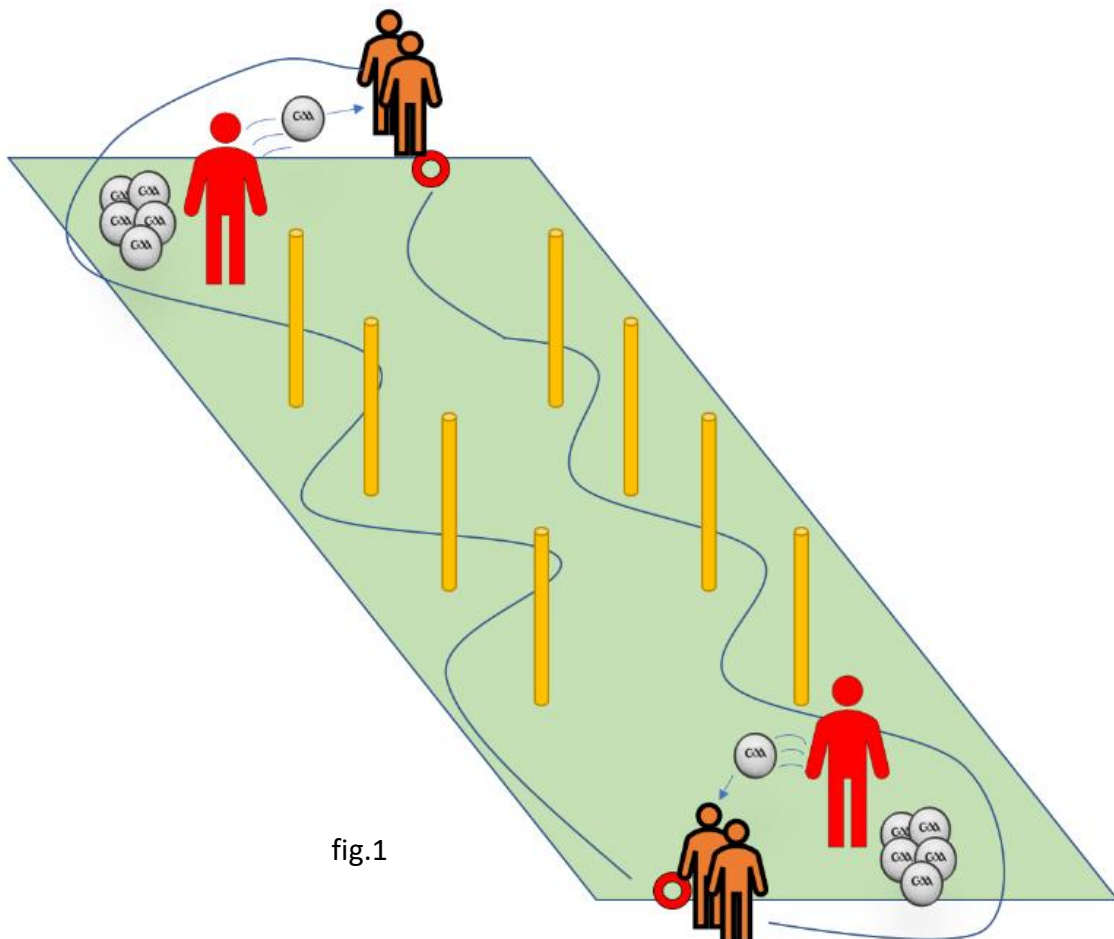


fig.1

PRACTICE PLAY

SKILLS DRILLS

MOVE & PASS – HAND PASS

This is an Intermediate Drill to practice the Hand Pass technique



Organisation

Divide the players into groups of 8; one ball per group

Mark out a distance of approximately 8 to 10 metres using cones

Place a marker half way between the outer cones

Four players line up at either cone

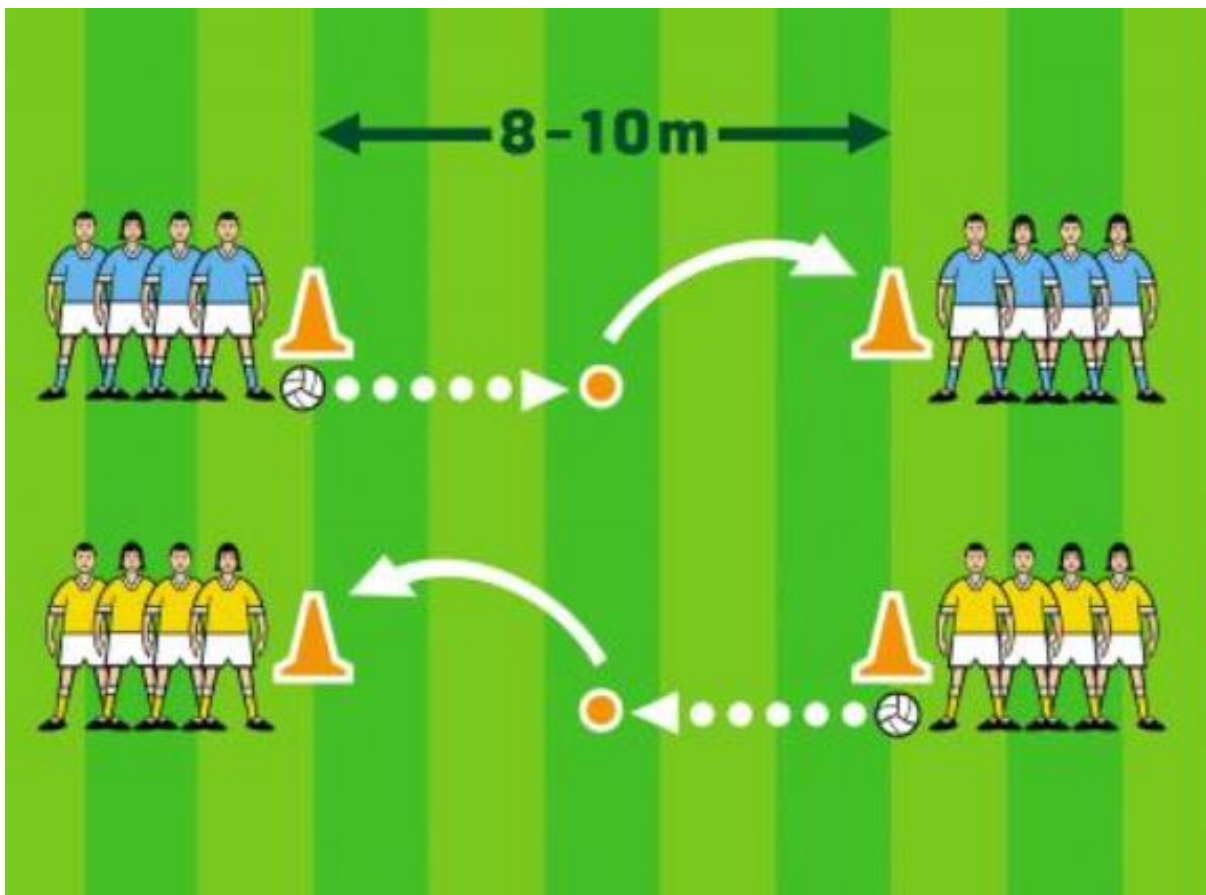
The player in possession jogs forward, hand passing the ball from the marker to the first player on the far side, who repeats the drill

Each player follows on to line up at the back of the opposite line

Variation

To increase the difficulty increase the distance the players must pass the ball

Practice the hand pass using both hands



PRACTICE PLAY

SKILLS DRILLS

SOLO SMS

This is an Intermediate Drill to practice the Solo technique
SMS = Stationary, Moving & Slalom



Organisation

STAGE 1 – STATIONARY

Provide each player with a football. Players attempt to solo the ball while standing in the one spot. Encourage players to use both feet.

STAGE 2 – MOVING

Next, instruct players to walk around the practice area while attempting to solo on the move. Again, encourage players to use both feet.

STAGE 3 - SLALOM

Set up drill area as per fig.1, four poles or cones in a line at 2 to 3 metre intervals.

Mentor throws the ball to the first player in the line.

Player catches the ball and then rolls it out in front of them.

Running forward, the player lifts the ball and makes their way through the slalom course while soloing the ball.

Once they reach the end, the player returns the ball to the next mentors ball pile and joins the next line.

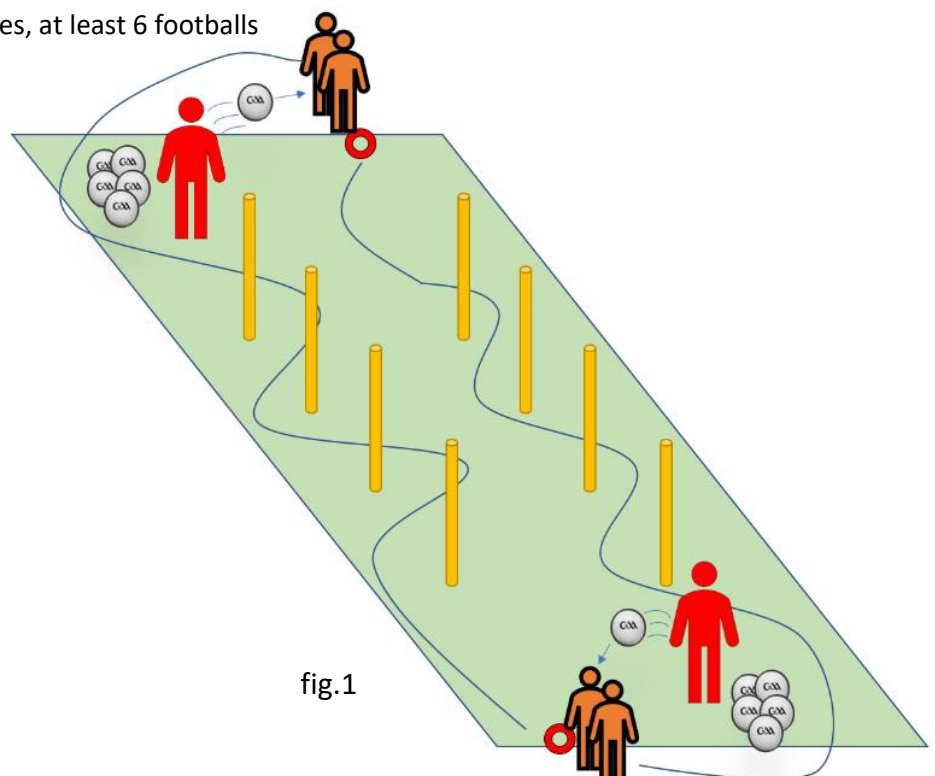
Key Points

When player is half way through the slalom, start the next player

Encourage players to practice bouncing with both hands and single handed with left and right hands

Equipment

8 posts, 2 ground marker cones, at least 6 footballs



PRACTICE PLAY

SKILLS DRILLS

PARTNER KICK 2

This is an Intermediate Drill to practice the Kicking technique



Organisation

The players work in pairs; one ball per pair

In turn each player kick passes to the other.

Practice the following different kicks;

1. Ground Kick
2. Punt kick from hands
3. Low kick from hands

Key Points

Head down kick through the ball

Extend the arm on the non-kicking side to maintain balance

Encourage players to use both feet



BALL SENSE

CORE SKILLS DRILLS – BOUNCE

NEAR HAND TACKLE

This is a basic drill to practice the Near Hand Tackle technique in a controlled situation



Organisation

Divide the group into pairs

Mark out a channel approximately 5 metres 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

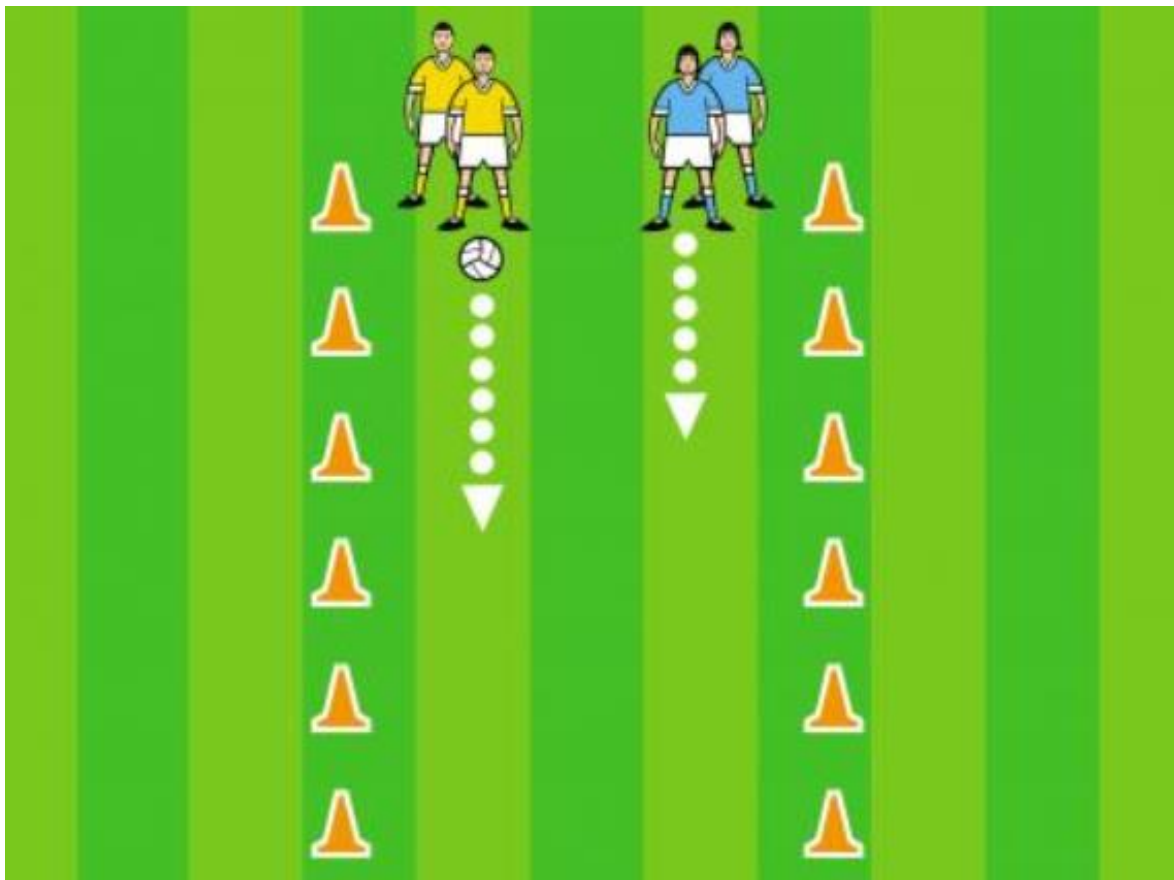
Change roles after a number of attempts

Variation

The player in possession should toe tap or bounce the ball on every stride to afford the tackling player a number of chances to practice the tackle

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

Video - <https://youtu.be/i-yHhtKdHes>



BALL SENSE

CORE SKILLS DRILLS – BLOCK

IMITATION BLOCK

This basic drill to practice the Block Down technique is designed to familiarise the players with the feeling of blocking the ball



Organisation

Each player has a ball

Ensure each pair has adequate space to perform the technique in a stationary position

In a kneeling position the players bounce the ball firmly off the ground spreading their hands to block the ball as it bounces back up

Variation

Task - Progress the drill by getting the players to stand and toe tap the ball to themselves spreading the arms and hands to block the ball as it leaves the foot

Video - <https://youtu.be/pjYZaUaiMmY>



PRACTICE PLAY

SKILLS DRILLS

AROUND THE SQUARE – HAND PASS

This is an Intermediate Drill to practice the Hand Pass technique



Organisation

Divide the players into groups of 5; one ball per group

Mark out a grid approximately 5 to 8 m square

Two players are positioned at one cone; the first with a ball

One player is positioned at each of the other cones

Each player in turn fist passes the ball to the next player, following their pass to the next cone

The outside hand should be used to pass the ball

After a set time change the direction of the drill; the other hand should now be used to pass the ball

Variation

Space – To Increase the difficulty; Increase the size of the grid

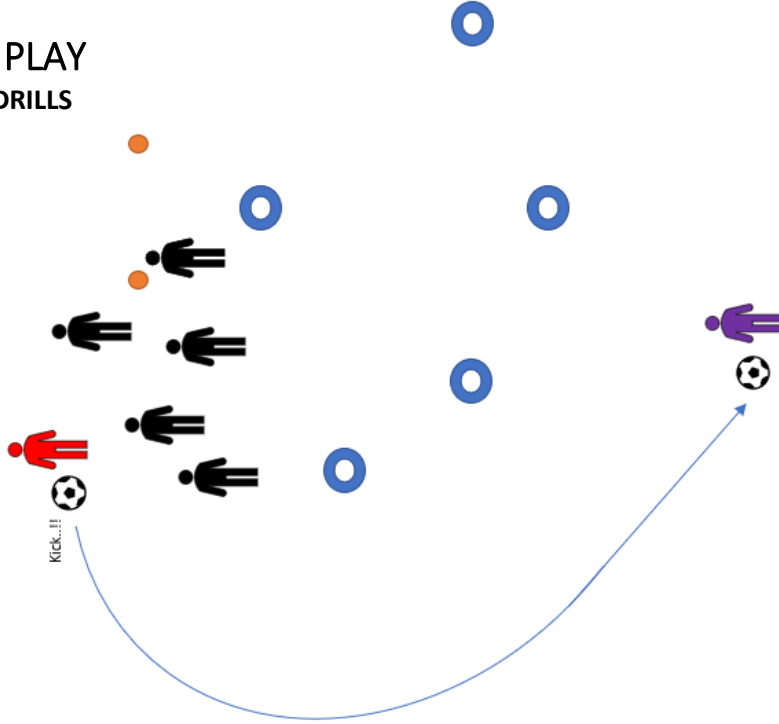
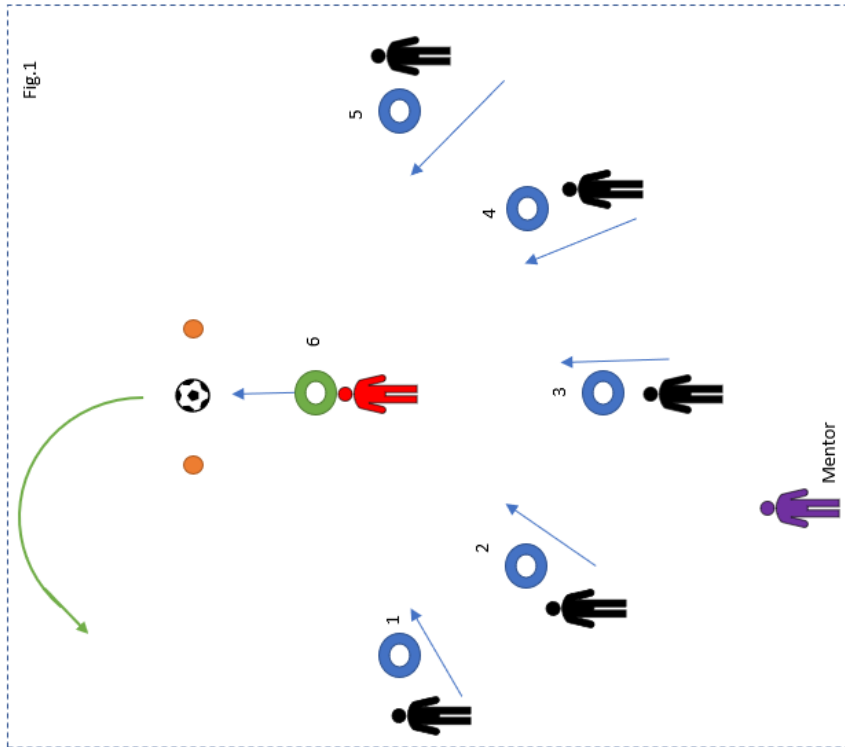
Video - <https://youtu.be/P71uFmSzg3I>



PRACTICE PLAY
MATCHPLAY DRILLS



Matchplay Drills – Hunting Pack (1)



Equipment;

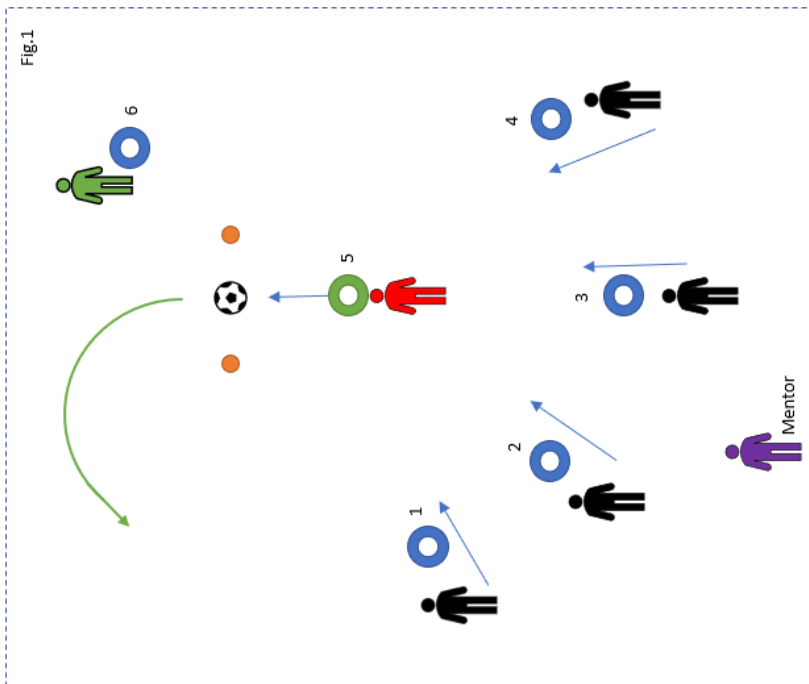
- ❖ 1 cone per player, 2 coloured posts & 1 football

Directions;

- ❑ Set up the drill zone as fig.1
- ❑ First explain the benefit of the player continuing their run into space once the ball is collected
- ❑ Red player is the forward, black players are all defenders
- ❑ On the mentors whistle all players run towards the ball
- ❑ Red player should be first to the ball, picks it from the ground and continues their run as per green arrow
- ❑ Red player must attempt to kick ball over the 'hunting pack' (Black Players) to the mentor before taking the ball into contact
- ❑ After each turn, players move up one position

PRACTICE PLAY
MATCHPLAY DRILLS

Matchplay Drills – Hunting Pack (2)

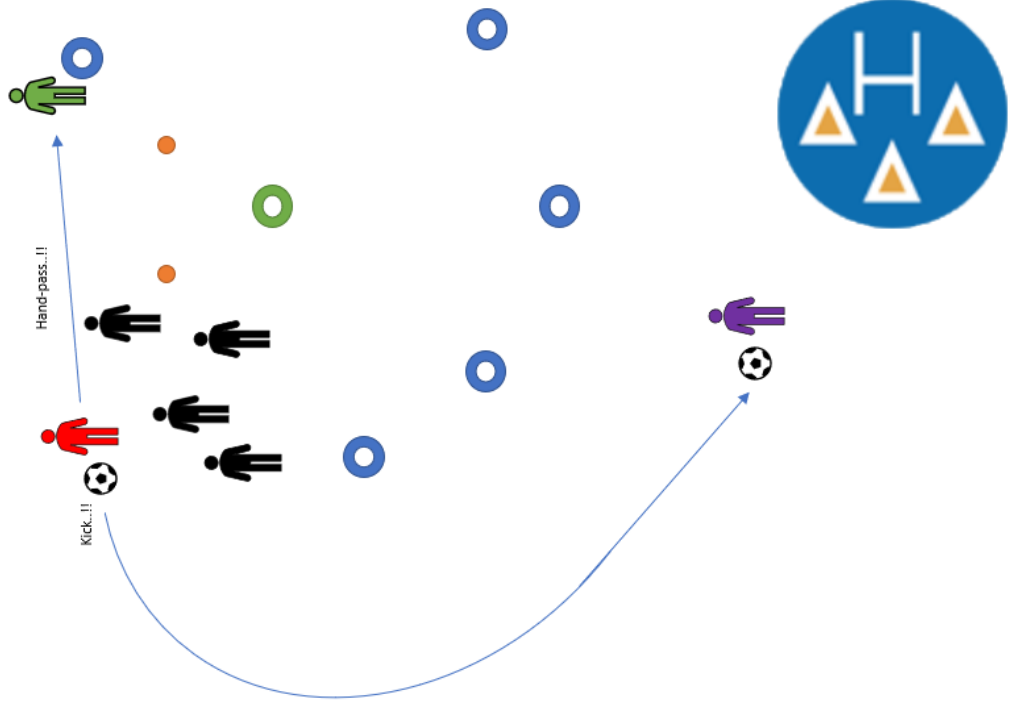


Equipment;

- ❖ 1 cone per player, 2 coloured posts & 1 football

Directions;

- ❑ Set up the drill zone as per fig.1
- ❑ First explain the benefit of the player continuing their run into space once the ball is collected
- ❑ Red player is the forward, black players are all defenders and the green player waits to receive hand-pass if required.
- ❑ On the mentors whistle Red & Black players run towards the ball
- ❑ Red player should be first to the ball, picks it from the ground and continues their run as per green arrow
- ❑ Red player must attempt to
 - (a) kick ball over the hunting pack (black players) to the mentor, before taking the ball into contact
 - (b) if the mentor has their arms folded (or crossed across their chest) the pass is not on and red player must hand pass to green player
- ❑ After each turn, players move up one cone into the next position



BALL SENSE

CORE SKILLS DRILLS – CATCH

REACH CATCH – OPPOSED CATCH

This advanced drill to practice the reach catch technique introduces 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

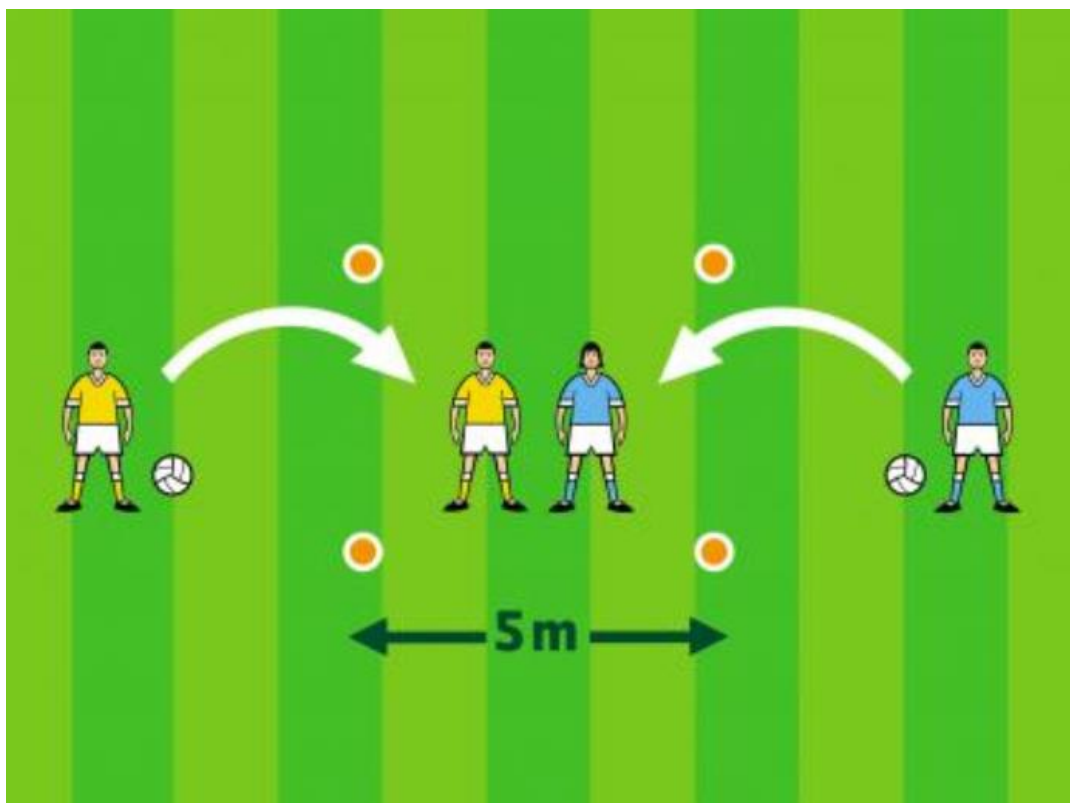
Each feeder in turn throws the ball for their partner to perform the reach catch while the other player provides opposition

Initially the opposition should be token before eventually progressing to full opposition as the players become more competent

Variation

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

Video - <https://youtu.be/ezN3CsSa4NE>



BALL SENSE

CORE SKILLS DRILLS – SOLO

CRAZY SOLO

This intermediate drill to practice the Solo technique challenge the peripheral vision of the players



Organisation

Mark out a grid using cones as shown

Place a further cone in the centre of the grid

Divide the players into groups of 3; one ball per group

Each group of 3 line up at a corner cone

The first player in each group solos with the ball in an anti-clockwise direction around the next cone, then the centre cone, and back to their corner

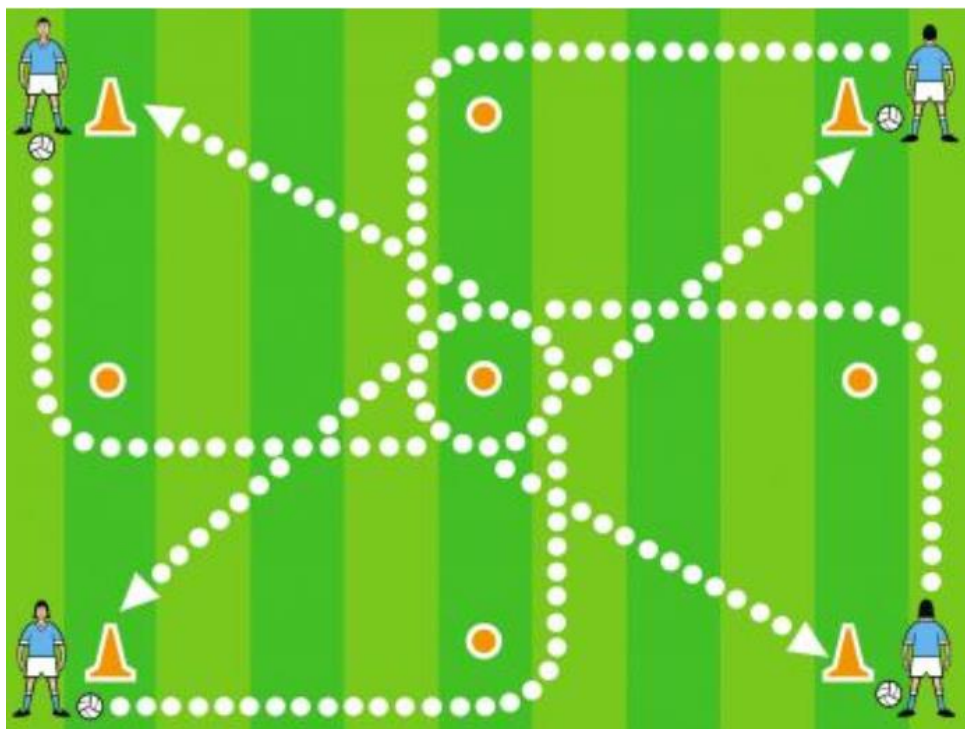
Each player in turn repeats the drill

The players must be aware of each other's movements as they round the centre cone

Variation

Task – Allow the players to attempt to knock the ball from the other players as they round the centre cone

Video - <https://youtu.be/rJ9WPlg1ix8>



BALL SENSE

CORE SKILLS DRILLS – NEAR HAND TACKLE

TACKLE TO TEAM MATE

This intermediate drill to practice the Near Hand Tackle technique requires the tackling player to knock the ball to a team mate



Organisation

Divide the players into groups of 3

Mark out a channel approximately 5 metres 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

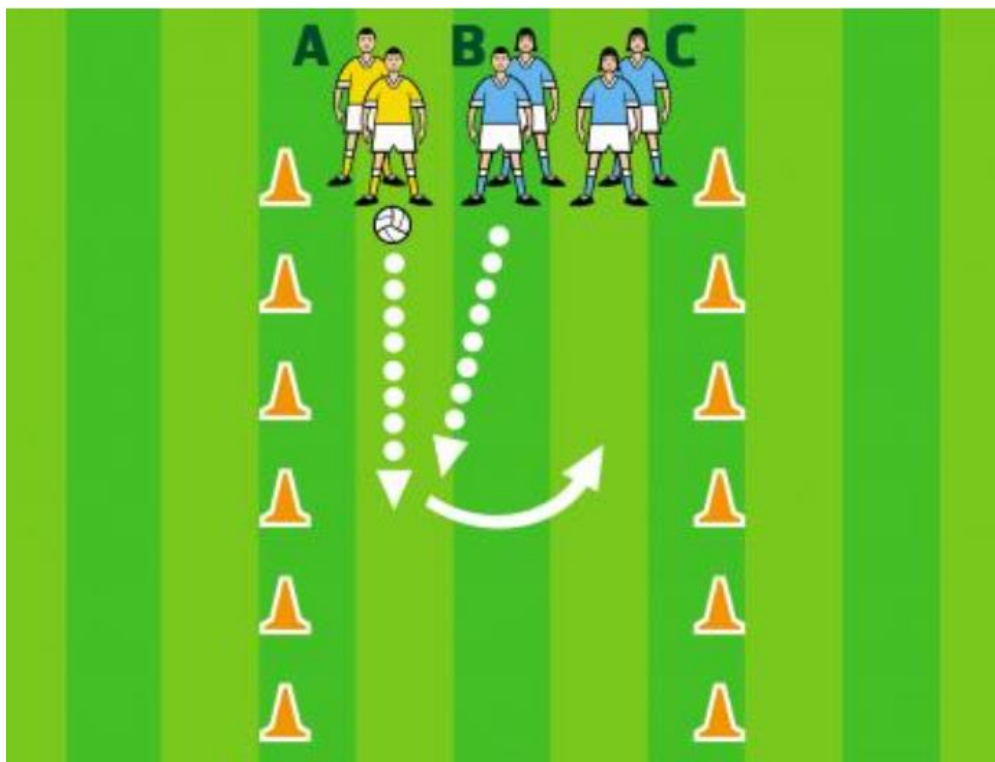
Key point is that the players should be focused on tackling the ball and not the player

Variation

Task - Player B is in possession and Player C attempts to perform the near hand tackle and knock the ball to Player A

Task - As the proficiency of players improves, increase the pace of the drill

Video - <https://youtu.be/x6PcRQQ3IVl>



BALL SENSE

CORE SKILLS DRILLS – Hand Pass

PRESSURE PASS

This Intermediate Drill to practice the Hand Pass technique requires 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

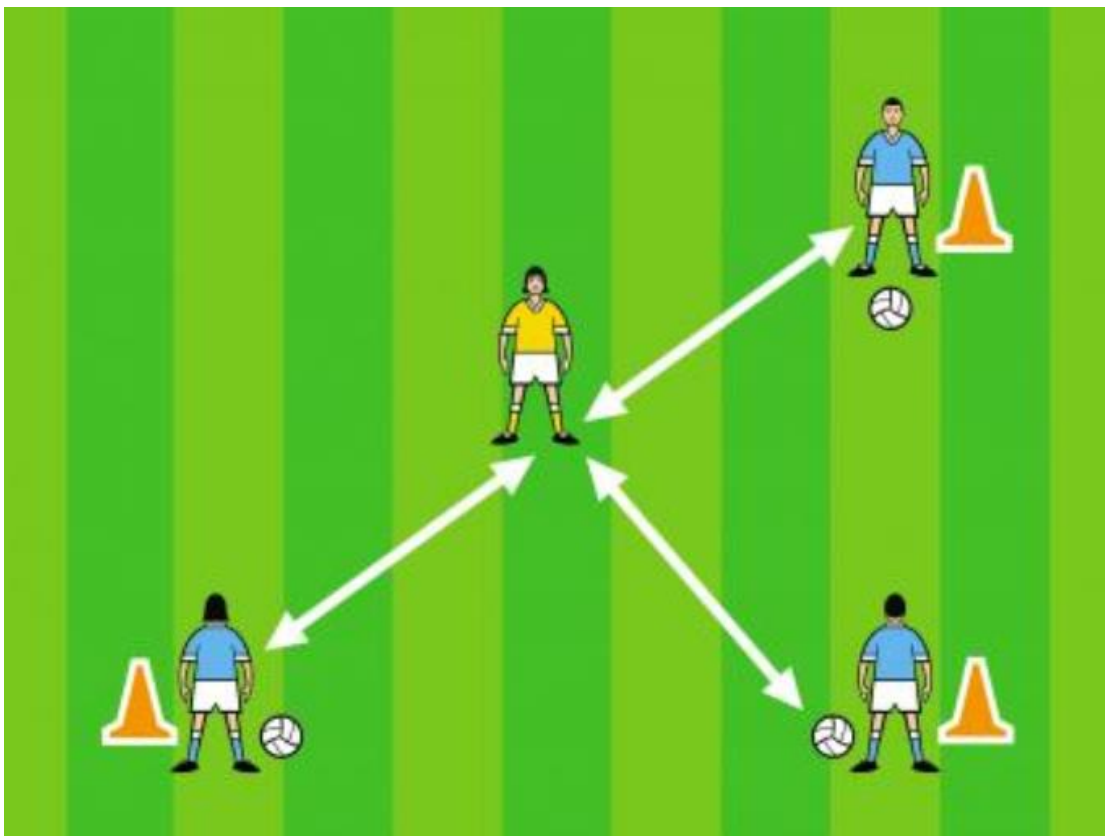
The 'central' player must take and return a pass from each player in turn for a set period of time, e.g. 30 seconds

Reverse the roles to provide each player with an opportunity to be the 'central' player

Variation

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

Video - <https://youtu.be/3UKjg-ep79c>



BALL SENSE

CORE SKILLS DRILLS – BOUNCE

BOUNCE & TURN

This Intermediate Drill to practice the Bounce technique

Organisation

Set up 4 cones in a square formation approximately 4 to 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

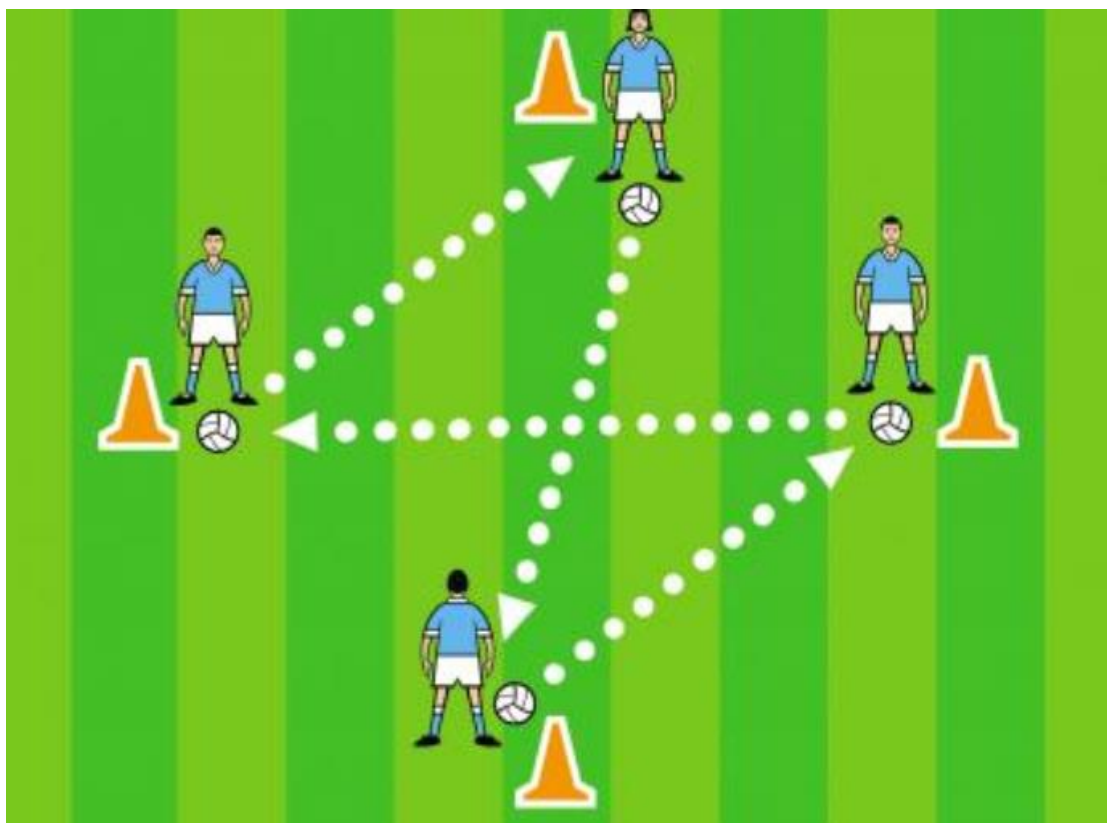
Encourage the players to use the left hand to bounce the ball when turning to the right around a cone and vice versa

The players must be aware of each other to avoid knocking into one another as they cross to each cone

Variation

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

Video - <https://youtu.be/ZXLBYXz6t34>



BALL SENSE

CORE SKILLS DRILLS – CATCH

LOW CATCH

This is a basic drill to practice the low catch technique

Organisation

Divide the group into pairs; one football per pair

The players stand approximately 3 metres apart

Each player in turn throws the ball to bounce for their partner to perform the low catch

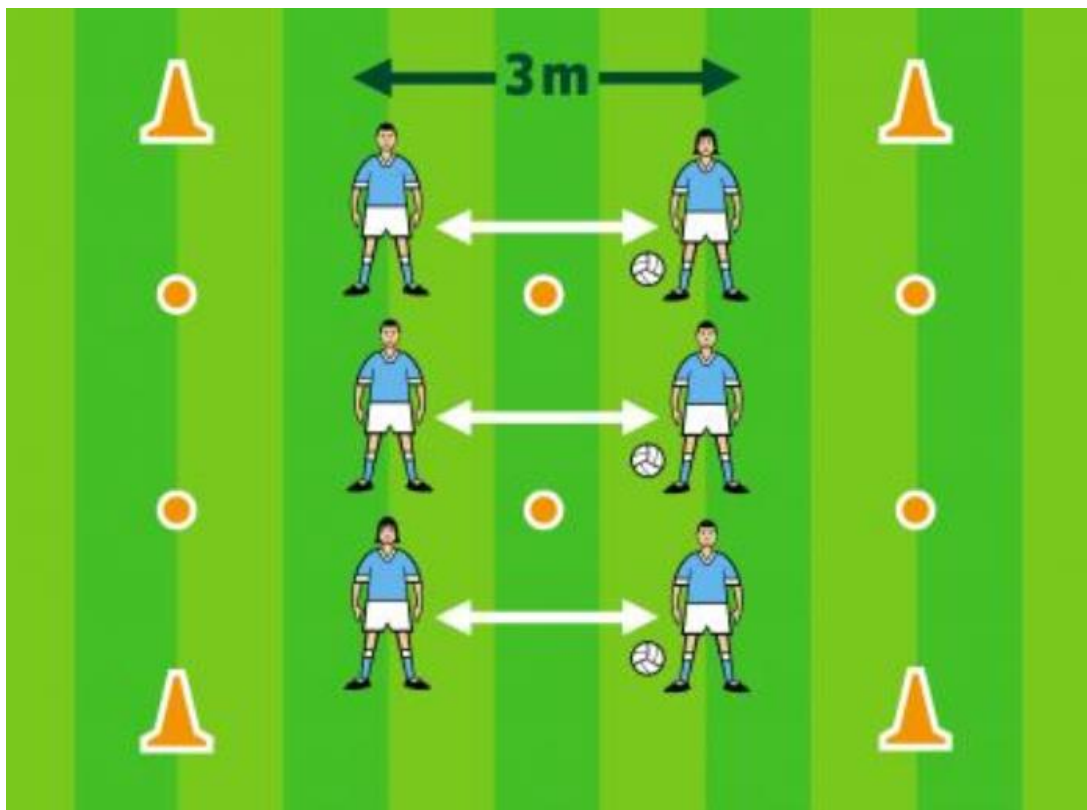
Count the number of successful catches in 30 seconds

Variation

Space - Move the players further apart as their technique improves

Advanced - Change the throw to a hand pass or kick pass

Video - https://youtu.be/a_MfmhOnE8w



BALL SENSE

CORE SKILLS DRILLS – CATCH

LOW CATCH

This is an intermediate drill to practice the Low Catch technique

Organisation

Divide the players into groups of 8; one ball per group

Mark out a distance of approximately 8 to 10 metres 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

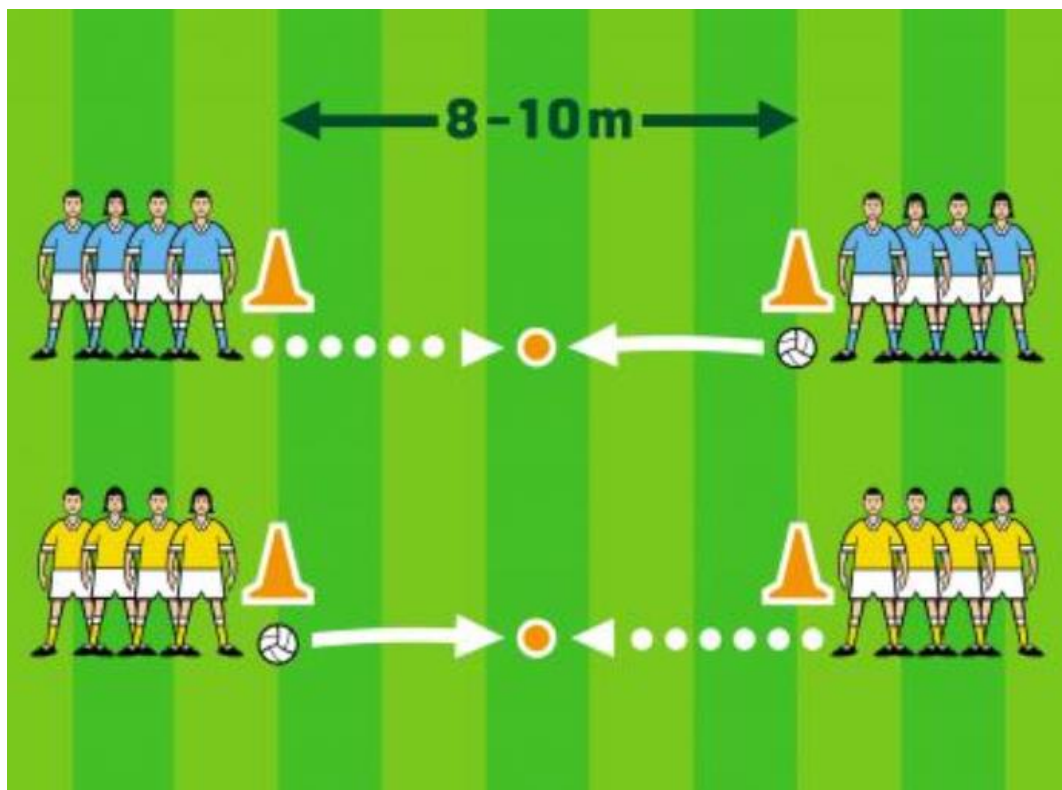
Each player follows on to line up at the back of the opposite line

Variation

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

Advanced - Replace the throw with a hand pass or kick pass

Video - <https://youtu.be/ikJz7G4kRe4>



BALL SENSE

CORE SKILLS DRILLS – CATCH

LOW CATCH

This is an intermediate drill to practice the Low Catch technique



Organisation

Place 5 markers as shown to make a star shape

Position 2 players at each marker

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

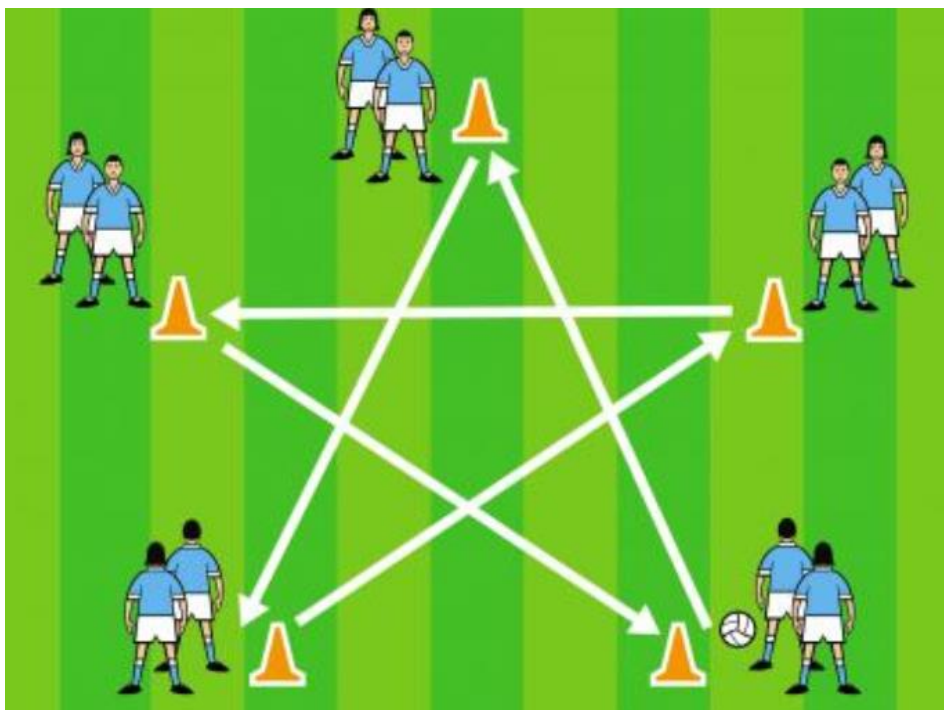
Each player follows their throw to take position at the back of the line

Encourage the catching players to move forward into the ball as it approaches

Variation

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

Video - https://youtu.be/jDjdZCy_ExU



BALL SENSE

CORE SKILLS DRILLS – HAND PASS

ZIG ZAG PASS

This is an intermediate drill to practice the hand pass technique



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

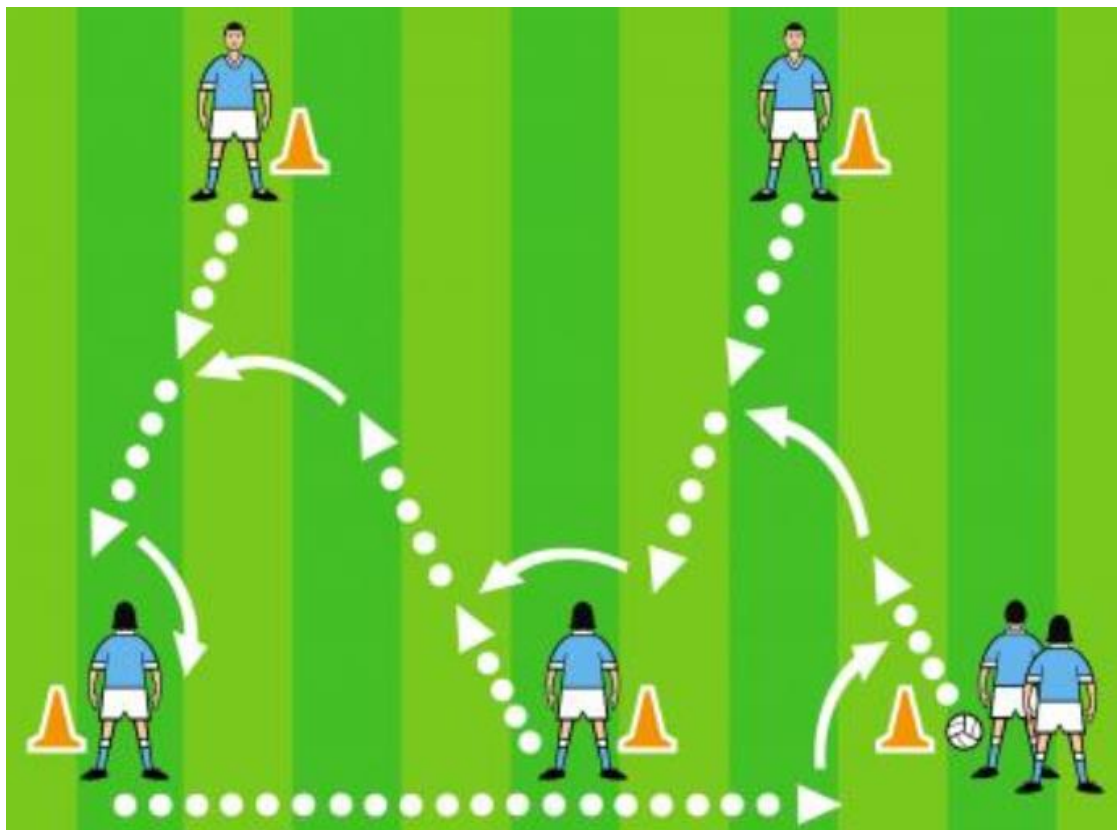
The last player plays the ball back to the first marker and so the drill continues

Encourage the players to use their right hand when the receiver is to the left and vice versa

Variation

Equipment – To increase the difficulty of the drill introduce a second ball

Video - <https://youtu.be/0XCDh1q-n0U>



BALL SENSE

CORE SKILLS DRILLS – BLOCK

MOVE & BLOCK

This is an intermediate drill to practice the hand pass technique

Organisation

Divide the group into pairs; one ball per pair

Mark out two cones 5 to 8 meters 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

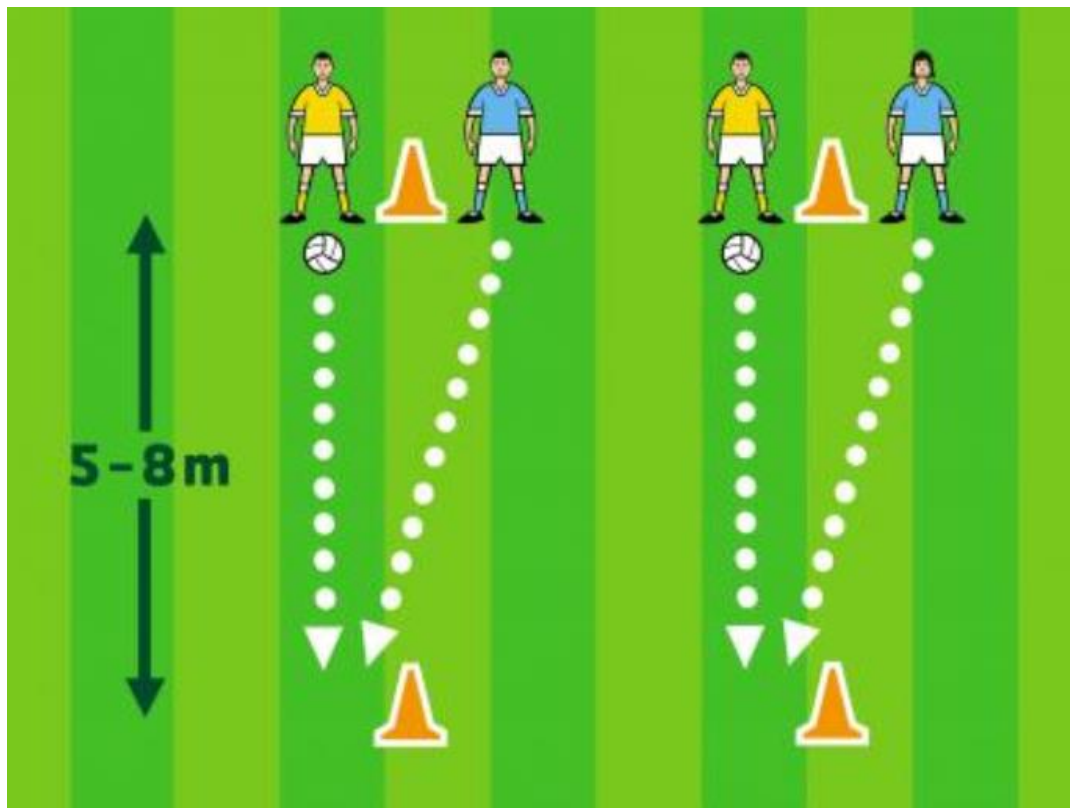
Providing a target or player for the kicker to aim at will help improve the success of the drill

Reverse the roles after a designated time

Variation

Task – As the players become more proficient increase the pace of the drill

Video - <https://youtu.be/I9LTrbuJJsU>



BALL SENSE

CORE SKILLS DRILLS – HAND PASS

MOVE & PASS 2

This is an intermediate drill to practice the hand pass technique



Organisation

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

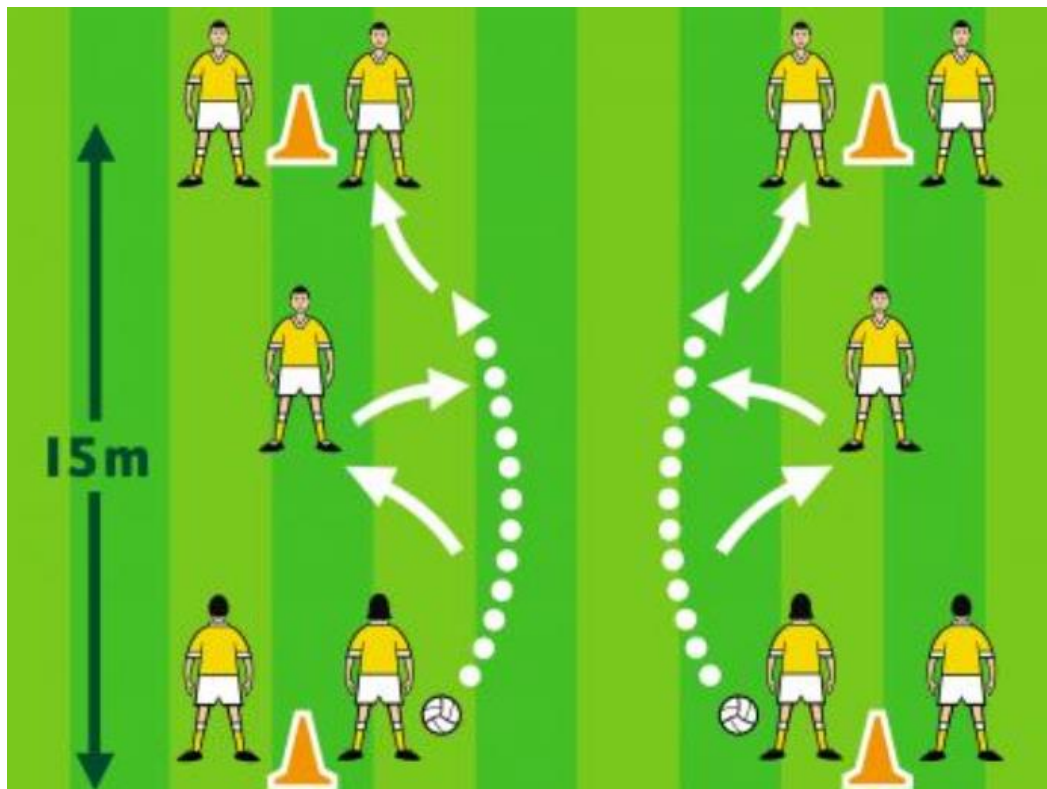
Each player in turn fist passes the ball to the central player, moves to receive the return and fist passes to the next player at the far cone

When running to the right of the central player the right hand should be used to pass and vice versa

Variation

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

Video - <https://youtu.be/Lr4b8T0FaTo>



BALL SENSE

FUN ROUTINE – BOUNCE

BOUNCE KING

This grid game challenges each player to perform the bounce while under pressure from an opponent



Organisation

Mark out a grid 20m by 20m

Divide the players into two equal teams

One team 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 one

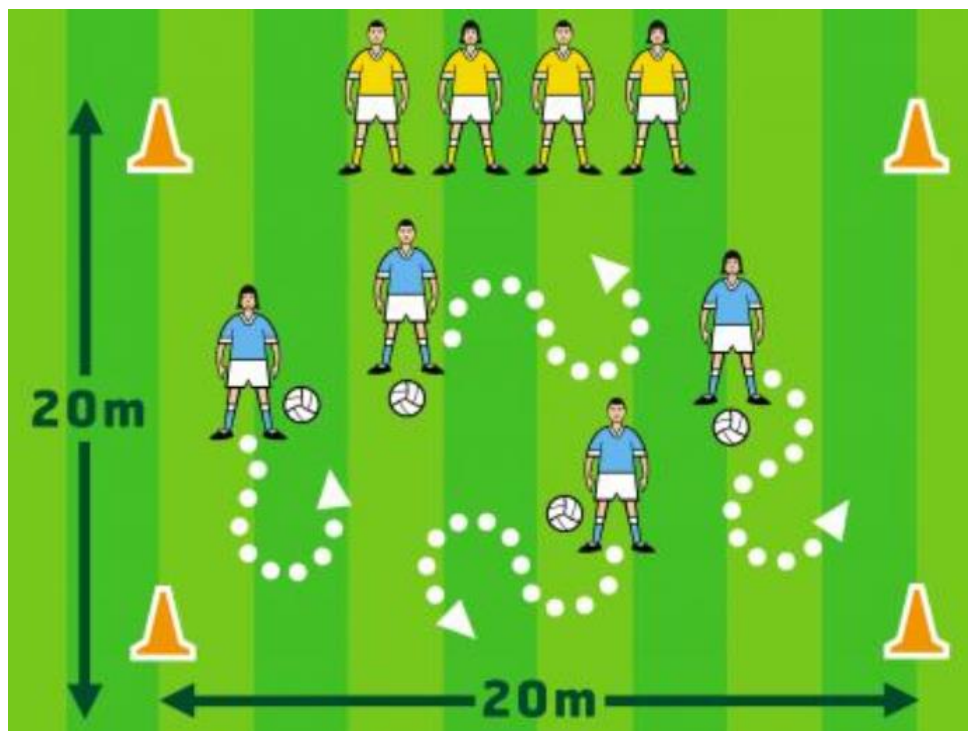
The team of the player who keeps possession for the longest time wins

Switch the roles after a set time

Variation

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

Video - <https://youtu.be/EYztQTjgZDA>



BALL SENSE

CORE SKILLS DRILLS – LIFT

TUSSLE & LIFT

This is an advanced drill to practice 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 5 meters apart

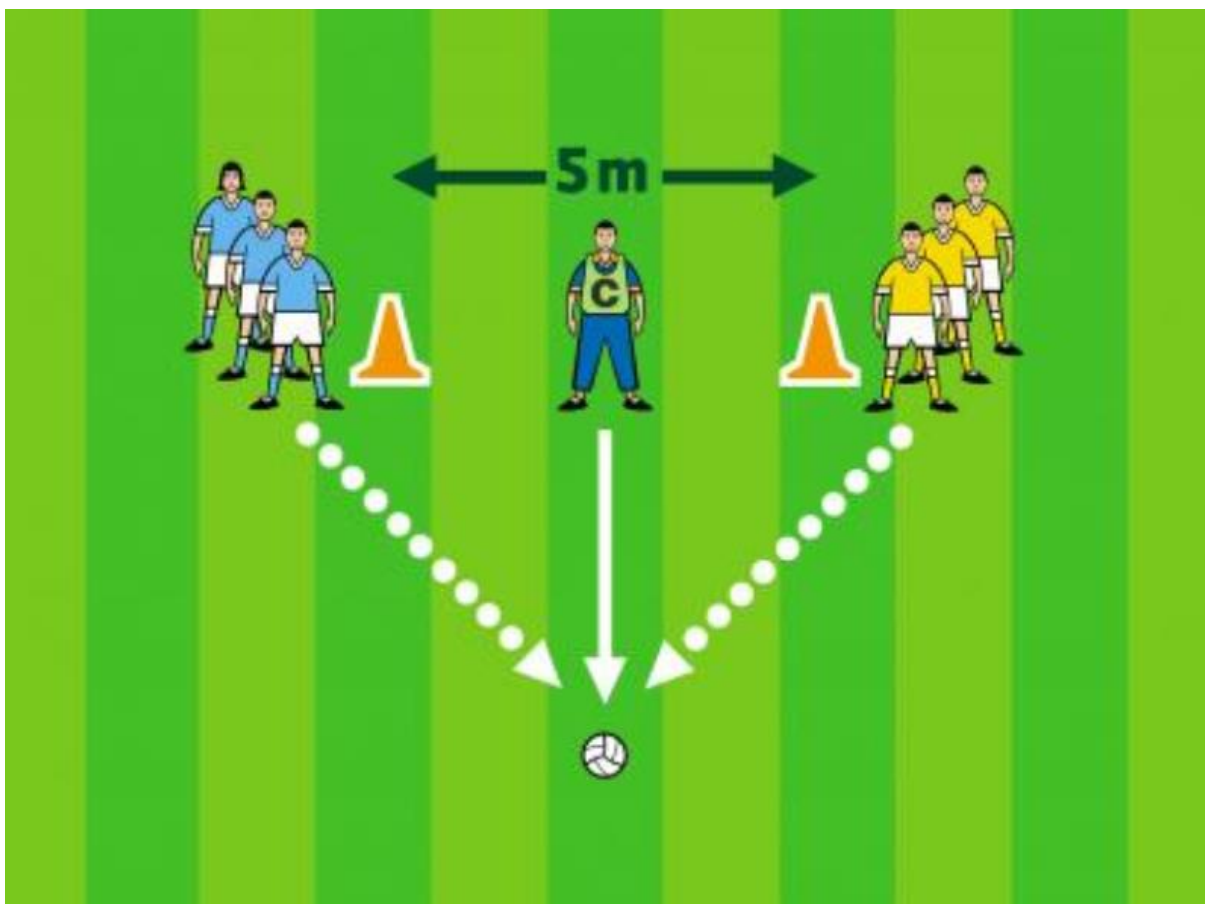
On a signal the coach rolls the ball forward from behind each pair who chase and contest for the ball

The players switch sides on every go

Variation

Task – 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

Video - <https://youtu.be/MkZGRYbaU3c>



BALL SENSE

CORE SKILLS DRILLS – KICK

KICK & SCORE

This intermediate drill to practice the Hook Kick technique requires the players to kick for a score



Organisation

Place 2 cones 6 to 8 meters apart 30m from goal (or appropriate distance)

All the players except one begin behind the goal

Position the other player at a cone 20 meters from goal to one side

The first player from behind the goal solos towards the cone and first passes to the waiting player, taking over their position

That player solos to round the nearest 30m cone and hook kicks for a point.

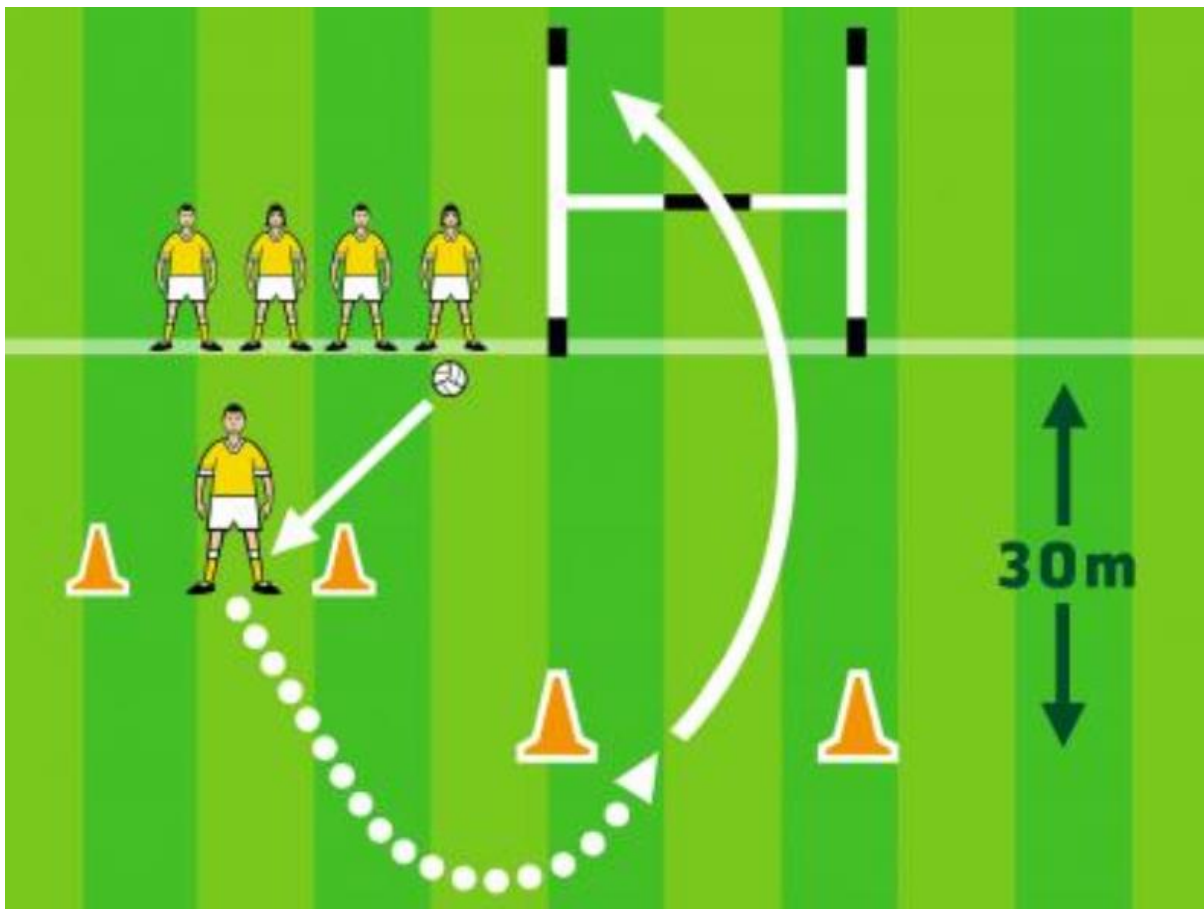
The next player behind the goal repeats the drill

Continue the drill for a set time and repeat from the opposite side

Variation

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

Video - <https://youtu.be/ZbdjBlin5HE>



BALL SENSE

CORE SKILLS DRILLS – KICK

PRESSURE CLEARANCE KICKS

This is an intermediate drill to practice clearance kicks while under pressure



Organisation

Set up drill area as per Fig.1 below

Group to the left are defenders and the group on the right are forwards.

On the mentors whistle, mentor 1 feeds the ball into the drill area, ensuring it is closer to the defender. Both the defender & forward run to retrieve the ball but as the ball is closer to the defender, the defender should gain possession.

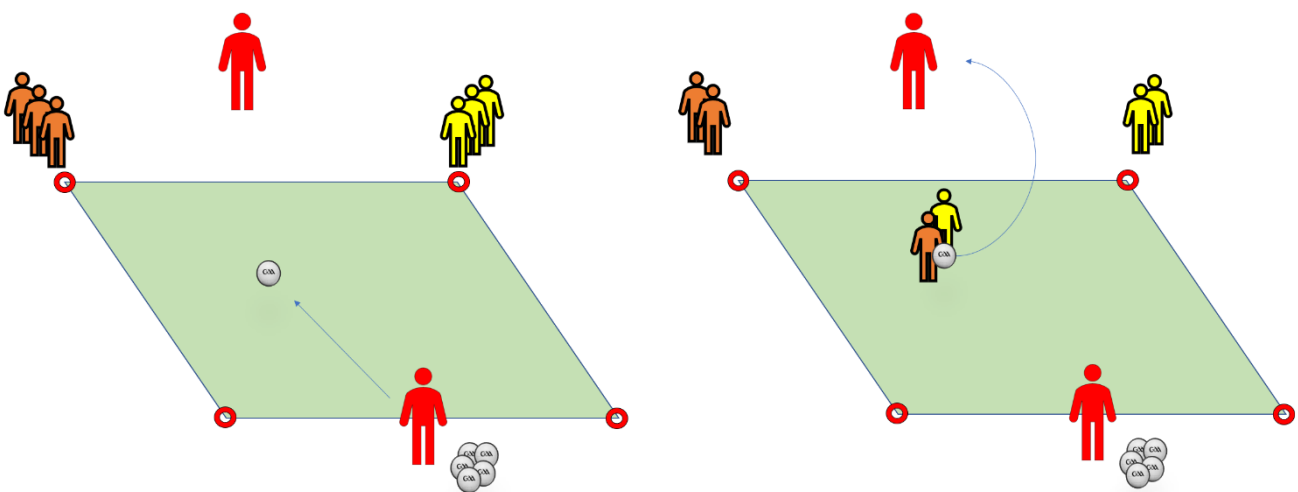
Once in possession the defender must take their 4 steps and then attempt to kick the ball towards mentor 2 while the forward attempts to disposes the defender.

This drill is also effective for the forward to practice the block technique.

After their turn the players go to the back of the **opposite que**

Key Points

At this age group, hand passes are more likely to miss their target and this leads to defenders losing possession close to their own goals. Encourage players when playing in a defensive position to, as much as possible, clear the ball away from their goals by kicking rather than hand passing.



PRACTICE PLAY

MATCHPLAY DRILLS

TURN, PASS & SHOOT

This drill is designed to encourage the forward player to move toward goal rather than moving toward the ball once the midfielder is in possession. The drill also includes kick passing and kicking at goal.



Organisation

Set up the drill area as per Fig.1

Players on the left nearest the goals are the forwards

Players on the right nearest the mentor are the midfielders

Place one mentor behind the goal the retrieve the ball and roll it back up to the other mentor

Drill starts when the Mentors rolls a ball out into play

The first midfield player runs to retrieve the ball while the first forward enters the drill area.

Once the midfield player is in possession of the ball both players move toward goal

The midfield player takes either one hop or one solo and then releases the ball via a kick pass to the forward player, who in turn, attempts to score a point.

Key Points

The forward should not turn their back on the ball when moving toward goal

The midfield player should focus in the accuracy of the pass

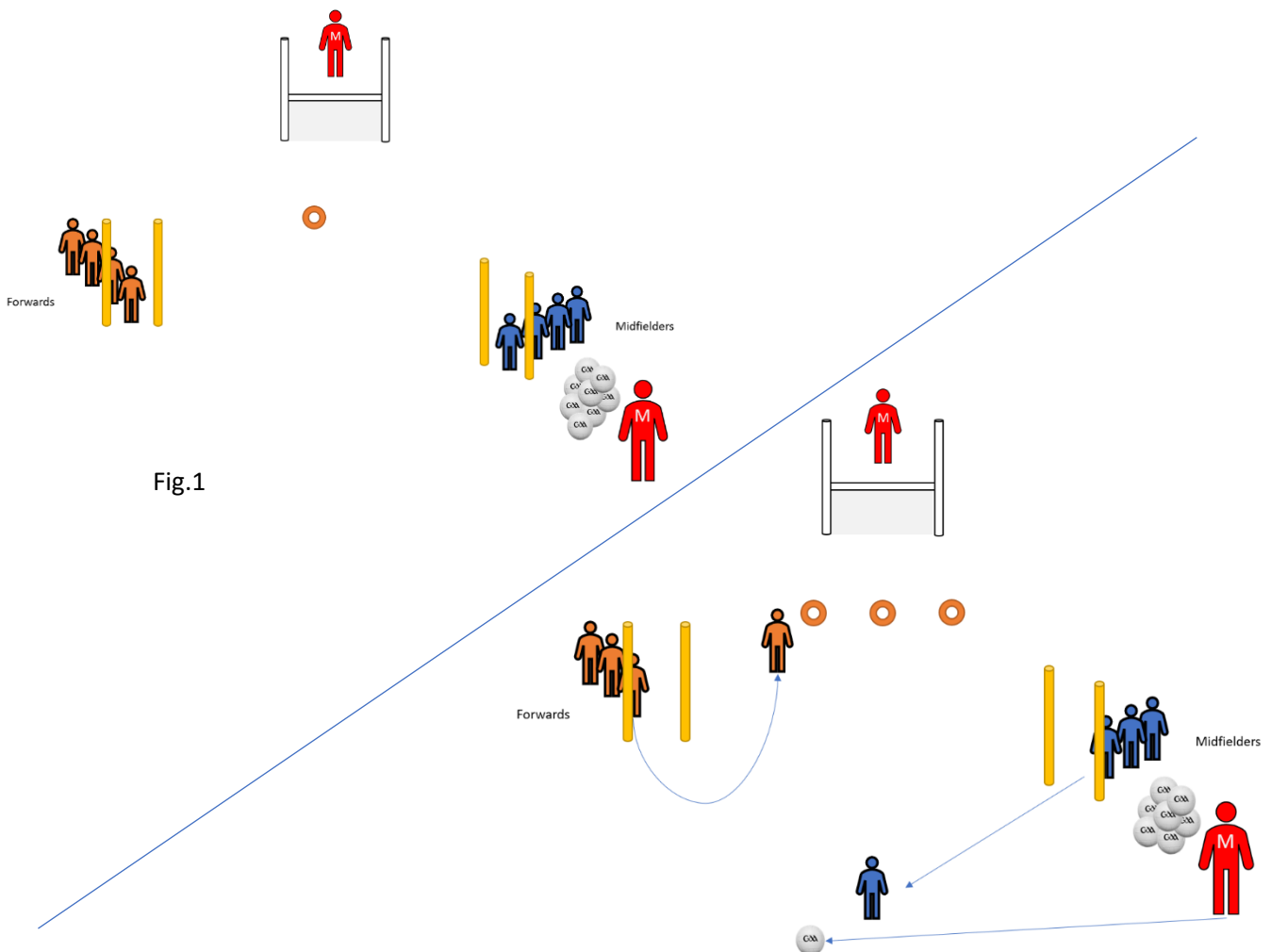


Fig.1

PRACTICE PLAY

MATCHPLAY DRILLS

GOALIE SWAP

In Go Games the players play in many positions in the same game.

This drill is designed to help players understand the different roles they have at kick out depending on whether they are a forward or a back.



Organisation

Set up the drill area as per Fig.1. This area represents the defensive zone at one end of a pitch.

Mentor 1 is in goal. Mentor 2 is in midfield

Stage 1 – Kick out

Designate which players are forwards and which are backs (bibs or no-bibs)

Backs should focus on moving into space to receive the kick out.

Forwards should attempt to mark the defenders and prevent them gaining possession of the ball.

Mentor 1 (goalkeeper) kicks out the ball attempting give it to one of the defenders.

Stage 2- Ball in play

Once the ball has been kicked out the defenders should attempt to clear the ball to Mentor 2 in midfield. If the forwards gain possession they should continue to play and attempt to score.

Key Points

Take the time to explain the task each player has at the kick out depending on their position

