



COACHING

FOR GO GAMES

IN TYRONE



Part 1 – How to Coach

How to Coach



I - Introduce

D - Demonstrate

E - Execute

A - Attend (Spot and Fix)

Coaching Points

1 each for

H - Head

H - Hands

F - Feet

How to Change / Adapt an Activity or Game

S - Space

T - Task

E - Equipment

P - Personnel

R - Rules

Warm up Ideas



Tag Games

Toilet Tag

When caught perform a squat with one arm outstretched. To get free another player must 'Flush the toilet'

Stuck in the Mud

When caught make a bridge shape. To get free another player must go under your bridge.

Balance Tag

When caught player must hold a balance for 7 seconds then they are free to move on.

Turtle Tag

When caught player must lie on their back with their arms and legs in the air. To get free another player must roll the stuck turtle over.

Spider Tag

3/4 players with a hoop are the catchers. (one hand on hoop the other hand is used to catch) If they catch a player they join on to their hoop like above. Anyone not caught at the end is the winner

Survivor Tag

Everyone begins as a catcher. Aim is not to get tagged. If you get tagged you can't get up till the person that caught you is caught. If two players get caught at same time play rock paper scissors to decide who goes down.

Partner Games

Balance Knockdown

Stand on 1 foot facing your partner. Try and knock your partner down to 2 feet

Knee/ Shoulder Tap

Face your partner. You get a point if you can tap your partner on the knee/ Shoulder. You are only allowed to take 1 step forward or back with either foot

Wrist Tap

Grab your partners wrist, they hold your other wrist. You get a point if you can make your partner tap themselves on their ear with their own hand

Arm Swipe

Face each other in a Press Up Position. You get a point if you can swipe your partners arms and make them drop.

Bib Game

Tuck bib in like a tail, the winner is the person who can grab their partners bib first.

Warm up Ideas



Reaction Games

Ball Drop

Player 1 holds the ball out, player 2 faces them with hands behind their back. Player 1 drops the ball and player 2 must react and catch it before it hits the ground

Rock Paper Scissors

Winner runs away, their partner tries to catch them.

Reaction Run

Face Partner in the middle of hall/area. React to the coaches command i.e touch head, shoulders knees or toes. If coach calls a colour the player on that side has to get to their side without partner catching them. Add in where players swap positions and can add ball also.

Reaction Head/Shoulders/ Knees/ Toes

2 Players face each other. One player has a ball. Player with ball throws it up, the other player must touch their head before catching it. Add in another body part after a few attempts with the hardest being touching their head/ shoulders knees and toes before catching the ball thrown.

Colour Reaction working on fast feet for attacker/ defender

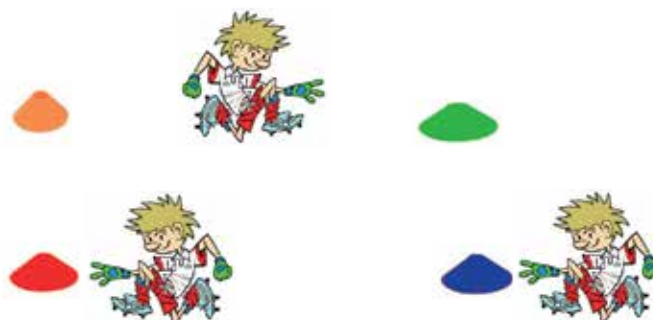
- Player on Outside calls 3 colours, the player inside the square has to touch them as quickly as possible in that order.

Progression 1

Make square slightly bigger and add 2nd player into the square. 1 is a defender, 1 is an attacker. Player on outside calls 3 colours. the attacker has 7 seconds to touch the 3 colours in any order, the defender has to try and delay him.

Progression 2

Player on the outside shouts go, the attacker in the square has 7 seconds to touch any 3 cones, the defender has to try and prevent him.



Warm up Ideas



Team Warm Up / Tactic Game

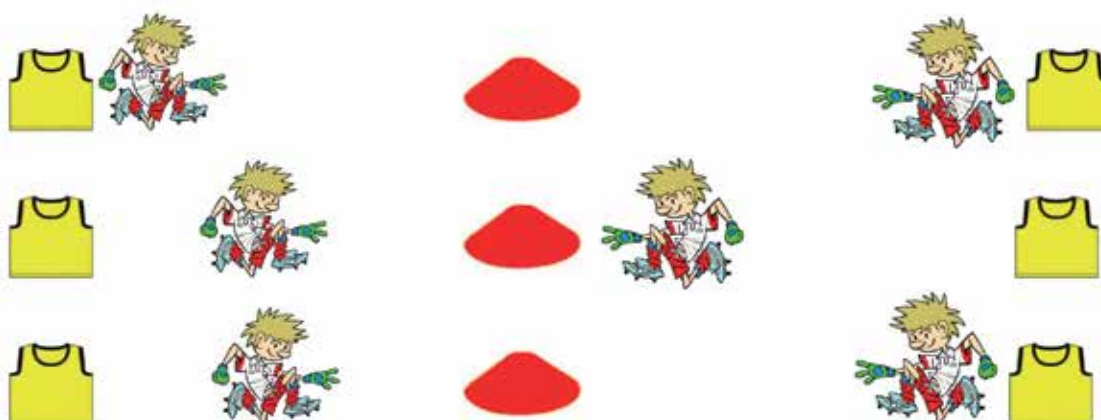
2 Teams

Aim - To try and steal a bib from the other teams side

- Once you cross over the half way line you can be caught by the other team.
- If caught you are froze, the only way free is if a team mate gets across and steals a bib they can free you on way back.
- Once you have a bib you can't be caught.

Coaching Points:

Balance of attack/defence, Making runs to create space, Unselfish runs, exploiting the space, alert to defend runs.



Warm up Ideas



Team Warm Up / Tactic Game

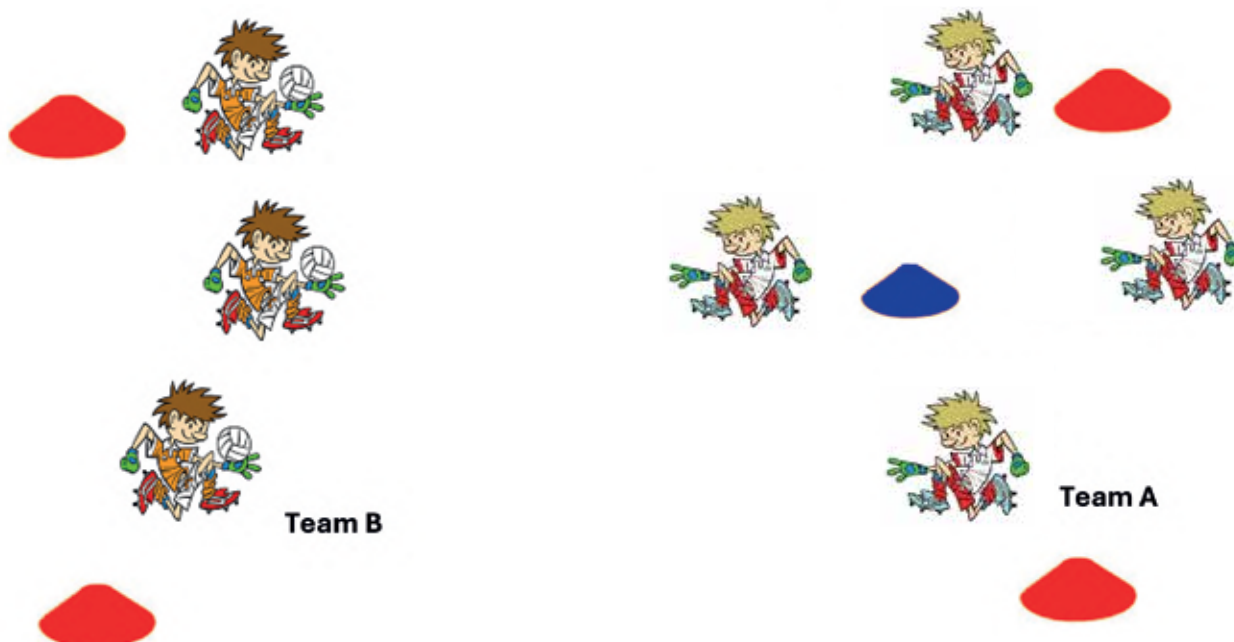
2 Teams

Aim - Team A to work Blue Cone to the other side without the player holding it been tagged.

- They can't change which player is holding the cone.
- For Team B to win all they have to do is touch the player with the cone with a ball (They can't throw it at them)
- If Team A Player is tagged restart and try and work a different tactic on how to get the player with the cone across.

Coaching Points:

After a few goes can they work out if they dispossess the other teams footballs then their player will get across.



Skill Coaching Points



Handling

Teaching Points

The Chest Catch

1. Keep eyes on the ball.
2. Arms held out with elbows close together.
3. Catch the ball into arms.
4. Pull the ball into chest to protect the ball.

The Low Catch

1. Keep eyes on the ball.
2. Bend knees and back low to the ground.
3. Arms held out with elbows close together.
4. Catch the ball in the arms.
5. Pull the ball into chest to protect the ball.

Handling – High Catch

Teaching Point

High Catch

1. Approach the ball as it begins to descend.
2. Plant the jumping foot and extend upwards, swinging the opposite leg forward.
3. Extend the arms fully above the head.
4. Head up, keep eyes on the ball.
5. Spreading the fingers to form a **W** shape behind the ball, catch the ball slightly in front of the head and secure to the chest with both hands.

Passing – Hand Pass

Teaching Point

Hand Pass

1. Support the ball on the palm of one hand in front of the body.
2. Swing back and extend the striking arm. Eyes on the ball.
3. Lean forward and strike through the middle of the ball with the open hand.
4. Follow through the strike in the direction of the pass.

Skill Coaching Points



Punt Kick

Teaching Points

The Punt Kick

1. Eyes on the ball.
2. Drop ball onto strong foot.
3. Kick with the instep (laced part) of the boot.
4. Follow through in the direction of the target.

Pick Up / Crouch Lift

1. Bend the back and knees, placing the supporting foot along side and a little ahead of the ball.
2. Place the hands in front of the ball in a cupped position with fingers spread.
3. Bring the lifting leg forward scooping the ball forward into the cupped hands.
4. Draw the ball into the body to secure possession.

Tackle – Near Hand

Teaching Point

Near Hand Tackle

1. Move alongside or level with the opponent.
2. Keep eyes on the ball.
3. Step across their space with the near leg and flick the ball away with the hand nearest the opponent.
4. Recover the ball to win possession.

Solo

Teaching Point

Near Hand Tackle

1. Release the ball into the hand at the kicking side.
2. Step forward with the non kicking foot. Drop the ball onto the kicking foot
3. Flick the toe upwards towards the body. Straighten the leg.
4. Extend the arms forward to catch the ball.

Skill Games

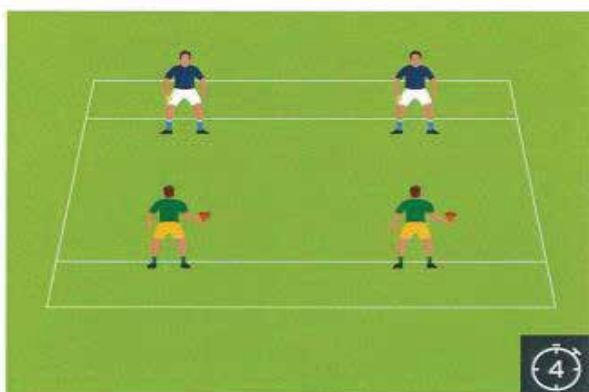


Handling and Catching

Teaching Points

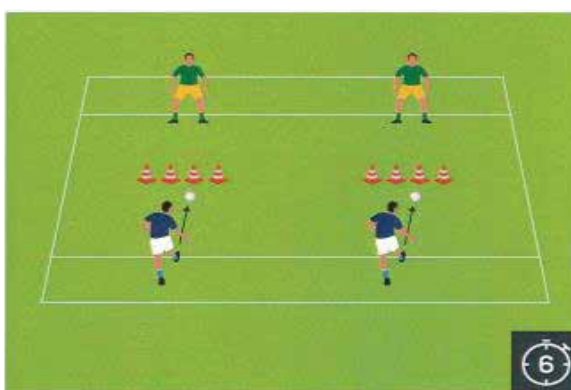
Skill Activity 1: Serve Up The Ice Cream

Get your players into pairs. Each pair will need a tennis ball and a tall triangular cone. The players will stand face to face about 2-3m apart, standing at a cone each. 1 player has a ball and the other has the triangular cone. The player with the ball will attempt to hand pass the tennis ball into their teammates cone and the catcher will attempt to catch the tennis ball in their cone. After 10 throws, switch roles. Each pair will get 1 point every time they successfully catch the ball in their cone.



Skill Activity 2: Skittles

Two players face each other with a set of cones in between. Players stand a designated distance back and try to knock the cones with the ball/sliotar. Award one point if skittle is hit, 2 if it is moved and 3 if it is knocked down. Players must replace skittle if it's knocked over.



Skill Games

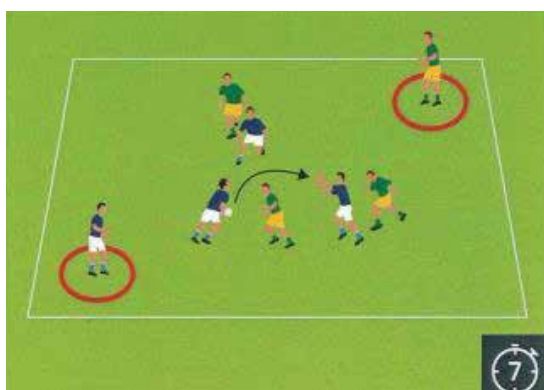


Handling and Catching

Teaching Points

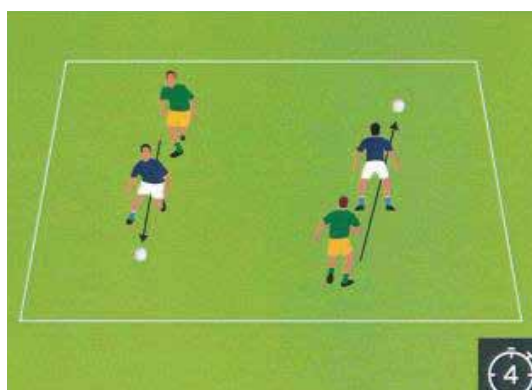
Skill Activity 3: Hoopster

Place two teams of four to six players in a specific area (eg: badminton court). Place hoops at both ends of the playing area. One player from each team (the hoopster) stands inside a hoop. Players advance the ball by passing to each other. Players must pass within five seconds and can take a maximum of three steps with the ball. Players previously decide what type of throw will be used for the final pass to the hoopster (eg: underhand pass). Switch hoopsters after each point is scored. Use basketball style defence.



Skill Activity 4: Bridge Ball

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.



Skill Games

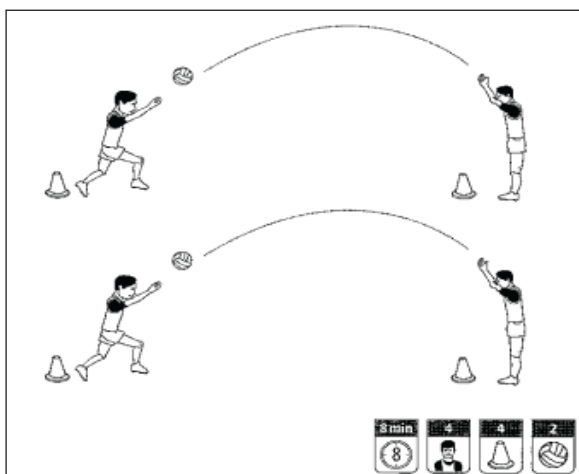


Handling and Catching

Teaching Points

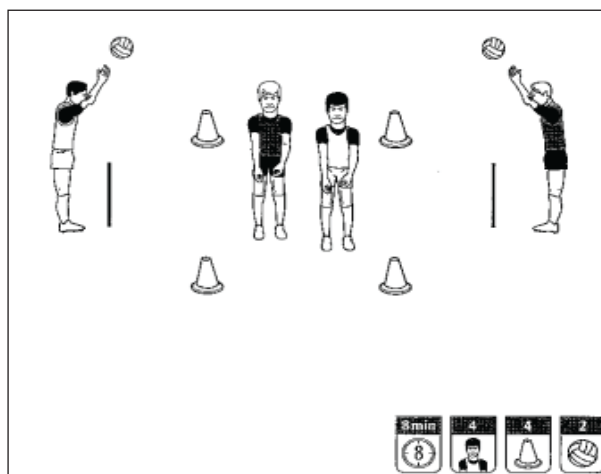
Skill Activity 1: Partner Catch

Divide group into pair, one ball per pair. Each player in turns throw the ball above their 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 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.



Skill Activity 2: Opposed Catch

Mark out a grid approx 10x10. Divide 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.



Skill Games



Handling and Catching

Teaching Points

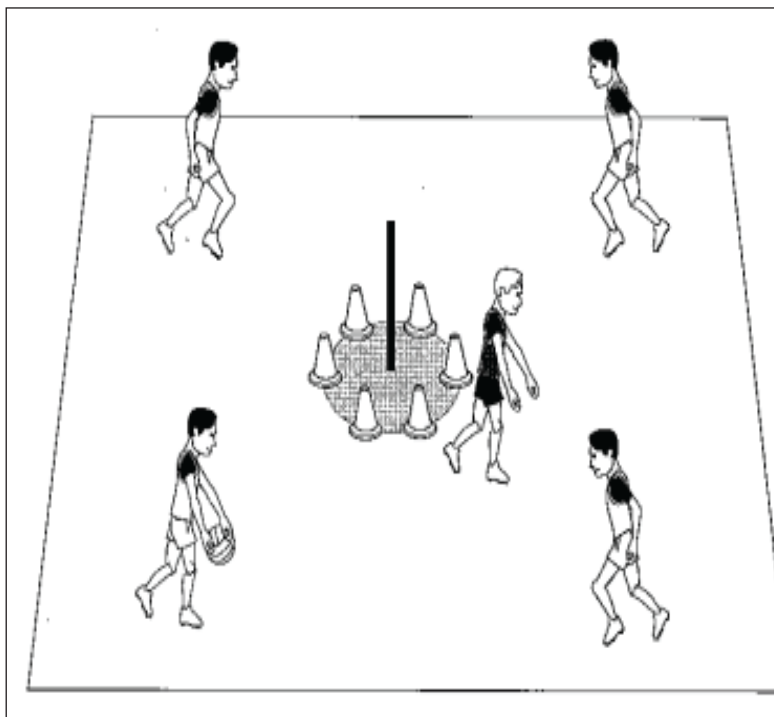
Skill Activity 3: Tower Ball

How to Play

- 4 Attackers aim to score a goal (**A Cone = Tower**) defended by a defender.
- The attackers must remain outside the small circle (**2m radius**) formed by cones around cone as shown
- Attackers may move anywhere but stay well spaced out for better scoring opportunities.
- 1 defender has to protect the **target (cone)** and must remain outside the cones.

Focus

- In this activity we are developing the ability to work as a team to develop simple attacking and defending play.



Skill Games

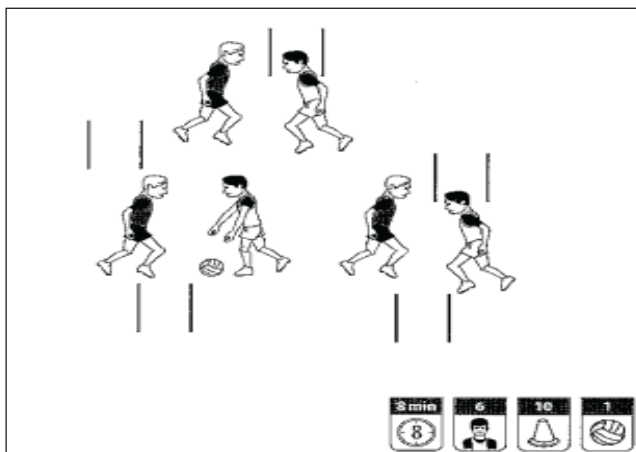


Kicking

Teaching Points

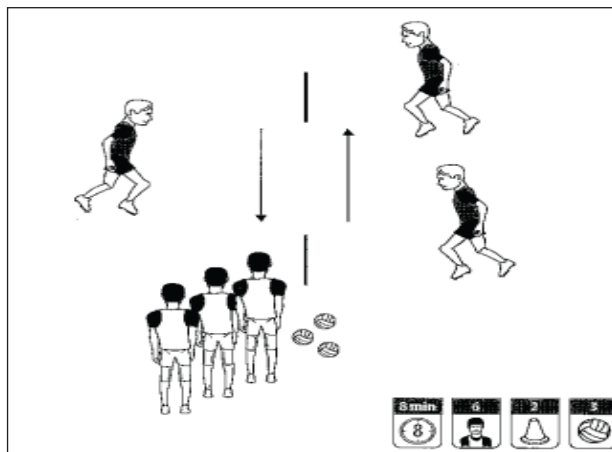
Skill Activity 1: Goals - Goals - Goals

Two teams play soccer against one another. There are five small goals (two pylons) scattered in the area. One team attempts to maintain possession and score as many points as possible by passing the ball through any of the goals. The ball is only turned over if a team loses possession or the ball goes out of play. Each team has to get to so many points before the other team. Instead of passing through the goals, the ball must be dribbled through.



Skill Activity 2: Crazy Kicks

One person on the batting team receives three Balls. The first batter kicks all three Balls anywhere into the playing area. After all three Balls have been kicked, the entire batting team runs from home base to an opposite pylon and back as many times as possible. While the batting team is running, the fielding team must try to retrieve all the objects and place them into a hoop that is located 5m to the right of home base.



Skill Games

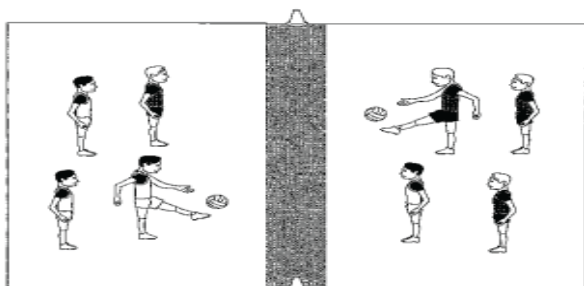


Kicking

Teaching Points

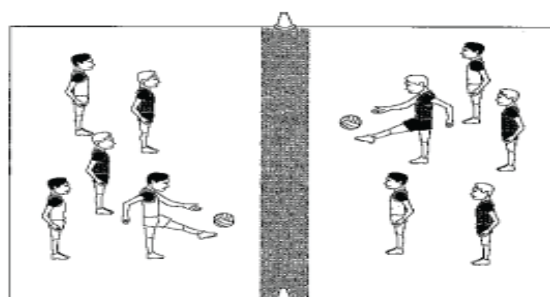
Skill Activity 3: Scoutball

They must punt kick "over the river" into the opposition's area. One Player from each team goes to the opposite court and acts as a 'Scout' ie: your team attempts to punt/strike the ball over to him/her. Scoring system for catches: i.e. 2 points for overhead catch, 1 point for standard catch, 1 point for a ball that hits the ground, 3 Points if the scout catches.



Skill Activity 4: Over the River Pass & Attack

Players are split into 2 teams. They must punt kick "over the river" into the opposition's area. 2 Players from each side play on the opposition's side of the river and try. Teams in grid competes for the ball. Score earned (1 point) when either one of these attackers receives a pass from across the road and additional score (2 points) is earned if the attackers shoot the ball through the 2 sets of goals on the back grid.



Skill Games

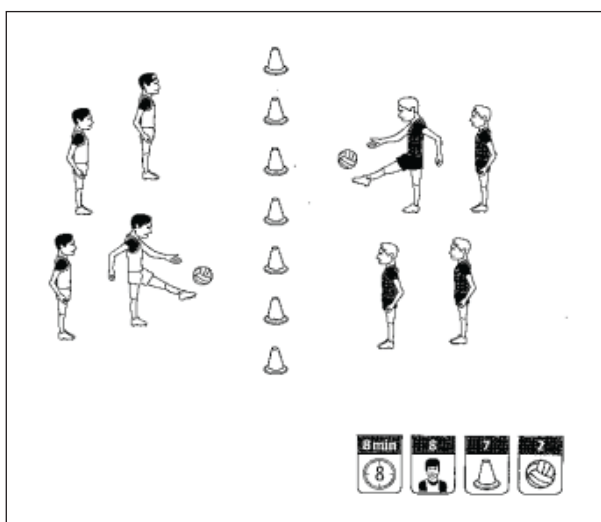


Kicking

Teaching Points

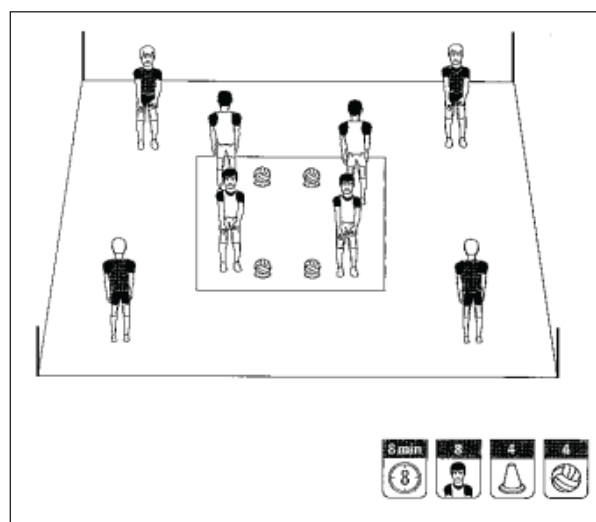
Skill Activity 5: Prisoner Ball

Mark out a court using markers. Mark out a centre net or barrier using cones to divide the court into 2 sides. Divide the players into 2 equal teams. 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 dropped the player who dropped it or was nearest to it bouncing 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.



Skill Activity 6: Kickers

A small square is made in the middle with four tees lined up inside it. The four Kickers stand in the middle and hit four balls off the tees into the surrounding space. To score runs each kicker runs out to a different corner of the big square and attempts to come back. Every pylon that is reached counts as one run making a collective score. The fielders attempt a high field collect the balls and return them to each tee.



Skill Games

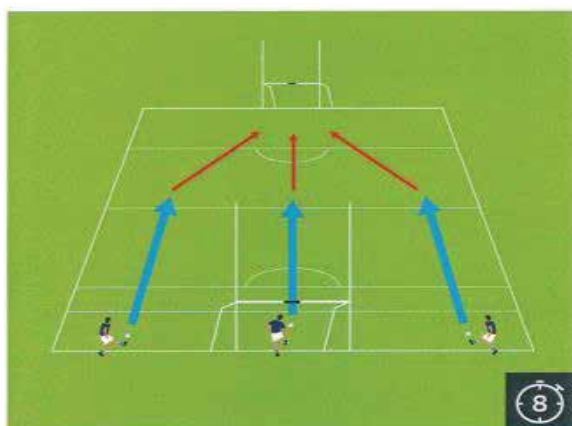


Punt Kick

Teaching Points

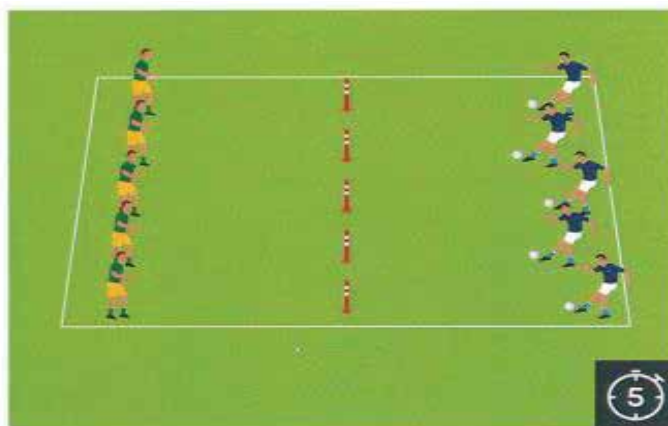
Skill Activity 1: Going for Distance

In this game, the coach will position the players on one end of the field. Every player will then attempt to strike the sliotar or kick the ball the length of the field in as few strikes/kicks as possible.



Skill Activity 2: Hit the Cone

Players are paired off about 20 metres apart. In between each pair is a pole/ cone or a pole with a cone on top of it. Every time a pole/cone is hit or a cone is knocked off a pole the player who kicked the ball gets a point. The pair with the most points wins



Skill Games



Tackle Near Hand

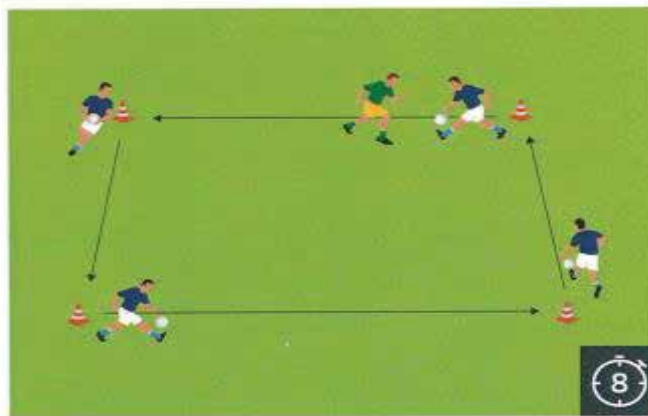
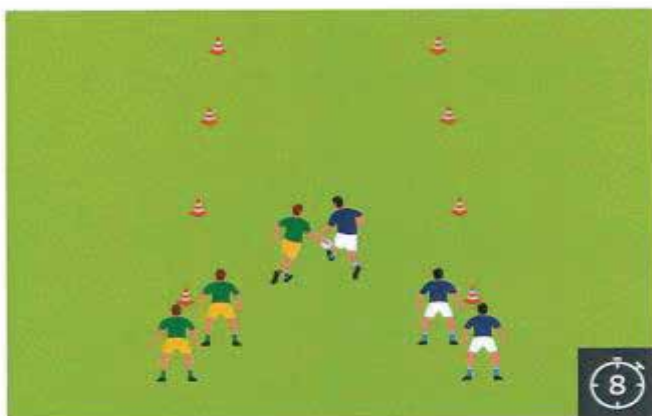
Teaching Points

Skill Activity 1: Channel Ball

Divide Groups into pairs. Mark out a channel approx 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 solo or bounce the ball on every stride to afford the tackling player a number of chances to practice the tackle. Change roles after a number of attempts.

Skill Activity 2: Tackle Grid

Mark out a grid approx 8m square. 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 around the grid. Switch the tackling player after each circuit of the grid. Should be conducted in both directions.



Skill Games

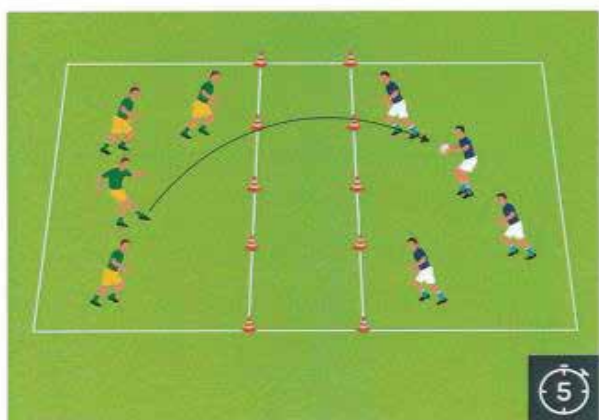


Punt Kick

Teaching Points

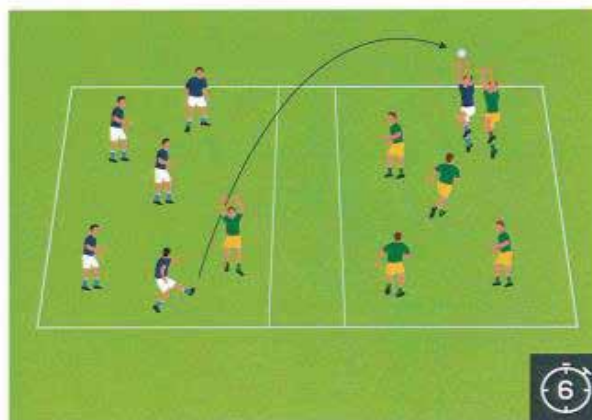
Skill Activity 3: Over the River

Players are split into 2 teams. They must punt kick "over the river" into the opposition's area. The team receiving the punt kick are aiming to complete a clean catch. Implement a scoring system for catches ie. 2 points for overhead catch, 1 point for standard catch, 1 point for a ball that hits the ground.



Skill Activity 4: Scout Ball

Players are split into 2 teams. They must punt kick 'over the river into the opposition's area. One player from each team goes to the opposite court and acts as a Scout ie: your team attempts to punt/strike the ball over to him/her. Scoring system for catches ie: 2 points for overhead catch, 1 point for standard catch, -1 point for a ball that hits the ground. 3 Points if the scout catches.



Skill Games

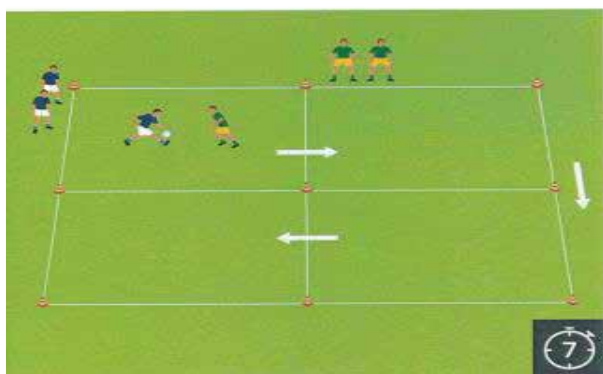


Tackle - Near Hand

Teaching Points

Skill Activity 3: Border Raiders

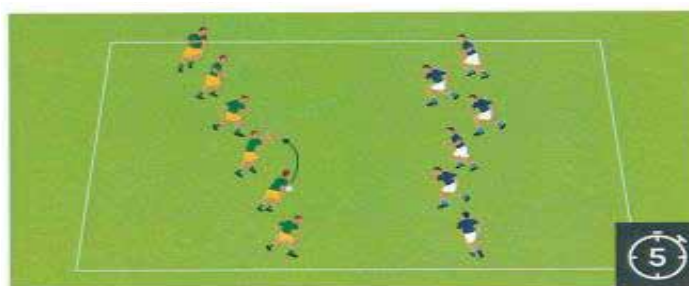
Teams of 4 - 3 Attackers (Raiders) & 1 Defender.
Aim: Defender from Team 1 goes to Zone 1 while his/her 3 Attacking team mates start behind end line. On signal the Attackers attempt to by pass the defender and move into Zone 2. Go around the cone and attack Zone 3 and 4 as shown. If the defender intercepts she/he returns the ball and moves back to defend Zone 2, Zone 3 etc. before returning to side line. If he fails to gain possession in Zone 1 he may move back to defend in Zone 2 etc.



Skill Activity 4: Double Handed Touch

This game is played in a rectangular field with the short ends of the field serving as the 'touch' lines. Based on the rules of touch rugby. No kicking or tackling is permitted. The ball must be hand passed backwards and then carried forward. Play stops when an opponent touches the ball-carrier with both hands. If after five sequences of play a goal hasn't been scored, the ball is turned over. A goal occurs when the ball is touched on the ground at the end of the field.

A number of balls are placed at each end of the field so the opposing team can play on immediately when a goal is scored, resuming from the defended touch line. The team with the highest score at the end of the game wins. This game can be played for longer periods of time Two 15-minute halves are suitable. The double hand aspect of this game is important If only one hand is used to stop a play the game will not flow.



Skill Games



Pick Up

Teaching Points

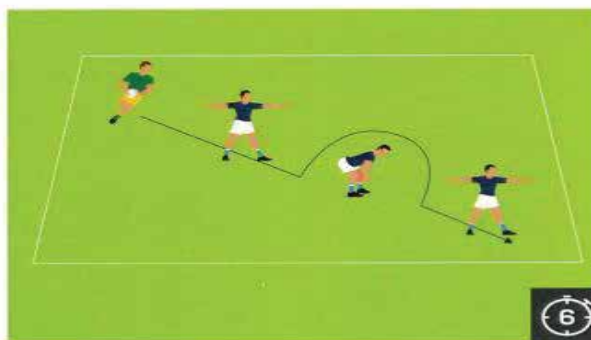
Skill Activity 1: Chaos

Players in pairs. One player on outside square/one player inside. Players run in different directions. On call inside player finds outside partner-completes ten hand-passes and ten pick ups.



Skill Activity 2: Under & Over

Children form a line about three metres apart with hands and feet on the ground feet apart and hips high. Carrying the ball the child at the back of the line goes under the first child, leaps over the next child, completes a commando roll and continues this until he/she reaches the front of the line. The ball is then handballed back along the line to the child at the rear of the line. A variation includes forward rolls.



Skill Games

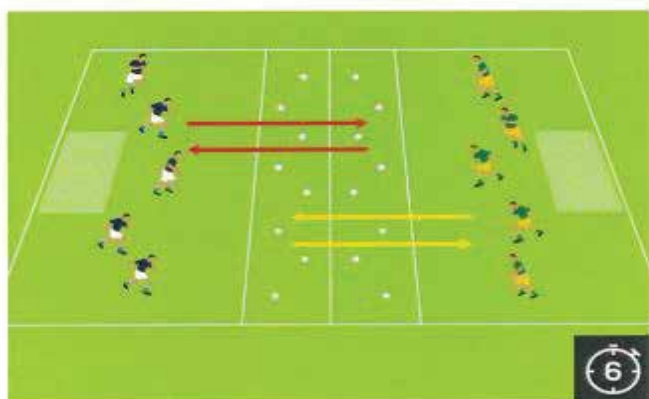


Pick Up

Teaching Points

Skill Activity 3: Pick up, drop & pick, if you can

Mark out a large rectangle with 4 Zones. Mark out two Dens at opposite ends of the large grid. Pick and Drop
Two teams (Yellow and Blue) aim to run to opponents ball grid to pick up stationary balls and solo back to their own den as shown. Opponents may challenge opposition from picking balls up. See which team can retrieve all the balls from their opponent's grid.



Skill Activity 4: Tom Tiddler

A five metre diameter circle containing 10-20 footballs. Approx 1/5th of the players are placed inside the circle. The remaining players patrol outside. The robbers must attempt to steal the footballs from the inside of the circle. The guards attempt to protect the balls and tag as many robbers as possible. Any robbers caught remain and help inside the circle.



Skill Games



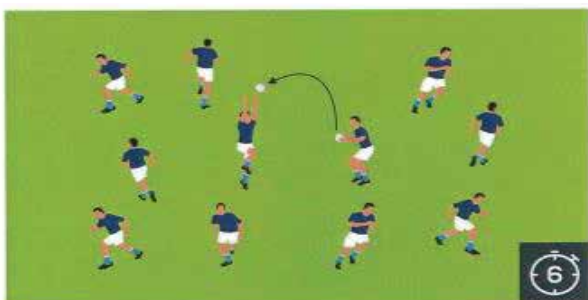
Handling - High Catch

Teaching Points

Skill Activity 1: Frozen Ball

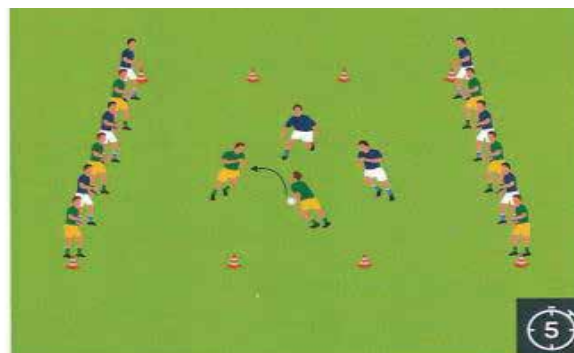
Half or full basketball court size. A passing or catching game for 10-15 players in which the object is to lose as few lives as possible. Game continues until one player has lost all three lives. Players are either numbered in sequence or their names are used.

Game starts when a player in the centre kicks or throws the ball in the air and calls a number or a name. Player named runs to gather the ball, remainder scatter. Player holds ball above his/her head and calls **FREEZE**. All players must stop immediately and stand still. Ball is hand-passed at nearest player. A hit means target player loses a life, a miss means thrower loses. The target players may not move their feet, but may attempt to catch the ball. Thrower loses a life if the ball is caught. The player who loses a life restarts play in the centre.



Skill Activity 2: Frozen Wall Ball

Two teams of 8 aside. All other players lined up along outside of wall 2v2 in middle trying to get the ball to end player to score a goal. Players may use outside 'wall' players to assist in moving ball - (Wall players may not move). Hand passing only no tackling (Intercept only).



Skill Games

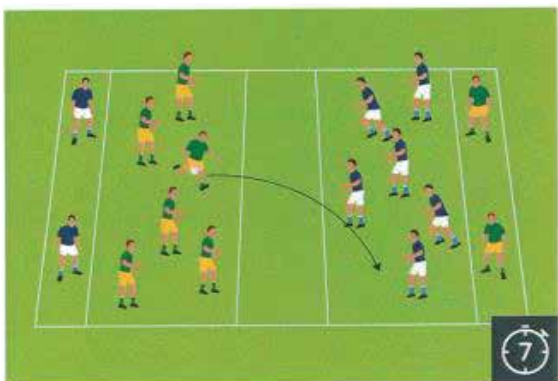


Handling - High Catch

Teaching Points

Skill Activity 3: Prisoner Ball

2 teams - No man's land and middle meaning ball cannot hit that area. Kick the ball to other side. If it hits the ground you get a score. If someone on the other team catches you go to prison on the opposite side. Released from prison if you catch the ball kicked from other team. Return to team.



Skill Activity 4: War

Set up the 2 grids as is shown. In this game it is every man for himself. A point is awarded for every ball that you win. Then they must return a high ball to the other side where the ball is once again competed for. The game continues for a set period of time and the person with the most points at the end is the winner.



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