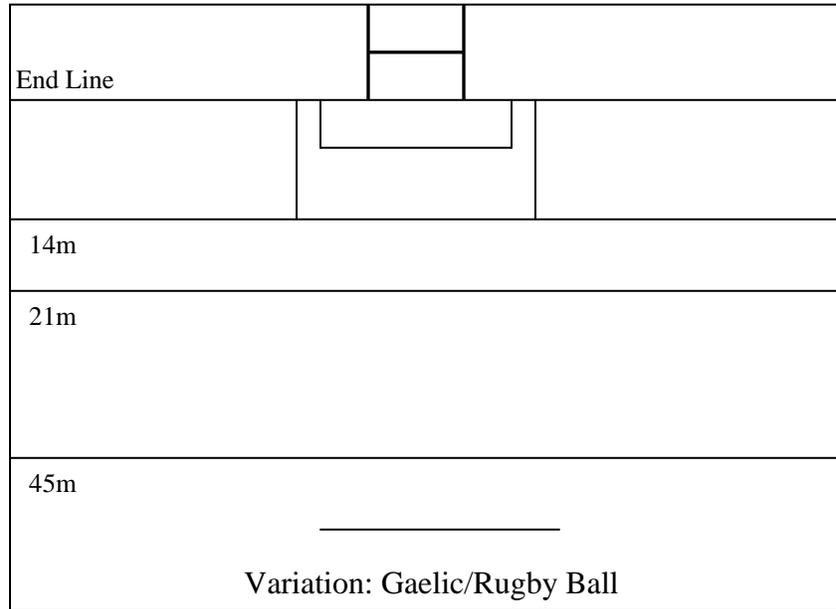


# Games For Better Team Play



## Games For Better Team Play - *Roger Keenan*

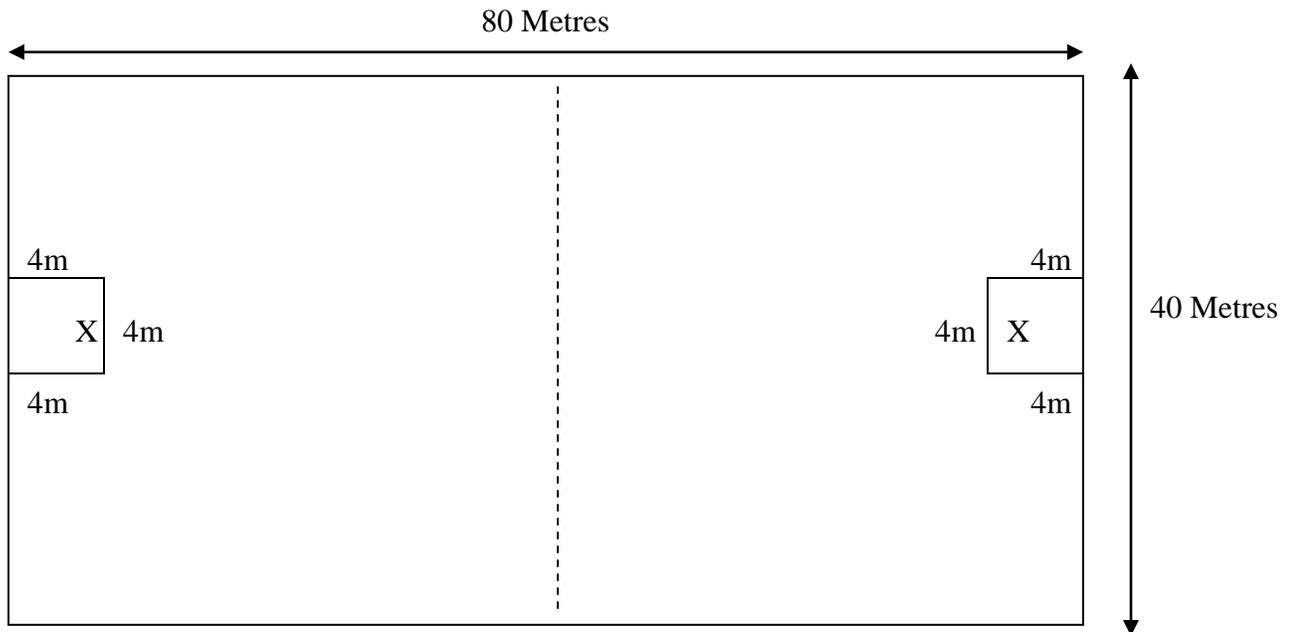
### 1. 30 Metre Foot pass



#### Rules:

- a) 10 v 10
- b) ½ pitch
- c) 1 ball
- d) Full rules
- e) Score awarded for 30 metre pass.
- f) After a score the player who received the ball places it on the ground for the opposition.
- g) First team to 5 scores wins.

## 2. Box Game



### Rules:

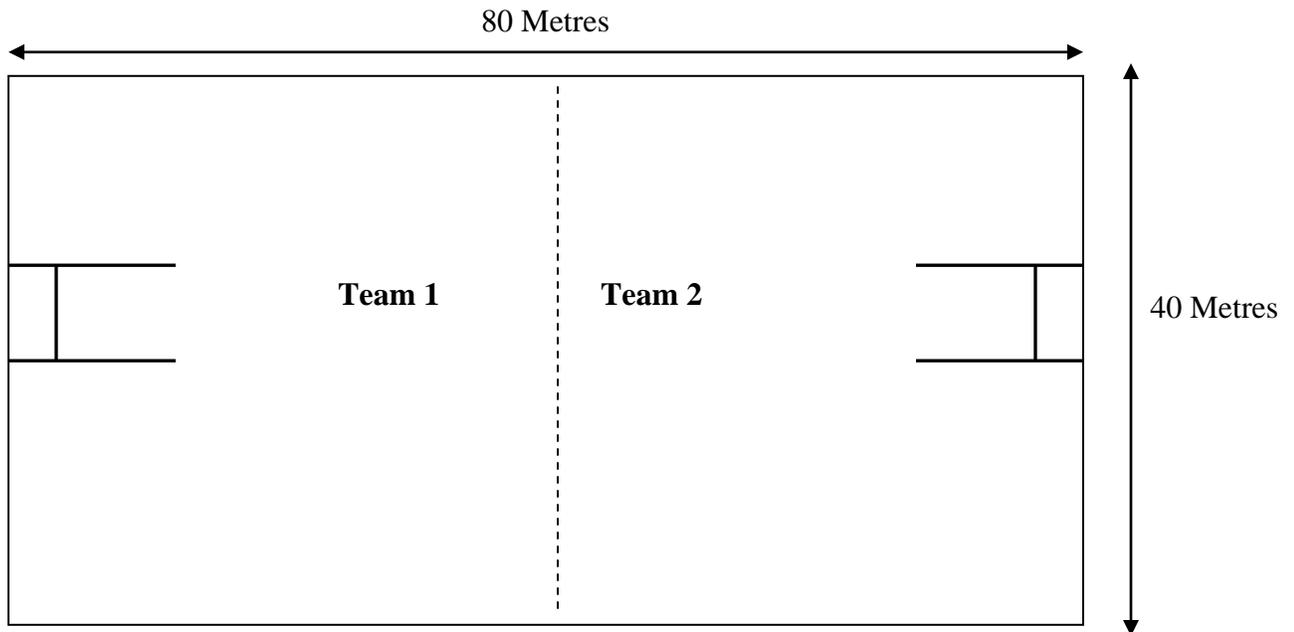
- 10 v 10
- Pitch size 80m x 40m
- Full Rules
- A score when team gets ball cleanly to player marked x in the box.
- Player inside box area cannot come outside the box area & no one else can come in.
- After a score that team will get possession and can attack the opposite box.

### Possible variations:

- After a score when a team gets the ball to the half way line they can decide to attack either box.
- Fist pass only.
- Reaction ball can be used.
- Apply 4 second rule.
- Foot pass to score.

(Possession is retained by the team that has scored.)

### 3. Possession Game



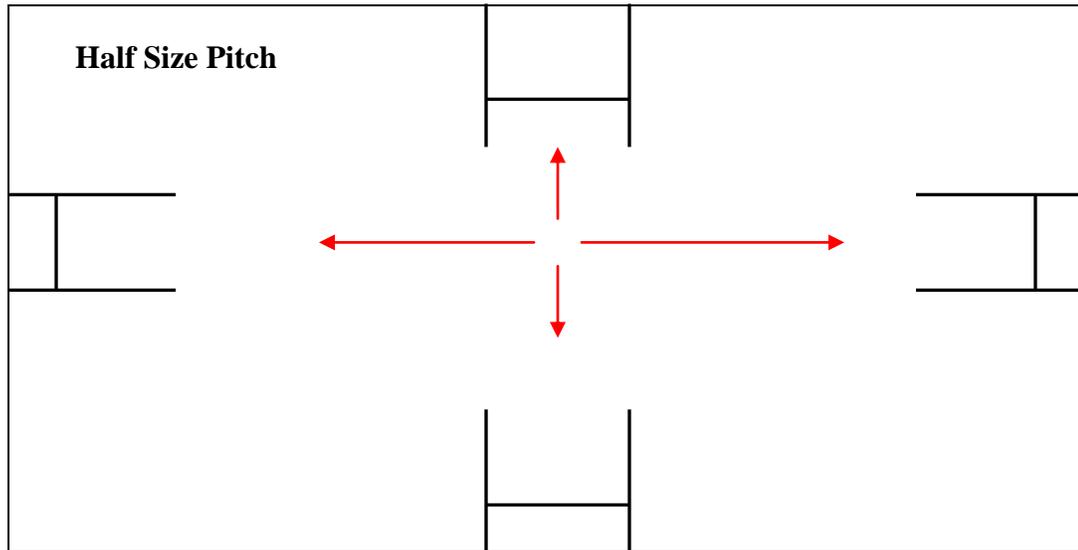
**Rules:**

- a) Pitch dimensions 80 \* 40m.
- b) Normal Rules.
- c) Score by kicking for goals.
- d) Team that scores keeps possession and can attack other goals.

**Variations:**

- a) Apply 4 second rule.
- b) Use reaction ball.
- c) Half way line change direction of play.

#### 4. Total Football (4 second rule)



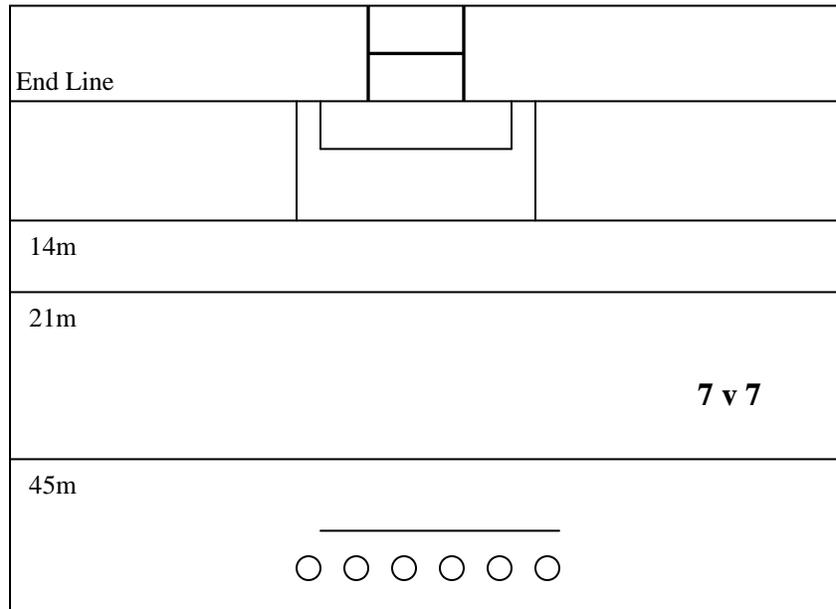
#### Rules:

- a) 4 sets of goals.
- b) Dimension: Half pitch.
- c) Score by kicking for goals.
- d) Team that scores keeps possession and attacks another set of goals.
- e) Any one team cannot score into the same goals in succession.
- f) Apply 4 second rule.
- g) Supply of balls at each goal.

#### Variation:

- a) Different ball
- b) Full rules

## 5. Six Of The Best



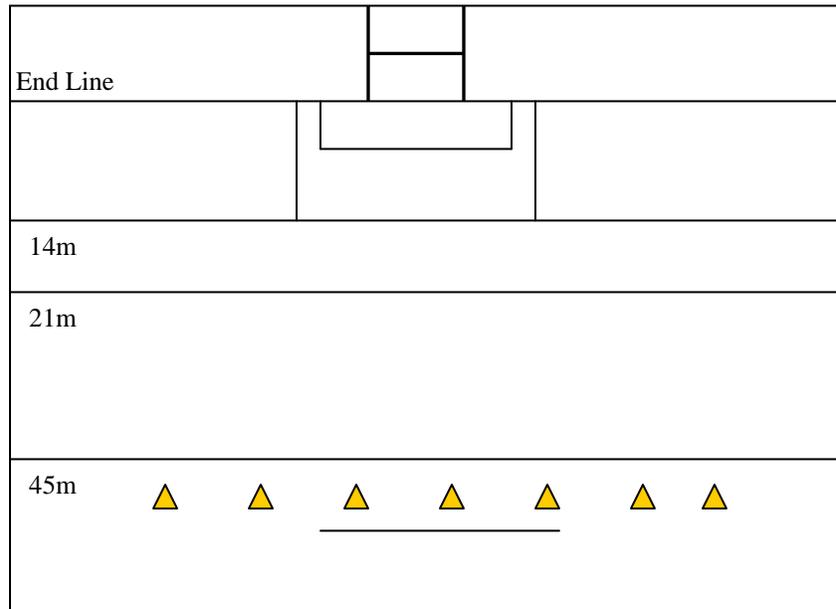
### Rules:

- Full Rules
- Six footballs set at half way line.
- Six scoring opportunities.
- One forward picks up a ball and along with his team-mate attempt to set up a score.
- If the ball is intercepted or the defenders win back possession then that attacking opportunity is gone. The forwards must then go back to the halfway line, retrieve another ball and set up another attack.
- How many scores do the forwards get from 6 attacks.
- Rotate defenders with attackers after 6 attacks.

### Variations:

- Apply 4 second rule.
- Scores for goals/points only.

## 6. Attack and Defend



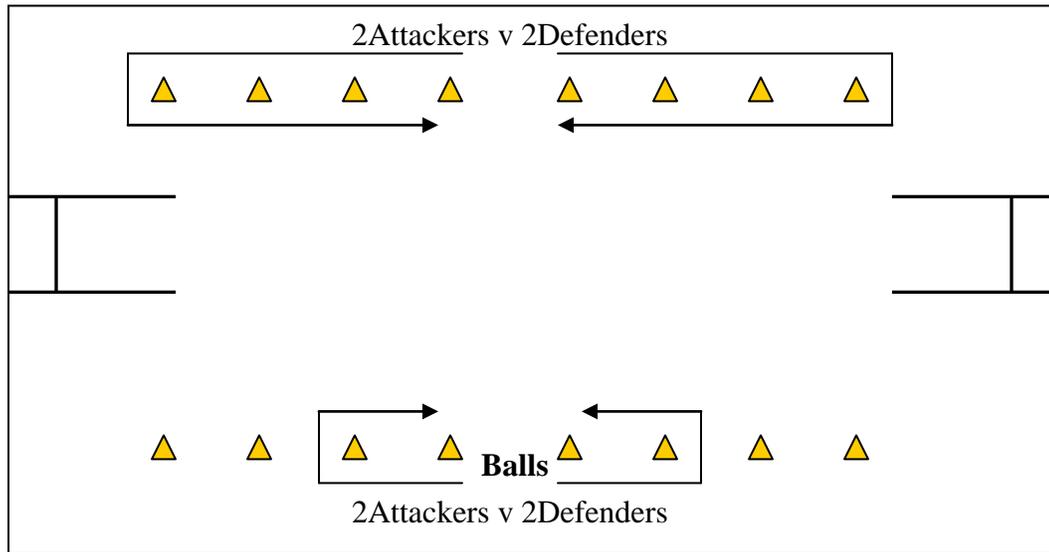
### Rules:

- Full Rules
- 4 minutes per attack
- Game starts with kick out.
- Team in possession must work ball out to markers before attacking goals.
- After a score that team gets possession and must work balls out to markers again.
- If ball goes wide or is intercepted /saved the opposing team works the ball out.
- Always reward the team that scores with giving them possession.

### Variations:

- Apply 4 second rule.
- Use different shape of ball (e.g. Rugby).

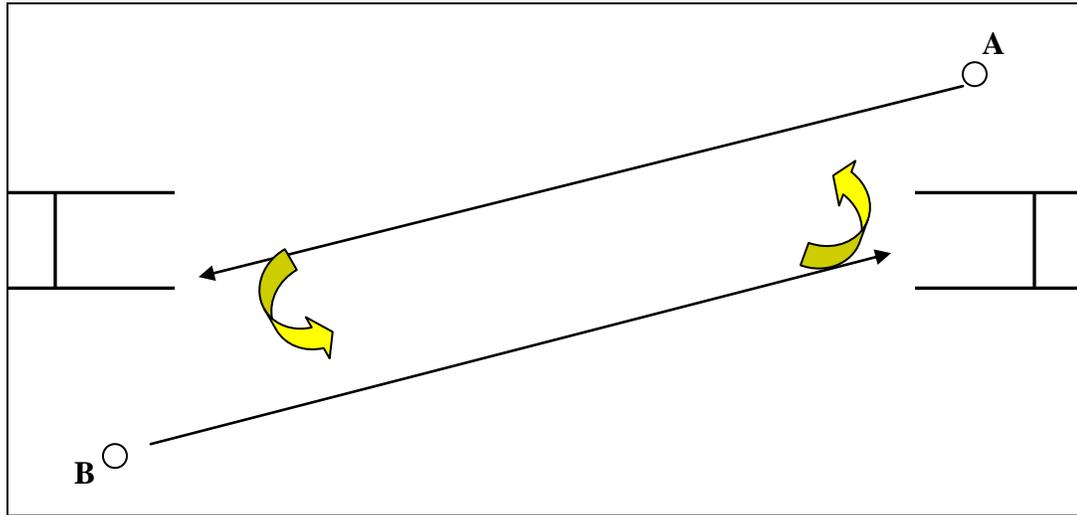
## 7. Running the Channels



### Rules:

- 8/10 cones forming a 40m wide channel. Each cone 10m wide apart. At each end of the channel put up a set of goals.
- At the mid-cone on each side start 4 players. Two are attackers and two are defenders. The Attackers on the right side of the channel have the ball.
- On the whistle, the attackers sprint with the ball to the nearest cone and turn into the channel to attack. At the same time the Defenders on the same side do exactly the same and turn into the channel to defend.
- On the other side the 2 Attackers and 2 Defenders sprint to the 'end cones' and turn into the channel to back up their team-mates and form a second wave of defenders and attackers.
- This leads to a 4 v 4 situation, with the attackers attempting to work the ball into a goal scoring situation and defenders trying to work the ball back and score into the other goals.

## 8. Hitting the Target



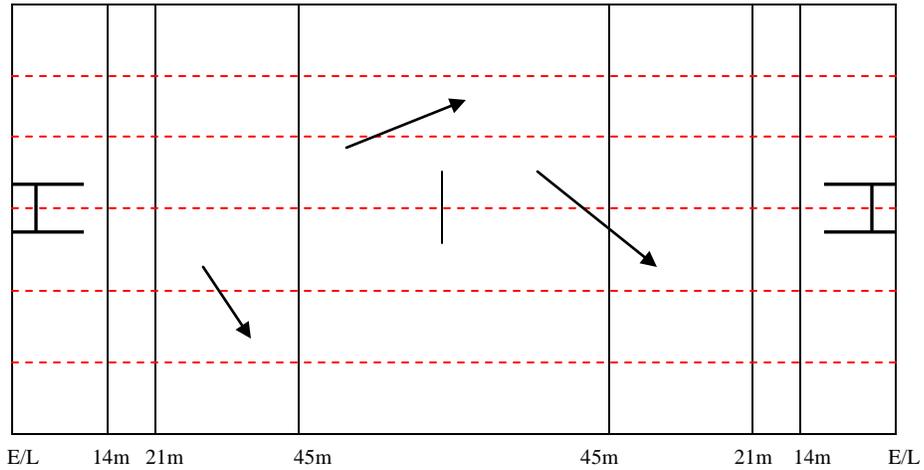
### Rules:

- One player leaves position A and shoots from close range at opposite goal.
- After he shoots a second player with a ball leaves position B with the intention of scoring at the opposite goals.
- However after shooting the first player immediately runs to tackle the second player and prevent him from scoring.
- Drill continues until each player has gone once.

### Variation:

- 2 v 2
- All go twice.

## 9. Switch The Play



### Rules:

- Full Rules.
- Player cannot pass the ball to someone in the same lane.
- If player passes ball to someone in the same lane a penalty free will be awarded for the opposition.
- Always encourage diagonal runs and better passing.

## **GAMES FOR BETTER TEAM PLAY - KEVIN KELLY**

### **GAME 1 - Three Seconds**

One of the traits a good player has is the ability to look up when in possession and scan the area ahead - He/she is scanning in order to make the right decision. □

One of the easiest methods of developing this is by running the 'Three Second Game'.

This simply means playing a match or a backs v forwards game and introducing the rule that allows each player a maximum count of '3' on the ball.

To highlight this, the coach should referee the game and call out loudly "1.....2.....3 when a player receives the ball.

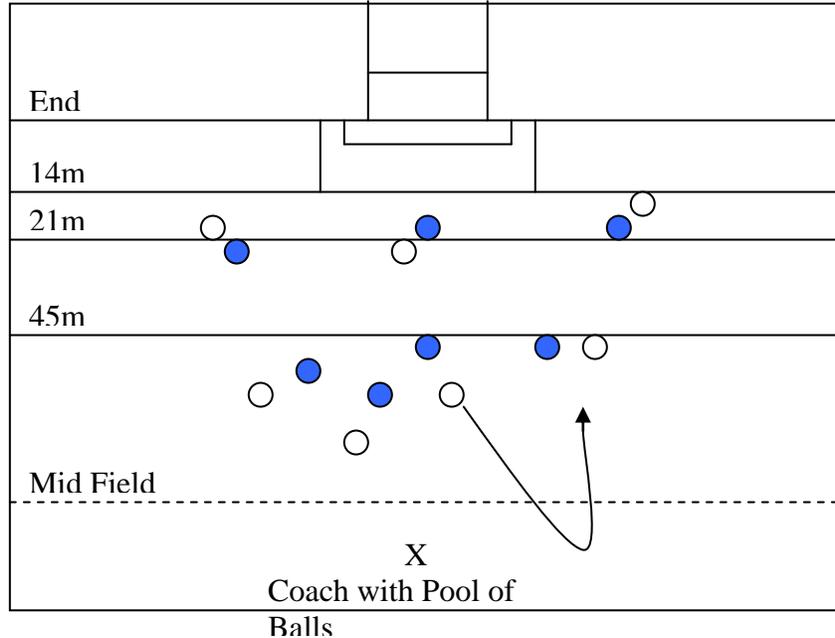
Should the ball be played on the count of '2' then the coach stops the call and begins again as the next player receives the ball.

Should any player still be in possession after the count of '3', a free may be awarded to the opposition.

The same count applies to the free – too long and the opposition gets a free.

Counting to '3' forces more players to look up first and, indeed, leads to more team-mates making runs for passes.

## GAME 2 - Who's Attacking?



Two teams of 6-8 outfield players line out in one half of the pitch. One goalkeeper stands ready to play for whichever team is defending. The coach starts the game by lobbing a ball into the playing area.

The team that wins possession must work the ball out over the halfway line, keeping possession.

Once across the line, this team turns with the ball to attack the goals.

The other team defends and tries to win the ball back.

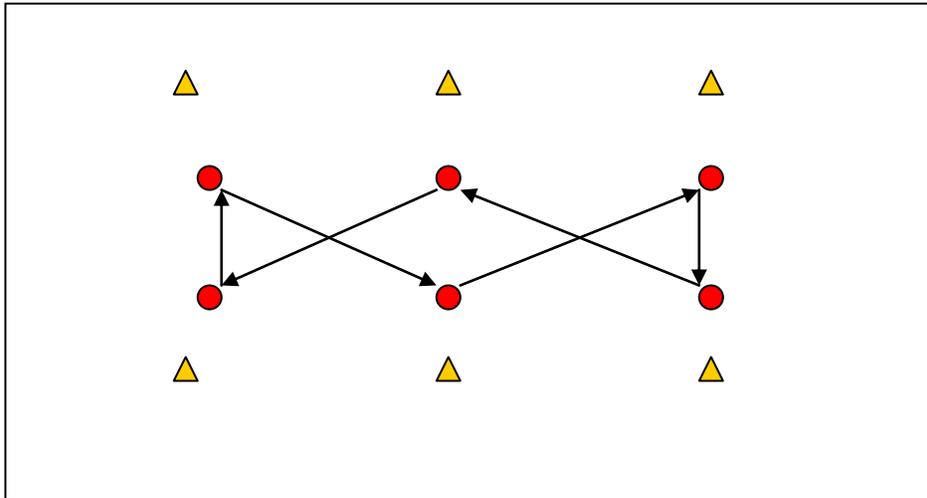
If the ball goes dead [score, wide, sideline] the coach lobs the next ball in.

Should one team dispossess the other during open play, that team must work the ball out in the same fashion.

In short, no attack may be mounted without the ball first being taken over the halfway line.

This game is designed to force players to change quickly from defensive mode to attacking mode and vice versa.

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



To set up you need 6 cones, 6 caps and 6 balls.

6 groups evenly spread around the six caps

On coaches command players pass and follow the ball.

On coaches command:

- Small bow-tie: the player's hand pass and move via the caps
- Big bow-tie: the player's kick pass and move via the cones

These changes are made without stopping

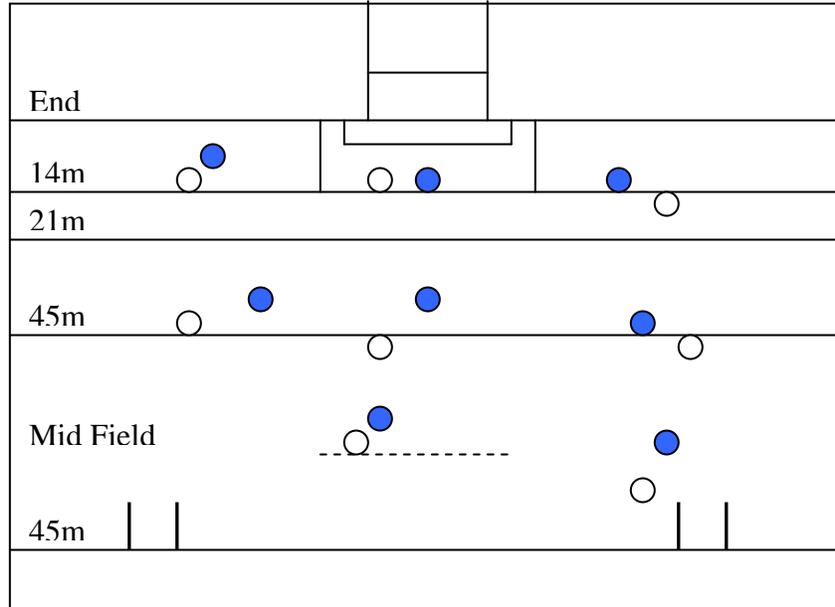
This creates confusion – which dealing with is a big part of our games

Once the players have accomplished this with one ball add a ball at each cone, this is a real test.

N.B This can be conditioned by the coach indicating which side to use i.e

- Left hand/Left Foot
- Right Hand/Right Foot

### Game 3 - Work It Out



The aim is in the name

Set up

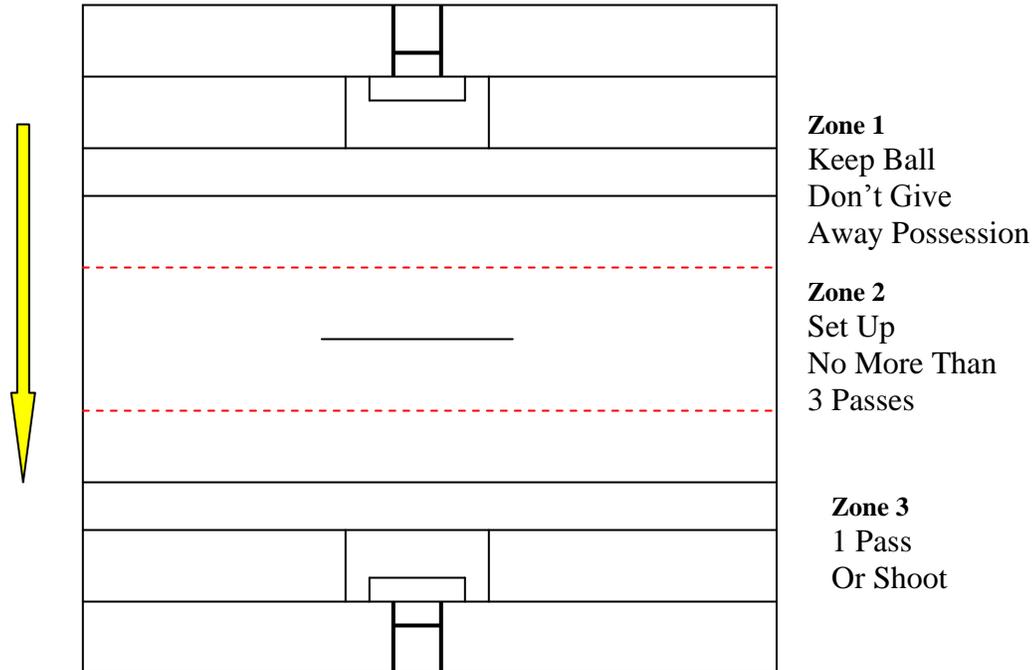
- area from one end line to the 65m or far 45m line
- teams line out in backs v forwards style
- goalkeeper starts with all the balls
- As soon as the ball goes dead i.e. wide or score the keeper starts again.

The scoring is as follows

- The attackers get 1pt for a point and 2pts for a goal.
- The Defenders get 1pt for playing the ball through either set of poles and 2pts if they can carry the ball trough either poles

Don't tell your players any tactics just how the rules at the beginning. Let them work it out

### Game 4 - Three Part Pitch



Here is one way to develop team play.

It also allows you, the coach, to step back, spot where things are going wrong and move to fix them.

Think of the pitch as three separate zones:

- The first, Zone A, runs from your own team's end line to the 45m line.
- Zone B lies between the two 45m lines
- Zone C is that section from the far 45m line to the opposition's end line.

(When your team is in possession, watch carefully what happens in each zone.)

Priority in Zone A is 'KEEP BALL', with the emphasis on keeping possession through close passing and plenty of support play.

Once in Zone B, the focus changes to 'SET UP'. In this area a player should aim to use the ball quickly and directly to set up team-mates who are inside the opposition's 45m line. The ball must not stay in this zone for any longer than 3-4 seconds or for more than 2 passes.

Zone C is the 'SCORE' zone. In here the aim is to get into position to either go for a score or to directly assist a score.

NB. It does not matter which player is in which zone.....the task remains the same.