

**Monaghan Coaching & Games Development**

# **Coach Development Programme Targeting U6/U8 Coaches**

**Thursday 7th & 14th March 2013**



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## Process of Coaching a Skill

I – Introduce

D – Demonstrate

E – Explain

A – Attend

**Coaching a Skill is easier when broke down into the following parts**

H – Head

H – Hands

F – Feet

**When Coaching a skill through a game the following steps can be used to aid learning and Development**

S – Space

T – Task

E – Equipment

P – Personnel

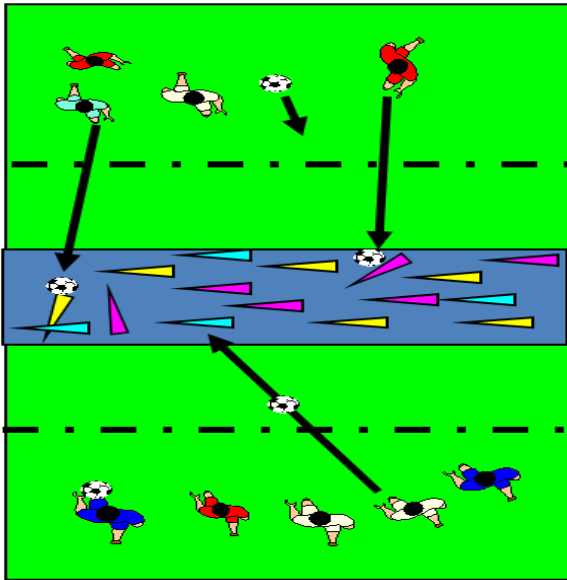
### Key Points when Coaching Skills:

- Start simple then build up
- Use Buzz words when coaching a skill
- Keep coaching points to a minimum
- Add competition after focusing on Technique first

## Types of Games

Target, Court, Field, Non – Invasion, Part Invasion, Full Invasion  
and try and Knock Cones down

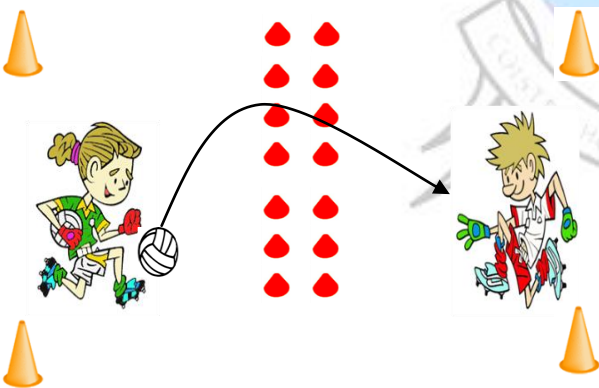
### Target Game – Cone Bombardment



Split Teams in 2

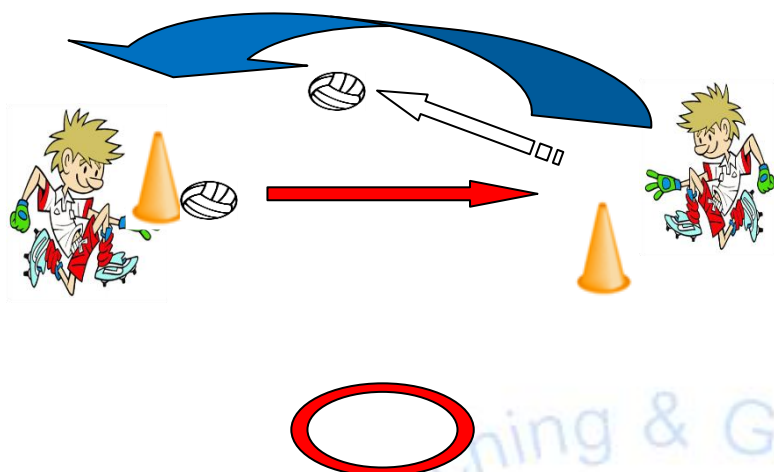
- Aim – Players have to kick The Ball and try and knock the cones down
- Focus – Kicking at a target, accuracy.

### Court Game – Over the River



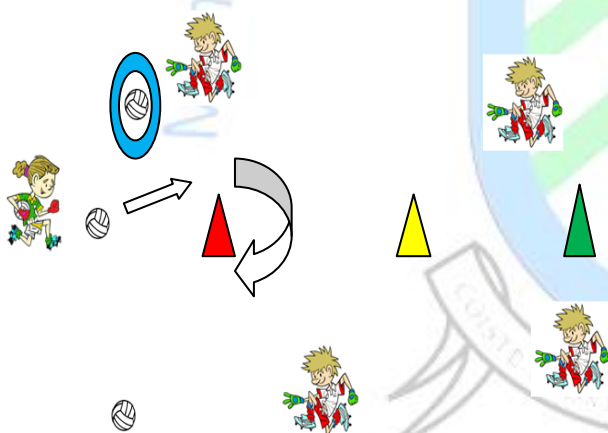
- Aim – Players play ball over the river to other side either with Hand/ Fist/ Kick Pass
- Focus – Kicking/ Hand Passing, where and how to pass

## Field Games – Continuous Rounders



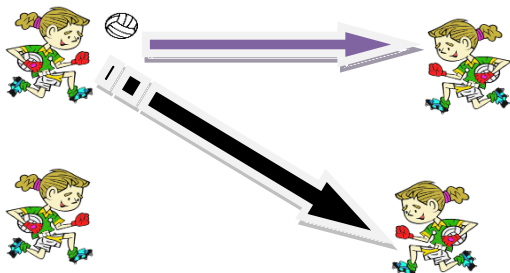
- **Aim/ Rules** – Players kick ball then try to run around cones as many times as possible before other player gets the ball back in hoop
- **Focus** – Kicking, Decision Making

## Field Games – Quick Rounders



- **Aim** – 1 V 4, Player kicks 3 footballs, team of 4 have to get them all back in hoop. While players are trying to get footballs in hoop kicker has to make decision of going to 1<sup>st</sup> cone for 1 point or third for 3 points.
- **Focus** – Kicking where, How? Decision Making, Teamwork

## Non/Part Invasion – Team Ball Pass/ Team Ball pass with Def



- **Aim** – Passing with no Pressure then adding a defender to increase pressure
- **Focus** – Passing, Moving into space, Defending, Decision Making

## Extra Games/Additional Information

### Coaching a Skill Information



#### Additional Games and Activities can be got in

1. Gaelic Start – Ulster Council - <http://ulster.gaa.ie/coaching/resources/>

2. Give us a Game Books – Dublin Coaching & Games

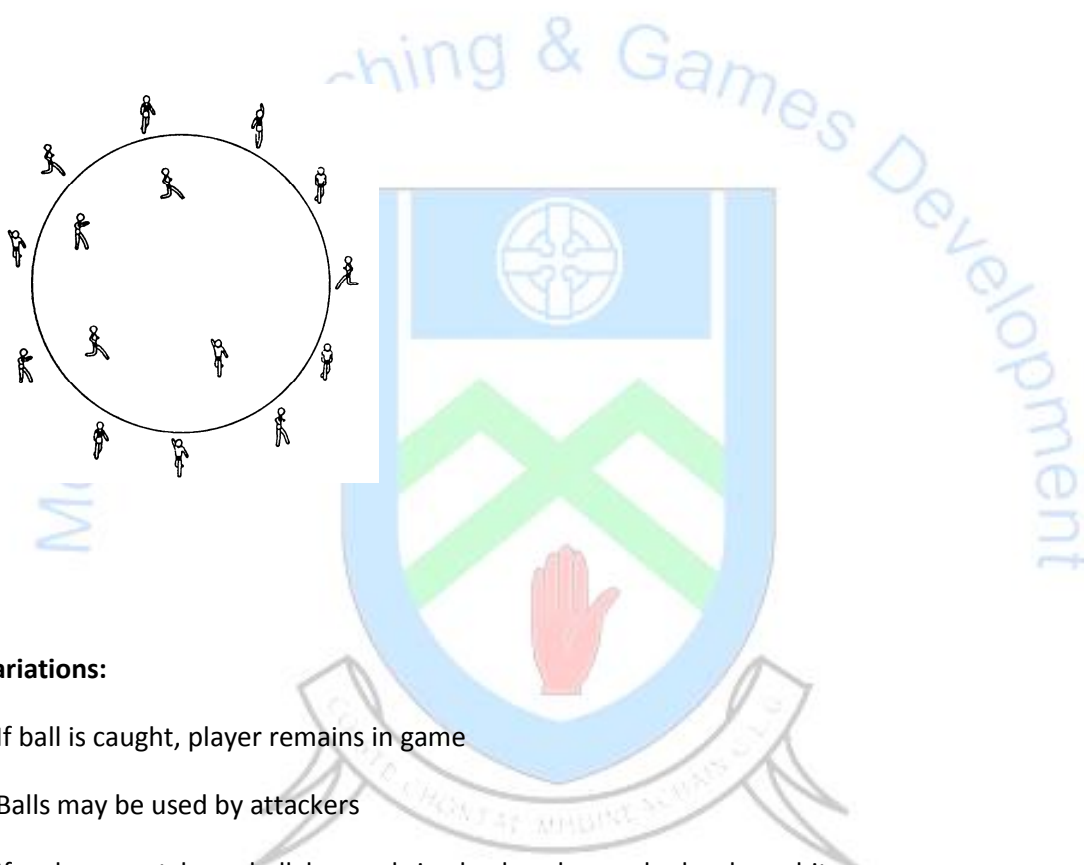
<http://www.dublingaagamesdevelopment.ie/resources/books>

## 1 Circle dodge ball (EP/MP)

### Skills: Tossing, Handball, Catching

#### Description:

Circle with a seven-metre diameter. Players outside circle handball to those inside. Each player “hit” is out. Teams exchange positions when all players are out. After the ball hits a player or leaves the court, the ball is “dead” and may be picked up. Score a point for every opponent hit. Team that scores most points in a given period or reaches a certain score first wins.



#### Variations:

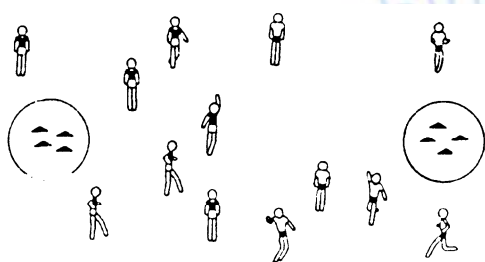
- If ball is caught, player remains in game
- Balls may be used by attackers
- If a player catches a ball, he can bring back a player who has been hit
- Player hit by opposing team remains in game

## **Bombardment (EP)**

### **Skills: Picking up**

#### **Description:**

Playing area the approximate size of basketball court. Players attempt to knock down their opponents' blocks and protect their own blocks. Players positioned in each half of court, may move around freely, but not outside their court. Players are not permitted in the two-metre area containing the targets. Game starts with one player rolling the ball at the opposing team's blocks. The winner is the team that first knocks down all the blocks of the other team.



#### **Variation:**

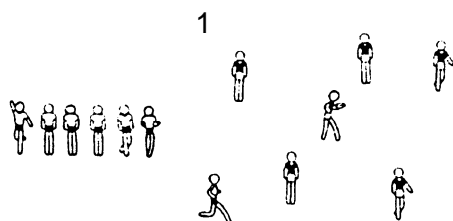
- The ball may be handpassed or kicked

## **Passing versus sprinting (EP/MP)**

### **Skills: Handball, passing**

#### **Description:**

Running team forms a straight line. Passing team forms a circle around its leader. Player No. 1 from the running team runs around the circle formed by the passing team. Each member of the running team completes this circuit while the passing team counts how many passes of the ball the captain can make to the members of the team. When the running team has completed the running circuit, it calls "STOP". Teams change places. The team with the greater number of passes is the winner.



#### **Variation:**

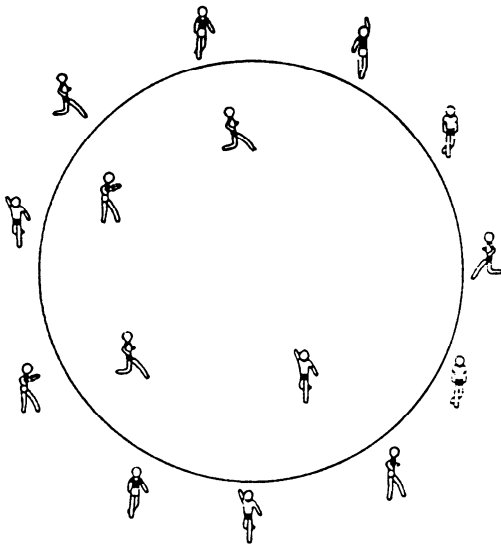
- Pass can be either a handball or a kick

## Tom tiddler (EP/MP)

### Skills: Picking up

#### Description:

A 5-metre diameter circle containing 10-20 footballs. Approximately one-fifth of the players are placed inside the circle. The remaining players patrol outside. The “robbers” must attempt to steal the footballs from inside the circle. The guards attempt to protect the balls and tag as many “robbers” as possible. Any “robbers” caught remain and help inside circle.



## 14 Empty the circle (EP/MP)

### Skills: Kicking, marking

#### Description:

A 5-metre diameter circle containing 10-20 footballs. Approximately one-fifth of the players are placed inside the circle. The remaining players patrol outside. Players inside the circle must pick up balls and kick them out as fast as possible. Players outside attempt to retrieve the balls as quickly as possible. The game finishes when all balls are out of the circle at the one time.

