

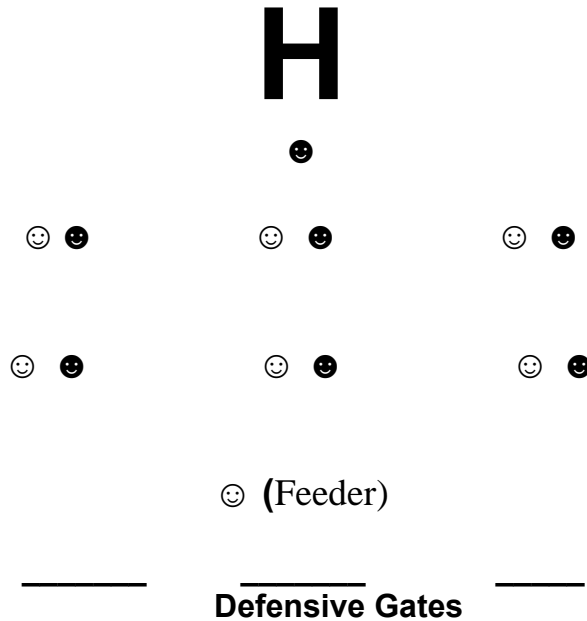
Conditioned Games.

Conditioned Games (1):

Backs & Forwards.

Excellent game to help players get used to their positions, and to get used to team positions within a team system.

Firstly line your players in their respective positions.



One player/Coach feeds the ball into your Backs & Forwards, (6 v 6), game begin from there. Object for forwards is to score goals or points, defenders on gaining possession play ball out to the feeding player.

You can change the game by:

- Allowing the competing players to Handpass/Kickpass only.
- Allow one play of the ball, (One Hop/Solo).
- Defenders not allowed to Hop/Solo the Ball, while forwards can play full rules.
- Forwards only allowed to score from outside a set distance, (13metres/20 metres from goal, depending on the ability of your players).
- Forwards go for goal only from inside a set distance, (inside 20/13metres from goal).
- Set a score target, say 7 scores, and each forward must score at least once, with the other score up for grabs. This will ensure each player contributes to the scoring and improve confidence, and take the pressure off the better players.
- Game where the Half forwards only are allowed to score.
- Game in which the full forward line only can score.
- A Game with full rules, no conditions.
- To move on our conditions we can add in an extra player, who feeds in the ball, and continues on to play in with the forwards, (7 v 6).
- Moving this on again, bring in an extra player who defends with the Defence, marking the player who feeds in the ball.
- You can sit an extra player with the Defence, i.e. 6 forwards vs. 7 Backs.
- Set up players along the Midfield line, or further out depending on your needs as a coach, set the Defence that on playing out the ball the must play it out to the Players in the middle of the pitch, (This stops defence from turning and hoofing the ball away.).

To change the game

- The goal keeper plays the ball out, and defence must work it out to set area.
- Keeper can do this from a short handpass, from a Kick pass or from a kickout.
- Keeper takes his/her kickout to two set players, (e.g. midfielders and game only begins once they win possession).

In the above if the forwards win the ball, they can play on to take a score, however that is depending on the coach and their requirements from the game!

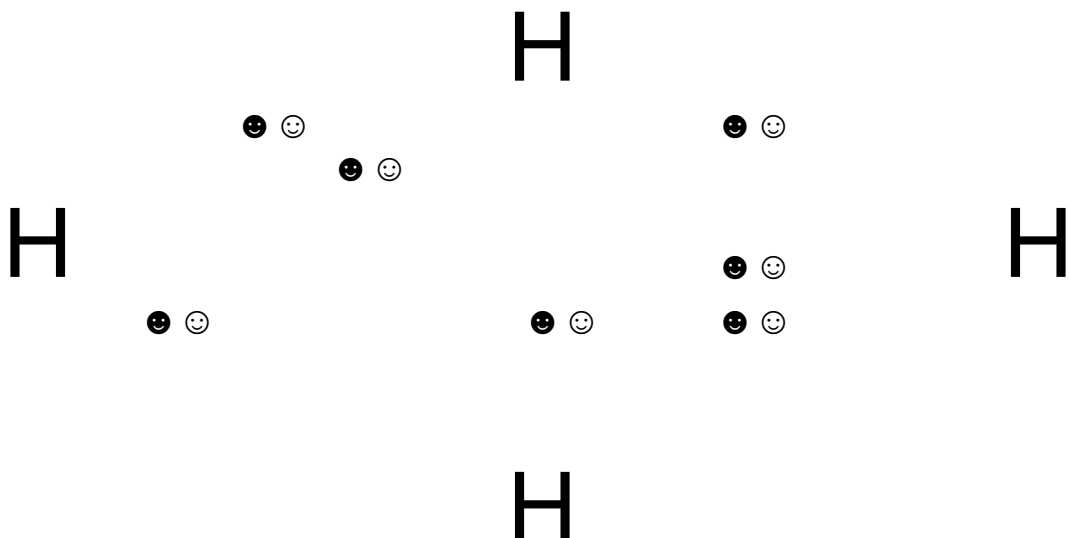
Conditioned Game (2)

Set up a playing area on your pitch/yard for a smaller no of players, (6 vs. 6, 8 vs. 8, 11 vs. 11 etc).

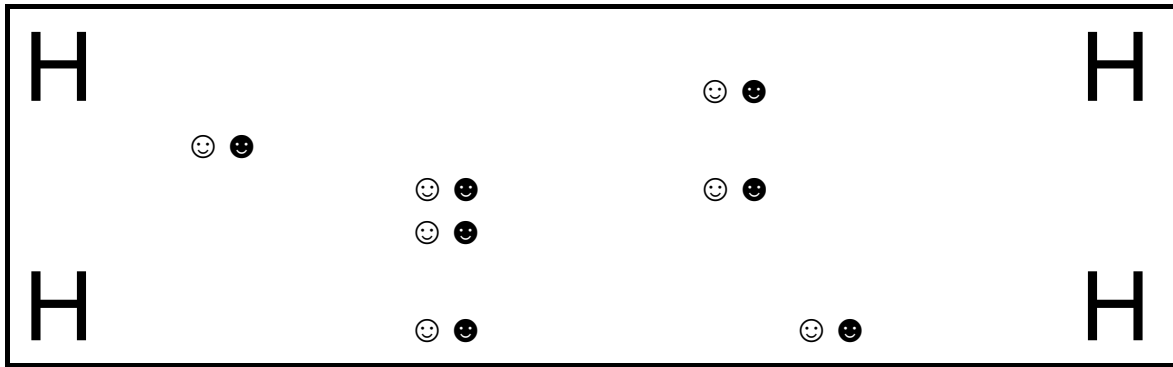
Use cones/Poles markers to set out your area.

Games:

- Hand pass game only, Hand pass to score.
- Kickpass only, Kickpass/Hand pass to score.
- Allow one play of the Ball, (i.e. Solo/Bounce), with hand pass or Kick pass.
- Allow Kickpass & Hand pass.
- As above and allow a play of the ball.
- Full rules.
- Challenge a player on a team to be the next score taker, this stops the strong player from dominating, and also allows the weaker players a chance within the game.
- Use a Goalkeeper, or not, in the case of not get last player back to act as Keeper.
- Team that scores keeps possession and attempts to score into opposite goal, changing direction of their game.
- Set boundaries within the pitch and players must stay within set areas similar to the concept of GO GAMES.
- Set up four goal areas on your pitch and the team in possession can score into any goal area, but not the same goal area in a row,



Or another pitch set up for this could be,



All the above games can be used for Football & Hurling.

With your games try and ensure that all players are involved, for example if one has a panel of 24 players, instead of having a team of 15 players and nine subs, maybe divide them into three groups, six teams, (6 vs. 6), thus ensuring all players have a game. Reducing numbers ensures that all players are involved, Players get more touches of the ball, thus ensuring more ball contacts, which will help players improve and also enjoyment for all players.

Kids want games!

Finally please make sure both sides of the body are in use, both strong side and weak side are used. This could be a condition of the game, which players only play with their weaker side!

Warm ups:

- Cup & Saucers:

Set up an area, within the area, set out caps upside down and right up.

Get kids into teams.

Object of Game:

One team on cups, other team on saucers, they move around area, while flipping their cups/saucers the other way round.

- Game 2

Set up area. Get kids to move around while you call out exercises, (walking, jogging, running, leading with their left/right, skipping, jumping high, touching the ground with their left/right hand or both hand etc).

Move on this game by including balls, they then move around passing off the football either throwing, handpassing/Kickpassing, Soloing, bouncing, etc.

- Follow the leader

Within an area, one player is leader who moves around in different ways while other players copy his/her movements.

This can be broken down to players pairing off and one of them being leader and his/her partner copying their movement.

- Solo Knockout

Set up area, and within area players solo around while also trying to attempt to knock the Ball off the other players, last player standing is winner.

- Traffic Cop

You the coach uses hand signals similar to a traffic Cop, using your hands they players move forward or backwards, side to side whether it is jogging/running/skipping etc.