

# **Fr. Casey's Bord na nÓg U12 Coaching Manual**

# **2021**



# Under 12s – Training Structure

## Key considerations at this level:

- Training sessions should be enjoyable and inclusive of all players.
- It is important to build a good rapport with the players.
- Groups and teams should be divided evenly in terms of ability, age and gender.
- Review previous matches/sessions to establish areas to work on.
- Outline plans for each session to motivate players.
- Demonstrate the skills/drills slowly and speak clearly to the players.
- Keep drills short and varied so that players remain focused throughout the training session.
- Players should use both hands and both feet when learning new skills and playing games.
- Coaches should encourage players, acknowledge their effort and praise them regularly.
- Give time at the end of a session to reflect with the players on the quality of the training session.
- Encourage players to practice their skills at home.
- The sample sessions provided focus on three skills in each session. Each skill develops further as session's progress. Coaches are encouraged to build their own sessions, varying the skills focused upon and addressing the needs of the players.
- Additional activities are included to show how each skill can be developed further.

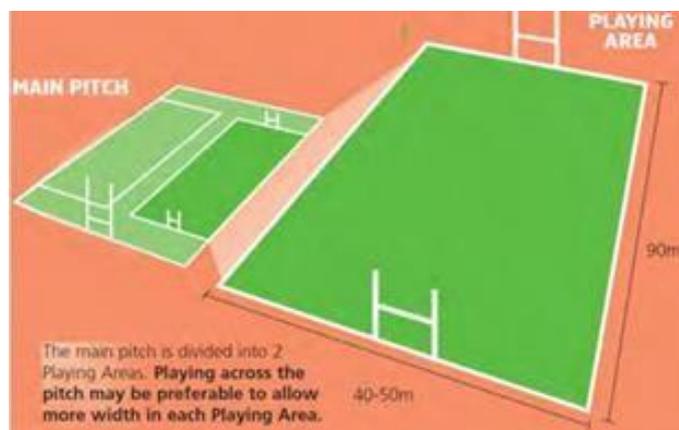
**Duration of training session:** 75/80 minutes

## Equipment/Resource List:

- Each player should have a bib (different colours for opposing teams).
- 1 'Smart touch' football between two players.
- Coach/player ratio: 1:6.
- 1 set of training cones/1 set of training poles.
- 1 set of water bottles.
- Sets of goal posts (15ftx7ft).
- Whistles for coaches/referees for games.
- Go Games rules applied.
- 11-a-side games.
- Game duration– 2 halves of 20 mins per half.
- First Aid bag.

## Pitch Dimensions:

- 90 meters x 40-50 meters
- No zones



## **Under 12 – Sample session 1**

### **Key Skills— Punt Kick II, High Catch & the Roll**

| <b>Session structure</b>           | <b>Duration (mins)</b> |
|------------------------------------|------------------------|
| Warm Up                            | 10                     |
| Introduce the focus of the session | 5                      |
| Partner Kick                       | 10                     |
| Partner Catch                      | 10                     |
| Partner Roll                       | 10                     |
| Game– 11v11                        | 25                     |
| Cool Down                          | 5                      |
| Session review and conclusion      | 5                      |

## **Under 12 – Sample session 2**

### **Key Skills— Punt Kick, High Catch & the Roll**

| <b>Session structure</b>           | <b>Duration (mins)</b> |
|------------------------------------|------------------------|
| Warm Up                            | 10                     |
| Introduce the focus of the session | 5                      |
| Along the Line (Punt Kick Drill)   | 10                     |
| Move and Block                     | 10                     |
| Grid Roll                          | 10                     |
| Game– 11v11                        | 25                     |
| Cool Down                          | 5                      |
| Session review and conclusion      | 5                      |

## **Under 12 – Sample session 3**

### **Key Skills— Punt Kick, High Catch & the Roll**

| <b>Session structure</b>           | <b>Duration (mins)</b> |
|------------------------------------|------------------------|
| Warm Up                            | 10                     |
| Introduce the focus of the session | 5                      |
| Turn and Kick                      | 10                     |
| Move and Catch                     | 10                     |
| Dancing Feet (The Roll Drill)      | 10                     |
| Game– 11v11                        | 25                     |
| Cool Down                          | 5                      |
| Session review and conclusion      | 5                      |

## **Under 12 – Sample session 4**

### **Key Skills — Near Hand Tackle & Feint and Side Step**

| <b>Session structure</b>           | <b>Duration (mins)</b> |
|------------------------------------|------------------------|
| Warm Up                            | 10                     |
| Introduce the focus of the session | 5                      |
| On the Ball                        | 10                     |
| Around the Man                     | 10                     |
| Tackle to Team-Mate (NHT Drill)    | 10                     |
| Game– 11v11                        | 25                     |
| Cool Down                          | 10                     |
| Session review and conclusion      | 5                      |

## **Under 12 – Sample session 5**

### **Key Skills — Near Hand Tackle & Feint and Side Step**

| <b>Session structure</b>                    | <b>Duration (mins)</b> |
|---|------------------------|
| Warm Up                                     | 10                     |
| Introduce the focus of the session          | 5                      |
| Around the Block                            | 10                     |
| In and Out                                  | 10                     |
| 1,2,3 Feint (2nd Feint and Side Step Drill) | 10                     |
| Game– 11v11                                 | 25                     |
| Cool Down                                   | 5                      |
| Session review and conclusion               | 5                      |

## **Under 12 – Sample session 6**

### **Key Skills — Reach Catch, Block Down & Hook Kick**

| <b>Session structure</b>           | <b>Duration (mins)</b> |
|------------------------------------|------------------------|
| Warm Up                            | 10                     |
| Introduce the focus of the session | 5                      |
| Hand Pass Drill                    | 10                     |
| Kick Pass Drill                    | 10                     |
| 4 mini games– Hand Pass Possession | 10                     |
| Game– 11v11                        | 25                     |
| Cool Down                          | 5                      |
| Session review and conclusion      | 5                      |

# Skills Test 1 - U12

| Player Name | High Catch |   | Block down |   | Hook Kick |   | Near Hand Tackle |   | Hand Pass |   | Side Step |   | Total |
|-------------|------------|---|------------|---|-----------|---|------------------|---|-----------|---|-----------|---|-------|
|             | L          | R | L          | R | L         | R | L                | R | L         | R | L         | R |       |
| 1.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 2.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 3.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 4.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 5.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 6.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 7.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 8.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 9.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 10.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 11.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 12.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 13.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 14.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 15.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 16.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 17.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 18.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 19.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 20.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |

- Each player should be assessed to determine their skills proficiency.
  - Please use the table provided when assessing each player.
- Note: L= Left Side, R= Right Side

| Player Score         |      |
|----------------------|------|
| Needs Practice       | 0-5  |
| Reasonably Competent | 5-8  |
| Fully Competent      | 9-10 |

Manager Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Skills Test 2 - U12

| Player Name | High Catch |   | Block Down |   | Hook kick |   | Near Hand Tackle |   | Hand Pass |   | Side Step |   | Total |
|-------------|------------|---|------------|---|-----------|---|------------------|---|-----------|---|-----------|---|-------|
|             | L          | R | L          | R | L         | R | L                | R | L         | R | L         | R |       |
| 1.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 2.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 3.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 4.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 5.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 6.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 7.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 8.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 9.          |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 10.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 11.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 12.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 13.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 14.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 15.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 16.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 17.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 18.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 19.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |
| 20.         |            |   |            |   |           |   |                  |   |           |   |           |   |       |

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.

Note: L= Left Side, R= Right Side

| Player Score         |      |
|----------------------|------|
| Needs Practice       | 0-5  |
| Reasonably Competent | 5-8  |
| Fully Competent      | 9-10 |

Manager Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Feedback from Testing

| Player Name | Areas of Strength | Areas to Build on |
|-------------|-------------------|-------------------|
| 1.          |                   |                   |
| 2.          |                   |                   |
| 3.          |                   |                   |
| 4.          |                   |                   |
| 5.          |                   |                   |
| 6.          |                   |                   |
| 7.          |                   |                   |
| 8.          |                   |                   |
| 9.          |                   |                   |
| 10.         |                   |                   |
| 11.         |                   |                   |
| 12.         |                   |                   |
| 13.         |                   |                   |
| 14.         |                   |                   |
| 15.         |                   |                   |
| 16.         |                   |                   |
| 17.         |                   |                   |
| 18.         |                   |                   |
| 19.         |                   |                   |
| 20.         |                   |                   |

Manager Signature: \_\_\_\_\_

Date: \_\_\_\_\_

***Year Objective;***

***Method;***

***Early;***

***Middle;***

***Late;***

***April;***

***May;***

***June;***

***July;***

***August;***

***September;***

***October;***

***November;***

***December;***

**UNDER**

**12**



**COACHING  
CLASSES**



**PUNT KICK II / HIGH CATCH / THE ROLL /  
NEAR HAND TACKLE / FEINT AND SIDE STEP**

# U-12 INTRODUCTION



Welcome to the U-12 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 12.

Remember that some players progress quicker than others and may have already mastered a number of these skills.

## PUNT KICK

The Punt Kick is a foot passing technique used in Gaelic Football. It may also be used to kick for a score when approaching the goal straight on.

## HIGH CATCH

The High Catch is one of the most spectacular techniques in Gaelic Football and is used to field the ball from the air. It is used in particular to win possession from a kick out or long pass.

## THE ROLL

The Roll is an evasion technique used in Gaelic Football when the player in possession goes into contact with an opponent. To perform the technique the player in possession uses the contact to roll away from the opponent and change direction.

## NEAR HAND TACKLE

The Near Hand Tackle is a tackling technique in Gaelic Football used to knock the ball from an opponent's possession with the open hand.

## FEINT AND SIDE STEP

The Feint and Side Step is a technique used to evade an opponent while in possession of the ball or to lose an opponent in order to find space. The objective of the technique is to disguise the intended direction of movement in order to move into a more advantageous position.

## KEY TEACHING POINTS

Here are the Key Teaching Points for the Punt Kick



Hold the ball firmly with both hands

Head down, eyes on the ball



Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance



Step forward with the non-kicking foot

Extend the wrist and drop the ball onto the kicking foot



Kick the ball with the instep, that is, the laced part of the boot



Keep the toes pointed

Follow through in the direction of the target



## COMMON ERRORS

Here are the Common Errors for the Punt Kick

|   |  |   |
|---|--|---|
| ✗ | Lifting the head too early: this can lead to mis-kicking the ball and sending the ball in the wrong direction  |    |
| ✓ | <b>To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete</b>  |    |
| ✗ | Dropping the ball from the opposite hand to the kicking foot: this can lead to the player kicking the ball with the inside of the foot and misdirecting the pass or shot |   |
| ✓ | <b>To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance</b>   |  |
| ✗ | Not keeping the toes pointed and not following through in the direction of the target  |  |
| ✓ | <b>To correct, keep the toes pointed throughout the kick, following through in the direction of the target</b>   |  |

**DRILL 1 PARTNER KICK**

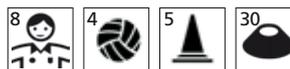
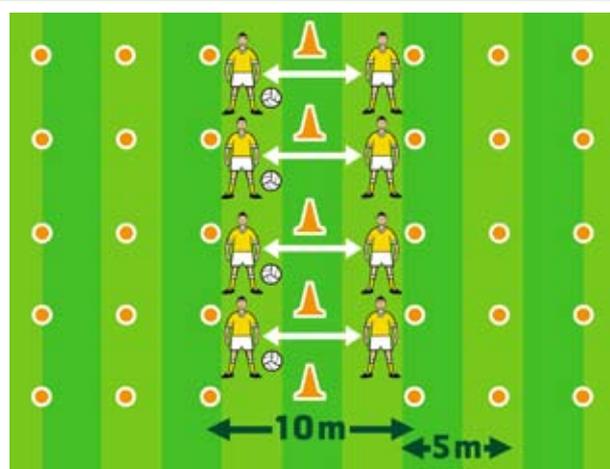
Basic Drill to practise the Punt Kick technique

**ORGANISATION**

- Divide the group into pairs, one ball per pair
- Mark out a channel for each pair through which the ball must pass
- Beginning approx 10m apart each player in turn Punt Kicks the ball to their partner
- Encourage the players to practise Punt Kicking with both left and right feet

**VARIATION**

- As the players become more competent increase the distance the players are required to kick the ball



**DRILL 2 ALONG THE LINE**

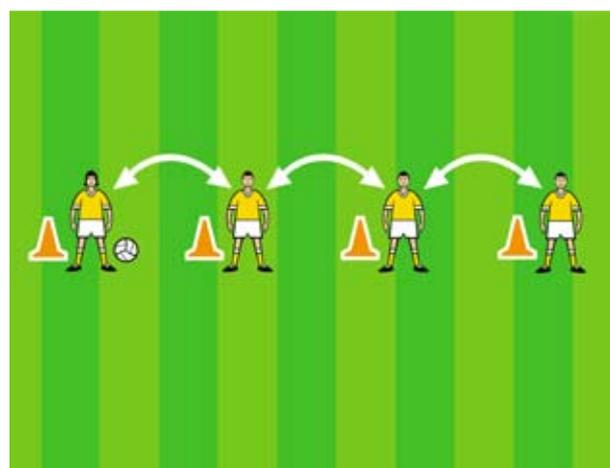
Intermediate Drill to practise the Punt Kick technique

**ORGANISATION**

- Mark out 4 cones in a line each approx 20m apart
- One player is positioned at each cone
- The ball is Punt Kicked from player to player over and back across the line
- Initially the kicker kicks from a stationary position to the receiver who is moving towards the ball
- Adapt the drill by requiring the kicker to pass the ball while moving
- After a set period of time rotate the outside players with the inside players

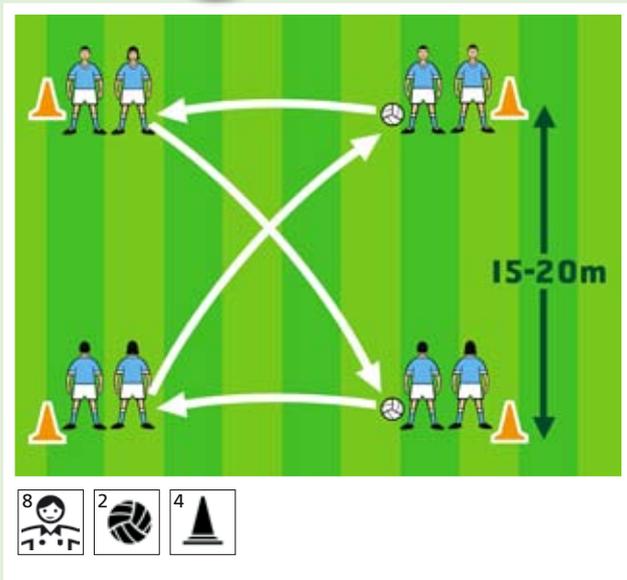
**VARIATION**

- To increase the difficulty of the drill further introduce an opponent for each player to provide token opposition



## PRACTISE THE TECHNIQUE

## DRILL 3 TURN AND KICK



Intermediate Drill to practise the Punt Kick technique which requires the players to adjust their position to face the target player before passing the ball

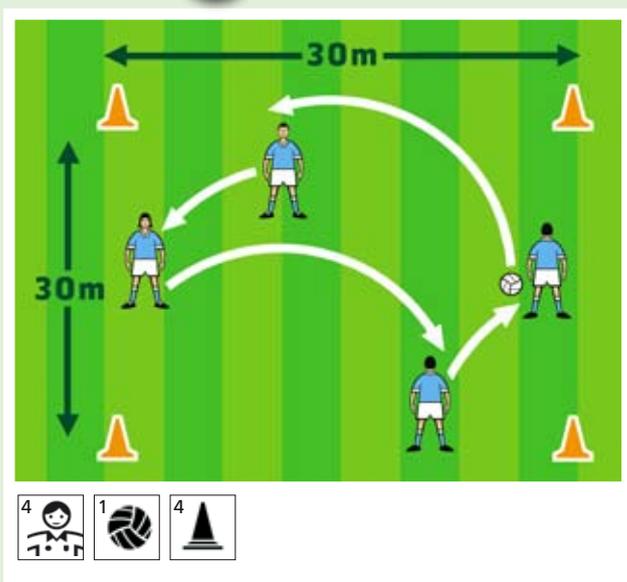
**ORGANISATION**

- Mark out a grid approximately 15 X 20m square using cones
- Position 2 players at each cone
- The ball is passed along a length of the grid and then across a diagonal from player to player
- Each player follows their pass to the end of the opposite line

**VARIATION**

- The drill should be conducted in both directions with players practicing off both right and left legs and varying the height and weight of the pass

## DRILL 4 CATCH AND KICK



Advanced Drill to practise the Punt Kick technique

**ORGANISATION**

- Mark out a grid approximately 30m X 30m
- The players work in two pairs
- The player in possession must kick to their partner in the opposite pair who must field the ball using the High Catch
- The second player in the opposite pair provides token opposition
- On receiving the pass the ball is transferred to the other player in the pair who in turn Punt Kicks back to their partner
- Encourage the kicker to place the ball to either side of the receiver requiring them to move into position to field the pass

**VARIATION**

- To increase the difficulty of the drill the opponent may provide full opposition to the receiver

**ACTIVITY 1 TARGET MAN**



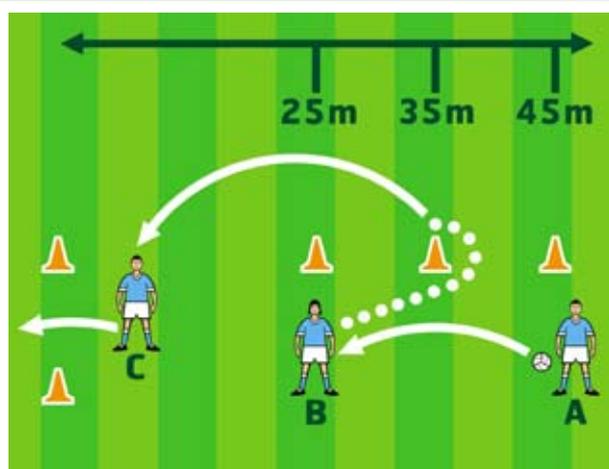
Fun Game to develop the Punt Kick technique which requires the players to pass the ball to a moving target

**ORGANISATION**

- Mark an attacking zone between the goal and the 13m line
- Place a cone at approximately 25, 35 and 45m from goal
- Player A at the 45m line kick passes the ball for Player B at the 25m line to attack and receive, before turning around the 35m cone and Punt Kicking a pass to Player C in the attacking zone
- Player C should make a run within the attacking zone and call for the ball

**VARIATION**

- To progress the drill include a defending player to shadow Player C increasing the difficulty of making a successful pass



**ACTIVITY 2 CHASE AND SCORE**



Game Play Drill to develop the Punt Kick requiring the players to Punt Kick for a point while under pressure from an opponent

**ORGANISATION**

- Divide the players into defenders and attackers
- The attackers line up 15-20m out from goal, each with a ball
- The defenders line up 10-15m out from goal on the same side
- On the whistle, the first attacker moves forward towards a marker directly in front of goal and Punt Kicks the ball for a point
- The defender gives chase and attempts to dispossess the attacker

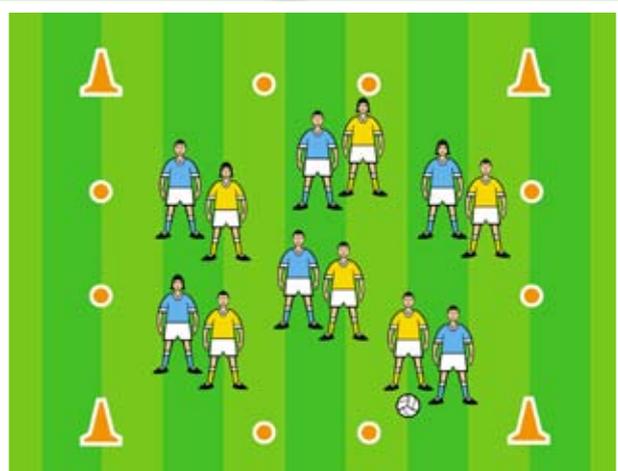
**VARIATION**

- Allow the attacking players to Solo in any direction and shoot at any time



## DEVELOP THE SKILL

## ACTIVITY 3 4 GOAL GAME



## Modified Game to develop the Punt Kick technique

**ORGANISATION**

- Mark out a playing area suitable to the numbers and ability of players
- Using portable goalposts, cones or markers, mark a goal on each side of the playing area
- Divide the players into equal teams
- Possession is retained using the Punt Kick, Hand or Fist Pass
- Each team scores into two goals, ensuring the play is varied and distributed throughout the playing area
- This also gives an advantage to the team in possession as players will find it easier to create space

**VARIATION**

- Require a team to make 2 or 3 passes in succession before scoring

## KEY TEACHING POINTS

Here are the Key Teaching Points for the High Catch



Adopt a starting position down the line of the oncoming ball  
 Approach the ball as it begins to descend



Moving forward, plant the jumping foot and extend upwards,  
 swinging the opposite leg forward



Extend the arms fully above the head  
 Head up, keep eyes on the ball



Spreading the fingers to form a 'W' shape behind the ball, catch  
 the ball slightly in front of the head



Cushion the ball and secure to the chest with both hands



## COMMON ERRORS

Here are the Common Errors for the High Catch

|   |  |   |
|---|--|---|
| ✗ | Not swinging the non-jumping leg forward: this may result in the player not jumping to their full potential and being out fielded                                  |    |
| ✓ | To correct, swing the opposite leg forward as they begin their jump  |    |
| ✗ | Not extending the arms fully: this may result in the ball being intercepted in a game situation as the player fails to take the ball at the highest possible point |   |
| ✓ | To correct, extend the arms fully towards the ball as it approaches  |  |
| ✗ | Not securing the ball into the chest: this may result in the ball being knocked from the players hands as they land  |  |
| ✓ | To correct, secure the ball to the chest with both hands   |  |
| ✗ | Jumping too early or too late: this may lead to the player missing the catch or leaving the ball open to interception  |  |
| ✓ | To correct, watch the flight of the ball closely, jumping to catch the ball at the highest, safest point   |  |

**DRILL 1 PARTNER CATCH**

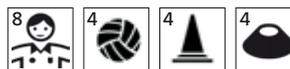
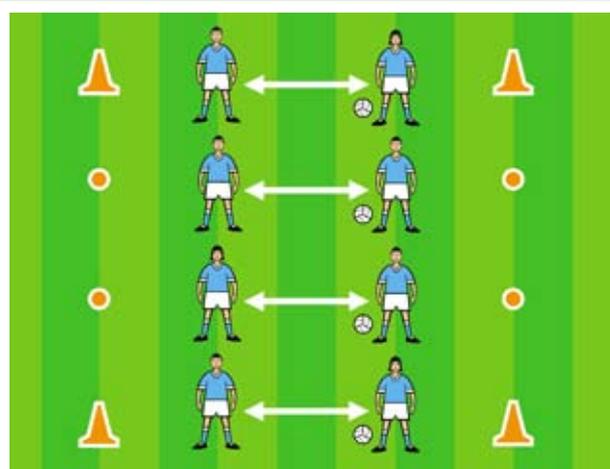
Basic Drill to practise the High Catch technique

**ORGANISATION**

- Divide the group into pairs, one ball per pair
- Each player in turn throws the ball above their opponents 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 backwards before springing up and extending 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

**VARIATION**

- As the players become more competent allow the catcher to jog forward to jump for the ball



**DRILL 2 MOVE AND BLOCK**

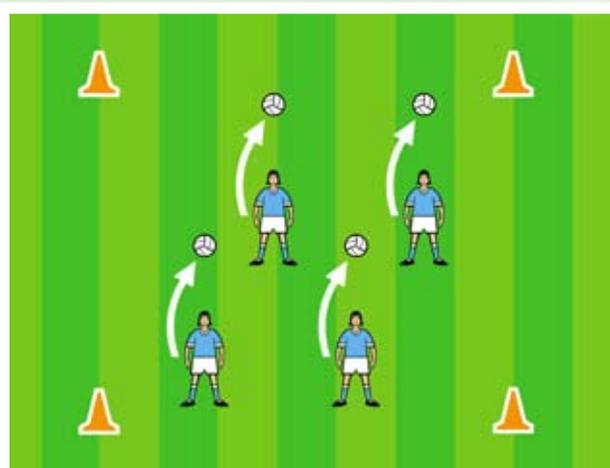
Basic Drill to practise the High Catch technique

**ORGANISATION**

- Mark out a grid appropriate to the number of players
- While remaining within the grid each player throws a ball high above their heads to perform the High Catch
- Continue the drill for a set period of time

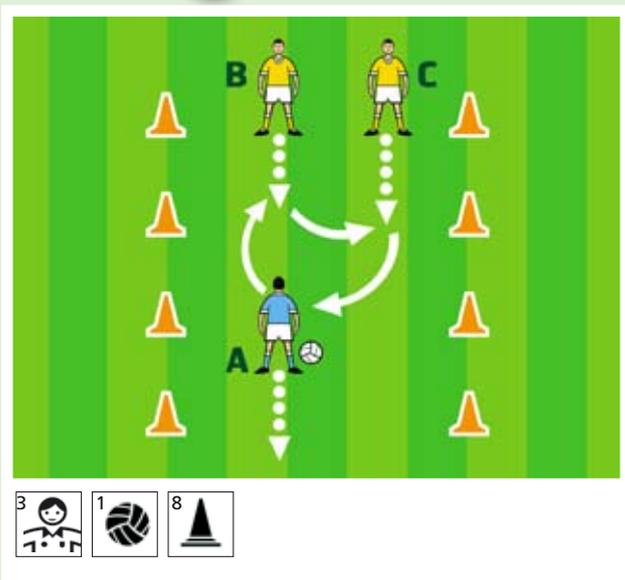
**VARIATION**

- Adapt the drill by requiring the players to kick the ball up to perform the High Catch



## PRACTISE THE TECHNIQUE

## DRILL 3 MOVE AND CATCH



Intermediate Drill to practise the High Catch technique

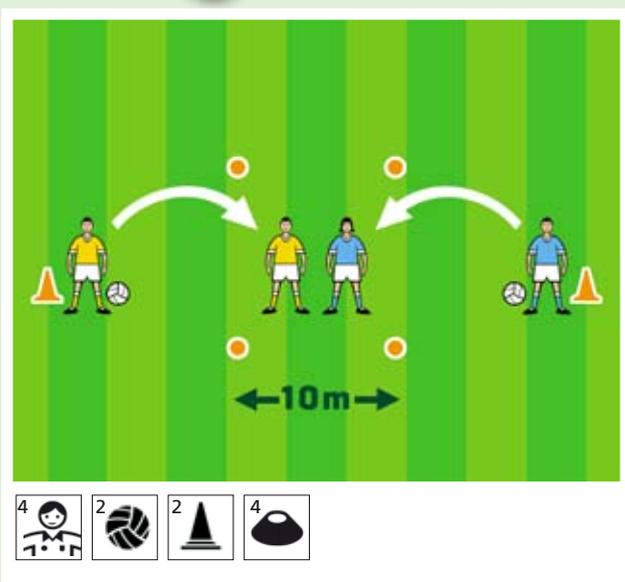
**ORGANISATION**

- Mark out a channel with cones
- Divide the players into groups of three: one ball per group
- Beginning at one end of the channel Player A jogging backwards throws the ball for Player B to move forward and perform the High Catch
- On landing Player B fist passes the ball to Player C who in turn fist passes the ball to Player A to repeat
- Rotate the players and repeat the drill

**VARIATION**

- Adapt the drill by making Player B the server who must throw the ball up for Player A to catch as they jog backwards
- Allow Player C to provide token opposition to the catcher

## DRILL 4 OPPOSED CATCH



Advanced Drill to practise the High Catch technique introducing an opponent

**ORGANISATION**

- Mark out a grid approximately 10m X 10m
- 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 High Catch while the other player provides token opposition

**VARIATIONS**

- As the players become more competent allow both players to contest for the ball
- To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest

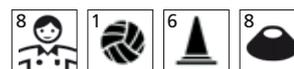
**ACTIVITY 1 PRISONER BALL**



Fun Game to develop the High Catch technique

**ORGANISATION**

- Mark out a court using markers
- Mark out a centre net or barrier using cones to divide the court into two sides
- Divide the players into 2 equal teams
- The 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 not caught, the player who dropped it or who was nearest 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



**VARIATION**

- Require the catcher to Fist or Hand Pass to a team mate immediately on landing before the ball can be kicked back to the opposite side

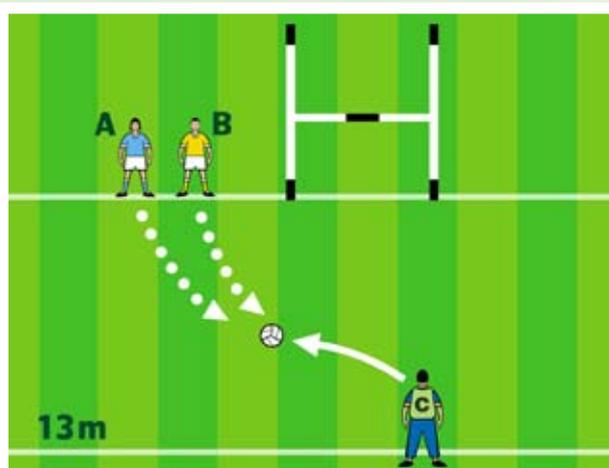
**ACTIVITY 2 ONE ON ONE**



Game Play Drill to develop the High Catch technique in a contest situation

**ORGANISATION**

- Divide the players into two teams, designate one the attacking and one the defending team
- Both teams line up beside each other in pairs on the end line
- The Coach is positioned on the 13m line
- On the whistle, the first pair jog out from the end line
- The Coach throws the ball up for the attacking player to High Catch and shoot for goal
- The defending player attempts to block the shot or knock the ball clear

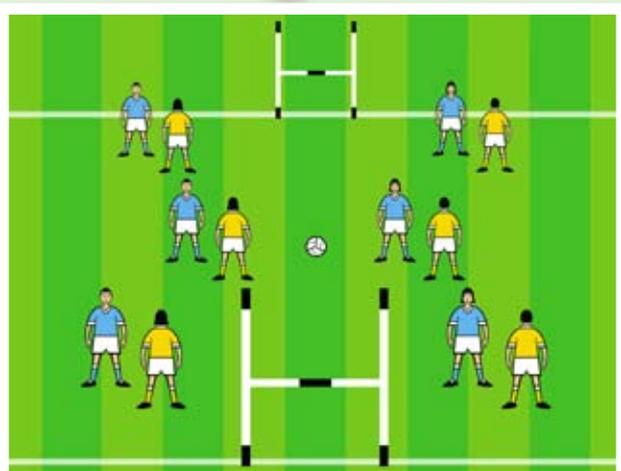


**VARIATION**

- As the players become more proficient, increase the distance from the goal

## DEVELOP THE SKILL

## ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the High Catch that awards points to players who perform the technique correctly during the game

**ORGANISATION**

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful High Catch and 2 points for a goal

**VARIATION**

- To ensure plenty of High Catches, do not permit players to Bounce or toe tap the ball



## KEY TEACHING POINTS

Here are the Key Teaching Points for The Roll technique



Run directly towards the opponent



Plant the right foot forward, towards the opponent's left shoulder while transferring the ball to the left side



Engage the opponent in a Side to Side Charge  
 Using their shoulder as a hinge, roll off by swinging the left leg around and pivoting on the right foot



Plant the left foot on the ground and transfer the ball back to the outside of the body, now on the right side



Bring the right leg around and accelerate away  
 Use a low bounce clearing the opponent



## COMMON ERRORS

Here are the Common Errors when performing The Roll technique

|   |  |   |
|---|--|---|
|    | <p>Using a bounce as opposed to a toe tap going into the tackle; this may result in the player fouling the ball coming out of the tackle as they must toe tap the ball and may not have sufficient time or space</p> |    |
|    | <p>To correct, toe tap the ball when in space approaching the opponent</p>   |    |
|    | <p>Planting the 'wrong' foot and leading off the wrong shoulder</p>  |   |
|  | <p>To correct, plant the opposite foot to that of the opponent, as in a Side to Side Charge</p>  |  |
|  | <p>Rolling across the front of the opponent: this may also leave the ball exposed to a tackle</p>  |  |
|  | <p>To correct, plant the opposite foot to that of the opponent and roll back to back with their opponent</p>   |  |
|  | <p>Not protecting the ball during the tackle: this may result in the opponent knocking the ball away</p>   |  |
|  | <p>To correct, continue to transfer the ball to the outside of the body throughout the tackle</p>  |  |

**DRILL 1 PARTNER ROLL**

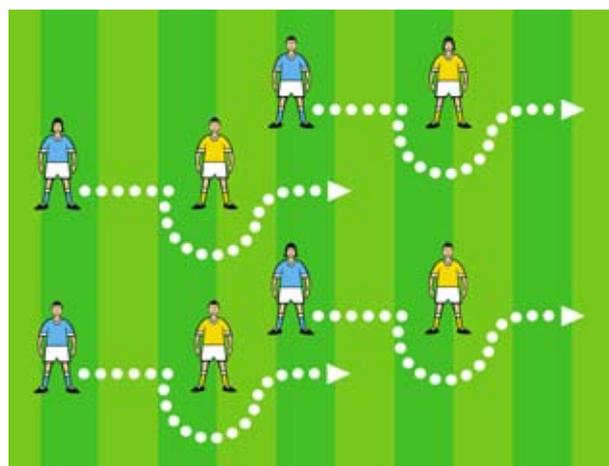
Basic Drill to practise The Roll technique

**ORGANISATION**

- Divide the players into pairs
- One player from each pair performs The Roll technique off their partner without a ball
- The technique should be performed at a walking pace initially allowing the players to focus on planting the correct foot and rolling in the correct direction
- The players should practise the technique off both sides
- After a set number of attempts reverse the roles

**VARIATIONS**

- As the players become more competent the pace should be increased gradually
- As the players develop introduce a ball; encourage the players to toe tap approaching their partner and Bounce the ball as they move away

**DRILL 2 GRID ROLL**

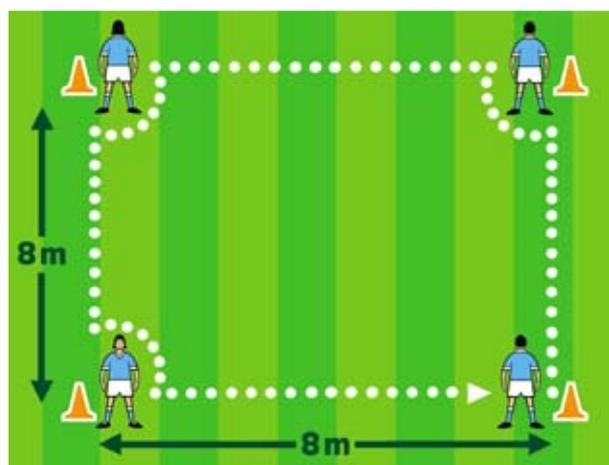
Basic Drill to practise The Roll technique

**ORGANISATION**

- Mark out a grid approximately 8m square using cones
- Position one player at each cone
- Each player in turn moves around the grid engaging shoulder to shoulder with the other players to perform The Roll technique
- The stationary players should face away from the grid
- Change the direction of movement after each player has had a turn
- When moving anti-clockwise the moving player should roll off the left shoulder and vice versa

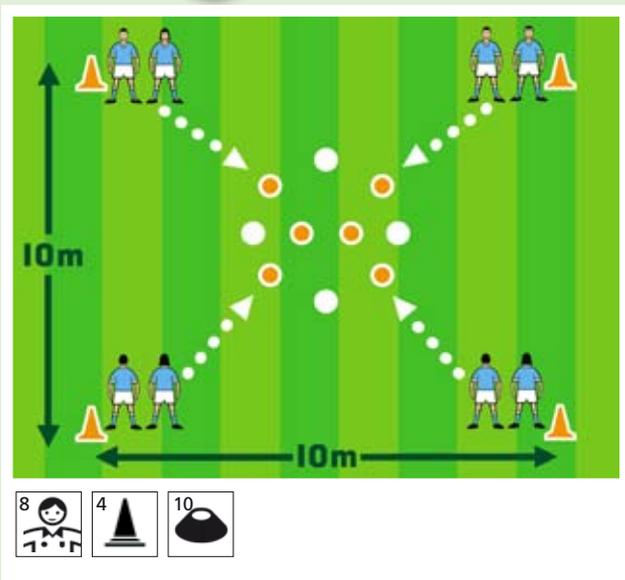
**VARIATION**

- As the players develop, introduce a ball; encourage the players to toe tap approaching the stationary players and Bounce the ball as they move away



## PRACTISE THE TECHNIQUE

## DRILL 3 DANCING FEET



## Intermediate Drill to practise The Roll technique

**ORGANISATION**

- Mark out a grid approximately 10m square using cones
- Place markers of two colours evenly spaced out throughout the centre
- Two players are positioned at each cone
- One of each pair enter the grid simultaneously to perform a Roll at each of the markers
- The players roll off the right foot at markers of one colour and off the left foot at markers of the other colour
- Switch the players after a set time

**VARIATION**

- To progress the drill, require the players to carry a ball

## DRILL 4 TACKLE BAG ROLL



## Intermediate Drill to practise 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 practising The Roll with the right and left shoulder at each alternate tackle bag

**VARIATION**

- As the players become more comfortable encourage them to play the ball, particularly focusing on using the Bounce as they move away from each tackle

**ACTIVITY 1** ROLL AND SHOOT

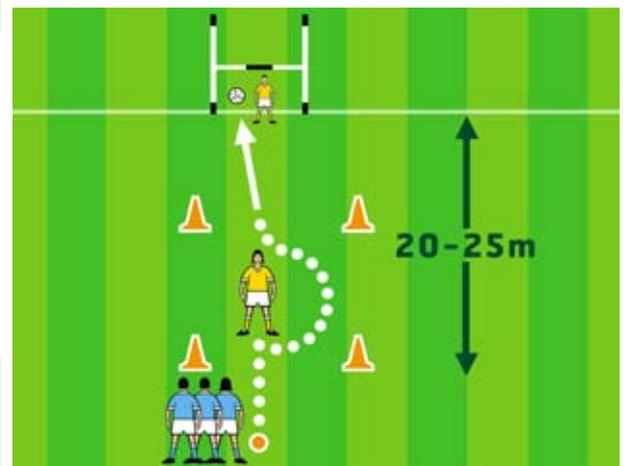

Game Play Drill to develop The Roll technique

**ORGANISATION**

- The attacking players line up approximately 20-25m from goal
- A defending player is positioned in a grid midway between the attacking players and the goal
- Each player in turn Solos forward to engage the defending player before rolling to one side and attempting to score
- The players should toe tap as they approach the defender and use the outer hand to Bounce the ball as they roll away towards goal

**VARIATION**

- To increase the difficulty of the drill allow the defensive player to tackle for the ball


**ACTIVITY 2** ROLL AND PASS

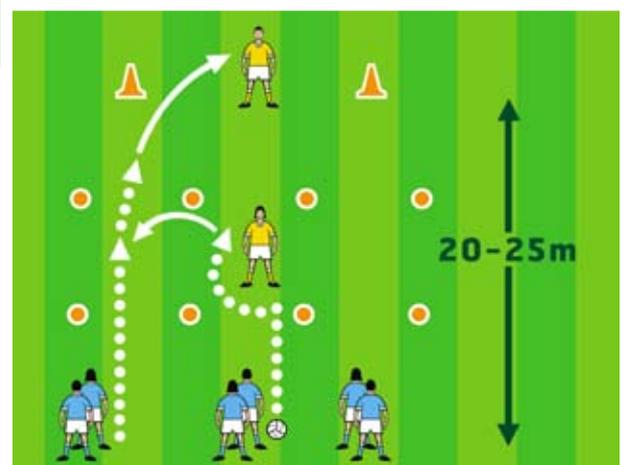

Game Play Drill to develop The Roll technique that requires the players to work together

**ORGANISATION**

- Attacking players line up in threes approximately 20-25m from goal
- A defending player is positioned in a defensive zone midway between the attacking players and the goal
- The attacking players move forward together with the central player in possession of the ball
- Having rolled off the defensive player the central attacking player lays off the ball to the outside player at that side using the Hand Pass technique
- Focus on transferring the ball to keep it in the outside arm throughout The Roll
- The players should use the right hand when passing to the right and the left hand when passing to the left

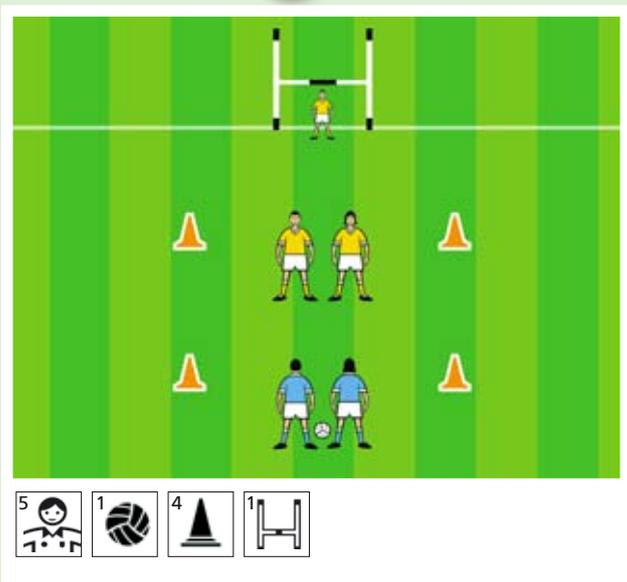
**VARIATION**

- To increase the difficulty of the drill allow the defensive player to tackle for the ball



## DEVELOP THE SKILL

## ACTIVITY 3 2 V 2



## Game Play Drill to practise The Roll technique

**ORGANISATION**

- Mark out a grid approximately 10-15m square
- Position the grid 10m from the goal
- Divide the players into attackers and defenders, with one goalkeeper
- The attackers enter the grid with the ball, which may be passed between them. They must perform The Roll before shooting on goal
- Rotate the players after a set number of goes

**VARIATION**

- Increase or decrease the difficulty by varying the degree to which the defender can tackle

**KEY TEACHING POINTS**

Here are the Key Teaching Points for the Near Hand Tackle technique



Move alongside or level with the opponent

Keep eyes on the ball



When the opponent's far leg is forward step across their space with the near leg



Flick the ball away with the hand nearest the opponent when the ball is free in the solo or bounce



Recover the ball to win possession



## COMMON ERRORS

Here are the Common Errors of the Near Hand Tackle technique

|   |  |   |
|---|--|---|
| ✗ | Tackling from behind by not getting shoulder to shoulder with the opponent: this may result in the player fouling their opponent by pushing or charging them in the back                       |    |
| ✓ | <b>To correct, make ground to be level with the opponent before making the tackle</b>  |    |
| ✗ | Leading with the outside leg and hand: this leads to poor balance and may result in the near hand being placed on the opponent's back or used to pull the opponent back thus committing a foul |   |
| ✓ | <b>To correct, step in with the near leg and hand when the opponent's far leg is forward</b>   |  |
| ✗ | Not targeting the ball leads to the player committing an aggressive foul by pushing, pulling or charging his opponent  |  |
| ✓ | <b>To correct, remain disciplined, keeping the eyes focused on the ball at all times</b>   |  |
| ✗ | Not timing the tackle to coincide with the ball being free: this may make the tackle more difficult to complete and may again lead to the player committing a foul                             |  |
| ✓ | <b>To correct, be patient and focus on the instant the ball is played by the opponent in an attempt to bounce, toe tap or pass</b>   |  |

**DRILL 1 ON THE BALL**

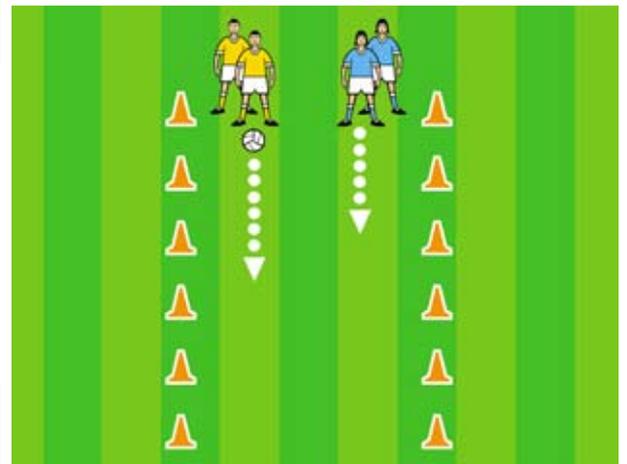
Basic Drill to practise the Near Hand Tackle technique in a controlled situation

**ORGANISATION**

- Divide the group into pairs
- Mark out a channel approximately 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 toe tap or Bounce the ball on every stride to afford the tackling player a number of chances to practise the tackle
- Change roles after a number of attempts

**VARIATION**

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



**DRILL 2 AROUND THE BLOCK**

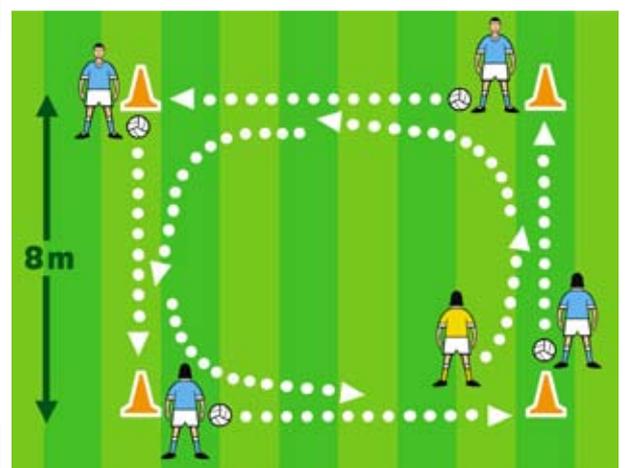
Basic Drill to practise the Near Hand Tackle technique

**ORGANISATION**

- Mark out a grid approximately 8m square using cones
- 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 a length of the grid
- The Coach may assist the drill by signalling when each player in possession should begin to move
- Switch the tackling player after each circuit of the grid
- The drill should be conducted in both directions

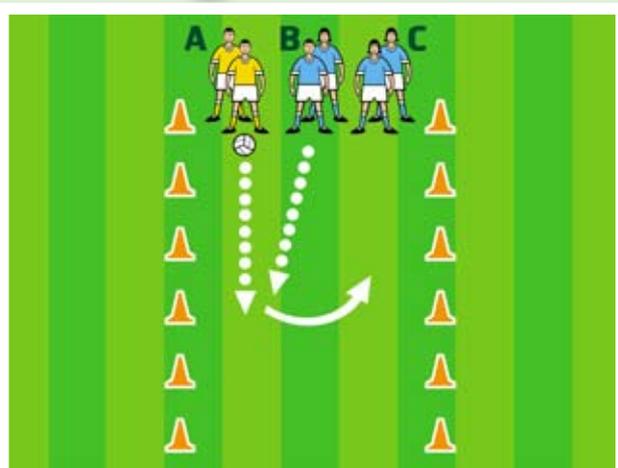
**VARIATION**

- Increase the lengths of the grid to allow the tackling player more time to perform the technique



## PRACTISE THE TECHNIQUE

## DRILL 3 TACKLE TO TEAM-MATE



Intermediate Drill to practise the Near Hand Tackle technique requiring the tackling player to knock the ball to a team mate

**ORGANISATION**

- Divide the players into groups of 3
- Mark out a channel approximately 5m 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

**VARIATIONS**

- Player B is in possession and Player C attempts to perform the Near Hand Tackle and knock the ball to Player A
- As the proficiency of players improves, increase the pace of the drill



## ACTIVITY 1 GRID TACKLE



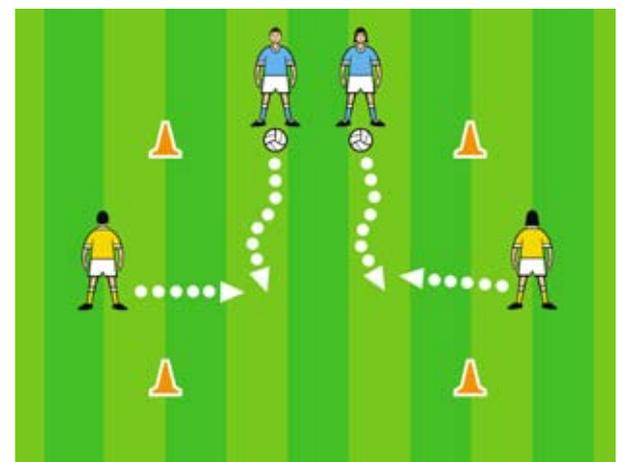
Fun Game to practise the Near Hand Tackle in open space

### ORGANISATION

- Mark out a grid 15m X 15m
- Two players with a ball each enter the grid from one side
- Two tackling players enter the grid from each adjacent side
- The players in possession continue to Solo around the grid as the tackling players attempt to perform the Near Hand Tackle
- After a set time reverse the roles

### VARIATION

- Increase the number of players in possession giving the tackling players a number of targets



## ACTIVITY 2 LAST MAN STANDING



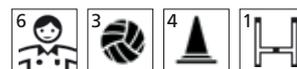
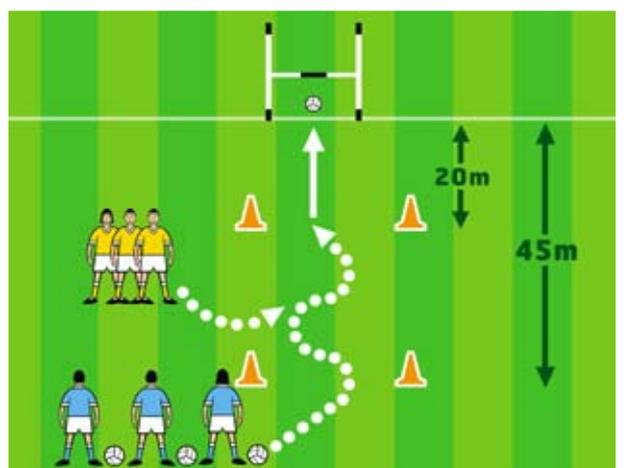
Game Play Drill to develop the Near Hand Tackle technique

### ORGANISATION

- Mark a channel from approximately 20-45m 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

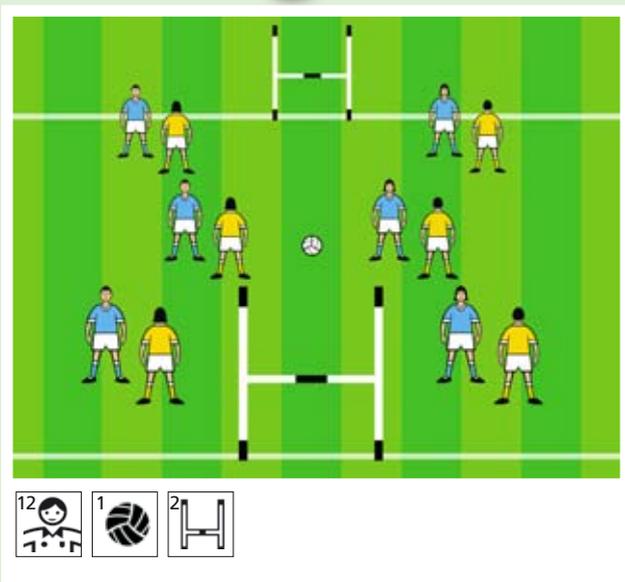
### VARIATION

- Increase the number of defenders on each go to reduce the difficulty of the drill



## DEVELOP THE SKILL

## ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the Near Hand Tackle that awards points to players who perform the technique correctly during the game

**ORGANISATION**

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful Near Hand Tackle and 2 points for a goal

**VARIATION**

- To ensure plenty of Near Hand Tackles, permit players to Bounce or toe tap the ball after taking four steps

## KEY TEACHING POINTS

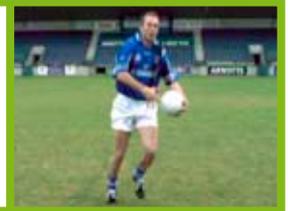
Here are the Key Teaching Points for the Feint and Side Step



Run directly towards the opponent



Feign movement to one side by shifting body weight in that direction  
Accentuate the feint by dropping the shoulder at that side simultaneously



Quickly change direction by shifting your body weight back and pushing hard off the planted foot  
When using a ball, the feint may be further accentuated by showing the ball before pulling the ball back rapidly as you change direction



Accelerate quickly away



## COMMON ERRORS

Here are the Common Errors for the Feint and Side Step

|   |  |   |
|---|--|---|
|    | <p>Stepping to one side to plant the foot too early: this may allow the opponent to read the intention of the movement and recover quickly</p> |    |
|    | <p>To correct, move to 1 to 2m from the opponent before beginning the feint</p>  |    |
|    | <p>Not transferring to one side</p>  |   |
|  | <p>To correct, feign movement to one side by shifting body weight in that direction and dropping the shoulder to the same side</p>             |  |
|  | <p>Accelerating away too slowly after changing direction: this may result in the player failing to lose their opponent</p>                     |  |
|  | <p>To correct, concentrate on moving away from the opponent as quickly as possible after changing direction</p>                                |  |
|  | <p>Showing the ball too early: this may allow the opponent to read the intention of the movement and recover quickly</p>                       |  |
|  | <p>To correct, move to 1 to 2m from the opponent before beginning the feint</p>  |  |

**DRILL 1** AROUND THE MAN

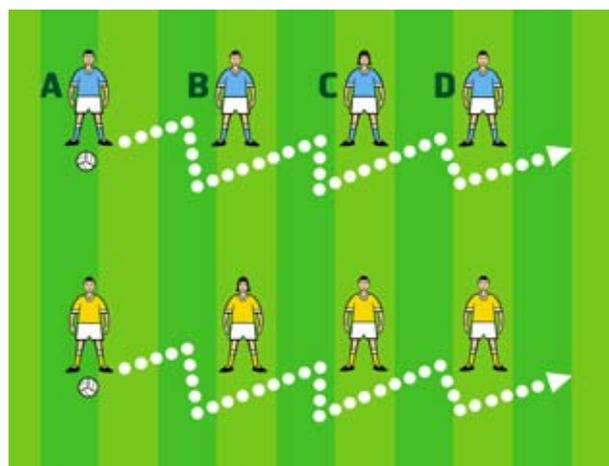
Basic Drill to practise the Feint and Side Step technique

**ORGANISATION**

- Divide the players into groups of 4
- The players form a line approximately 3-4m apart, the first player facing the others
- Player A, with ball in hand, feigns past each player in turn while walking
- Players B, C and D remain stationary throughout
- Once player A reaches the end of the line all the players move forward and the ball is passed to Player B to repeat the drill
- Each player in turn moves to the top of the line and repeats

**VARIATION**

- As the players become proficient introduce jogging to increase the speed of the drill

**DRILL 2** IN AND OUT

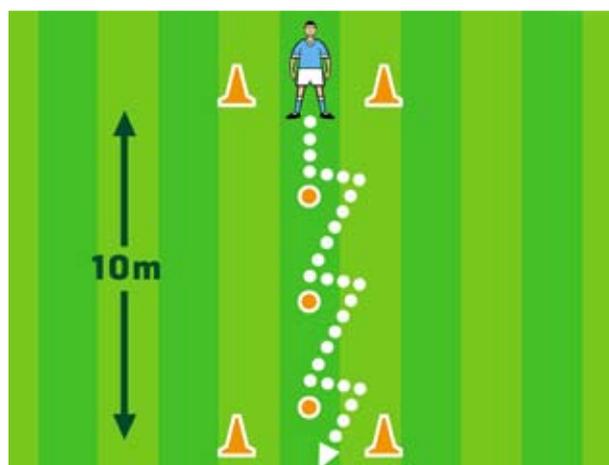
Basic Drill to practise the Feint and Side Step technique

**ORGANISATION**

- Place 3 markers 1-2m apart down the centre of a channel
- Beginning at one end of the channel each player in turn feigns around each cone
- Initially the players should be encouraged to perform the technique slowly to focus on each of the key points

**VARIATION**

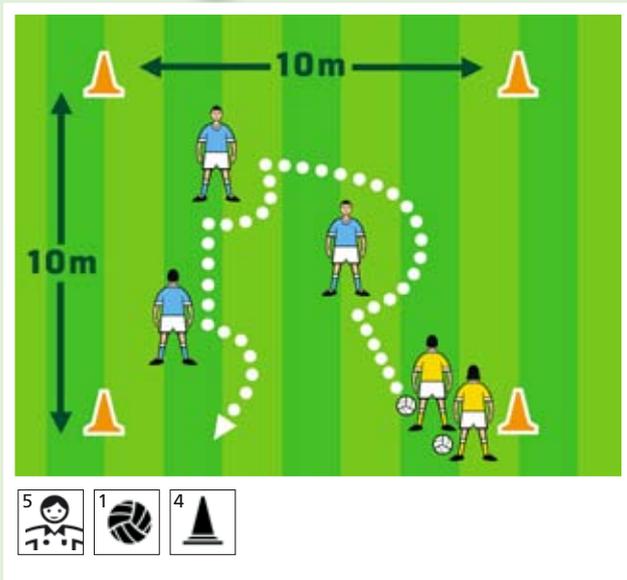
- As the players become more competent the pace should be increased, first to a jog and eventually to running speed
- Introduce a ball once the players are comfortable performing the technique without a ball



# UNDER 12 FEINT AND SIDE STEP

## PRACTISE THE TECHNIQUE

### DRILL 3 1, 2, 3, FEINT



Intermediate Drill to practise the Feint and Side Step technique requiring the players to feint around three stationary opponents in succession

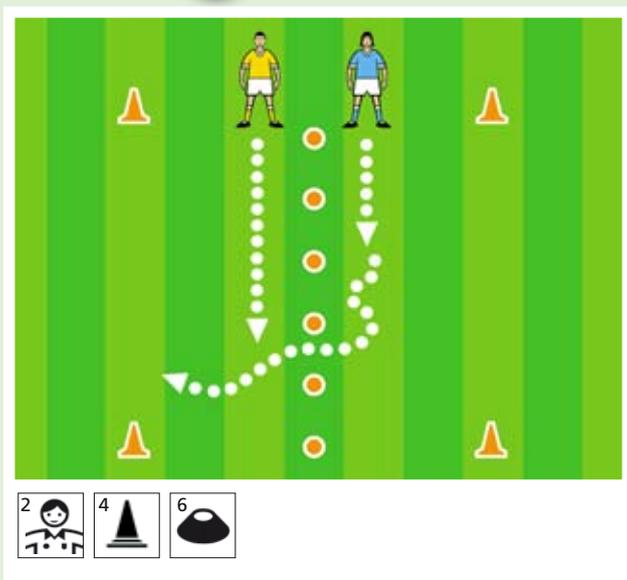
#### ORGANISATION

- Mark out a grid 10m X 10m using cones
- Position 3 defending players within the grid as shown
- The remaining players line up outside the grid each with a ball
- Each player must enter the grid in turn, approach each of the defending players, feign and accelerate away
- Change the defending players at frequent intervals
- Continue the drill for a set period of time

#### VARIATION

- To increase the difficulty, allow the defending players to tackle the ball while remaining in their positions

### DRILL 4 ALONG THE LINE



Advanced Drill to practise the Feint and Side Step technique introducing a moving opponent

#### ORGANISATION

- Place 6 markers 1-2m apart down the centre of a channel
- Divide the players into pairs; one attacker and one defender
- On the whistle the attacking player moves forward along one side of the cones
- The defending player shadows the attacker from the other side of the cones
- The attacking player must feign and pass the defending player, accelerating through the cones to the other side
- Reverse the roles after a set number of attempts

#### VARIATION

- As the players become competent introduce a ball

**ACTIVITY 1 TAG**



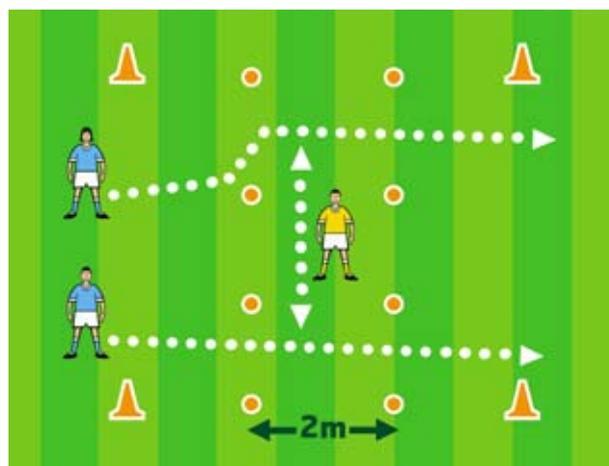
Fun Game to develop the Feint and Side Step technique

**ORGANISATION**

- Mark out a grid 15-20m X 10m
- Mark a zone approximately 2m wide across the centre of the grid
- Two attacking players are positioned at one end of the grid; one defending player in the centre zone
- The outer players must run forward together and pass through the centre zone while avoiding the defending player
- The defending players use the Checking technique to block the attacking players
- The attacking players lose one life every time they are tagged by the defending player
- When an attacking player loses all their lives they become the defending player

**VARIATION**

- To increase the difficulty allow only one attacking player run at a time



**ACTIVITY 2 PASS THE GUARDS**



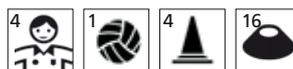
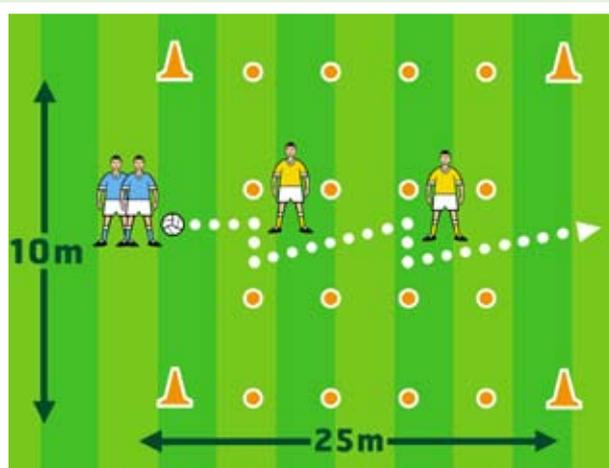
Fun Game to practise the Feint and Side Step technique. It also helps develop defensive skills like Checking and the Near Hand Tackle

**ORGANISATION**

- Mark out a grid of approximately 25m X 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**

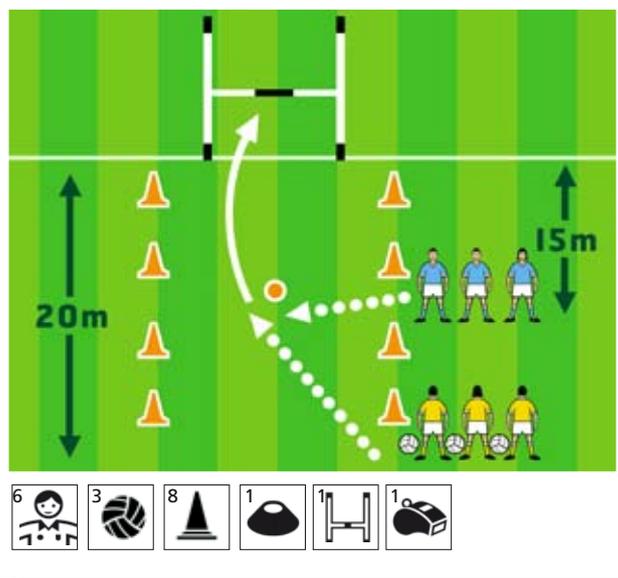
- Place a goal at the end of the grid and require the players to shoot for goal having successfully passed the defenders



# UNDER 12 FEINT AND SIDE STEP

## DEVELOP THE SKILL

### ACTIVITY 3 CHASE AND SCORE



This is a Game Play Drill to develop the Feint and Side Step technique requiring the players to avoid an opponent and kick for a point

#### ORGANISATION

- Divide the players into defenders and attackers
- The attackers line up 15-20m out from goal, each with a ball
- The defenders line up 10-15m out from goal on the same side
- On the whistle, the first attacker moves forward towards an opponent. The attacker must Feint and Side Step the opponent and kick for a point
- The defender gives chase and attempts to dispossess the attacker

#### VARIATION

- Allow the attacking player to Solo in any direction and shoot at any time