

Fr. Casey's Bord na nÓg

Fr. Casey's Bord na nÓg U8 Coaching Manual

2021



Under 8s

Key considerations at this level:

- Training sessions should be enjoyable and inclusive of all players.
- Groups and teams should be divided evenly in terms of ability, age and gender.
- As players are learning core skills of football for the first time, it is important that the ratio of coaches to players is kept to a minimum (e.g. ratio 1:6).
- Players should use **both hands and both feet** when learning new skills and playing games.

It is important that players don't develop a strong and a weak side.

- 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 sessions progress. Coaches are encouraged to build their own sessions, varying the skills focused upon and addressing the needs of the players.

Duration of training session: 70 minutes

Equipment/Resource List:

- Each player should have a bib (different colours for opposing teams).
- 1 'First 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 (10ftx6ft).
- Whistles for coaches/referees for games.
- 7-a-side games.
- Game duration– 4 quarters of 7 mins approx.
- Go Games rules apply.
- First Aid bag.

Pitch Dimensions:

- 45 meters x 30 meters
- Two zones



Under 8 – Sample Session 1

Session structure:	Duration
Warm Up	10 mins
Introduce the focus of the session	5 mins
Throw and Body Catch	10 mins
Throw and Low Catch	10 mins
Punt Kick to Partner	10 mins
Game– 7v7	20-25 mins
Session review and conclusion	5 mins
Key Skills — Body Catch, Low Catch & Punt Kick 1	

Under 8 – Sample Session 2

Session structure	Duration
Warm Up	10 mins
Introduce the focus of the session	5 mins
Handball Bob	10 mins
Islands	10 mins
Pass and Follow	10 mins
Game– 7v7	20-25 mins
Session review and conclusion	5 mins
Key Skills — Body Catch, Low Catch & Punt Kick 1	

Under 8 – Sample Session 3

Session structure	Duration
Warm Up	10 mins
Introduce the focus of the session	5 mins
Cross Running Catch (body)	10 mins
Move and Catch (Low)	10 mins
Six Star Drill (Punt Kick drill)	10 mins
Game– 7v7	20-25 mins
Session review and conclusion	5 mins

Key Skills — Body Catch, Low Catch & Punt Kick 1

Under 8 – Sample Session 4

Session structure	Duration
Warm Up	10 mins
Introduce the focus of the session	5 mins
Stationery Bounce	10 mins
Hand Pass to Partner	10 mins
Side Step	10 mins
Game– 7v7	20-25 mins
Session review and conclusion	5 mins

Key Skills — Bounce, Hand Pass & Side Step

Under 8 – Sample Session 5

Session structure	Duration
Warm Up	10 mins
Introduce the focus of the session	5 mins
Bounce on the move	10 mins
Move and Pass (Hand Pass)	10 mins
Side Step Slalom	10 mins
Game– 7v7	20-25 mins
Session review and conclusion	5 mins

Key Skills — Bounce, Hand Pass & Side Step

Under 8 – Sample Session 6

Session structure	Duration
Warm Up	10 mins
Introduce the focus of the session	5 mins
Slalom Bounce	10 mins
Pressure Pass (Hand Pass drill)	10 mins
Side Step & Bounce	10 mins
Game– 7v7	20-25 mins
Session review and conclusion	5 mins

Fr. Casey's Bord na nÓg
Skills Test 1 - U8

Player Name	Body Catch		Low Catch		Punt Kick 1		Bounce		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: _____

Fr. Casey's Bord na nÓg
Skills Test 2 - U8

Player Name	Body Catch		Low Catch		Punt Kick 1		Bounce		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
8



**COACHING
CLASSES**



**BODY CATCH / LOW CATCH / PUNT KICK I /
BOUNCE / HAND PASS / SIDE STEP**

U-8 INTRODUCTION



Welcome to the U-8 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 8. Remember that some players progress quicker than others and may have mastered these skills. In this case progress to the skills outlined in the U-10 section of this resource.

BODY CATCH

The Body Catch is a basic technique in Gaelic Football. This type of catch is used when the ball is dropping between waist and head height and the player has time to cushion it into their chest.

LOW CATCH

The Low Catch is a basic technique in Gaelic Football used to receive a pass bouncing low along the ground.

PUNT KICK

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

BOUNCE

The Bounce is a basic technique in Gaelic Football used to play the ball in order to keep possession without fouling. When in possession it is possible to take a maximum of four steps without playing the ball. After four steps the player has the choice of bouncing the ball, performing a toe tap, or playing the ball away. The ball may not be bounced more than once in succession. However, the ball may be bounced alternately with the toe tap to keep possession as part of a solo run.

HAND PASS

The Hand Pass is a basic technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the open free hand.

SIDE STEP

The Side Step is a basic technique in Gaelic Football used to evade an opponent while in possession of the ball. The technique involves a shift in weight from one leg to the other, tricking the opponent into tackling to one side while the player moves off to the other.

KEY TEACHING POINTS

Here are the Key Teaching Points for the Body Catch



As the ball approaches, move to receive it between the arms and the chest

Head up, keep eyes on the ball



Extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up

Spread the fingers of both hands to cushion the ball



Relax the chest on impact to cushion the ball into a secure position with both hands



COMMON ERRORS

Here are the Common Errors for the Body Catch



Closing the eyes: this may result in the player failing to catch or fumbling the ball



To correct, keep the head up and eyes open as the ball approaches



Leaning back as the ball approaches: this may result in the ball bouncing off the player's chest



To correct, move to receive the ball between the arms and the chest, relaxing the chest on impact



Keeping the arms and hands too far apart: this may result in the ball falling between the arms



To correct, extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up



DRILL 1 THROW AND BODY CATCH

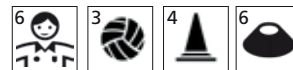
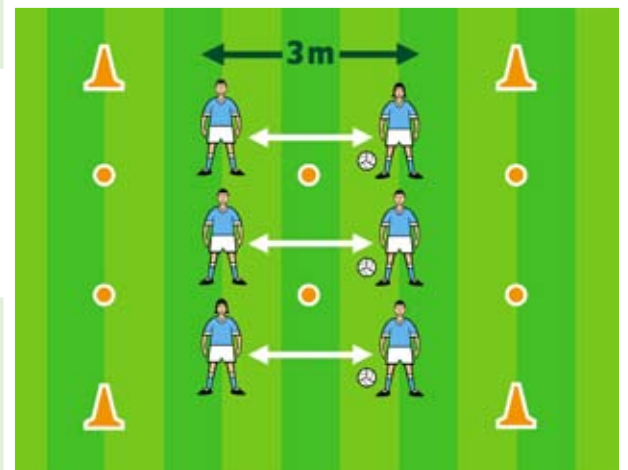
Basic Drill to practise the Body Catch technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- The players stand approximately 3m apart
- Each player in turn throws the ball underarm for their partner to Body Catch
- Count the number of successful catches in 30 seconds

VARIATION

- To increase the difficulty increase the distance between the players
- To increase the challenge move the players further apart as their technique improves



DRILL 2 HANDBALL BOB

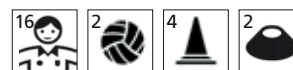
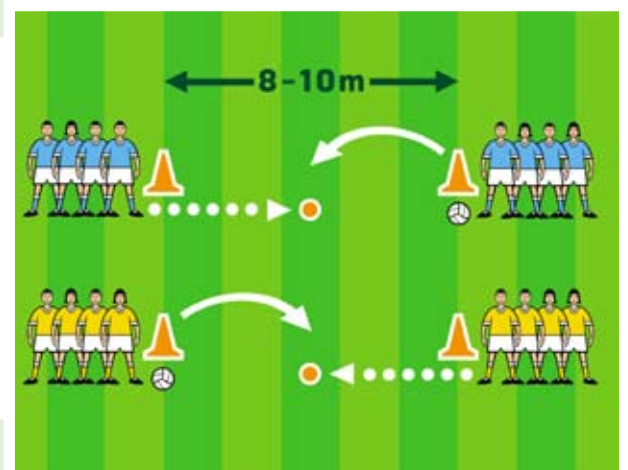
Intermediate Drill to practise the Body Catch technique

ORGANISATION

- Divide the players into groups of 8; one football per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker half way between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the opposite player to run forward and catch at the halfway marker
- The catching player runs on and hands the ball to the next player to repeat
- Each player follows on to line up at the back of the opposite line

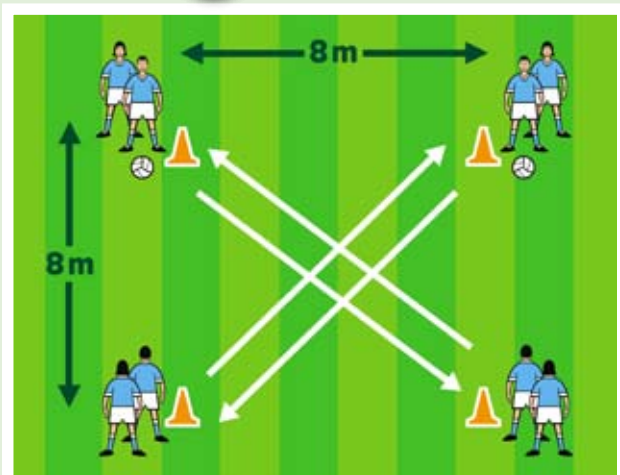
VARIATIONS

- To increase the difficulty increase the distance between the players
- To increase the difficulty throw the ball higher



PRACTISE THE TECHNIQUE

DRILL 3 CROSS RUNNING CATCH



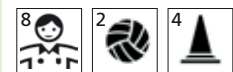
Intermediate Drill to practise the Body Catch technique, requiring the players to catch the ball while crossing the path of other players

ORGANISATION

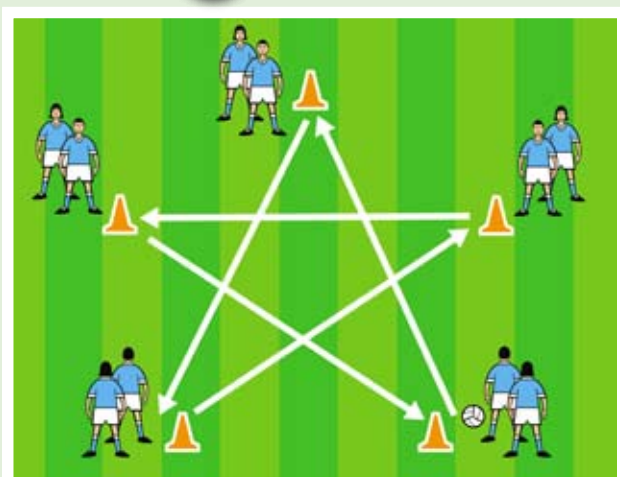
- Using cones, mark out a grid approximately 8m X 8m
- Two players line up at each cone
- Each player in turn moves forward and throws the ball for the front player at the opposite corner to attack and catch
- Each player follows their throw to take position at the back of the opposite line
- Encourage the catching players to move forward and jump into the ball as it approaches

VARIATIONS

- To increase the intensity of the drill reduce the space between the cones
- Introduce a second ball to each diagonal as the players technique improves



DRILL 4 STAR DRILL



Intermediate Drill to practise the Body Catch technique

ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

VARIATION

- To increase the difficulty of the drill introduce a second ball



ACTIVITY 1 PIGGY IN THE MIDDLE



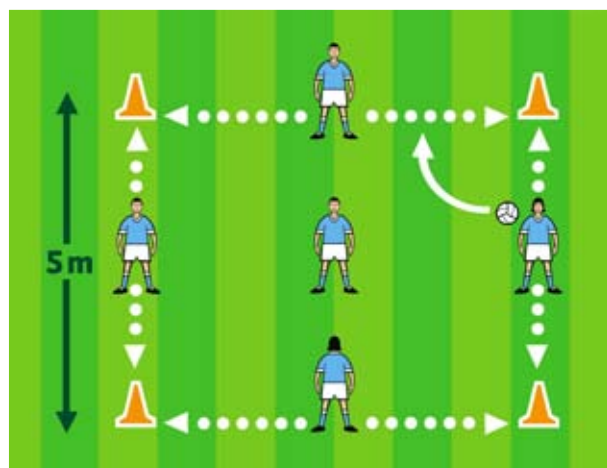
A Fun Game to develop the Body Catch technique

ORGANISATION

- Mark out a grid 5m X 5m using cones
- Divide the players into groups of five
- Position one player along each length of the grid
- Position the fifth player in the middle of the grid
- The outside players must move along the lengths of the grid throwing the ball to each other to retain possession
- The ball must be caught using the Body Catch technique
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

VARIATION

- To increase the difficulty, increase the size of the grid



ACTIVITY 2 OVER THE RIVER



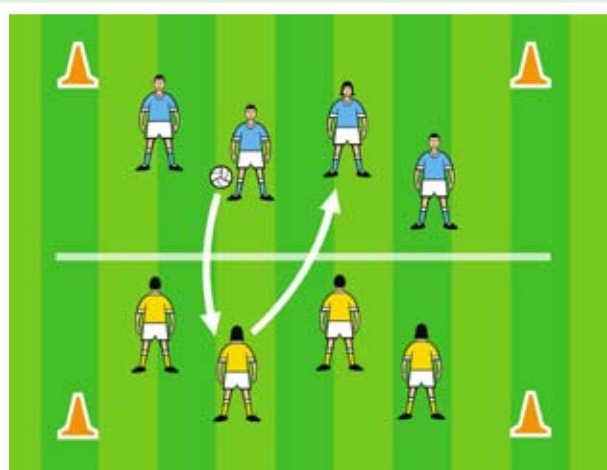
A Fun Game to develop the Body Catch technique

ORGANISATION

- Mark out a grid or 'court' using cones
- Divide the players into two teams of 4
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch
- The opposition team must use the Body Catch technique
- 1 point is awarded if the opposition fail to catch the ball using the Body Catch, or if the ball is dropped
- Award 1 point to the opposition if the ball is thrown outside the court

VARIATIONS

- Reduce the number of players on each team to provide more touches on the ball
- To increase the difficulty, introduce a second ball



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



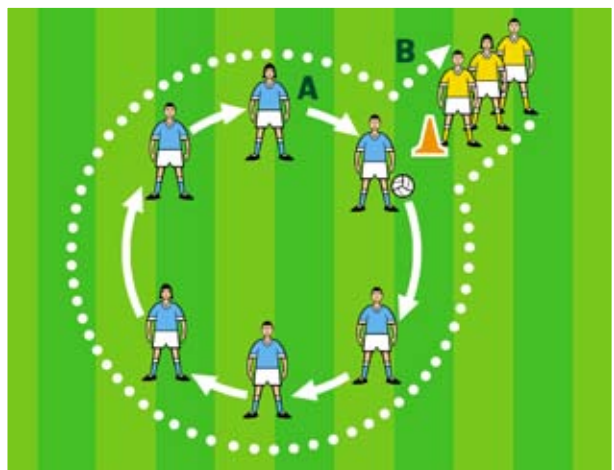
This Fun Game is designed to improve the players ability to perform the Body Catch under pressure

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Body Catches completed before the last player in Team B finishes their run
- Reverse the roles; the team with the most Body Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins



KEY TEACHING POINTS

Here are the Key Teaching Points for the Low Catch



As the ball approaches, get behind the ball, bending the back and knees

Head down, eyes on the ball



Extend the arms low with the elbows close together and the fingers pointing to the ground



Step forward placing one foot alongside the ball

Spread the fingers of both hands to create a 'W' shape and cushion the ball into the hands



Hold the ball securely with both hands and bring into the chest







If possible catch the ball before it bounces securing in to the chest before moving quickly away



COMMON ERRORS

Here are the Common Errors for the Low Catch

	Not getting low behind the ball	
	To correct, get behind the ball as it approaches, bending the back and knees	
	Keeping the arms and hands too far apart: this may result in the ball falling between the arms and hands	
	To correct, extend the arms low with the elbows close together and the fingers pointing to the ground	

DRILL 1 THROW AND LOW CATCH

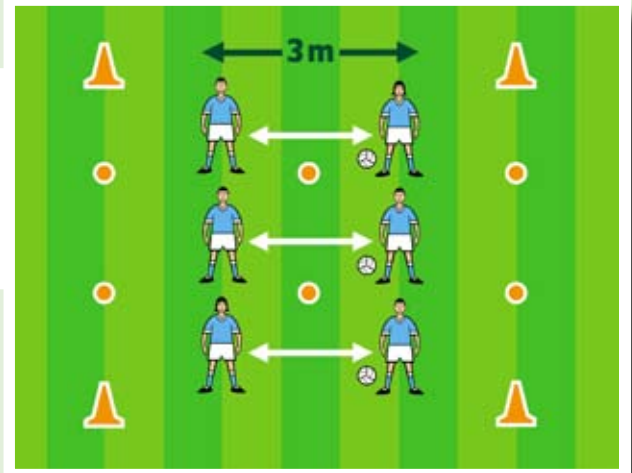
Basic Drill to practise the Low Catch technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- The players stand approximately 3m apart
- Each player in turn throws the ball to bounce for their partner to perform the Low Catch
- Count the number of successful catches in 30 seconds

VARIATION

- Move the players further apart as their technique improves



DRILL 2 ISLANDS

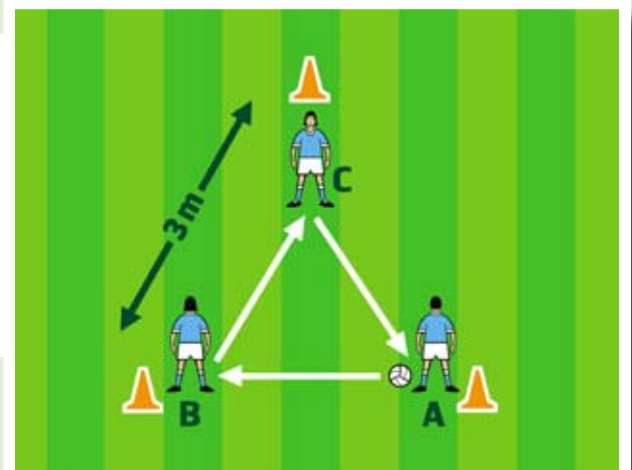
Basic Drill to practise the Low Catch technique

ORGANISATION

- Divide the players into groups of 3, each group in triangle formation approximately 3m apart
- Ensure each group has adequate space to perform the technique
- Player A throws the ball low towards the feet of Player B
- Player B then repeats the drill with Player C and so on around the triangle
- After a set time, change the direction of the drill

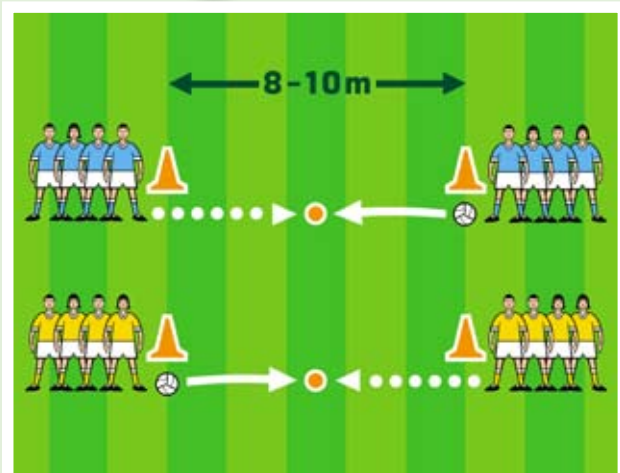
VARIATION

- To increase the intensity of the drill, introduce a second ball



PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND CATCH



Intermediate Drill to practise the Low Catch technique

ORGANISATION

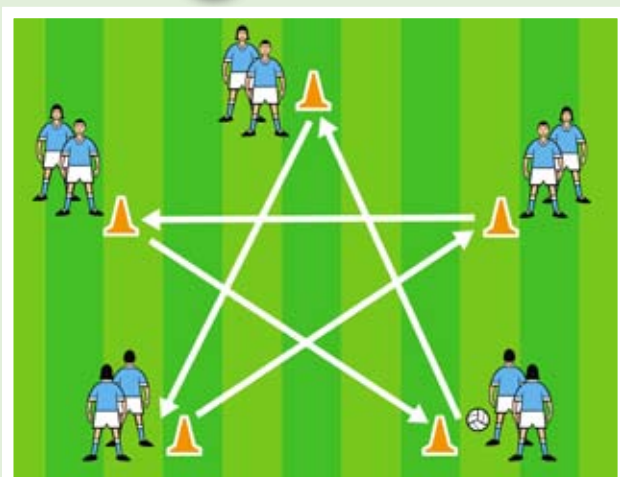
- Divide the players into groups of 8: one ball per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker halfway between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the player opposite
- This player runs forward and catches the ball at the halfway marker, runs on and hands the ball to the next player to repeat the drill
- Each player follows on to line up at the back of the opposite line

VARIATION

- To increase the difficulty allow the throwers to place the ball slightly to either side of the catching player



DRILL 4 STAR DRILL



Intermediate Drill to practise the Low Catch technique

ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

VARIATION

- To increase the difficulty of the drill introduce a second ball



ACTIVITY 1 PASS THE GUARD



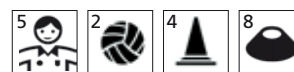
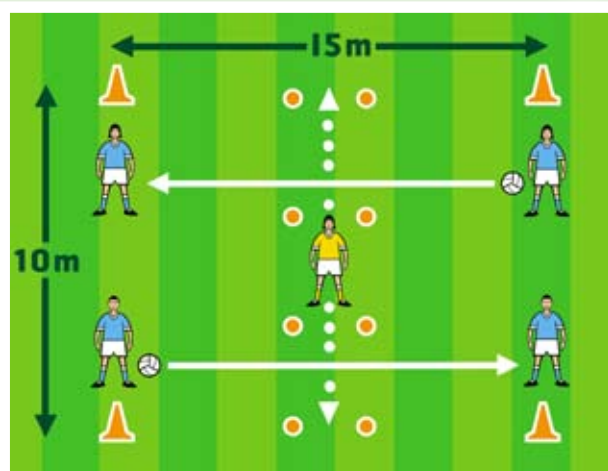
A Fun Game to develop the Low Catch technique

ORGANISATION

- Mark out a grid approximately 15m X 10m
- Mark a zone approximately 1m wide across the centre of the grid
- Two players are positioned at either end of the grid with one player in the centre
- The outer players attempt to throw the ball low past the centre player
- The centre player attempts to catch the ball using the Low Catch technique without leaving the centre zone
- Only one ball at a time may be thrown
- The centre player receives a point for every ball successfully caught
- Switch the centre player after a set time

VARIATION

- To reduce the difficulty increase the number of centre players



ACTIVITY 2 PIGGY IN THE MIDDLE



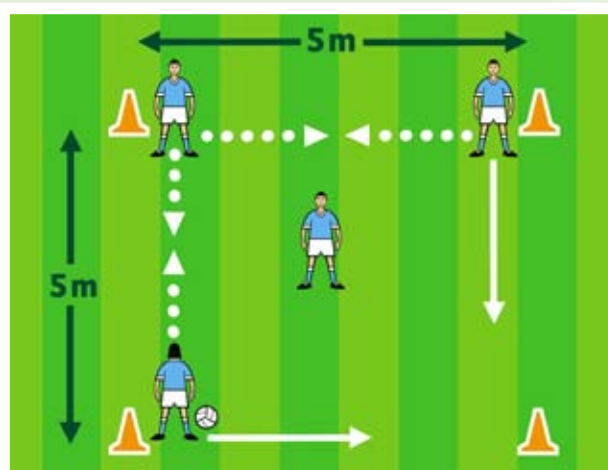
A Fun Game to develop the Low Catch technique

ORGANISATION

- Mark out a grid 5m X 5m using cones
- Position one player at each of 3 corners of the grid
- Position a further player in the middle of the grid
- The outside players must throw the ball along the lengths of the grid to keep possession
- The ball may only be thrown and caught at a cone
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

VARIATION

- To increase the difficulty increase the size of the grid



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



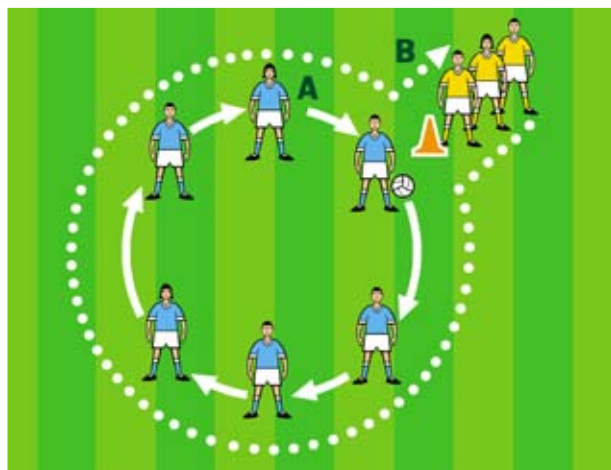
This Fun Game is designed to improve the players' ability to perform the Low Catch under pressure

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Low Catches completed before the last player in Team B finishes their run
- Reverse the roles: the team with the most Low Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins



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	
✓	To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete	
✗	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	
✓	To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance	
✗	Not keeping the toes pointed and not following through in the direction of the target	
✓	To correct, keep the toes pointed throughout the kick, following through in the direction of the target	

DRILL 1 PUNT KICK TO PARTNER

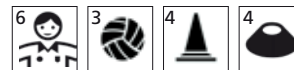
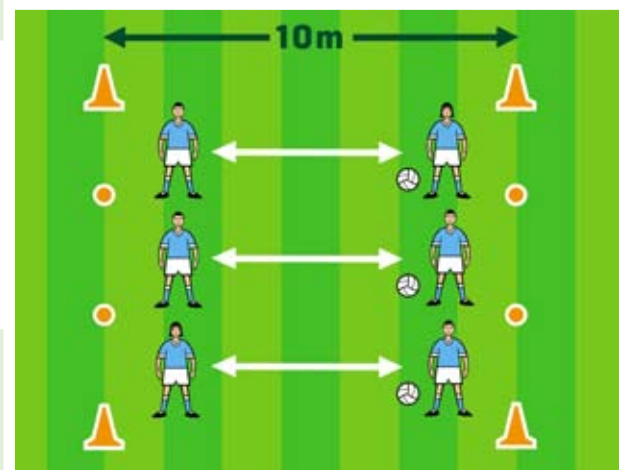
Basic Drill to practise the Punt Kick technique

ORGANISATION

- Divide the group into pairs; one football per pair
- Mark out a channel for each pair, who face each other approximately 10m apart
- Each player in turn Punt Kicks the ball to their partner
- To kick with the right leg take the first step with the left leg and vice versa
- It may be necessary to group children on the basis of ability

VARIATION

- To increase the challenge, increase the distance between the players



DRILL 2 PASS AND FOLLOW

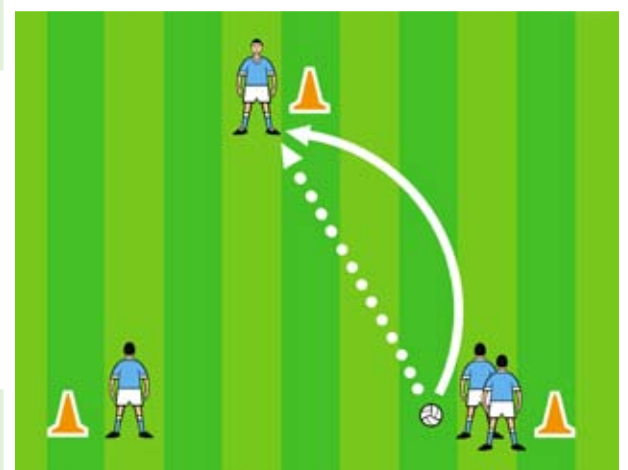
Basic Drill to practise the Punt Kick which requires the player to pass the ball before moving

ORGANISATION

- Mark out a triangle using cones, with approximately 8m between each cone
- Divide the players into groups of four
- Two players begin at one cone, the first with the ball
- Each player in turn Punt Kicks the ball to the next player in rotation before following their pass to the next cone
- Challenge the players to change the direction of the drill and use their other foot to pass the ball

VARIATION

- To increase the challenge, increase the distance between the players



PRACTISE THE TECHNIQUE

DRILL 3 DOWN THE LINE



Intermediate Drill to practise the Punt Kick designed to improve the players ability to kick with accuracy

ORGANISATION

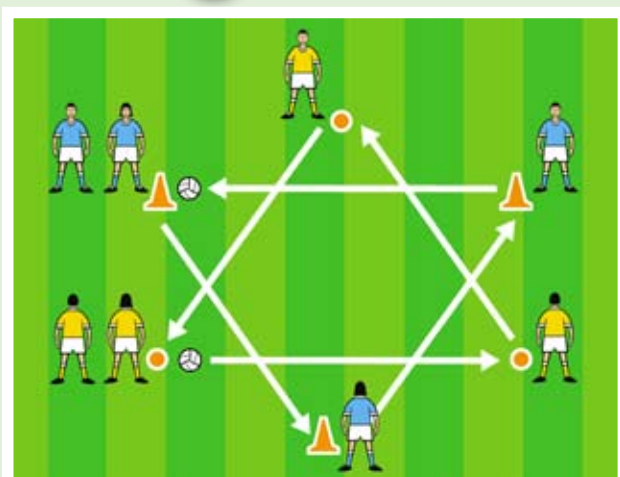
- Mark out a channel approximately 10-15m long and 2m wide for each group
- Two players line up at each end of the channel
- Each player in turn moves forward and Punt Kicks the ball to the next player at the far end of the channel
- After kicking the ball the player moves out of the channel and follows on to line up at the far end
- Allow the players to move as far along the channel as necessary to kick the ball accurately

VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves



DRILL 4 SIX STAR DRILL



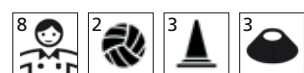
Intermediate Drill to practise the Punt Kick requiring the players to move and turn before performing the technique

ORGANISATION

- Place 3 cones and 3 markers as shown to make two overlapping triangles
- 4 players play each triangle; 2 at one cone/marker, the first with a ball, and 1 at each of the other cones/markers
- The player in possession passes the ball to the player on the second cone/marker to their right
- They in turn receive the ball before turning to pass to the player on the second cone/marker to their right, and so on
- Each player follows their pass to take position at the far cone/marker
- Encourage the receiving player to move forward into the ball as it approaches

VARIATION

- Challenge the players to play the ball low to bounce, or at chest height or high to catch overhead



ACTIVITY 1 EMPTY THE CIRCLE



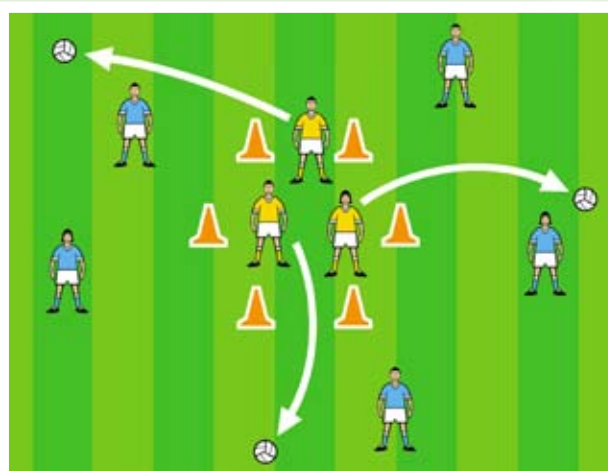
Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a circle using cones
- Divide the players into uneven teams
- Position the team with the greater number of players outside the circle and the other inside the circle
- The players inside the circle must attempt to keep the circle clear by Punt Kicking each ball from the circle
- The outside players must retrieve the balls and place them back in the circle
- Switch the roles of the players after a set time

VARIATION

- Fill the Circle: the outside team must Punt Kick to land in the circle; the inside team clear the circle by rolling the balls away



ACTIVITY 2 HIT THE CONES



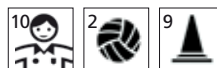
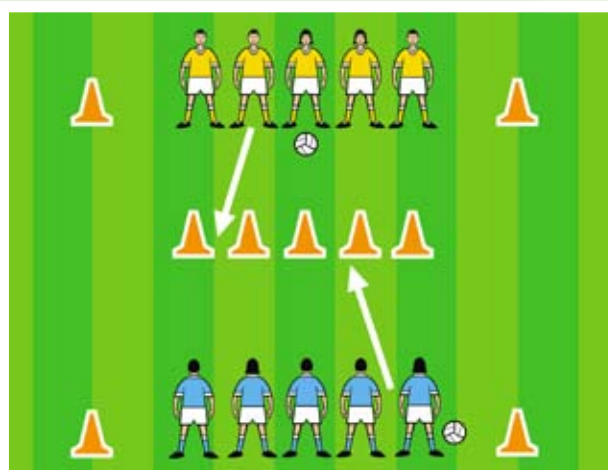
Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a grid 25m X 25m
- Place a number of cones across the middle of the grid
- Divide the group into teams of 3-5 players
- Give 1 or 2 footballs to each team
- The player in possession attempts to strike one of the cones in the middle of the grid using the Punt Kick
- For each successful strike award one point
- Extra points may be awarded for knocking a cone over or for a clean catch if the ball is struck too far

VARIATION

- Alternatively points may be awarded for kicking the ball through gaps in the cones



DEVELOP THE SKILL

ACTIVITY 3 GOAL TO GOAL



This Fun Game challenges players to score against their partner using the Punt Kick technique

ORGANISATION

- Mark out goals 5m apart using cones
- Divide the players into pairs; one ball per pair
- Each player in turn tries to score a goal by Punt Kicking the ball past their partner
- Repeat the drill for a set time

VARIATIONS

- As the player develops, increase the distance between them
- Increase or decrease the width of the goals based on the ability of the players



KEY TEACHING POINTS

Here are the Key Teaching Points for the Bounce



Hold the ball with both hands

Head down, eyes on the ball



Release the ball into one hand, spreading the fingers behind the ball



Extend the arm, pushing the ball into the ground with the 'bouncing' hand



Extend both arms towards the ball as it returns into the hands

Spread the fingers of both hands to create a 'W' shape and cushion the ball into the hands



Hold the ball securely with both hands and bring it into the body



COMMON ERRORS

Here are the Common Errors of the Bounce

	<p>Bouncing the ball with two hands: this may lead to difficulty performing the technique while running</p>	
	<p>To correct, transfer the ball from both hands to the 'bouncing' hand just prior to the bounce</p>	
	<p>Bouncing the ball too soft or too hard: this may result in the ball not returning from the ground properly</p>	
	<p>To correct, extend the fingers behind the ball to aid control and push through the ball to ensure adequate force is applied</p>	
	<p>Attempting to catch the ball with one hand: this may result in the player failing to catch or fumbling the ball</p>	
	<p>To correct, extend both arms towards the ball as it returns, spreading the fingers of both hands to secure possession</p>	

DRILL 1 STATIONARY BOUNCE

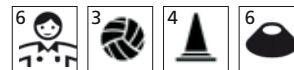
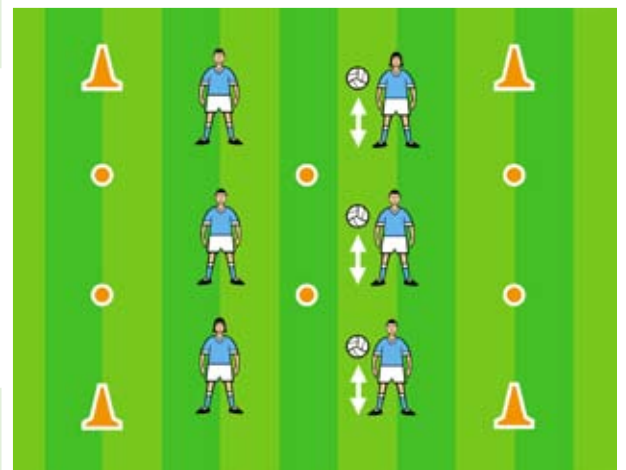
Basic Drill to practise the Bounce technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- Each player in turn Bounces and catches the ball and hands it to their partner
- Alternatively, one player in each pair Bounces the ball repeatedly for one minute, catching the ball securely after each Bounce
- The second player in each pair counts the successful attempts by their partner
- Players switch play after 1 minute

VARIATION

- As the players become more proficient, challenge them to Bounce the ball at an angle for their partner to catch



DRILL 2 BOUNCE ON THE MOVE

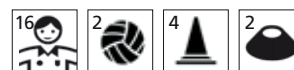
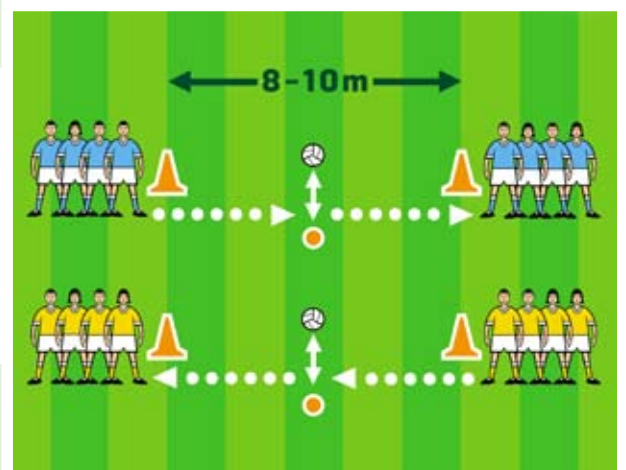
Basic Drill to practise the Bounce technique while moving at walking pace

ORGANISATION

- Form lines of 4 players 8-10m apart
- Place a marker half way between each line
- The player in possession walks forward four steps before Bouncing the ball and catching it again
- The player then walks on and hands the ball to the next player who repeats the drill
- Each player in turn moves to the back of the opposite line

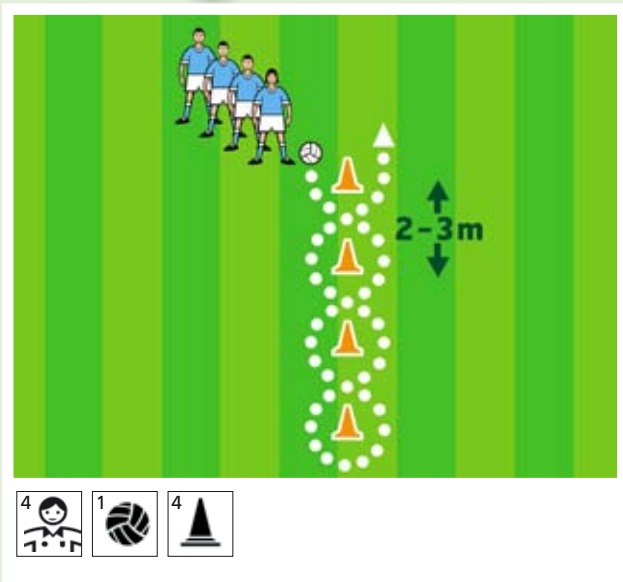
VARIATIONS

- As the players become more proficient, increase the pace to jogging
- Challenge the players to Bounce the ball at an angle for their partner to catch



PRACTISE THE TECHNIQUE

DRILL 3 SLALOM BOUNCE



Intermediate Drill to practise the Bounce technique requiring the players to Bounce the ball using both left and right hands alternately

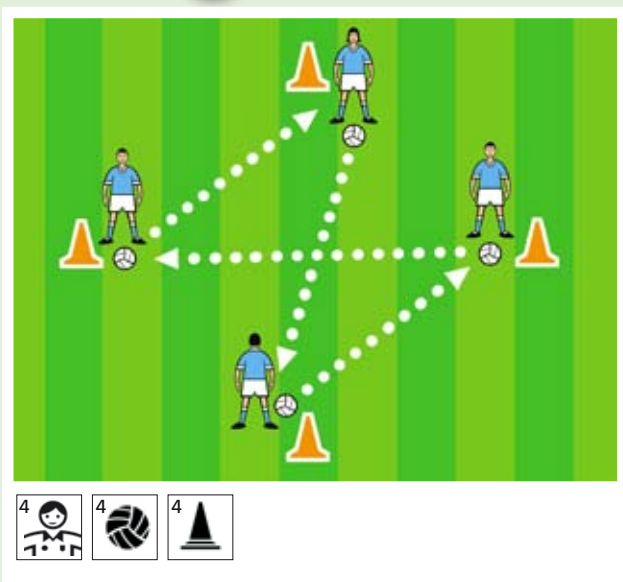
ORGANISATION

- Place four cones in a line at 2-3m intervals
- Line the players up before the first cone
- The first player in the line runs out and back, Bouncing the ball while rounding each cone
- The ball should be Bounced with the outside hand while rounding each cone, i.e. use left and right hands alternately
- Each successive player repeats the drill

VARIATION

- Challenge the players to dribble Bounce the ball in and out between the cones; switch to the outside hand rounding each cone

DRILL 4 BOUNCE AND TURN



Intermediate Drill to practise the Bounce technique

ORGANISATION

- Set up 4 cones in a square formation approximately 4-5m apart
- Position one player, ball in hand, at each cone
- The players move to perform the Bounce technique as they turn around each of the cones randomly
- Encourage the players to use the left hand to Bounce the ball when turning to the right around a cone and vice versa
- The players must be aware of each other to avoid knocking into one another as they cross to each cone

VARIATION

- Divide the players into pairs; challenge each pair to pass simultaneously to each other after rounding each cone

ACTIVITY 1 SPACE INVADERS



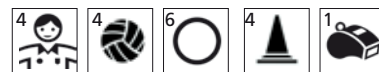
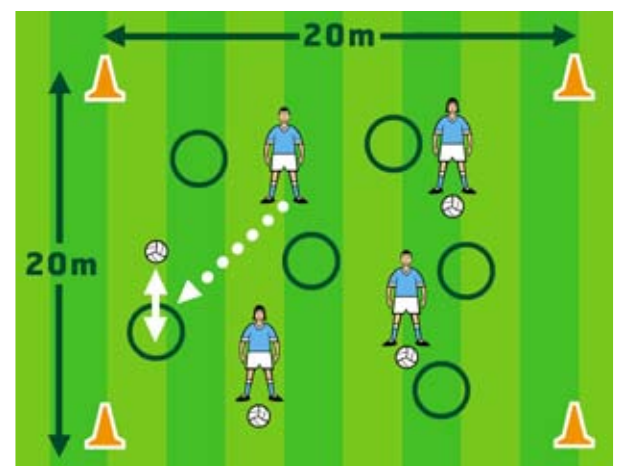
This Fun Game emphasises the development of control, accuracy and speed while performing the Bounce technique

ORGANISATION

- Mark out a grid 20m X 20m
- Place hoops on the ground at various points within the grid
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- Players must attempt to Bounce the ball in as many hoops as possible in 1 minute
- The ball should not be Bounced in the same hoop twice in succession
- The player who Bounces the ball in the greatest number of hoops wins

VARIATIONS

- Allocate different points to different colour hoops
- Divide the players into teams and award team points



ACTIVITY 2 BOUNCE KING



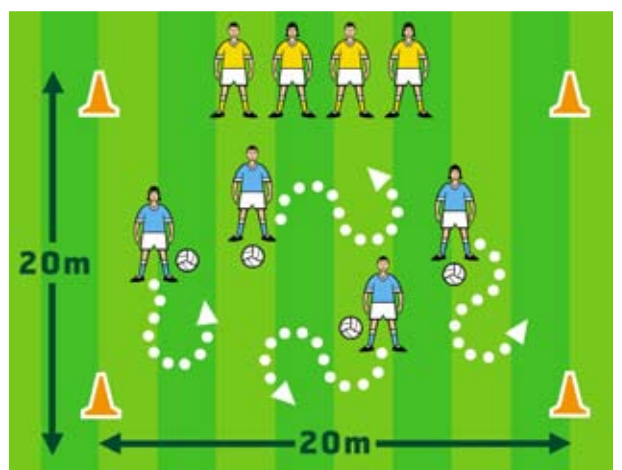
A Fun Game challenging each player to perform the Bounce technique while under pressure from an opponent

ORGANISATION

- Mark out a grid 20m X 20m
- Divide the players into two equal teams
- Team 1 starts inside the grid; each player has a ball
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- After a short time, each member of Team 2 enters the grid, attempting to dispossess a member of Team 1
- The team of players who keeps possession for the longest time wins
- Switch the roles after a set time

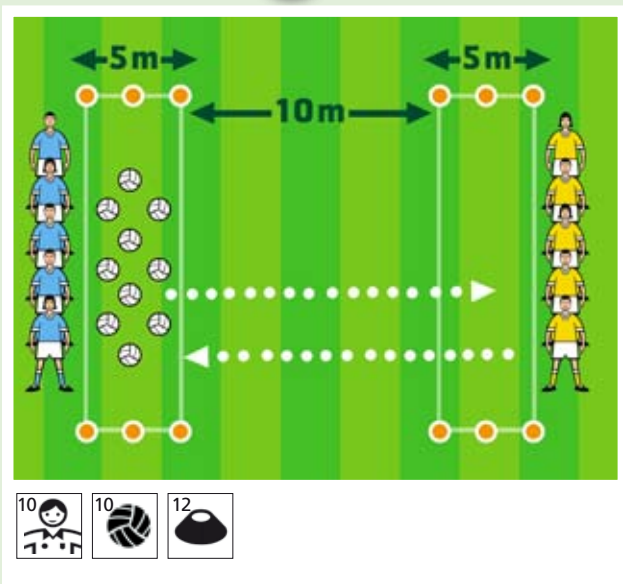
VARIATION

- Play the game on an individual basis awarding the game to the player who keeps possession for the longest time



DEVELOP THE SKILL

ACTIVITY 3 GRID SWAP



Fun Game to develop the Bounce Technique

ORGANISATION

- Divide the players into two teams of five players each
- Mark out two grids 5m wide with 10m between each grid. Assign a grid to each team
- Place ten footballs in one grid
- On the whistle, the first team runs forward, picks up a ball each and returns it to their own grid, Bouncing the ball along the way. This is done until all the footballs have been moved
- The second team repeat, moving all the footballs back to their grid

VARIATION

- Place all the footballs outside of either grid. Each team must collect the footballs and return them to their own grid by Bouncing them on the way back. The opposing players provide opposition

KEY TEACHING POINTS

Here are the Key Teaching Points for the Hand Pass



Support the ball in the palm of one hand, in front of the body
Face the target



Swing back and extend the striking hand
Keep eyes on the ball



Lean forward and strike through the middle of the ball with the open hand using mostly the fingertips
The supporting hand must remain steady



Follow the strike through in the direction of the pass



While striking the ball, step forward with the foot on the opposite side



Note an open-handed hand pass may be struck underhand, with the hand to the side, or overhand



COMMON ERRORS

Here are the Common Errors for the Hand Pass



Hitting the ball with the wrong part of the hand: this may result in the pass being misdirected or not reaching its target



To correct, strike the ball using mostly the fingertips



Not using a definite striking action: this may be interpreted as a throw, resulting in a free being awarded against the player



To correct, keep the supporting hand steady as the ball is being struck



DRILL 1 HAND PASS TO PARTNER

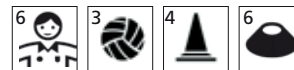
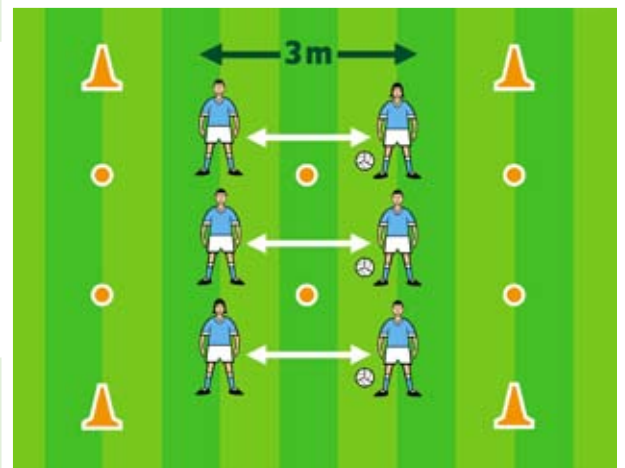
Basic Drill to practise the Hand Pass technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Use cones to ensure that each pair has adequate space to perform the technique in a stationary position
- Partners stand approximately 3m apart
- Each player in turn Hand Passes the ball to their partner
- Continue the routine for approximately 1 minute
- This drill may be used to practise the variety of open handed Hand Pass techniques

VARIATION

- To increase the challenge, increase the distance between the players



DRILL 2 MOVE AND PASS

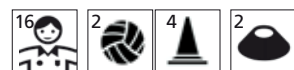
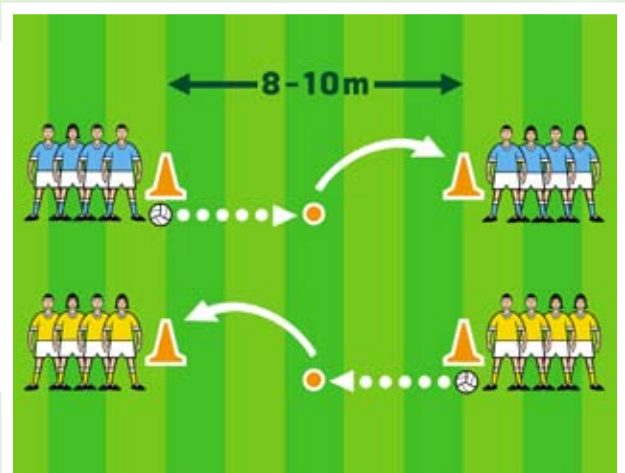
Intermediate Drill to practise the Hand Pass technique

ORGANISATION

- Divide the players into groups of 8: one ball per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker half way between the outer cones
- Four players line up at either cone
- The player in possession jogs forward, Hand Passing the ball from the marker to the first player on the far side, who repeats the drill
- Each player follows on to line up at the back of the opposite line

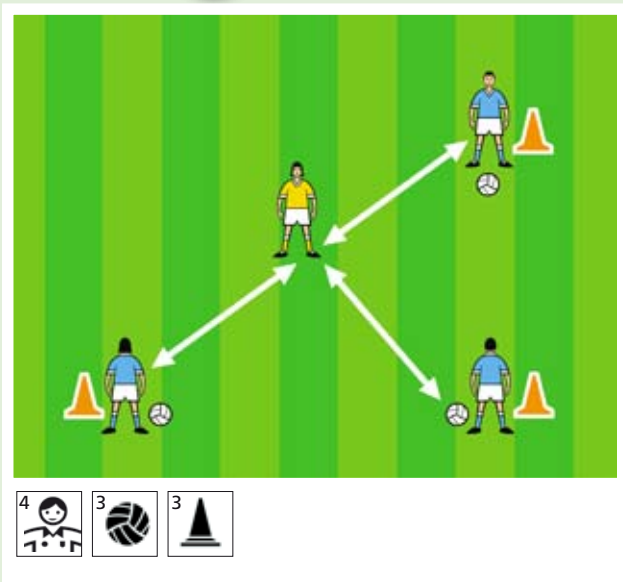
VARIATION

- To increase the challenge, increase the distance between the players



PRACTISE THE TECHNIQUE

DRILL 3 PRESSURE PASS



Intermediate Drill to practise the Hand Pass technique requiring the players to catch and pass in different directions

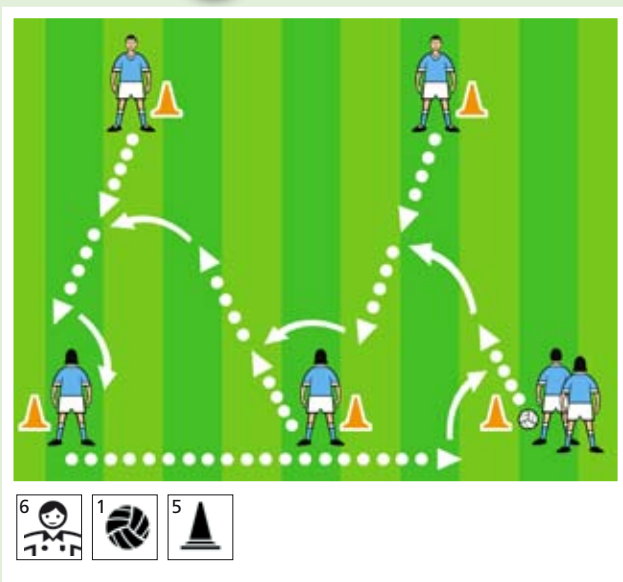
ORGANISATION

- Divide the players into groups of 4, as shown
- Three players act as feeders, with one ball each
- The fourth player acts as the 'central' player
- The 'central' player must take and return a pass from each player in turn for a set period of time, e.g. 30 seconds
- Reverse the roles to provide each player with an opportunity to be the 'central' player

VARIATION

- To increase the difficulty of the drill, the feeder players pass the ball as the 'central' player is returning the previous pass

DRILL 4 ZIG-ZAG PASS



Intermediate Drill to practise the Hand or Fist Pass techniques requiring the players to time and weight the pass so that the receiver can move onto it

ORGANISATION

- Place 5 markers in a zig-zag formation approximately 10m from each other
- Two players line up at the first marker, the first with a ball
- One player is positioned at each of the other markers
- Each player in turn passes the ball in front of the next player so that they must move forward to receive it, before following on to take their position
- The last player plays the ball back to the first marker and so the drill continues
- Encourage the players to use their right hand when the receiver is to the left and vice versa

VARIATION

- To increase the difficulty of the drill introduce a second ball

ACTIVITY 1 KEEP BALL



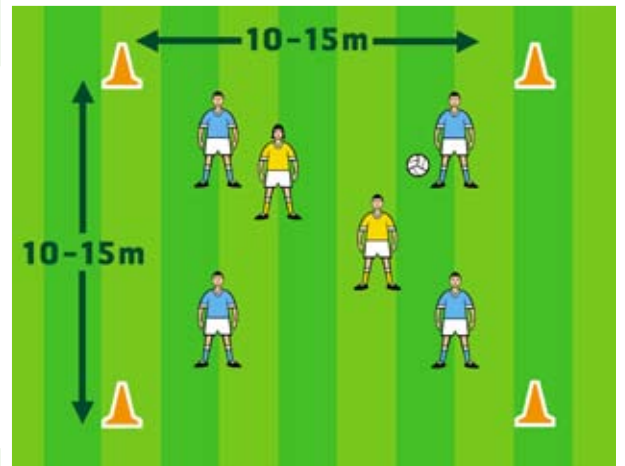
Game Play Drill designed to improve the players' ability to perform the Hand Pass under pressure

ORGANISATION

- Mark out a grid approximately 10-15m square
- Divide the players into uneven teams
- The team with the greater number of players have the ball and must attempt to successfully complete as many Hand Passes as possible in succession
- The opposing players may attempt to intercept the ball by catching or by blocking it
- Possession is also lost by letting the ball fall to the ground or by stepping outside the grid
- Switch the players around after a set time

VARIATION

- To increase the difficulty for the team in possession increase the number of opponents



ACTIVITY 2 AROUND THE SQUARE GAME



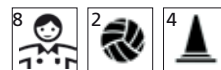
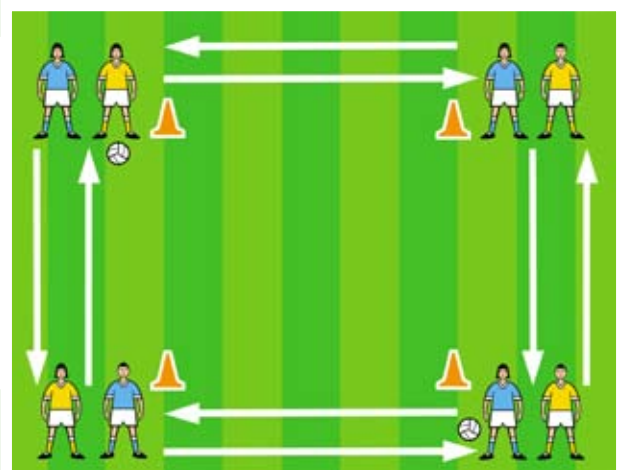
Fun Game to practise the Hand Pass technique

ORGANISATION

- Mark out a square or circle using cones
- Divide the players into two teams, one ball per team
- Position one player from each team at each cone
- One team passes the football in a clockwise direction, while the second team passes the football in an anti-clockwise direction
- The first team to have the football back to the starting player wins
- If the football hits the ground, it must be returned to the starting player to begin again

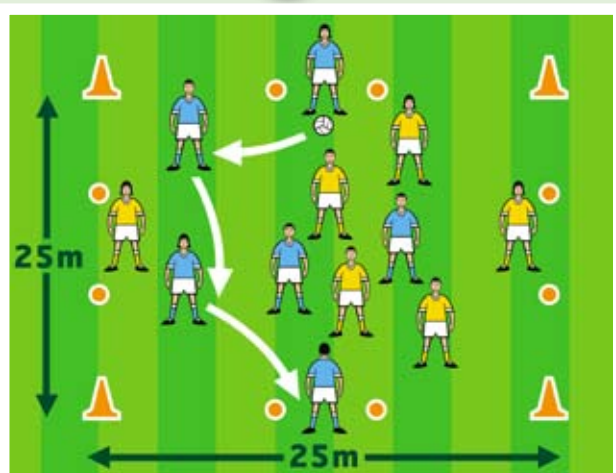
VARIATION

- To increase the challenge; increase the size of the square



DEVELOP THE SKILL

ACTIVITY 3 CAPTAIN BALL



Modified Game to develop the Hand Pass technique

ORGANISATION

- Mark out a playing area approximately 25m X 25m
- Mark out a goal area at the centre of each line of the playing area
- Divide the players into even teams: two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by Hand Passing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score, the goalkeeper must pass the ball to the opposition to restart the game

VARIATION

- Set up the game using only two goals and two goalkeepers

KEY TEACHING POINTS

Here are the Key Teaching Points for the Side Step



Run directly towards the opponent



When about a metre away from the opponent, plant the forward foot firmly on the ground to one side, transferring the body weight to the foot as you do so



Then, push hard off the planted foot to spring to the other side



Plant opposite foot and continue forward in the new direction

Note that the player should only use 4 steps in which to perform the technique



COMMON ERRORS

Here are the Common Errors for the Side Step

✗	Not transferring the weight to the planted foot	
✓	To correct, transfer body weight onto the forward foot in order to spring onto the other foot	
✗	Playing the ball during the Side Step: this may slow down the player or leave the ball open to interception by the opponent	
✓	To correct, the ball is played by bouncing or toe tapping before approaching the opponent	
✗	Taking too many steps to get past the opponent	
✓	To correct, use only four steps in which to perform the technique	

UNDER

8

SIDE STEP PRACTISE THE TECHNIQUE

DRILL 1 WALK AND SIDE STEP

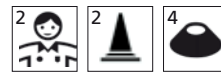
Basic Drill to practise the Side Step technique off both feet

ORGANISATION

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player walks forward and Side Steps each marker, side-stepping to the left off the markers to the right and to the right off the markers to the left
- Continue the drill over and back for a set time

VARIATION

- As the players become familiar with the technique, repeat the drill while walking, and eventually while jogging across the field



DRILL 2 STEP LEFT STEP RIGHT

Basic Drill to practise the Side Step technique off both feet introducing a static opponent

ORGANISATION

- Place 2 cones approximately 10m apart
- Divide the players into groups of 4
- 3 players line up behind one cone; the fourth player is positioned midway between the cones
- Each player in turn must approach and Side Step the middle player and continue to the far cone
- The middle player does not move or attempt to block the side-stepping player
- The players should practise side-stepping off both the left and right feet

VARIATION

- To progress the drill, introduce a ball; encourage the players to use the outside hand to bounce the ball as they move out of the Side Step



PRACTISE THE TECHNIQUE

DRILL 3 SIDE STEP AND BOUNCE



Intermediate Drill to practise the Side Step technique

ORGANISATION

- Divide the players into groups of 5: one ball per group
- 4 players line up behind a marker
- The fifth player from each group takes up position approximately 5m from the line of players
- Each player in turn jogs forward, takes one bounce and Side Steps the player in the middle, who does not attempt to tackle
- The jogging player then goes to the end of the channel and returns to the end of the line for the next player to repeat the drill
- After a set time change the player in the middle

VARIATION

- To increase the difficulty challenge the players to perform the drill at a quicker pace



DRILL 4 SIDE STEP SLALOM



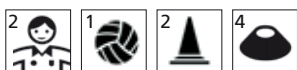
Intermediate Drill to practise the Side Step technique

ORGANISATION

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player jogs forward and Side Steps each marker, side-stepping to the left off the markers to the right and to the right off the markers to the left
- As they Side Step each marker the players should use the outside hand to bounce the ball as they move out of the Side Step
- Continue the drill over and back for a set time

VARIATION

- As the players improve challenge them to increase the pace of the drill



ACTIVITY 1 STEP IN TIME



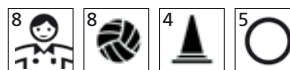
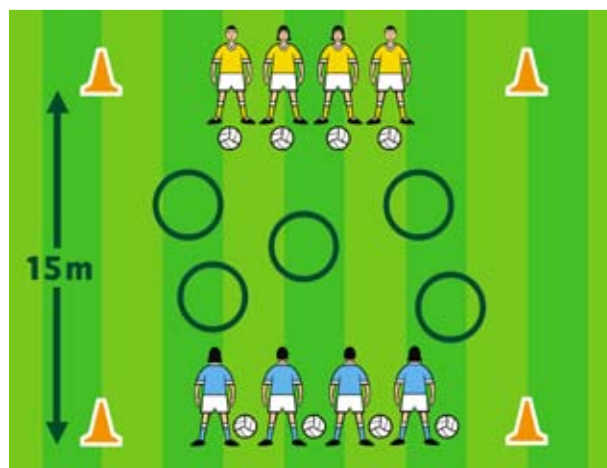
Fun Game to develop the Side Step technique

ORGANISATION

- Mark out a grid 15m long by 10m wide
- Place a number of hoops or obstacles within the grid
- Divide the players into 2 equal teams one at either end of the grid; each player has a ball
- On the whistle, all the players jog through the grid attempting to avoid the opposing team players and the obstacles
- If a player touches an obstacle, or a player from the opposing team, they must leave the grid
- Repeat the drill until all the players have left the grid, or for a set time

VARIATION

- To increase the difficulty of the drill, allow players to tackle for the ball



ACTIVITY 2 PASS THE GUARDS



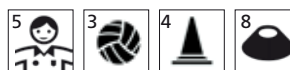
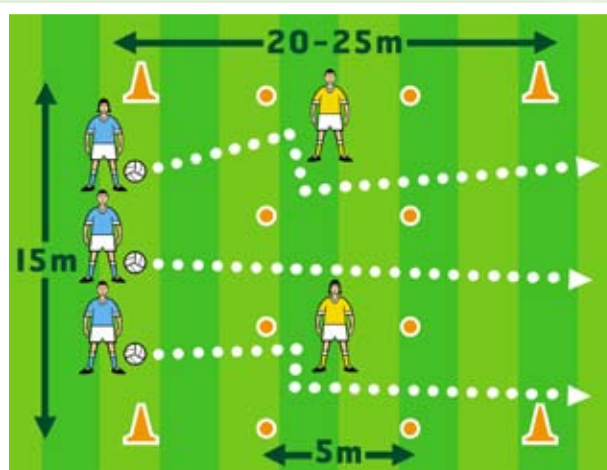
A Fun Game to develop the Side Step technique

ORGANISATION

- Mark out a grid 20-25m X 15m
- Mark a zone approximately 5m wide across the centre of the grid
- Three attacking players are positioned at one end of the grid with a ball each
- Two defending players are positioned in the centre zone
- The outer players must run forward together and run through the centre zone
- To pass a defending player the attackers use the Side Step technique, bouncing the ball with outside hand as they pass
- The defending players may move left and right but may not tackle the attacking players or the ball

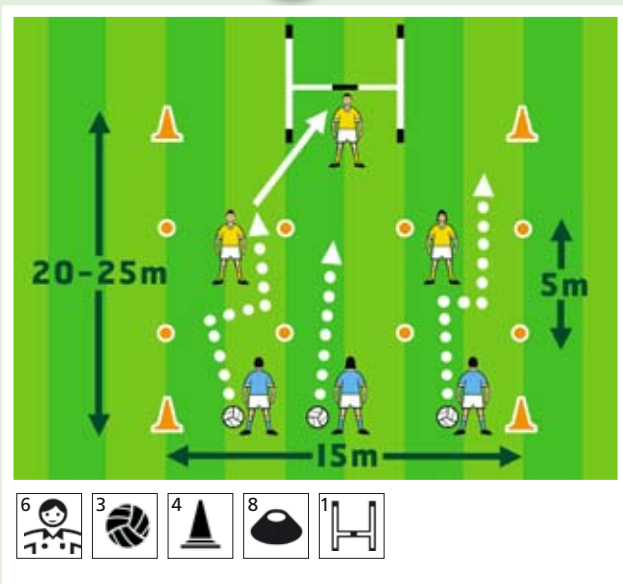
VARIATION

- As the attacking players progress increase the opposition provided by the defending players



DEVELOP THE SKILL

ACTIVITY 3 SIDE STEP, BOUNCE AND SCORE



Game Play Drill to develop the Side Step technique

ORGANISATION

- Mark out a grid 20-25m X 15m: mark a zone approximately 5m wide across the centre of the grid. Place goalposts at one end
- Three attacking players are positioned at one end of the grid with a ball each
- Two defending players are positioned in the centre zone and a goalkeeper in goals
- The outer players must run forward together and run through the centre zone
- To pass a defending player the attackers use the Side Step technique, bouncing the ball with outside hand as they pass. This is followed by a shot on goal.
- The defending players may move left and right but may not tackle the attacking players or the ball

VARIATION

- As the attacking players progress increase the opposition provided by the defending players