

FUNdamentals

FUNdamental Games

Ulster GAA

Coaching & Games Development

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FUNdamentals

Games – Invasion



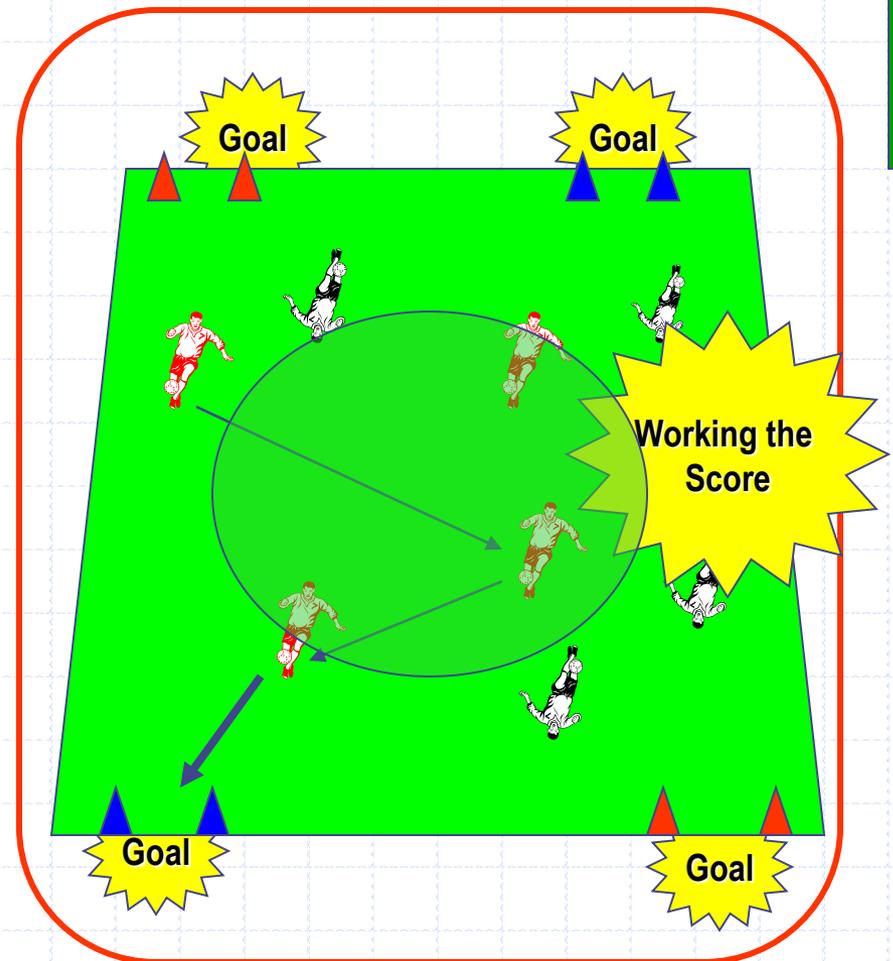


Opposite Corners - invasion

Key Focus: Switching Play

HOW TO PLAY

- ◆ **2 teams of 4 players** in a square with 4 goals (red and blue)
- ◆ Area 30m x 15 m
- ◆ Score **in either of the two oppositions** goals.
- ◆ If the ball goes out **restart with** a sideline kick.
- ◆ When a **score is made**, give the ball to the other team who start with a kick
- ◆ No goalkeepers in this game.
- ◆ Ball is straight back into play after the score is taken.
- ◆ Focus on **use of weak side.**



Equipment:

2 footballs, 8
cones, multi
markers

Focus: Movement, Spatial
Awareness, Co-operation, Switch
Play, Catching, Kicking, Defending,
Scoring, Weak side

Questions:

Did you supervise the game?
Did you encourage everyone to take part?
Did you spot and fix mistakes and praise success?

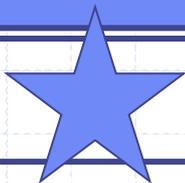
**Safety:**

- ◆ Avoid dangerous challenges.
- ◆ Group players by height and ability.

Checklist.... Is each player

- ◆ Moving the ball quickly?
- ◆ Aware of the other players running off the ball?
- ◆ Looking for the long pass to open up the play?
- ◆ Working as part of a team to get a quality pass to a scorer?
- ◆ Changing the direction of the play at the correct time?

Challenge	Easier	Harder
SPACE	◆ Increase the space	◆ Decrease the space.
TASK	◆ Team can score in any goal but the last one they scored into.	◆ Mark a square in each corner, players must receive the ball in the square to score.
EQUIPMENT	◆ Place goal in the middle of each side ◆ Increase the size of the goals	◆ Make goals narrower.
PEOPLE	◆ Play 3v3 or 4 v 3 ◆ Play with 3 rd team of 4 behind each goal	◆ Play 5 v 5



Key Words: Be direct / find and use space/ possession/
width/depth/ suport

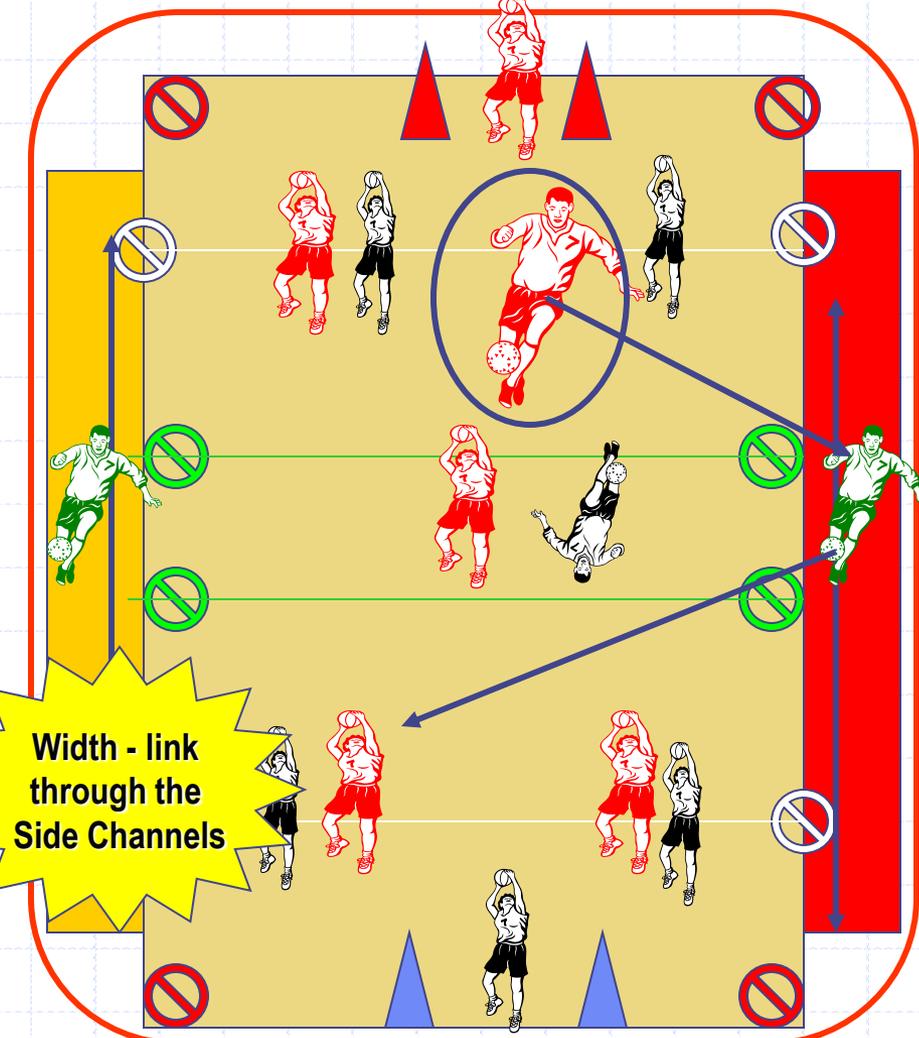


Wide Man - Link to Score - invasion

Key Focus: Creating width

HOW TO PLAY

- ◆ 1 goalkeeper, 2 defenders and 2 attackers per team.
- ◆ 2 **Players running the channels** on the wings.
- ◆ Player in channel **cannot be tackled**.
- ◆ Player must be **used at least once in the attack**.
- ◆ Team in possession gets an **additional score by going through the channel** as they attack.
- ◆ Player in the channel **returns the ball to the team who passed** into the channel.
- ◆ Team can **also score at the end** through the goals.



Equipment:

4 footballs, 4
cones, markers,
3 sets of bibs

Focus: Movement, Spatial
Awareness, Co-operation,
Communication, Catching, Kicking,
Creating Width, Team Play

Questions:

Did you keep the score?
Did you encourage kids to use players in the channel?
Did you encourage them to look left and right?

**Safety:**

- ◆ No obstacles on playing surface
- ◆ Watch for footballs in flight
- ◆ Use light balls for younger kids
- ◆ Make players aware of potential to bump into others in their grid

Checklist.... Is each player

- ◆ Executing good technique under pressure?
- ◆ Looking up and finding the players in the channel?
- ◆ Minimising the number of hand passes to get ball to midfield?
- ◆ Making good decisions in relation to passing options and tackling?
- ◆ Defending after they lose possession?

Challenge	Easier	Harder
SPACE	<ul style="list-style-type: none"> ◆ Shorten the pitch ◆ Increase width of side channel 	<ul style="list-style-type: none"> ◆ Make the pitch wider and longer ◆ Make the side channel shorter
TASK	<ul style="list-style-type: none"> ◆ Open game – option to go through the side channel 	<ul style="list-style-type: none"> ◆ Must go through both channels to encourage switching play
EQUIPMENT	<ul style="list-style-type: none"> ◆ Use lighter softer balls 	<ul style="list-style-type: none"> ◆ Use mini goals
PEOPLE		<ul style="list-style-type: none"> ◆ Increase numbers on one team



Key Words: Width / Switch Play / Diagonal Passes

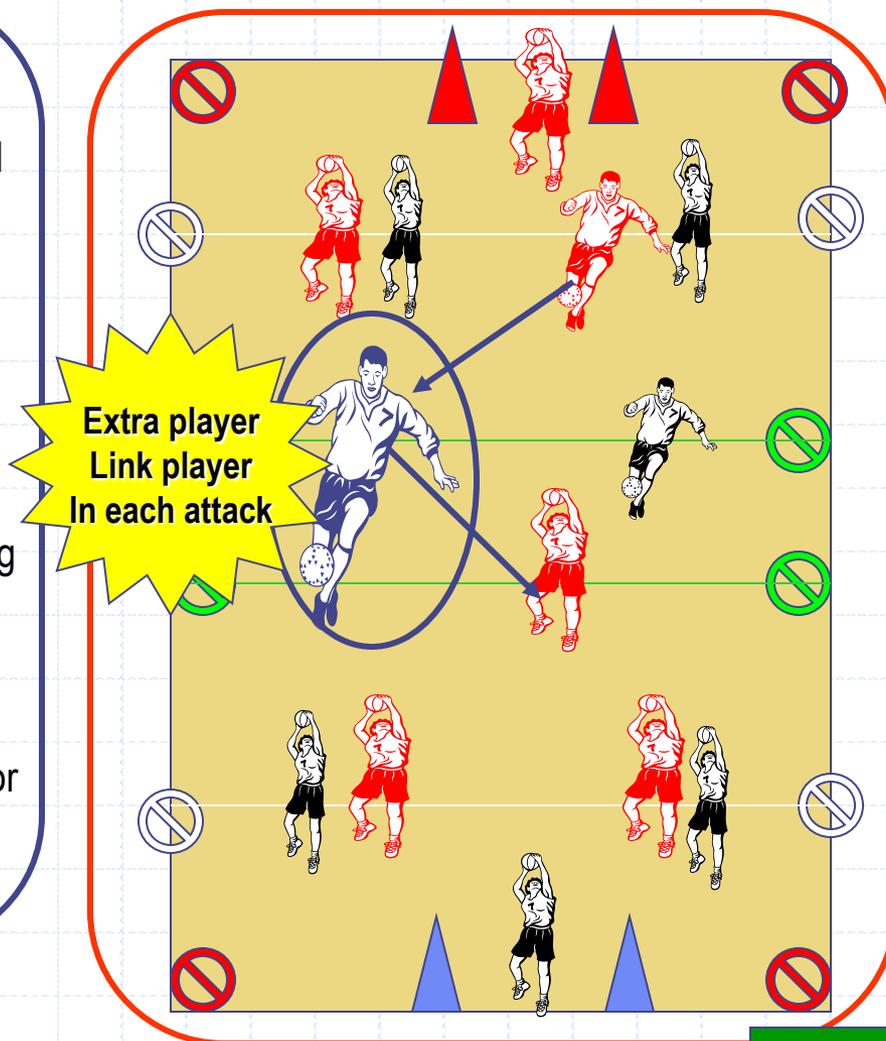


Central Link to Score - invasion

Key Focus: Link Play

HOW TO PLAY

- ❖ 1 goalkeeper, 1 midfielder, 2 defenders and 2 attackers per team.
- ❖ Extra **player (blue)**
- ❖ Team in possession scores by **LINKING through the extra player (blue)** each time.
- ❖ Player **cannot be tackled**.
- ❖ Player must be **used at least once** during the attack.
- ❖ Player **plays for the team in possession**.
- ❖ Put a **different coloured bib** on player for recognition.
- ❖ **Change the link** player frequently.



Equipment:

4 footballs, 8
cones, markers
3 sets of bibs

Focus: Agility, Movement, Spatial
Awareness, Co-operation,
Communication, Catching, Kicking,
Numeracy, Colours

Questions:

Did you keep the score?

Did you encourage kids to look for the link player?

Did you encourage them to support after the pass?

**Safety:**

- ◆ No obstacles on playing surface
- ◆ Watch for footballs in flight
- ◆ Use light balls for younger kids
- ◆ Make players aware of potential to bump into others in their grid

Checklist.... Is each player

- ◆ Looking for the link player?
- ◆ Defending after losing possession
- ◆ Using the strong and weak sides to execute the skills?
- ◆ Supporting the ball when in possession?
- ◆ Moving the ball quickly into the forward area?

Challenge	Easier	Harder
SPACE	<ul style="list-style-type: none"> ◆ Shorten the pitch ◆ Narrow the road ('C' class) 	<ul style="list-style-type: none"> ◆ Make the pitch wider and longer ◆ Make the road wider ('Motorway')
TASK		<ul style="list-style-type: none"> ◆ Bounce and solo to edge and kick ◆ Make a pass before kicking back across
EQUIPMENT	<ul style="list-style-type: none"> ◆ Use lighter softer balls 	<ul style="list-style-type: none"> ◆ Use mini goals to allow points scoring
PEOPLE	<ul style="list-style-type: none"> ◆ Employ two link players 	<ul style="list-style-type: none"> ◆ Can tackle the link player when in possession



Key Words: Look for Space / Off Laces / Hard Foot / Same Hand Same Foot
/ Watch Ball / Watch Team mates

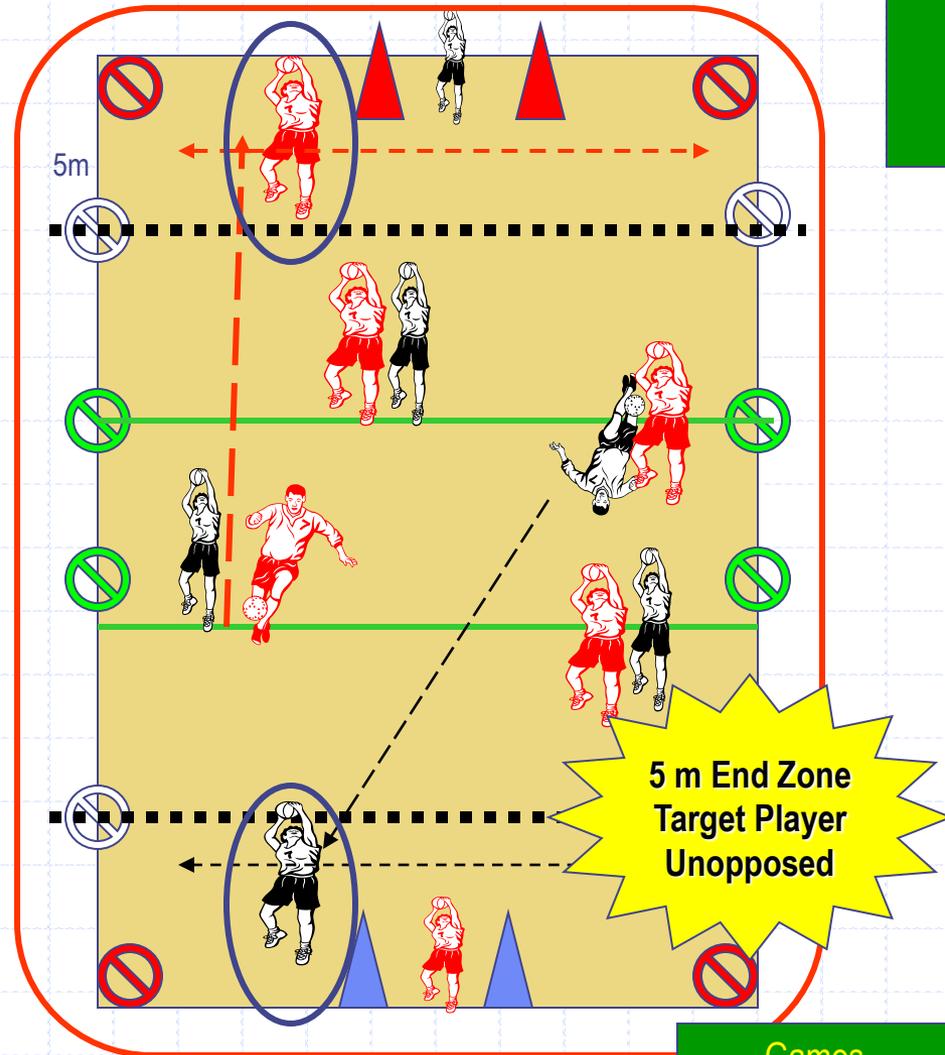


Double Back: End Zone - invasion

Key Focus: Penetration & depth

HOW TO PLAY

- ◆ 1 goalkeeper, 1 attacking player (**A**) **beyond the white line.**
- ◆ Goalkeeper **must stay in goal** until **A receives** the ball.
- ◆ **A cannot come outside** the white line.
- ◆ 4 v 4 between the white lines
- ◆ When **A receives** the ball then players in the **middle zone can support** them.
- ◆ Ball can be **played out again by A** to support players for a score.
- ◆ Player **A can also take** a score.
- ◆ Extra points awarded if **score with weak** foot.



Equipment:

4 footballs, 4
cones, multi
markers

Focus: Agility, Movement, Spatial
Awareness, Co-operation,
Communication, Catching, Kicking,
Defending, Penetration, Support

Questions:

Did the goalie stay in goals until ball was played in?
Did you encourage lateral movement from player A?
Did you encourage them to move the ball in early?

**Safety:**

- ◆ No obstacles on playing surface
- ◆ Watch for footballs in flight
- ◆ Use light balls for younger kids
- ◆ Make players aware of potential to bump into others in their grid

Checklist.... Is each player

- ◆ Moving the ball quickly?
- ◆ Aware of the player A's role inside?
- ◆ Looking for the long pass option to player A?
- ◆ Working as part of a team to get a quality pass into player A?
- ◆ Tackling when his team is not in possession?

Challenge	Easier	Harder
SPACE	◆ Increase the space player A has to play in.	◆ Decrease the space player A has to play in.
TASK	◆ Only player A allowed inside for a score.	◆ Attackers have two options either play it to player A or take the ball in for a score.
EQUIPMENT	<ul style="list-style-type: none"> ◆ Use lighter softer balls ◆ Reduce the number of balls being used 	<ul style="list-style-type: none"> ◆ Use full size mini goals. ◆ Use wrist bands to encourage weak side
PEOPLE	◆ Place extra players with the team in possession.	<ul style="list-style-type: none"> ◆ Put two players inside the end zone ◆ Put a Defender on player A – 1 V 1 inside



Key Words: Movement inside zone/ good first touch on ball /
move ball early into zone / support on the ball