

Club Mentoring Programme – Session 6

“Games to Improve Football” with Tony Scullion

- Circle Score

- Box to Box

(Boxes- 30 Steps X 10 Steps / Def vs For),

- Who's Attacking/ Who's Defending

Work ball over half-way line before you start attack. After score Keeper finds that team with his kick out off ground. After wide he finds other team. After ball into Keeper's arms he gives it to other team.

- Break Ball Bonanza

Game starts with high ball among backs & forwards. 3/4 passes in row get point or Ball worked to coach in middle.

- Gates Game

(3 Gates / 2 pts for middle gate & 1 pt for wide gates / Any dead balls means keeper kicks ball out next ball / Keeper always looking for defenders)

- Double or Quits

After a score that player gets a chance to take scoreable free to double his score from selection of places.

- Pay the Price

(Focus not to foul inside scoring zone)

- Kicking Frenzy

(Score by getting 30/40/50/60 yard kick pass to teammate / Distance depends on the age group)

- Stop the Score

1v1 Scoring - Half Group Resting (45 seconds play /Attacker/Defender/Coach calls whoever wants to score goal)

- Diagonal to Score

(9 equal sections Ball must be delivered diagonal before score / Play with only 1 team knowing rules/conditions. Each team keeps secret so that other team needs to work out how to stop team from scoring)

- Blanket Tackling

(3 sections longways / 1 team attacking down wide section / defenders in middle & far section filtered across to tackle player on the ball. Make sure to leave player(s) in far section incase of an overlapping run)

- 3v3 Full Length – Both teams playing the same way – goals only

Team wins ball go full length to score. Ball turned over still go towards same goal to score

- Section Football

3 sections all with different conditions

Def Zone - Max 5 passes/5sec

Mid Zone - Max 3 passes/3sec

Att Zone - Max 2 passes/2sec etc etc

- Wide Man

Ball must go to man in wide area and back to team before score

Condition 2 - progress that ball must go to both wide channels before can score

- Numbers Game

Pairs numbered 1-10 etc Numbers called are players who play

Call more numbers and game can be 1v2 / 2v2 / 3v3 etc

CONDITIONING GAMES

- **Kick pass over 30/40 metres** etc get a score

- **Half Way Kick** - Early ball to forwards ball must be kicked only over half way line

- **Bonus Tackling** - Forwards to tackle - point for turnover of opposition in their defense

- **Diagonal Bonus**

- **Silent Game** - Lift head look up

- **Weak Side Game** - everything on weak side

- **Wide Player**

- **First Touch** – if ball spilled possession to opposite team

- **3 secs rule**

- **1 solo / no solo**

- **Goalies Hands** - Ball into goalies hands goalie throws ball away and coach gives ball to other team to attack / punish team for not killing ball

- **All Up All Back** – Attacking team needs to have all players in oppositions half or a set number before they can score.