Understanding Systems of Play

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&

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There are no Rights or Wrongs

“From Practice to Pitch”
Understanding Systems of Play

Aim:
At the end of the session you will have a better understanding of what a system of play is and how to implement one.
7.30pm Introduction
7.35pm Task 1: What is a System? Your Definition – our Definition
7.45pm Task 2: What is a System? Discuss - 3 Buzz Words...
7.50pm Task 3: Systems v Sub Systems – House – Plumbing System Inputs, Processes & Outputs -
8.00pm Task 4: Name 1st 15 Club
Use A3 paper to draw out 2 systems – Select one and draw out
8.15pm Task 5: Discuss Systems...Use magnetic boards to plan your system
8.20pm Task 6: Good v Bad Space – On & Off the Ball
8.10pm Task 7: 1’s Selecting Players
How do we evaluate their strengths? Exemplars...
8.30pm Task 8: Groups – Take one team’s strengths and plan a system of play
8.45pm Task 9: How to Train a System of Play? The Process
9.00pm Finish
Understanding Systems of Play

Task 1:
Using A3 Flipchart Paper come up with your definition of a System

“From Practice to Pitch”
Task 2:
What is a System?
Discuss...
Reduce your definition to 3 Buzz Words
E.g. Head, Hands & Feet For Better Technique

“From Practice to Pitch”
Systems of Play – Some definitions...

Is the *Organisation & Deployment* of players on the field of play with which the team tries to implement & impose its match strategy.

They are recognizable *Patters of Play* resulting from the use of certain players in fairly clearly defined functions on the field.

They must be sufficiently elastic to enable the different individual strengths of players to be used to the maximum effect and, also...

To allow temporary changes to take place according to the problems which may be posed by different opposing teams.
In a house, there are four plumbing systems enabling water to circulate: hot and cold water distribution, pipe ventilation and wastewater evacuation.

1. Hot-water circuit
2. Cold-water circuit
3. Draining circuit
4. Ventilating circuit

The 4 Subsystems of a House Plumbing System
Task 3: Systems v Sub Systems

House – Plumbing System to work effectively needs...

Inputs, Processes & Outputs

Game & House Plumbing Systems

Is it a system or sub system?

Give 4 examples of sub systems for the plumbing system

Give 4 examples of game sub systems
SYSTEMS OF PLAY

1. PRINCIPLES OF PLAY
   PHASES OF THE GAME
   ATTACK/DEFENCE

2. SUB-SYSTEM STRATEGY
   PLAN OF CAMPAIGNE

3. TACTICS
   PARTS OF A STRATEGY
   SKILLS/STATE OF PLAY/CONDITIONS...
1. Inputs – Manager, Coach, Trainer, Players

2. Processes - Systems, strategies

3. Outputs – Results – Is it working?
System’s Parts

How the System Works?

1. INPUTS
2. PROCESSES
3. OUTCOMES

They all must work in harmony
Task 4: Name 1\(^{st}\) 15 Club Players

Using A3 paper draw out your team
Task 4:
Using A3 paper draw out 2 team’s systems of play
Use one to post on wall for explanation of ...
Attack V Defence

Use of Space – Good v Bad
Task 5:  
Identify Systems You May Have Used Or Are Familiar with and then... 

Use Magnetic Boards to identify your System 

“From Practice to Pitch”
Task 6:
Use of Space – Good v Bad

Use your flipchart paper to identify good & bad space on a football pitch
Systems of Play

Useful Space on a Football Pitch

1 = Best space for receiving the ball
Least useful space for decoy runs

2 = Least useful space for receiving the ball
Best space for decoy runs

It’s the players who creates the space off the ball that helps others to exploit that space.
Systems of Play

Colour Coding Pitch

- FB - PLAY
- FB - WORK
- FF - PLAY
- FF - WORK
- SET UP

HOME Yellow

PLAY

AWAY White
Task 7
Identify the Strengths of your own Team.

What criteria have you used to identify their strengths?

Here are some examples you may use for identifying player’s strengths.
1. Go down the list and think about how important each one of these attributes is to your performance.
2. Then go back and rate yourself between 1-10 against each one of those attributes – where 10 is nothing more to do.
3. Finally highlight the critical success factors that will form the basis of your personal development programme (approx 3 key areas).

### Training Needs Analysis Sheet

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<th>RMcA</th>
<th>RK</th>
<th>RMcN</th>
<th>RP</th>
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### Technical Ability

| Good first touch - Doesn't spill ball in contact | 9  | 7    | 7  | 7    | 7  | 7   | 7   | 7  | 8  | 6    | 8    | 7   | 6   | 6   | 6    | 8   | 6   | 6   | 7   | 7    | 7    | 7   |
| Hand-Passing - Proficient off both hands        | 9  | 6    | 7  | 8    | 7  | 7   | 7   | 8  | 9  | 8    | 8    | 7   | 6   | 7   | 7    | 7   | 7   | 7   | 7   | 7    | 7    | 7   |
| Kicking - Proficient off both feet              | 9  | 6    | 7  | 7    | 8  | 7   | 7   | 7  | 7  | 8    | 8    | 6   | 8   | 6   | 7    | 6   | 5   | 7   | 6   | 6    | 8    | 7   |
| Blocking - Can execute a perfect block          | 9  | 8    | 7  | 9    | 8  | 7   | 7   | 7  | 7  | 8    | 7    | 4   | 3   | 7   | 7    | 9   | 6   | 5   | 6   | 6    | 8    | 6   |
| Catching - Can execute over, body and low catch | 8  | 8    | 9  | 9    | 6  | 3   | 5   | 7  | 7  | 7    | 8    | 8   | 6   | 8   | 9    | 9   | 8   | 9   | 7   | 7    | 7    | 7   |
| Passing -chooses the right pass for the situation | 8  | 7    | 8  | 8    | 8  | 8   | 7   | 8  | 7  | 8    | 7    | 7   | 7   | 7   | 7    | 7   | 7   | 7   | 8   | 7    | 7    | 7   |

### Defensive Game

| Understands the principles of defence - The 3Ds of Defence | 7  | 7    | 7  | 8    | 7  | 7   | 8   | 5   | 7  | 7    | 9   | 8    | 7   | 8   | 7   | 7   | 8   | 7   | 6   | 6   | 6    | 6   |
| Running/attacking play - Can score of either foot. Sees space and gets into good positions. Beats opponents with a variety of footwork. Can bring other attackers into the game | 8  | 8    | 8  | 3    | 7  | 3   | 7   | 6   | 8  | 8    | 8   | 8    | 7   | 7   | 6   | 7   | 6   | 6   | 6   | 7    | 7    |
| Game understanding - Communicates clearly & accurately | 8  | 6    | 7  | 8    | 8  | 7   | 7   | 7  | 8  | 7    | 6   | 8   | 7   | 7   | 6   | 7   | 7   | 7   | 7   | 7    | 7    |
| Reads the game well. Plays "heads up". Sees plays developing. Doesn't waste support runners & doesn't get isolated on the ball | 8  | 6    | 7  | 8    | 8  | 8   | 7   | 7  | 8  | 7    | 6   | 8   | 7   | 7   | 6   | 7   | 7   | 7   | 7   | 7    | 7    |
| Knowledge of the rules - Learns from the referees | 7  | 6    | 4   | 6    | 7  | 7   | 6   | 7   | 7  | 5    | 7   | 8   | 7   | 4   | 9   | 7   | 7   | 7   | 8   | 7    | 8    |
| Position Specific - knows the requirements of their position | 9  | 6    | 8    | 7  | 7   | 8   | 8   | 8  | 8   | 9   | 8   | 9   | 8   | 7   | 5   | 7   | 7   | 7   | 5   | 7    | 7    |

### Lifestyle

| Exhibits the lifestyle of a high performance athlete/Good time management, nutrition, & lifestyle | 7  | 7    | 7  | 9    | 6   | 7   | 6   | 6   | 5   | 9   | 7   | 7   | 6   | 6   | 7   | 5   | 7   | 6   | 7   | 9   | 6   |
| Leadership - Takes responsibility. Leads by example. | 9  | 5    | 6   | 8    | 8  | 7   | 4   | 7   | 8  | 7    | 8   | 6   | 8   | 6   | 8   | 9   | 8   | 7   | 7   | 6   | 7   |
| Strong in crisis - Will take charge during crisis points | 9  | 6    | 8   | 8    | 3   | 7   | 8   | 6   | 8  | 6   | 8   | 6   | 8   | 9   | 8   | 9   | 8   | 7   | 7   | 6   | 7   |
| Courage - Puts self in physically challenging positions for team | 10  | 6    | 8   | 9   | 8   | 9   | 6   | 7   | 7  | 9    | 8   | 7   | 7   | 4   | 7   | 8   | 9   | 9   | 8   | 7    | 7    |
| Belief - Sees him/herself playing senior county football | 10  | 4    | 6   | 9    | 4   | 5   | 6   | 7   | 9  | 10   | 5   | 7   | 9   | 9   | 6   | 4   | 10  | 8   | 9   | 9   | 6   |
| Ambition - Wants to be the best he/she can be in that position | 10  | 6    | 7   | 9    | 10  | 7   | 9   | 8   | 9  | 10   | 9   | 10  | 8   | 9   | 8   | 7   | 10  | 7   | 8   | 10   | 7   |
| Self-Assessment Weighted Totals | 333 | 244  | 280 | 311  | 282 | 287 | 255 | 279 | 252 | 303  | 283  | 312 | 304 | 279 | 260  | 213 | 319 | 332 | 326 | 264  | 273  | 265 |
Critical Success Factors

1. Speed
2. Strength
3. Endurance
4. Technical Ability
5. Tactical Ability
6. Game Sense
7. Lifestyle
8. Coach-ability
Critical Success Factors – Where I am now?

1. Speed
2. Strength
3. Endurance
4. Technical Ability
5. Tactical Ability
6. Game Understanding
7. Lifestyle
8. Coachability

Where I am now?
Task 8
Players to Fit Systems
or
Systems for Players?

In your groups take one team’s strengths and plan a system of play for them to use based on their strengths.
Task 9: Processes:

How Do We Train It?
Hand outs

Whole Part Whole – 15 v 15

v

Part Whole

“From Practice to Pitch”