

Munster GAA Conference 10th March

“GAMES BASED APPROACH TO TRAINING & DEVELOPMENT”

“INCREASING ATTACKING OPPORTUNITIES”

“DEVELOPING DEFENSIVELY”

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Games Based Approach to Training

Unfortunately, the "traditional" approach to training often fails to equip players to use newly acquired skills in game play. The acknowledged reason for this failure is that traditional training often isolates skill development from game play. The movements (motor) aspects of skills are taught without the cognitive aspects. The player knows how to move without knowing *when* to move and *why*. The end result is that the player performs the skill successfully in the controlled training situation, but the skill falls apart during live game play.

In a **Game-Based Approach**, the process is to structure a progression of situations to develop the competency of playing hurling. **Players are taught how to make tactical decisions and learn technical skills as solutions to solve problems on the pitch.** Technical skills are learned in the context of playing.

The term "Game Based" however, doesn't mean that lessons involve players just playing games. That would allow the skills and situations players need to master to occur randomly. With any complex skill, it is often easier to learn if it is broken down into manageable parts. This is true for tactical skills as well as technical.

To help coaches systematically use a Game-Based approach, **"Situation Training" coaches should break the game down into specific, frequently encountered situations, adapted to the player's level.**

Today we will try breaking the game down into different frequently encountered situations.

Circle Shooting Game

Players are divided into 2 teams (approx. 8 to 12 a side)

A goal is made in the middle of the pitch using either portable goals or training poles

A circle of cones is placed around the goal roughly 40 to 50 metres in diameter depending on age group

Players can move where ever they want inside and outside of the circle but a score can only be scored from outside of the circle

The game is continuous and does not stop after a score

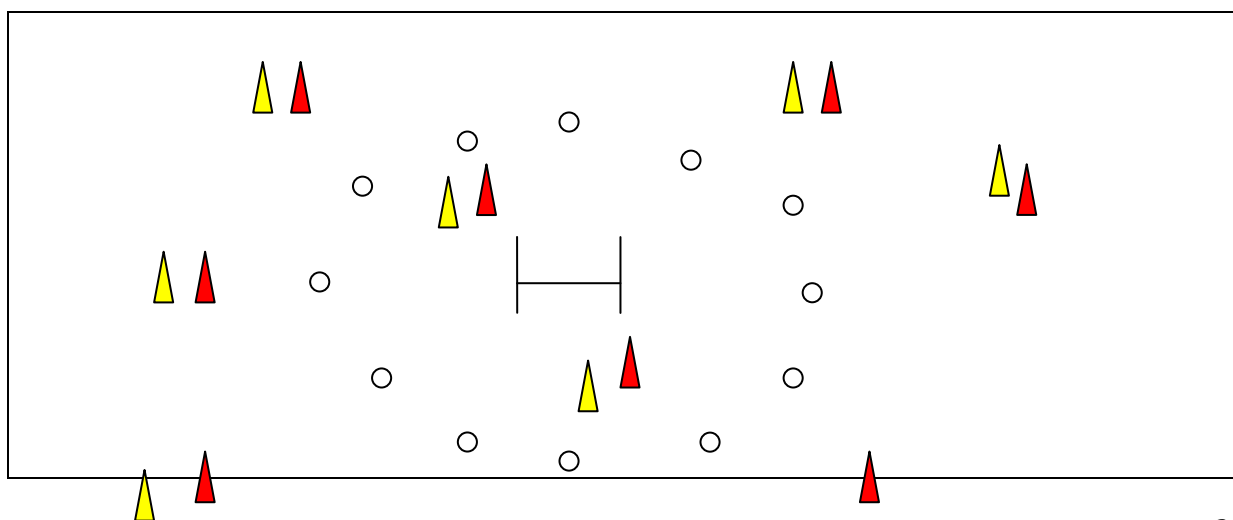
First to 10 is the winner or how long the coach feels they want to keep the game going

Purpose of the game:

1. Develop shooting from distance
2. Develop shooting under pressure
3. Encourage players to find a player in a better position
4. Encourage players to keep moving into positions to receive a pass
5. Encourages support play
6. Teaches players to shoot from in front of goal instead of difficult angle
7. Players have to attack and defend
8. Promotes hooking, blocking and flicking

Progression:

1. A team has to pass 3 times before they can shoot
2. Give points for hooks, blocks and flicks
3. Give a point for if a player catches the ball on the other side of the goal after a score
4. Put in a goalkeeper and shoot for goals from outside a smaller circle





Team Point Scoring Game

Divide players into teams of 5 or 6 depending on numbers

Each team will have only **ONE** sliotar for the game & players begin with the sliotar at a pole or cone at the 45m line

Player jab lifts the sliotar and solos towards goal striking at about 30 metres from goal

The onus is on the players to devise a system for retrieving the sliotar and getting it back out to the 45m line for the next player as quick as they can

Players must rotate retrieving the ball and shooting after every shot

Players in a team of 5 will usually put 2 players behind the goal and 3 players out at the 45m line

When the player at the 45m line shoots they continue in behind the goal to then become a retriever

One of the retrievers behind the goal gathers the ball and strikes it out to the next player at the 45m line and then continues out to the 45m line to become a shooter

This is continued until the game ends with player swapping in and out on every shot

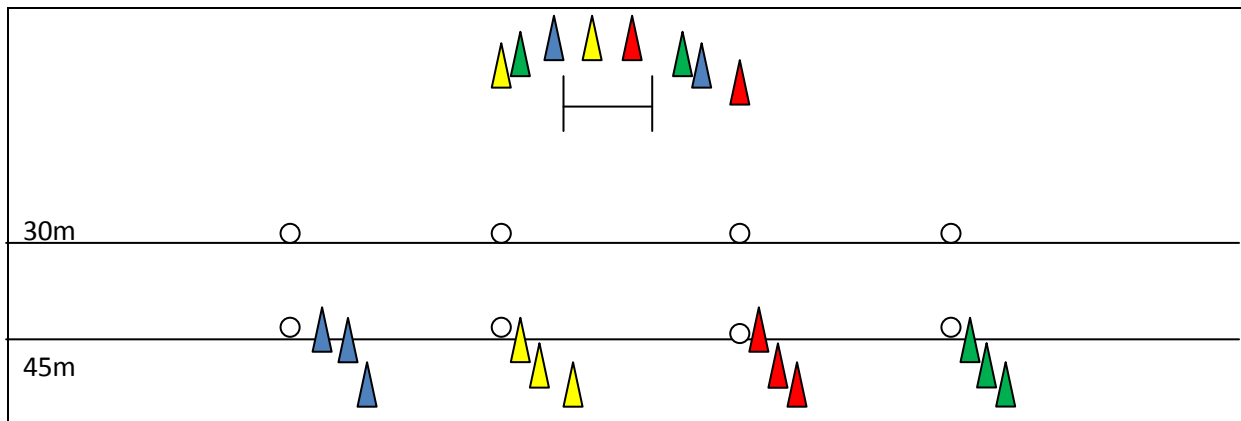
The team that reaches 10 first are the winners

Purpose of game:

1. Get players to work as a team
2. Get players to think for themselves and make decisions
3. Develop striking on the run
4. Develop accurate passing
5. Develop shooting under pressure

Progression:

1. Players shoot from further out or closer
2. Players shoot from their weak side
3. Rotate positions players shoot from



3 v's 3

Divide players into teams of 3

Both teams are playing into the same goal

The coach has the sliotars on the 45m line where the teams will collect the ball from.

Each game will be decided after 3 possessions. The first ball is given uncontested to Team A. The second ball is give uncontested to Team B. The third and final ball is struck up in the air 50/50 by the coach and is to be contested by both teams.

If a team intercepts the ball from the attaching team and they are inside the 20m they are allowed to score but they have to bring the ball back outside the 20m line before they can score

If a team shoots and the ball is saved by the goalkeeper or the goalkeeper gains possession then that ball is dead and the next ball is then in play

The team that scores the most wins

If the game is a draw after 3 possessions another 50/50 ball is struck in by the coach until one team scores

Purpose of the game:

1. Players have to take on their opponent one on one and try to score
2. Develops good running off the ball to create space for your team
3. Develops scoring opportunities
4. Players have to attack and defend
5. Develops last man defending
6. Develops hooking, blocking and flicking
7. Develops decision making
8. Shooting for goals and points

Progression:

1. Have 6 possessions instead of 3

2. Goals only to be scored
3. Points only to be scored
4. All players have to receive a pass before you can score
5. One team has an extra player who cannot score themselves
6. Have teams of 4 instead of 3

Maintaining possession until an attacking opportunity arises:

Players are split into 2 teams (approx. 8 a side).

Each Team are put into an area 30m x 30m with “No man’s land” in between 5m-10m.

3 players from each team go into the opposition’s area making the game 5 v 3. (See diagram below)

The Red team start with the ball, they must make 2 passes in their area before they can strike to red player in the other zone.

Red player in the other zone must get the ball into his hand before yellows can, to get a point.

If the ball lands in no man’s land, other team get possession.

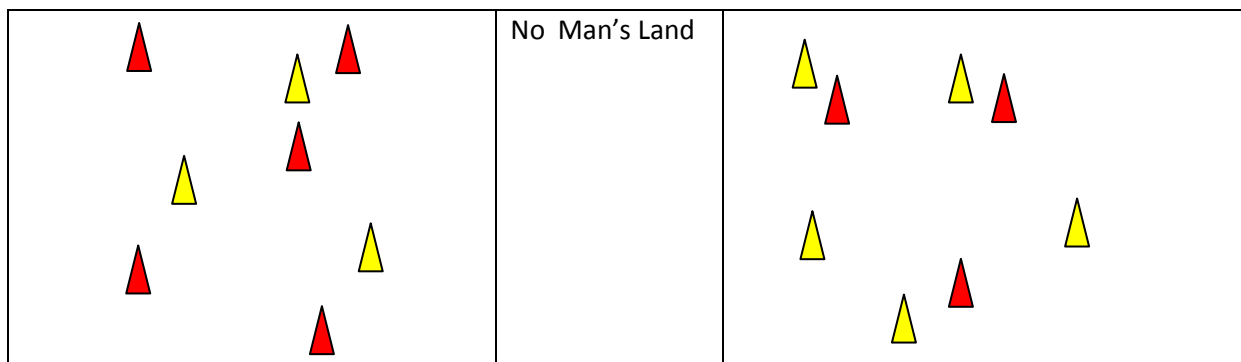
First to ten points wins.

Purpose of game:

1. Create space before hitting the slotar into the forwards.
2. Force players to look up before striking for a forwards run.
3. Force players to move into good positions to receive a pass & time their runs.
4. Players act as attackers & defenders.

Progression:

1. Catch the ball without it hitting the ground = 2 points
2. Catch the ball overhead = 3 points
3. If player from your team is hooked or blocked = minus 1 point
4. Distance of “No man’s land” can be increased & Reduce space available
5. 5 v 4 or 5v5



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Score & Move

Set up 6 goals/gates at different angles, using poles, around the pitch 10m-15m wide.

Divide the players into 2 teams and get players to mark each other.

Positions are not relevant in this game.

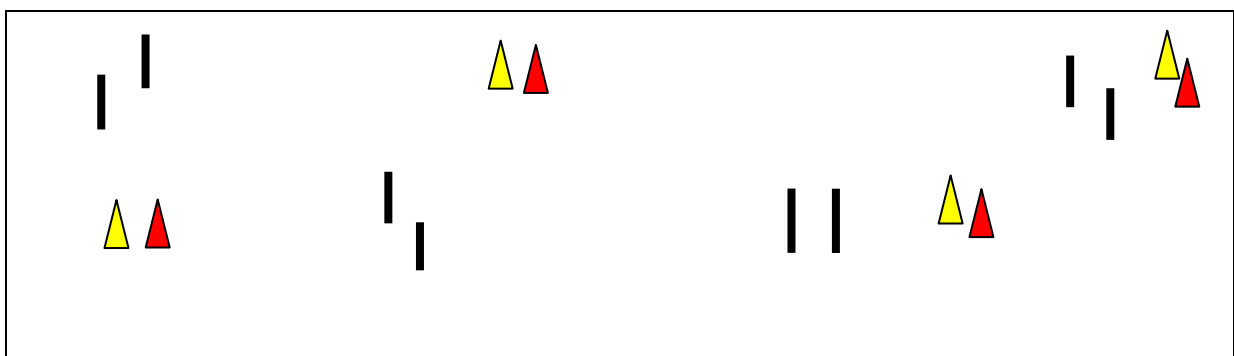
To score a player must hit the sliotar through the goals/gates and possession must be retained by a player on the same team once it's passed through the goals.

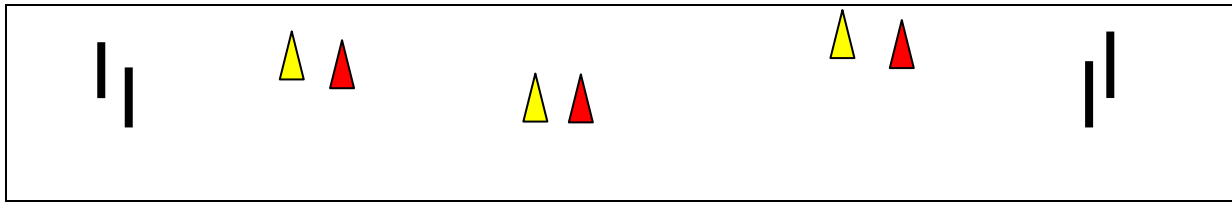
Purpose:

1. Players are forced to make runs to support the player in possession to score.
2. Shots must be precise; players must pick their spot in the goals-related to avoiding the goalkeeper with shots, rather than just shooting at the goals.
3. Emphasis that players must mark their man when they lose possession & prevent players from getting the ball into their hands thus stopping a score.
4. Players can play long and short passes in order to create a scoring opportunity

Progression:

1. Shots through the goals must be caught by player on your team for it to be a score.
2. All scores must be made using your right or left sides
3. Hook or block made by your team earns a point
4. Reduce the space for closer control





Forward Movement/ Defender Tracking

Set up backs and forwards, 2 gates are placed on the 65m line which defenders have to solo through.

Coach/player hits ball in from the opposite 45m line. Once the ball is struck all the forwards must run until the ball goes dead from either a score, defenders solo through the gates or wide.

Players should be allowed to recover fully and return to their starting position before starting again.

If players are making bad runs, into crowded areas or across a man running through then stop the play and get the players to analyse what is going wrong, so that they can see where they should run.

Purpose

1. Get both forwards and defenders moving
2. Make intelligent runs, not just run for the sake of running
3. Movement to create space for others and also movement to possibly take a pass or a score.
4. Defenders have to deal with being pulled out of position
5. Once forwards lose the ball they must work to stop the defenders soloing through the gates, while defenders must work the ball out.

Progression

1. Each forward has to touch the ball before they can score
2. Only certain players can score, so the forwards must work the ball to this player in a good position
3. Only goals