



Robert Emmets – 2013 Boys – Training Plans

WARM UP:

On the line, boys spread out doing the following:

- Jogging/high knees/heel flicks/lunge/windmills/side to side swinging arms/ 1*2*3 – left hand, right hand, two hands, any others...
- Short sprints – then jog, sideways and backwards also.
- With a ball: Solo and bounce (5 press ups for dropped balls), pick ups, high catch.
- Running with the ball in hands and pass around the body.
- 2 cones as a 'gate' for pairs – hand pass, kick pass through the gate, alternate hands/feet, throw up to catch through the gate.

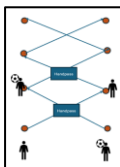
Games :

1. Ball on cone between 2 – heads, shoulders, knees, ball = grab ball
2. 2 cones 5m apart, boys on knees hand passing back and forth, whistle blows, person with ball sprints back and is chased by partner.
3. Partner up....ball on ground 20m out. Must carry partner on piggy back out to ball, collect and carry back. Race. Then switch partners.

DRILLS:

1. Hand passing:

- (a) Square set up, 3 attackers vs 2 defenders, work the ball around the square finding man in space. Alternate positions. Focus on finding space, pass and move, person with ball being able to see team mate to pass to.



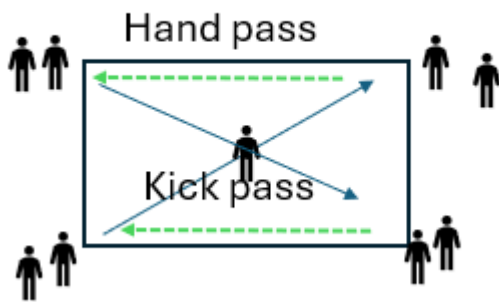
- (b) Set cones up and have players hand pass as they cross over

2. Catching:

Players line up behind cones – coaches throw balls to catch – high above head, low(flick up), mid rift (ensure body behind the ball), bouncing ball.

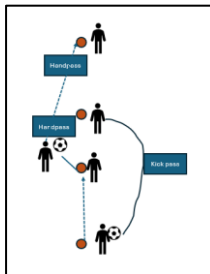
3. Kicking/Passing:

- (a) Kick on the diagonal, hand pass across, key to call the names and stay focused, do it at speed.



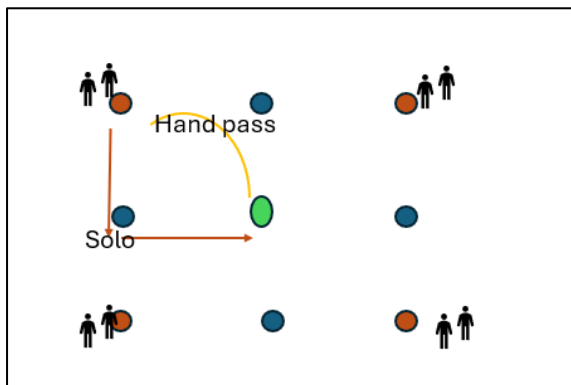
- (b) Players set up in groups of 4, 4 cones. Player A kicks to player C. Player B loops C and takes a hand pass, then passes on to player D. Repeat the process going opposite direction.

Player who kicks the ball moves to the 2nd cone



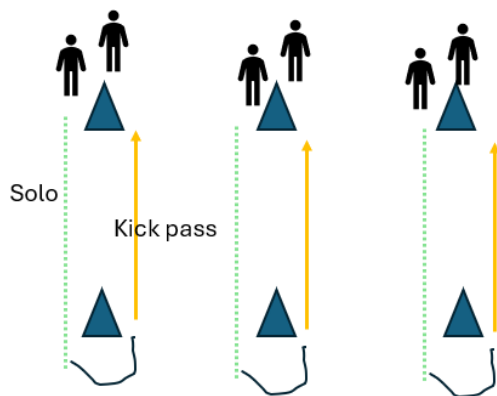
4. Soloing:

Solo out to middle cone then into and around centre pole, then hand pass back to the corner. Repeat and change direction, then change hands/feet.



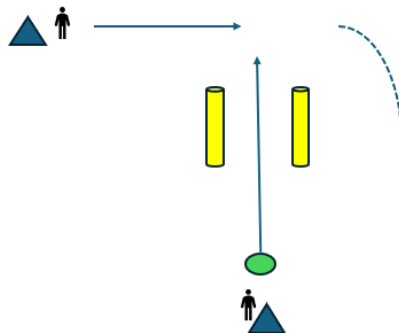
5. Kick Pass:

Players solo out to the far cone then turn and kick pass back to next player. After a few minutes extend the length of the distance to practice longer kicks. Key to make sure accurate pass to chest of team mate and to ensure clear calling of names/communication.



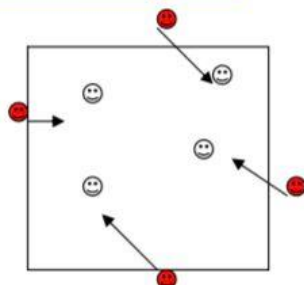
6. Through the Gate – Kick passing:

Players kick the ball through the 'gate' to player running on to it. Player who receives the ball continues around and joins the kicker Q. Kicker joins catcher Q after kicking. Focus on timing of run and accuracy of pass. Switch feet as progress.



7. Tackling:

TACKLING SQUARE



20m square set out with tall cones. Four solo runners move freely inside the square. Four tacklers wait along the perimeter.

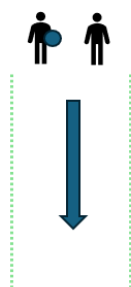
On a signal, the tacklers close in on the solo runners. Without fouling, they aim to dispossess the ball players as quickly and effectively.

The coach times them until the last player is dispossessed. Then the groups swap roles and the new tacklers try to beat the previous time set.

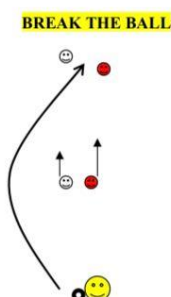
Coaches may use this idea to practise frontal tackles, near-hand tackling and/or blocking.

8. Near hand tackle:

In pairs, up and back, with tackler using near hand to dislodge ball from attacker. Focus on timing, using the correct hand, and not putting other hands on opposition. Swap ball carrier after each turn.



9. Breaking Ball



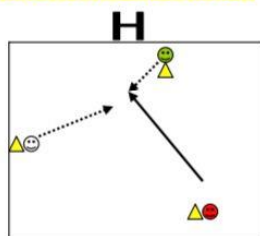
An exercise for 5 players. One player sets the ball on a multimarker [like a tee for kicking off]. The others form two teams of two [e.g. reds and greens]. One player from each team stands approx. 30m from the kicker, ready to contest the catch. The other two players [support runners] stand halfway between the kicker and the catchers. As the ball is kicked, these two turn to run towards the catchers, hoping to pick up any break ball. Should the ball be caught cleanly, the support runner must be ready for a quick pass to end the move. Should the ball be broken to a support runner, the catcher must move to be ready for a quick pass to end the move. Repeat, repeat...swap roles etc.

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10. Lay off:

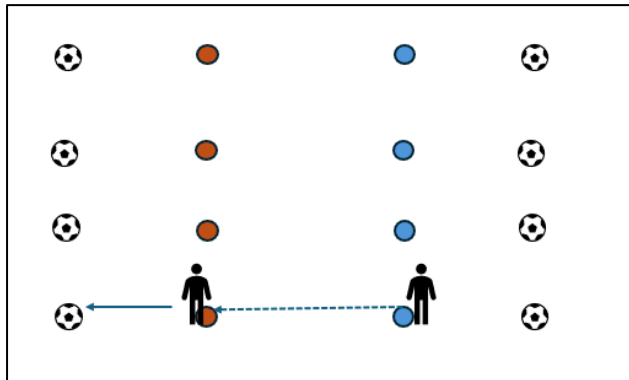
INSIDE SUPPORT & SCORE



A drill set up to simulate a full forward running out to receive a kick pass from a midfielder, then laying the ball off to a half-forward who has cut in from the left wing to support and shoot. On the diagram, **Red** kicks for **Green** to run and collect while **White** times his/her run to support and shoot. Coach decides on distances to suit skill level and pitch conditions.

Drill best run with four players max. on each cone and four to retrieve footballs. Groups swap every few minutes.

11. Dash Pick Up:



Players on coloured cones. When call a colour (e.g. Red), red player runs out and does a pick up. Player at blue cone follows them and puts them under pressure.

Reduce distance between red and blue cones to shorten the distance so player picking up ball under increasing pressure.