

DUAL CODE GAME DESIGN USING A GAMES BASED APPROACH



GAME DESIGN



GAME MODEL

This is the blueprint on how you want your team to play.



THEME

This is a specific area of the game model



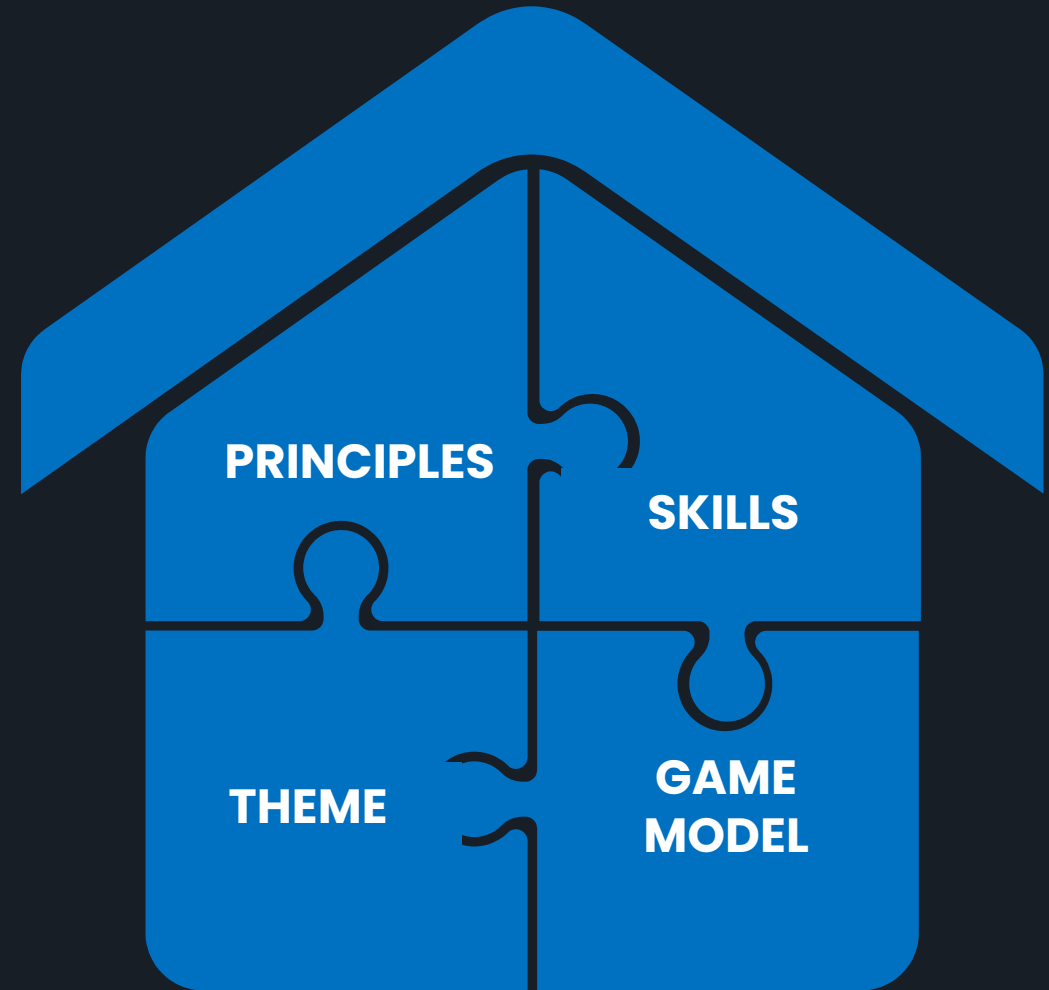
PRINCIPLES

These are guidelines to help players adhere to the game model & theme

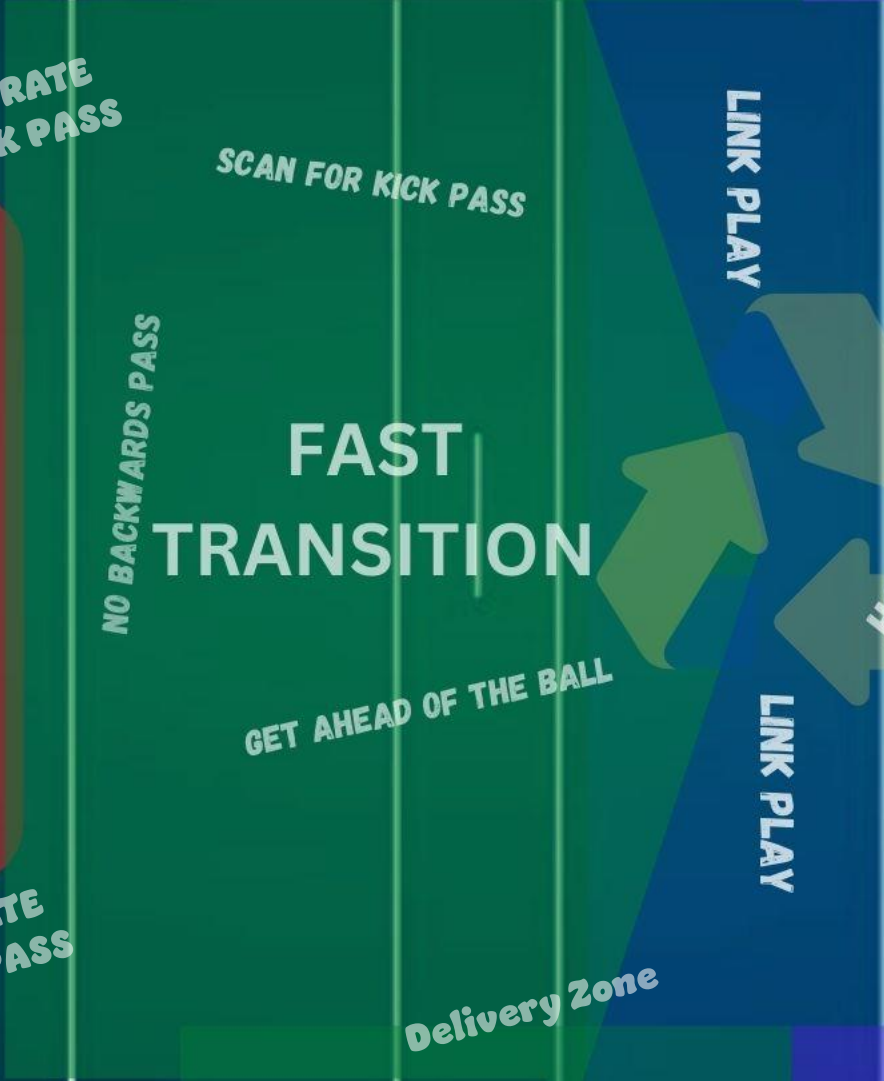


SKILLS

These are the technical skills required for this theme and the principles you are using



ATTACK GAME MODEL



Delivery Zone
OUTLET BALL

CUTS AND LOOPS

ACCURATE
STICK PASS

SCAN FOR KICK PASS

LINK PLAY

HARD RUNS

LATERAL RUNS

HANDPASS

SECURE POSSESSION

FAST
TRANSITION

NO BACKWARDS PASS

GET AHEAD OF THE BALL

LINK PLAY

HARD RUNS

SCORING
ZONE

SUPPORT RUNS

ACCURATE
STICK PASS

OUTLET BALL

CUTS AND LOOPS

HARD RUNS

DEPTH

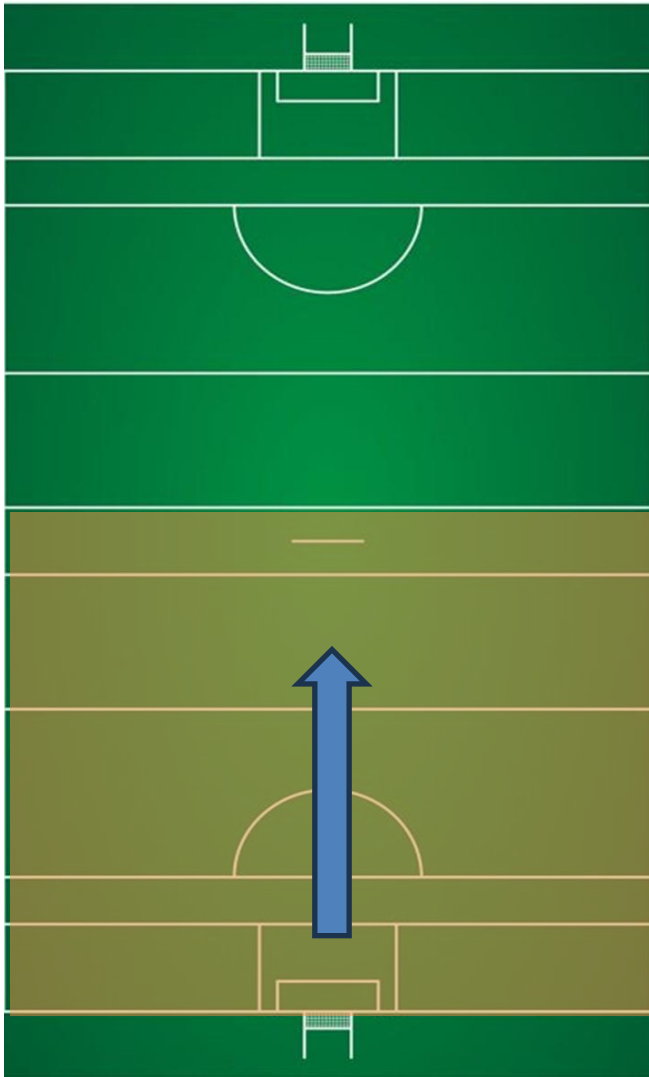


THEMES

<i>Tactical Theme</i>	<i>Focus Area</i>
Keeping possession	Hand-passing accuracy/execution, kick-passing Accuracy/execution, areas of delivery, Hand-pass versus Kick-pass, varying levels of pressure, risk assessment.
Keeping possession	Risk assessment, protection of ball from tackler, soloing, keeping possession in overload situations, kick passing and hand passing decisions.
Defensive principles	Marking your man. Tackling- various different tackles
Defensive principles	Defending in defence, defending in attack
Support play	Clear lines of vision, Off the shoulder running, "third man run" concept.
Attacking the goal	Shooting, developing scoring zone awareness, beating a player in 1on1
Attacking the goal / defending	Attacking the goal with runners, defending the goal against runners.
Transition defence to attack	Introduction of concept, varying levels of pressure, time-clock, hand-passing speed and support runner
Set-pieces	Kick-outs, Breaking ball concepts, High catching
Creating space in attack/shooting	Lateral runs, creating depth, timing of runs. Kick passing to space.
Defending space	Defenders anticipating space, marking "touch tight"
Creating space in attack	Development of lateral runs, accuracy in kick passing to space,
Defending space	timing of runs
Support play	Creating overlap, breaking tackle, Supporting the full forward line when ball is delivered, supporting full back line
Defending	Getting "contact" when a player is in possession, Putting pressure on the player in possession, Covering in defence, covering attack
Working a point	Shooting, shooting under pressure, shooting in overload situations
Transition defence/attack	Speed of running, angles of running Speed of cover in defence and chase
Defending	Swarm tackle concept
Working a score in crowded area	Movement of ball to space, creating depth (target player), working ball to "scoring zone"
Set-pieces	Contesting breaking ball, working short kickout, defending short kickout, working ball out from a short kickout.
Creating space in attack/defending space in attack	Advancement on areas worked on in earlier sessions
Keeping possession	Development of principles and areas on support and decision making from earlier sessions
Scenarios	Player problem solving to a variety of tactical problems



SKILL REQUIREMENT





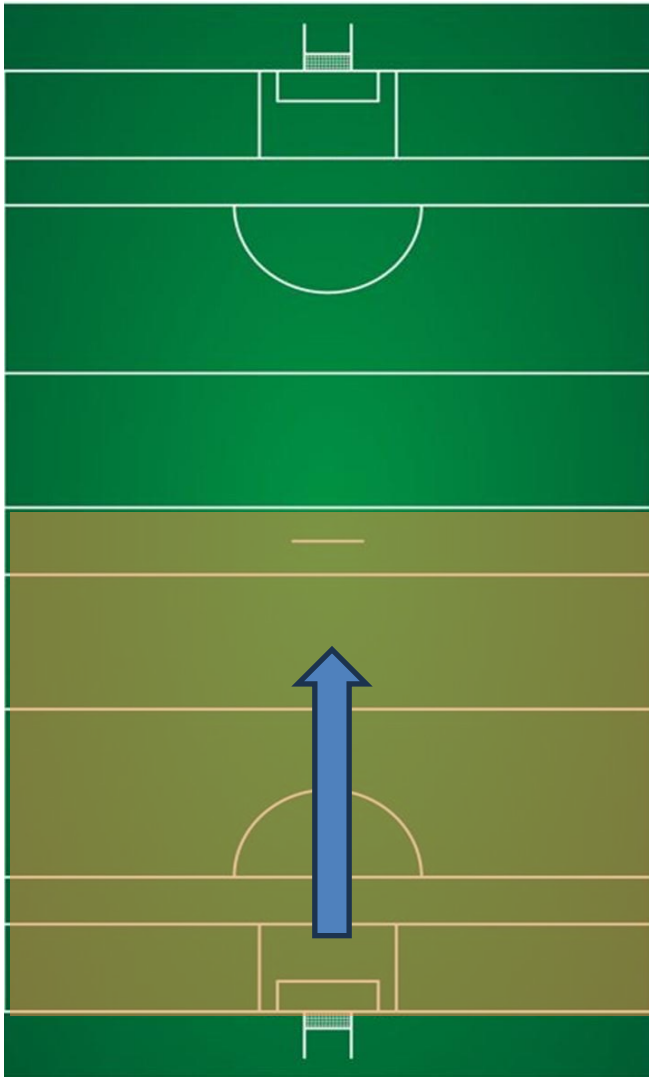
PRINCIPLES

Principles Of Play

Offensive (in possession)	Defensive(Not in possession)	Restarts	Technical
Depth	Touch tight defending	Reset 5 seconds	Striking Both sides front foot/back foot
Width	Track the run(goal side)	Time to Push/Drop	Tackle, feet, hands low
Accurate off loads	Protect the D	Create +1 on sidelines	Hook (at shoulder/elbow)
Working ball in delivery zone	Support the line behind You	Recognize danger/space	Block (high hurl/head up)
Demand the ball	Maintain a +1	Come alive	Off loads/ hand pass/Tennis pass
Third Man Runs	Swarm tackle with opportunity presents	Focus	High Catch
Keep the D Free	Tackle from behind	Half turn/scan	High ball use of hurl/bringing to ground
Pass ball through the lines	Delay do not sell yourself	Trigger hurl up	Touch/Technical
Support the line in front of you	Communicate what you see		Steps
Counter attack with numbers after turnovers	Squeeze the line-high press		Handpass
Give & Go	Work rate contact on		



PRINCIPLES



HURLING

- Pass & Move
- Third Man Run
- Play the way we face
- Play through the lines
- Width
- Accurate Stick & Handpass
- Work to delivery Zone

FOOTBALL

- Pass & Move
- Third Man Run
- Play the way we face
- Play through the lines
- Width
- Move the ball
- Accurate Foot & Handpass

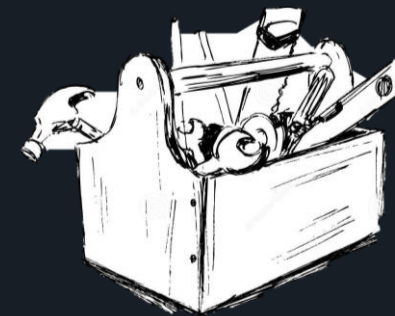
Transition Defence to Attack Curriculum Layers

u16-19	Depth	Delivery Zones & Steps to Scan	Present, Recycle & Switch
	Width	Fill Lanes: Space = Gaps	Outside to Inside
	Support Play	Angled Runs at Pace	Triangular Support
	Play the way you Face	Heads Up	Pass Forward, Move Forward
u14-16	Depth	Delivery Zones & Steps to Scan	
	Width	Fill Lanes: Space = Gaps	
	Support Play	Angled Runs at Pace	
	Play the way you Face	Heads Up	
u12-14	Depth		
	Width		
	Support Play		
	Play the way you Face		



COACHES TOOLBOX

HOW CAN I CREATE GAMES



PITCH SIZE

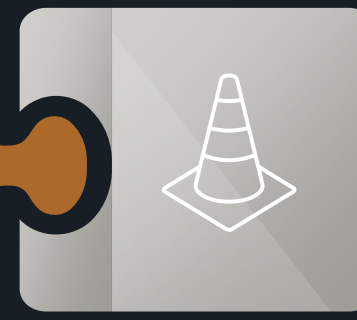
PLAYERS

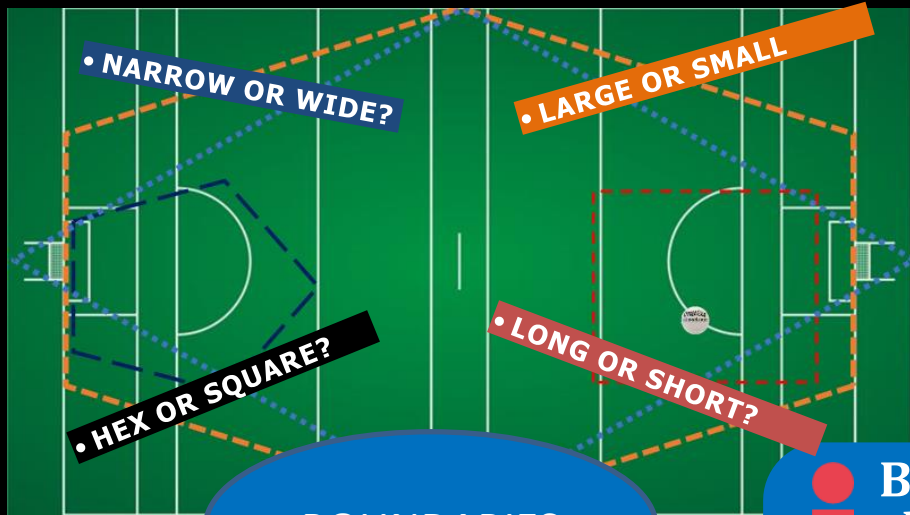
SCORING

CONSTRAINTS

TIME

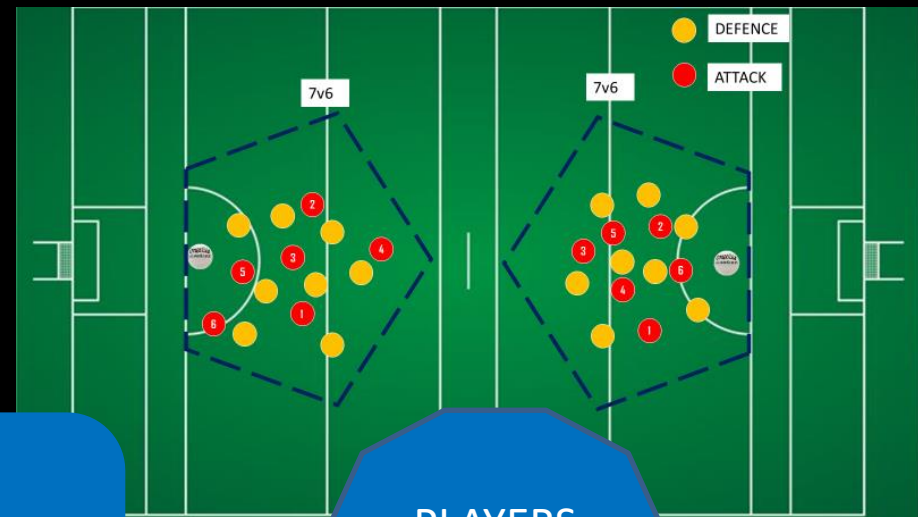
EQUIPMENT



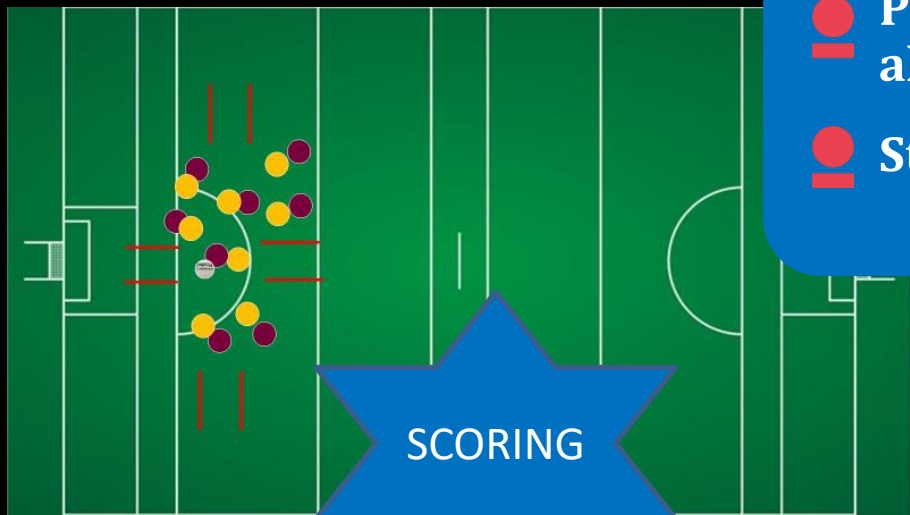


BOUNDARIES

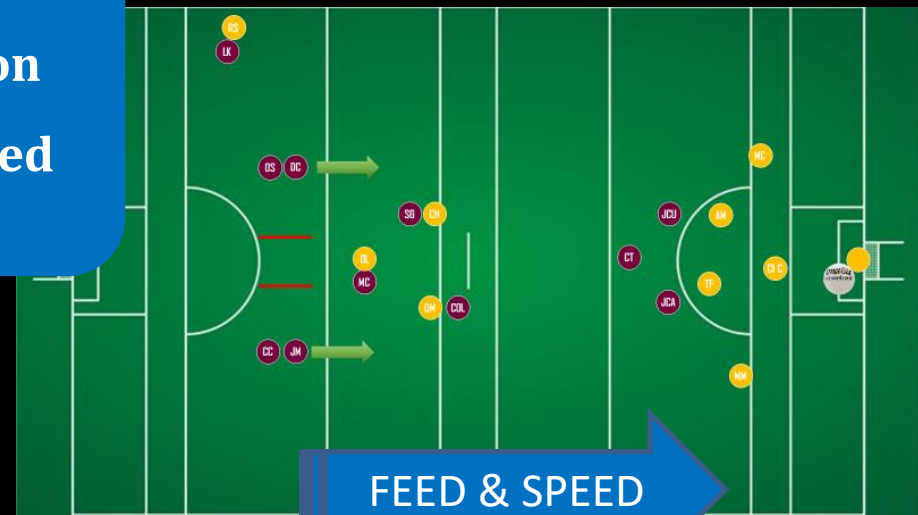
- Boundaries – size and shape of pitch
- Scoring – shape, size and orientation of goals
- Players – number and allocation, start position
- Start position of ball feed



PLAYERS



SCORING



FEED & SPEED





SCORE



TIME

- Point scoring system
- Time Limit
- Additional rules or Constraints
- Equipment



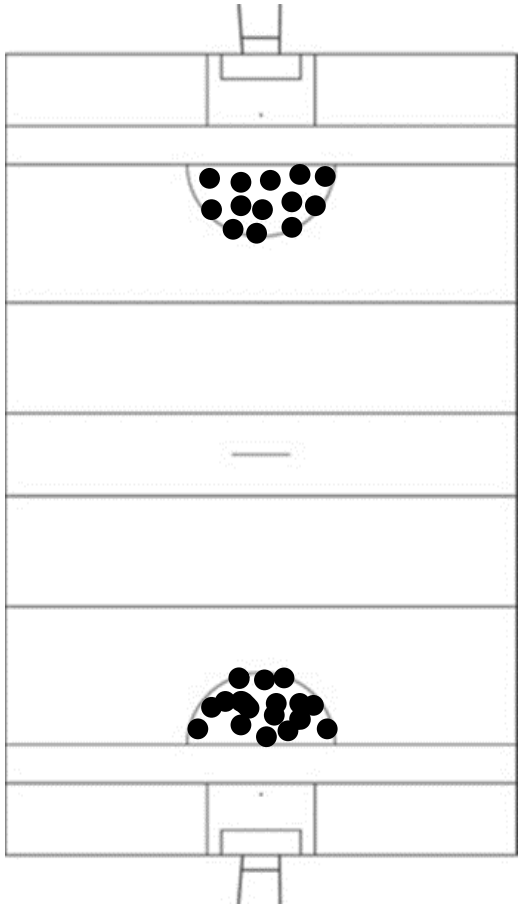
TEAM/PLAYER CONSTRAINTS



USE OF EQUIPMENT

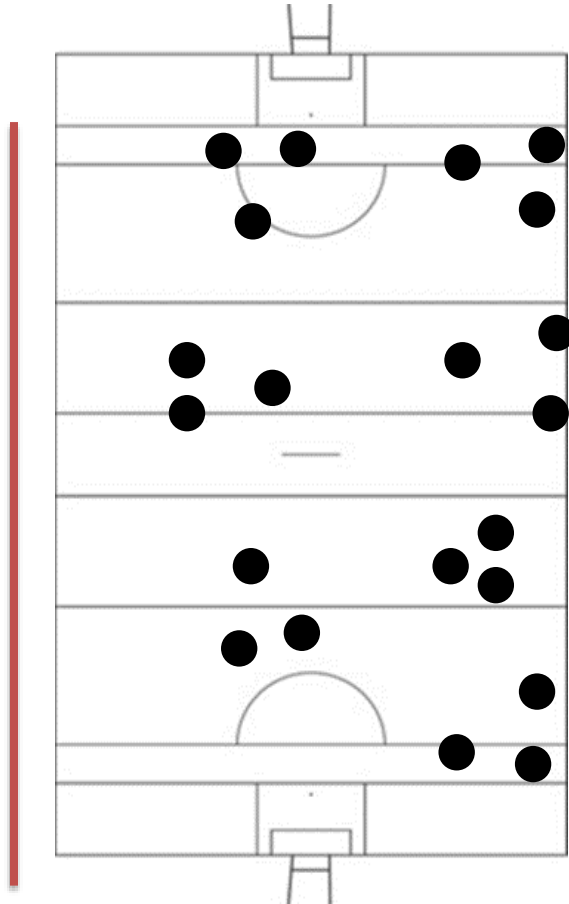


SKILLS WARM UP GAMES



- All players inside the D
- 50% ball to player ratio (10 players 5 balls)
- 60 seconds x 3
- Count the touches per player

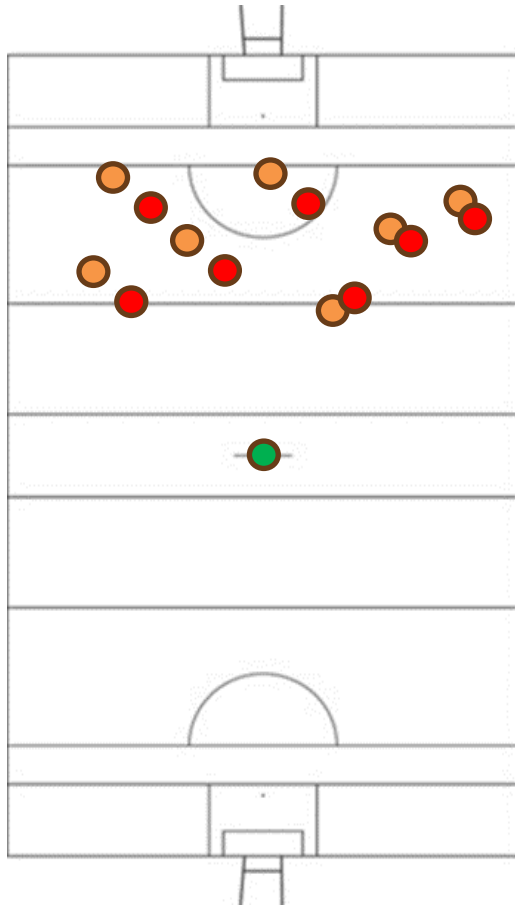
- ❖ Players Scanning
- ❖ Accurate Offloads
- ❖ Calling for a pass
- ❖ Movement



- 3 Players
- Hand Pass followed by stick/foot pass

- ❖ Pass and move away
- ❖ Pass and move to support
- ❖ Identify angles

Principles Games



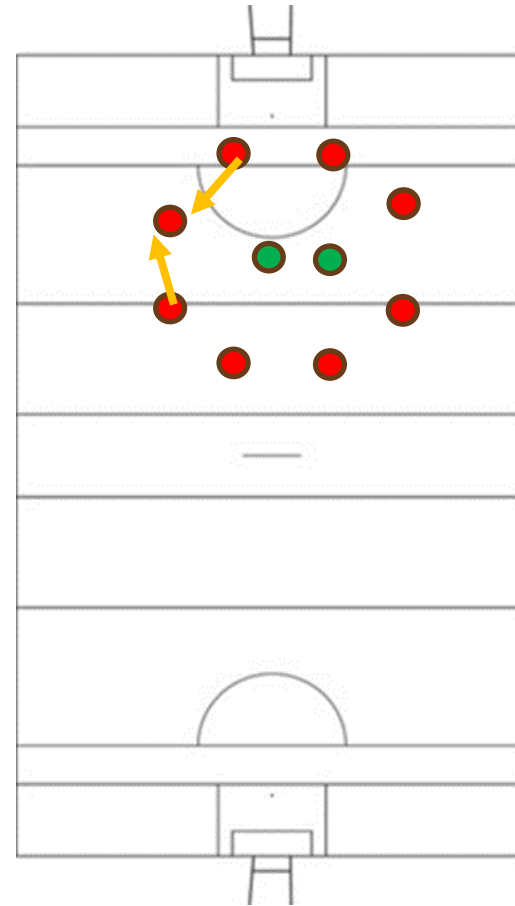
- Player on Player
- Only tackle own player
- 30m stick/foot pass before we can score
- No Play
- Pass & Move 15m

- ❖ Are we moving after pass
- ❖ Are we scanning
- ❖ Can we move to space
- ❖ Are we tracking runners



Depending on age and skill add floaters to decrease difficulty

Decision Making & Running Pattern Game



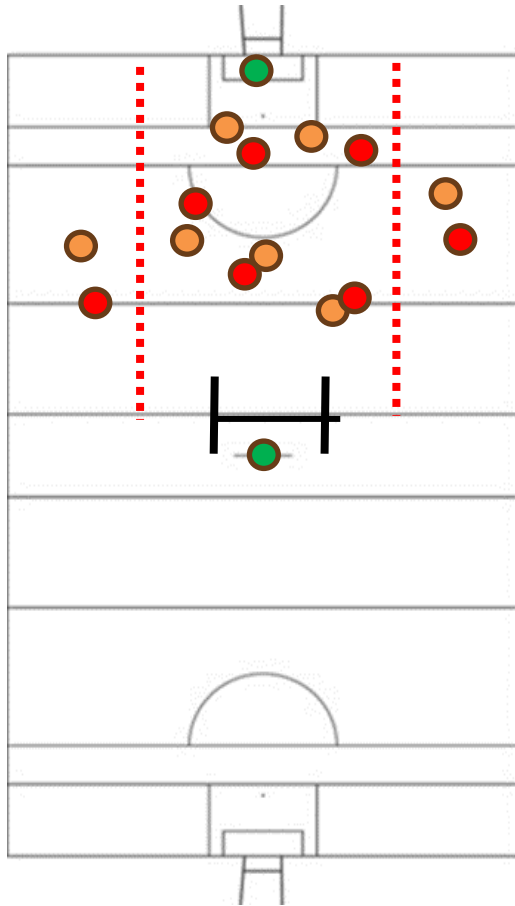
- 8 Cones
- After player receives the ball, the players directly left and right come on the loop and pass and one strikes to another cone free

- ❖ Scan the defenders
- ❖ Loop at pace
- ❖ Time the run
- ❖ Good first touch



Depending on age and skill add defenders to increase difficulty

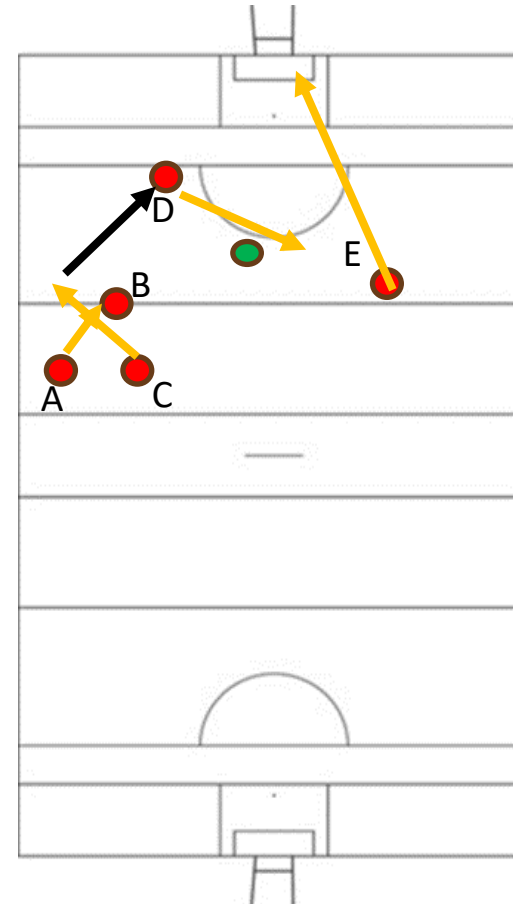
Principles Games



- Player on Player
- Only tackle own player
- Must get a pass to wide player before score
- Must enter at pace
- Wide players not tackled

- ❖ Movement of wide players
- ❖ Injecting pace
- ❖ Breaking wide
- ❖ Runners off the shoulder

Patterns and Pressured Skills



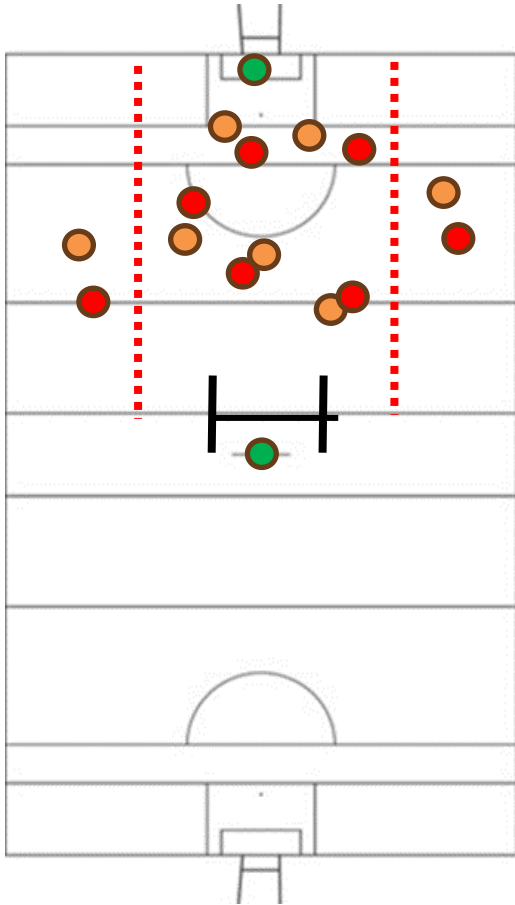
- 5 players
- A strike to B
- B pop pass to C
- C Strike to D
- D angled run and pop to E
- E Score

- ❖ Skill execution
- ❖ Running Angles
- ❖ Play how we face



Add sweeper to increase difficulty

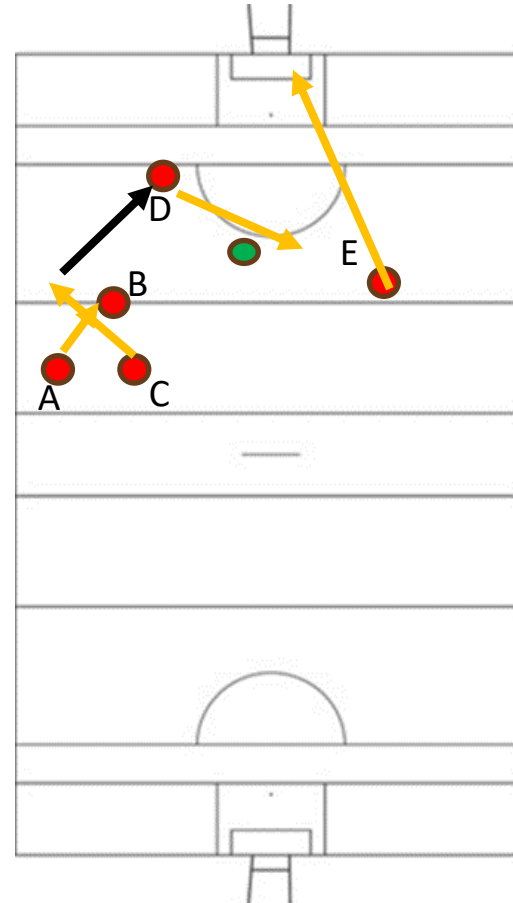
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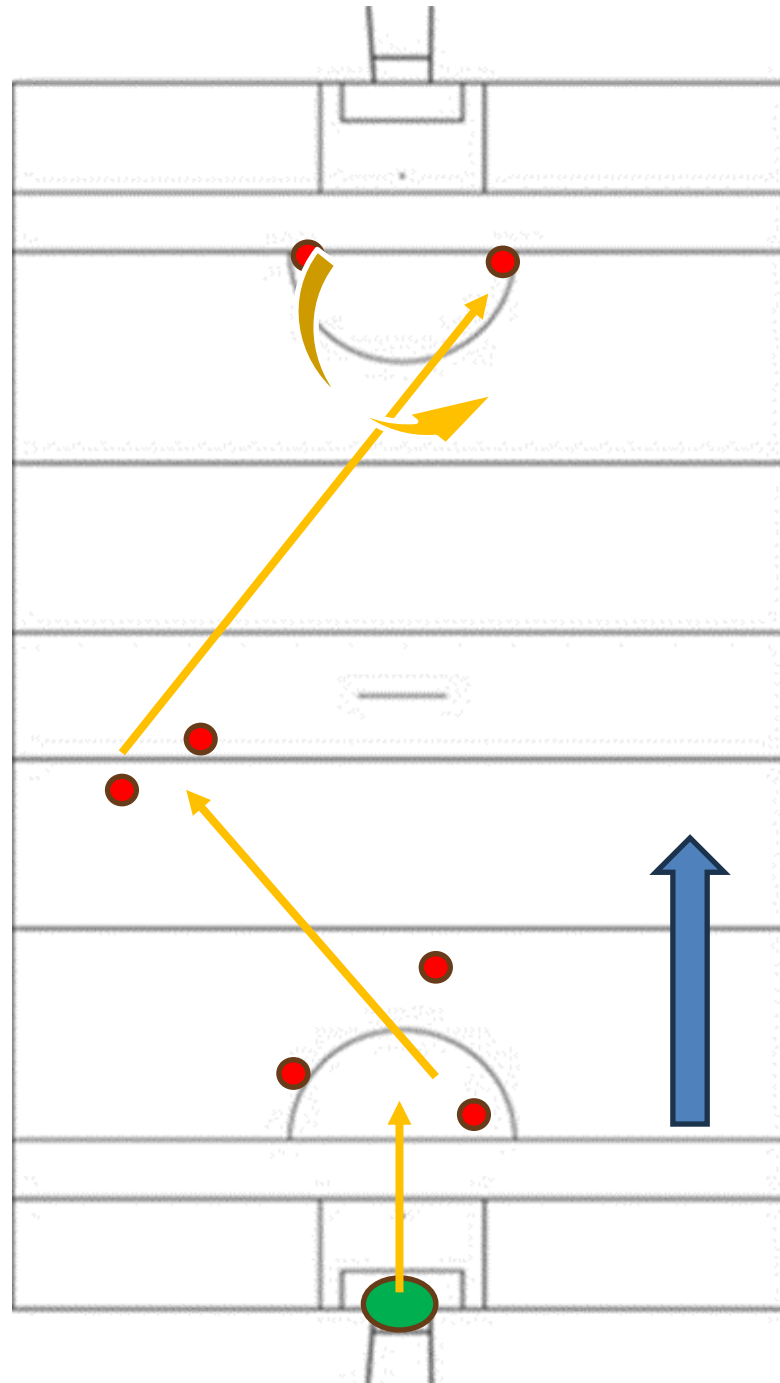
- ❖ Skill execution
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- ❖ Play how we face



Add sweeper to increase difficulty

Execute the plan

Test the unopposed pattern to show them the full picture of why we did the games we did linking our skills & principles



Session Theme: TRANSITION FROM DEFENCE TO ATTACK

Principles of Play:

- SUPPORT RUNNING AT PACE & ANGLES
- DEMAND POSSESSION
- SCAN FOR A STICK/FOOT PASS EARLY
- PASS & MOVE TO GET ON ANOTHER PHASE
- ACCURATE OFFLOADS TO ATTACK AT PACE



Warm Up: INTEGRATE THE SKILLS OF TRANSITION

Skills Development Block: HAND/STICK/FOOT/SCAN/

Period:

Questioning: WHEN CAN WE TRANSITION AT PACE? WHAT DOES FAST TRANSITION LOOK LIKE?

Conditioning: SESSION WILL COVER 6/7KM WITH APPROX 1100 HIGH SPEED RUNNING AND 300M SPRINT DISTANCE

Game: 8V8 OR SIMILAR

Duration: 3 X FIRST TO 7



GAME FOCUS	BREAKING THE LINES USING ANGLED RUNS				
CONSTRAINTS	<ul style="list-style-type: none"> • NO PLAYS ON THE BALL • HAND/FOOT/STICK PASS • ONLY TACKLE OWN PLAYER 				
SCORING	<table border="1"> <tr> <td>TEAM A</td> <td>TEAM B</td> </tr> <tr> <td colspan="2">FIRST TO GET 7 GATES</td> </tr> </table>	TEAM A	TEAM B	FIRST TO GET 7 GATES	
TEAM A	TEAM B				
FIRST TO GET 7 GATES					
QUESTIONS	<ul style="list-style-type: none"> • WHY CHANGE ANGLES IN POSSESSION? • WHAT DO WE SUPPORT THE PLAY ? 				

Game: 8V8 OR SIMILAR + 4

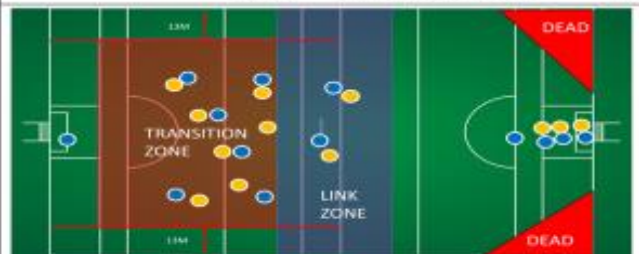
Duration: 2 X FIRST TO 7



GAME FOCUS	SCAN FOR THE OUTBALL
CONSTRAINTS	<ul style="list-style-type: none"> • NO PLAYS • 3 SECOND RULE FLOATER • TACKLE OWN PLAYER
SCORING	FIRST TO 10 PASSES
QUESTIONS	<ul style="list-style-type: none"> • WHY WOULD WE SCAN 1ST • WHEN DO WE SUPPORT

Game: 10V10 OR SIMILAR

Duration: 10 BALLS EACH TEAM (PRODUCTIVITY)



GAME FOCUS	<ul style="list-style-type: none"> • WORK THROUGH THE LINES TO THE DELIVERY ZONE • +1 IN DEFENCE BOTH SIDES • BRING PRINCIPLES FROM PVIOUS GAMES
QUESTIONS	<p>HOW CAN WE USE THE +1?</p> <p>WHY USE THE LINK PLAYER?</p> <p>WHAT ARE FORWARDS RUNS?</p>

LEARNINGS

Reflection

IMPROVEMENT AREAS

WHAT ARE THE REASONS TRANSITIONS BROKE DOWN? SKILLS? OPTIONS ON THE BALL? SEPERATION AHEAD?

- EXECUTION OF SKILLS AT PACE
- AWARENESS TO SCAN
- REACTION WHEN WE REGAIN POSSESSION



WARM UP IDEAS



PASS & MOVE
ANGLE RUNNING
SUPPORT THE BALL
SKILL EXECUTION

Game: 8V8 OR SIMILAR

Duration: 3 X FIRST TO 7



COACH OBSERVATION	<ul style="list-style-type: none"> ➢ WATCH PLAYERS OFF THE BALL MOVEMENTS TO BE AN OPTION ➢ WATCH THE DIRECTION OF SUPPORT RUNNING ➢ SKILLS EXECUTION
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Game: 8V8 OR SIMILAR + 4

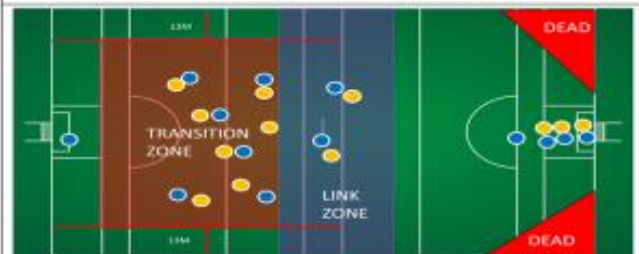
Duration: 2 X FIRST TO 7



COACH OBSERVATION	<ul style="list-style-type: none"> ➢ WATCH PLAYERS FIRST ACTION WHEN GAINING POSSESSION ➢ WATCH THE DECISION MAKING ON GETTING THE BALL TO THE FLOATER ➢ OBSERVE PLAYERS OFF THE BALL WORK TO SEPERATE
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Game: 10V10 OR SIMILAR

Duration: 10 BALLS EACH TEAM (PRODUCTIVITY)



COACH OBSERVATION	<ul style="list-style-type: none"> ➢ WATCH ARE PLAYER BRINGING LEARNINGS FROM GAME 1 & 2 ➢ OBSERVE WHY TRANSITION BREAKS DOWN ➢ OBSERVE WHERE THEY DELIVER FROM ➢ ROLE OF THE PLUS ONE IN TRANSITION
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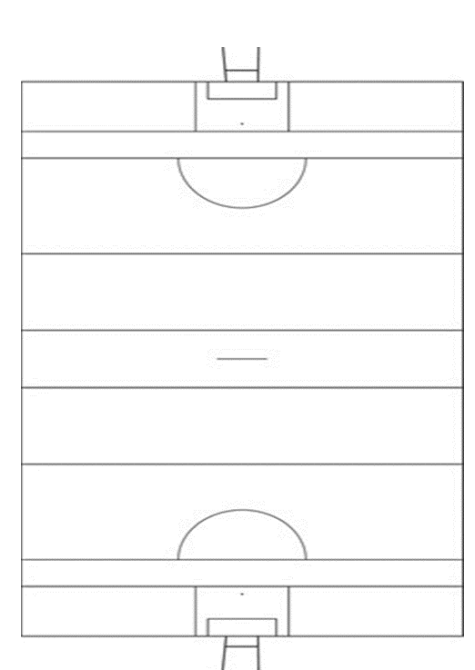
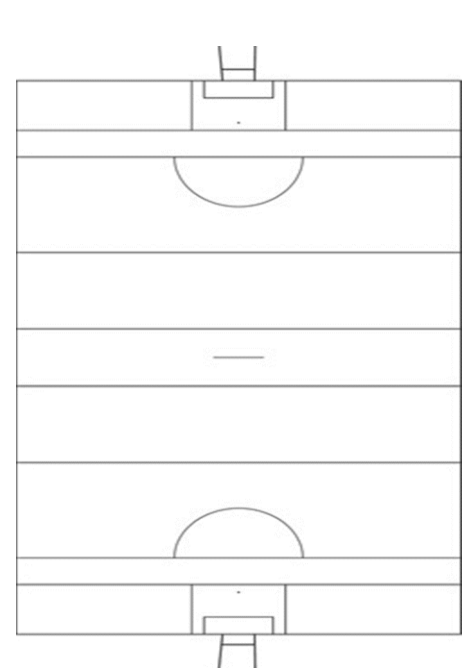
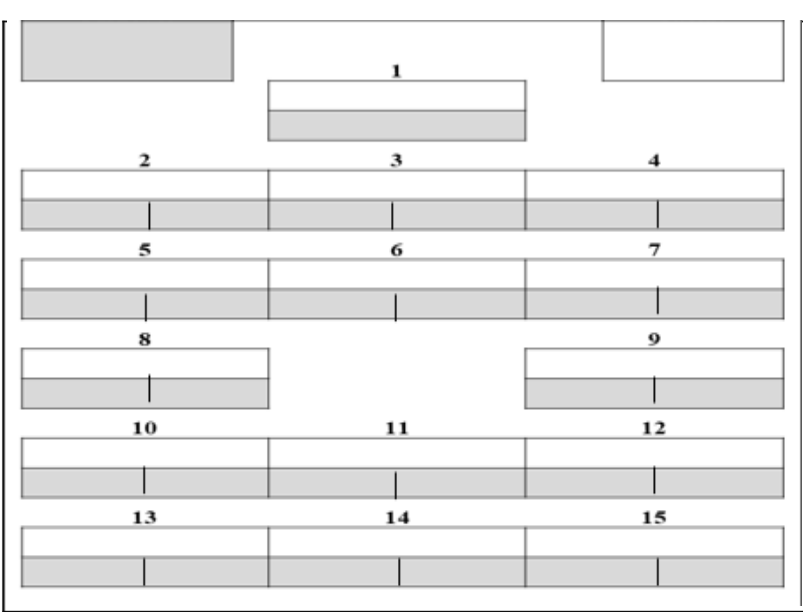
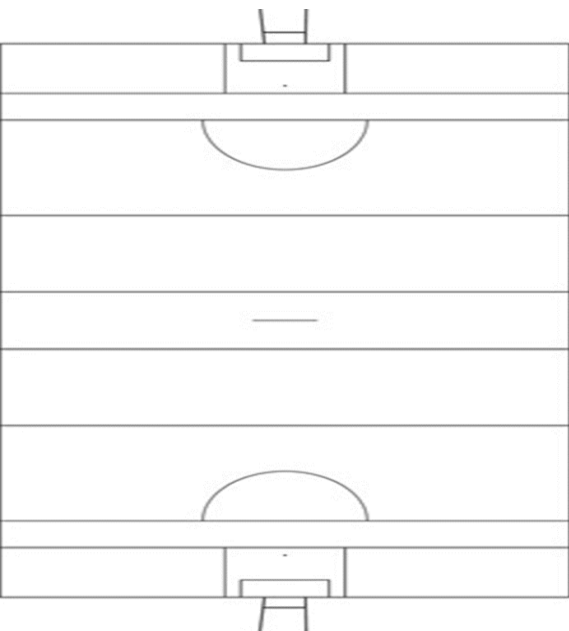
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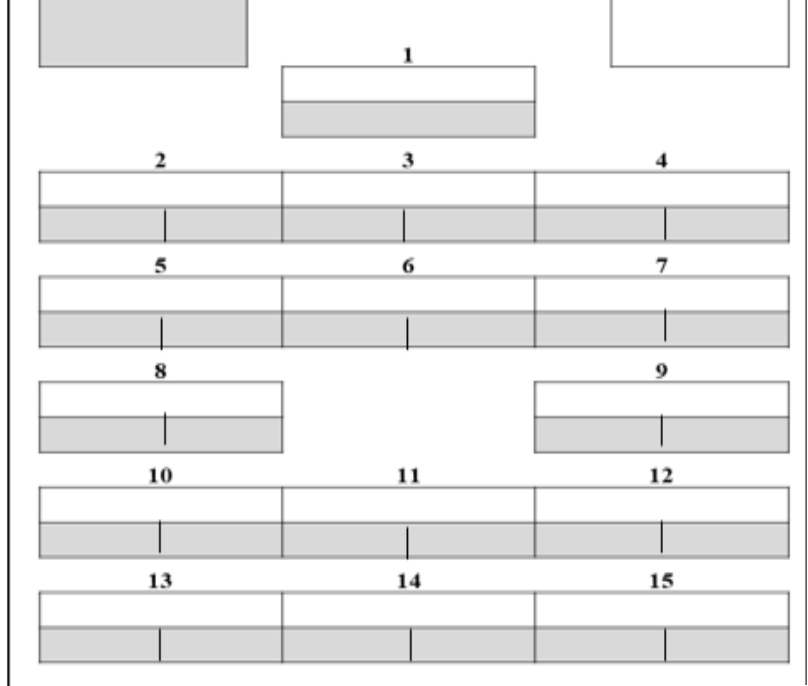
Hooks/Blocks (Tackles)

SHOTS

PUCKOUTS/KICKOUT

2nd Half

	WON	LOST		WON	LOST
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
9			9		
10			10		
11			11		
12			12		
13			13		
14			14		



1st

1st

2nd

2nd

Game

Game