

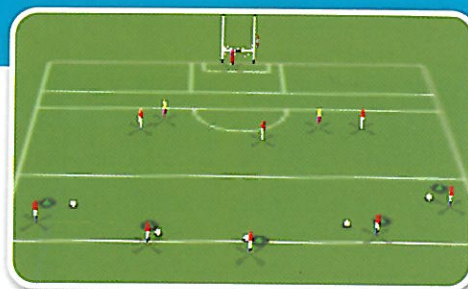
Best of 5

HOW TO PLAY

- Place 5 fielders around the pitch on the 45 in a half circle set up
- Place 3 attackers and 2 defenders inside the 45
- The aim of the game is for the feeder to make the correct decision and pick out the free forward
- The free forward must carry the ball and create space for the other 2 attackers and make the correct pass to avail of this space and create a scoring opportunity

PROGRESSION Add in another defender.

WHAT IT DEVELOPS Decision making, vision, creating space, shooting & tackling



10	12	5	1	12+	1

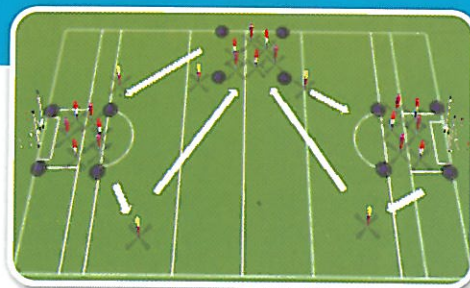
Breaks win Matches

HOW TO PLAY

- Set up players as is shown
- This game works on the breaking ball and long kick-passing and decision making
- The ball is played long from midfield into the square
- Backs and forwards compete for the break
- If the back wins it he plays it to the wing back, who sends it cross field to the middle section
- If the forward wins it they turn and attempt to score
- If they are successful the back must retrieve the ball and work it out

PROGRESSION Increase numbers in groups. Increase duration of drill.

WHAT IT DEVELOPS Winning breaking ball, high-catching & accurate long kick-passes



10	2	12	1	12+	2

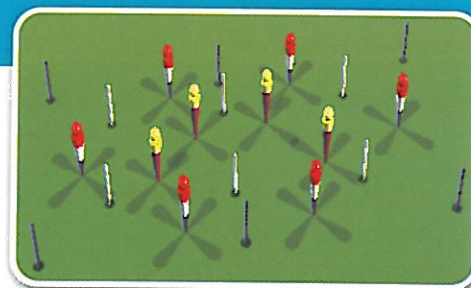
Breakout

HOW TO PLAY

- Attackers attempt to get outside the border line by evading the defenders' efforts at tackling
- Defenders must stay within their zone
- Defenders attempt to dispossess the attackers as they attempt to pass through their zone - (normal/near hand tackle)
- 2 points are scored for every 'Breakout' and 1 for every dispossession

PROGRESSION Increase number of defenders.

WHAT IT DEVELOPS Breaking the tackle, carrying the ball under pressure & tackling



10	3	1	12+	12	12