

GAMES MAKE SENSE

Games to develop thinking players for Australian Football

Compiled, Adapted and Created by:

ANTON GRBAC- Football Victoria- State Director of Coaching

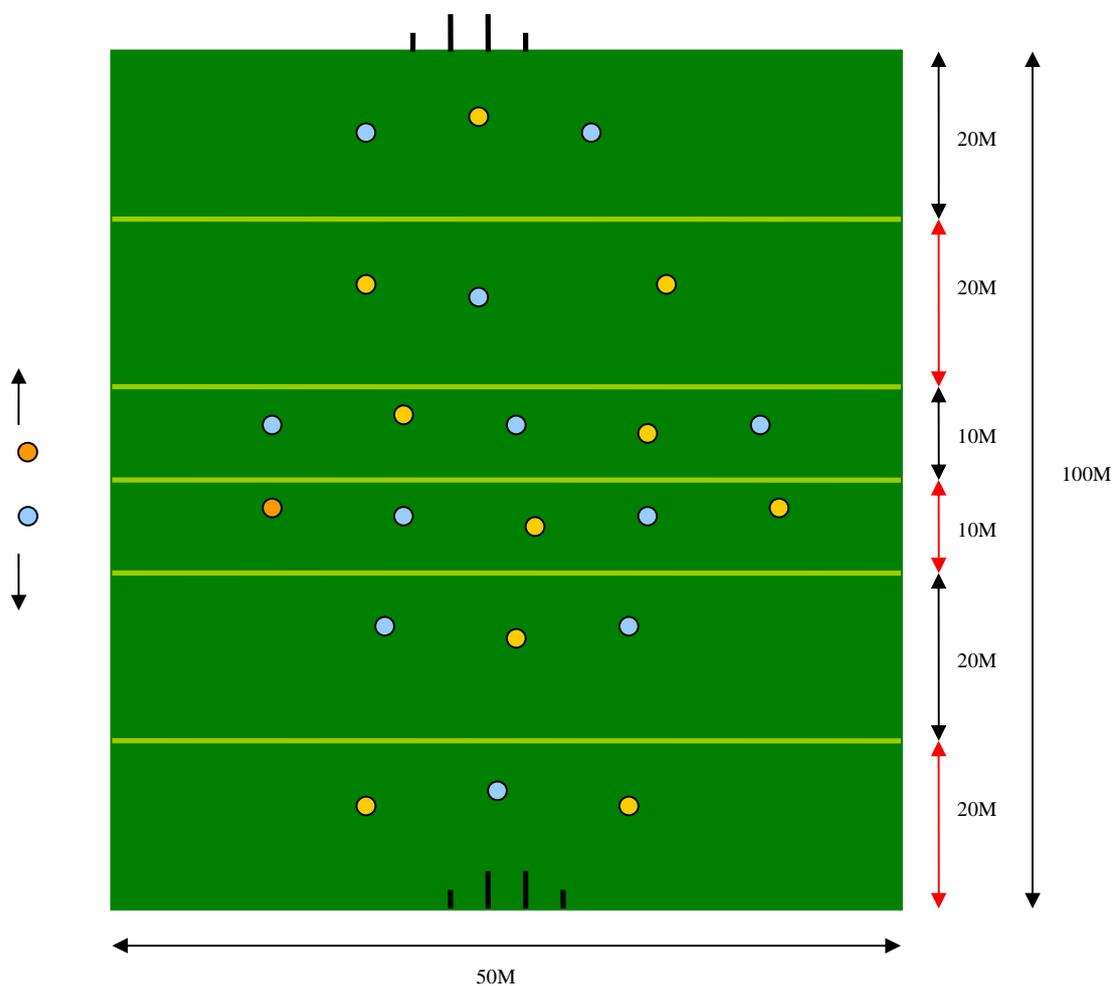
**Contributors:
Wayne Brittain,
Eastern Ranges FC,
Dr Noel Duncan-RFC,
Trevor Robertson**

Extended Game: Grid Play

FOCUS: Kicking, Handball Under Uneven Pressure

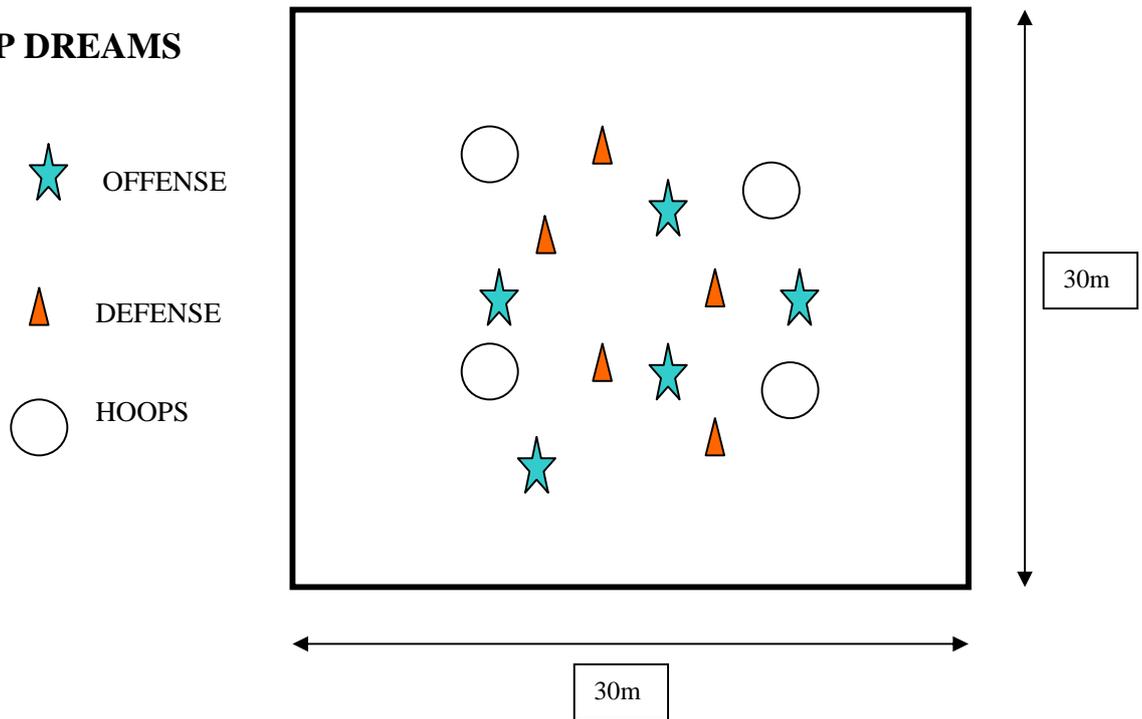
OUTCOMES: Use Of Corridor, Foot Skills Under Moderate Pressure, Finding Space, Constructing A Forward Move, Clearing The Back Area
Goal Kicking

NUMBERS: 11 per side - whole team



Score: as per football game plus 2 points for every successful kick in play
Start: coin toss for possession in centre **restart :** kick in from scored end
Rules: 1. No tackle- 2 hand touch = turnover
2. Players cannot leave their grid
3. Once marked in forward two grids must have set shot
Extension: time constraints, greater traffic in grids, etc.

HOOP DREAMS



Aim: To improve decision making in confined spaces, to improve defensive decision making, positioning of receiver

Object: The Attacking team score when one of their players receives a handball in a hoop.

Rules: 5 per side

No tackling, Player with the ball is allowed to run no more than 5 metres and no bouncing of ball allowed. All players must start outside of hoop and defending team are not allowed in hoops. Attacking team player will be penalised if he stands in hoop longer than 3 seconds (similar to basketball 3 second rule)

Once a team has scored or it has been disposed fairly, a turnover results.

Can be time based or first team to reach a particular score.

Variations:

Start with uneven contest such as 5 v 4, etc

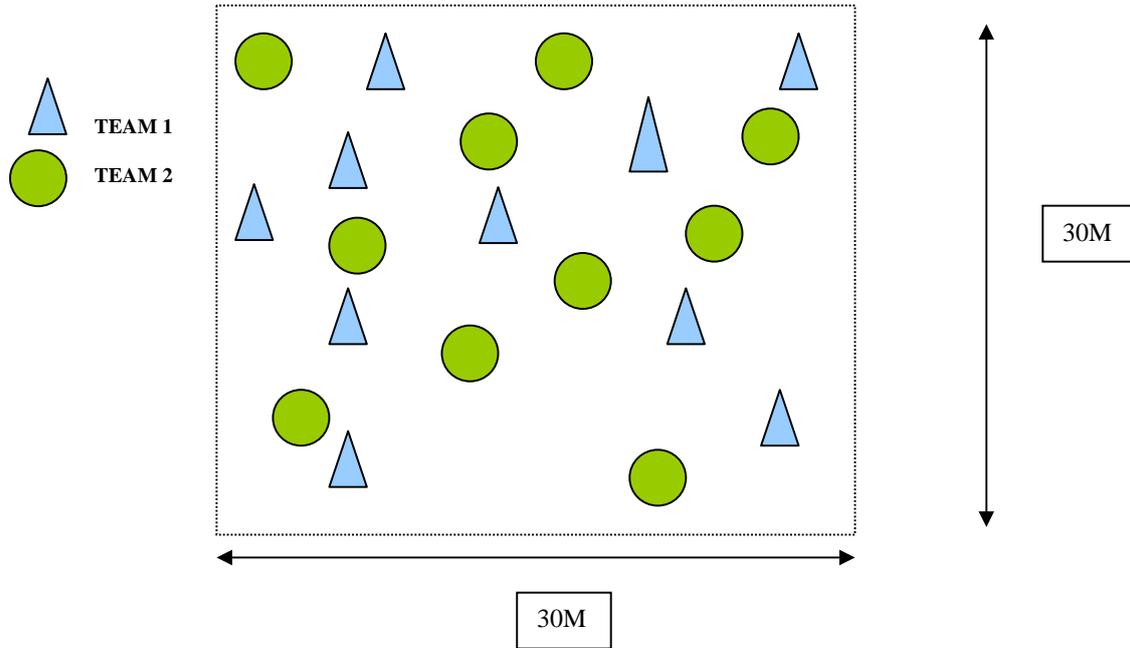
Increase number of cones

Decrease number of cones, etc.

Can be adapted to include kicking decision making

KEEPINGS OFF

10 V 10



Keepings Off Handball- Token Pressure-shepherding- 5players in middle-5 on outside- can use players on outside who on returning handball inside must shepherd and return to spot.

Ball hits ground = turnover

Team receives point after each successful handball.

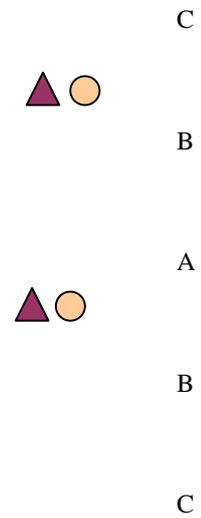
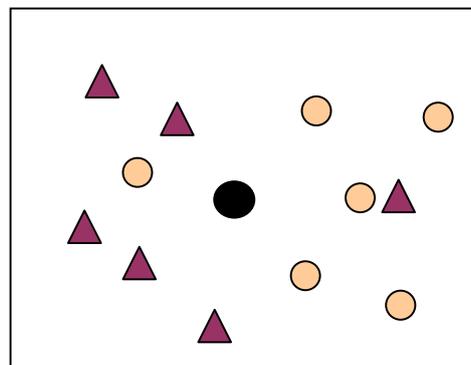
“CENTRE SQUARE GAME”

1. Each team has five attempts at clearances as the offensive group.
2. Defensive team (five focus pad carriers) attempt to fail, with blocks, hits, and loose ball kicks, the offensive teams clearance work.
3. Normal rules, but no tackling, and strict adherence to a three meter protected area for hitting a player not in possession.
4. Ruckman in full contest mode – protective body suits, shin guards and mouthguards a requirement.

5. Scoring

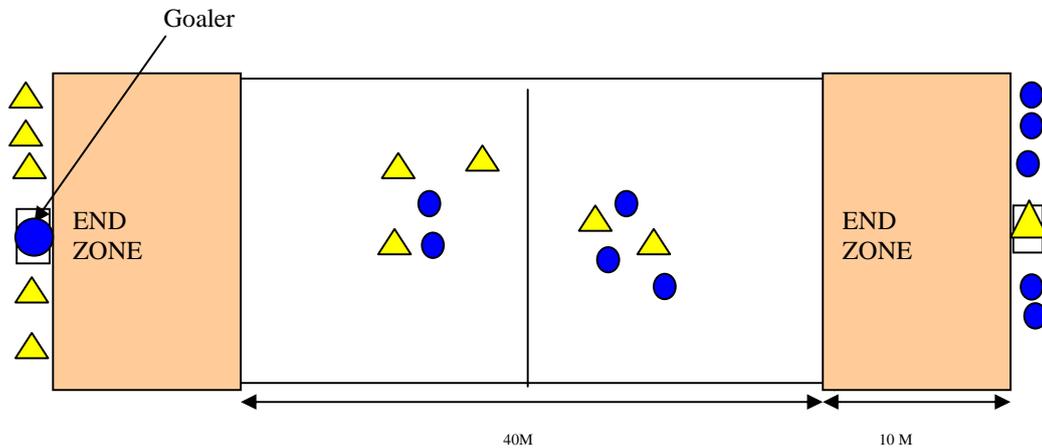
- Controlled clearance point
- Clearance into A = 3, B = 2, C = 1
- Clearance plus possession 1 bonus point

N.B. Teams to be a minimum of 7 and a maximum of 9 players (equal numbers for both).



- ▲ Offence
- Defender
- Defender plus focus pad

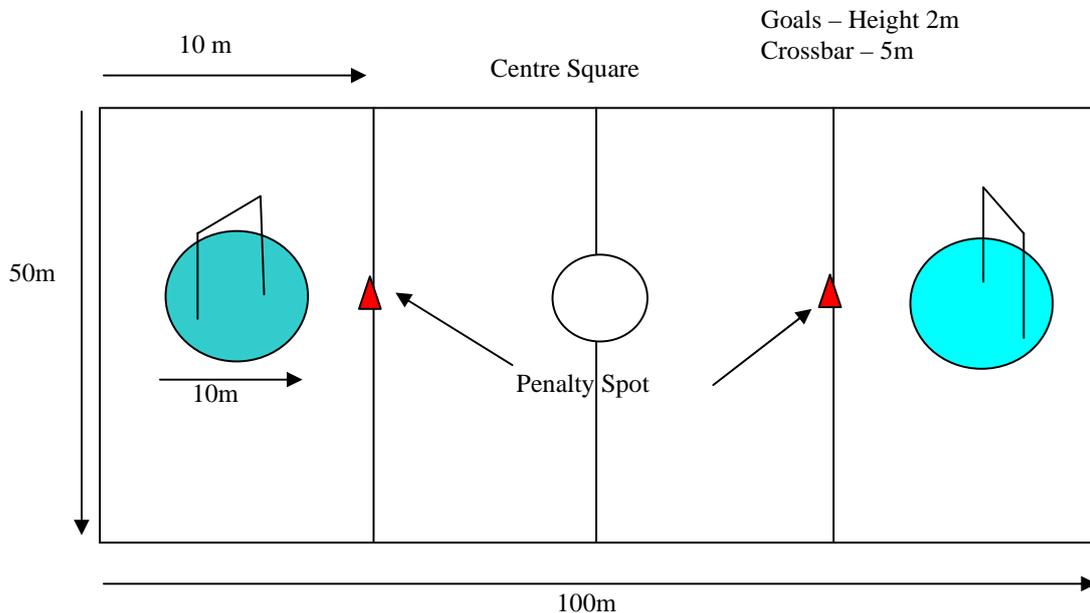
“NO TACKLE TOUCHBALL”



- 5 players permitted on field
- Changes only at breaks unless injury occurs
- Throw-ups in centre (body to body) to start game and after each goal
- Three-steps/three-seconds in possession (no bouncing of the ball)
- No tackling, but blocking, bumping and shepherding is permitted
- Last to touch the ball loses it on the side line. No direct goal from side line
- Any ball entering the end zone is immediately dead, and replaced by the spare ball from the defensive reserve team, who are stationed beyond the opposition goaler.
- Goal scored by handball from within playing area to goaler (sealed on chair or standing on base)
- Any attacking player not over the halfway line before goal is scored, has that score annulled (ball returned to play from end zone)
- Any defending player not over the halfway line when an opponent scores, increases the score by a goal per offending player. Game re-starts with centre throw-up
- Player who handballs goal immediately replaces the goaler on the base (unless goaler is an injured player).

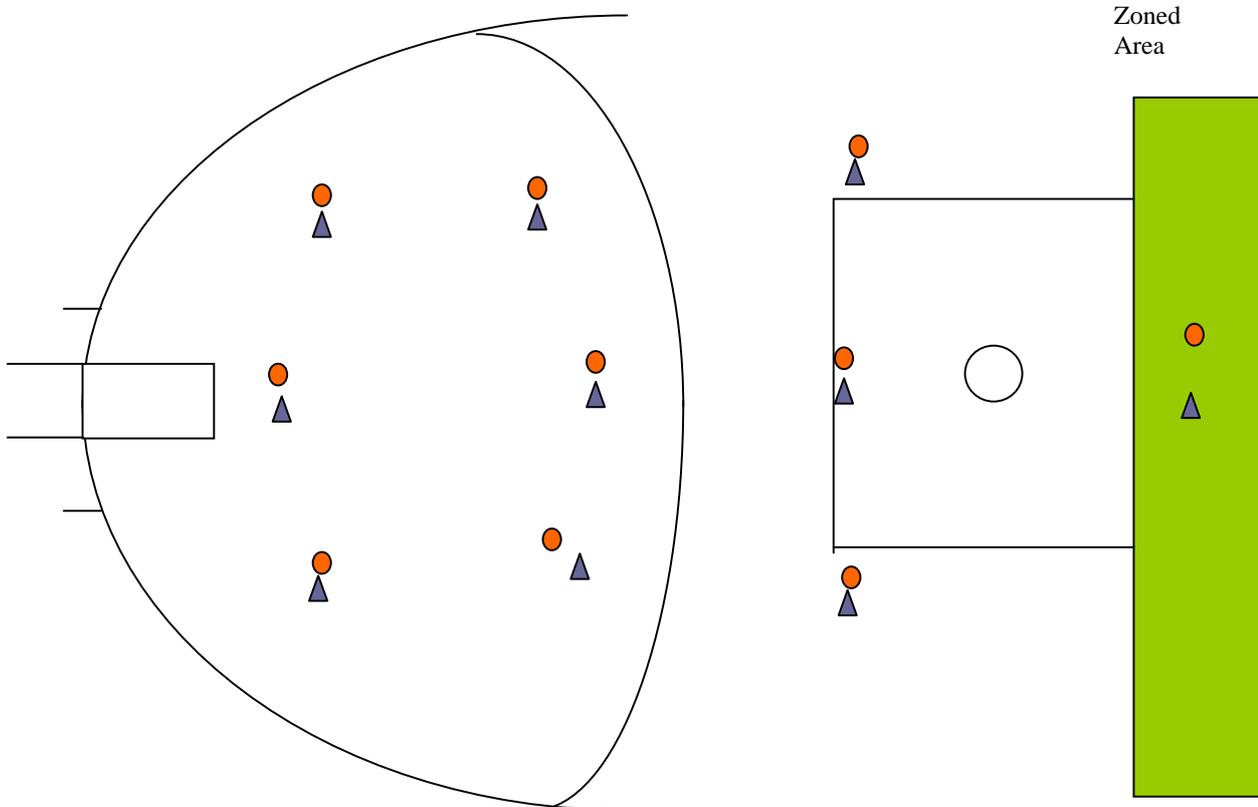
“TACKLE TOUCHBALL”

1. Game commences with a normal centre bounce contest i.e. padded ruckman with three teammates.
2. Australian Football rules with no kicking except:
 - (a) When the ball is brought back into play from the boundary (kick or handball);
 - (b) When the ball is handled by the goalie within the goal circle (kick or handball).
3. No player except goalie is permitted within the goal circle. Penalty for offence is loss of possession, for defence free shot from penalty spot (only the goalie in play). N.B. Goalie subjected to all normal rules, once he enters the field of play outside circle.
4. Goal scored when ball crosses line beneath the crossbar, having been hit from either side.
5. No score is recorded unless every member of the attacking team is over the halfway line.
6. Any defending player not over the halfway line when an opponent scores, increases the score by a goal per offending player.
7. Game re-starts after goal with centre bounce.
8. Interchange only at breaks unless injury occurs.



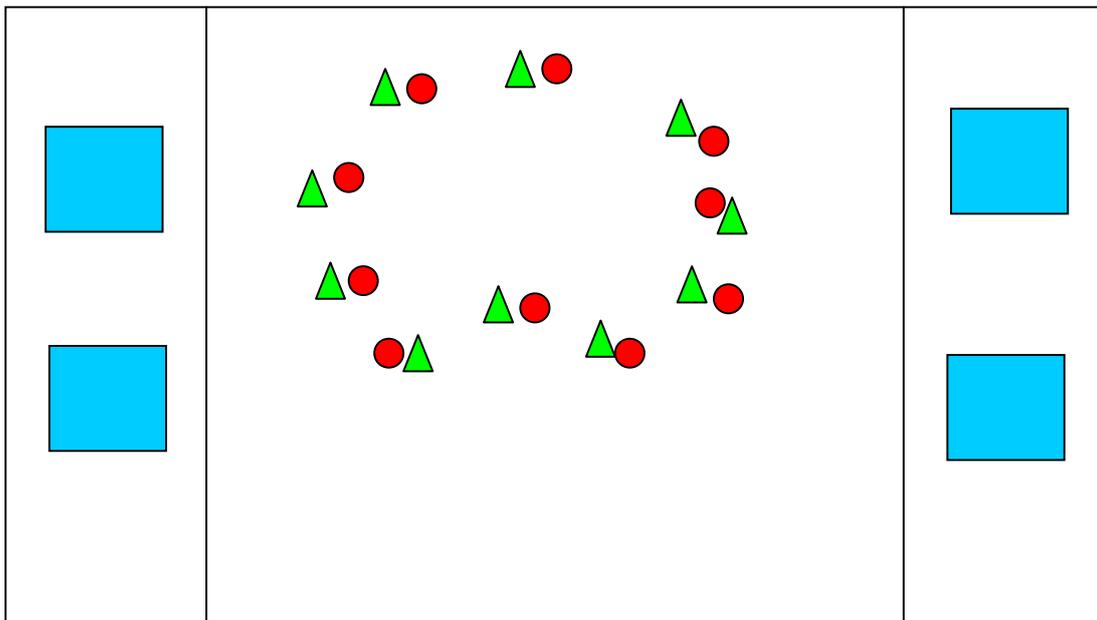
“FORWARDS vs BACKS”

1. Competitive in marking and spoiling contests only. When the ball hits the ground or marked by an opponent it goes back to the kicker who made the mistake.
2. Three attempts or mistakes allowed before the ball is turned over to opponents. To restart, defenders kick in from goal square, forwards kick in from zoned area.
3. Two handed touch. If players play on after being touched with two hands, this is counted as one of your three attempts.
4. After a defensive clearance, the forwards kick in from your zone area. Defenders score by clearing ball to team mate in zoned area.
5. If ball goes out of bounds it is counted as a mistake and restarts back with kicker.
6. Shepherds and blocks are allowed. Normal rules for players off the ball. No holding. Free kicks paid up field.
7. Defenders to kick-in after enough time for flags to be waved.
8. Scoring:
 - 1 point for goal forwards
 - 1 point for complete clearance over clearance line for defenders



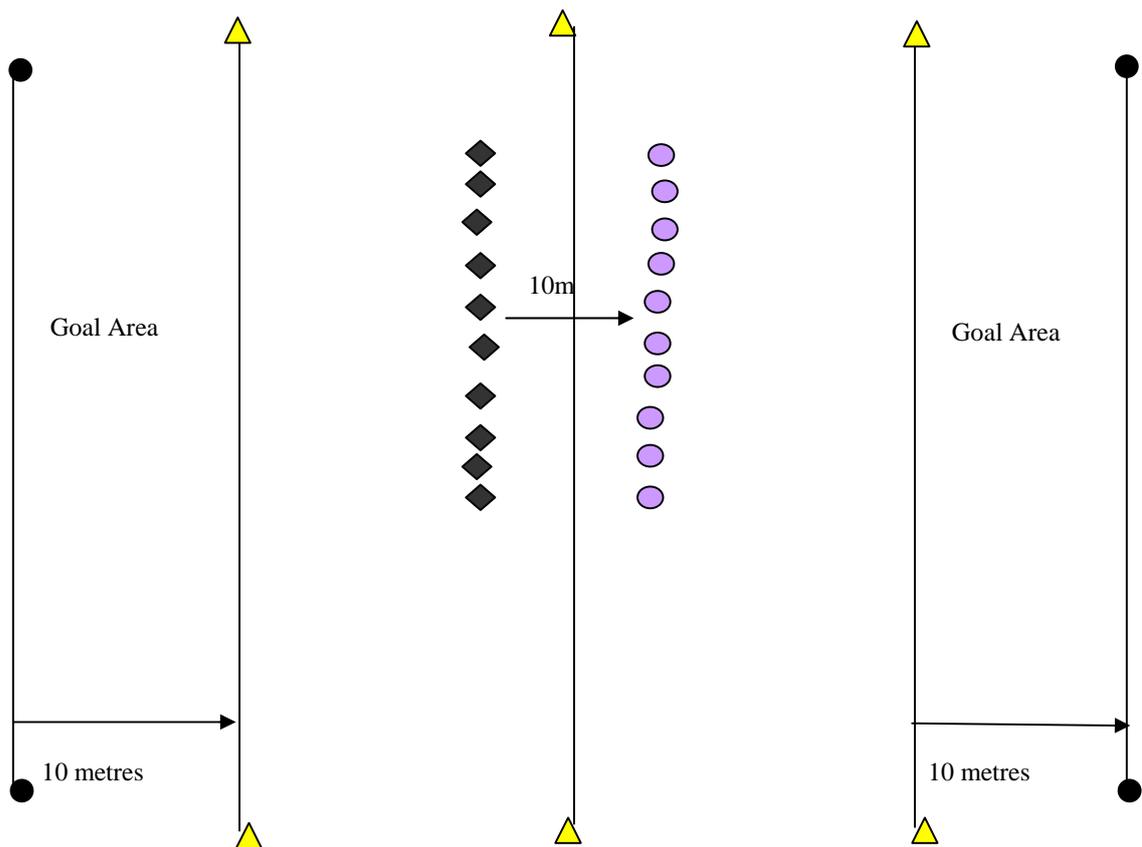
“OFF-SIDE TOUCH” (WARRATAHS)

1. Players can hold the ball for 3 seconds then must pass.
2. Ball can go in any direction after the first pass which must go backwards.
3. Players can stand anywhere. No offside rule.
4. Ball hits ground, turn-over.
5. Three touches, turn-over.
6. When ball is turned over the team getting possession runs towards the furthest end from where turn-over occurs.
7. Touch ball on ground in goal for score – 1 point.
8. Two squares placed in goal area. Ball can be kicked to team-mate in squares for 3 points. Ball must be marked inside squares.
9. Field size determined by numbers.



“ON SIDE TOUCH”

1. First handpass must go backwards and all players must be behind the ball carrier to be deemed on-side. After the first handpass players can go forward of play and the ball can be passed in any direction.
2. Two handed touch: Players must get two hands on player with the ball for him to be deemed touched.
3. You cannot handpass the ball after being touched. It must be touched on the foot and then restarted (first pass backwards).
4. After 5 touches the ball is turned over to the opponents.
5. Tackling side must be back 10 metres. Unless at dummy half.
6. Ball must be handpassed into goal area and touched to score one point.
7. Shepherding is allowed.
8. Field size is determined by numbers.



“DODGEM”

Equipment: 2 Hoops, 10 cones (or more if having to mark boundaries), 1 Football, 6 bump bags-shields (minimum)

Focus: decision making, blocking, bumping, shepherding

Scoring:

6 points (1 goal) for catcher in hoop accepting pass from teammate without lifting feet (foot) off the ground and within the hoop

1 point Bump that results in ineffective handball

1 point Shepherd/Block that results in effective handball

Teams:

Minimum 2 x 7 players – 3 “bumpers”, 3 “players”, 1 “catcher” per team

Catcher can only catch ball in hoop, but can involve himself in the play- cannot substitute someone else to catch when he is in normal play

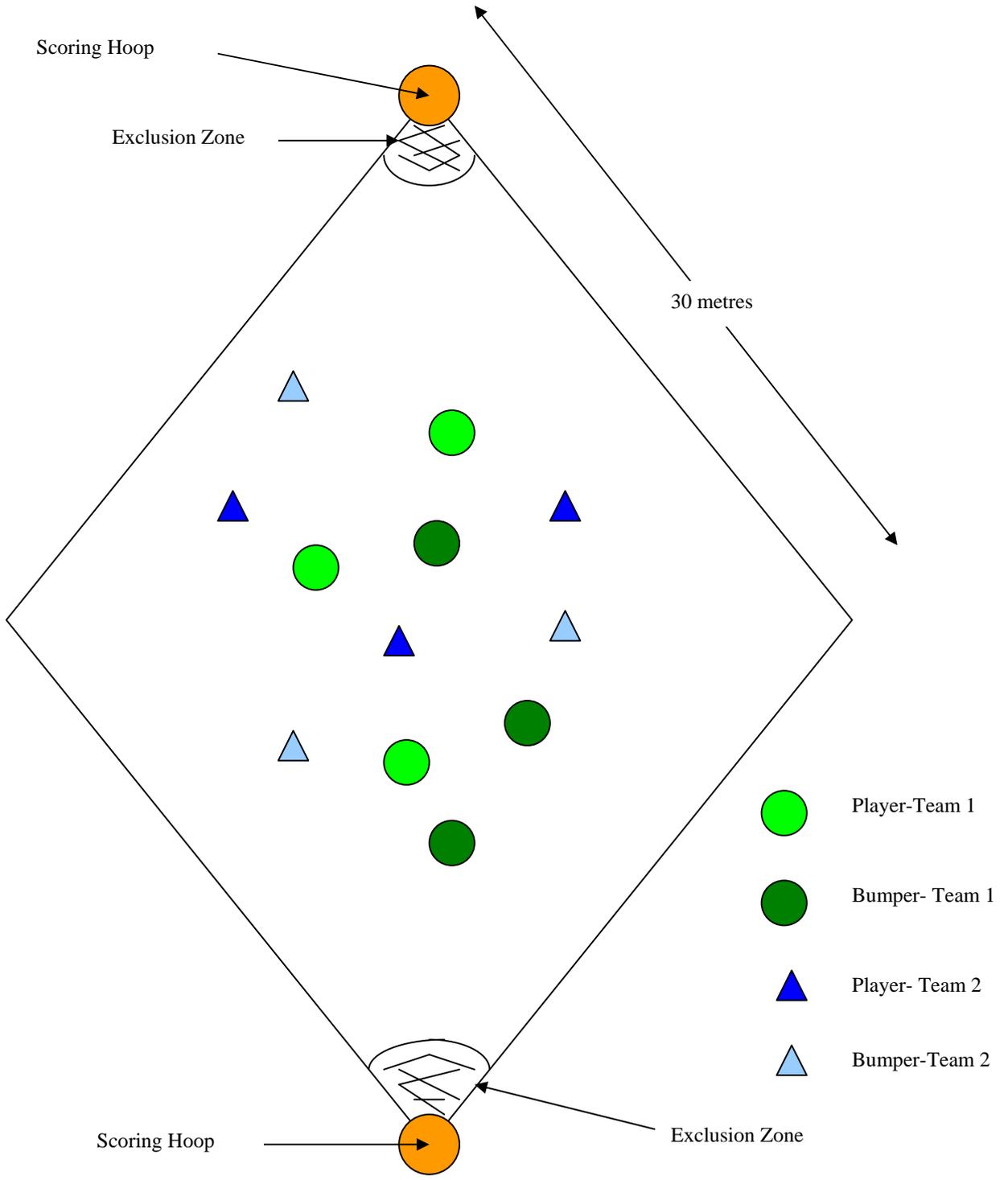
Bumpers can only bump and block **only**

Players handball the ball and shepherd **only**

RULES

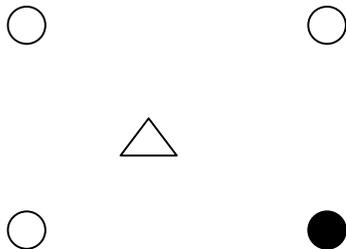
- 1. Game starts with tip off in centre of diamond**
- 2. 5 metre running rule applies (no bouncing allowed)**
- 3. Can't handball to self**
- 4. Can't handball to catcher directly from sidelines**
- 5. Rotation of roles allowed at breaks and injury**
- 6. Possession to opposition when ball last touched when out of bounds**
- 7. No tackling**

Playing Area: (minimum)



WARM UP GAME SENSE ACTIVITIES:

SPARE SQUARE



Four players per activity: three take position on a cone the other in the centre of the square acting as a defender.

OBJECT: The three cone players need to maintain possession of the ball by handballing to each other. The one spare cone can be used to run to to receive a handball- therefore always leaving one cone vacant to run to.

Obviously, the defender attempts to steal the ball or cause a fumble or miss its target. When this occurs the players making the mistake replaces the defender.

EXTENSIONS: Increase decrease square size, increase number of cones to run to or increase number of handballing players, increase the number of defenders, include a 3 sec rule regarding time to maintain possession of the ball etc.

FAN DISPOSAL

Dark dot (A) represents players "in the middle"
Two balls are used

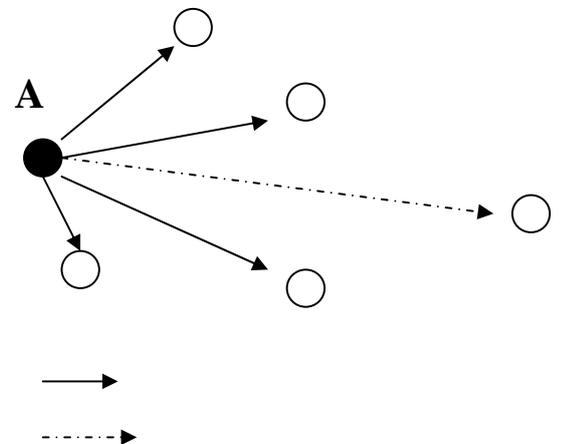
All other circles represent players who dispose of the ball back to "A". "A" starts with a ball whilst any other player starts with the second ball.

"A" handballs or kicks back to a player surrounding him, as soon as this has occurred the other ball is passed to "A" who then has to return it to any other player surrounding him except the player who initially passed the ball or the player who has the second ball ready to return to "A"

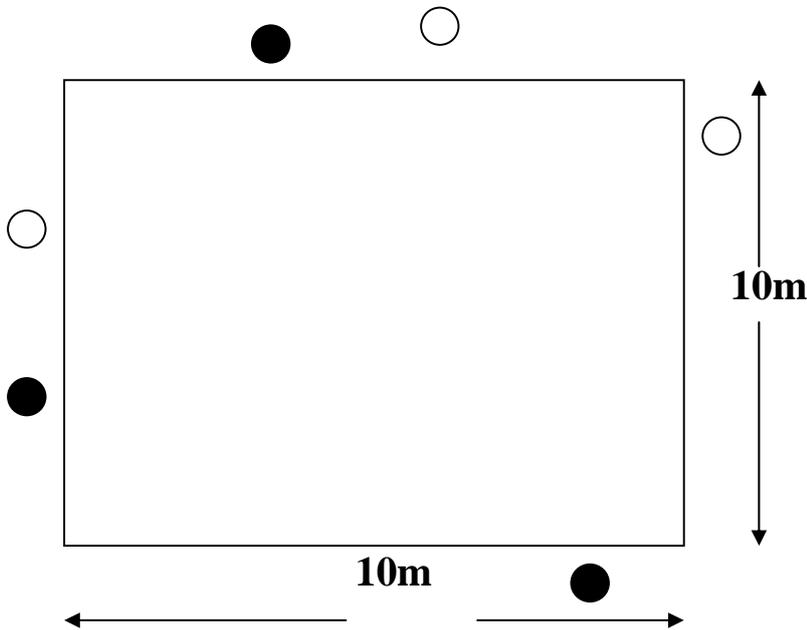
This continues and "A" s role is rotated.

Handball

Kick



LOOK LONG



Two teams of three each (this can vary)

Players are to handball the ball to a team mate, but only outside the square.

Opposition team need to man up if they do not have possession and force a mistake, a fumble or a turnover.

They then gain possession and attempt to maintain possession.

Players are allowed to run with the ball 3 metres only.

First team to string 4 consecutive handballs gains a point.

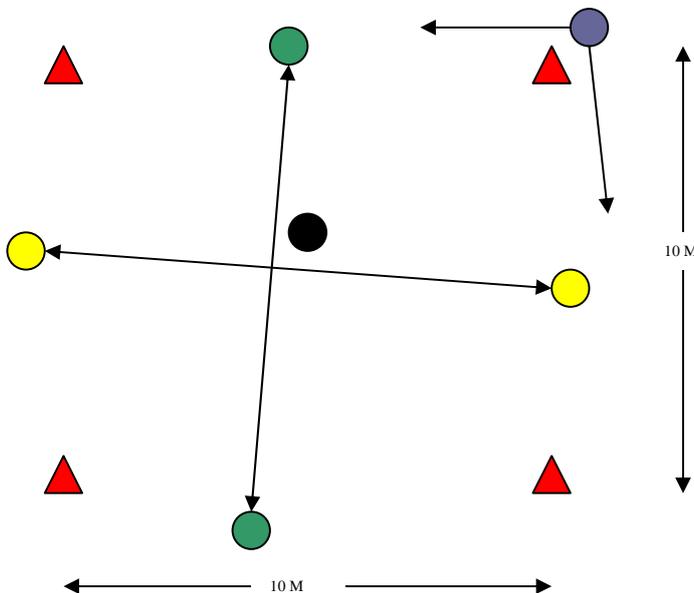
ALTERNATIVE:

Players can only receive the ball inside the square every second disposal and pass it back out.

EXTENSIONS:

Increase numbers, unbalance team ratios, increase size of square to make it a kicking activity or decrease size to make it easier to defend. Etc

CHAOS



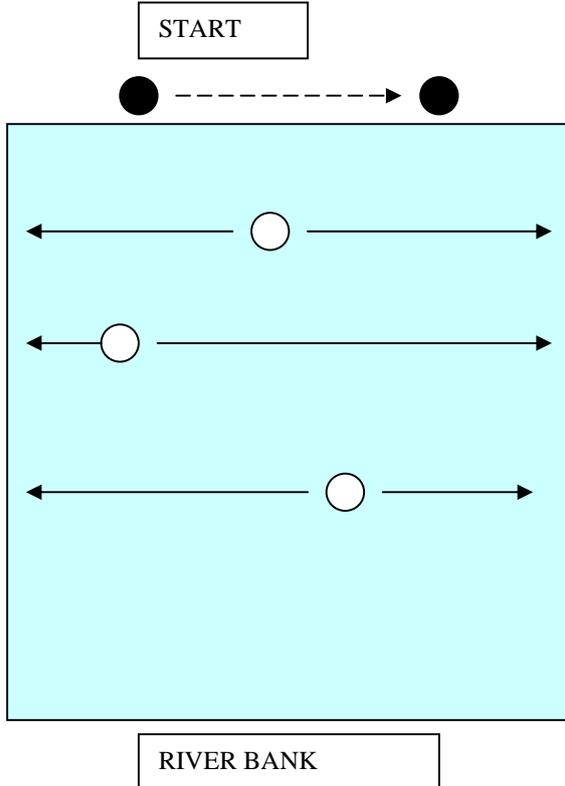
LEGEND

-  Handball to Eachother
-  Handball to Eachother
-  Rover
-  Defender
-  Cone

Two pairs of players handball to each other across a grid, with another player-the Rover, able to run anywhere around the grid to receive from any player.

The defender attempts to intercept passes of cause turnovers/skill errors.

CROSS THE RIVER



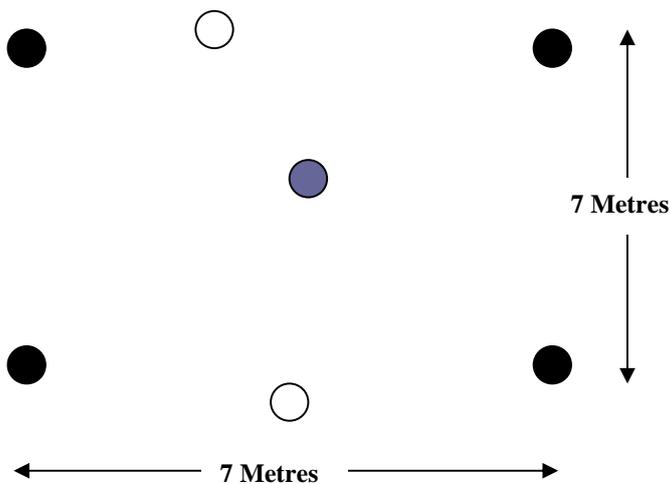
Space can be 30m x 15m or smaller or larger depending on the ability of the group.
The dark spots represent a pair of players who have to handball to each and progress past four players without being tagged or the ball intercepted.

The taggers can only move in a line across the breadth of the grid.
Once the handballers have passed the four taggers they move back to the start again.

This activity can be continued with new pairs entering "the river" as soon as the pair in front have progressed across the river.

Can be played until there is one pair left. Obviously, taggers' roles can be substituted by pairs that have been eliminated.

FACE OFF



○ Handball (Kick) between each other and avoid having the ball turned over by ●

Look to see if players with ball move to sides to receive the ball once activity has commenced.

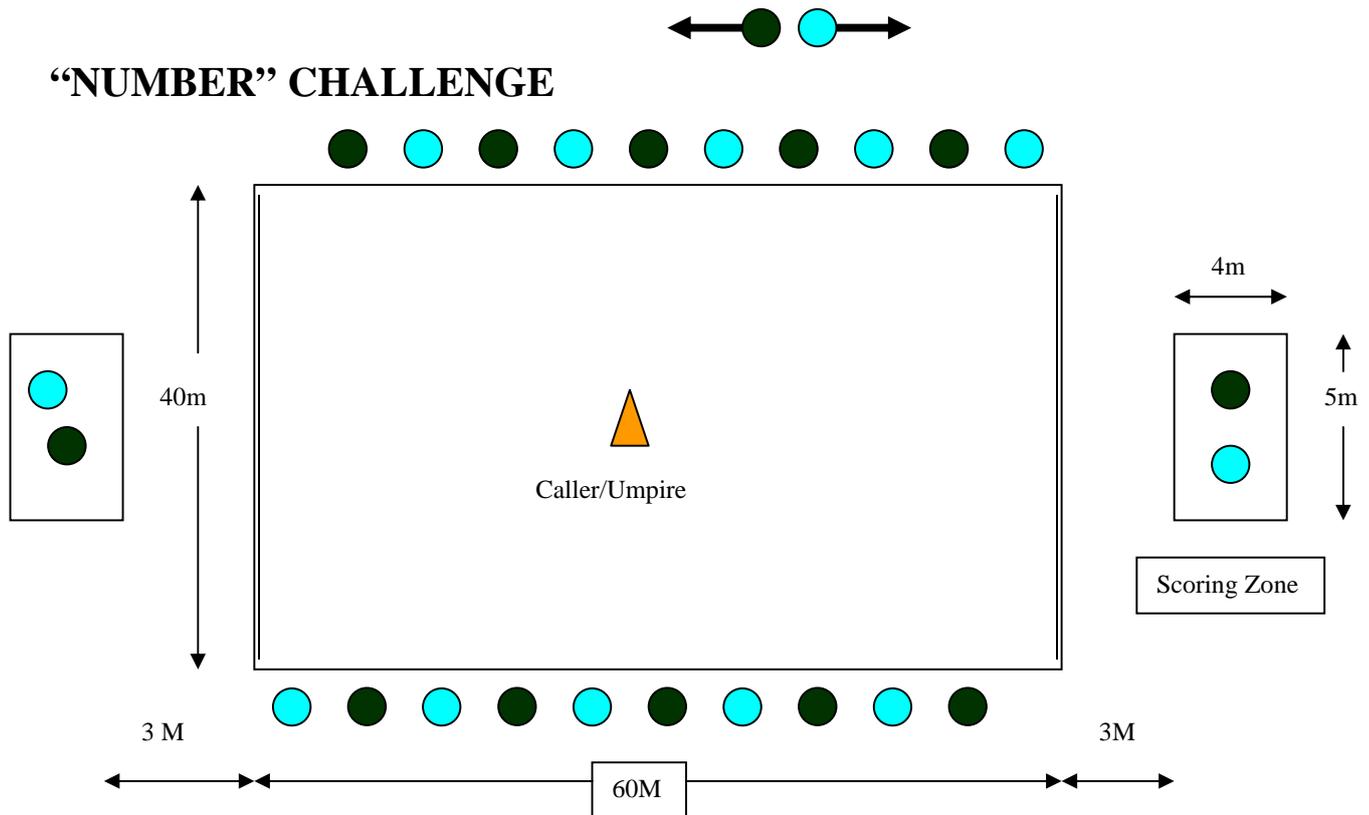
Excellent introduction to children who find it difficult to identify space.

EXTENSIONS: More defenders, more receivers, holding ball for only 3 seconds etc.

Watch for handballs over the top.

● = cones

“NUMBER” CHALLENGE



Rectangular area 40m x 60m. Two Teams of 11-14. One team member is elected as the “Catcher” who positions himself in the Scoring Zone of 4m x 5m and 3m away from the base line at the end his team is heading and another team member is the “Trapper” and he is assigned to patrol the opponents Scoring Zone.

The remainder of the team are assigned a number from 1 to 10 or what ever is left after the catcher and trapper have been assigned their duty.

The uneven numbers move to one side of the playing area and the even numbers to the other side.- as shown Play must remain in the rectangular area designated.

The “Caller/Umpire” starts the game from the centre of the playing area.

On nominating a number the Caller/umpire starts the game and the corresponding players contest the ball which is kicked in the air/rolled along the ground etc.

As soon as one player has possession of the ball the remaining players can enter the area and attempt to score a point by hand passing or kicking between themselves and eventually to the “catcher” in the Scoring Zone. The “trapper” from the opposing team attempts to prevent the “catcher” securing the ball in the Scoring Zone.

Players are able to run 5m but no bouncing allowed.

Shadowing from opponents is allowable but no tackling or deliberate contact

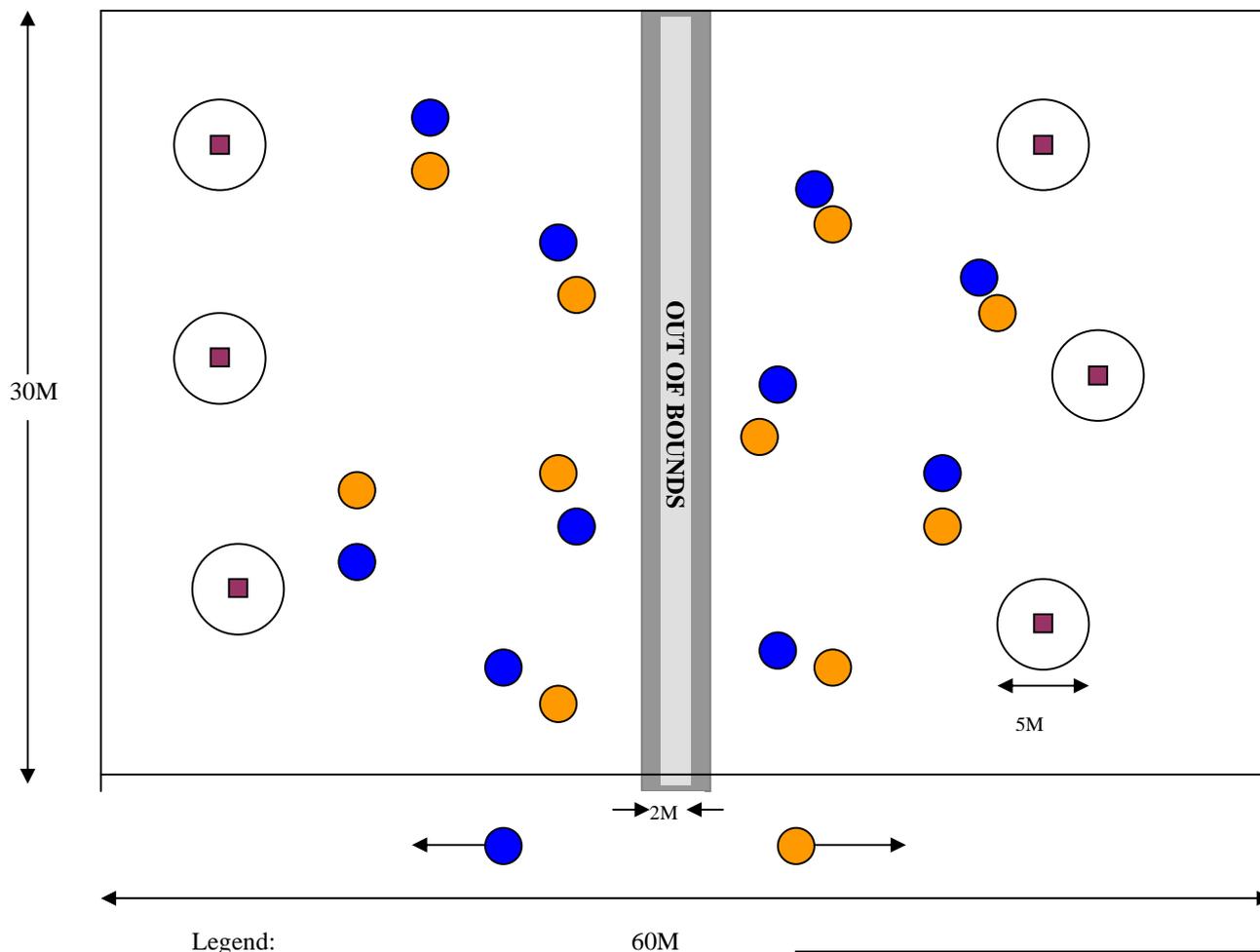
If the ball leaves the Scoring Zone but does not enter the field of play or the ball leaves the playing area , the team who last touched it will loose possession and the opposition will resume play at the point the ball left the playing area or at their offensive corner in the case of the ball leaving the Scoring Zone.

When point is scored or time elapses (allow 2minutes for a score) players resume their starting positions for the next number to be called.

EXTENSIONS

Caller may call two numbers or more at a time, Play could include contact elements, grid can be extended to include kicking

TERMINATOR



Legend:



5M Diameter 'No Go' Zone



Chair or similar Object

Two teams of 10-12 Players.

The object is to knock over the three chairs or similar objects within the 'No Go' Zone with a handball in the oppositions defensive half.

Each time a chair is knocked over, it scores a point and the chair cannot be put back into place. If all chairs are knocked over within the time designated for the game the team knocking all chairs over is the winner.

Otherwise the team with more chair knocked over after the time elapses is the winner.

RULES:

The two teams must select a defensive unit and an attacking unit of equal number.

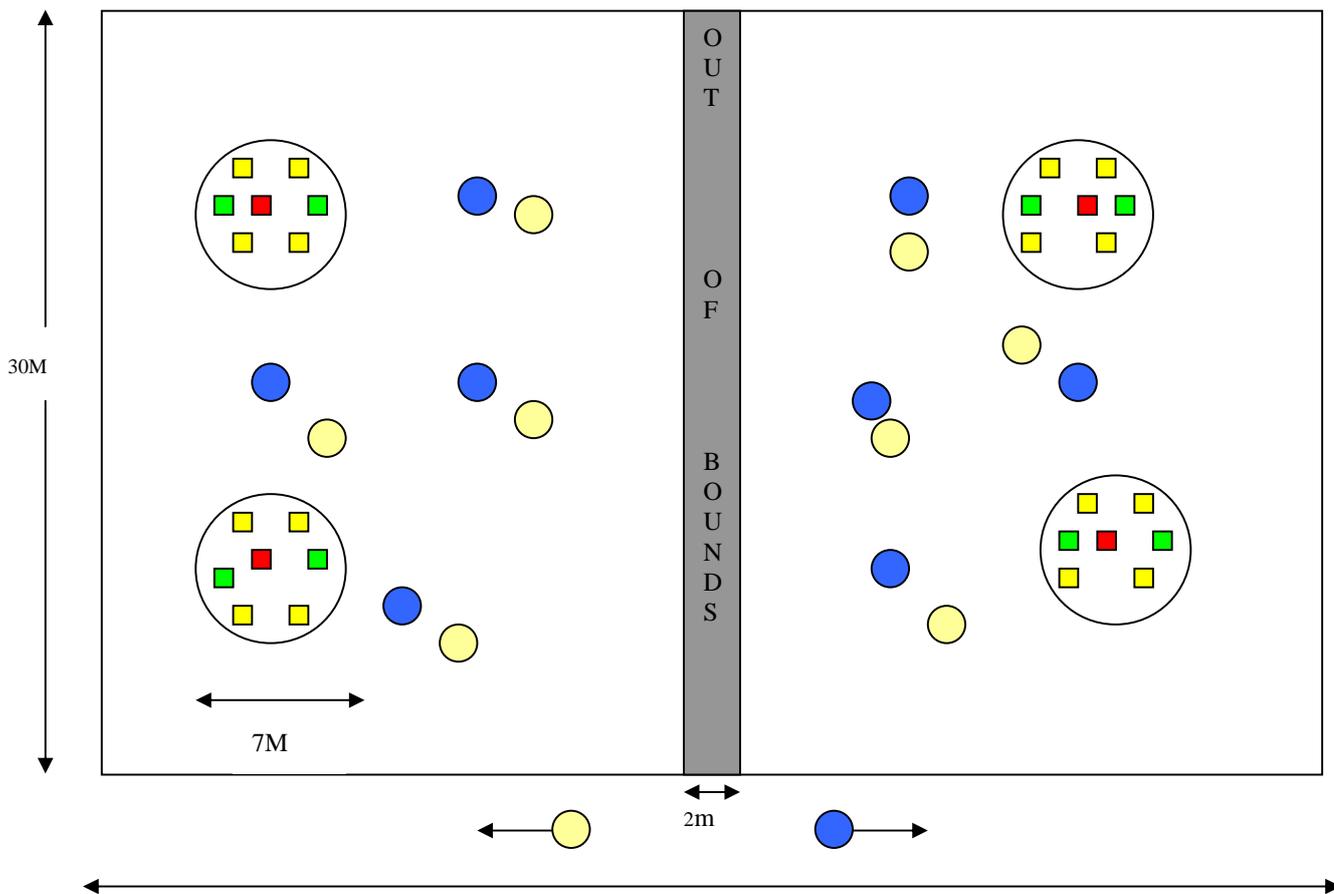
Each unit **must** then play with their teams defensive or attacking half.

The game starts and resumes after a score with a ruck contest in the shaded center area between two opposing players. The shaded area is out of bounds once the tap out has been effected.

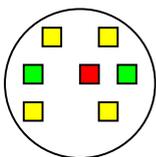
Play then continues with handball between team mates. Players can run 5m with the ball with no bouncing. No tackling or deliberate contact allowed- only shadowing.

EXTENSIONS: Tackling and other contact skills, imbalance the teams either with less attackers against defenders or vice versa.

BOWL 'EM OVER



Legend:



7m in diameter "No Go" Zone with three different coloured witches hats- 4 of one colour, two of another and 1 of a third

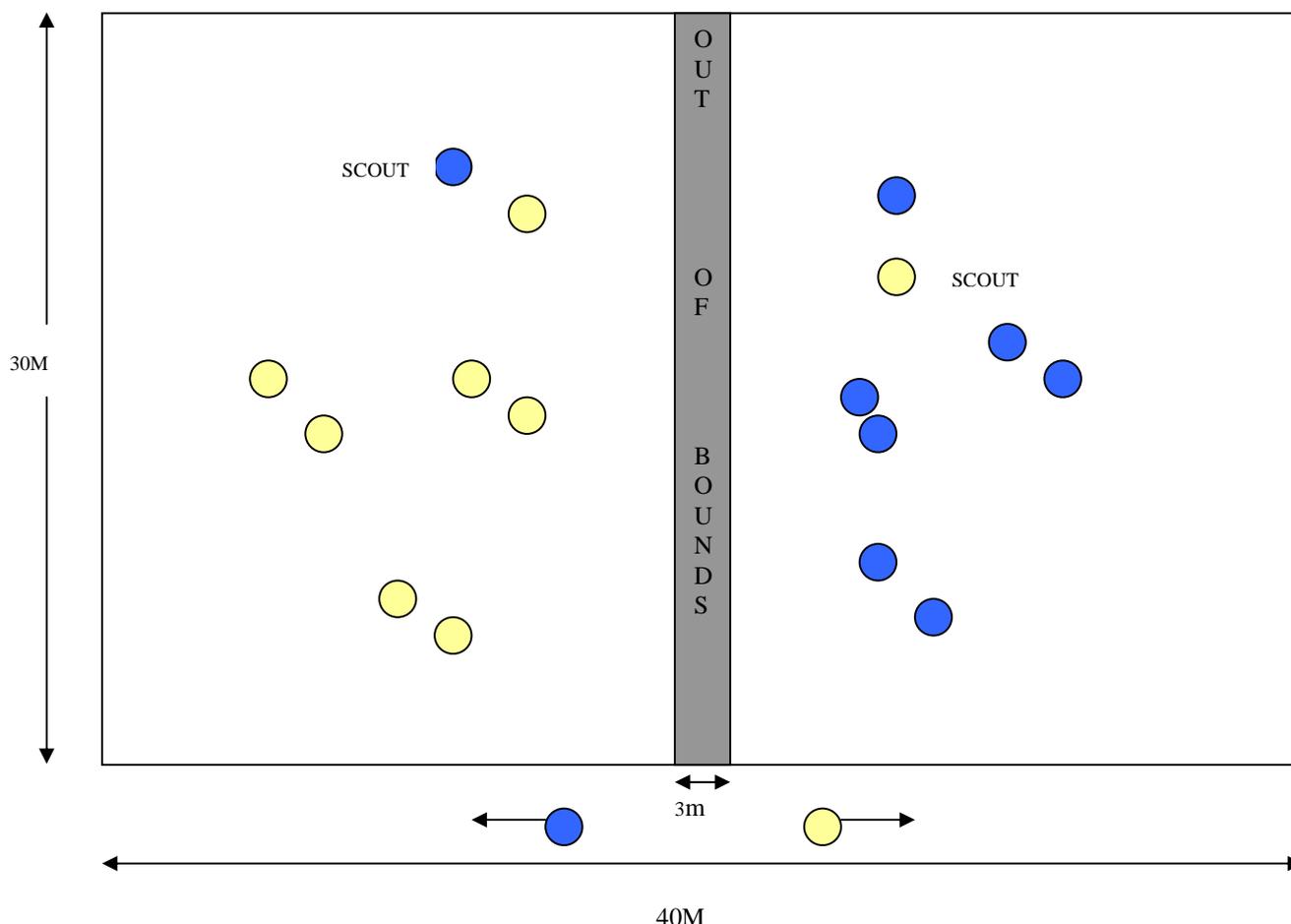
Object of the game is to hit, with handball, a coloured cone in the teams attacking half and accumulate points.
 Red Cone: 6points
 Green Cone: 3 points
 Yellow Cone: 1 point
 The team with the most amount of points at end of the playing period is the winner.

RULES:

The two teams must select a defensive unit and an attacking unit of equal number.
 Each unit **must** then play with their teams defensive or attacking half.
 The game starts and resumes after a score with a ruck contest in the shaded center area between two opposing players. The shaded area is out of bounds once the tap out has been effected.
 Play then continues with handball between team mates. Players can run 5m with the ball with no bouncing. No tackling or deliberate contact allowed- only shadowing.

EXTENSIONS: Tackling and other contact skills, imbalance the teams either with less attackers against defenders or vice versa.
 Less cones etc.

SCOUT



DESCRIPTION:

Players position in opposite halves separated by a 3m wide OUT OF BOUNDS zone where no player is allowed to enter with ball or receive ball.

One player from each team acts as a scout in the opponents area.

OBJECT

The object is to get the ball into the hands of the scout in the opponents zone.

An additional scout, until there are three, is sent into the opponent's court for each successful attempt.

Scoring begins when there are three scout in the opponent's zone.

Points are scored for passes received by those scouts

RULES:

Scouts may pass to each other but these do not score .

When score is registered the team scored against start with the ball from their defensive base line.

Team that scores most points in a given period or reaches a certain score first wins.

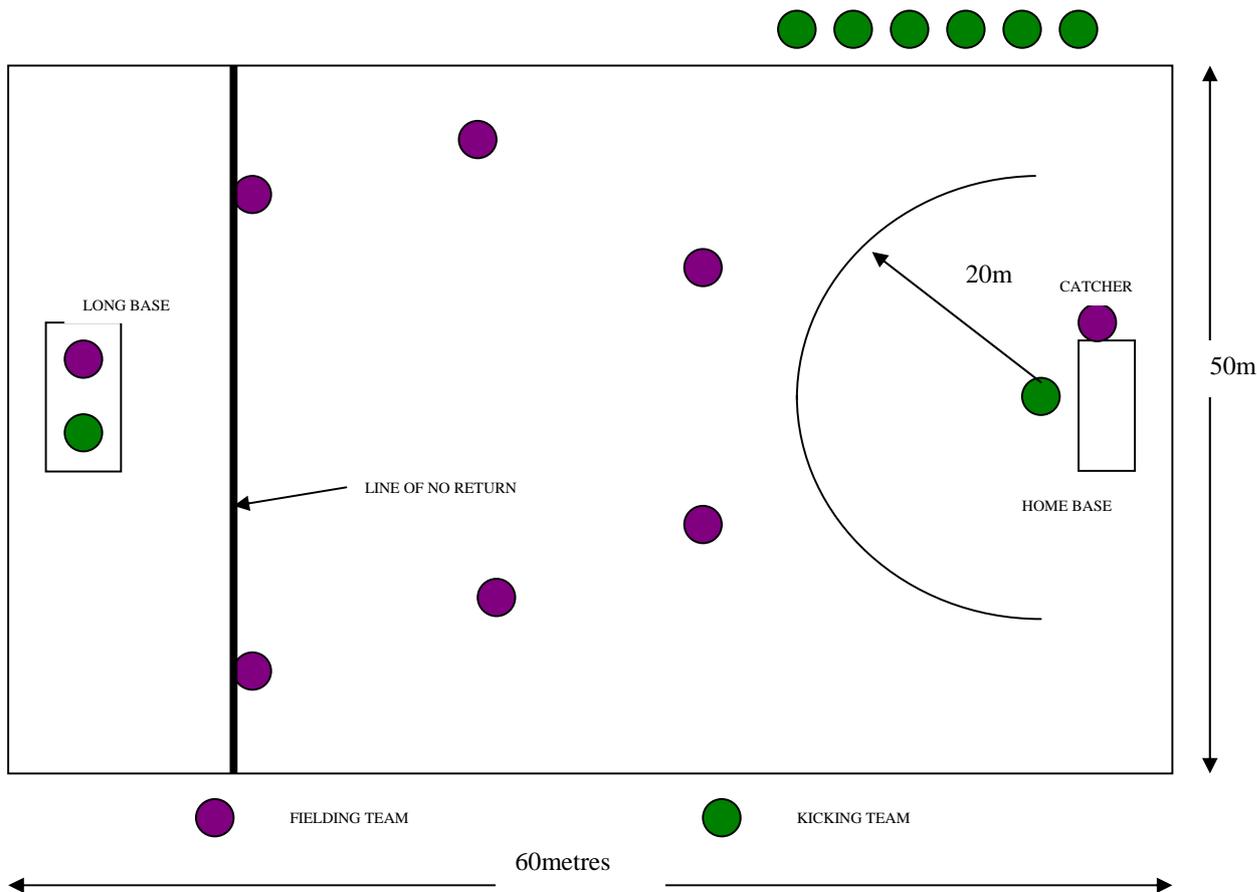
Running with the ball allowed to 5 metres no bouncing.

No tackling, bumping or shepherding, but shadowing allowed

EXTENSIONS: Tackling and other contact skills, imbalance the teams either with less attackers against defenders or vice versa.

Less cones etc.

LONG BALL



Rectangular area with two teams : one kicking, the other fielding. The playing area has a Home Base at one end and a Long Base at the other.

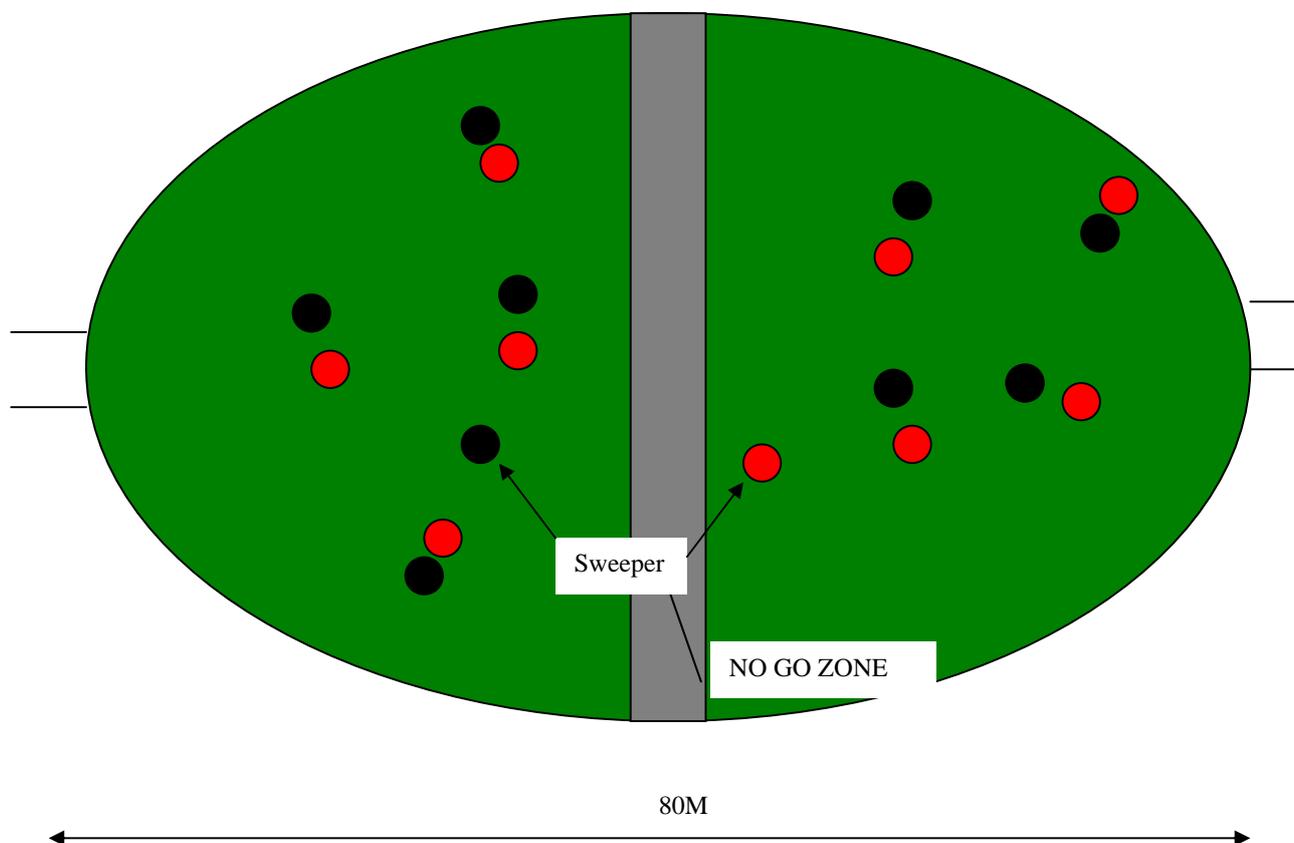
Fielding team has a “catcher”, “long base fielder”, and general fielders.

Kicker from Kicking Team Kicks ball and needs to clear the 20m arc for the ball to be in play- if cannot kick the ball on the full on two consecutive occasion he is out. After clearing the 20m arc the kicker runs to Long Base and attempts to return to Home Base. The kicker may remain at Long Base if it is unsafe to return. Any number of players may be on Long Base at the same time. A player on Long Base may only run when the ball has been kicked.

Once the player has crossed the “Line of No Return” HE MUST CONTINUE TO HOME BASE.

- RULES:**
- A Runner may not steal home.
 - 3 out all out or the whole team can bat until all eliminated.
 - A kicker is out if he:
 - a) kicks a ball that is marked
 - b) is tagged by handball off base by a fielder with the ball-fielding team must relay the ball via handball or kick before a Kicker can be tagged- in other words fielders cannot run with the ball to tag.
 - c) Steals a run to Home Base
 - d) Reaches Long Base after the ball is received by the long baseman or the Catcher at Home Base

SUITS THE SWEEPER



CONDITIONS AND RULES

Field size according to numbers available
 Goals set up 4m apart
 Squads split evenly (e.g. 6 v 6)
 Every player is accountable for an opponent from opposing team
 One pair "split" to become "Sweepers" or "Drop Back Ruckman"- these players can be changed every 5 minutes
 Each player can only challenge and play on his immediate opponent
 The "sweeper"/ "drop back ruckman" can challenge anyone
 No one can challenge the sweeper
 Sweepers are restricted to their own half of the field as are all other players.
 Interceptions are permitted by anyone
 Players can run 5m- no bounces
STARTING AND SCORING:
 Ball is contested by two opposing players in NO GO ZONE and when cleared this area cannot be entered
 When goal scored kick out eventuates or if ball out of bounds possession to opposition.

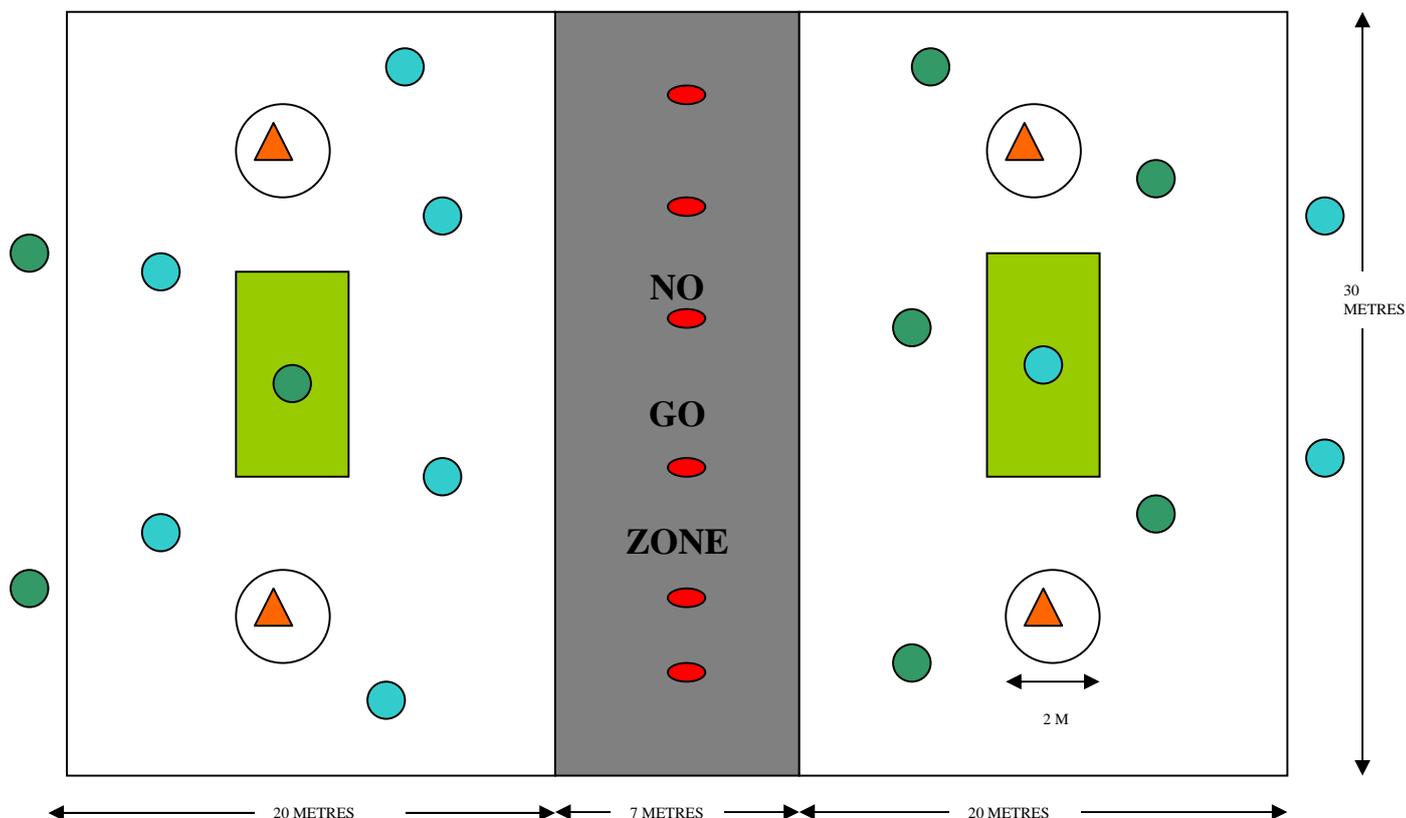
COACHING POINTS:

Accountability
 Use of spare player in own half
 Reading the play by Ruckman or Sweeper
 Teach how to combat sweeper or drop back ruckman when attacking
 Kick Out routines
 Use midfielders in sweepers role due to high work rate
 When Extension made where sweepers can be challenged teaches covering next Dangerous Option.

EXTENSIONS:

Increase players "dropping back"
 Sweepers can enter both areas
 Sweepers can be challenged when they have the ball

DOUBLE TROUBLE



LEGEND

-  CHAIR
-  SCORING AREA
-  FOOTBALL
-  TEAM A
-  TEAM B

OBJECT:

To score as many points as possible in a given period of time using handball or kicking.

SCORING:

- If the chair is knocked down = 6 points (remains on ground)
- If the team mate catches the pass on or in the Scoring Area from handball = 1 point
- If the team mate marks the pass on or in the Scoring Area from handball = 3 points

DIRECTIONS/START:

Two opposing teams of 6 – 10 players start in their own zone of the playing area. A number of balls are aligned in the NO GO ZONE and on the whistle the players from either team can collect as many balls as possible and run back into their zone. One ball per player.

NO GO ZONE:

Players can only retrieve balls in this zone, only spend no more than three seconds in there at any one time and cannot be tagged with the ball when they are in there.

THE GAME:

Players in each team attempt to score as per “scoring instructions” from their own zone or can tag opposing players with a handball from their own zone.

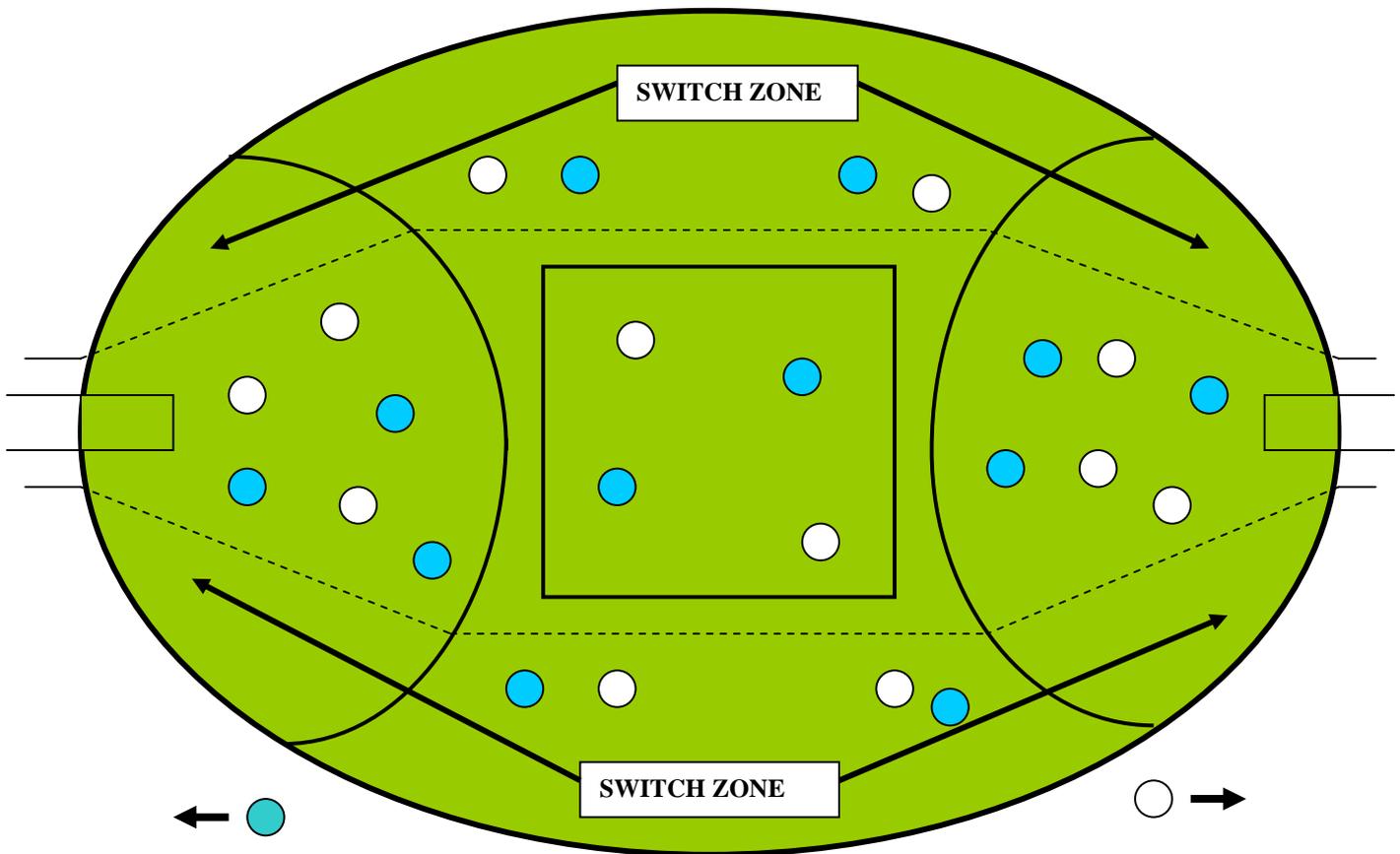
Once a player is tagged he must stand at the end line of the oppositions zone and can only tag opposition players or score from this line.

Players can only run with the ball 5 metres.

EXTENSIONS:

Different coloured ball can either tag or score only

THE SWITCH



PURPOSE:

To assist players and coaches develop an awareness of switching the play.

AIM OF THE GAME:

To accumulate as many points as possible in a given time or reach a given number of points to win.

SCORING:

Goal in normal course of play = 6pts

Behind in normal course of play = 1pt

Ball received in switch zone (except in forward line)= 2pts

Ball received in switch zone in forward line = 1pt

RULES:

Normal football rules.. although adjustments to distance run with the ball, tackling etc. can be made.

Total number of players, up to the coach's discretion or dictated by the size of the playing area.

Only maximum of two players in "switch area" in any one time.

Only two consecutive scores in the same "switch zone" will be counted-all other consecutive possessions in the same "switch zone" after this do not earn points- players can defend opponent in "switch zone".

Can't score in "switch zone" when your team win possession in that "switch zone".

Can't score in switch zone on kick out.

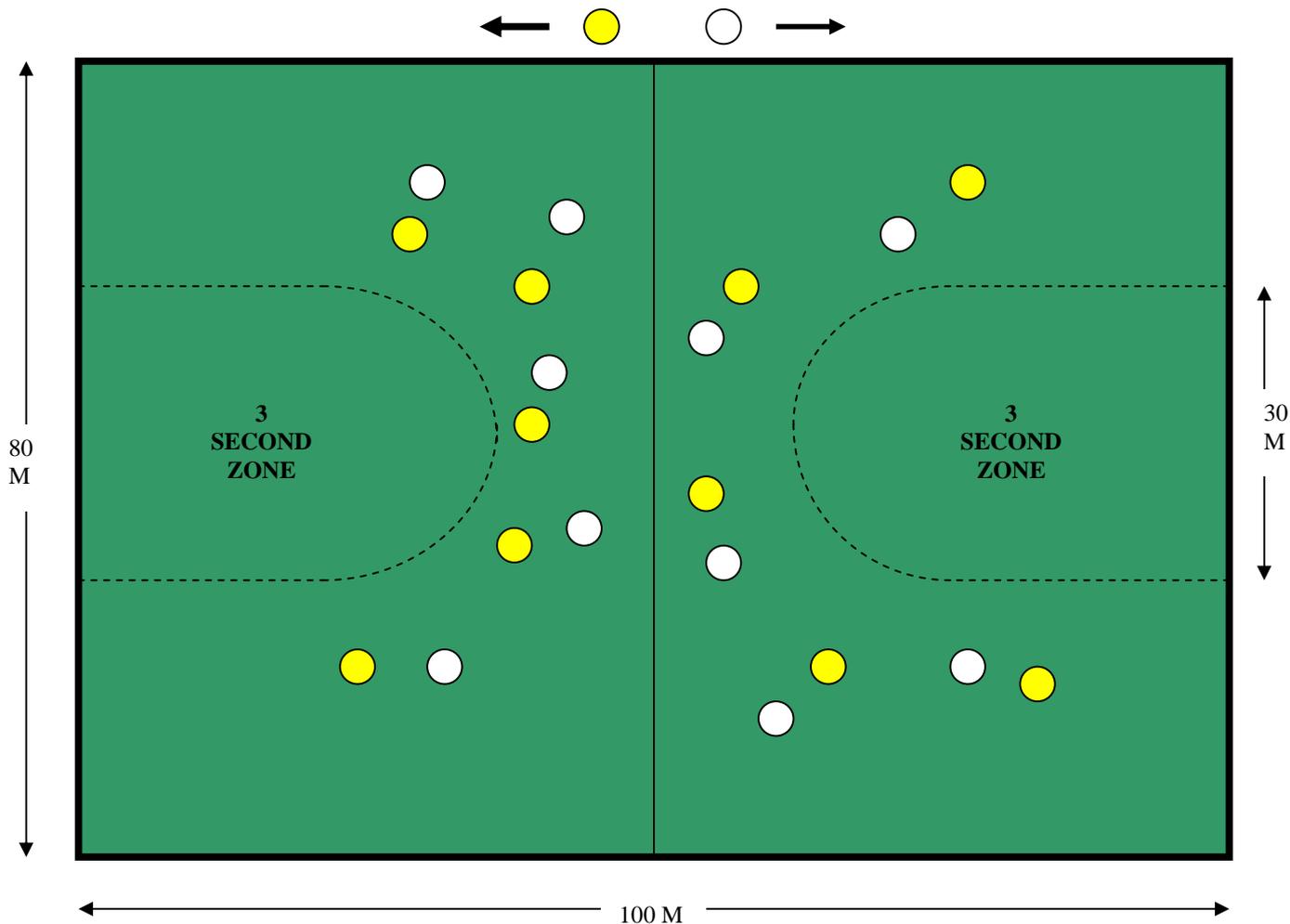
EXTENSIONS/ADAPTIONS:

Can only allow team players in possession of the ball to enter "switch zone".

Can be condensed for handball activity and adapted to basketball court or rugby, hockey, soccer fields.

Can increase number of players allowed in "switch zone".

HOT SPOT



PURPOSE:

This game is designed to teach players the ability to create space in the forward line in particular the “SCORING ZONE” or the “HOT SPOT”

Like all other games, the dimensions can be altered to suit playing area or number of players or even the conditioning element the coach wants to develop.

A secondary purpose is to initiate greater run from the back half players, accountability from forwards and stronger transitional run from midfield players.

This game can also be played to mimic “FLOODING BACK” tactics and “FAST BREAK” scoring.

Drop back ruckmen or sweepers can also be included in the game to “camp” in “3 second zone”

RULES:

To start the game, the umpire tosses ball in the middle of the playing area which can be contested by ruckmen or two players of similar size.

To score, an attacking player needs to gain control, in the “3 second zone”, from a kick by his/her team mate.

Players are allowed to run and bounce the ball only once. Shadowing/bumping player is permitted but no tackling.

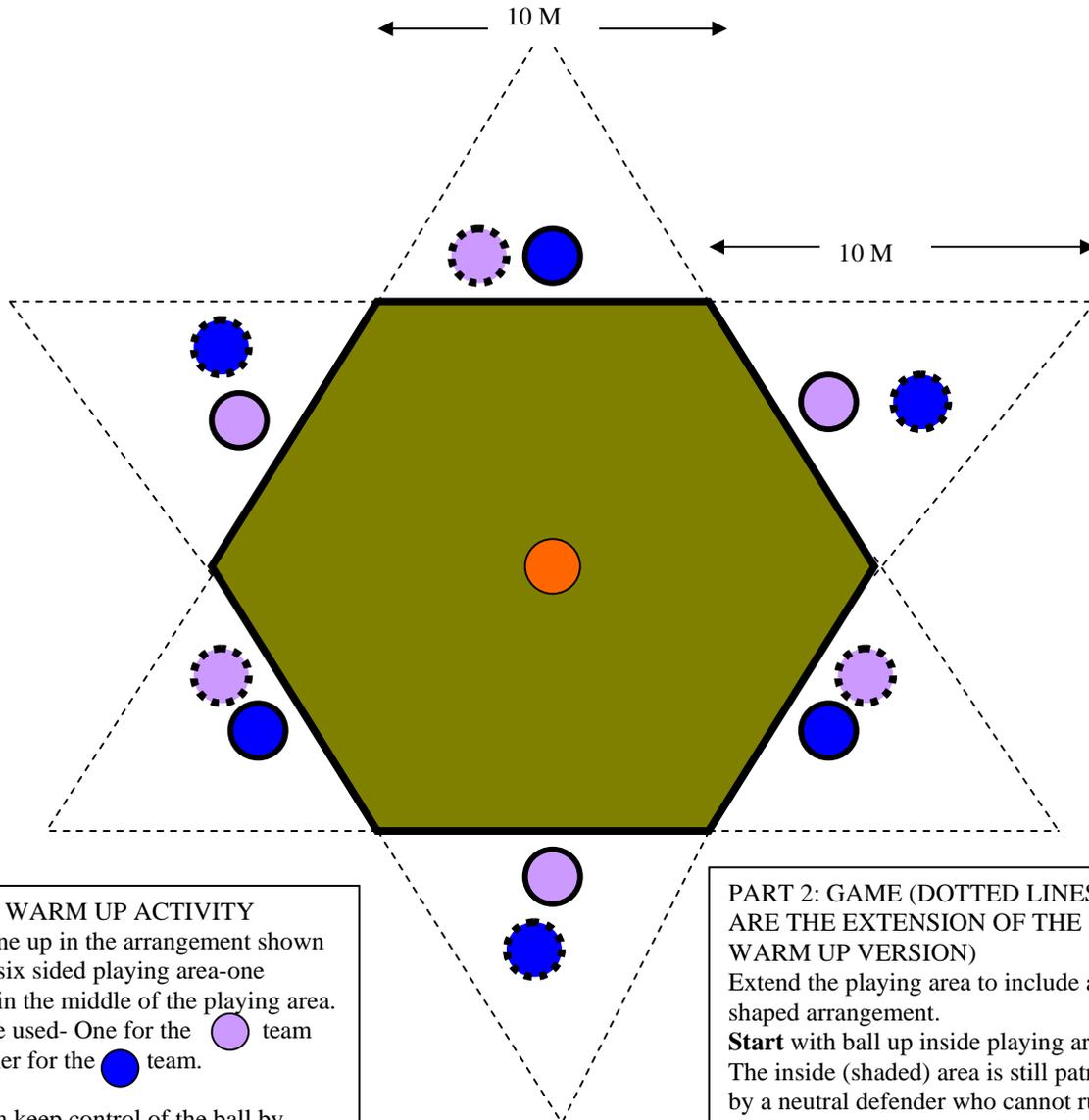
Defenders can enter the “3 second zone” with their immediate opponent but **NO PLAYER** is allowed to spend more than 3 seconds in the “3 second zone”

EXTENSIONS:

To validate a score all players must be in their attacking half when team players has gained possession of the ball in the “3 second zone”

Designated defending player can “camp” inside the “3 second zone” and has no time restraint on them.

SUPER STAR



PART 1: WARM UP ACTIVITY
 Players line up in the arrangement shown around a six sided playing area-one defender in the middle of the playing area. 2 balls are used- One for the  team and another for the  team.

Each team keep control of the ball by kicking it around and receiving it outside the playing area. The defender's role is to cause a turnover- the coach can define what this is.

When the defender turns the ball over the player causing the turnover becomes the defender.

This activity can be reduced to a handball requirement by making the sides of the six sided shape smaller.

The greater the size of the six sided shape the more likely a second defender may need to be used inside the playing area.

EXTENSIONS:
 Could configure centre square into this area.

Bump bags, more neutral defenders.

Can be handball based or kicking and handball based.

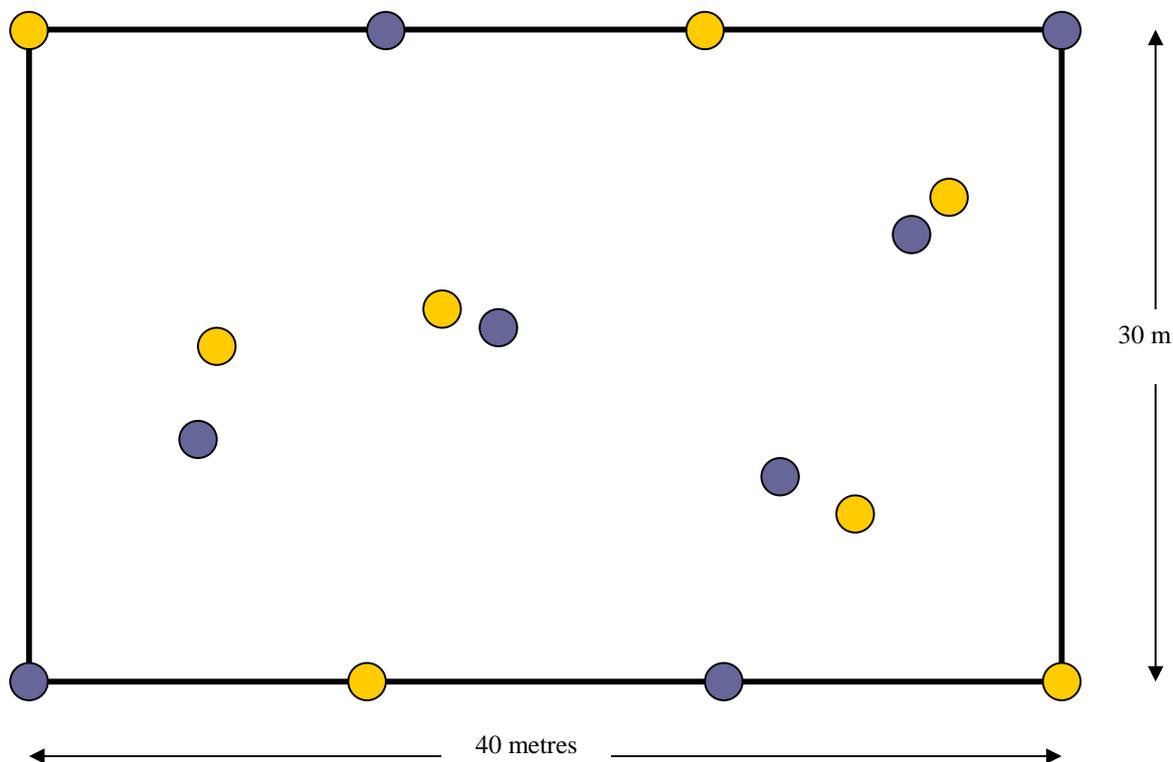
Neutral Defender can swap sides and become extra offensive player on turnovers.

PART 2: GAME (DOTTED LINES ARE THE EXTENSION OF THE WARM UP VERSION)
 Extend the playing area to include a star shaped arrangement.
Start with ball up inside playing area. The inside (shaded) area is still patrolled by a neutral defender who cannot run outside this area and who is substituted as in the WARM UP version.

Each player now has an opponent
 Players can move around anywhere but can only score if they receive the ball in the equilateral triangles shown in the diagram. (dotted lines).

SCORING: A team scores a point any time they successfully receive the ball in a triangle- if they maintain possession and score in another triangle the points are doubled until a turnover is caused. A turnover occurs when the "neutral defender" causes a turnover, the opposition steal the ball or the possession team fumble or drop the ball.

HANDBALL RELEASE AND REPLACE



PURPOSE: This game is designed to improve disposal by hand or by foot (if grid is made larger) but also encourages to follow disposal. It reinforces clean possession under pressure and accountability on turnovers.

The obvious extension can be made with bump bags and other physical presence.

SCORING: Once one team have released and replaced 4 players they score a point and ball is turned over to opposition team.

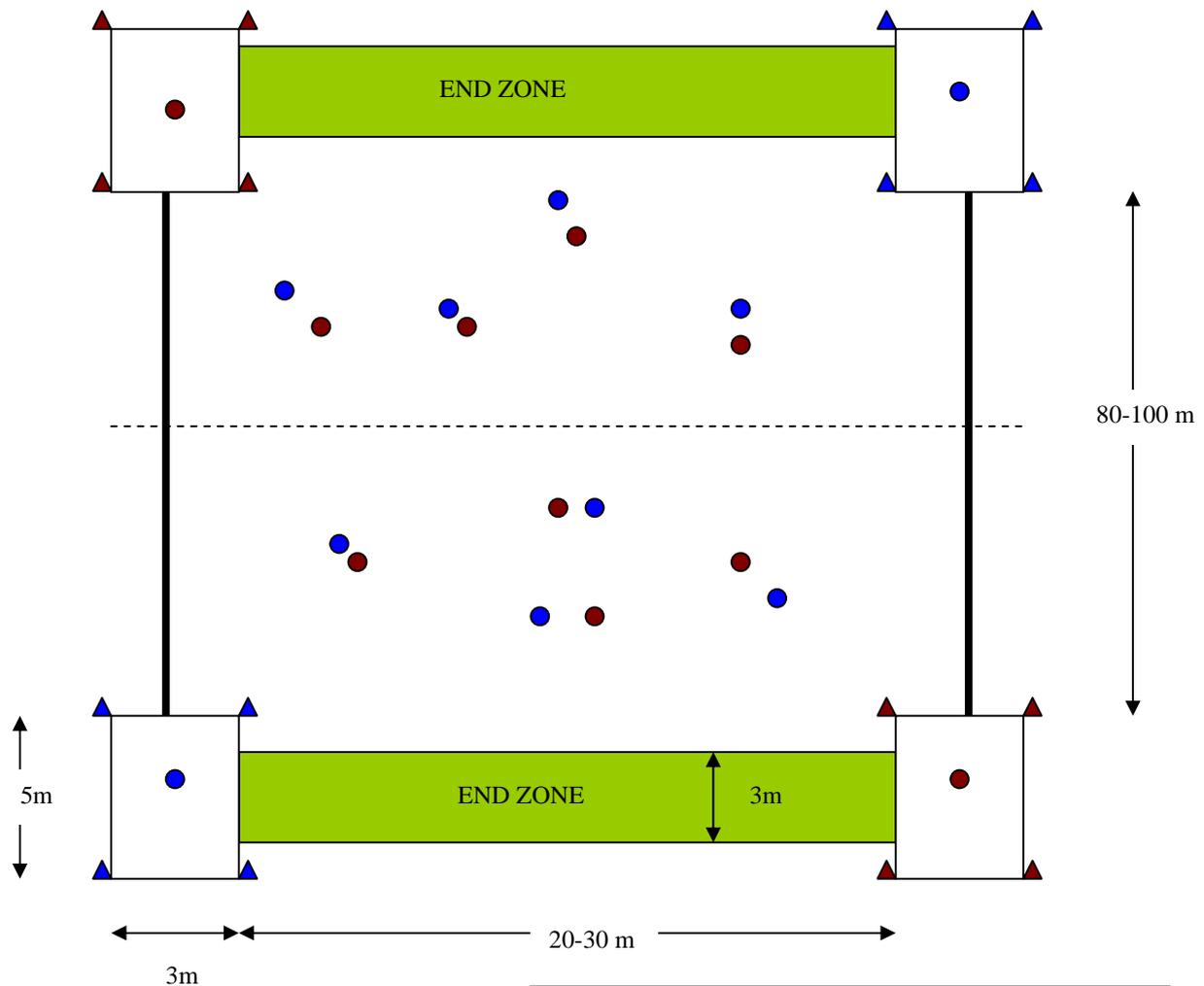
DIRECTIONS:

Two teams of 8 or so players in an area of 30m by 40m. 4 players in each team, take up positions on the side lines as indicated in the diagram. The other four work inside the space as shown.

Team needs to link up with handball or kicking (if grid is larger) and attempt to handball to a player in their team who is on the side line. The player must be stationary with both feet on the ground when receiving the ball. Once this has occurred that player becomes an inside player and is replaced by the player who delivered the ball.

Four consecutive "replacements" scores a point for the team in possession.

GO FOR GOAL



PURPOSE
Hit targets in space and create a transition in play including a switch.

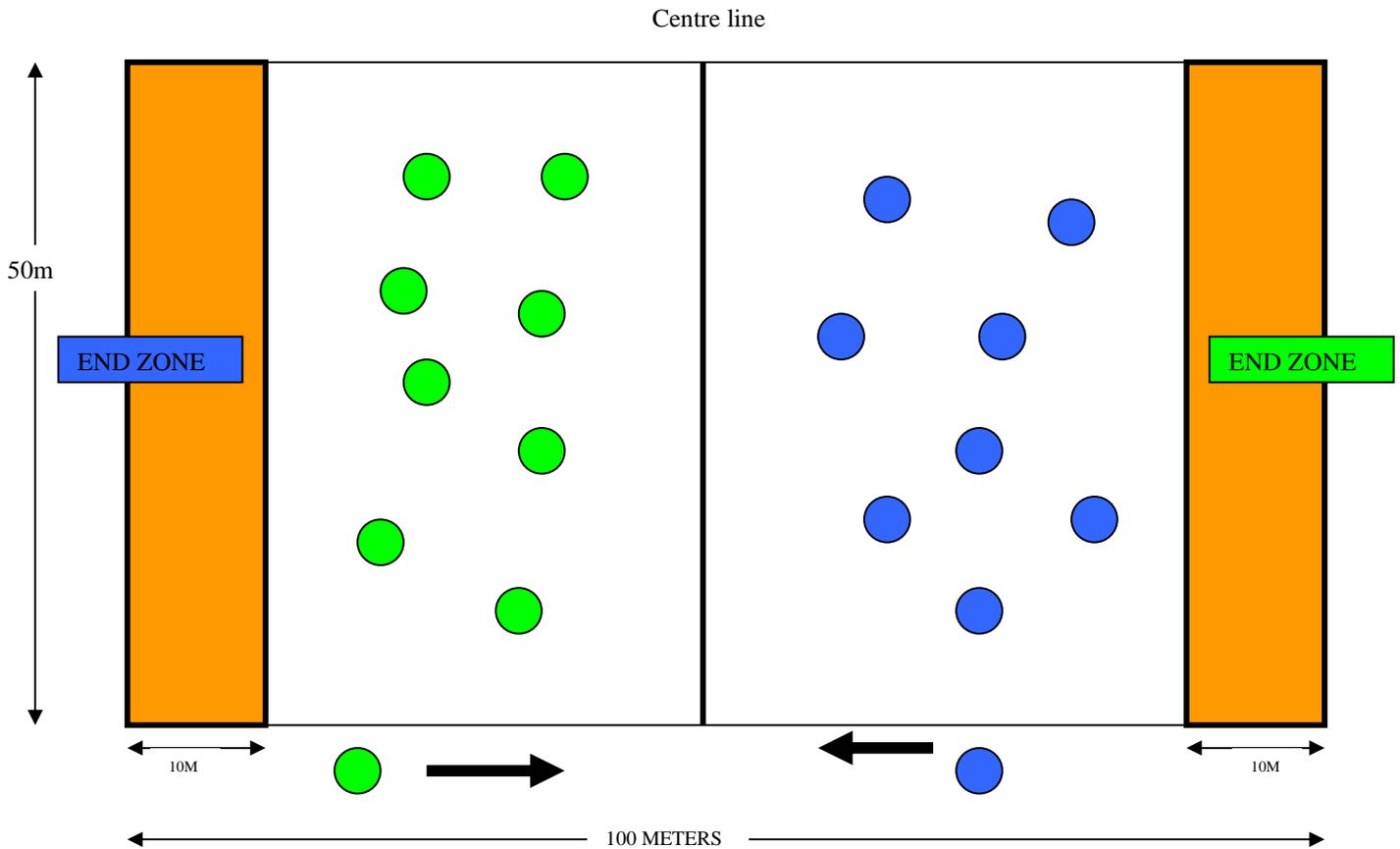
LEGEND:

- ▲ ▲ Cones
- Team A
- Team B

SCORING: Kick into rectangle = 6 pts
Handball into rectangle = 2pts
Kick into "End Zone" = 1 pt

DIRECTIONS:
Two teams of 10 players. 8 players play inside the playing area and two position themselves in either rectangle allotted to their side diagonally across the playing area. Football rules are used- level of pressure up to the coach. Ball, when turned over, must be delivered to the further end, to where the turn over occurred, to score. No defenders are allowed in the scoring rectangles or "end zone". Attackers can only spend 3secs in the end zone to receive a pass to score. The game can start with a ball up or nominated possession from the "end zone". If 1 pt or 2 pt are scored the game commences with a kick in from the "end zone". If a score of 6 pts results then a ball up occurs at the centre of the playing area. When the ball goes out of bounds, the team that last touched it is penalised with possession to the opposition.

END ZONE



PURPOSE:

The aim of this game is to maintain possession and score by kicking a legal pass (15m) to a player in the End Zone your team is heading.

This activity should emphasise accurate kicking and accountability. The ability of players finding space in the End Zone and around the ground should be focussed on.

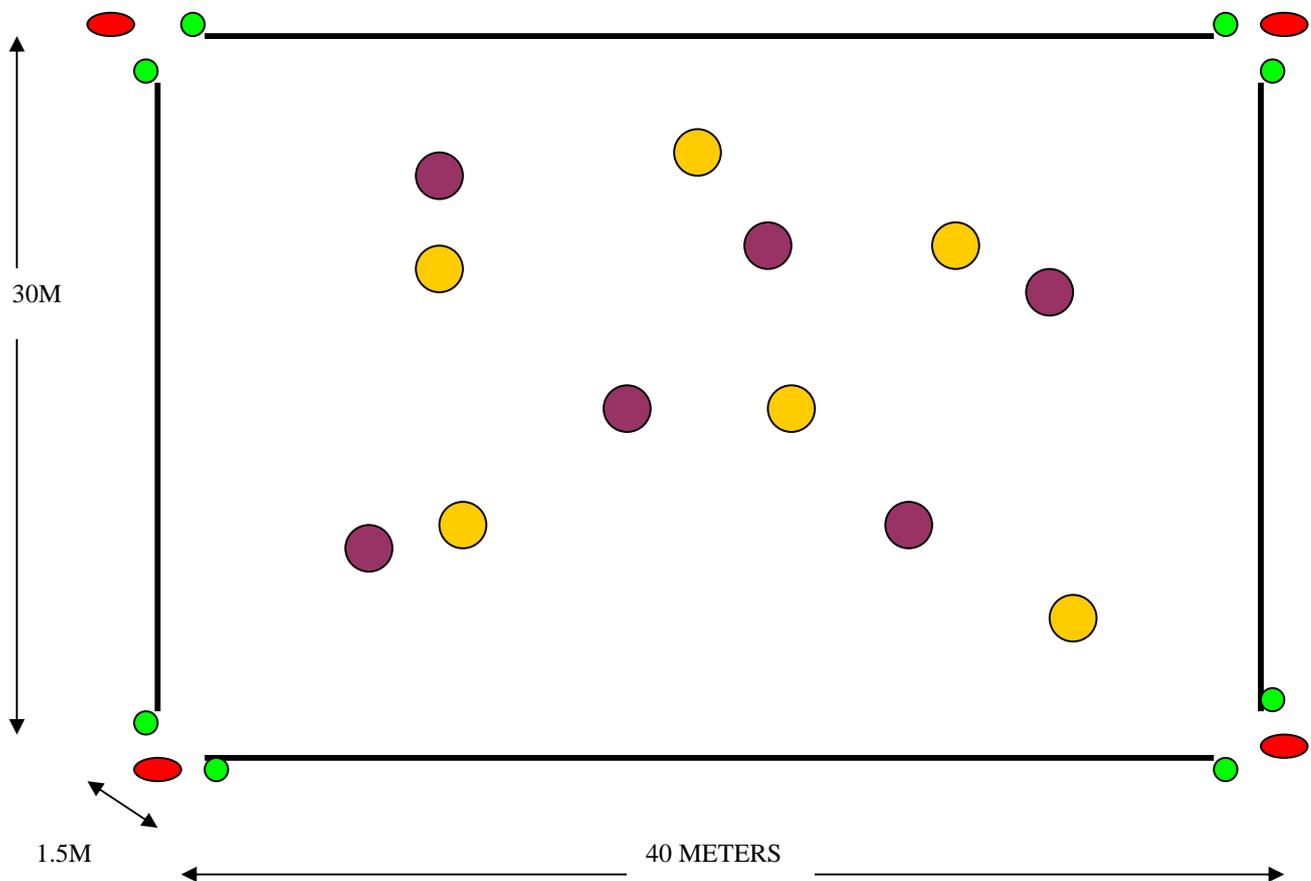
EXTENSIONS:

Include Bump Bag players.
 Allow defenders to enter END ZONE with their forward but only for 3 secs.
 Also reward consecutive kicking possession, (e.g. 4 complete passes) as a fraction of the highest score possible from a mark in the END ZONE.

DIRECTIONS:

Game commences with a ball up at the centre line between two players of equal height.
 All players from each team must start every ball up in their own defensive half and can then move around the ground.
 Players are only allowed one bounce if running with the ball.
 No forward player is allowed in the END ZONE for longer than 3 seconds. If this occurs free kick to opposition from the base line
 No defender can enter his END ZONE at any stage but should not be penalised if not directly interfering with play.
 Penalty –automatic score
 Ever time a player marks the ball in the END ZONE from a pass, the team scores one point. Gamer is resumed with a centre line ball up.
 Before a score can be registered ALL players from attacking team must be in their offensive half over the centre line.
 No tackling allowed- bumping and shadowing permissible.

CORNERS



PURPOSE: To create scoring opportunities with quick long handballs and switching direction of the play

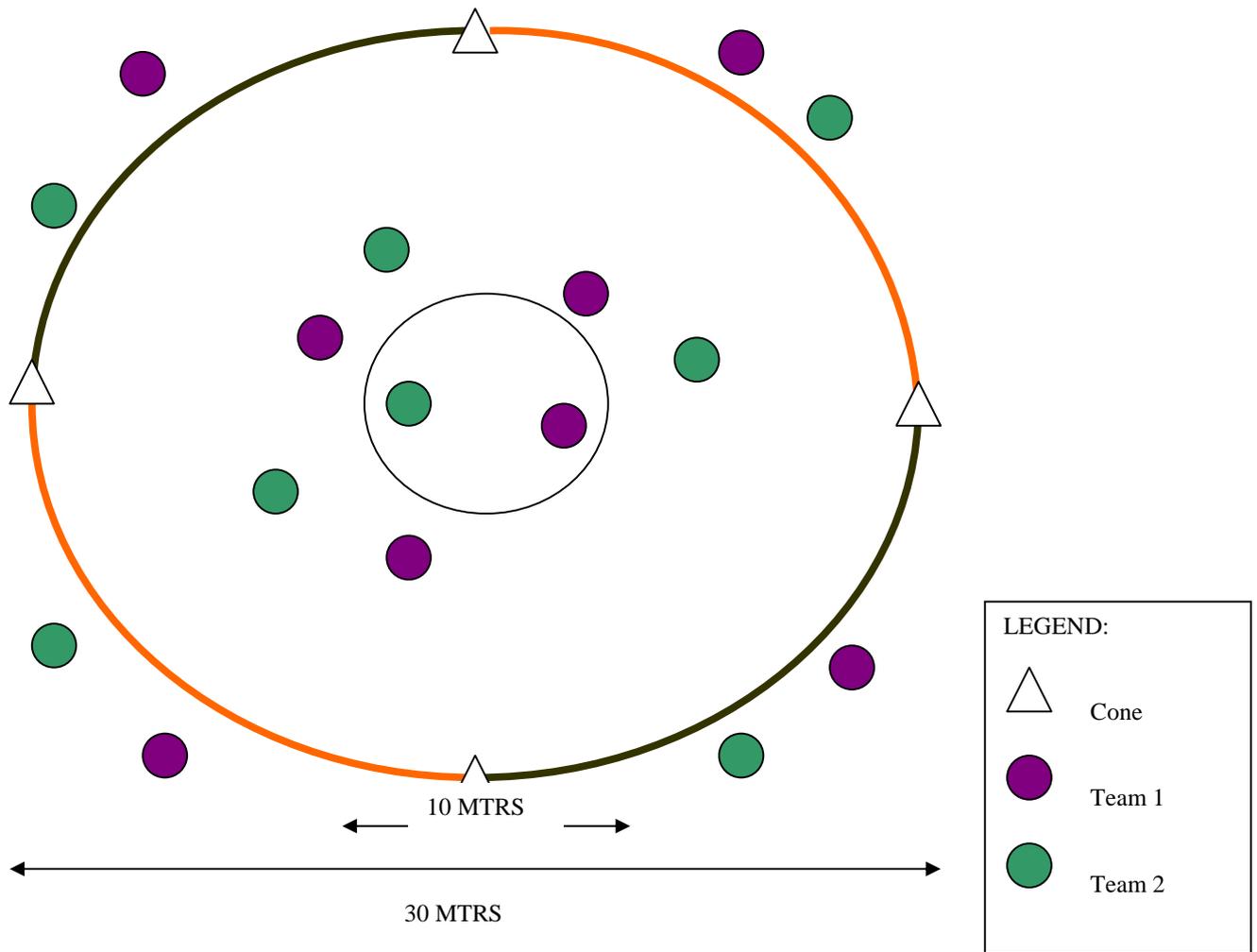
EXTENSIONS:
 Ground can be extended and made into a kicking game with more participants- goals can obviously be widened and kicked through for a score.
 Tackling may be introduced
 Can place restrictions on to the scoring areas that can be scored to- e.g. team A scores at alternate/opposite goals and team B scores at the other two etc.

DIRECTIONS:

Playing rectangle, 40 x 30m with four sets of goals at each corner 1.5m apart designated by cones. Football rules apply and in this version of the game there is no kicking.
 No tackling but bumping, shepherding and harassing are allowable.
 A goal is scored when the ball is tumbled through any of the goals in the corners of the playing area.

A football is placed behind each goal and as soon as a goal is scored the non scoring team can collect the ball from behind the goals and resume play immediately.

DOUGHNUT



PURPOSE:

To improve the stoppage play of your team.
 Improve close in ball handling and decision making.
 Increase effective clearances

OBJECTIVE;

To contest ball ups, centre square bounces and boundary throw ins.
 The team that can handball to ball from the stoppages to a free team player around the 30m circle receives a point.

DIRECTIONS:

Players assemble in the playing area as shown although only Ruckmen start and are allowed in the "10 metre: circle when a centre bounce (ball up is made and until it is cleared from the "10 metre circle).

Players in the outer "30 metre" ring must have an opponent and only play within the arc bordered by two cones.

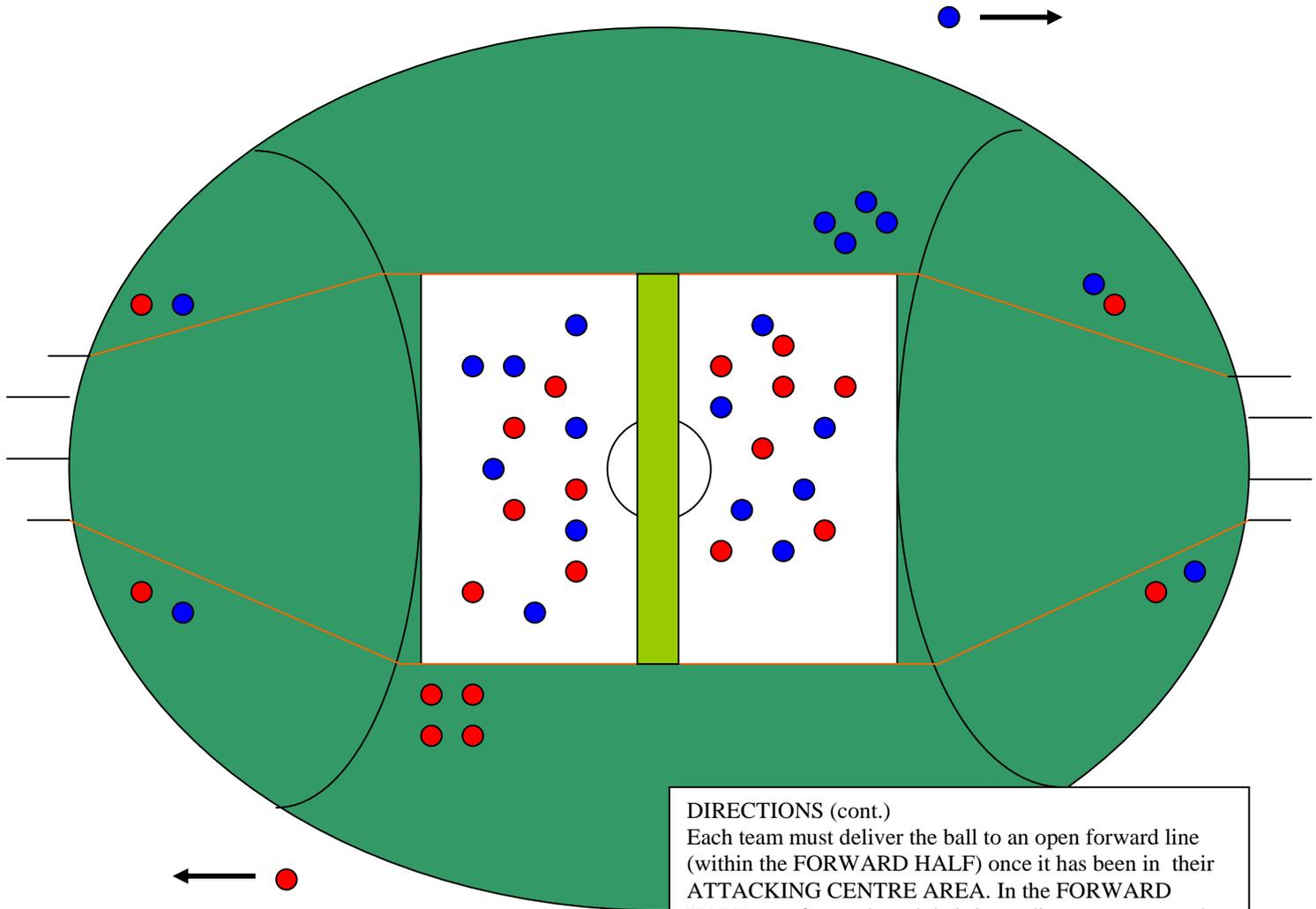
The other three players can assemble where they like between the "10 metre" circle and the "30 metre" circle.

If ball leaves the 30 meter circle without a clear possession from either team a throw in will ensue from the point the ball has left the 30m circle. This will be made by the member of the team which last touched it.

The umpire may at his discretion call for a ball up anywhere inside the 30 metre circle if conditions warrant it or at random.

A point is scored each time a team gains a clear possession outside the 30metre circle by handball alone. And then the game is restarted as a centre bounce.

IN EARLY



PURPOSE: To extend the game, “Suit the Sweeper”, into a full ground game with emphasis on winning the ball in the middle of the ground and delivering quickly into an open forward line.
Rehearsing shots on goal and kick out strategies as well.

OBJECTIVE: To score using the whole ground with the added difficulty of a drop back sweeper or ruckman as per “Suit the Sweeper” game.

DIRECTIONS:
Mark out the ground as per above with four distinct playing areas- A BACK HALF, DEFENSIVE CENTRE AREA, ATTACKING CENTRE AREA and A FORWARD HALF.- depending on which way the team is going.
Game commences as per ‘Suit the Sweeper’.

DIRECTIONS (cont.)

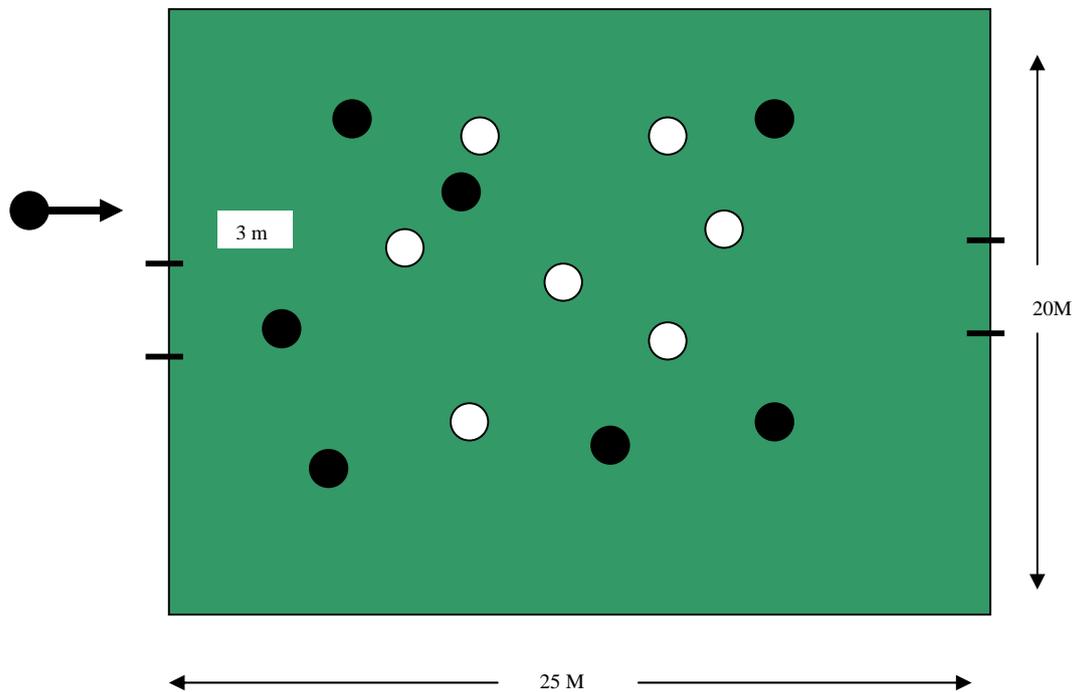
Each team must deliver the ball to an open forward line (within the FORWARD HALF) once it has been in their ATTACKING CENTRE AREA. In the FORWARD HALF, two forwards and their immediate opponents, who start outside the area, are permitted to enter once their team has possession in the ATTACKING CENTRE AREA.

Once the ball is kicked into the FORWARD HALF, all players within ATTACKING CENTRE AREA can enter FORWARD HALF. Play continues until attacking team scores or the defensive team deliver the ball into their ATTACKING CENTRE AREA whereby the play continues as per previous conditions.

If a behind is scored, then a kick-out results and players assume their roles as per normal football game and are joined by four extra players (who can be rotated around any area as interchange) on the side lines- therefore FORWARD HALF area does not apply.—if a clearance results ball must be channelled into the opposite ATTACKING CENTRE AREA before entry into opposite FORWARD HALF and same occurs.

If a goal is scored then ball start as per “Suit the Sweeper”
If the ball leaves the playing area it is kicked in by the opponent of the team who possessed it last

GROUNDBALL



OBJECTIVE:

To improve the ability of your playing group to collect the ball cleanly at ground level and give off from low positions.

DIRECTIONS:

Two teams of seven players with a goalkeeper each.

Each team can pass only with handballs hitting the ground to their team mates

No tackling, but bumping and shadowing permitted

Can only run 5 metres with ball- no bouncing.

Game can start with possession or tip off contest.

Ball out of bounce goes to opposition.

Goal scored in normal soccer fashion.

No kicking off the ground

EXTENSIONS:

Can designate players with bump bags in each team whose role is to bump or block.

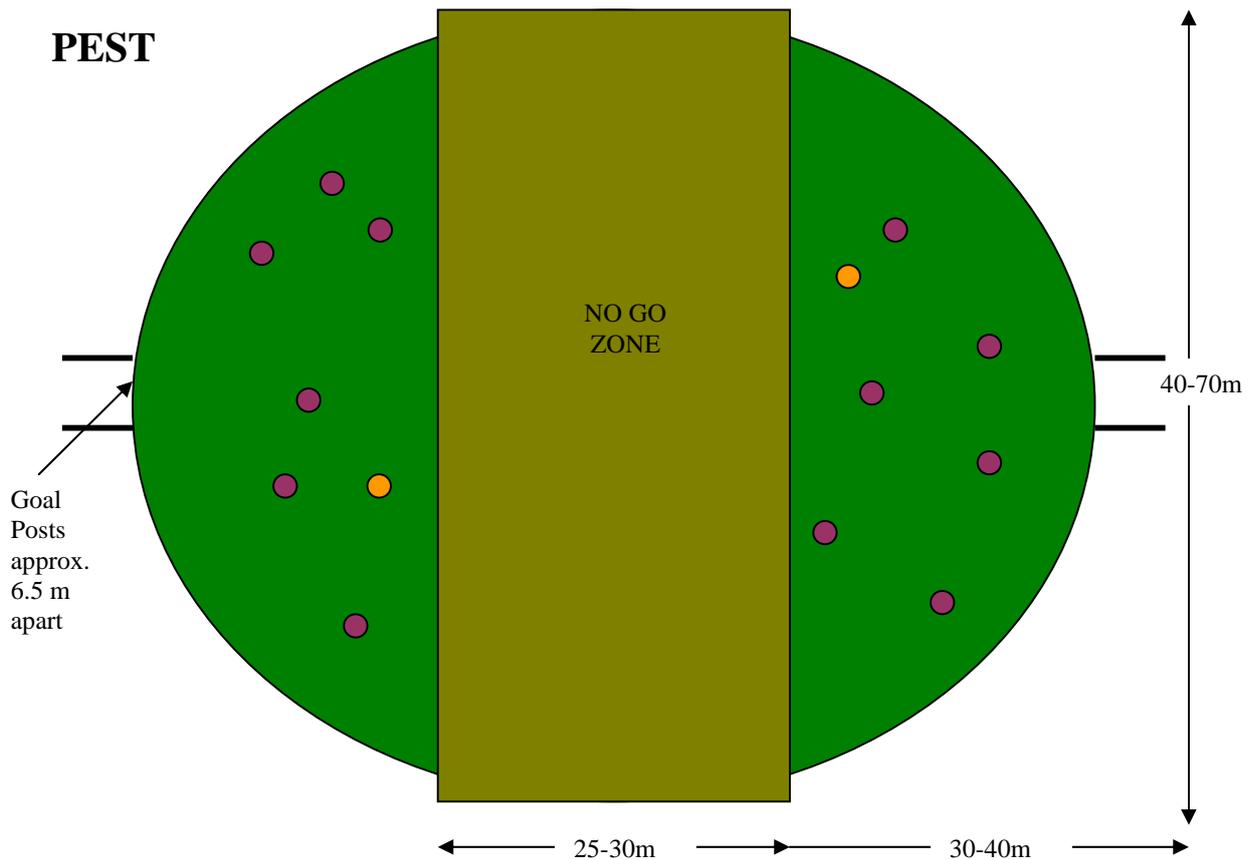
EXTENSIONS:

Include a player with a bump bag on each team.

Handball to ground only every second handball.

Make space bigger and include kicking but only handball at ground etc.

PEST



OBJECTIVE:

Hit targets by foot and practising spoiling.

- Defenders/spoilers
- Kicking Team

EQUIPMENT:

Three footballs
Bmp Bags

RULES:

- No tackling, bumping and shepherding, blocking and shadowing allowed.
- Can't run more than 10m with the ball before disposal
- A ball cannot be in any one half longer than 10 secs
- If ball enters no go zone-kicking team can retrieve it and kick it back to the half it came from immediately and the kicker who initially kicked it in there is eliminated

DIRECTIONS:

Kicking team kicks three balls simultaneously across the "NO GO ZONE" attempting to hit a target across the other side.

Meanwhile the Defenders/Spoilers attempt to spoil or intercept or pressure kickers on their half to force a poor kick or turnover on the other side.

If a kicker misses a target or kicks out of the area or has his kick intercepted he is eliminated from the game and runs around the playing area until he is brought back into the game.

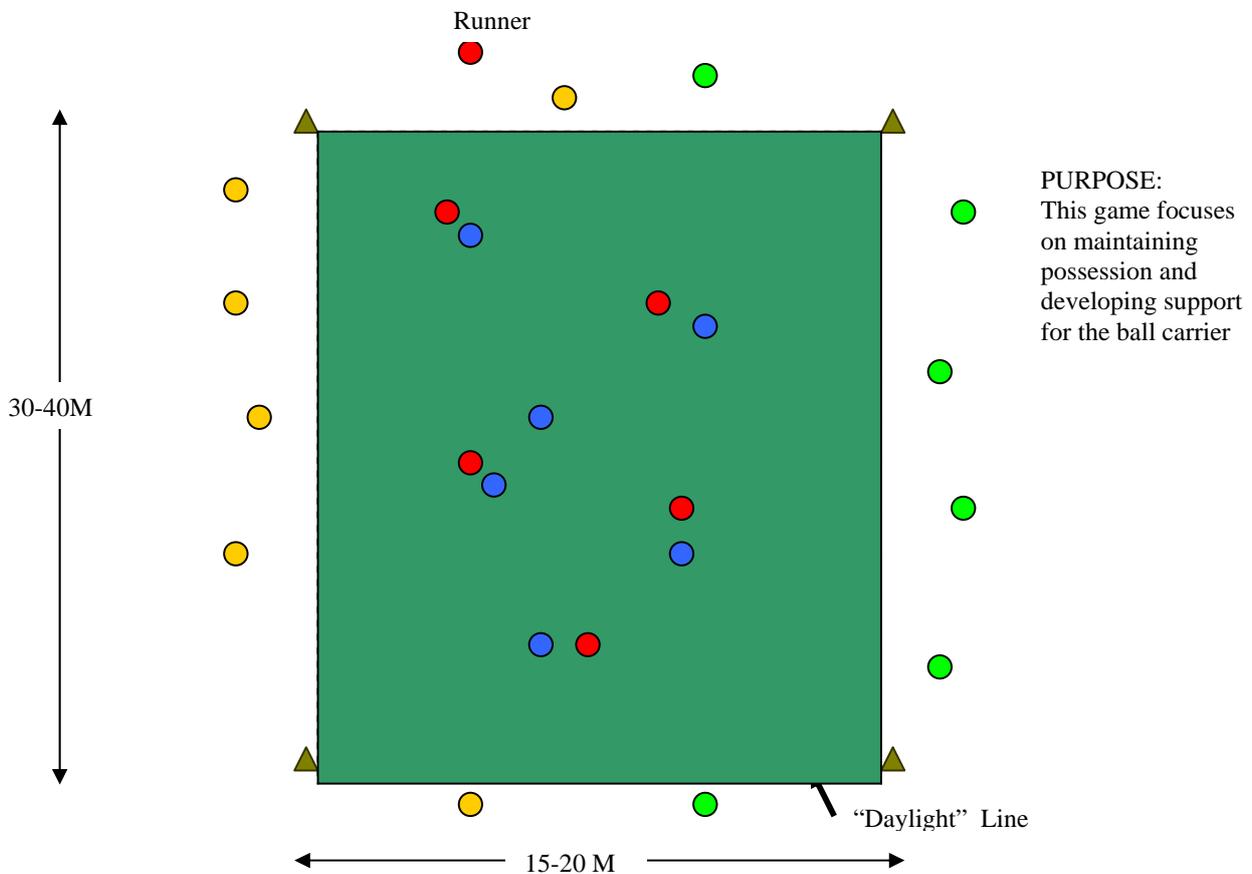
A kicker can be brought back into the game when the kicking team avoid making a mistake/turnovers etc. in a specified time e.g. 30 secs and then a designated players is successful with a shot on goal at their end. .

Game continues until specified playing time or 5 kickers (or any prescribed number) are eliminated and out of the game at any one time.

EXTENSIONS:

Add more Defenders/Spoilers
Need to use opposite foot
Introduce tackling, bump bags etc.

RUN TO DAYLIGHT



EQUIPMENT/SET UP:

- Break group into four separate teams- in this case four teams of 6 (each a different colour)
- Four witches hats marking out a rectangular playing area of 30 x 15 metres or so
- 1 ball

OBJECTIVE OF GAME:

The object of the game is for one team to get their "runner" to run to the "Daylight Line". The runner must start with the ball at one end of the playing area and the game commences with the "runner" handballing to one of his team mates in the playing area. Then by using handball to his team mates and other members of the other two teams on the side lines, the "runner" must cross the "Daylight line" in possession of the ball.

DIRECTIONS/RULES:

The "runners" team start with five players in the playing area who cannot leave this area and a "runner" to start the game. The "runner" once he/she has commenced the game cannot leave the playing area to receive the ball.

The immediate opposition team start with all their six players in the playing area and cannot leave this area.

The other two teams not directly involved in the contest, line up outside the playing area (as shown) and cannot enter the playing area but can be used by the team in possession as "outlet" passes. Once they are used as an "outlet" pass they must handball the ball back into the playing area and not run with it.

The "defensive" team cannot tackle, but are allowed to shadow and bump.

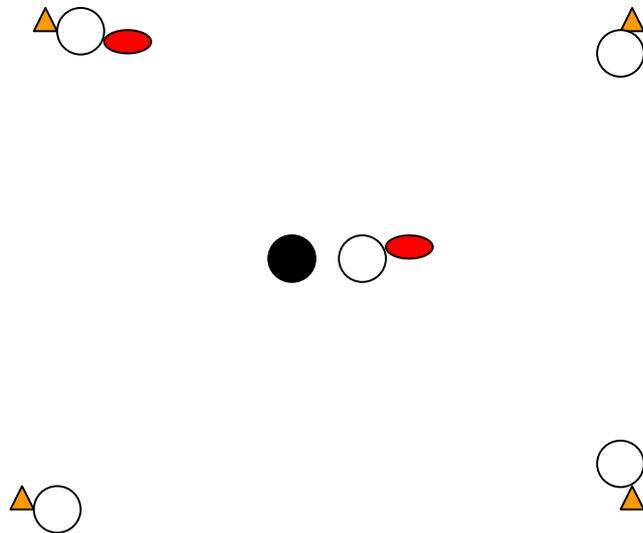
The four teams are rotated through the roles- after each team member has had the opportunity to be a "runner".

A score can then be made on the number of successful "runs to daylight"

EXTENSIONS:

Include a bigger space and have kicking, introduce tackling, include designated "blockers" in "possession team" with bump bags. Etc.

WARM UP GAMES (cont.) CENTRE SQUEEZE



KEY:

- Team
- Defender
- ▲ Cones
- Footballs

DIRECTIONS:

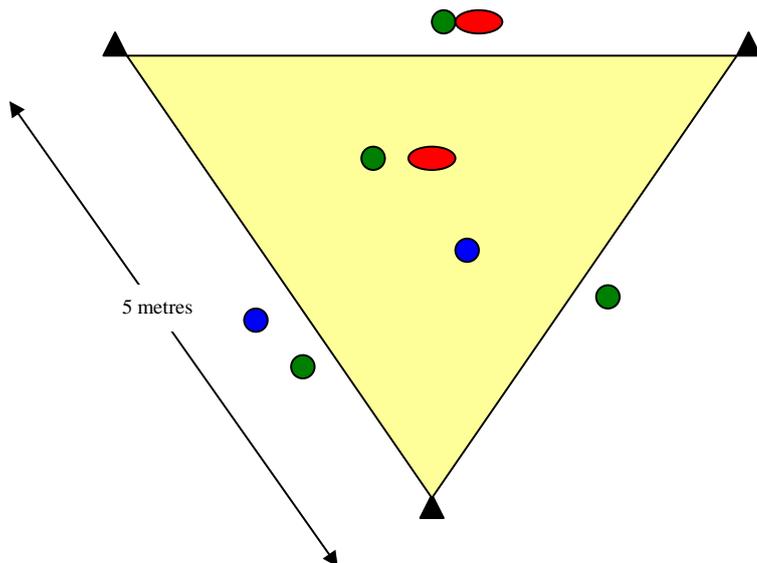
Organise grid with each side approximately 5 metres long (as shown).

○ Team start with two footballs as shown with one player on the centre of the grid and the other four players on each one.

The balls are fed alternately to the centre player who handballs the ball back out to the cone players but cannot handball back to the person who handballed to him/her.

● (the defender) must harass the centre player when he/she gives off and when he/she receives handballs from the cone players.

BERMUDA TRIANGLE



KEY:

- Team
- Defenders
- ▲ Cones
- Footballs

DIRECTIONS:

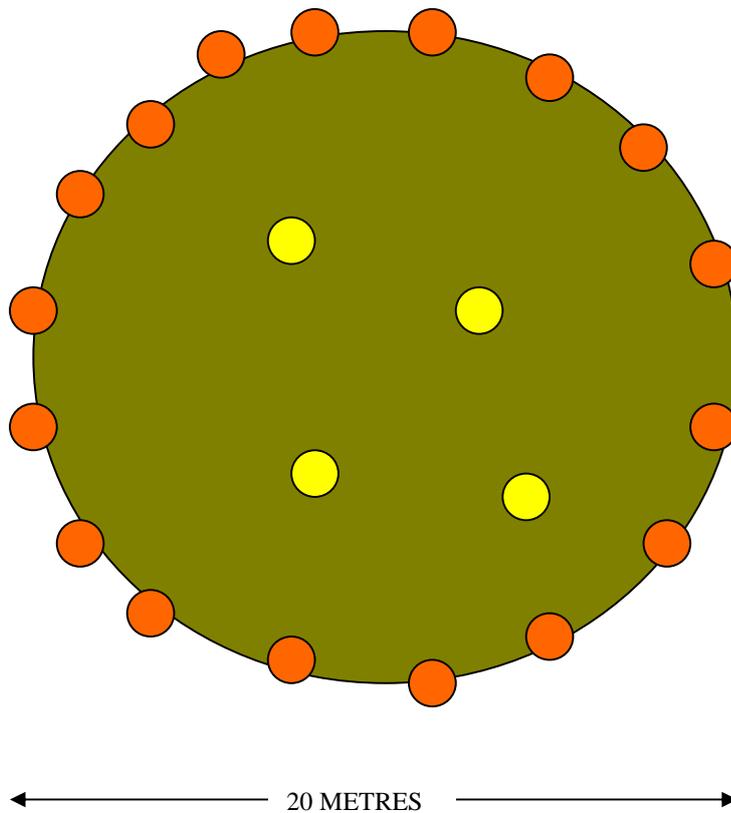
Organise triangle with each side approximately 5 metres long (as shown).

● Team start with two footballs as shown with one player on the centre of the triangle and the other three players on each side of the triangle.

The balls are fed alternately to the centre player along the ground who handballs the ball back out to the "outside" players but cannot handball back to the person who handballed to him/her.

● (the defenders) one must harass the centre player in the triangle and the other harasses the "outside" players.

CIRCLE SENSE



KEY:

-  Team
-  Defenders

DIRECTIONS:

The team in possession of the balls (2 or 3 at once) form around a circle of about 20 to 25 meters in diameter. The object is to handball the balls randomly about the circle ensuring that you do not handball to a player already in possession of another ball or waiting to receive another ball.

Three to four “defenders” (inside the circle) attend to create turnovers with three balls moving simultaneously.

COACHING TIPS: Looking long to handball, quick hands, zoning off to defend, attacking ball carrier to increase pressure.

EXTENSIONS: “Bumper in the Circle”, “Receiver” in the Circle being tagged.