

# A games approach to coaching gaelic football

## Why play games?

A man was suffering a persistent problem with his house. The floor squeaked. No matter what he tried, nothing worked. Finally, he called a carpenter who friends said was a true craftsman.

The craftsman walked into the room and heard the squeak. He set down his toolbox, pulled out a hammer and nail, and pounded the nail into the floor with three blows.

The squeak was gone forever. The carpenter pulled out an invoice slip, on which he wrote the total of \$45. Above that total were two line items:

Hammering, \$2

Knowing where to hammer, \$43

Do our players know where to hammer and when to hammer?

# Games are far more beneficial for players compared to traditional drills:

- Mirror the demands of a game.
- Require decision making skills under pressure.
- Don't have set patterns.
- Improve communication.
- Can develop fitness – specific fitness.



Around the age of 14 players more or less have passed the age for optimum skill development. The rate of skill improvement will slow down considerably.

# Sample games for players of all ages

(Younger players will improve and cotton to the demands of the games far quicker than older players)

## Conditions on a regular match

Silent football  
Pass and move  
Corner goals  
Countdown  
3 seconds on the ball  
24 / 7 football

## Conditioned / Altered games

Find a goal  
Punt / Strike volley ball  
Triple circle pass ball  
Wide man  
Central link

## Additional Resources

Games for better team play Team 2000  
Ulster Council Team play CD Rom

