



Cuala coaching newsletter February 2008

GAMES APPROACH TO TRAINING

**By Caroline Kenny
Cuala G.P.O.**

When coaching football or hurling it is important for coaches to adopt a games approach to practice and training with any team. This gives players a chance to develop and improve team play by focusing on their technical and tactical skills under pressure. Below are a few ideas to develop attacking and defending.

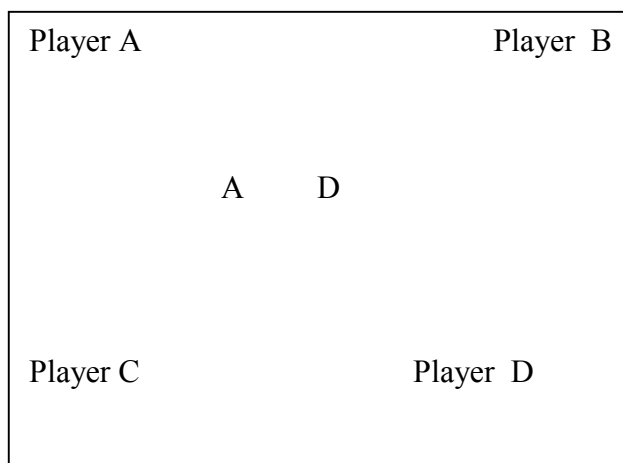
ATTACK & DEFEND

- Players pair off & stand 2m apart
- Players handpass to each other, on the whistle the person with the ball becomes the Attacker & the player without the ball becomes the Defender
- Both players run around the cone behind them
- A must try to get past D in a straight line to reach the cone



POSSESSION

- Players A & B both start with balls; A=Attacker D= Defender
- A receives the ball from Player A, turns and must keep possession & get past D and handpass to Player D
- A then receives the ball from Player B, turns and must get past D and handpass to Player C
- Same with Player C & Player D
- Progression: Add in two tacklers with tackle bags who try to prevent A from making a successful pass.



Football Focus

Spot and Fix By Philip Kerr (Coach Tutor)

Find the player with no technical problems in his or her game and I'll find you a leprechaun in return. All players need specific technical coaching at some time during their careers. Granted, this is best done at an early stage [e.g. between the ages of 7 and 11], but the reality is that coaches deal with many older players who still have problems with kicking, catching, tackling, blocking, evading, lifting, fist passing etc. that were probably not fixed years ago.

If you coach, then you should be able to 'spot and fix' faults in technique. To ignore such problems is tantamount to saying... 'He never could do it and he never will'. Let's hope you're not the coach who recognises the problem, but prefers to work on physical fitness instead – there are plenty about!

So, how do you fix once you have spotted?

The secret lies in the phrase **‘Head, Hands, Feet for Better Technique’**.

If you watch a player perform a technique [e.g. a shot for a point] you must look for head position, hand position and feet position during the execution of the technique. This sounds so complicated and yet it isn't.

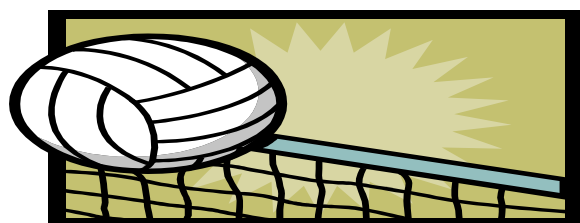
Take the example of a player kicking for a point with his right foot. More often than not, he misses to the right of the posts. Some coaches may try to solve the problem by asking the player to ‘aim left’, but that is like asking a golfer who slices to aim down another fairway so that the ball can curve back. Better to look for the following –

HEAD...is his head up as he kicks? This will cause the player to lean back and push the ball further to the right.

HANDS...is he dropping the ball two-handed, cross-handed or is he holding the ball too far from his body?

FEET...is his standing foot pointing nowhere near the target? Is he playing the ball off the outside of his boot?

Think about coaching through HEAD, HANDS, and FEET.



Isotonic Drinks **by Ken Fitzgerald** **SSIP Manager**

A lot of players use Sports drinks to rehydrate after training and matches, these can work out quite costly and can be quite easily made at home. Give them a try

Quickly replace fluids lost by sweating and supplies a boost of carbohydrate.

This drink is the choice for most team sports.

Isotonic

200ml of orange squash (concentrated orange),
1 liter of water and a pinch of salt (1g).

Mix all the ingredients together and keep chilled

Sport Academy Thirst Burst

500ml unsweetened fruit juice (orange, apple, pineapple)

500ml water

Mix them all together in a jug and cool down in fridge.



Your Isotonic Sport Drink

50-70g sugar

One liter of warm water

Pinch of salt

200ml of sugar free squash

Mix, cool and drink

Fruit Academy

200ml ordinary fruit squash

800ml water

A pinch of salt

Mix them all together in a jug and cool down in fridge.

Remember these drinks are for players who have been training and not for everyday consumption. It is vital to drink 6-8 glasses of water a day in order to stay hydrated.

Listen to Lombardi

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."

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