

Developing Attacking Play Through Conditioned Games



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Principles of Attacking Play

- Depth

Support on the ball, short and long passing options

- Penetration

Moving the ball through or into the oppositions defence at pace

- Width

Spreading the ball to draw opposition defence, create space closer to goals and isolate best attackers.



Principles of Attacking Play

- Movement

Lateral and diagonal runs to disrupt opposition defence and gain possession closer to goal, making runs to create space for others.

- Communication

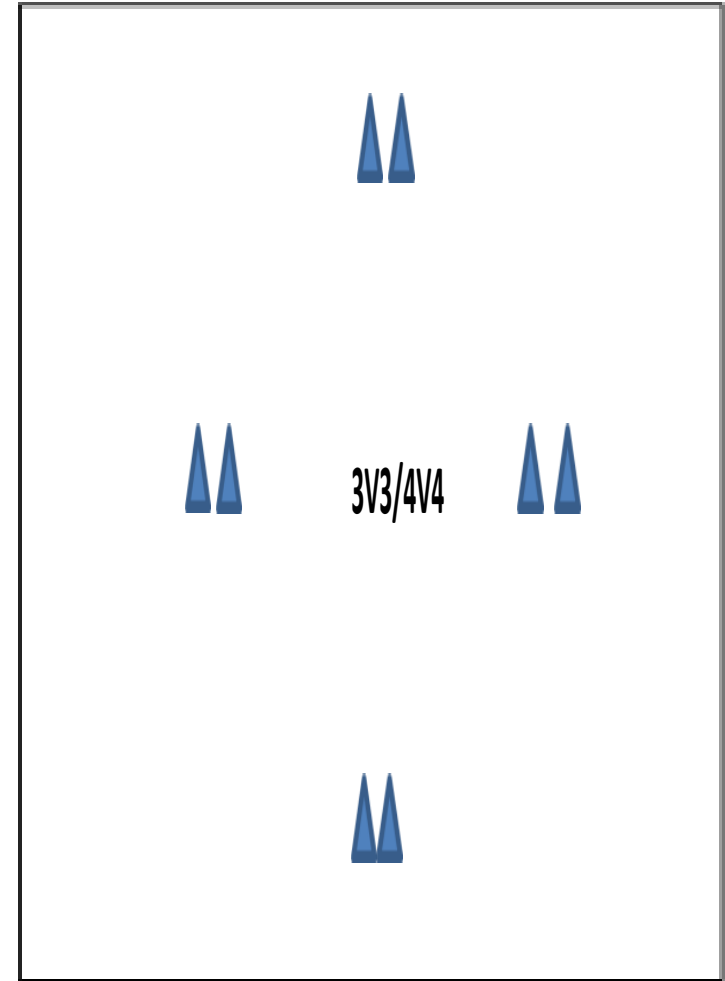
Knowing where your team mates are moving to and where they will deliver the ball to or need support.

- Patience

Taking the right option, not panicking or rushing attacks which result in turnovers or silly wides or shots dropping short

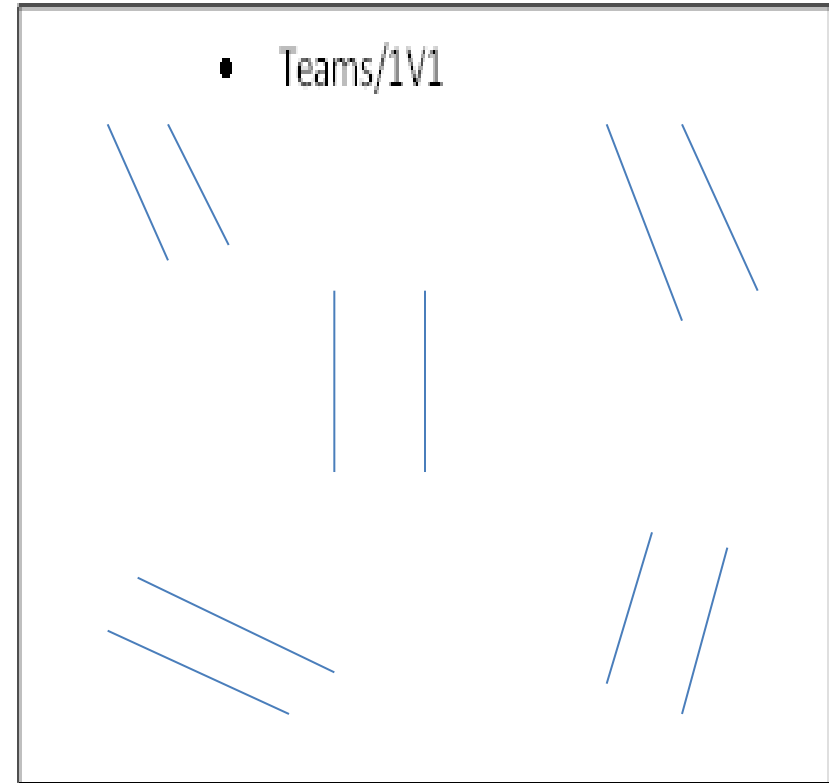
Changing Focus

- 4 Goals
- Full rules
- Possession play at beginning
- Coach calls which goal is live eg. Red, Blue or 1, 2 etc.
- 3 points per penetration through goals
- 1 point per 3 passes completed
- Alternatively play full pitch and score by striking a goal or point through poles/ portable goals.
- **Creates patience and ability to change angle of attack**



Break The Gates

- 2 teams
- 5 points gained per penetration of a gate
- 1 point for 5 consecutive passes
- Alternatively: 3 points for a struck pass through a gate.
- Coaches movement, options and supporting player in possession



Zonal Play

- **Zone A**

2v2 attackers going for goals

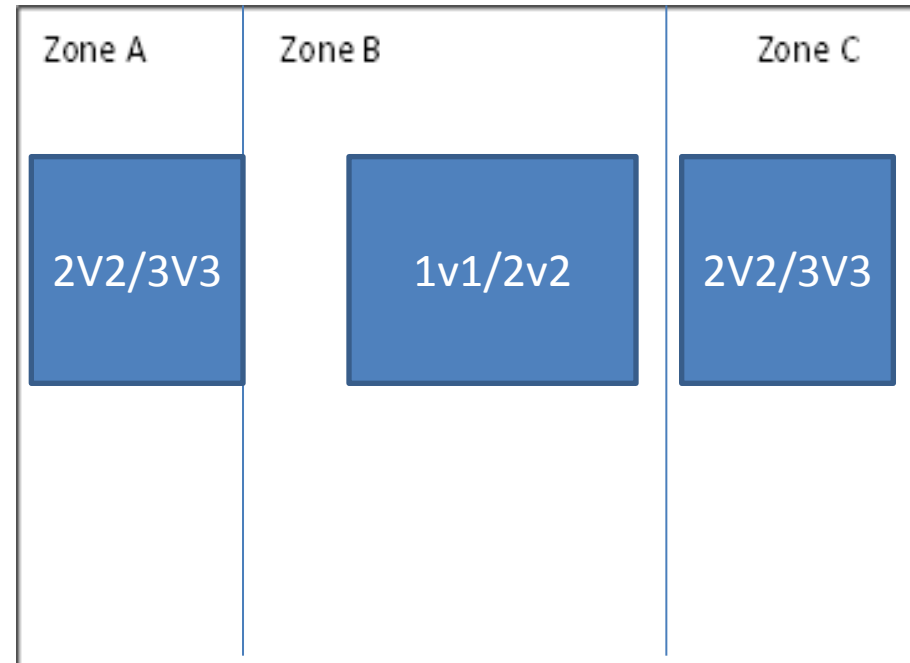
- **Zone B**

1V1 Midfielders are a link:
win & deliver quality ball
inside

- **Zone C**

As per Zone A

- **Coaches lateral movement, winning possession & quality delivery**



30 Yard Pass

- 2 Teams
- Space Dependent on Numbers
- Score by completing a 30m pass
- 5 points per score 1 point per 3 handpasses completed
- Encourages quick delivery, movement from attackers and support of player with the ball

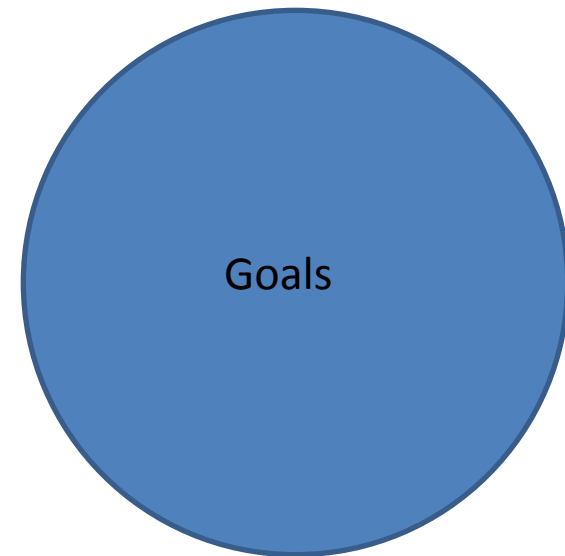
45-Endline, Sideline-Sideline

or

65-Endline, Sideline-Sideline

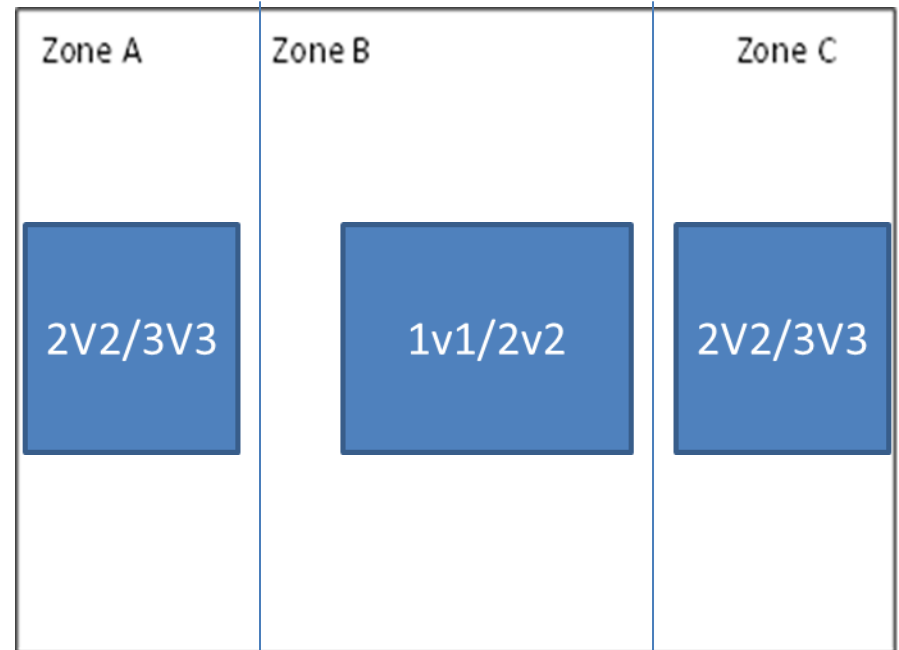
Circle Score

- Portable goals in middle of circle ▲
- 2 teams
- Full Rules
- Must score from outside the circle
- Play from all angles ▲
- Coaches winning possession, being patient in taking a shot, working the ball into a good position, movement and changing point of attack



3 Part Pitch

- Zone A- Defence, keep possession at all costs, build the break away.
- Zone B- Transition, Set Up, At Pace, Delivery, Fast Ball.
- Zone C- Score, support.



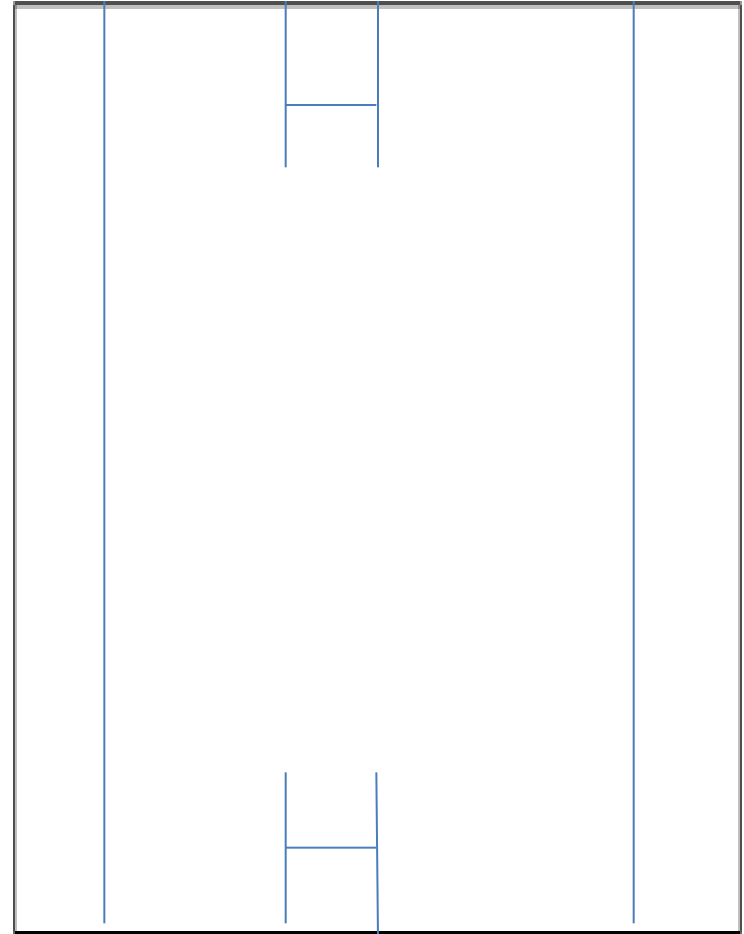
Out to In

- 6v6 as in backs & forwards
- Must carry sliothar through one of gates on 65m line to start an attack
- Quick transition, makes forwards work hard on turnovers. Very intense so promotes quick accurate delivery and support play on break out.



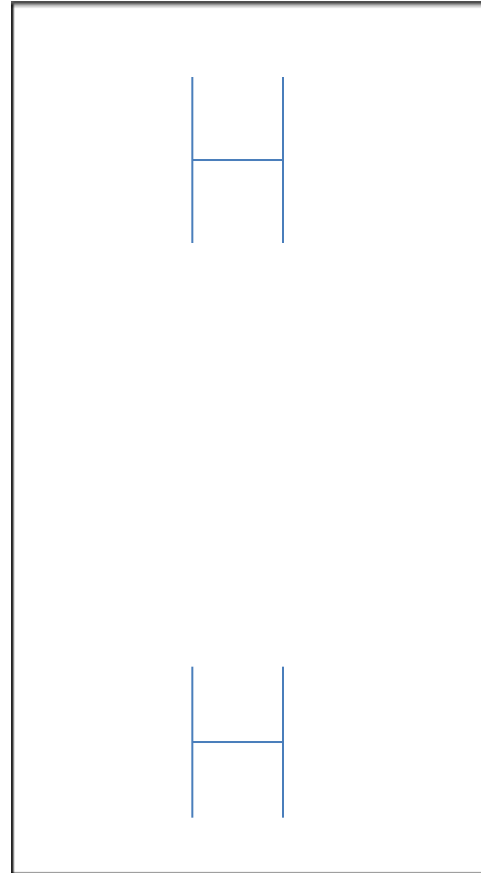
Wideman

- 1 unmarked player from each team per channel
- No one else can enter channel
- Normal Game apart from this
- Promotes playing with width, quick transition with defenders breaking down wings



Transitions

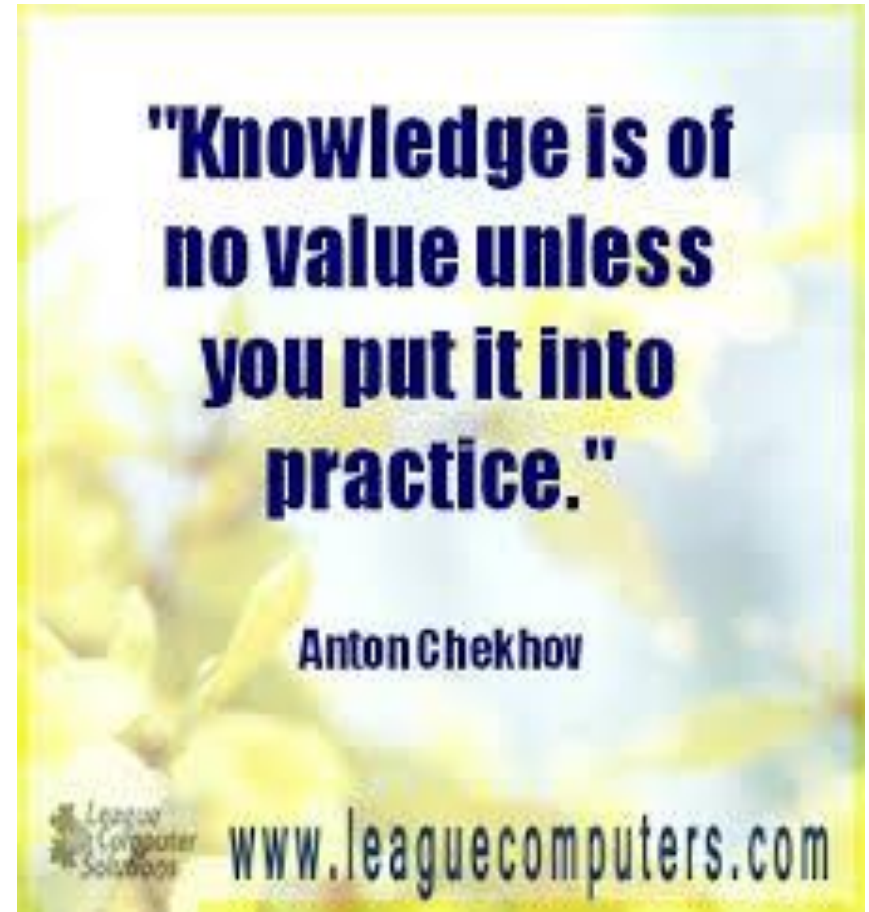
- 45x25m area
- Portable Goals/ Poles
- Few groups of 2-3 at each goal.
- Attackers go for goal
- Once score/ a wide occurs, group at that goal attacks so attackers must become defenders
- Develops breaking at pace and taking goal chances





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Action gets things done

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**"Knowledge is of
no value unless
you put it into
practice."**

Anton Chekhov

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