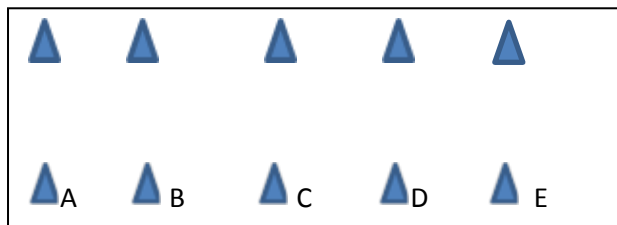


Legacy Coaching Programme

JJ Doyle: Developing Attacking play

1. Touch & Pass



5 Groups

1st Player rounds cone (15-20m away) and delivers back to group

A- Strike Low

B- Hand Pass

C- Strike hard off ground for bounce

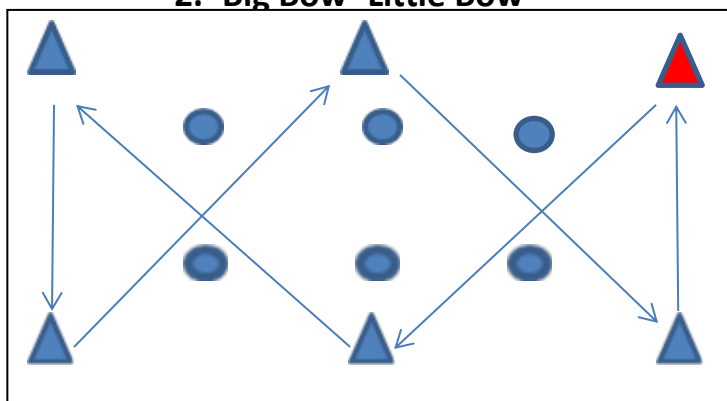
D- Throw/Strike for High Catch

E- Strike to Hand

On whistle Group A move to B and so on.

Change after approx. 1 min

2. Big Bow- Little Bow



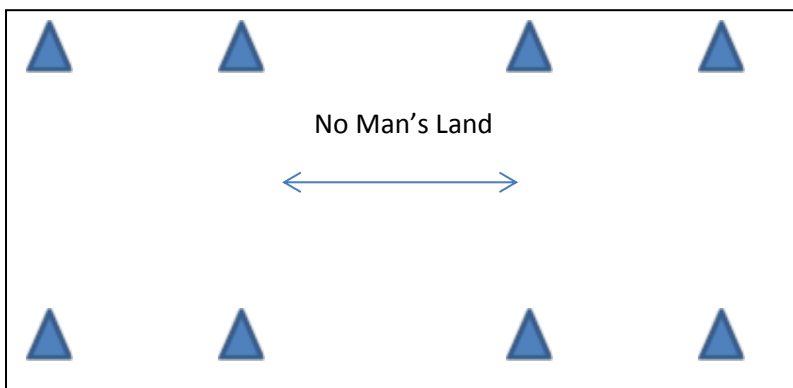
Triangles-20m apart

Circles- 10m apart

Start at red- Strike/Hand Pass in direction of arrows.

On call of Little Bow, players must get organised on the cones (circles) of the smaller area and continue drill. Call Big Bow or little bow as often as coach wants.

3. No Man's Land



6 Players in each square (20x20)

3v3 in each square: reds & greens

red's together and greens together

Complete 1 hand pass to a team mate

in your square and complete a pass to

a team mate in far square, over no

man's land (20m).

4. Possession

3v3/4v4

Square size depends on number of players inside

3 passes = 1 point

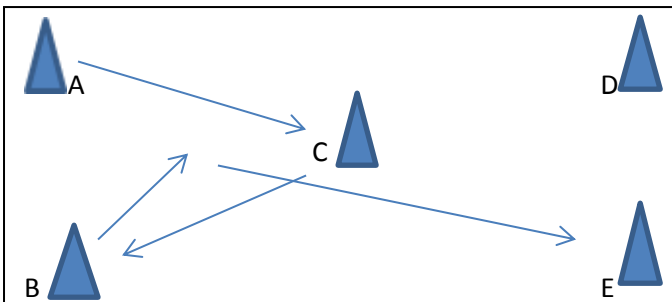
When ball goes out of square opposite team to who hit it out gets possession.

5. Gates Game



- Square size depends on number of players inside
- Score a point by penetrating a set of poles
- Focus on moving ball quickly and support play

6. Time Your Run



A Strikes to C

C Handpasses to B

B Handpasses to A

A Handpasses to E

E&D Repeat in opposite direction