

## Legacy Coaching Programme: Wknd 1

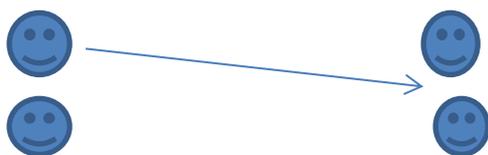
### JJ Doyle: Winning Primary Possession & Breaking Ball

#### 1. Number Ball



- Number players 1,2,3,4
- Players Jog outside of the square
- Coach calls number and strikes ball into square
- Players with this number enter square and fight for ball
- Once you win the ball get it to coach
- Coach can move to give a good option or stay stagnant depending on who wins ball.

#### 2. Cross Field Primary Possession



- Groups on 4
- 2 on 1 sideline
- 2 on other sideline (shorter distance if necessary)
- 1 player for Pair 1 strikes high or low to Pair 2 who fight for ball
- Whoever wins the ball strikes across to Pair 1 who then fight for ball
- Repeat

#### 3. Work the Middle



- 1 Player on each sideline
- Group of 2 in the middle
- Ball struck from every second sideline
- Players in middle must win the ball and return to where it came from
- High or low ball or mixed together
- Work players for 30 secs-1 min and then swap outside players in

#### 4. Read the Break



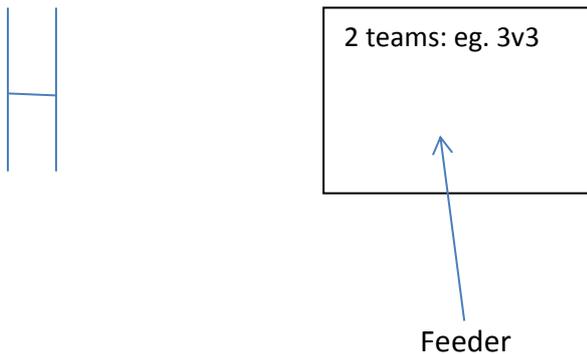
- 1 girl in middle C
- 2 groups of 2 at either side of this girl A&B, D&E
- A strikes to C who breaks ball
- B&D contest break
- Winner strikes to see who breaks ball for A&E to contest

#### 5. War



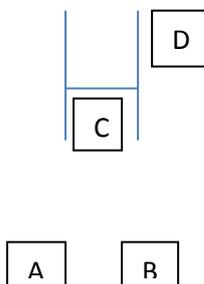
- 1) Group A strike ball (high or low) to Group B who fight individually for ball  
Ball winner strikes to other group
- 2) Break into teams of 2 in each group work together to win ball  
One of winning pair strikes to other group

#### 6. Pass to Score



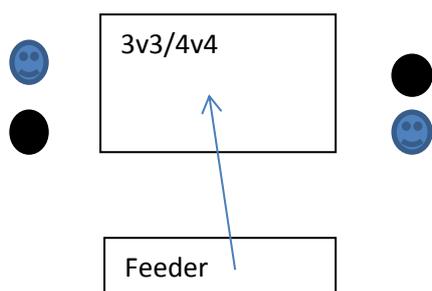
- 2 teams (3v3/4v4/5v5 etc.) in square
- Feeder strikes into square
- Teams must win ball and complete pre-determined number of passes before working a score
- The more passes needed the harder the game is

#### 7. 1v1 Win & Score



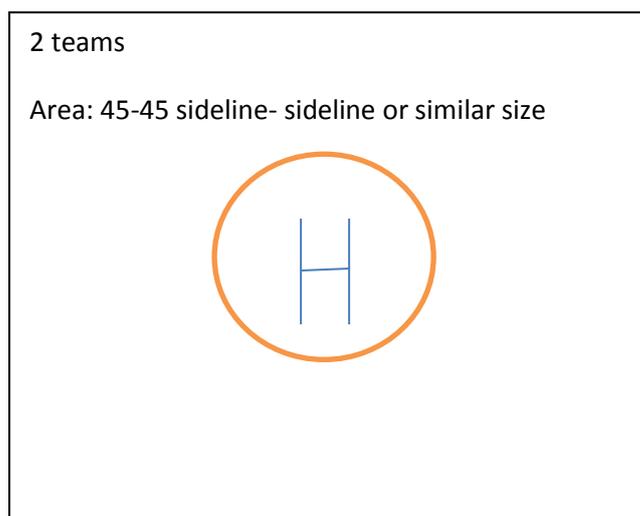
- AvB fight for ball
- Goalkeeper- C
- Retriever- D
- D strikes ball out between A&B
- Once A or B wins ball they must score a goal through evasion poles/ portable goals past goalkeeper C

## 8. Win & Pass



- Feeder strikes ball in to large square
- 3v3/ 4v4 in this square
- Team who wins ball must get a pass out to their teammate outside the square
- Team mates (Black/Blue) try to prevent each other from gathering the pass out.

## 9. Circle Score



- Portable goals in middle of circle
- Use outside square as boundary
- 2 teams
- Full Rules
- Must score from outside the circle
- Play from all angles
- 1 point per point scored
- 2 points if you score and someone on your team wins clean possession at other side