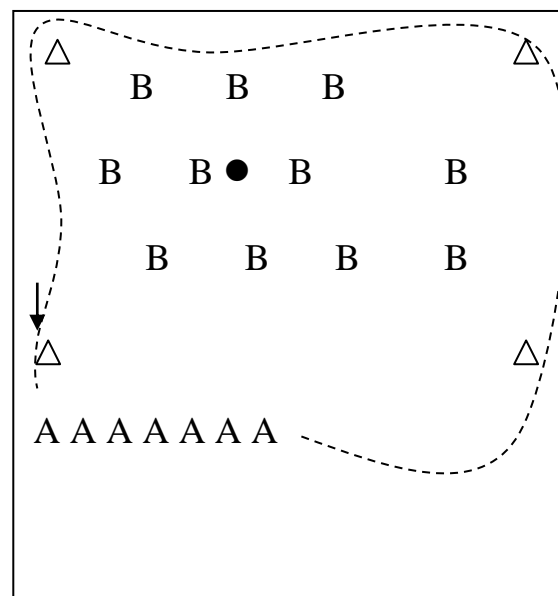


LAPPER:

1. Divide players into two teams.
2. Players from Team A stand on the baseline side by side. Players from Team B spread out all over the playing area.
3. A player from Team A (A_1) throws the ball in and starts running around his team. The team counts out loud how many laps he completes.
4. Meanwhile Team B must retrieve the ball, queue up very close to each other and pass the ball over their heads. When ball reaches last person in Team B he runs to the top of the queue and all players shout "STOP". A_1 also stops running at this point.



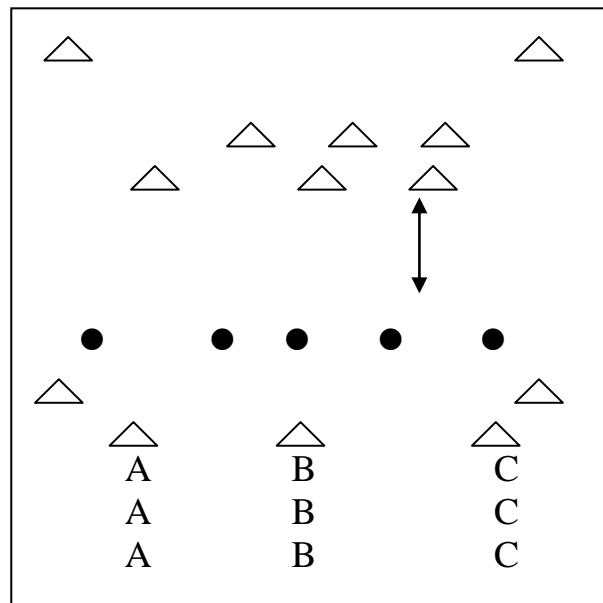
5. Game recommences with a second player A_2 , throwing the ball and continues until all players have thrown ball. At this point both teams change position.
6. Winner is team with most laps.

Progression:

- 🏆 Players sit down and pass ball over head
- 🏆 Pass ball along right and left side
- 🏆 Pass ball under legs

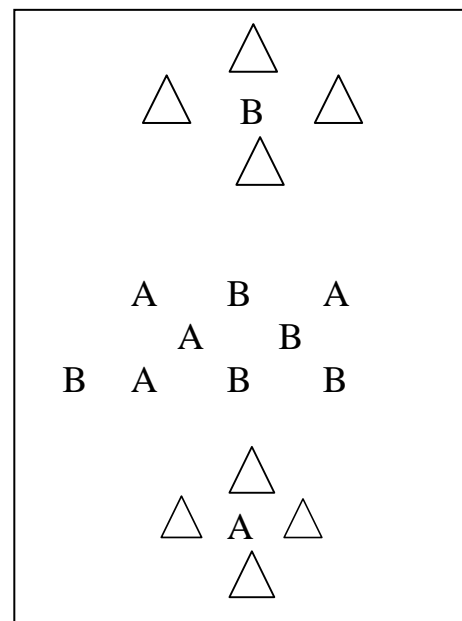
BALANCE BALL:

1. Divide the group into 5/6 teams.
2. Place all the footballs you have at the top end of the grid.
3. Place the same number of cones at the bottom end of grid.
4. On the coaches whistle one team at a time the players must pick up a football and solo back to the cones and place football on the cone.
5. This is against the clock - so fastest team are the winners. Add on time if player fails to solo or if a football falls off cone.



FIND THE KEEPER:

1. Mark out the pitch and place a circle of cones at each end for the goalkeeper.
2. Play 5v5 or 6v6.
3. Aim of the game to work the ball back to your own keeper giving him/her a hand pass, scoring a point by doing so.
4. Allow players one bounce, one solo also.

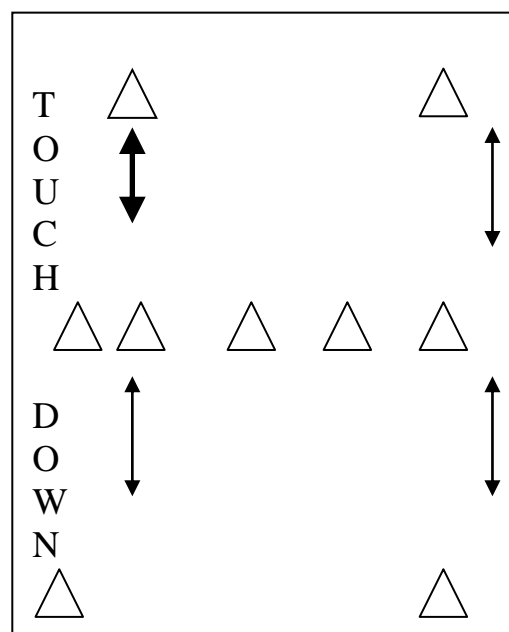


TOUCH DOWN:

1. Set up two grids of 20m x 20m.
2. Coach picks 4 teams of five aside.
3. The aim of the game is to score a Touchdown/Try.

Players must solo the ball to carry it and Handpass the ball backwards.

4. For a score a player must touchdown over the opposition's line.
5. Only open hand tackles allowed to dispossess players (i.e. No rugby tackle).



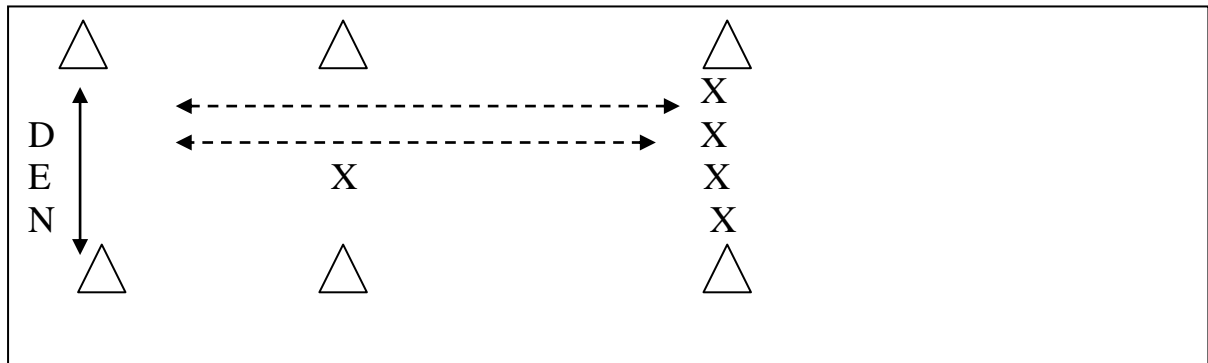
IRISH BULLDOG

1. Organise players as shown in diagram.
2. Player one calls a name. That player must make it to the den without being caught or running outside the grid. If he/she is successful then everybody can run simultaneously. They also try to make it to the den without being caught.
3. However if the player is caught then that person is on also.
4. Occasionally player one or the coach may call "IRISH BULLDOG". When this occurs everybody must run trying to make it to the den.
5. You may get players in middle to link hands when 4 or 5 players have been caught. They cannot break link and only two outside players can actually catch.

Variations:

- 🏈 Individuals must solo when their name is called.
- 🏈 Also player one has a ball and must solo.

🏆 Any other players who are caught during the game must also solo.

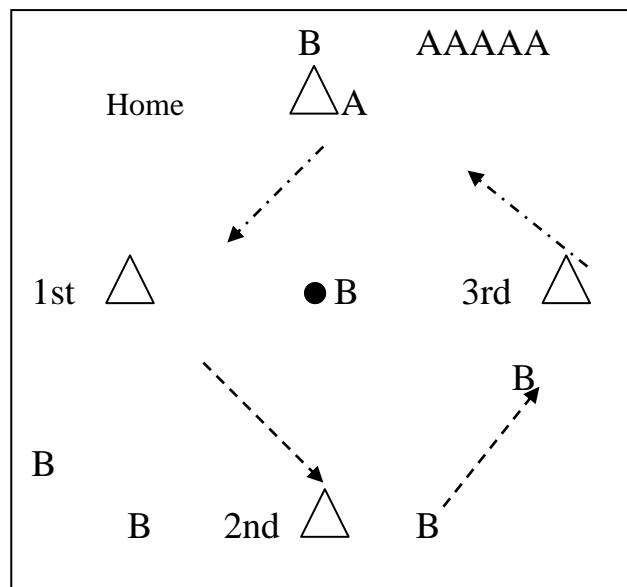


CASTLE BALL

1. Select 3 players to be the "Kings of the Castle".
2. These 3 players must protect each of their castles (Balls placed on cones).
3. The rest of the players are then arranged into a circle around the 3 kings.
4. The group have 2 - 3 footballs to be passed around the group by hand passing or kick passing.
5. However for a group member to become "A King" they must throw the ball and try to knock the king's football off the cone.
6. The group may not shoot when the king is replacing the ball on the cone.
7. Players may not step inside the castle area to shoot or retrieve a football. The kings will return any footballs, which may be in their area.
8. Aim of game - to become a king of the castle.

FOOTBALL ROUNDERS:

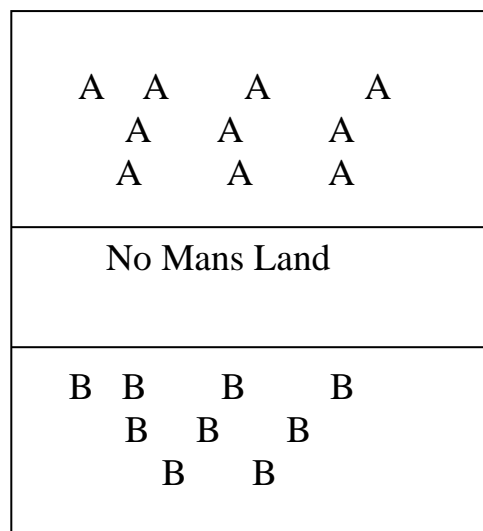
1. Divide players into 2 teams.
2. Same rules as rounder apply.
3. Can only tag base not the player.
4. Set up a target of cones for the bowler to aim for.
5. Give player 3 chances to kick ball.



6. A catch from an out field player can only knock out the player who kicked it
 - not the whole team.
7. Change the kicking team and out field team.
 - When Every one on kicking team has kicked once
 - or
 - When three players are knocked out.
8. Home run = 5 pts full lap
 A run = 1 pt broken lap
9. Player must solo ball to carry it.
 Players must Hand pass /kick pass ball - can not throw it.

NO MANS LAND

1. Set up grid as shown.
2. Divide players into two teams.
3. Team A makes three handpasses within their grid and then kicks across no mans land to team B.
4. If the ball is not caught, Team A score a point. Team B repeats process.
5. Ball must enter grid at head height.
6. If team A kick the ball outside the grid or into no mans land, Team B gets a point and so on.



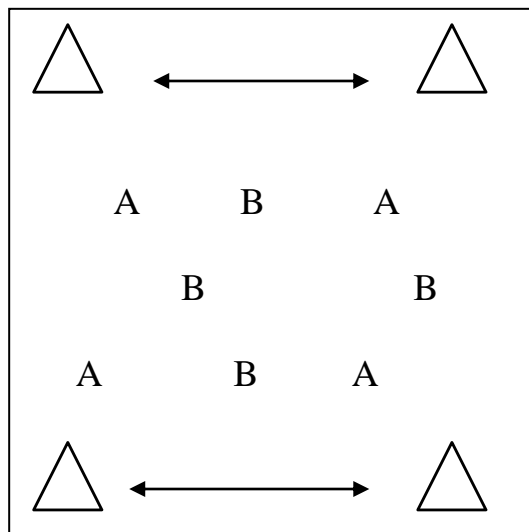
Variations:

- 🏆 If the ball is dropped during the hand passing a point is awarded to opposite team.
- 🏆 Play "knockout" whereby as each player fails to catch the ball or is nearest to it when it hits the ground, they are out of the game. Continue until you have a winning team (i.e. no-one left in opposite grid).
- 🏆 Play "Back In" whereby when a player has been knocked out they go behind grid of opposition and try to clearly catch any ball that passes over the opposition. They cannot stand inside the grid - they must remain behind it. Any player who catches the ball can come back into their team's grid. However if they do not catch the ball their teammate must join them behind opposition's grid.

GAELIC RUGBY:

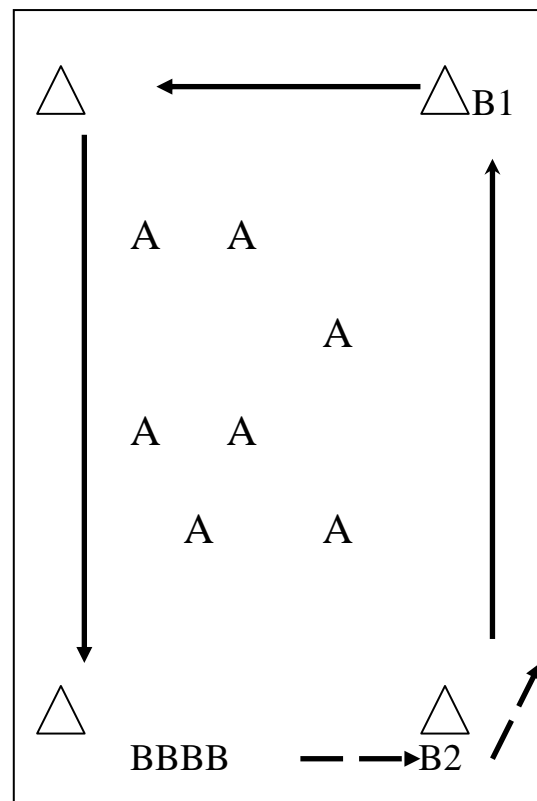
1. Organise a large playing area of 30m x 30m.
2. Coach picks two teams.
3. The aim of the game is to cross the opponent's line while in possession of the ball.
4. The ball may be picked off the ground and it may also be thrown.
5. Players are allowed to run with the ball under their arms.

When tagged, place ball on the ground for another player to pick up and continue game.



STOP BALL:

1. Divide the players into two teams.
2. Team A stand inside the grid while Team B stands at the base line.
3. Player B1 of Team B throws the ball in and starts running the bases. Players from Team A retrieve ball and throw it back behind baseline.
4. When ball passes that line Team A shouts "STOP" and B 1 must go back to nearest base.
5. Another player B2 repeats. At same time B1 can move on.
6. A run is scored each time a player completes a lap = 1 point/run.
If he/she manages to go around without being stopped = 3 points/run.
7. Players cannot run with ball in their hands.

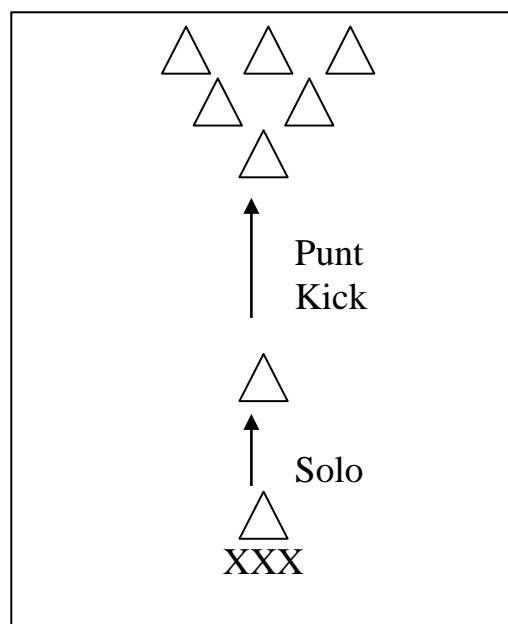


Variations:

- 🏆 Players must make 3 passes before they throw over base line.
- 🏆 3 players must solo ball before they throw over base line.
- 🏆 The ball must be rolled under 3 players' legs before they throw over base line.

SKITTLES

1. Set up cones as shown in diagram.
2. Divide the group into two teams.
3. Place a player out opposite each team to retrieve ball and organise cones.
4. Players take one solo then punt kick to try and knock cones.
5. Competitions:
 - *2 minutes to see which team can knock the most cones.
 - *1st team to knock all cones.
6. Change player behind the cones after each practice or competition.



CAT AND MOUSE:

1. Divide players into two teams and set up teams as shown.
2. Team A take their place in the circle while Team B form a straight line.
3. Team A throws ball from one player to the next, counting each catch.

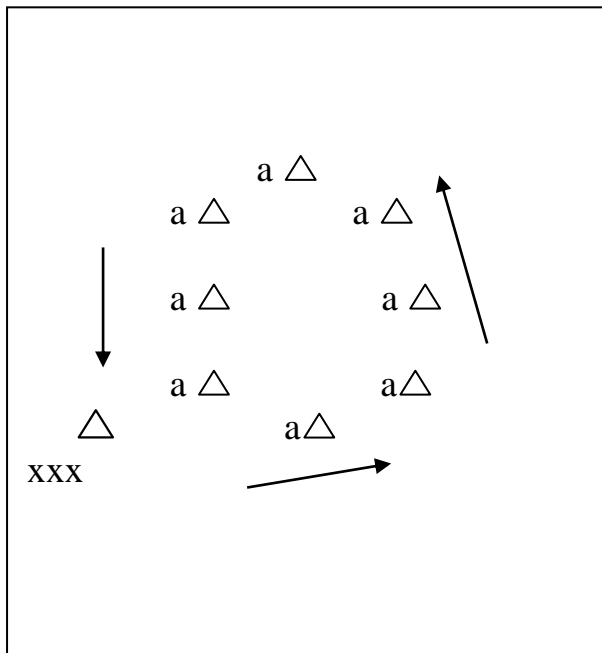
Meanwhile Team B sprint (one or two players at a time) around the outside of the circle once each.

4. Switch Team A and Team B positions after Team B have completed the sprint.

5. The winning team will be the team with the most catches.

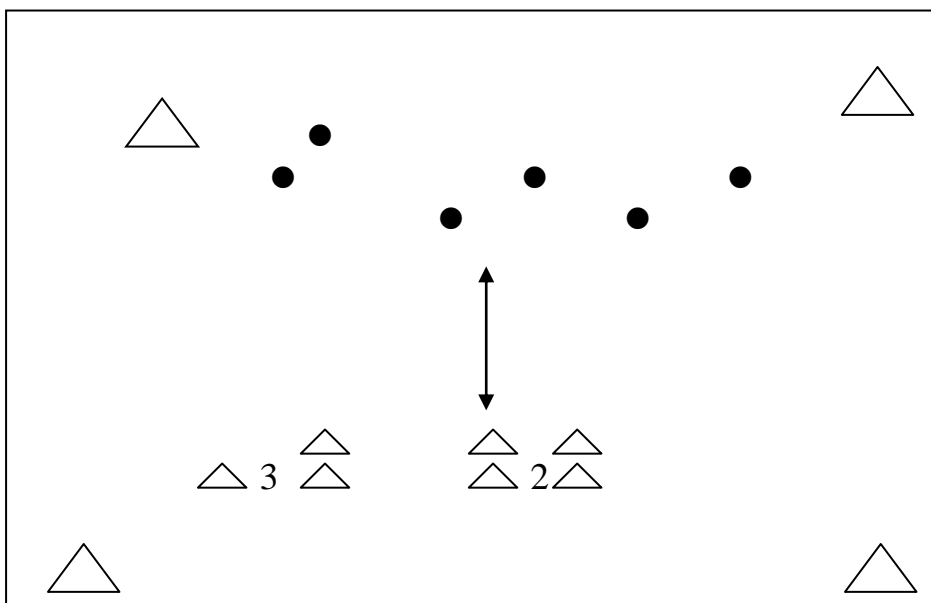
Progression:

- 🏆 Score back to zero if ball is dropped.
- 🏆 Give a football to team B who now Solo around the outside rather than just sprinting.



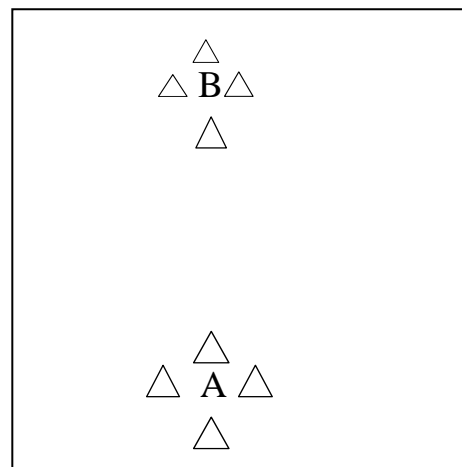
SCRAMBLE

1. Divide group into five or six teams.
2. Place all the footballs at the top end of the grid.
3. Set up three circles of cones at the bottom end of grid.
4. On the coaches' whistle, one team at a time, the players must pick up ball - solo to cones and place footballs into the circles, according to what the coach has instructed.
E.G. Circle 1 = 3 Footballs Circle 2 = 4 Footballs
Circle 3 = 1 Football.
5. This is against the clock so fastest team are the winners.
6. Add on time if players fail to solo or if incorrect amount of footballs are in circles or if they roll out of circle.
7. Coach may change quota of footballs in each circle for 2nd and 3rd rounds.



FIND THE KEEPER

5. Mark out the pitch and place a circle of cones at each end for the goalkeepers.
6. Play 5v5 or 6v6.
7. Aim of the game to work the ball back to your own keeper giving him / her hand pass, scoring a point by doing so.
8. Allow players one bounce one solo also.

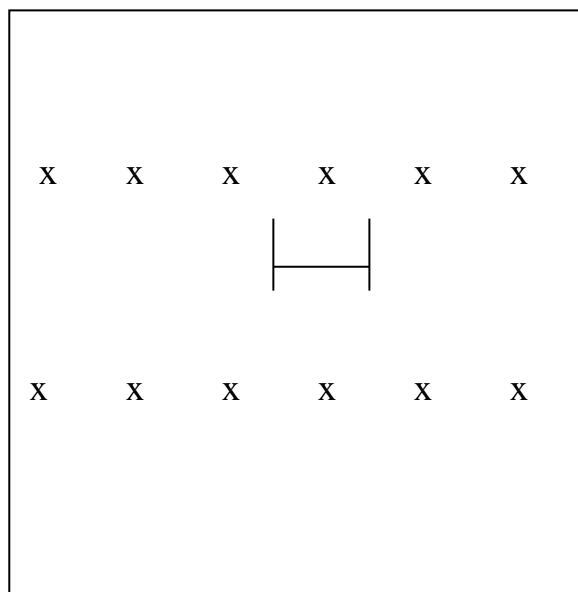


FUN GAMES:

SHOOT OUT:

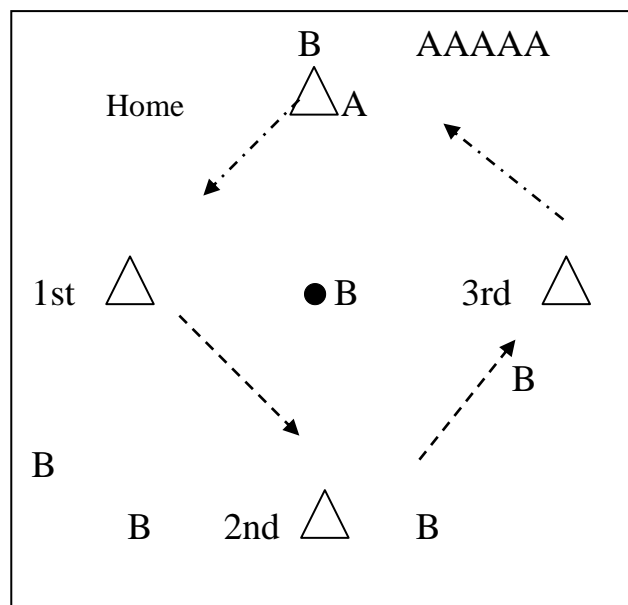
1. Mark out a rectangular shaped pitch with cones.
2. The goalposts or cones should be in the centre point of the pitch.
3. Divide group into two teams.

* A minimum of three hand passes must be performed before a shot is allowed.



FOOTBALL ROUNDERS:

10. Divide players into 2 teams.
11. Same rules as rounder apply.
12. Can only tag base not the player.
13. Set up a target of cones for the bowler to aim for.
14. Give player 3 chances to kick ball.



15. A catch from an out field player can only knock out the player who kicked it
 - not the whole team.
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17. Home run = 5 pts full lap
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18. Player must solo ball to carry it.
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