

MODIFIED FOOTBALL GAMES

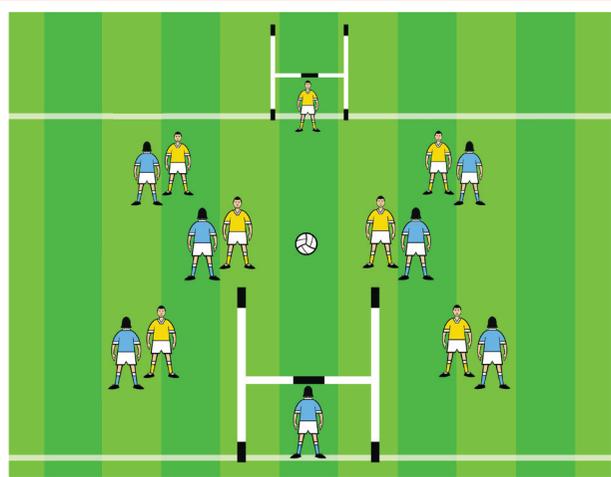
Modified games are versions of Gaelic football that can be used as a stepping stone to the playing of Gaelic football according to the full rules. Games are modified to promote the development of a certain aspect of the game. Games can be modified by adapting the Playing Numbers, the Playing Area, the Playing Rules or the Scoring System.



PLAYING AREA MODIFICATIONS

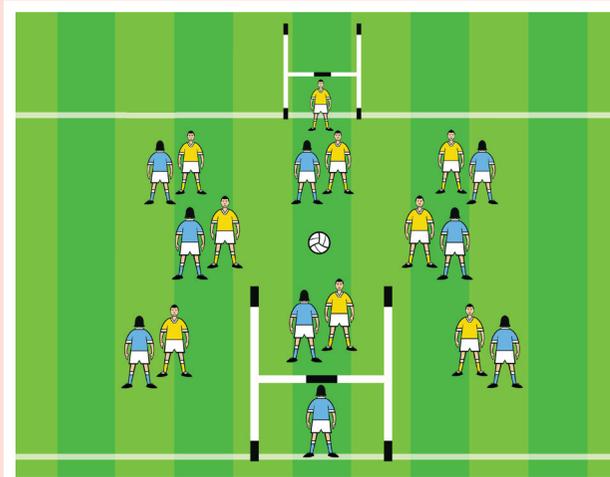
- Reduced length/width of pitch
- Introduction of Zones/Specific areas of play

PLAYING NUMBERS



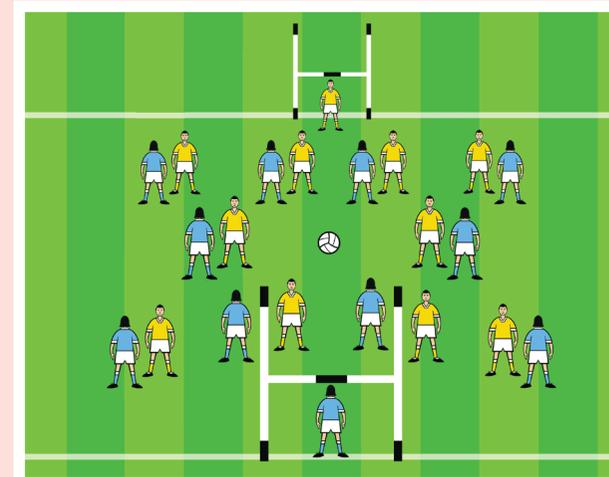
7 A SIDE

Reducing the playing numbers to 7 a side ensures that there is maximum space on the playing pitch. Line out the teams as one goalkeeper, 2 defenders, 2 midfielders and 2 attackers.



9 A SIDE

Using 9 players per side ensures that there is more team work and communication required between defenders and attackers. Line out the teams as one goalkeeper, 3 defenders, 2 midfielder and 3 attackers.



11 A SIDE

11 a side can be very similar to the full game, but allows for additional space in the half back/forward lines and full back/forward lines. Line out the teams as one goalkeeper, 4 defenders, 2 midfielder and 4 attackers.

PLAYING MODIFICATIONS

PLAYING RULE MODIFICATIONS

- Player in possession not permitted to solo run with the ball
- Player in possession restricted to one toe tap and one bounce when solo running with the ball
- Player in possession who takes hand/fist pass not permitted to make hand/fist pass
- Team in possession only permitted to make 2/3 successive hand/fist passes
- Player who is fouled or who is nearest to where offence occurs or ball crosses the sideline to take the free kick
- Player awarded mark for overhead catch in specific zone
- Players not permitted to score with the hand unless the ball is in flight
- Team in possession permitted to make a limited number of passes before scoring attempt/ or must make a scoring attempt within a certain time limit - 3 Second Game
- All free kicks to be taken from the non-dominant side
- Pay the price game
- Shoot from distance.

SCORING SYSTEM MODIFICATIONS

- Points only allowed
- Goals only allowed
- Fist Points only allowed
- Double score awarded for scores with non dominant hand / foot
- Double score awarded for long range points or points scored from acute angles
- Double score awarded for successful conversion of sideline kick
- Double score awarded if player scores when the ball is in flight
- Double score awarded when free kick or penalty kick is converted
- Double score awarded if a free is converted from the same place as a score from play
- Double score awarded if designated player scores or provides final pass for score.



VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.