

GO GAMES



Introduction



What are Go Games?

The term *Go Games* has its origins in children's sport. When children play amongst themselves, every child will get a 'Go' and will do so for the entire 'Game'. Hence the term 'Go Games'.

They can be defined as small sided skill development games—individually known as First Touch (under 8), Quick Touch (under 10) and Smart Touch (Under 12) - where the playing rules and equipment are modified to ensure that participants develop basic skills of the game and derive maximum fun and enjoyment while doing so.

The more confidence that players have in their own ability and the greater the level of enjoyment that they derive from developing and expressing this, the more likely they are to maintain a lifelong involvement in *Gaelic Games*.

"Results of studies show that, both in terms of technical, tactical and physical development, improvements will be greater when participating in small-sided games, while greater levels of activity, enjoyment and satisfaction clearly provide a counterpoint to the main reason for drop-out among children; not having fun or not experiencing a sense of involvement and achievement!"

BENEFITS

- Promotes full participation by all
- Caters for the development needs of all players
- Maximum enjoyment derived from involvement
- More touches of the ball by all players throughout all areas of the pitch
- More shots on goal
- More efficient use of facilities (multiple games on pitch)
- Repeated decision making experience
- The ball is in play more often
- Emphasis on player development rather than winning and losing
- Better success rate leads to improved quality of play, self-esteem and player retention
- The game is easier to understand
- Freedom of expression - no positions in early stages
- Less perceived stress on players
- Less perceived pressure from parents and coaches
- Parents are more likely to volunteer for SSG's

What are we, as a County Board, proposing?

Ladies Gaelic Football has been thriving in the Dublin over the last number of years with approx. 7,000 registered members, 63 clubs and new clubs and players are joining the Association on an ongoing basis. It is essential that the county has the proper games structures in place to deal with the surge in numbers involved and more importantly that we remember the most important people involved - the players.

Under age football in Dublin has grown significantly in the past number of years with competitions at all ages from U.9 up to Minor. It has been observed by many of our members that Ladies Gaelic Football has gained a more competitive nature in recent years and it is widely known and researched that this can be detrimental to the development of the young girls involved in the sport. All involved must remember that every child must develop at their own pace and by adding extra pressure they lose vital elements which can be a barrier to their overall development. We have seen the success of the small sided games structure at under 9 and 10 level and we now want to introduce this to under 11 also.

We have engaged with Croke Park to guide us on best practice in recommending standard approaches on games structures and we intend to tweak those to meet Dublin's requirements. Included in the next few pages are an outline of the proposed games at under 10 and under 11 levels that are best practice.

How will these Games work?

For e.g. It has worked well to run North and South Regions with three leagues in each region. Two of these leagues could be two team leagues and one a one team league however, it really depends on how the clubs in Dublin feel it would work best for us. All games should take place at a venue at the same time and all teams should be selected on equal ability. These small sided games will give new and younger referees a chance to gain experience before they move up also.

The fee for the referee will be €20, i.e. €10 per team per game.

There will no points awarded for matches as no league tables on display.

There will be a coordinator responsible for each of these age groups to ensure all fixtures go to schedule which is the system that Dublin operate today. It has also worked well where a minimum of three development blitzes are organised for each age level to compliment the non-competitive league structures.

To assist in the proposed structure of our competitions a workshop will be held on Tuesday 6th September where clubs can come along and get a further insight to the "Go Games" and provide feedback on proposed structures that may go towards forming recommendations for AGM.

UNDER 10



Go Games



AIM

To improve basic technical skills and develop tactical awareness/ prowess i.e. decide on best option in terms of making use of and/or creating time and space when on the ball

PLAYING RULES

The official rules of the Ladies Gaelic Football Association will apply to all games however the following exceptions will apply:

- Play to commence with a throw in from the centre of the pitch including after a score
- During the second period players must play the ball away by kicking it with the non-dominant foot or striking it with the non-dominant hand/fist
- The ball may be carried for four steps before bouncing or soloing—players are restricted to two touches i.e one solo, one bounce or two solos
- A player who is fouled takes the free and when an opponent fouls the ball e.g overcarries it, the player nearest to the ball takes the free
- The opponent nearest to where the ball crosses the sideline, takes the sideline kick from the hands
- Opposing players to be at least 5m from the player taking the free kick, sideline kick or kick out. Free kicks should be no closer than 13m from opposing line. No penalty kicks.
- There are no 45's, any ball behind the end line is a wide ball and will be a goal kick
- Backs/forwards must remain in zone they are assigned/ midfielders can enter any zone

SCORING SYSTEM

- 3 points when ball is played over the crossbar
- 1 point when ball is played under the crossbar

EQUIPMENT

- Well secured portable goal posts—4.57m x 2.13m, 10ft x 6ft (training poles may be used if necessary)
- Bibs or jerseys
- Cones for marking out zones and end lines
- Size 3/ quick touch footballs



PLAYING THE GAME

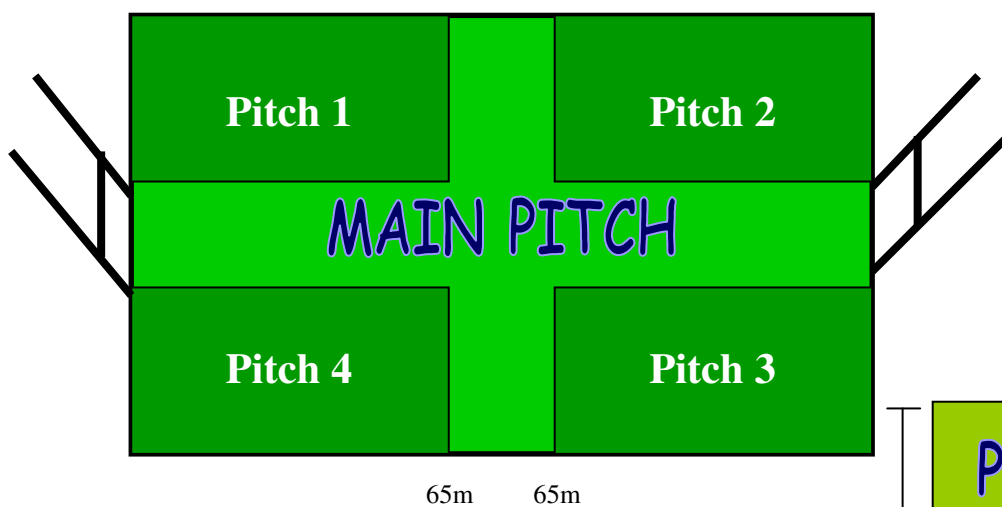
- 9 v 9—players should be of mixed ability
- Unlimited substitutions but preferably only where necessary
- Playing area 65m x 40m (full pitch divided into 4 areas)
- Team lineout 1-3-2-3 - 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Two zones. Defenders/ attackers to remain within assigned zone—midfielders can enter either zone
- All players rotate positions after each period. Teams can also change sides

TIME DURATION

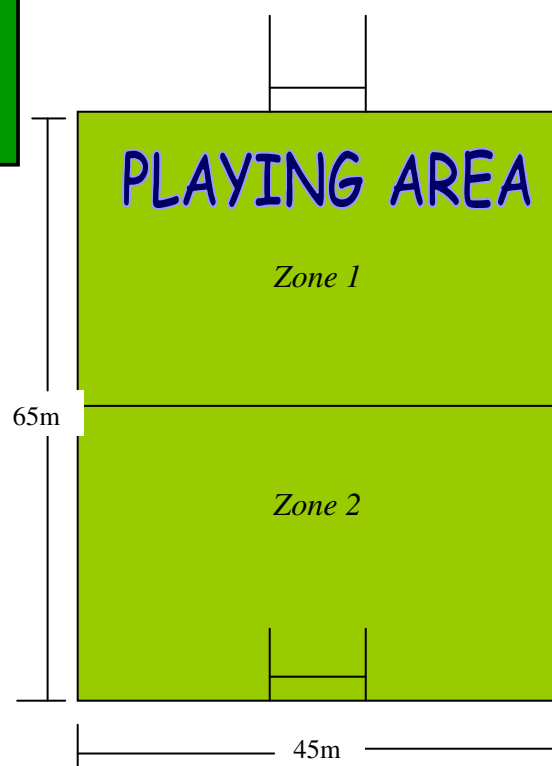
- Three periods
- 15 minutes per period



RECOMMENDED PLAYING AREA



- The main pitch can be divided into 4 Playing Areas
- Each Playing Area is divided into 2 zones



UNDER 11



Go Games



AIM

To allow players to develop their technical skills consistently in a dynamic environment while also enhancing team play

PLAYING RULES

The official rules of the Ladies Gaelic Football Association will apply to all games however the following exceptions will apply:

- The ball may be carried for four steps before bouncing or soloing—players are restricted to two touches i.e one solo, one bounce or two solos
- A player who is fouled takes the free and when an opponent fouls the ball e.g overcarries it, the player nearest to the ball takes the free
- The opponent nearest to where the ball crosses the sideline, takes the sideline kick from the hands
- Opposing players to be at least 5m from the player taking the free kick, sideline kick or kick out. Free kicks should be no closer than 13m from opposing line. No penalty kicks.
- Teams are also awarded bonus points for a block or a high catch. Important to award good skill execution

SCORING SYSTEM

- 1 point when ball is played over the crossbar
- 3 points when ball is played under the crossbar
- Point for block or high catch

EQUIPMENT

- Well secured portable goal posts —4.57m x 2.13m, 10ft x 6ft (training poles may be used if necessary)
- Bibs or jerseys
- Cones for marking out zones and end lines
- Size 4/ smart touch footballs



PLAYING THE GAME

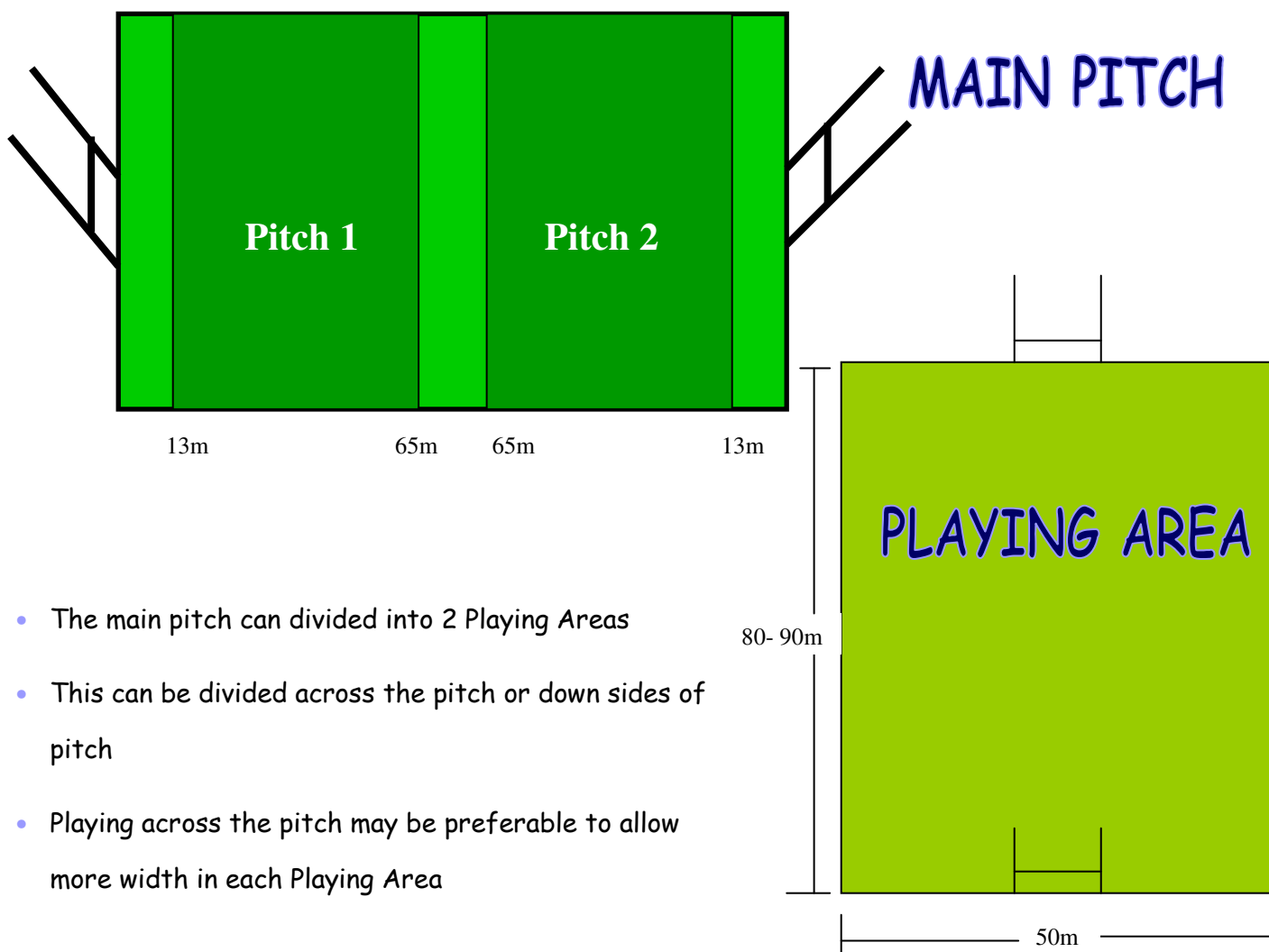
- 11 v 11 —players should be of mixed ability
- Unlimited substitutions but preferably only where necessary
- Playing area 90m x 50m (full pitch divided into 2 areas)
- Team lineout 1-4-2-4 - 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- No zones - free movement permitted
- All players rotate positions at half time. Teams change sides at half time also

TIME DURATION

- Two halves
- 20 minutes per half



RECOMMENDED PLAYING AREA



- The main pitch can be divided into 2 Playing Areas
- This can be divided across the pitch or down sides of pitch
- Playing across the pitch may be preferable to allow more width in each Playing Area