



## WEBINAR 8

[www.growcoach.ie](http://www.growcoach.ie)

### Creating Space in Attack v Mass Defence

#### Timing of Webinar Contents:

00.10 Introduction/Contents/Why Defend Deep

	<b>Creating Space</b>	<b>Video Footage</b>
02.12	Fill the 5 channels	Galway v Roscommon
05.50	Using a trailer outlet & quick transfer	Galway v Roscommon
08.19	Using width in attack & runners	Galway v Mayo
12.58	No Breach runners – static attack	Kildare v Mayo
14.45	Breach runners	Galway v Dublin & Kerry
19.30	Dribble hand off	Armagh v Mayo
22.00	Movement patterns v mass defence	Galway v Monaghan/Tyrone & Roscommon

#### **SPORTS PERFORMANCE**

28.44 The Power Train

#### **GROWCOACH GOLD**

33.52 Runners Causing Chaos

#### **QUESTIONS & ANSWERS**

35.44 Most important aspects to breaking down a mass defence

37.03 Training timing of runs & Advice to players getting lost inside opposition defence