



**Equipment:** 1 ball, 12 markers  
**Name:** Gilmore Tag Drill  
**Category:** Passing v defenders  
**Group Size:** 15 players  
**Area:** 20m x 20m field

### Drill Explanation

- Stage 1. There is no offside. Players can move anywhere in the grid. There are 2 teams – attacking team has the ball and the defensive team is attempting to tag a member of the attacking team. Once tagged, possession goes to the defending team – who now become the attacking team
- Stage 2. Attackers may pass the ball at random around the grid in an attempt to pass to a teammate who is standing in either the Red or White scoring zones. The attacking team must get 2 passes in before looking to score in the scoring zones.
- Stage 3. Red zone is worth 3 points; White zone is worth 1 point
- Stage 4. Attacking players may only stand in the scoring zone for a maximum of 3 seconds. Team that does score keeps possession

### Key Points

- Attackers must be constantly on the move – “*pass and move*”
- All players must be aware of space and where the possible scoring options are
- Communication between all players is vital
- Attackers must use vision and anticipation as to be in the right place to avoid being tagged by a defender
- Coach must keep the score and set a time limit for the drill

### Variations

- Allow kicking options
- Vary the size of the grid to suit numbers
- Vary the size of the ball used for variety