



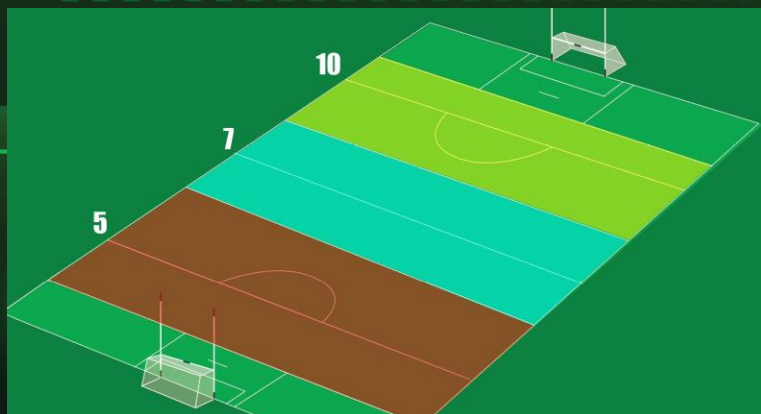
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

10-7-5 Seconds Game - The aim of this Small Sids Game is to develop good First Touch and Catching while in transition at speed. Players should look to provide support for player in possession to ensure ball is transitioned to end zone to score.



EQUIPMENT

- 1 x Football
- 6 players per grid
- 16 x Space Markers
- 60m x 20m Grid
- 2 x Bib Sets

ORGANISATION

- Set up 60m x 20m grid with 3 equal zones. Two teams (3 v 3) aim to Solo (or Bounce) the ball across opposite end line to score.
- Team in possession must keep possession of the ball for 10 seconds in their Defending zone, 7 seconds in their Middle zone and 5 seconds in their Attacking zone, before crossing their end line to score.
- If a team regains possession in their Attacking or Middle zone, they must solo back to their Defending zone before restarting the game.
- Hand pass with both Left & Right hand within game.
- Set up as many grids as necessary to accommodate all players in the squad.

VARIATION (STEPR)

- Must score within a set number of passes in the attacking zone.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Play "Keep Ball" in the Defending zone, "Set Up Ball" in the Middle zone and "Score Ball" in the Attacking zone
- How best to support player in possession?