



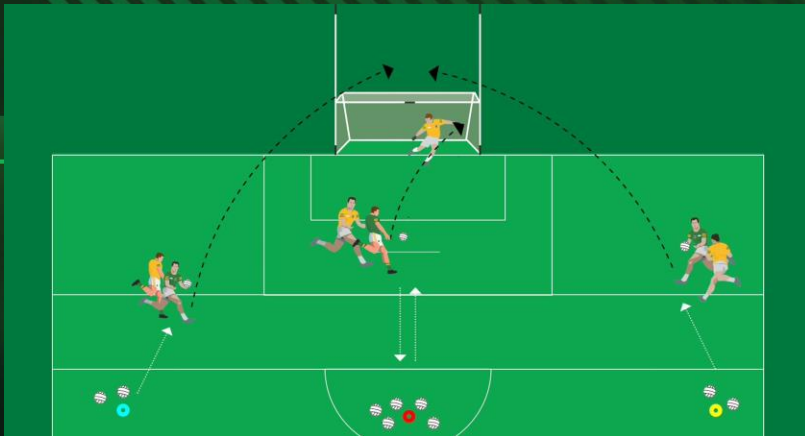
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

1 v 1s into 3 v 3 - The aim of this blocked practice is to develop one v one tackling with aggression towards the ball not the man, taking on your opponent and shooting under pressure.



EQUIPMENT

- 12 x Footballs
- 9/10 players per grid
- 3 x Space Markers
- Half Pitch
- 2 x Bib Sets

ORGANISATION

- Set up three feeders with groups of footballs on 65m line. Keeper in goal.
- Three 1 v 1s start on the end line and run towards their feeders who are on the 65m line.
- The feeders play each attacker a ball. The two wide attackers must go for a point while the middle attacker goes for a goal.
- The first attacker who gets a shot off now quickly turns to get another ball from the middle feeder and the game becomes a 3 v 3 with the attackers trying to get a goal within 10 seconds or take a point.
- Rotate Attackers and Defenders. Change Feeders

VARIATION (STEPR)

- Ensure tackling from both left & right side
- Feeders to deliver ground ball

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each plays. What went well, what to improve?
- Look for shooting under pressure and defending one v one
- Near Hand Tackle - look for Timing, Step Across, Shoulder to Shoulder, use of Near Hand, move ball to defender's advantage