



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

2 Ball Tackling - The aim of this blocked practice is to develop tackling both left and right sides. Players should look to shadow player in possession and tackle the ball.



EQUIPMENT

- 2 x Footballs
- 2 players per grid
- 8 x Space Markers
- 15m x 15m Grid
- 2 x Bibs

ORGANISATION

- Set up 15m x 15 m square with 2 players and 2 footballs in each square.
- Player 1 starts with 2 footballs in hands and will attempt to keep footballs from player 2 who will be attempting to dispossess player 1.
- Player 2 will take 4 steps each time and solo ball with either right or left foot but using alternate foot each time and taking 4 steps between each solo.
- If player 2 dispossess a ball from player 1 they get 1 point for each ball dispossessed. On dispossession of a ball, allow player to pick up ball to continue activity with 2 footballs in hands.
- Activity will run for 1 minute with 30 seconds recovery between each game. Rotate roles of players each time. Run this activity for 4 x 1 minute.

VARIATION (STEPR)

- Change size of grid

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each play. What went well, what to improve?
- What type of tackle to use?