



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

2 v 1 Tackling - The aim of this blocked practice is to develop tackling on the ball. Players should be look to deny space and block passing channels.



EQUIPMENT

- 1 x Football
- 3 players per grid
- 8 x Space Markers
- 15m x 15m Grid
- 2 x Bib Sets

ORGANISATION

- Set up of 15m x 15 m square with 3 players and 1 football in each square.
- Player 1 and Player 2 will attempt to keep football from Player 3 while staying in the square.
- Player 1 and Player 2 are allowed 1 play only between each pass and can only use hand pass to pass to partner.
- Player 3 must attempt to intercept or tackle football to get it back. If Player 3 intercepts he will swap positions with the player who lost ball and activity continues.
- Activity will run for 1 minute with 30 seconds recovery between each game. Rotate roles of players each time and run this activity for 4 x 1 minute on with 30 seconds off after each minute.

VARIATION (STEPR)

- Change size of grid
- Add more players (e.g. 3 v 1)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Review after each plays. What went well, what to improve?*
- *What type of tackle to use?*
- *Close down space or pressure the ball?*