



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

3 in 1 Shooting - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players encouraged to take shots from different angles and distances.



EQUIPMENT

- 15 x Footballs
- 18 players
- 15 x Space Markers
- 3 x Bib Sets
- 8 Minutes

ORGANISATION

- Set up 3 shooting station on half pitch working into one goal. 3 players at each station and all players take a shot. 6 static stations manned by 6 players with a supply of balls support the 3 stations.
- Groups of 3 players position at cones in each shooting station.
 - 1** – Ball starts on 65m line and is kick passed direct to Full Forward position. FF feeds one of the runners who shoots. Other two runners peel off to static players, collect ball and shoot.
 - 2** - Ball starts at centre cone in station. Players runs to corner, offloads in a wrap, late runner collects ball and shoots. Other two runners peel off to static players, collect ball and shoot.
 - 3** – Three-man weave with centre player shooting. Other two runners peel off to static players, collect ball and shoot.
- All players rotate to different stations.

VARIATION (STEPR)

- Kicking of left side only

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Ensure kicking of both left & Right foot
- Check for balance and composure when taking the kick