



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

4 Player – 2 Ball Kicking - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players should focus on direct kick to partner over short distances.

EQUIPMENT

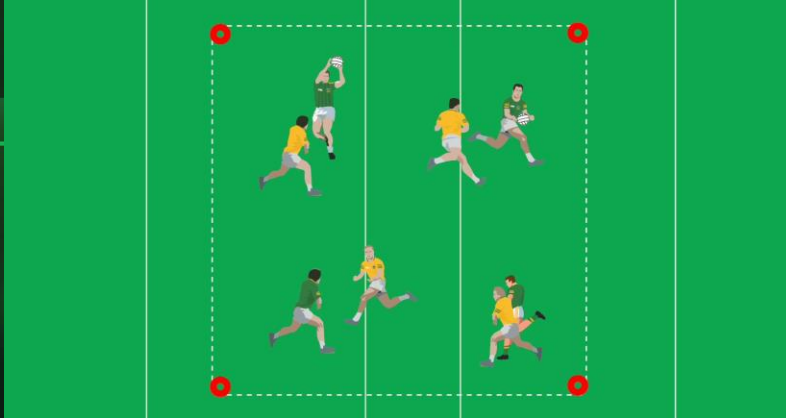
2 x Footballs

Groups of 4 players

2 x Bib Sets

Use Full Pitch

8 Minutes



ORGANISATION

- Divide players into groups of 4 players with 2 footballs per group. In each group coach will give player a number between 1 and 4.
- Player 1 and Player 3 will have footballs in hand. Players keep 20m distance between them.
- Player 1 will kick football with right foot to Player 2, while Player 3 using right foot will kick to player 4
- Players will now keep 2 footballs moving in sequence 1-2-3-4--1. Run activity for 2 minutes with 1 minute recovery x 3.
- Alternate using both feet kicking football

VARIATION (STEPR)

- Increase kicking distance
- Ensure groups of 4 players are interspersed

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

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