



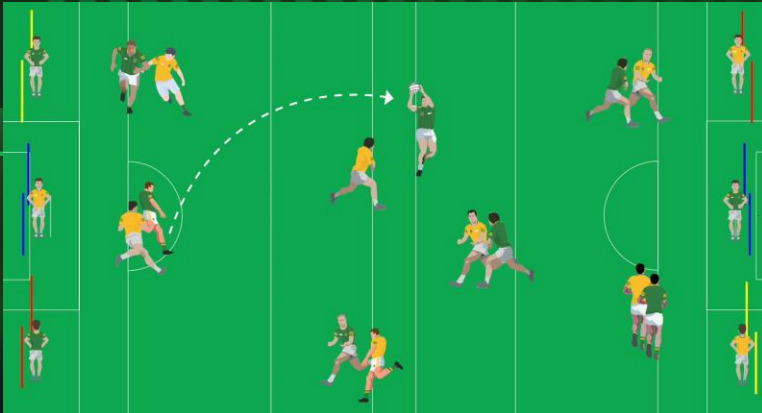
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

7 v 7 Kick Pass Only Game - The aim of the Small Sided Game is to improve kick passing by retaining possession and then transition to take shooting opportunity. Focus on technical ability of players to kick and solo with both feet.



EQUIPMENT

- 2 x Footballs
- 7 players per team
- 2 sets of Bibs
- 8 x Space Markers
- 45m x 65m pitch
- 12 x Poles
- 15 minutes**

ORGANISATION

- Set up pitch 65m x 45m pitch with 3 sets of small goals 3m wide at each end of pitch. .
- Divide players into two teams of 7 v 7 or based on numbers present.
- The conditions of game are one touch only and players can only solo or kick pass . A team scores by soloing or kicking through any of the opposition's goals.
- Conditions can be varied in this game as shown below.
 - All right solo all right kick passing and scoring
 - All left solo all left kick passing and scoring
 - Left or Right solo with left or right kick passing and scoring
- Each game to be played for 3 minutes on with 1 minute off for recovery and feedback from coach.

VARIATION (STEPR)

- Simplify by allowing play of the ball (solo) between kick pass
- Change of possession on bad first touch

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Where to provide support when a player is in possession? (ABB)*
- What is needed to transition to a scoring opportunity? (move into space)*