



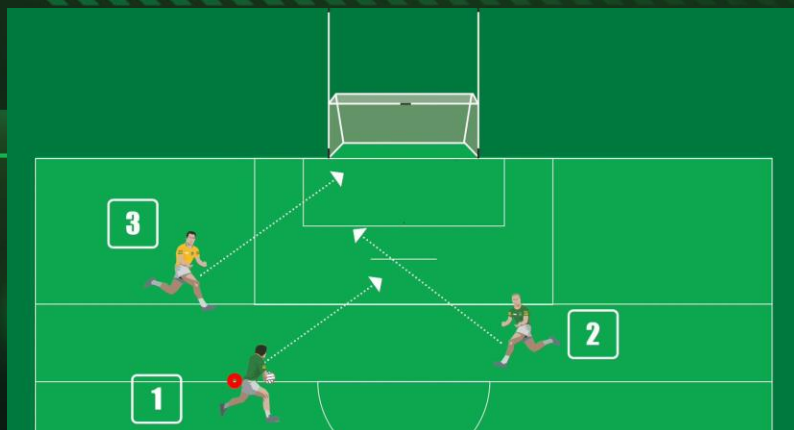
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Angled Shooting - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players should focus on timing of support run and composure when kicking for scores.



EQUIPMENT

- 1 x Football
- 3 players
- 3 x Space Markers
- 1 x Goals
- Half Pitch
- 8 Minutes**

ORGANISATION

- Divide players into groups of 3 as shown in diagram 25 m from the goal posts.
- Player 1 will start with ball in hand and solo with right foot towards player 2 who is coming in at an angle to meet player 3.
- On receiving the football player 2 will pass the football with right hand to player 3 who will attempt to score a point with right foot from an angle out wide.
- Continue activity for 3 minutes take 1 minute recovery and swap to opposite side of pitch and use left hand and left foot on this side

VARIATION (STEPR)

- Add player 1 as defender?
- Change to fisted score

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Ensure kicking of both left & Right foot*
- *Check for communication between players*
- *Look for timing and angle of the support runs*