



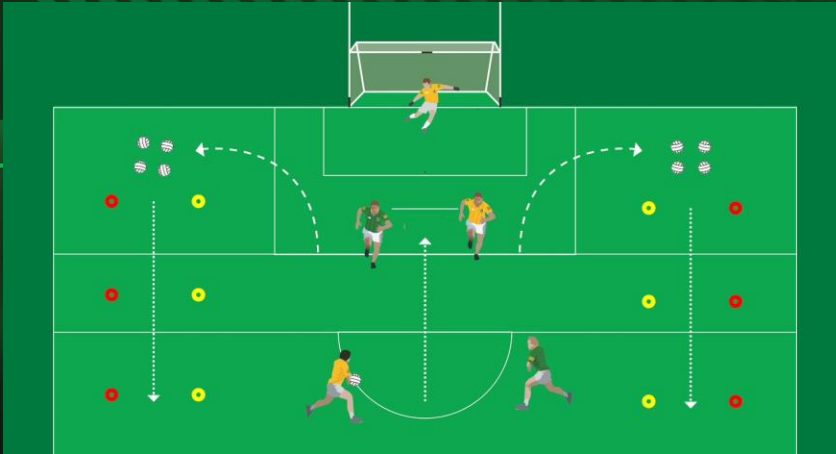
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Attack & Defend - The aim of this blocked practice is to develop tackling on the ball. Defending players should look to work as a pair and as individuals. The focus in the activity is on the defending technique



EQUIPMENT

- 10 x Footballs
- 8 players per grid
- 12 x Space Markers
- 15m x 5m channels
- 2 x Bib Sets
- 8 minutes**

ORGANISATION

- Set up of 15m x 5 m channels either side of goals (20m apart) as shown in diagram
- Players take Attacking & Defending roles.
- Two Attackers try to work a score against two Defenders and Keeper
- Once they take a shot, the Attackers each take a ball from corner of each channel and solo up the channel and try to beat the Defender at the top of channel.
- If Defenders win Ball, they just clear it, and Attackers continue up the channel.
- Change roles so that all players have opportunity to defend in both positions

VARIATION (STEPR)

- Have keeper kick ball to Attackers
- Add an extra Defender

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each plays. What went well, what to improve?
- Use of Frontal Tackle. Look for Boxer stance, Quick Hands, Balls of the Feet, Timing
- Do Defenders closedown space or pressure the ball? Use of communication?