



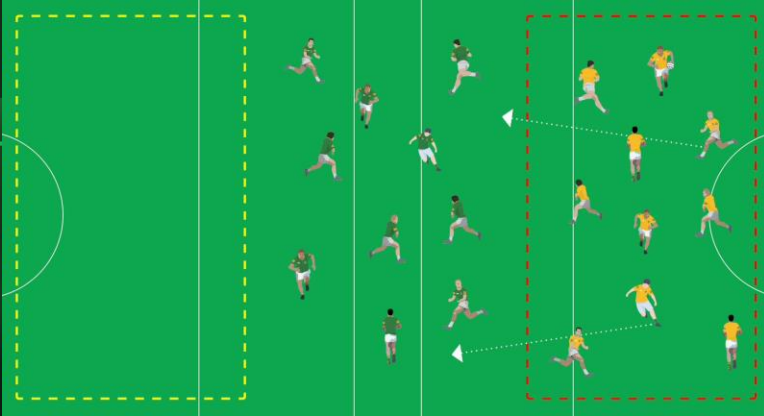
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Breakout Game - The aim of this practice is to focus on a Good First Touch and improve the confidence and quality of players' handling. Look for width and depth options, can players spot when to push, when to drop, when to get ahead of the ball and execute proper passing.



EQUIPMENT

- 1 x Football
- 8/10 players per team
- 2 sets of Bibs
- 8 x Space Markers
- Across Pitch between 45's

ORGANISATION

- Play 8 v 8 or 10 v 10 in grid. Agree scoring rules. Working across the pitch and between both 45m lines. Mark out two end zones
- Yellow team starts in one, the Green team can push up on them but cannot enter the Yellow team's end zone, the Yellow team have the ball and must try to get out of their zone and get it into the Green team's zone to score, once they leave their zone they can be tackled and cannot go back to their zone.
- If Green team turns the Yellow team over or vice versa they attack and score and the team that conceded starts again.
- Play game in 3 sets of 2 mins. Review play after each. Look for improvement in First Touch
- Adjust pitch size depending on the number of players per team.

VARIATION (STEPR)

- Allow only one play of the ball (hop or solo).
- Add a bad pass or touch consequence

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check if Players are providing options for player on the ball both out wide & deep?
- Check if First Touch improves (after bad touch consequence)?