



Meath GAA Coaching Activity

U13 - U16 Football Academy

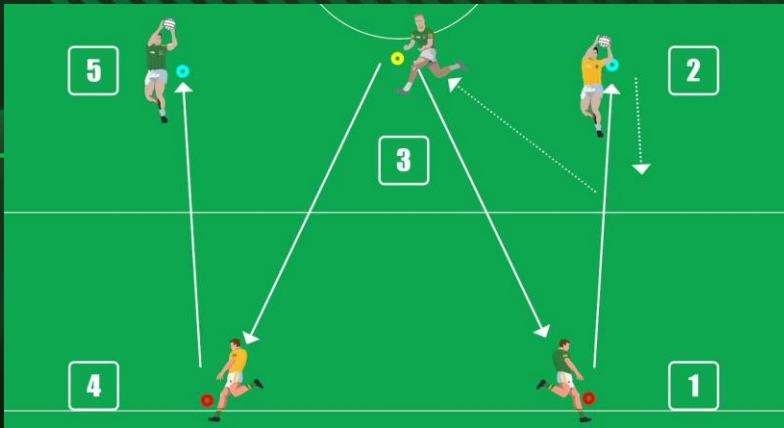


ACTIVITY NAME & AIM

Catapult Passing - The aim of this activity is to improve kick passing while focusing on first touch, good support play (give & goes) and timing of the support run.

EQUIPMENT

- 1 x Football
- 5 x Players
- 5 x Space Markers
- W Shape Grid with 20 - 30m lines
- 8 minutes



ORGANISATION

- Groups of 5. Set-up as per diagram.
- Player 1 kick passes to player 2 and follows his pass. Player 2 hand passes back to player 1 and moves to cone 1. Player 2 in turn hand passes to Player 3 and takes position at cone 2.
- Player 3 in turn kick passes using left foot to player at cone 4 and returns to his original position at cone 3.
- Player 4 now kick passes to player 5 and follows his pass. Player 5 hand passes back to player 4 and moves to cone 4. Player 4 in turn hand passes to Player 3 and takes position at cone 5.
- Player 3 in turn kick passes using right foot to player at cone 1 and returns to his original position at cone 3.
- Activity continues in this sequence. Continue for 90 secs and then change player at cone 3.
- Set up number of grids to accommodate all players

VARIATION (STEPR)

- Kick using non dominant foot.
- Use two footballs?

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on connection passing, working on give and goes, kick passing of both feet and timing of runs