



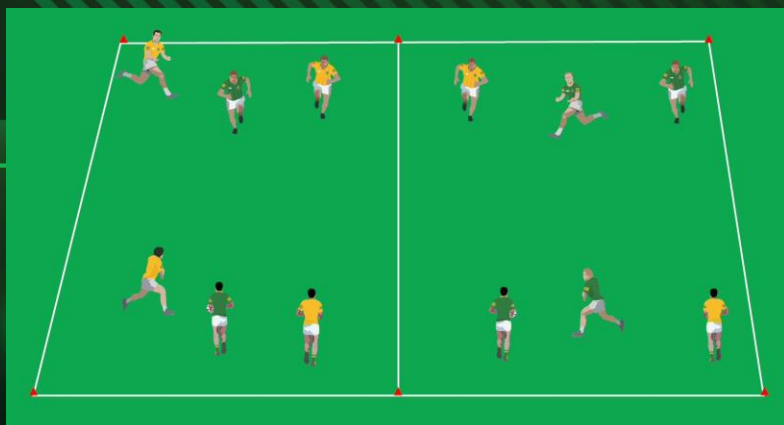
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Delay The Touchdown Game - The aim of this Small Sided Game is to develop tackling on both left and right sides. Players should be look to deny space and provide cover and depth as part of the defending.



EQUIPMENT

- 1 x Football
- 6 players per grid
- 6 x Space Markers
- 60m x 30m Grid
- 2 x Bib Sets

ORGANISATION

- Set up 60m x 30m grid with 3 v 3 teams.
- Each team is positioned at each end of the grid. Ball starts with one team in possession
- Team has a limited time to work the ball across the grid and over opposition end line, (count down from 10 to 0 seconds called out by the coach)
- Team without the ball drops off one player from this play leaving two to defend three (2 v 3).
- Rotate roles and repeat
- Players to solo & bounce with both left & right side within game.
- Tackling on the ball only.
- Set up number of grids as necessary

VARIATION (STEPR)

- Add more players (e.g 4 v 3)
- Reduce time to transition the ball over opposition end line

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after two plays. What went well, what to improve?
- What type of tackle to use - Near Hand or Frontal?
- What is the role of communication in this activity?