



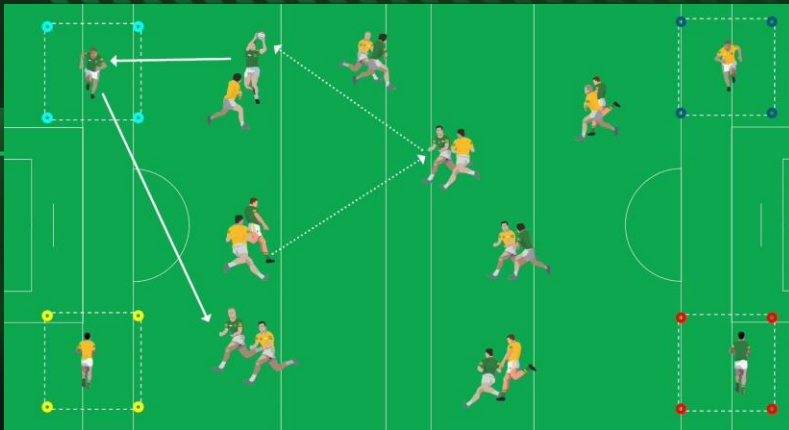
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Diagonals Game - The aim of this Small Sided Game is to develop hand passing on both left and right sides. Players should be aware of space and support lines of running. Look for quick transition between scoring boxes.



EQUIPMENT

- 1 x Football
- 10 or 12 players per grid
- 16 x Space Markers
- 40M x 30m Grid
- 2 x Bib Sets

ORGANISATION

- Set up with even teams 5 v 5 or 6 v 6.
- Ball starts with one team playing a possession game, they score by passing into either box that their teammate is in, he then leaves the box (he's replaced by the teammate who passed to him), and attacks on the diagonal trying to get the ball to other box.
- Play no touches, if the ball is turned over and the opposition can attack either of their two boxes. Cannot score in the same box consecutively there must be a breakdown first. Only nominated player allowed into box and can't be tackled inside. 1 point per pass into box.
- Hand pass with both left & right hand within game
- Set up as many grids as necessary to accommodate all players

VARIATION (STEPR)

- Allow one touch
- Must score within a set number of passes

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Quick transition from score to next attack.*
- How best to support player in possession?*
- What type of hand pass to use to the player in box?*