



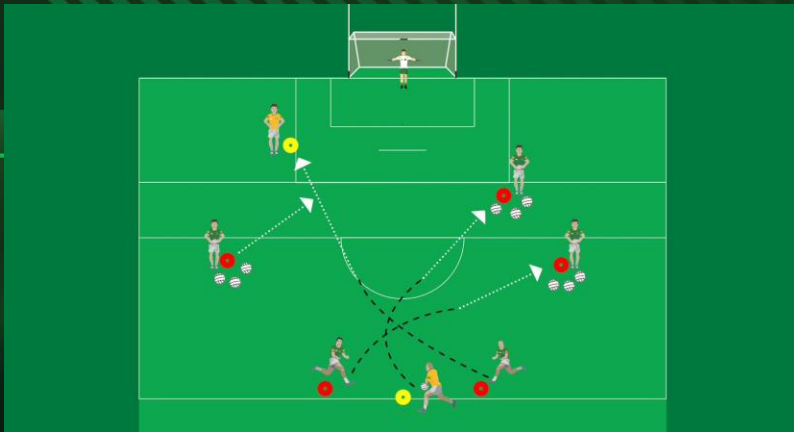
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Eye In Shooting - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players encouraged to pass and weave and take shots on goals.



EQUIPMENT

- 6 x Footballs
- 8 players
- 4 x Space Markers
- 2 x Bib Sets
- 8 Minutes

ORGANISATION

- Set up 7 stations on half pitch working into one goal as shown. 3-man weave at stations set 5m apart on 65m line. 3 players as feeders on centre stations and players (target) at station nearest goal. 2 or 3 players at other stations. Players at centre stations with footballs.
- Working from stations on the 65m line, 3 start players play a pass and weave routine, when the 1st player gets the ball back, he delivers a kick pass to an inside attacker, the other 2 start players peel off and get a ball from a feeder and go for a point each. The middle player drives down the middle and he receives a ball from a feeder before going for a goal.
- Keep the players rotating between weave stations on 65m line and inside stations. Only keep a few players on the inside station as we want them collecting and turning and shooting after receiving the long pass.
- Rotate players on feeder positions after set number of shots by other players

VARIATION (STEPR)

- Alternate shot on goals between left & right foot

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for balance and composure when taking the shot.
- What type of shot on goal? Power or placement. Shooting technique.
- Look for pace and good accuracy in the activity.