



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Fast Transition Game - The aim of this Small Sided Game is to focus on a Good First Touch and catching skills. Look for breaking at pace, speed of the ball carrier, 7mts rule – Ahead, Beside & Behind.



EQUIPMENT

- 1 x Football
- 3 Teams – 5/6 players per team. 2 GKs
- 3 sets of Bibs
- 8 x Space Markers
- 50m x 60m Grid
- 12 Minutes**

ORGANISATION

- 50m x 60m grid with 3 zones and goals in each end zone. 3 Teams (6 v 6 v 6) with 2 GKs. Adjust pitch to suit.
- Green team start with the ball and attacks either of the other teams. They have 5 seconds to get into the attack zone and go for a goal firstly, then point if it is not on.
- Once they shoot or are dispossessed the White or Yellow team attack the other team goal and have 5 seconds to get the ball onto that attack zone. Each team can tackle their opponents inside their zone but can't follow them into the centre zone.
- Play turnovers and restart each game after 3 mins with a new team in the middle.

VARIATION (STEPR)

- Allow one touch. Adjust size of grid.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Where should support be provided to player in possession? - ABB
- What range of passing is required in this game?
- How do you narrow down options for passing for the player in possession?