



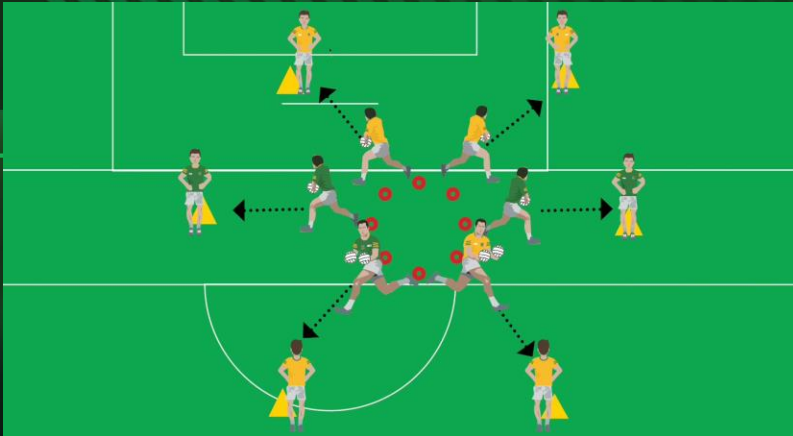
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Handpassing Circle - The aim of this blocked practice is to develop hand passing on both left and right sides. Players should focus on accurate hand passes to a partner over short distances, while partner should on timing of support run.



EQUIPMENT

- 5 x Footballs
- 10 players per grid
- 12 x Space Markers
- 30m & 12m Concentric Circles
- 2 x Bib Sets

ORGANISATION

- Set up circle using 6 cones 30m diameter with a smaller 12m diameter inside the large circle.
- Partner players up. Place 5 players on the cones on outside circle with a further 5 players inside small circle with each player inside small circle with 2 footballs in hand.
- On whistle, the 5 players in small circle take 4 steps on the move bounce football 1 with left/right hand take another 4 steps solo football with right/left foot and handpass both footballs to partner using right and left hand.
- Player 2 on receiving 2 footballs will solo/bounce back to inner small circle with 2 footballs using alternate right and left foot/hand.
- On reaching the inner circle he will continue the routine with a 2 hand passes back to Player 1 to continue cycle. Activity can run for 3 minutes with 1 minute recovery for spot and fixing technique.
- Run this activity for 3 x 3 mins with 1 minute recovery between each running of activity

VARIATION (STEPR)

- Make circle bigger or smaller based on ability of players
- Use different numbers of players to run this activity

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in direction of pass*
- Watch for throwing the ball; using wrong part of the hand*