



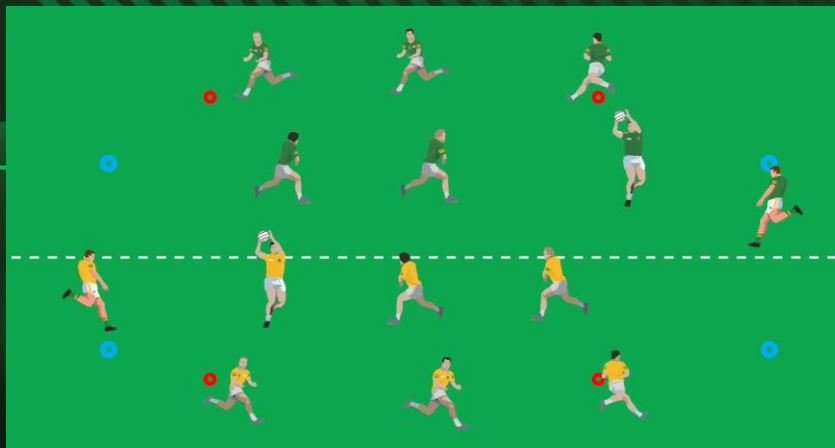
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

High Catch & Pass - The aim of this activity is to improve high catch while focusing on first touch, kick passing, good support play and winning breaking ball in the case of a knock down when competing for high catch.



EQUIPMENT

- 2 x Footballs
- 20m x 30m grid
- 3 / 4 / 5 Players per team
- 4 x Space Markers
- 4 x Poles

ORGANISATION

- 4 teams of 3 / 4 / 5 players
- Adjust grid based on number of players
- Coach (White) kicks ball between groups in square.
- Players must attempt to high catch the ball. 2 points for high catch
- Team who wins possession must work ball back to feeder
- Switch with groups on outside of square after each play.

VARIATION (STEPR)

- Feeder moves around outside of square.
- After two passes team attempt to score a goal (blue poles).

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- How does player make room to catch the ball? Use Hips to disrupt partner
- Look for Timing, Plant Foot (Feet), Drive Knee, Extend Arms (Hands), Eyes on ball, Spread Fingers, Land Running, Push Off after catch the ball, Support Play