



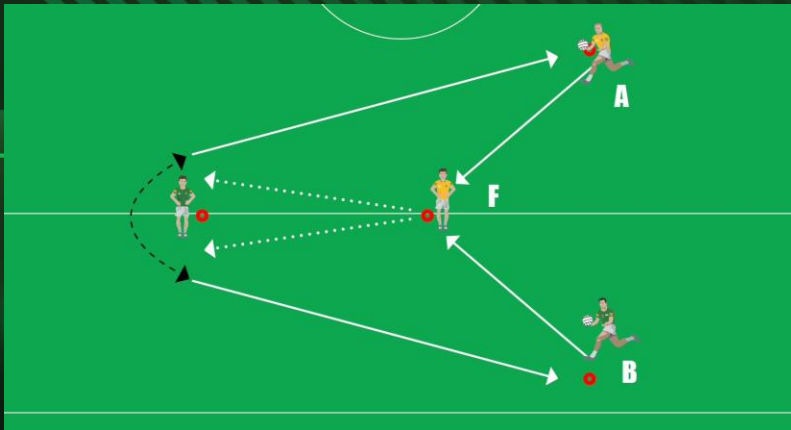
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

High Fielding Work - The aim of this activity is to improve the high catch, focusing on performing the technique at pace and offloading with accuracy to teammates.



EQUIPMENT

- 2 x Footballs
- 4 Players
- 4 x Space Markers
- 10m Triangle Grid
- 8 x minutes

ORGANISATION

- 4 teams of 3 / 4 / 5 players
- Feeder (Yellow) throws ball into the air to his right for Green player to move to his left and performs a high catch. Green player then hand passes ball to catcher A
- Feeder takes 2nd ball from catcher B and throws ball into the air to his left, while Green player moves back around cone to his right, performs high catch and hand passes ball to catcher B
- Feeder takes 1st ball from catcher A and sequence repeats
- Green player works for 45 secs performing high catches on both sides
- Rotate roles within group of 4. Each player working on high catch for 2 reps
- Add number of grids as necessary to accommodate player numbers

VARIATION (STEPR)

- Alternate hand passes to both catchers

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look for correct technique - Timing, Plant Foot (feet), Drive Knee up, Extend Arms (Hands), Eyes on Ball, Spread Fingers, Land Running (Push off after Catching the Ball).
- Player to work at high intensity. Check technique as player fatigues