



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

In and Out Shooting - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players encouraged to make angled runs and take shots on goals.



EQUIPMENT

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

ORGANISATION

- Set up 4 stations on half pitch working into one goal. 1 player (feeder) at centre station nearest goal. 2 or 3 players at other stations. Players at wide stations with footballs
- Ball is played from one of the wide players to bounce in front of the middle player, the deep centre player times his run to collect from middle player and shoot for goal.
- Player making bounce pass moves to centre station and replaces feeder. Feeder moves deep centre station. Shooter return to opposite wide station.
- Next ball comes from opposite wide station.
- Make sure first ball is played into the ground first before really upping the speed of touch and transition.

VARIATION (STEPR)

- Add a tracker on the shooter to put pressure on receiver.
- 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 shoot? Power or placement. Shooting technique