



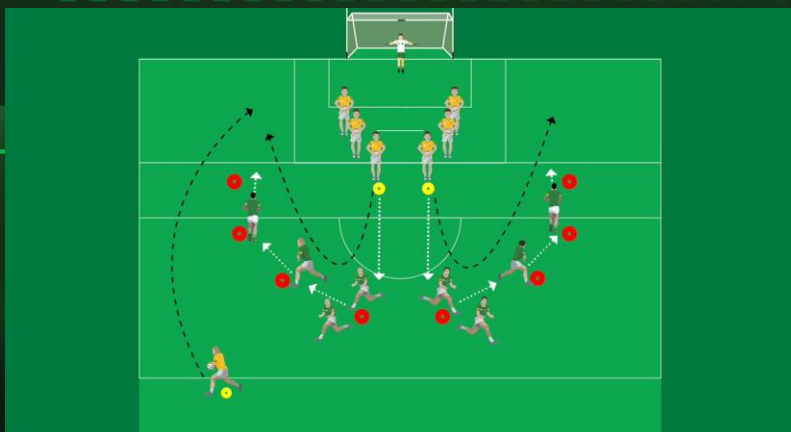
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Keep Him Outside - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players encouraged to work on footwork, quick hands, tackling and shooting under pressure.



EQUIPMENT

- 6 x Footballs
- 12 or more players
- 12 x Space Markers
- 2 x Bib Sets
- 8 Minutes

ORGANISATION

- Two shooting stations with pressure on the shot. Yellow players start on the D and pass out to the 1st Green player who transfers it to the next player, the 2nd player who plays the 3rd player who takes on trying to step inside to take a shot for a point.
- Yellow player must rush each pass controlling his feet and using his hands to put pressure on the passer's decisions before getting close to the 3rd Green player and using his near hand to tackle the ball and not let him inside to shoot.
- Each Green player moves to next station after his pass with a new player stepping in to take 1st position.
- Swap sides to ensure kicking and handpassing of alternate sides
- Rotate players on feeder positions after set number of shots by other players

VARIATION (STEPR)

- Alternate shot on goals between left & right foot
- Add a late runner as a 4th Red player to make it difficult on Defender.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for balance and composure when taking the shot.
- Look for Attackers to have quick hands and accurate passing.
- Look for Defenders to pressure hand pass and execute Near Hand Tackle.