



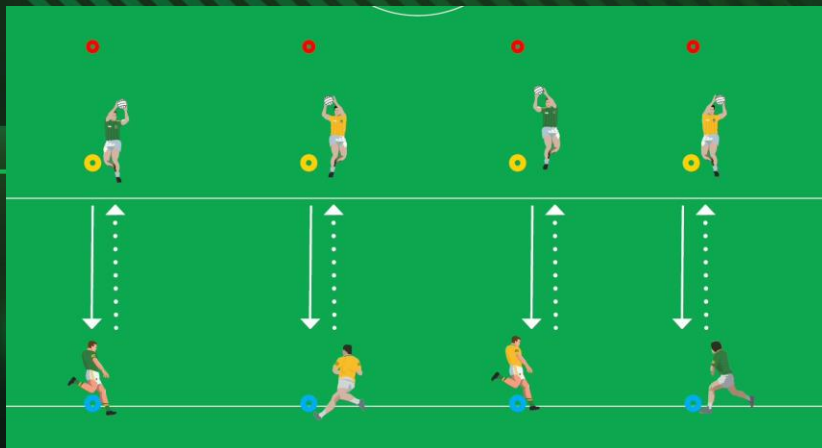
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Kick Move Catch - The aim of the block practice is to focus on Catching (Body, Reach, High) and First Touch using only kick passing on both left and right foot.



EQUIPMENT

- 2 x Footballs per pair
- 4 x Poles per group of 6
- 30 players
- 8 minutes

ORGANISATION

- 2 poles 25m distance apart. Divide players into pairs and each player takes up position at a pole. Player 1 at Pole A has 2 footballs in hand.
- Player 1 at Pole A kicks first football with left foot and second football with right foot to player 2 at Pole B and runs in direction of kick pass to Pole B.
- Player 2 at Pole B moves towards the balls gathers them and carries the balls soloing left and right towards the pole A that player 1 has kicked balls from.
- Player 2 will now kick 2 footballs to Player 1 and cycle continues. Run activity for 2 minutes with 1 minute recovery between each set. 3 Sets in total.

VARIATION (STEPR)

- Increase distance between poles

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Concentration/Focus; Head up and eyes on the ball*
- Move forward, plant the jumping foot and extend upwards, swinging the opposite leg, Extend arms; Hands in W-Shape; Ball secured to chest*