



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

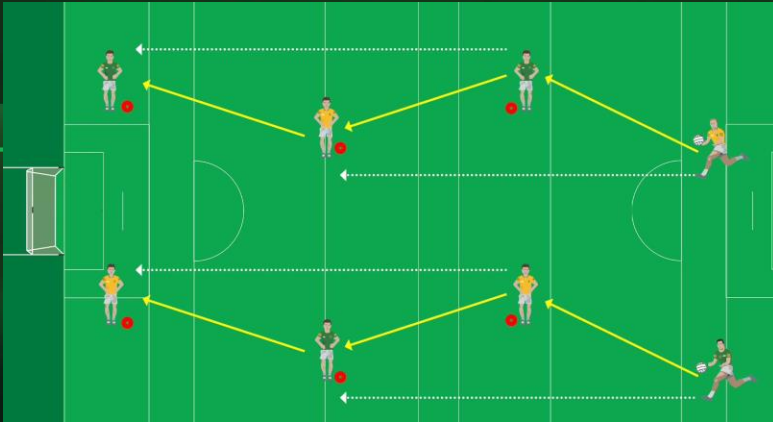
Kick Turn Attack - The aim of the block practice is to focus on turning and Catching a ball from an accurate kick pass. Look for good First Touch from the receiving player and accurate kick passing on both left and right foot from the passing player.

EQUIPMENT

1 x Football per pair

Use Full Pitch

8 Minutes



ORGANISATION

- Divide squad into pairs with 1 football between each pair. Start on 14m line.
- Player 1 will solo with right foot every 4 steps at half pace while player 2 runs at $\frac{3}{4}$ pace in front of player 1.
- When player 2 is 25m ahead, he turns sharply to look for the ball. On this turn, player 1 will kick the ball using right or left to player 2, who looks to catch the ball cleanly.
- After kicking the football, player 1 will now run at $\frac{3}{4}$ pace away from player 2, while player 2 turns and solo the ball in the direction of player 1
- When player 1 is 25m away from player 2, they will now turn sharply to receive the football from player 2.
- Repeat sequence until they reach opposite 14m line.
- Run activity for 2 minutes with 1 minute recovery between x 3

VARIATION (STEPR)

- Change to different type of catches (Reach or High)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Concentration/Focus; Head up and eyes on the ball*
- *Use advantage ball (Ball, Bounce, Belly)*