



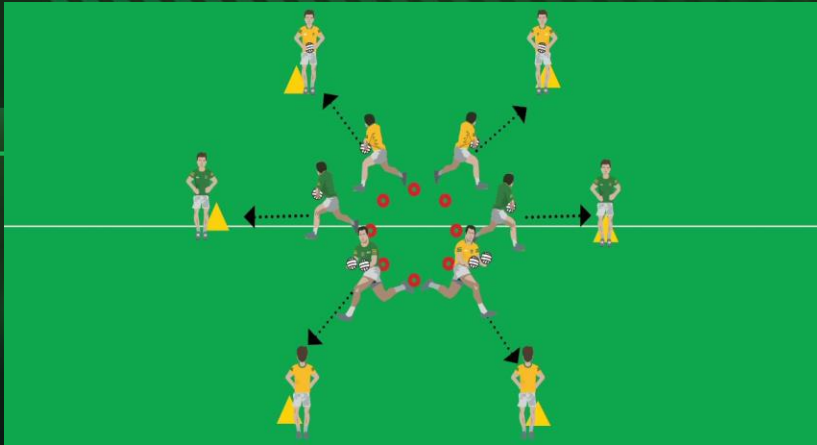
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Kicking Circle - The aim of this blocked activity is to develop kicking technique on both left and right sides. Players should focus on direct kick to partner over short distances.



EQUIPMENT

- 12 x Footballs
- 12 x players
- 12 x Space Markers
- 2 x Bib Sets
- 30m Circle (6m inner circle)
- 8 Minutes

ORGANISATION

- Set up circle using 6 cones 30m diameter with a smaller 6m diameter inside the large circle.
- Partner players up. Place 6 players on the cones on outside circle with a further 6 players inside small circle with each player inside small circle with 2 footballs in hand.
- 6 players in small circle take 4 steps on the move, kick football 1 with left foot to their partner, take another 4 steps and kick football 2 with right foot to partner and run at pace to where partner was standing.
- Player 2 on receiving 2 footballs will solo back to inner small circle with 2 footballs using right and left foot.
- On reaching the inner circle he will continue the routine with two kick passes back to Player 1 to continue sequence.
- Activity runs for 2 minutes with 1 minute recovery for spot and fixing technique.
- 3 x 2 mins repetitions with 1 minute recovery between each repetition

VARIATION (STEPR)

- Make circle bigger or smaller based on ability of players
- Use different numbers of players to run this activity

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Ensure kicking of both left & Right foot
- Check for balance and composure when taking the kick