



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Kicking Mechanics - 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

1 x Football per pair
6 Cones
25m x 25m Grid



ORGANISATION

- Divide players into groups of 10 players with 1 football per pair
- **No Step Kicking**
- Players work in pairs approx. 20m apart as per cones B & C
- Perform kick to partner without taking a step.
- 10 kicks on each foot
- **Golf Clubs**
 - Players positioned at cones A and C. Player take 4 steps and perform following kicks
 - 1 Iron – Ball is kicked direct at waist height into partner
 - 5 Iron - Ball is kicked direct at head height into partner
 - 9 Iron - Ball is chipped (lobbed) into partner kicks on each foot.
 - 5 kicks on each foot.
 - Switch players at Cones A & C and repeat.
- Set up sufficient grids to accommodate all players

VARIATION (STEPR)

- Coach calls type of kick when players reach Cone B

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Check Posture, Range of Motion in Kicking Leg, Firm kicking foot, Support Leg & Support Arm*
- *Look for direct kick to partner, and clean catch (Body, Reach & High)*