



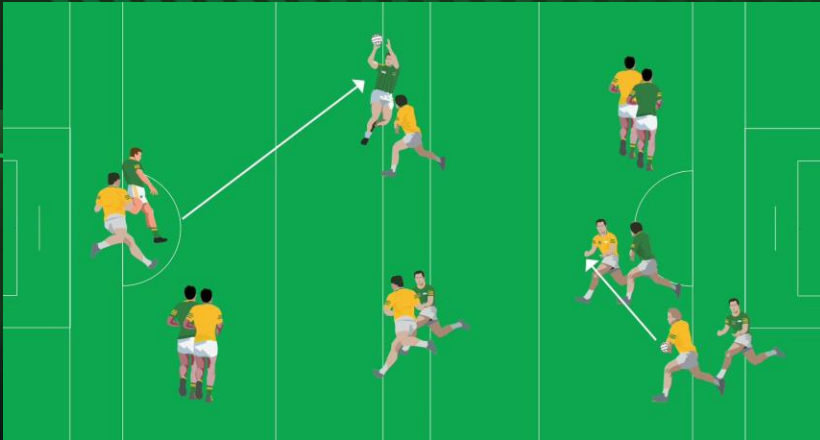
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Long Pass Short Pass Game - The aim of the activity is to improve kick passing, hand passing and first touch during match conditions. Heads up scanning for open players both close and far. Execute accurate pass to teammate.



EQUIPMENT

- 1 x Footballs
- 6/8 players per team
- 2 sets of Bibs
- 8 x Space Markers
- Between 45m Lines or 80m x 60m grid

ORGANISATION

- Two even teams with 6 to 8 players. No GKs.
- Play keep ball possession game with one condition. The sequence of passing should be long pass (over 20m) followed by short pass (5 – 10m).
- Teams should kick long and hand pass short. No plays of the ball allowed
- Award a score for 6 consecutive passes
- Adjust grid size depending on the number of players per team.

VARIATION (STEPR)

- Make teams uneven or change grid size.
- Allow play of the ball (hop or solo).
- Change of possession on bad first touch

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Where to provide support when player in possession has to pass short? (ABB)
- What is needed to receive long pass? (move into space)