



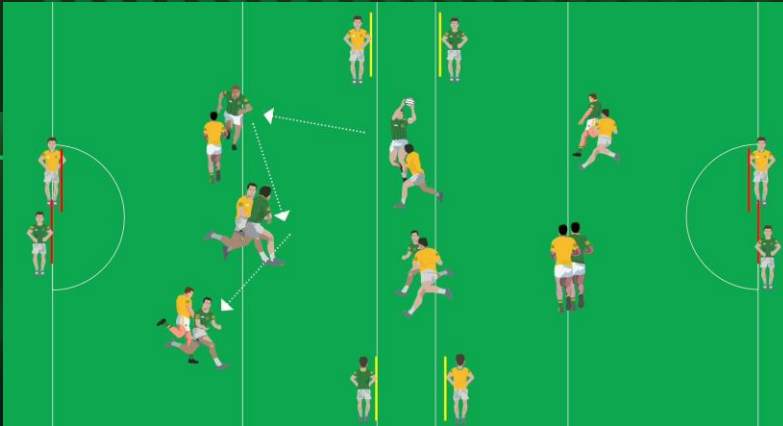
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Man On Man Game - The aim of this Small Sided Game is to focus on Handpassing and Kicking and works on man on man tracking & tagging.



EQUIPMENT

- 1 x Football
- 2 Teams – 12 players per team
- 2 sets of Bibs
- 8 x Space Markers
- 100m x 90m Grid
- 15 minutes**

ORGANISATION

- Using up to 12 players per team and almost full pitch.
- 4 players from each team stand out on the cones that are placed both ends and both sides of the pitch, each cone is 5mt apart and a player from each team stand on these.
- On the signal a game starts, for the 1st part of the game the team in possession score by hand passing to a team mate on any the 4 cone stations, this player then leaves the cone with his marker and are replaced by the passer and his marker.
- Players can't go to the same cones twice in a row. Player leaving cone cannot pass to another cone..
- 2nd part, players can pass to teammate with a kick pass.
- Each player must mark his own man in the game and is responsible for him.

VARIATION (STEPR)

- Add and Suspend plays of the ball (hop or solo) as required
- Change possession on bad first touch (fumble or errant pass)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Question the Players on the use of scanning to identify player for in space.
- Where should support be available to the player in possession for a pass?
- Check on when to use the non-dominant hand for a pass?
- What is needed to *ensure* tracking & tagging on one-to one basis is observed?