



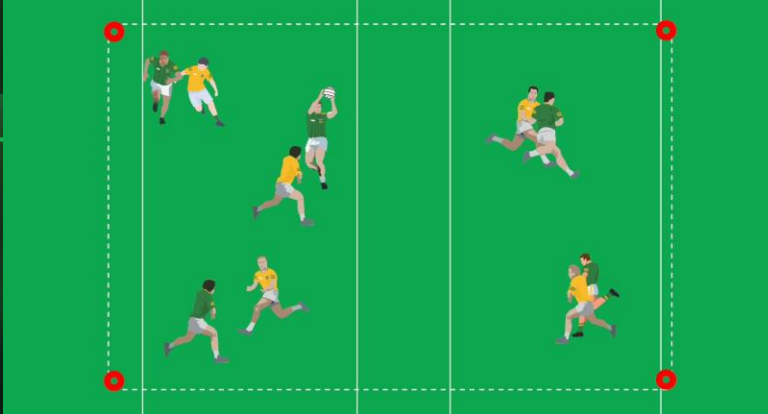
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Netball Game – Kicking. This Small Sided Game is used to develop bilateral kicking, and also requires players to communicate, with player in possession scanning for player in space, and players moving into space to provide options to the passer for kick pass.



EQUIPMENT

- 1 x Football
- 8 Cones for 30m grid
- 2 x Teams
- 2 x Bib Sets
- 15 minutes**

ORGANISATION

- Play 5 v 5 in 30m grid.
- Player in possession is not allowed to move
- Other players must move in grid to provide options to player on the ball
- Use different kicks to pass the ball short & long.
 - 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

VARIATION (STEPR)

- Alternate kick on dominant and non-dominant leg.
- 5 v 4 in favour of the team in possession. Keep possession for set period (3 mins)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Good communication, Support, Movement*
- *Where do you provide support to player in possession? - Triangular Passing patterns*