



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Off The Shoulder Runs - The aim of this activity is to improve kick passing while focusing on first touch, good support play and timing of the support run.

EQUIPMENT

- 2/3 x Footballs
- 12 / 14 x Players
- 4 x Yellow Space Markers
- 4 x Red Space Markers
- 60m x 30m Grid



ORGANISATION

- Players at Red space markers are static. 3-4 Players at Yellow space makers
- Phase 1** – One player kick passes to static player and receives ball back and then hand passes to a player from 2nd station, moving to receive pass, and continue as displayed above. Each player joins next group.
- Phase 2** – Two players leave station 1, player 1 kick passes to static player and player 2 receives ball back and then hand passes to a player from 2nd station, moving to receive pass, and continue as displayed above. Each two players joins next group.
- Rotate static players

VARIATION (STEPR)

- Kick using non dominant foot
- For both phases start with ball at Station 1. Then add 2nd ball at Station 2, and then add a 3rd ball at Station 3.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look for accurate kick passing, support runs, quick hands and good timing
- How does timing impact off the shoulder running?*
- What is the key to good execution in phase 2?*
- What does an accurate kick pass allow in this activity?*