



# Meath GAA Coaching Activity

## U13 - U16 Football Academy

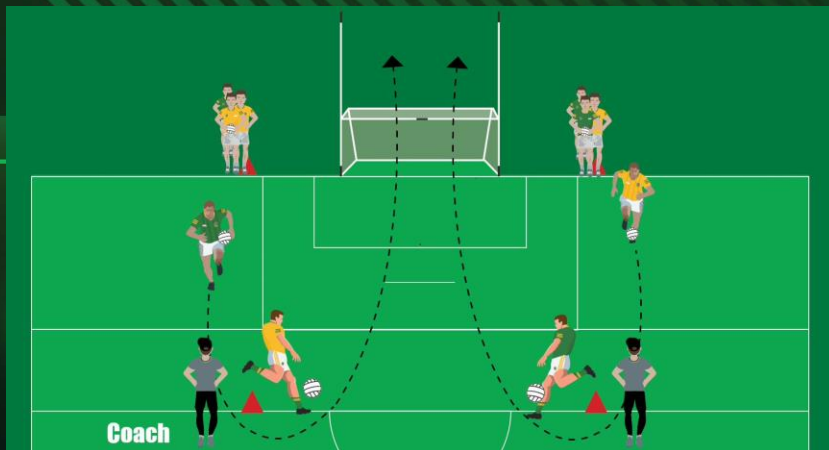


### ACTIVITY NAME & AIM

**On The Loop Shooting** - The aim of this activity is to develop shooting (kicking) on both left and right sides. Players should be aware of timing and lines of support running to move ball into more advantage area for a shot.

### EQUIPMENT

- 12 x Footballs
- 12 x players
- 4 x Space Markers
- 2 x Bib Sets
- 1 x Goals
- 8 Minutes



### ORGANISATION

- Activity works from both sides. Cones set up on end line 10m from each goal post with two corresponding cones on 20m line.
- Set up on both sides of goals and even number of players at each cone.
- On LHS, players on end line with ball, take 4 step solo right, 4 steps solo left, hand pass to coach or feeder, take return pass and turn around cone before shooting for point with right foot.
- On RHS, players on end line with ball, take 4 steps solo left, 4 steps solo right, hand pass to coach or feeder, take return pass and turn around cone before shooting for point with left foot.
- Players collect football and switch to opposite side of goals. Switch feeder after 2 minutes

### VARIATION (STEPR)

- Players take 4 steps and kick pass to Feeder take shot from both sides of the pitch
- Introduce GK and take a shot for goal.

### TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check for timing of support runs to receive pass*
- Where is the advantageous area for taking a shot?*
- Check for balance and composure when taking the shoot*