



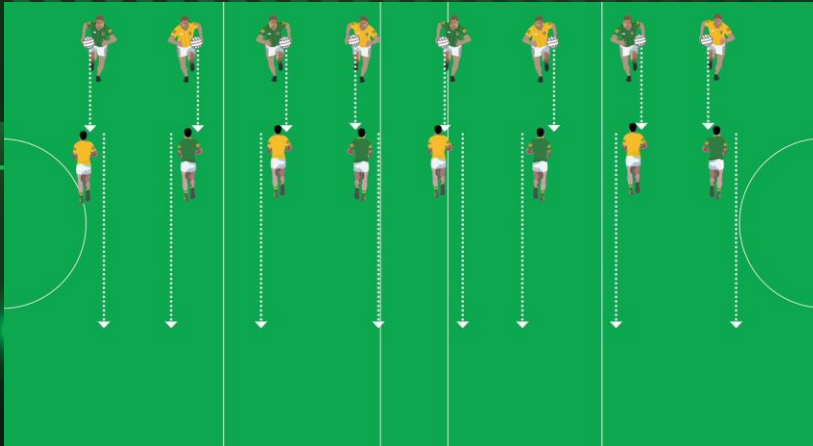
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Pass & Move - The aim of this blocked practice is to develop hand passing on both left and right sides. Players should focus on correct technique and working in sync at speed with partner



EQUIPMENT

1 x Footballs per pair

Full Pitch – Sideline to sideline

8 Minutes

ORGANISATION

- Divide players into pairs on side line of pitch. Ensure 2m separation between pairs.
- Player 1 of pair stands on side line with ball in hand, while Player 2 stands 4m in front .
- On whistle, Player 1 hand passes the ball to Player 2, receive return pass from Player 2, again passes with to Player 2 and then sprints 4m past the player they have just passed ball to. All hand passes using right hand and on the move.
- They now take up position of facing partner to receive the hand pass from Player 2. Player 2 repeats what Player 1 has did and the activity continues to opposite side line.
- Players repeat activity on way back using left hand for handpass.
- Activity will run for 2 minutes with 60 seconds recovery between each rep.
- Complete 3 x 2 minutes reps with 1 minute off between reps.

VARIATION (STEPR)

- Allow play of the ball between handpasses

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Underarm striking action with open hand; follow thru in direction of pass*
- *Watch for throwing the ball; using wrong part of the hand*