



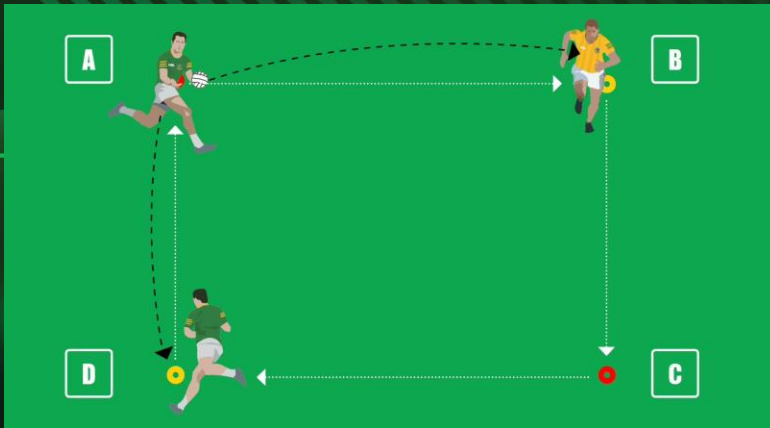
Meath GAA Coaching Activity

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 movement



EQUIPMENT

- 1 x Football
- 3 x Players
- 4 x Space Markers
- 15m x 15m grid
- 1 x Bib Set
- 8 Minutes

ORGANISATION

- Set up 15m x 15m grid as shown in diagram with 3 players on each corner with a corner free
- Activity starts with player in corner A with football in hand. On whistle player at corner A hand passes football to player at corner B and sprints to corner D.
- Player at corner B on receiving the football now hand passes the football to player at corner C and sprints to corner A.
- The activity continues with passing in clockwise direction.
- Coach encourages players to move at pace after hand passing the football. Coach to make sure players are using left and right hands while doing this activity.
- Run for 3 mins with 1 minute recovery for recovery and feedback for players.

VARIATION (STEPR)

- Play with non-dominant hand only
- Change direction of pass (counter-clockwise)

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*