



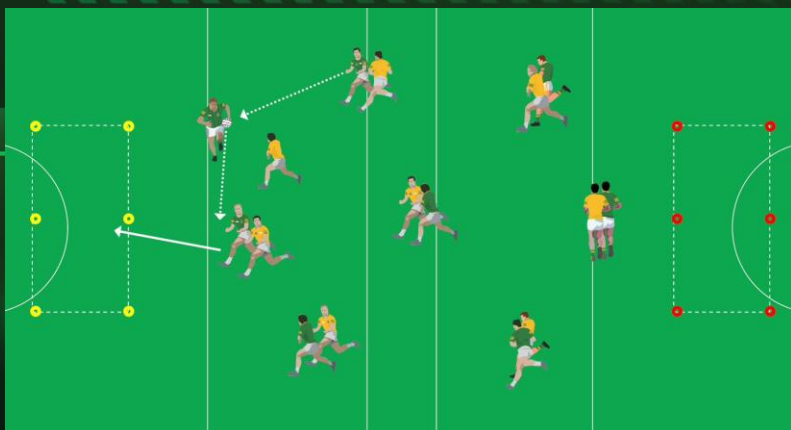
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Possession Is Vital Game - The aim of this Small Sided Game is to focus on Handpassing and good First Touch and improves the player's mentality to maintain and not give away possession.



EQUIPMENT

- 1 x Football
- 2 Teams – 7/8 players per team
- 2 sets of Bibs
- 8 x Space Markers
- 50m x 90m Grid
- 15 minutes**

ORGANISATION

- Use Half pitch (13m to 65m line) and play across it. In the middle of each side line, build a 10m x 10m grid. No goalkeepers.
- Play 7 v 7 or 8 v 8. To get a score, team must work the ball into the grid using the handpass, with a player running into the grid to gain possession.
- If team take possession standing still in the grid, score does not count.
- If team A get a score, they do not surrender possession and immediately work the ball to the other end to try to score.
- Play game in 3 sets of 5 mins. Review play after each. Look for improvement in maintaining possession and speed of transition to get a score.
- Adjust pitch size depending on the number of players per team, if necessary.

VARIATION (STEPR)

- Use non dominant hand only in one game segment
- Allow only one play of the ball (hop or solo).
- Change possession on bad first touch (fumble or errant pass)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Question the Players on the mental impact of retaining possession after each score, both from the team in possession and the team not in possession?*
- Check on when to use the non-dominant hand for a pass*