



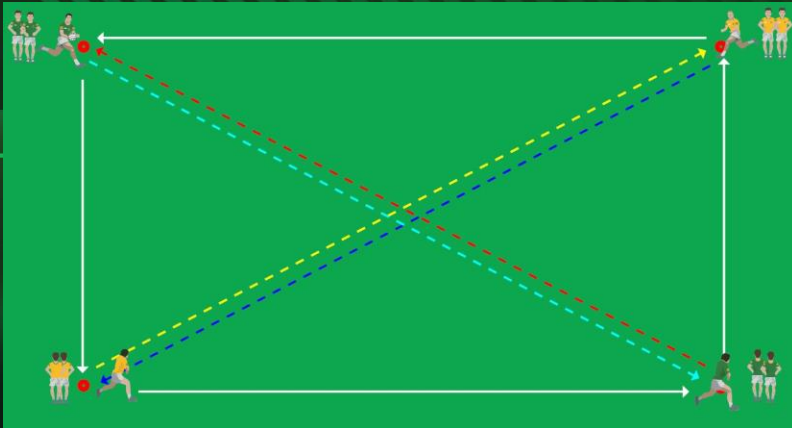
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Pressure The Pass - The aim of this blocked practice is to improve kick passing while focusing on first touch, kicking under pressure and hard running to pressure the kick pass.



EQUIPMENT

- 2 x Footballs
- 12 x Players
- 4 x Space Markers
- 40m x 40m Grid

ORGANISATION

- Ball starts with Green player (Station 1) who kick pass in clockwise direction to Yellow player at Station 2.
- Yellow player then kick passes to Green player – at Station 3, who kicks passes to Yellow player at Station 4, who then kicks to next Green Player at Station 1.
- Each Player must sprint across grid (as shown by dotted arrows) safter his kick pass to put pressure on or block the kick pass at that station.
- Restart sequence where a block is executed, or a pass goes astray.

VARIATION (STEPR)

- Kick using non dominant foot.
- Kick pass in anti-clockwise direction.
- Add 2nd ball at Station 3.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Look for accurate kick passing and good first touch*
- *What does an accurate kick pass allow in this activity?*
- *Look for good intensity in run and pressure on kick*