



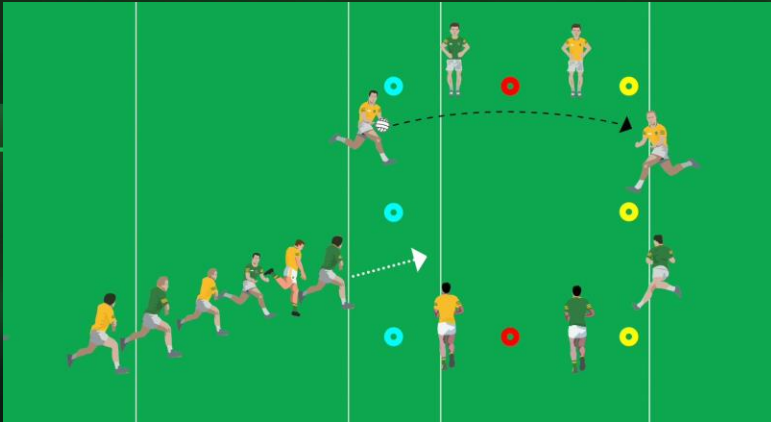
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Pressure Cooker - The aim of this blocked practice is to develop hand passing on both left and right sides. Players should focus on correct technique and accurate passing under pressure in sync with teammates.



EQUIPMENT

- 1 x Footballs
- 12 / 14 Players
- 2 Sets of Bibs
- 9 x Space Markers
- 30m x 30m Grid
- 8 Minutes**

ORGANISATION

- Set up 30m x 30m grid with 6 or 7 attackers on outside. and 6 or 7 defenders initially position outside grid
- Yellow team (Attackers) start by passing the ball among themselves by either hand or fist across the grid. Players should not move from their segment on outside of grid. R
- Once the first pass is made, a Defender (Red team) enters the grid to try and intercept the ball, another Red player enters after each pass until they win the ball.
- Teams swap roles once they win the ball.
- Complete 2 x 3-minute rep with 1 minute off between rep for review and feedback.
- Adjust Grid size based on number of players available.

VARIATION (STEPR)

- Ensure passes with both left and right hand (or fist)
- Introduce a Foot Pass
- Breakout into a 30 second possession game if ball is intercepted

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in direction of pass*
- Look for scanning to find open players, and good communication between teammates*
- Look for accurate passing from Attackers to open player. Avoid "hospital pass" as pressure builds*