



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Quick Hands & Transition - The aim of this blocked practice is to focus on First Touch & catching using quick hands, while under pressure from tackling and tracking.



EQUIPMENT

- 1 x Football
- 9/10 players per grid
- 6 x Space Markers
- 50m grid
- 8 Minutes**

ORGANISATION

- 50m x 50m split into two pitches with centre line. 3 teams of 3, with a neutral player on the half-way line.
- Two teams start in half of pitch (grid). One team (Yellow) in possession. On the signal the team in possession keeps the ball while the other team tries to dispossess them. Once they all get a touch (or on call from the coach), they must play the Centre player (Blue) and any of their team must get it back before playing the ball into the 3rd team on the other side of the pitch
- The team out of possession (Green) must now sprint into that half of the pitch to play the 3rd team (White) with the same rules applying.
- Play for 2 minutes and rotate roles
- Set up the number of grids as necessary based on numbers. Adjust size as necessary

VARIATION (STEPR)

- Allow only one play of the ball for team in possession.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Look for quick hands and good first touch for team in possession
- How to avoid losing possession?