



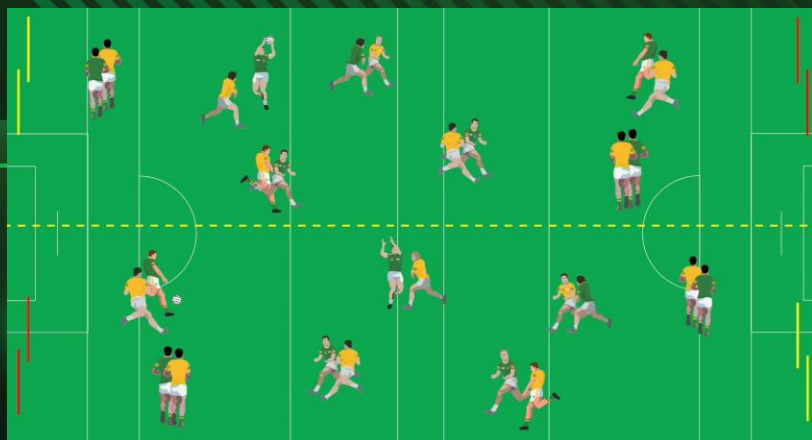
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Retain to Score Game - The aim of the activity is to improve kick passing, by retaining possession and then transition to take shooting opportunity.



EQUIPMENT

- 2 x Footballs
- 5/6/7/8 players per team
- 4 sets of Bibs
- 8 x Space Markers
- 45m x 90m pitch

ORGANISATION

- Set up 2 pitches 45m x 90m wide with 2 small goal posts/poles on each pitch.
- Divide players into teams of 5 v 5, 6 v 6, 7 v 7 or 8 v 8 on each pitch.
- Game starts with both teams playing a possession game with no play allowed and only kick passing used to retain possession.
- After 1 minute ball retention coach blows whistle and team that has ball attack the opposition goals to score point or goal. Full play of the ball is allowed to attack oppositions goals, but score must be with foot.
- Conditions can be varied in this game as shown below.
 - All right foot kick passing to retain ball and score
 - All left foot kick passing to retain ball and score
 - Left or right foot kick passing to retain ball and score
- Each game to be played for 3 minutes on with 1 minute off for recovery and feedback from coach.

VARIATION (STEPR)

- Simplify by allowing play of the ball (hop or solo) between kick pass
- Change of possession on bad first touch

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Where to provide support when a player is in possession? (ABB)
- What is needed to transition to a scoring opportunity? (move into space)