



Meath GAA Coaching Activity

U13 - U16 Football Academy

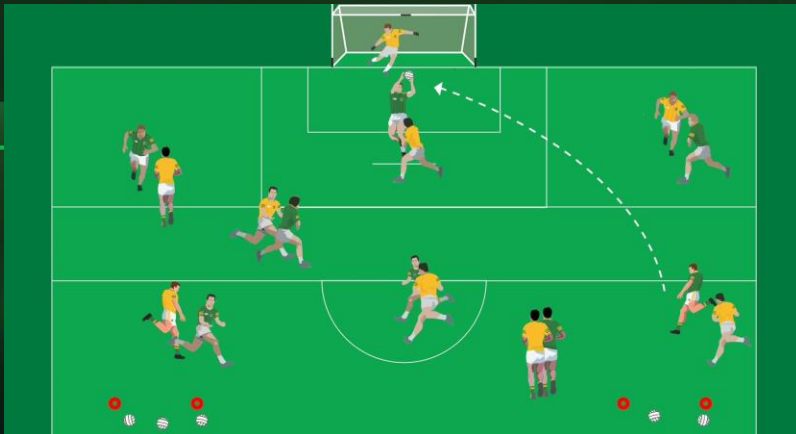


ACTIVITY NAME & AIM

Six Of The Best Game - The aim of this Small Sided Game is to develop tackling both frontal & near hand (left & right). Players should be look to deny space and pressure player on the ball.

EQUIPMENT

- 6 x Footballs
- 14/16 Players
- 4 x Space Markers
- Half Pitch
- 2 x Bib Sets



ORGANISATION

- Use Half pitch (End line to 65m line). Set up 7 v 7 teams (Backs & Forwards) with GK.
- Attackers (Green) get 6 balls and attempt to work a score.
- Defenders (Yellow) implement skills they have worked on throughout session to prevent a score. Their aim is to stop as many scores as possible. If defenders win a turnover, they get a score.
- Normal rules, but have forwards focus on running with ball & handpassing
- Rotate roles and repeat. Play in 4 x 3 min segments
- Set up on other half of pitch to cater for additional numbers.

VARIATION (STEPR)

- Uneven teams, play an additional defender
- Allow only 1 hop & solo
- Defender wins turnover & work it out through cones (Red) on the halfway line

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Review after two plays. What went well, what to improve?*
- *Defenders to focus on closing down space and tackling on the ball only?*
- *Look for defenders Touch Tight, Set Up, Shadow and Hands On*