



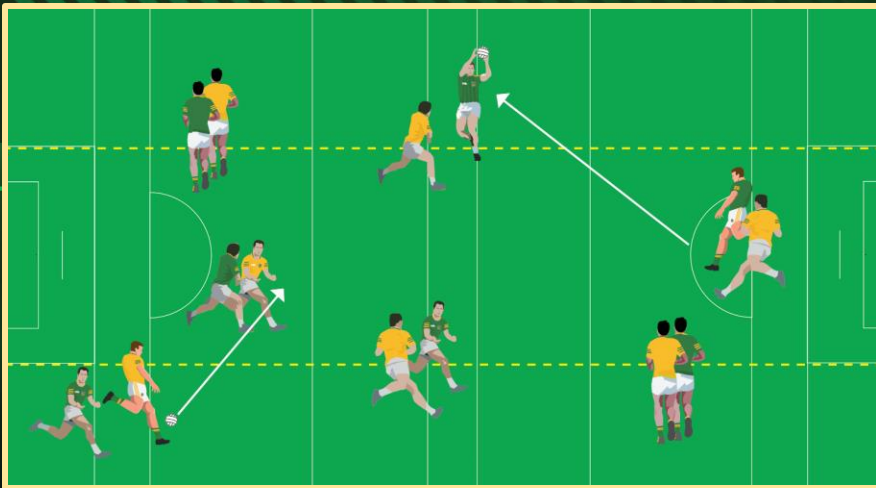
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Switch The Play Game - The aim of this Small Sided Game is to develop kick passing on both left and right sides. Players should be aware of space and diagonal lines of running and accurate foot passing.



EQUIPMENT

- 1 x Football
- 14 or 16 players per grid
- 20 x Space Markers
- 80m x 60m Grid
- 2 x Bib Sets
- 2 x Goals
- 15 minutes

ORGANISATION

- Set up even teams (7 v 7 or 8 v 8).
- Set up grid with 3 long lanes marked out with space markers
- Kick passing only. Players cannot pass to a teammate in the same lane.
- If player passes to a teammate in the same lane, free awarded to opposition
- Encourage diagonal runs and accurate passing
- Adjust size of grid for age and number of players available. Set up extra grids as necessary to cater for numbers in training squad

VARIATION (STEPR)

- Allow play of the ball (Solo or Bounce).
- Play with non-dominant foot only
- Must pass to a player in each lane before shooting

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Play 3 x 4 min games and review with players
- How best to support player in possession?
- Encourage last pass to end up in front of goals