



Meath GAA Coaching Activity

U13 - U16 Football Academy

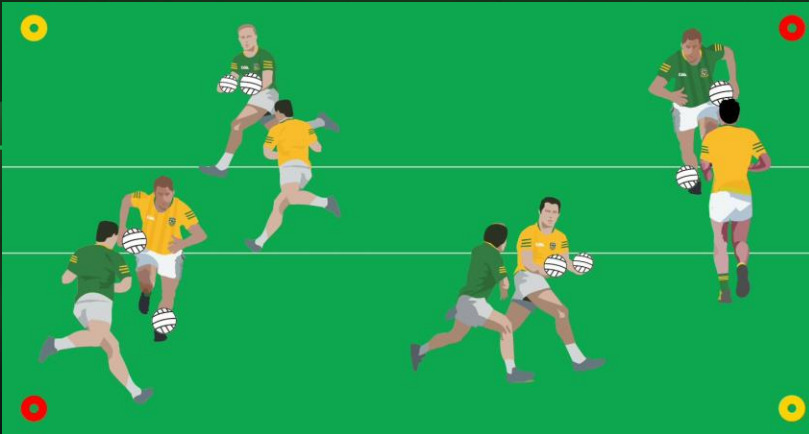


ACTIVITY NAME & AIM

Bilateral – Tackling. This activity helps develop bilateral technique in Tackling in combination with Kicking, Handpassing, Solo & Bounce. Emphasis is placed on both using left & right side throughout the activity

EQUIPMENT

Working in pairs
2 x Footballs per pair
1 x Tennis Ball per pair
2 x Wristbands
13 minutes



ORGANISATION

1. Player 1 with two balls takes 4 Steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, Kick pass right to partner, hand pass left to partner. 2 minutes on.
2. Recovery 60 seconds – hand passing in pairs with 2 balls left and right hand.
3. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drops ball 1, then takes 4 steps bounce left, 4 steps solo right, drops ball 2. Partner picks up 2 balls 1 with left foot one with right foot and continues cycle. 2 minutes on
4. Recovery 60 seconds – handpassing in pairs-player 1 starts with 2 balls in hand throws 1 up high over his head, hand passes other ball to partner, receives ball back from partner and catches ball 1 from overhead. Swap roles after 30 seconds
5. Player 1 & 2 kicking in pairs. Player 1 takes 4 steps, kicks ball 1 with right foot instep to player 2, take's 4 steps kicks ball 2 with left foot instep. Player 2 continues the cycle. 2 minutes on.
6. Recovery 60 seconds - each pair have a tennis ball and a football. Player bounces football and throws up tennis ball at the same time. 1 player works for 30 seconds then swap over.
7. Player 1 starts with 2 balls in hand soloing or bouncing every 4 steps while partner tries to knock one of the balls away with a tackle on ball. If he knocks one away let player 1 pick up ball and activity continues. Player with footballs must change direction every 4 steps. 4 minutes on with role swap every 60 seconds.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *How to perform a tackle on the ball?*
- *Look for focus on the task, communication between players.*
- *Look for correct skill execution on both sides.*