



Meath GAA Coaching Activity

U13 - U16 Football Academy

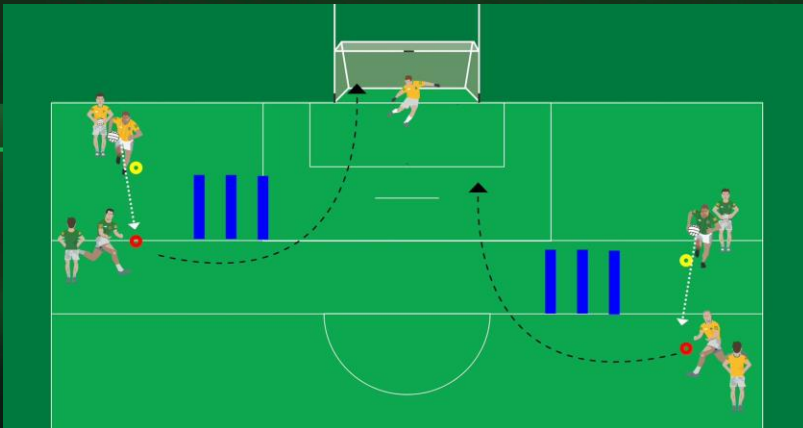


ACTIVITY NAME & AIM

Tackle & Score - The aim of this blocked practice is to develop tackling on the ball with one v one attacking and defending without fouling and scoring under pressure

EQUIPMENT

- 4 x Football
- 9/10 players per grid
- 4 x Space Markers
- Half Pitch
- 2 x Bib Sets



ORGANISATION

- Set up two tackling and shooting stations one coming in along the 20m line going for goals or hand passed points and one coming in along the 45m line going for points.
- Keeper in goal.
- A defender passes the ball before the 3 mannequins to the attacker then moves on the inside to of the mannequins to get side by side and perform a near hand tackle trying not to let the attacker inside and take a shot.
- Each pair then continue afterwards and join the opposite group.
- Rotate roles allowing the defenders attack and the attackers defend. Highlight fouls and share coaching points from each player's experience.

VARIATION (STEPR)

- Ensure tackling from both left & right side

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each play. What went well, what to improve?*
- Near Hand Tackle - look for Timing, Step Across, Shoulder to Shoulder, use of Near Hand, move ball to defender's advantage*