



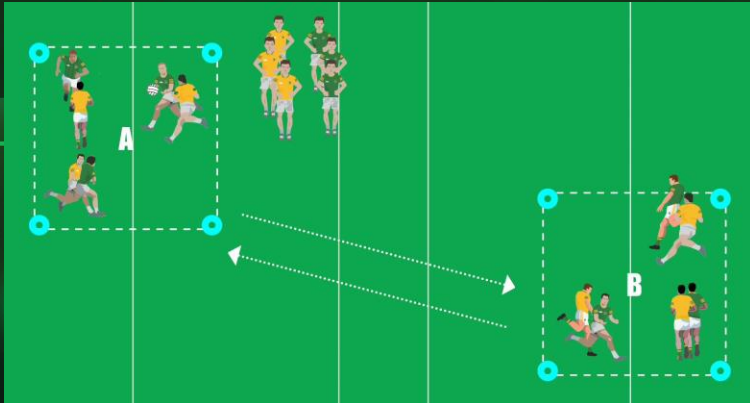
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Transition Squares - The aim of this blocked practice is to develop hand passing on both left and right sides while retaining and transitioning with ball



EQUIPMENT

- 1 x Football
- 18 x Players
- 8 x Space Markers
- 25m x 25m grids
- 2 x Bib Set
- 8 Minutes

ORGANISATION

- Set up 2 x 25m grids with a 20 m distance between each grid. Divide players into 2 teams and puts a 3 v 3 in each grid with a 3 v 3 resting outside grid A.
- On whistle the 3 v 3 begins in grid A only with the conditions of hand pass only to retain ball. After 30-40 seconds coach blows whistle and the team in possession break from grid A trying to work ball to grid B using hand pass only with the opposition trying to turn ball over on way to grid B. The team that reaches grid B passes to their teammates in grid B and both teams in transition now rest outside of grid B.
- The 3 v 3 cycle then continues in grid B until coach blows whistle again and team with ball, break to get ball to grid A. The players who were originally waiting on outside of grid A will now be waiting as a 3 v 3 in grid A when ball and players arrive.
- Run activity for 3-4 mins with 1 minute recovery for coaching and player feedback.
- Adjust grids and teams based on number of players available.

VARIATION (STEPR)

- Play with non-dominant hand only
- No touches outside of grids; All in inside each grid.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in direction of pass*
- Watch for throwing the ball; using wrong part of the hand*
- Focus on the hand passing left and right while retaining and transitioning with ball.*