



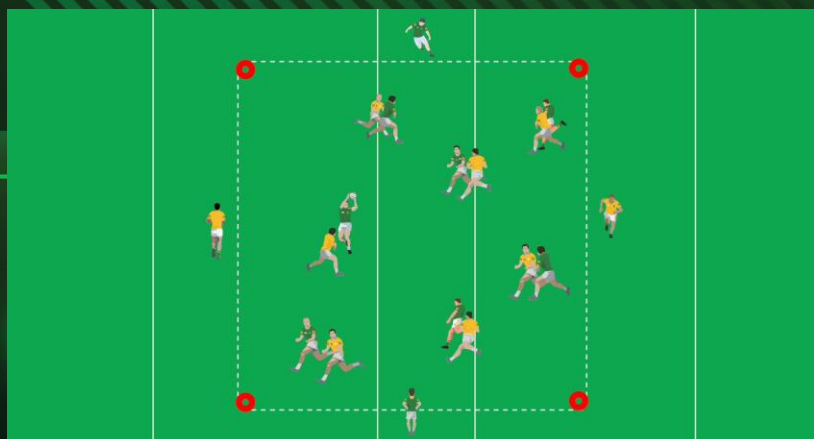
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Wall Pass Game - The aim of this Small Sided Game is to focus on a Good First Touch and improve confidence and quality of players' handling. Look for support runs for player in possession and range of passing, also tagging runners and tackling for defending team



EQUIPMENT

- 1 x Football
- 2 Teams – 5/6 players per team
- 4 Neutral players
- 2 sets of Bibs
- 8 x Space Markers
- 50m x 40m Grid

ORGANISATION

- 2 Teams in 50m x 40m grid. 6 v 6 with 4 neutral players.
- Adapt grid for larger numbers.
- Possession game using handpass and or foot pass. Score after 6 consecutive passes.
- No touches and team in possession can pass to any neutral player who must pass back to same team.
- Neutral players not allowed to leave their station.
- Team in possession lose possession if they fumble the ball or drop a pass.

VARIATION (STEPR)

- Allow one touch. Adjust size of grid.
- Change Neutral players to two players per team.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Where should support be provided to player in possession? - ABB*
- *What range of passing is required in this game?*
- *How do you narrow down options for passing for the player in possession?*