



Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Win It or Lose It Game - The aim of this Small Sided Game is to develop tackling both frontal & near hand (left & right). Players should be looking to deny space and pressure player on the ball.



EQUIPMENT

- 1 x Football
- 13/14 Players
- 6 x Space Markers
- Half Pitch
- 2 x Bib Sets

ORGANISATION

- Use Half pitch (End line to 65m line). Set up 6 v 6 teams (Backs & Forwards) with GK.
- Position each forward at a space marker and have each of the backs take up a position approximately 5m goal side from the opposing forward.
- Ball starts with GK. GK throws ball in the air and catches it to signal "game on".
- Forwards immediately try to stop the backs getting out easily and carrying ball over the 65m line.
- Normal rules; but have backs focus on running with ball & handpassing.
- Rotate roles and repeat. Play in 4 x 3 min segments.
- Set up on other half of pitch to cater for additional numbers.

VARIATION (STEPR)

- Play an additional defender.
- Allow only 1 hop & solo.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Review after two plays. What went well, what to improve?*
- *Forwards to focus on closing down space and tackling on the ball only?*