



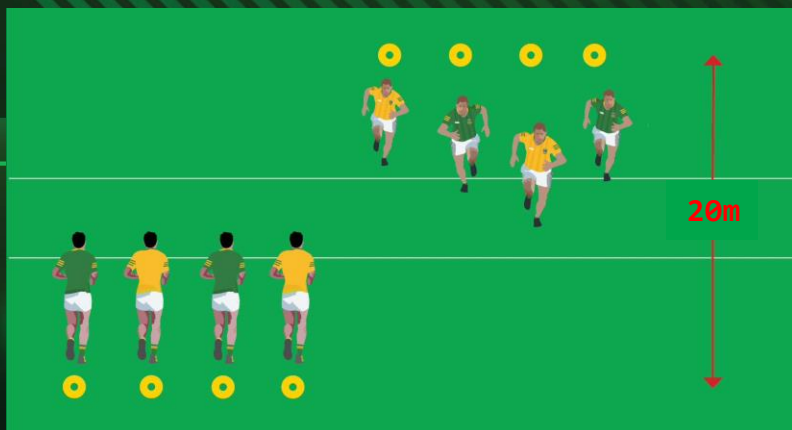
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

20m Repeat Speed – This activity is used to develop the player's speed and acceleration.



EQUIPMENT

20m Grid

8 x Space Markers

ORGANISATION

- Set up 20m Grid.
 - Players complete 20 metre sprint, repeat on 20 seconds
 - Perform 8 repetitions
 - Intensity level at 100%
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- Perform World's Greatest Stretch. 3 Reps

VARIATION (STEPR)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check foot alignment
- Check for opposite arm, opposite leg movement