



Meath GAA Coaching Activity

U13 - U16 Football Academy



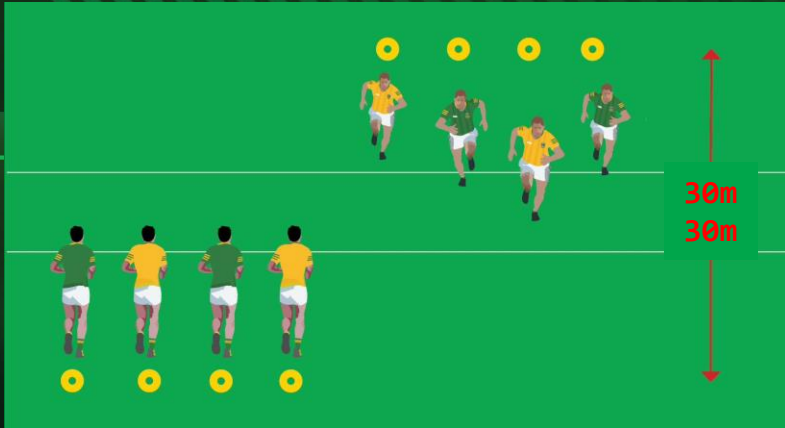
ACTIVITY NAME & AIM

60m Run Conditioning – This activity is used to develop the player's speed endurance and conditioning with repeated 30m sprint followed by 30m jog

EQUIPMENT

60m Grid

8 x Space Markers



ORGANISATION

- Set up 60m Grid.
- Players complete 30 metre sprint followed by 30 metre jog in 30 sec, repeat on 30 seconds
- Perform 9 repetitions (total distance 540m)
- Intensity level at 100% for Sprint and then slow for Jog ($\frac{1}{4}$ pace)
- 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