



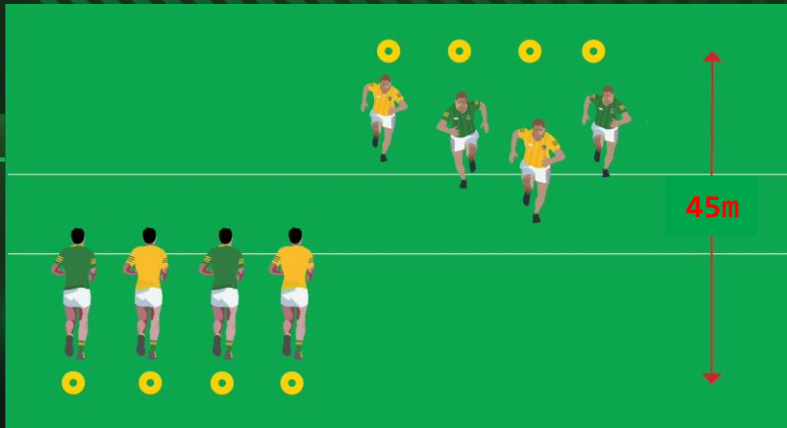
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

45m Repeat Speed – This activity is used to develop the player's speed and acceleration.



EQUIPMENT

45m Grid

8 x Space Markers

ORGANISATION

- Set up 45m Grid.
- Players complete 45 metre sprint in 10 secs, repeat on 20 seconds
- Perform 15 repetitions (Total distance 675m)
- Intensity level at 100%
- 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*