



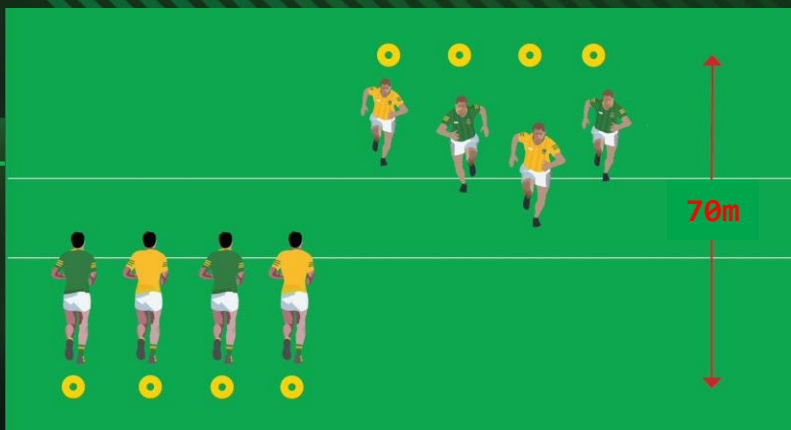
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

70m Run Conditioning – This activity is used to develop the player's speed endurance and conditioning.



EQUIPMENT

70m Grid

8 x Space Markers

ORGANISATION

- Set up 65m Grid.
- Players complete 70 metre run in 15 sec, repeat on 30 seconds
- Perform 8 repetitions
- Intensity level at 75% ($\frac{3}{4}$ 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