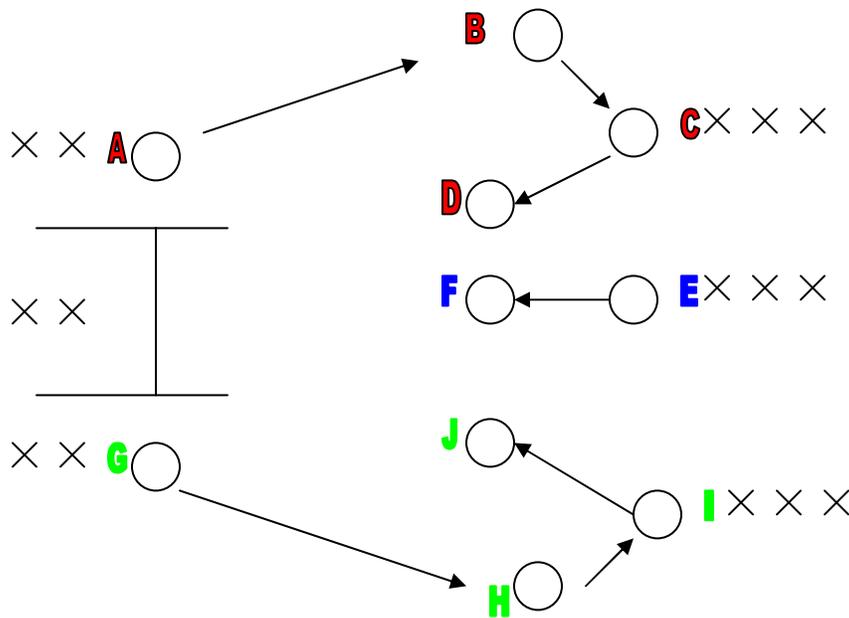


Kicking for Scores – Seamus Meehan

DRILL 1 & 2

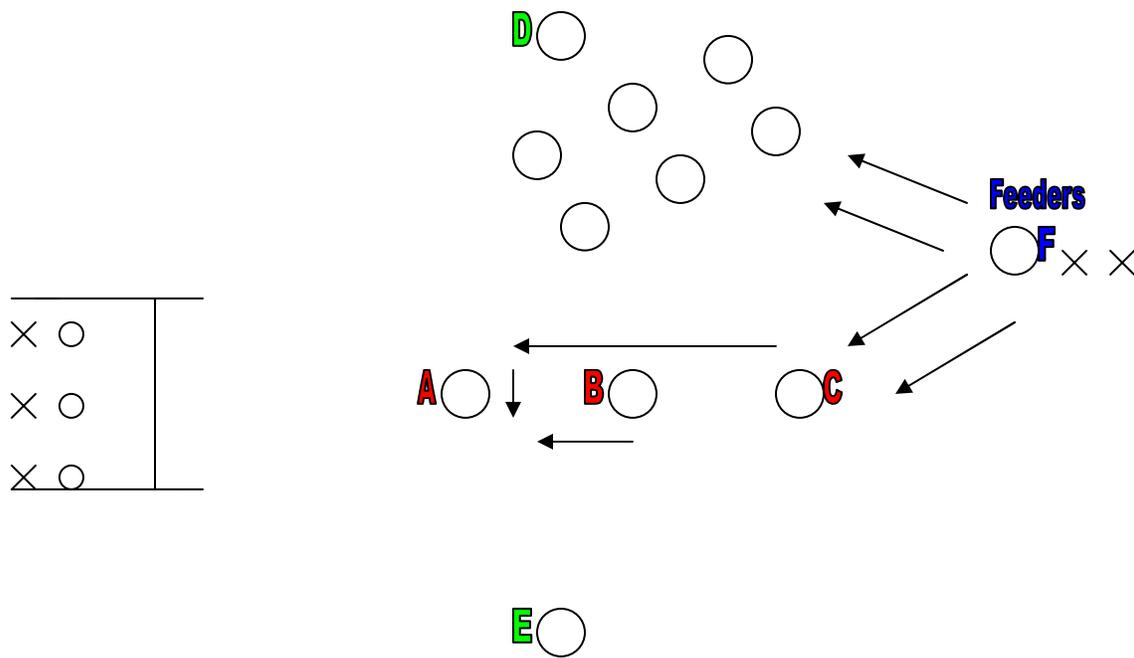


1. Group of players at A, player at B, player at C, player at D.
(Similar at G, H, I, J.)

Foot pass from A and A follows, player at B receives, turns and hand-passes to player at C and B follows to position of C. Player at C receives ball from B and who then hand passes to player at D. C then runs and takes return from D and shoots. He then goes to back of group at A. Player at D remains until changed by coach.

Stationery player at F. Players at E give hand pass to player at F and receive ball back and shoots for goal. Players behind goals retrieve ball and solo to back of group E.

DRILL 3



Groups of 3. Group behind goals to retrieve footballs, who feed to group at E, who then feed to group at F.

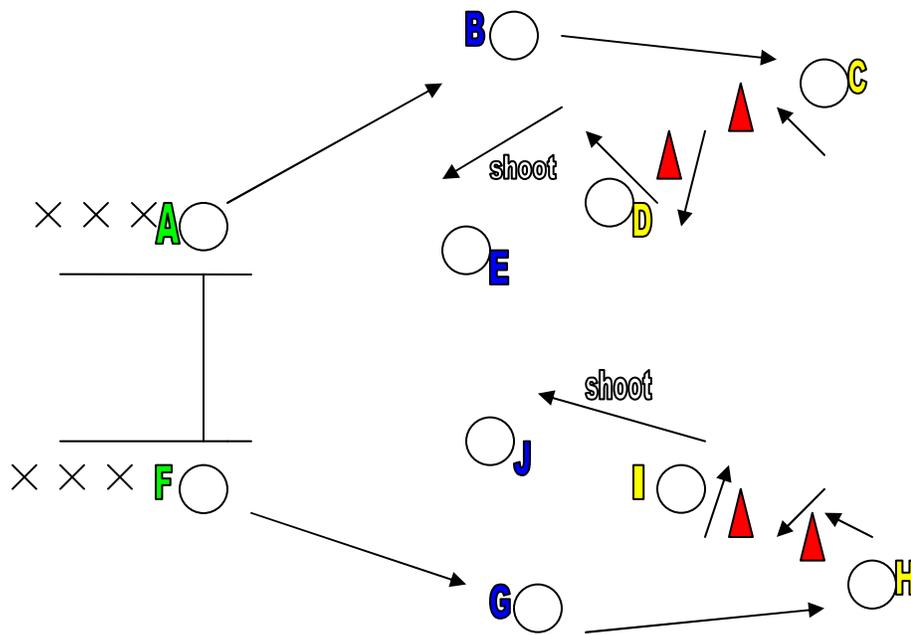
Player at C, first passes over player at B to player at A, player at B turns, runs at pace, receive ball from player at a and shoots.

Players behind goal retrieve ball and pass out to players at E. E passes ball to feeders at F who keep feeding groups who are shooting.

(Don't forget to rotate the groups!)

Every time a group moves on change positions at cones so that the same player is not shooting all the time.

DRILL 4



Groups of players at A & F. Player at B, C, D, E and also at G, H, I, J.

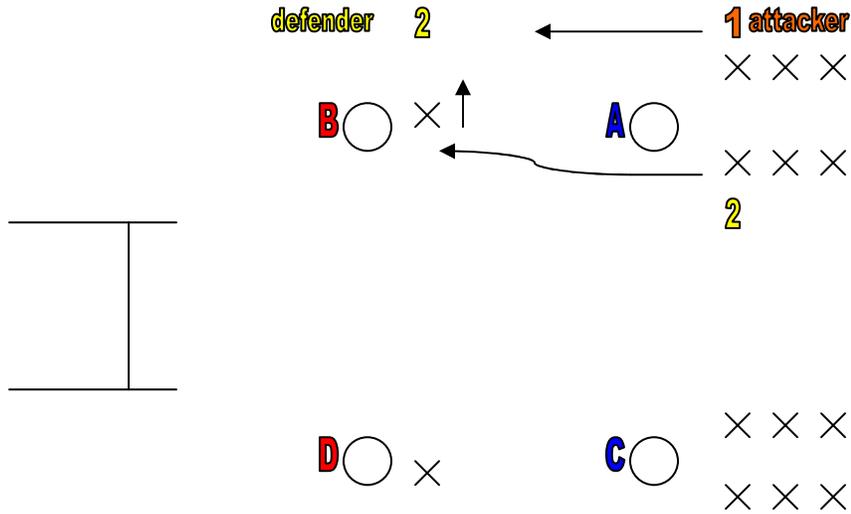
A foot passes to B and follow.

B foot passes (non-dominant foot) to C and follow.

C solos between cones and passes to D and takes return from D and shoots. As soon as C receives return pass from D, player at E moves to defend /tackle player coming from C.

After move is complete, player at D remains. Player from C replaces player at E and now becomes defender. Player from E who was a defender now moves to back of group A.

DRILL 5

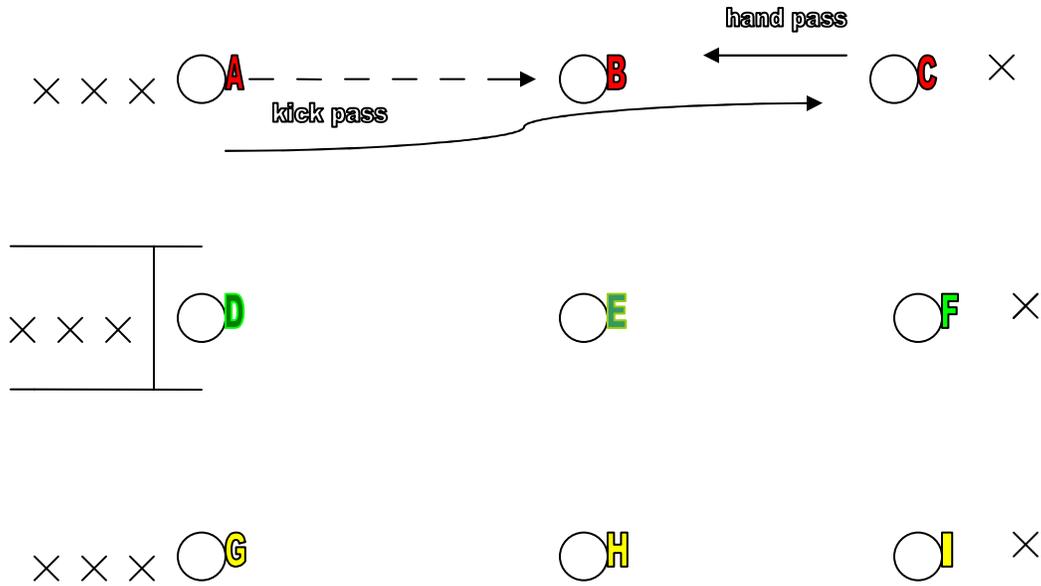


1. Groups of pairs at cones A & C. Stationery player at B & D. Player 2 feeds ball to player at Cone B. Players 1 & 2 move forward. Player at cone B feeds ball to player 1. Player 2 becomes defender (passive). Emphasis on weak foot and position forward gets into for a shot.

2. Move cones B & D further out. Repeat as above only defender becomes semi passive.

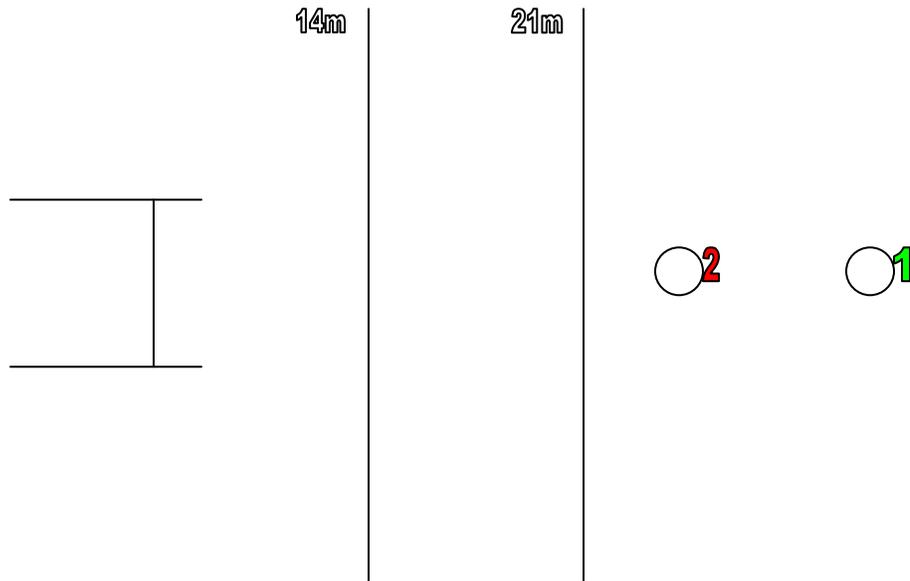
3. Repeat same drill again only defenders allowed full contact.

DRILL 6



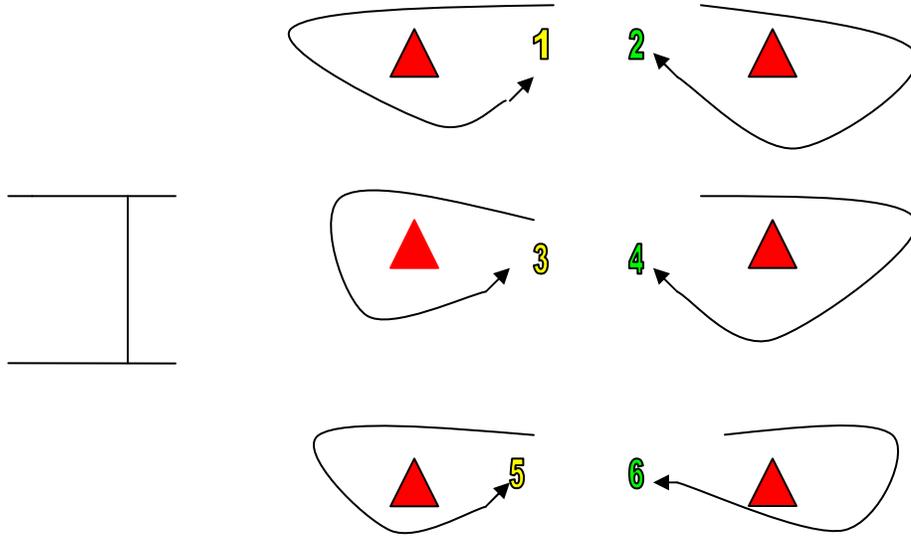
1. Groups of players at A, D, G. Stationery players at C, F, I.
2. Players from A, D, G foot pass to stationery player at C, F, I. Player sprints to cones at B, E, or H, they receive hand pass from stationery players and turn either left or right and shoot.
3. PROGRESSION: Groups of 2 at cones A, D, G, (one attacker/one defender). Attacking player hits foot pass to stationery player, attacking player sprints to cones and receives return pass, with the defender following. As attacker tries to shoot defender attempts to block.

DRILL 7



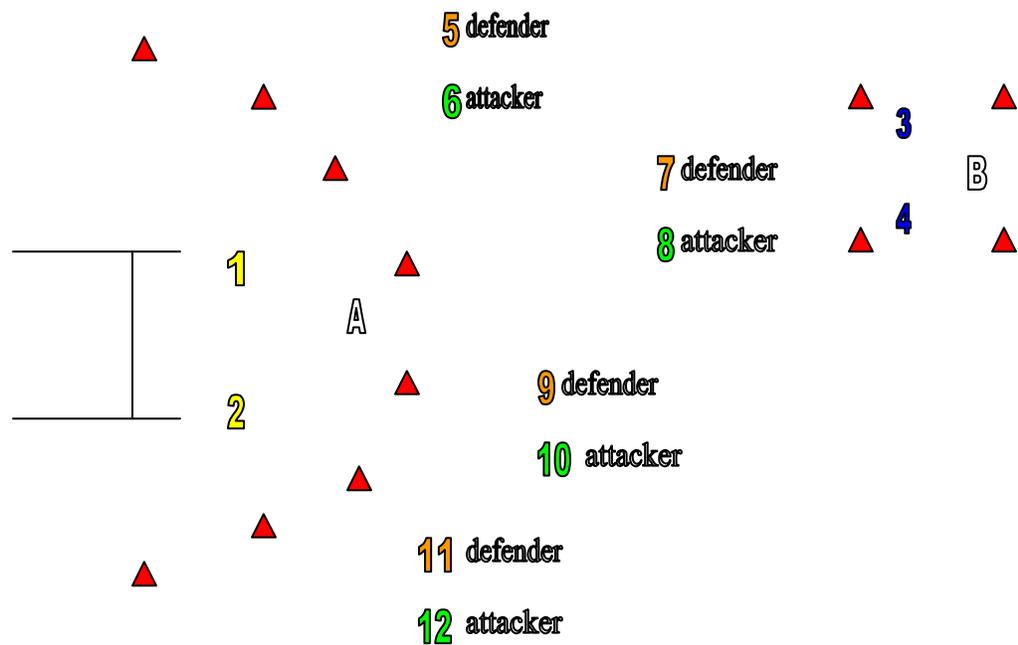
Working in pairs. Player 1 first passes ball to player 2 who is the forward. Player 2 turns and heads for the goals to shoot, while player 1 chases as a defender.

DRILL 8



Player 1 & 2 in position between cones. Player 1 is defender and player 2 is the attacker. On whistle player 1 spins round cone as shown above. Player 2 sprints around cone as shown above. Player 2 shoots for score while player 1 defends. Repeat for other players marked 3,4,5,6.

GAME 1



Zone A marked around goals as shown. No body allowed in Zone A except players 1 and 2.

Area B on 45m line for players 3 and 4 who both have footballs.

Game starts with player 3 **or** 4 hitting long ball to either player 1 or 2 in Zone A.

Player who receives pass must pass it back out to one of the attackers numbered 6, 8, 10, 12.

As a combined unit the forwards now must attempt to score and the defenders must try to prevent the forwards from scoring.

