

10 FOOTBALL / Monday Programme

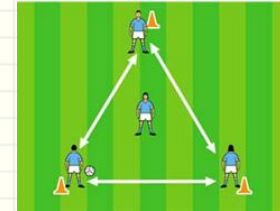
- Fun Game
- Modified Game

VHI GAA Cúl Camps
10
Football

Monday **PM**

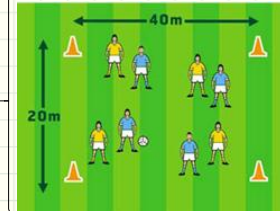
U10 FOOTBALL
SESSION 1 PART 1

F: 10: REACH CATCH : Pg 49 FFD



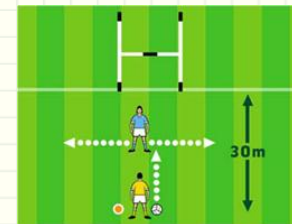
Fun Game
Play the Game
Piggy in the Middle

Player in the middle tries to intercept the ball while the other players throw to each other



Modified Game
Play the Game
Keep Ball

Retain possession by kick or hand passing to a team mate who has to Reach Catch

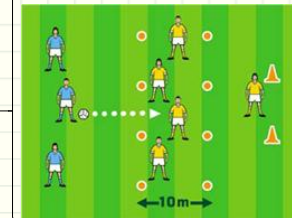


Fun Game
Play the Game
Check Mate

Attacker tries to progress to score while the defender attempts to Check and dispossess him

U10 FOOTBALL
SESSION 1 PART 2

F 10: CHECKING : Pg 79 FFD



Modified Game
Play the Game
Check Zone

Attackers attempt to pass the defenders who try to Check them and prevent them from scoring