

12 FOOTBALL / Monday Programme

- Fun Game
- Modified Game

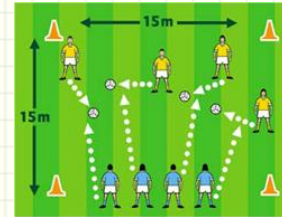
VHI GAA Cúl Camps
12
Football

Monday **PM**

UNDER 12 FOOTBALL
SESSION 1 PART 1

F

F 12: CROUCH LIFT* : Pg 73 FFD

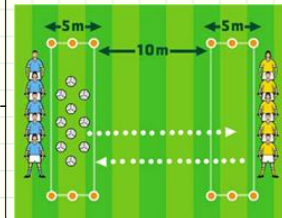


Fun Game

Play the Game

Scatter and Lift

Attackers try to crouch lift as many balls in 30sec while the defenders try to oppose them.



Modified Game

Play the Game

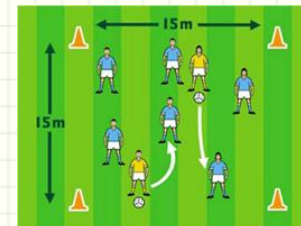
Grid Swap

Each team in turn Crouch Lifts all the balls into their grid

UNDER 12 FOOTBALL
SESSION 1 PART 2

F

F 12: FIST PASS : Pg 85 FFD

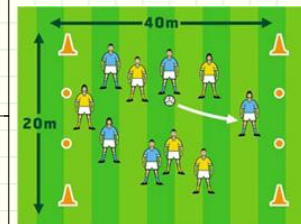


Fun Game

Play the Game

Dodge Ball

2 Player's score hits by striking the other players using the Fist Pass



Modified Game

Play the Game

Goals Galore

Players can only use the Fist Pass to pass the ball and score