

8 FOOTBALL / Monday Programme



Fun Game



Modified Game

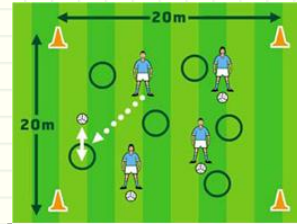
VHI GAA Cúl Camps
8
Football

Monday **PM**

UNDER 8 FOOTBALL
SESSION 1 PART 1



F: 8: BOUNCE : Pg 29 FFD

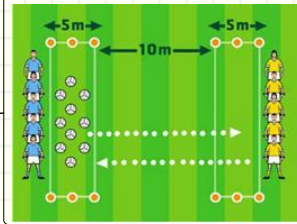


Fun Game

Play the Game

Space Invaders

Players Bounce the ball in as many hoops as possible in one minute



Modified Game

Play the Game

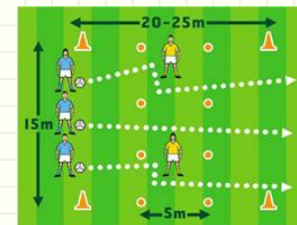
Grid Swap

In turn each team return each ball to their grid bouncing the ball along the way.

UNDER 8 FOOTBALL
SESSION 1 PART 2



F: 8: SIDE STEP : Pg 41 FFD

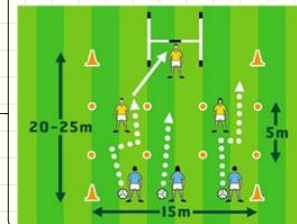


Fun Game

Play the Game

Pass the Guard

Attackers run forward and Side Step the defenders in the centre and continue on



Modified Game

Play the Game

Side Step, Bounce and Score

Attackers Side Step the defender, bounce and kick for a score.