

## Active for Life: GAG Activity

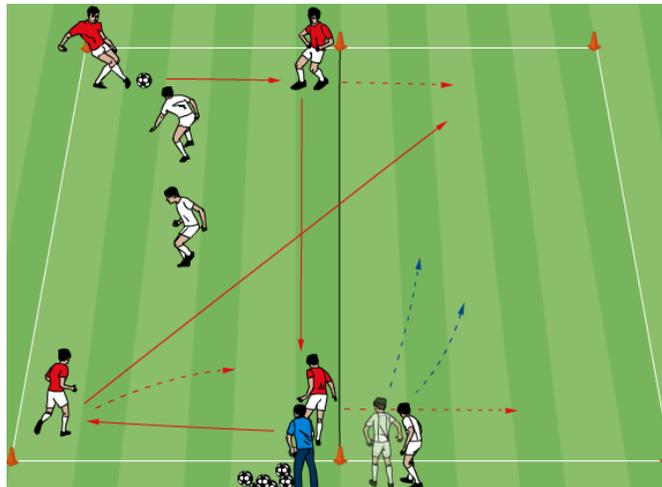
Technical/Tactical:

Passing & Support – Square to Square

20 minutes

### Organization:

- Set-up area 30x15m as shown.
- Divide players into groups of four and position them as shown.
- One group in possession against two opponent in one 15x15m square.
- One square vacant to begin with.



### Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.

### Description:

1. Two groups compete against one another as follows: Four red players v 2 white player in a one square, with two white players resting outside the square at the halfway line. The coach serves the ball to the red team and they must make at least three passes after which they can pass the ball into the next square for one of the group to run onto. If successful all four red players move into the next square and, again try to get at least three passes and play back into the original square. If the red team is successful the two defending white players steps out and two new defenders enter the next square attempting to win the ball. If the red team should pass the ball out of bounds, or the defender wins the ball, the coach serves the next ball into the other square to the white players and two of the reds become defenders, while the others rest outside the area. Every successful movement from one square to the next = 1 point. First team to 10 points is the winner.

**Progression 1:** Defenders must try and win the ball and pass it into the next square to the resting players and the whites then transition to retaining possession and the Reds become the defenders as before.

**Progression 2:** As above but 3v1 in one square, with fourth player in other square. Switch squares with a pass to the fourth player.

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