

Active for Life: GAG Activity

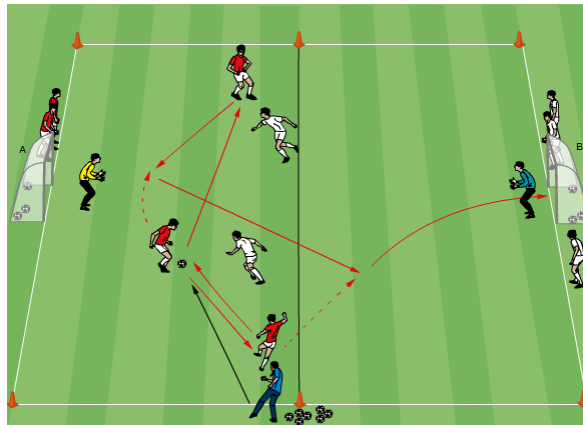
Technical/Tactical:

3v2 toward goal

20 minutes

Organization:

- Use markers to set up a number of 35x15m areas as shown.
- Two teams of five plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with Coach serving a ball to 3 attacking players, in their own half.



Coaching Points:

- Spread out as a group to create space.
- Open out as you receive the ball.
- Keep ball out of your feet & get head up to see passing opportunities.
- Pass into the space in front of teammate.
- Pass the ball firmly with inside/outside of foot.

Description:

1. Three Red players begin the attack from their own end of the field as the coach rolls to the ball for one of them to control and build play towards goal (B) in order to score. At the same time two White players start on the halfway line and try and win the ball and score in goal A as soon as the Red team has one touch of the ball. The Red team must play three passes before they can enter the opposite half and score. When a goal is scored or a shot is taken, or the ball is knocked out of play, the process is repeated in the opposite direction, with three white players now attacking Goal A. Continue this rotation.

Emphasis: Commit the defender by dribbling the ball at the goal. If the defender blocks your progress pass to a teammate in a better position. As a group pass the ball until you get an opportunity to shoot enter the opposite half and shoot. Be patient and keep the ball moving.

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