

# Active for Life: GAG Activity

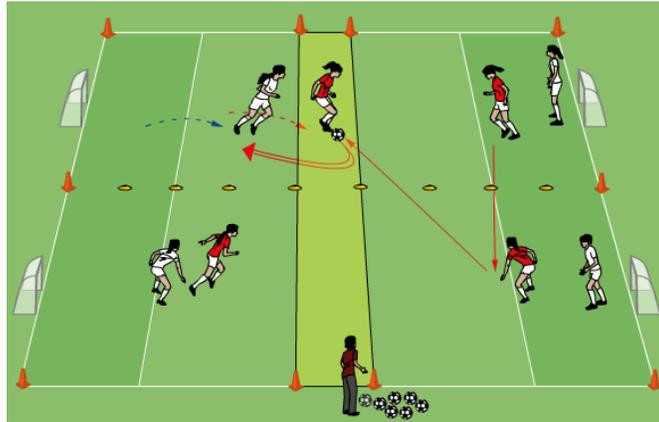
Technical/Tactical

Turning to Dribble

15 minutes

### Organization:

- Two teams of 4 players in an area 35mx20m with a 5m central channel.
- Defenders cannot enter the central channel.
- Two small goals at each end as shown.
- The attack alternates from each end.



### Coaching Points:

- Find space to turn by dropping off the defender into the central channel.
- Once turned attack the defender by running at her.
- Take the ball inside and as she moves with you cut back to the outside.
- Use your body and/or feet to trick your opponent.
- Accelerate when you go past the defender to the goal.

### Description:

1. Initially the game starts with four reds (two forwards and two defenders/servers) against two white defenders. The action begins when the coach plays the ball into the two red defenders/servers, who pass the ball to each other until one of the forwards drops into the central channel to receive the ball. The ball is immediately passed to the forward who must receive it on the half turn inside the channel in order to avoid being challenged. Once turned the forward must attempt to take on the defender and try and score in the small goal nearest to her. If the white defenders win the ball, the red forwards become inactive and allow the white defenders/servers to pass the ball to each other until the previously inactive white forwards look to receive the ball and avoid pressure from the marking red defenders. The process is repeated as before with a white forward attempting to dribble and score. If a goal is scored or the ball goes out of play the coach plays another ball into the defenders of the team giving up the goal or forcing the ball out of play.
2. **Progression 1:** Forwards can now receive the ball in the attacking half and try and turn. If the defender is applying good pressure the forward may also touch the ball back into the central channel in order to relieve the pressure and get turned there. The emphasis is on getting turned and beating the opponent.
3. **Progression 2:** Forwards can decide to dribble at goal, or, combine with her partner on the other side of the markers in a 2v1 situation to create a scoring opportunity.

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