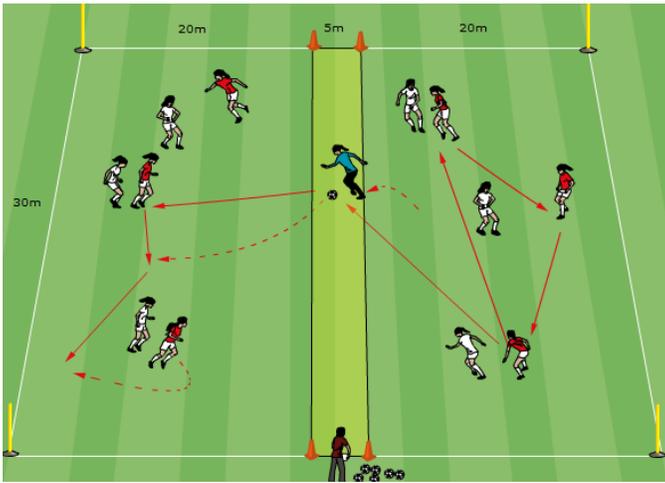


# Active for Life: GAG Activity

**Technical/Tactical: Passing & Support** **15-20 minutes**

**Organization:**

- Two teams of 6 - 3 defender against 3 attackers in each half of the field. One neutral player.
- Playing area i 45m x 30m with a 5m central channel as shown.
- A team scores by running the ball across the end line.
- Play begins with coach.



**Coaching Points:**

- Find space and try to face the goal as you receive the ball.
- Be prepared to move to the ball.
- Create passing triangles with your teammates..
- Choose your technique.
- Be composed on the ball.
- Pass the ball and move into a new position..

**Description:**

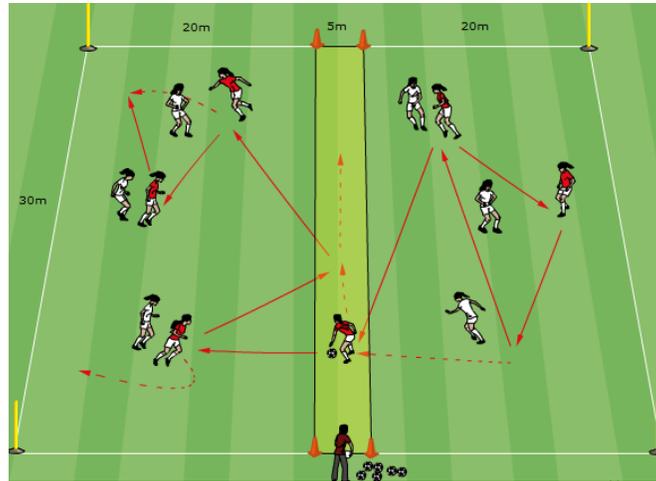
1. Coach serves a ball into the red defenders who, along with the neutral player, must try to make three consecutive passes before passing to the neutral player as she moves into the central channel. Once there she cannot be challenged and can compose herself before playing into the Red forwards and helping them to score by running the ball over the end line. The ball must be under control in order for the goal to count. The members of the other team must try and prevent the reds from scoring and, if possible, win the ball and build the play in a similar fashion and attempt to score themselves. Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the opposing team's defenders and play resumes. The neutral player may roam anywhere but in order to move the ball from defenders into the forwards of a team she must first receive a pass as she enters the middle channel. This is an opportunity for the neutral player to regain control and composure before beginning to attack the opposing defence. If the defending team should win possession then the play continues in the opposite direction. The neutral player is always on the side of the team in possession.

**Emphasis:** Be composed and efficient. Receive the ball facing the goal whenever possible. Create passing triangles with your teammates.



**Organization:**

- Two teams of 6 - 3 defender against 3 attackers in each half of the field.
- Playing area is 45m x 30m with a 5m central channel as shown.
- A team scores by running the ball across the end line.
- Play begins with coach.



**Coaching Points:**

- Find space and try to face the goal as you receive the ball.
- Be prepared to move to the ball.
- Create passing triangles with your teammates..
- Choose your technique.
- Be composed on the ball. Don't force things.
- Pass the ball and move into a new position..

**Description:**

1. Coach serves a ball into the red defenders who must try make three passes before passing to one of the defenders as she moves into the central channel. Once there she composes herself before playing into the Red forwards and helping them to score but this time she can only support the forwards from inside the central channel and play probing passes and be used as an outlet if forwards cannot get turned. A before a goal is scored by running the ball across the end line and the ball must be under control in order for the goal to count. The members of the other team must try and prevent the reds from scoring and, if possible, win the ball and build the play in a similar fashion and attempt to score themselves. Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the opposing team's defenders and play resumes. If the defending team should win possession then the play continues in the opposite direction. Should possession be lost when a player is in the central channel, she must drop back into her half and defend. Only one player is allowed in the central channel at any one time.

**Progression 1:** Player in the central channel is limited to three touches only before passing.

**Progression 2:** Player may move from central channel into attacking half but may be challenged when outside the channel. She may also drop back into the channel to avoid being challenged.