

Active for Life: GAG Activity

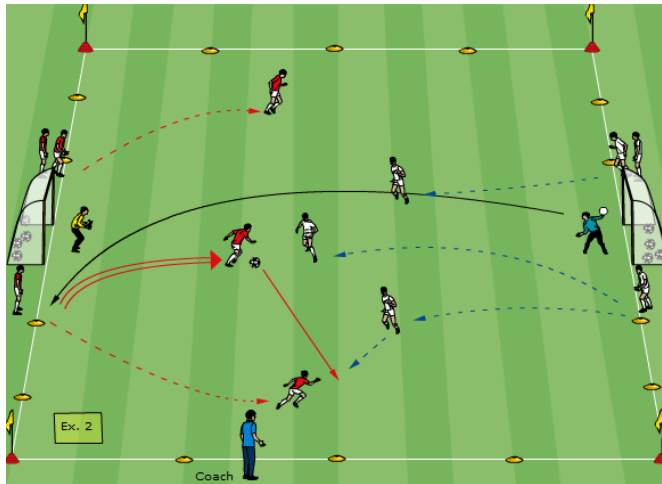
Technical/Tactical:

3v3 Defending (Tight & Loose Marking)

15-20 minutes

Organization:

- Set-up area 30x20m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two Goals
- All soccer balls in the goals.



Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

Description:

1. The play begins when the Goalkeeper throws the ball to one of the white players by the side of the opposite goal. That player and two other teammates try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw three red players close down their opponents and try to prevent the white players from scoring. If they win the ball they may try and score in the white team's goal. When a goal is scored or the ball goes out of play the exercise restarts with the other Goalkeeper throwing the ball to the next three reds in line and the next three white players have to defend. This process continues in both directions.
2. **Progression:** Can progress to 4v4 by making the area 40x30m, if players are performing the man to man task well.

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