

Active for Life: GAG Activity

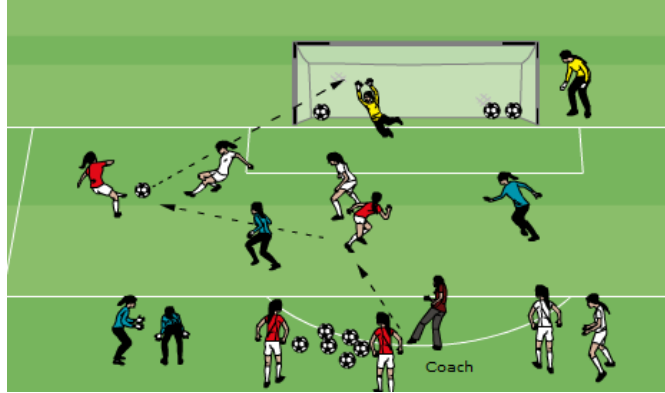
Technical/Tactical:

Sharp Shooting #2

15-20 minutes

Organization:

- Three teams of 4 plus two GKs.
- Playing field is the penalty area as shown.
- 2v2v2 in designated playing area. two players from each team resting.
- GK's switch as teams switch roles.
- Play begins with coach.



Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Pass the ball low past keeper
- Be composed.

Description:

1. Coach serves a ball from the top of the penalty area to one of the red strikers who must try and score directly, or pass to their teammate to score. The members of the other two teams must try and prevent the reds from scoring and, if possible, win the ball and 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 penalty area again. Teams switch roles every two minutes. Players switch roles with the resting players. Gather all balls in the penalty arc before restarting the game. Keep track of combined score.

Emphasis: Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.

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