

Active for Life: GAG Activity

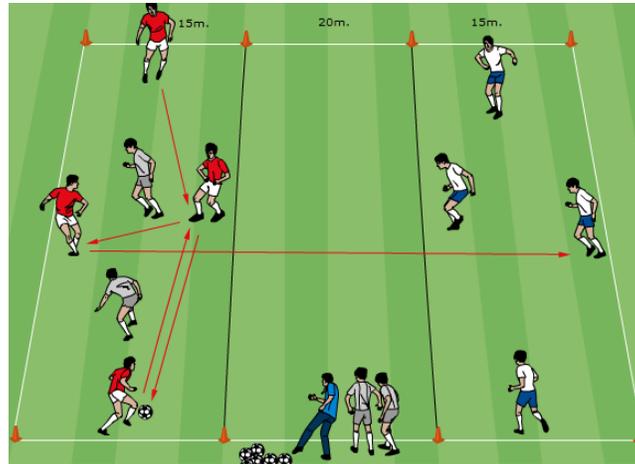
Technical/Tactical:

Three Zone Game

20 minutes

Organization:

- Set-up area 50x15m as shown.
- Divide players into three groups of four and position them as shown.
- 15x20m Central area is a “no go zone”.
- Play takes place in the end zones only.
- Teams must switch roles by going around coach.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.
- Be composed for the long pass-eye on the ball and strike through the middle.

Description:

1. A team is placed in each end zone with one defending team positioned behind the coach. The play begins when the coach passes the ball into the red team in the end zone. Once the ball is touched by one of the red players, two grey defenders can enter the end zone and try and win the ball. The red team must play at least three consecutive passes and then pass the ball to the white team in the other end zone for 1 point, at which time the process is repeated by the white team while two new grey defenders try to win the ball. If a defending player knocks the ball out of the zone; or the ball is misplayed or in any other way leaves the zone; or the final pass misses the opposite end zone, then the team loses possession and switches places with the defending team. The Coach serves a new ball into the opposite end zone. When roles switch defenders cannot go into the other end zone without running around the coach. First team to 10 points is the winner. Repeat as necessary.
2. **Progression:** As above but the ball must not bounce in the “no go zone” or possession is lost and team switches with defenders.

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