

# Active for Life: GAG Activity

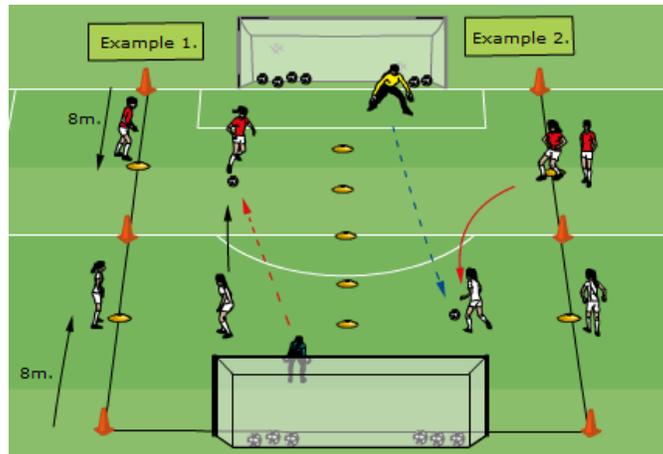
Technical/Tactical:

1v1 defending #1

20-30 minutes

## Organization:

- From one goal, set up an area 32m x 20m as shown, and divide it down the middle with flat markers.
- Divide players into two groups of four plus one Goalkeeper (two defenders and two attackers).
- 1v1 dual takes place on either side of the markers as shown.
- Each player tries to win the 1v1 dual and score and then switches with his/her partner.



## Coaching Points:

- Take away the shot and close down quickly.
- If forward has a poor touch try and win the ball.
- If forward has a good touch jockey/contain her.
- Watch the ball not the forwards feet/body.
- Try to steer the forward to the outside but protect against a possible shot.
- Be aggressive but be patient.

## Description:

1. The blue Goalkeeper serves the ball to the Red player in the channel and in line with a marker 8m from the opposite goal line. As the ball travels the White defender, starting level with the marker 8m away from his/her goal line, closes the ball down and attempts to win the ball and score in the Red player's goal. The Red player must try and score in the White player's goal. If the ball goes out of play the defender gets 1 point (3 points = 1 goal). Switch player roles every six attempts. **Note:** the same action is being repeated on the other side of the markers but in the opposite direction and players are having to work predominantly with the other foot (ie; in example 1, Red attacker attacks on right side and defends on right side. In example 2, Red defender defends on left side and attacks on left side).
2. Once the cycle is completed repeat this process with the ball being played in from the opposite end. The roles will be reversed.
3. Have groups switch sides and repeat the process.
4. As the previous exercise but this time the red player starts on the 8m marker at the side of the playing area. The white player can shoot as soon as she receives the ball, or dribble in order to create a scoring opportunity. Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite end.

**Note:** This is a demanding exercise for the players working so please allow recovery time between each attack.

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