

Active for Life: GAG Activity

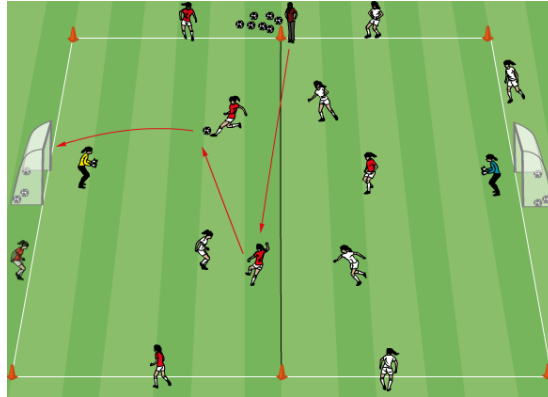
Technical/Tactical:

Fox in the box 1

20 minutes

Organization:

- Use markers to set up a 30x20m area as shown.
- Two teams of six plus a GK.
- Two goals
- Three players from each team on the field. Three supporting players positioned outside area as shown.
- Play starts 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.
- Have a touch if needed.
- Pass the ball low past keeper
- Be composed.

Description:

1. Players are restricted to two striker's v one defender in each half of field. Coach serves ball into red striker who must try and score directly, or pass to his/her teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the strikers. The support players are limited to a maximum of three touches in which to pass. The defender must try and prevent the reds from scoring and, if possible, win the ball and pass to the white strikers who repeat the process in the opposing half of the field. Play continues until the ball goes out of play at which time the coach serves a ball into the strikers of the team which defended last. Players switch roles with supporting players every two minutes. Players switch roles within the groups of three also. 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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