

Active for Life: GAG Activity

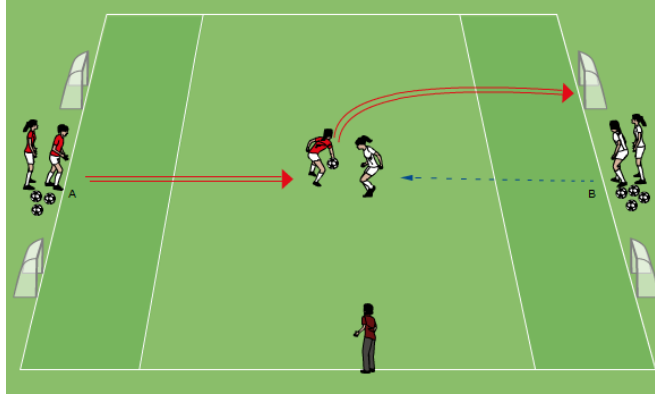
T

Dribbling and finishing in 1v1 situations

15 minutes

Organization:

- Two teams of three players in an area 20x10m.
- Two small goals at each end as shown.
- The attack alternates from each end.



Coaching Points:

- Take a long touch to start to cover ground quickly.
- Attack one of the two goals to draw the defender across and then fake and go to the other goal.
- Use your body and/or feet to trick your opponent.
- Accelerate again when you go for the goal

Description:

1. The action begins when the white attacker takes a touch forward and tries to score on one of the two goals at the opposite end of the playing area by dribbling the ball between the flags. The red player tries to prevent the white player scoring and, if possible, takes the ball off of the white player and scores in one of the goals at the other end of the field. Once the goal is scored both players go to the opposite end and switch roles (the white player goes to position B and the red to position A). Keep a total score for each team.
2. **Progression:** Change the starting positions so that the players start at opposite corners. Give 1 point for a goal scored in the goal that is unguarded and 2 points for a goal scored in the guarded goal.

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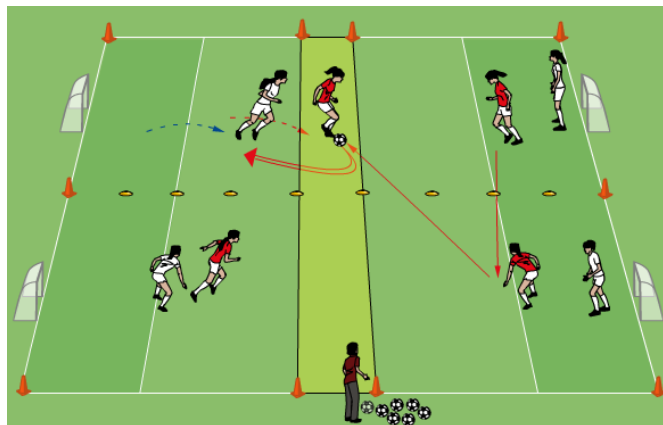
Technical/Tactical

Turning to Dribble

15 minutes

Organization:

- Two teams of 4 players in an area 35mx20m with a 5m central channel.
- Defenders cannot enter the central channel.
- Two small goals at each end as shown.
- The attack alternates from each end.



Coaching Points:

- Find space to turn by dropping off the defender into the central channel.
- Once turned attack the defender by running at her.
- Take the ball inside and as she moves with you cut back to the outside.
- Use your body and/or feet to trick your opponent.
- Accelerate when you go past the defender to the goal.

Description:

1. Initially the game starts with four reds (two forwards and two defenders/servers) against two white defenders. The action begins when the coach plays the ball into the two red defenders/servers, who pass the ball to each other until one of the forwards drops into the central channel to receive the ball. The ball is immediately passed to the forward who must receive it on the half turn inside the channel in order to avoid being challenged. Once turned the forward must attempt to take on the defender and try and score in the small goal nearest to her. If the white defenders win the ball, the red forwards become inactive and allow the white defenders/servers to pass the ball to each other until the previously inactive white forwards look to receive the ball and avoid pressure from the marking red defenders. The process is repeated as before with a white forward attempting to dribble and score. If a goal is scored or the ball goes out of play the coach plays another ball into the defenders of the team giving up the goal or forcing the ball out of play.
2. **Progression 1:** Forwards can now receive the ball in the attacking half and try and turn. If the defender is applying good pressure the forward may also touch the ball back into the central channel in order to relieve the pressure and get turned there. The emphasis is on getting turned and beating the opponent.
3. **Progression 2:** Forwards can decide to dribble at goal, or, combine with her partner on the other side of the markers in a 2v1 situation to create a scoring opportunity.

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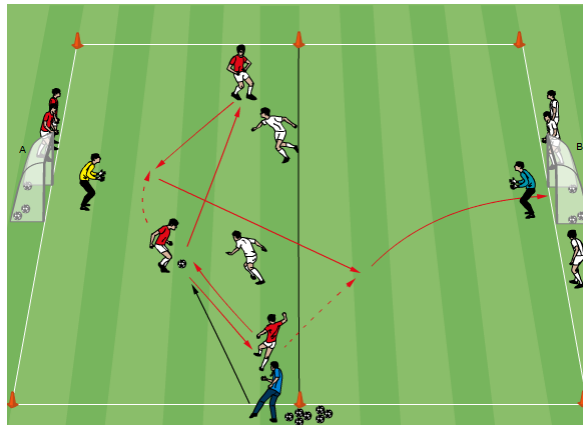
Technical/Tactical:

3v2 toward goal

20 minutes

Organization:

- Use markers to set up a number of 35x15m areas as shown.
- Two teams of five plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with Coach serving a ball to 3 attacking players, in their own half.



Coaching Points:

- Spread out as a group to create space.
- Open out as you receive the ball.
- Keep ball out of your feet & get head up to see passing opportunities.
- Pass into the space in front of teammate.
- Pass the ball firmly with inside/outside of foot.

Description:

1. Three Red players begin the attack from their own end of the field as the coach rolls to the ball for one of them to control and build play towards goal (B) in order to score. At the same time two White players start on the halfway line and try and win the ball and score in goal A as soon as the Red team has one touch of the ball. The Red team must play three passes before they can enter the opposite half and score. When a goal is scored or a shot is taken, or the ball is knocked out of play, the process is repeated in the opposite direction, with three white players now attacking Goal A. Continue this rotation.

Emphasis: Commit the defender by dribbling the ball at the goal. If the defender blocks your progress pass to a teammate in a better position. As a group pass the ball until you get an opportunity to shoot enter the opposite half and shoot. Be patient and keep the ball moving.

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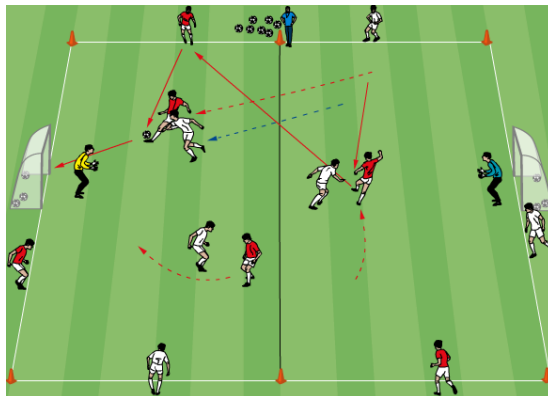
Technical/Tactical:

Passing & Receiving Combinations

15-20 minutes

Organization:

- Use markers to set up a number of 35x20m areas as shown.
- Two teams of six plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with GK.
- 3v3 on the field with 3 supporting players from each team outside.



Coaching Points:

- Draw the defender by running at them with the ball.
- Pass the ball and look to get it back behind the defender.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Work in triangles with support players.

Description:

1. 3 v 3 game takes place for intervals of 2 minutes. Resting players are positioned as shown and act as support players for their teammates for additional passing opportunities or combinations. Support players are limited to no more than three touches. Field players have as many touches as they need to create scoring opportunities and are encouraged to try various passing options (wall passes, overlaps, third man runs) to do so. Every two minutes the infield players switch with those on the outside and the game resumes as before. All restarts are from the nearest GK – no throw-ins, corner kicks or kick-offs. 1 point for a goal scored directly. 2 points for a goal scored following a combination play. Keep a running score for the game.

Emphasis: On wall passes, overlaps and third man runs.

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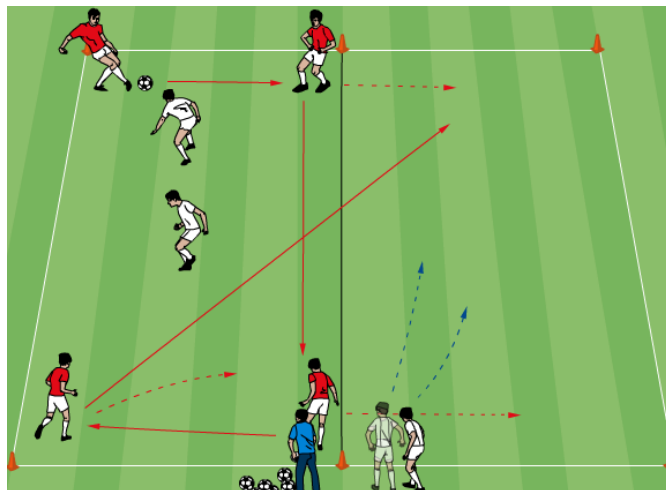
Technical/Tactical:

Passing & Support – Square to Square

20 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into groups of four and position them as shown.
- One group in possession against two opponent in one 15x15m square.
- One square vacant to begin with.



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.

Description:

1. Two groups compete against one another as follows: Four red players v 2 white player in a one square, with two white players resting outside the square at the halfway line. The coach serves the ball to the red team and they must make at least three passes after which they can pass the ball into the next square for one of the group to run onto. If successful all four red players move into the next square and, again try to get at least three passes and play back into the original square. If the red team is successful the two defending white players steps out and two new defenders enter the next square attempting to win the ball. If the red team should pass the ball out of bounds, or the defender wins the ball, the coach serves the next ball into the other square to the white players and two of the reds become defenders, while the others rest outside the area. Every successful movement from one square to the next = 1 point. First team to 10 points is the winner.

Progression 1: Defenders must try and win the ball and pass it into the next square to the resting players and the whites then transition to retaining possession and the Reds become the defenders as before.

Progression 2: As above but 3v1 in one square, with fourth player in other square. Switch squares with a pass to the fourth player.

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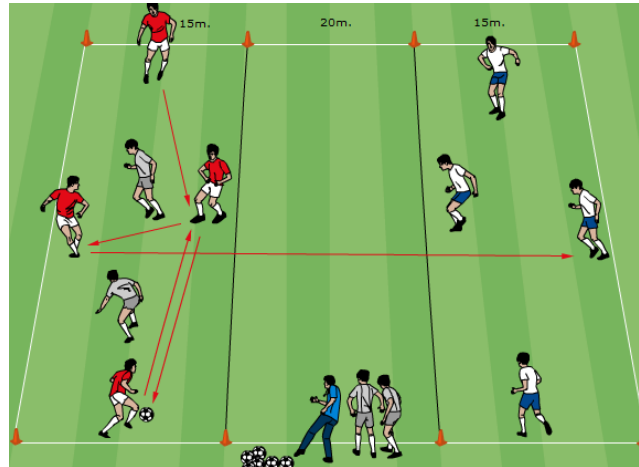
Technical/Tactical:

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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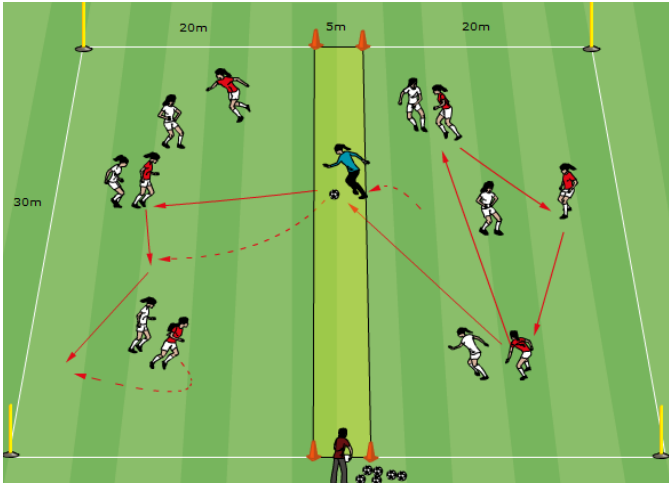


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Technical/Tactical: Passing & Support **15-20 minutes**

Organization:

- Two teams of 6 - 3 defender against 3 attackers in each half of the field. One neutral player.
- Playing area is 45m x 30m with a 5m central channel as shown.
- A team scores by running the ball across the end line.
- Play begins with coach.



Coaching Points:

- Find space and try to face the goal as you receive the ball.
- Be prepared to move to the ball.
- Create passing triangles with your teammates..
- Choose your technique.
- Be composed on the ball.
- Pass the ball and move into a new position..

Description:

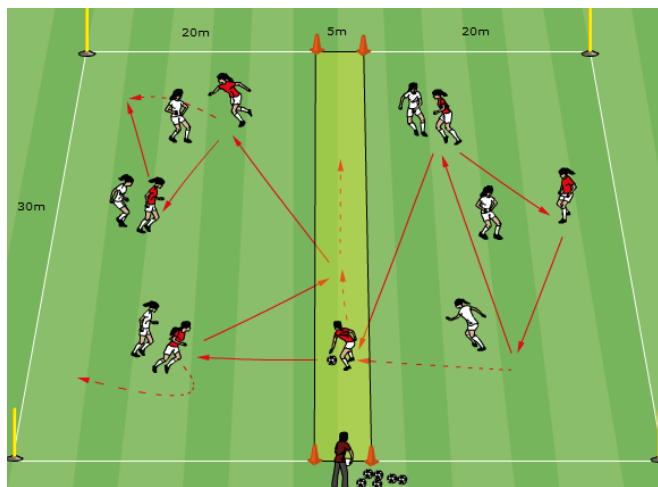
1. Coach serves a ball into the red defenders who, along with the neutral player, must try to make three consecutive passes before passing to the neutral player as she moves into the central channel. Once there she cannot be challenged and can compose herself before playing into the Red forwards and helping them to score by running the ball over the end line. The ball must be under control in order for the goal to count. The members of the other team must try and prevent the reds from scoring and, if possible, win the ball and build the play in a similar fashion and attempt to 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 opposing team's defenders and play resumes. The neutral player may roam anywhere but in order to move the ball from defenders into the forwards of a team she must first receive a pass as she enters the middle channel. This is an opportunity for the neutral player to regain control and composure before beginning to attack the opposing defence. If the defending team should win possession then the play continues in the opposite direction. The neutral player is always on the side of the team in possession.

Emphasis: Be composed and efficient. Receive the ball facing the goal whenever possible. Create passing triangles with your teammates.



Organization:

- Two teams of 6 - 3 defender against 3 attackers in each half of the field.
- Playing area is 45m x 30m with a 5m central channel as shown.
- A team scores by running the ball across the end line.
- Play begins with coach.



Coaching Points:

- Find space and try to face the goal as you receive the ball.
- Be prepared to move to the ball.
- Create passing triangles with your teammates..
- Choose your technique.
- Be composed on the ball. Don't force things.
- Pass the ball and move into a new position..

Description:

1. Coach serves a ball into the red defenders who must try make three passes before passing to one of the defenders as she moves into the central channel. Once there she composes herself before playing into the Red forwards and helping them to score but this time she can only support the forwards from inside the central channel and play probing passes and be used as an outlet if forwards cannot get turned. A before a goal is scored by running the ball across the end line and the ball must be under control in order for the goal to count. The members of the other team must try and prevent the reds from scoring and, if possible, win the ball and build the play in a similar fashion and attempt to 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 opposing team's defenders and play resumes. If the defending team should win possession then the play continues in the opposite direction. Should possession be lost when a player is in the central channel, she must drop back into her half and defend. Only one player is allowed in the central channel at any one time.

Progression 1: Player in the central channel is limited to three touches only before passing.

Progression 2: Player may move from central channel into attacking half but may be challenged when outside the channel. She may also drop back into the channel to avoid being challenged.

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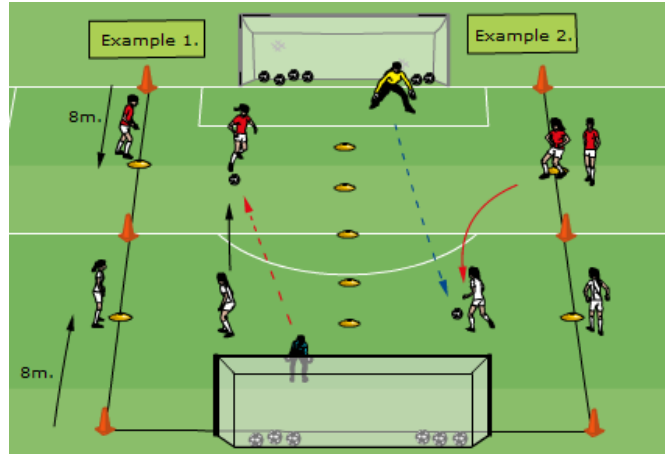
Technical/Tactical:

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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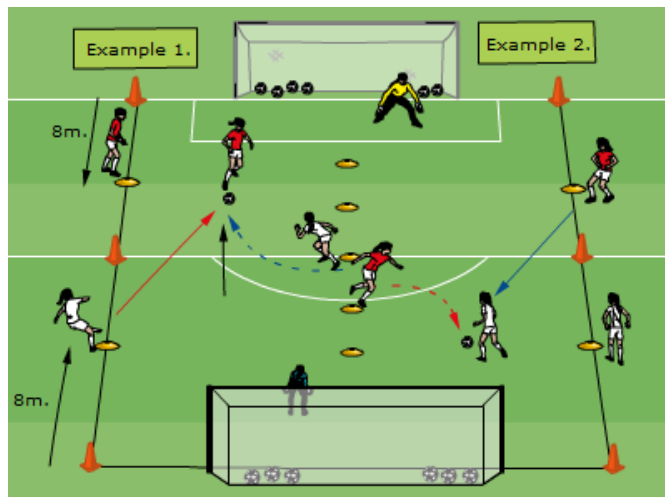
Technical/Tactical:

1v1 Defending #2

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. As with the previous exercise but the server is the second defender from the 8m Marker, and defender is positioned at the central markers and at the halfway line, closer to the Attacker. As the ball travels the defender must take away the shot by curving her approach as she closes the ball down. Defender 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. Once the cycle is completed repeat this process with the ball being played in from the opposite side. **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 with the previous exercise but the defender is positioned progressively closer to the Attacker. It is even more critical to get across to take away the shot as the ball is traveling.

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

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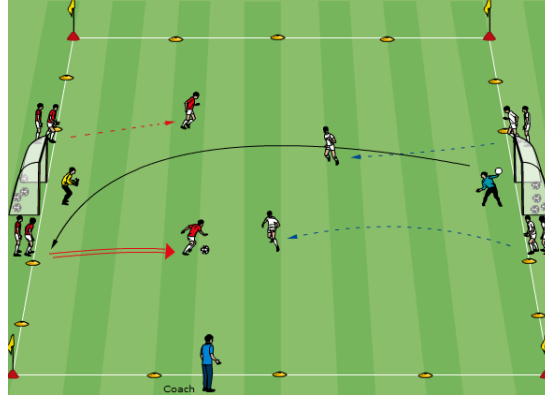
Technical/Tactical:

2v2 defending (Tight & Loose Marking)

20 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two 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 a second teammate try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw two 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 two reds in line and the next two white players have to defend. This process continues in both directions.

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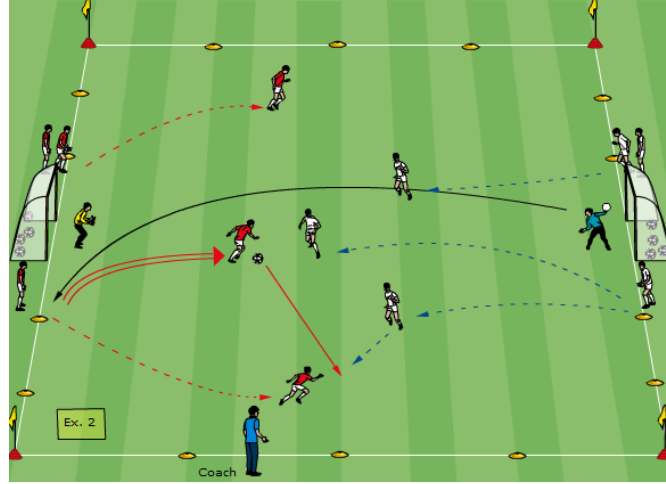
Technical/Tactical:

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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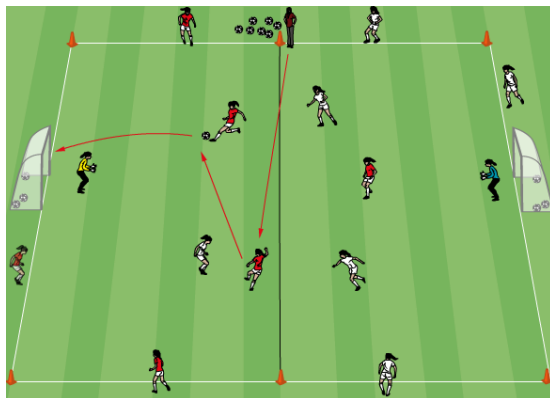
Technical/Tactical:

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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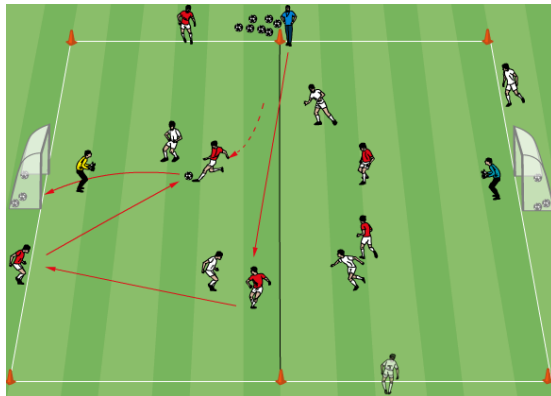
Technical/Tactical:

Fox in the box 2

15 minutes

Organization:

- Use markers to set up a 25x20m area as shown.
- Two teams of six plus a GK.
- Two goals
- Four players from each team on the field. two 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. As in previous exercise but players are restricted to two striker's v two defenders 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.

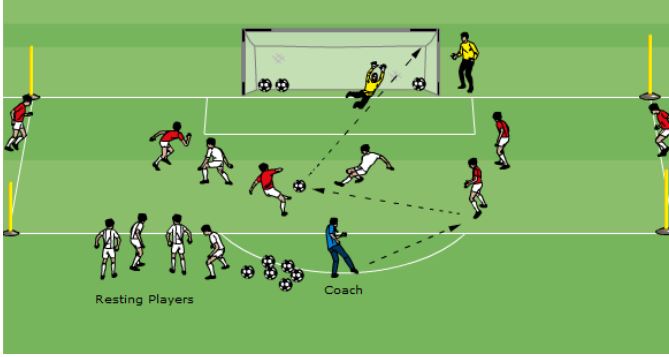
Emphasis: Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.

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Active for Life: GAG Activity

Technical/Tactical: **Sharp Shooting.** **15-20 minutes**

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|---|--|--|
| <p>Organization:</p> <ul style="list-style-type: none"> Two teams of 6 plus GKs. Playing field is the penalty area as shown. 4v2 in designated playing area, plus two support players. Four players resting. GK's switch as teams switch roles. Play begins with coach. |  | <p>Coaching Points:</p> <ul style="list-style-type: none"> 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:

- 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 a 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 other strikers. The support players are limited to a maximum of three touches in which to pass. The defenders must try and prevent the reds from scoring and, if possible, win the ball and run it out of the penalty area for a point (3 points = goal). Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the strikers again. Teams switch roles every two minutes. Players switch roles within the groups also. 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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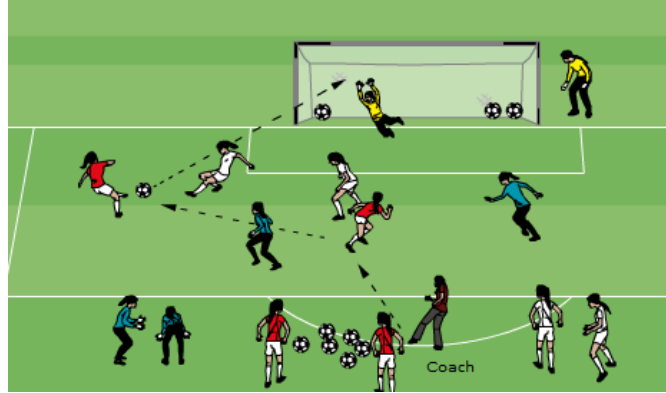
Technical/Tactical:

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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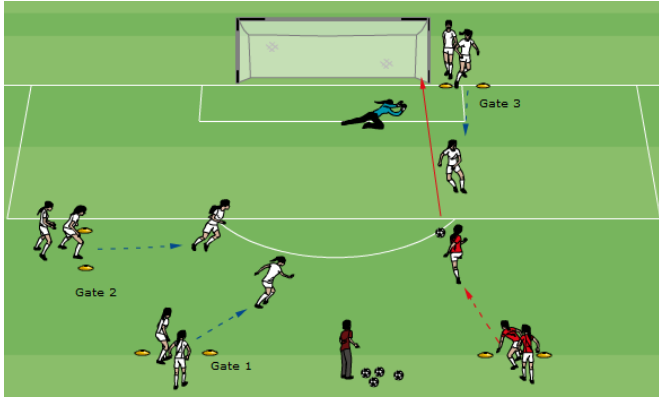


Active for Life: GAG Activity

Technical/Tactical: Distance Shooting 20 minutes

Organization:

- Use the area as shown
- One group of 3 strikers and one group of 3 defenders.
- The group of defenders will defend from three different positions as the practice progresses.
- Goalkeeper.
- Play starts when the striker attacks goal.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of the keeper

Description:

1. Players begin from two gates set up on either side of the coach, approximately 10m from edge of penalty area. Red striker dribbles toward goal and shots before reaching the edge of the box. One white defender attempts to prevent the shot and if possible, tries to win the ball and score himself/herself. After the shot the striker joins the line of defenders and the white defender joins the line of strikers and roles reverse. Strikers should also switch sides for the shot before progressing in order to practice with both feet.
2. **Progression:** As above but defender tries to prevent shot from the side.
3. **Progression:** As above but the defenders try to prevent the shot by coming from the side of the goal.

Emphasis: Be composed and efficient. Kick through the middle of the ball.



Active for Life: GAG Activity

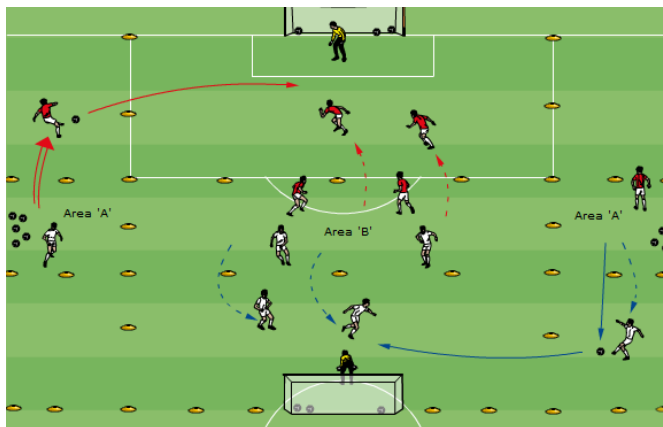
Technical/Tactical:

Crossing from Wing Channels-1a

20 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 42-45m long and the width of a regular field.
- Use markers along the edge of the penalty area and mark off a second penalty area at the other end of playing area as shown.
- A wing channel on each side of the penalty area.
- Each group attacks a goal at opposite ends.



Coaching Points:

- Take a long first touch to take space quickly.
- Touch the ball inside slightly to prepare to cross
- Take a big last step & watch ball as you kick it.
- Strike through the middle of the ball using the instep.
- Aim for the area between the goal area & the penalty spot.

Description:

- 1 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger pushes the ball forward and runs with it from point (a) into the end channel where he/she crosses the ball for two attackers running into the scoring zone from point (b). The three players return to their starting position and the process is repeated by the winger on the other side, along with two new central attackers. Work on crossing the ball low across the face of the goal initially. After 10 crosses each the wingers switch with two central attackers and the practice continues. Once all players have been a winger for 10 crosses they can with the same crossing technique for another cycle or progress to a new crossing technique.
- 2 As above but winger dribbles the ball at speed to the goal line and cuts it back along the ground for the central attackers.
- 3 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

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Active for Life: GAG Activity

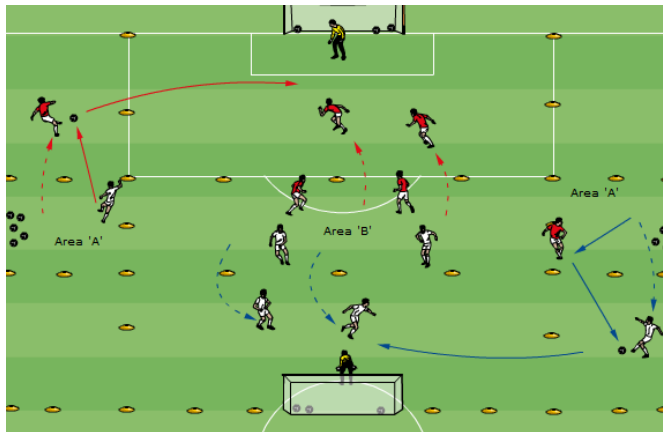
Technical/Tactical:

Crossing from Wing Channels-1b

20 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 42-45m long and the width of a regular field.
- Use markers along the edge of the penalty area and mark off a second penalty area at the other end of playing area as shown.
- A wing channel on each side of the penalty area.
- Each group attacks a goal at opposite ends.



Coaching Points:

- Take a long first touch to take space quickly.
- Touch the ball inside slightly to prepare to cross
- Take a big last step & watch ball as you kick it.
- Strike through the middle of the ball using the instep.
- Aim for the area between the goal area & the penalty spot.
- Take a touch if needed.

Description:

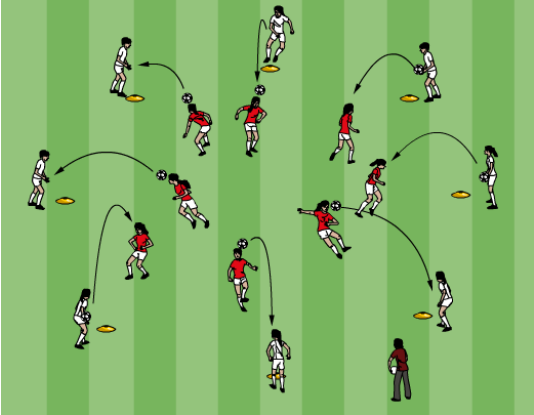
- 4 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger has the ball passed to him/her by the partner in the same area 'A' and runs after it into the end channel where he/she crosses the ball for two attackers running into the scoring zone from area 'B'. The Winger should take a touch before crossing. The three players return to their starting position and the process is repeated by the winger on the other side, along with two new central attackers. Work on crossing the ball low across the face of the goal initially. After 10 crosses each the wingers switch with two central attackers and the practice continues. Once all players have been a winger for 10 crosses they can with the same crossing technique for another cycle or progress to a new crossing technique.
- 5 As above but winger plays a wall pass with his/her partner to come out of area 'A'. Try to cross first time but take a touch first if needed. It is better to end with a quality cross than hurry the execution and miss time it!
- 6 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

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Active for Life: GAG Activity

Technical/Tactical: **General Heading Technique** **15 minutes**

| | | |
|---|--|--|
| <p>Organization:</p> <ul style="list-style-type: none"> Set-up markers in a circle as shown with a radius of approx. 25m. Divide players into two equal groups. One group with a ball each stands by the markers. The other group without a ball working inside the circle. Each player works for one minute and switches roles |  | <p>Coaching Points:</p> <ul style="list-style-type: none"> Keep your eyes on the ball. Make contact with the forehead. Lean back from the waist and use your arms to “pull your head onto the ball”. When jumping take off of one leg. Head through the ball to direct it. |
|---|--|--|

Description:

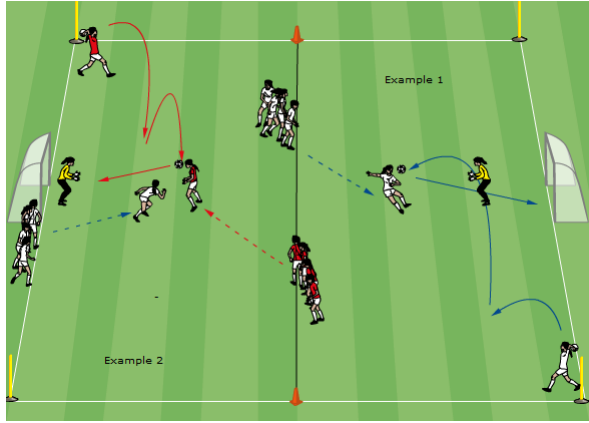
1. Server use a two handed, over-arm throw to bounce the ball initially when serving the ball in the air. Players without a ball jog around the area calling for the ball from the servers. The player receiving the ball must use a particular heading technique in passing the ball back to the server. Upon the command of the coach the players change roles.

| | |
|--|---|
| <p>From Bounced Serve:</p> <ol style="list-style-type: none"> a. Run and head the ball forward to the server b. Run in curve and head ball sideways to the server. c. Jump to head the ball forward to the server. d. Jump and head the ball sideway to the server. | <p>From Direct Underarm Serve:</p> <ol style="list-style-type: none"> e. Run and head forward to server. f. Jump and head forward to server. |
|--|---|



Active for Life: GAG Activity

Technical/Tactical: **Heading for Goal** **15-20 minutes**

| | | |
|--|--|---|
| <p>Organization:</p> <ul style="list-style-type: none"> Use markers to set up a 30x20m area as shown. Two Groups of five plus a server and a GK. Two goals Soccer balls with each server. |  | <p>Coaching Points:</p> <ul style="list-style-type: none"> Keep your eyes on the ball. Make contact with the forehead. Lean back from the waist and use your arms to “pull your head onto the ball”. Attack the ball - take off of one leg. Head through the ball to direct it. |
|--|--|---|

Description:

1. The server serves the ball by bouncing it hard on the ground so that it goes high into the air. The first player times the run so as to meet the ball and direct it towards the goal with her/his head. She/he then returns to the back of her group as the GK plays the ball back to the server. The process is then repeated for each player in the group. Continue for as many repetitions as needed. Change the server a regular intervals. **Variation:** Use an underarm throw to serve the ball into the air without bouncing it.
2. As above, but a defending group is positioned by the goal, beyond the far post, and a little further from the server than the other group. The ball is served as before but this time the attacking group is put under some pressure by the players of the defending group. The attacking group tries to score a goal and the defending group tries to head clear for 1 point (3 points = goal). Switch the roles of the groups at regular intervals. **Variation:** Use an underarm throw to serve the ball into the air without bouncing it.



Active for Life: GAG Activity

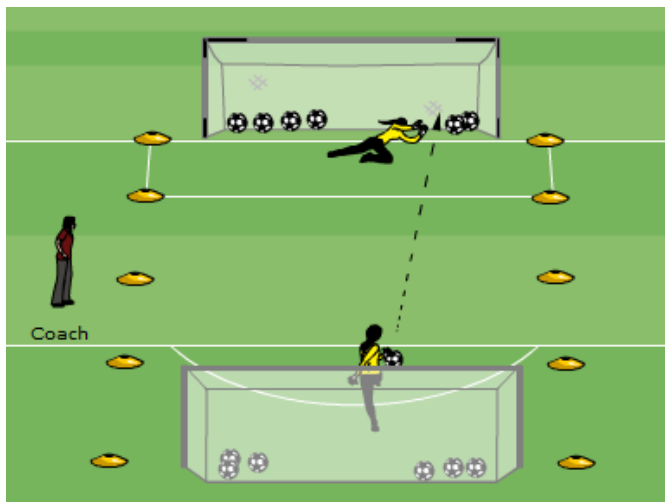
Technical/Tactical:

Goalie Shootout #1

15-20 minutes

Organization:

- 2 Goalkeepers
- Playing area is 20m. x 20m. with one goal at each end.
- 1v1 dual takes place inside the markers as shown.
- Each player tries to win the 1v1 dual and score and then switches with his/her partner.



Coaching Points:

- Correct starting position for shot-stopping
- Get behind the ball and use the largest surface available to make save
- If necessary deflect wide of goal
- Move feet quickly to get into position (quick short steps)
- Use proper throwing/kicking techniques and aim low

Description:

1. Each Goalkeeper must try to score by throwing the ball past the other into the goal. The Goalkeepers take turns in trying to score, while the other attempts to save. Rebounds that cross the mid-point cannot be retrieved and result in a loss of turn.

Conditions:

1. Rebounds must be retrieved before they cross the mid-point or the side lines otherwise it results in a loss of turn.
2. After saving the Goalkeeper rolls the ball forward and shoots for the opposing goal. The Goalkeepers now kick instead of throwing the ball.

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

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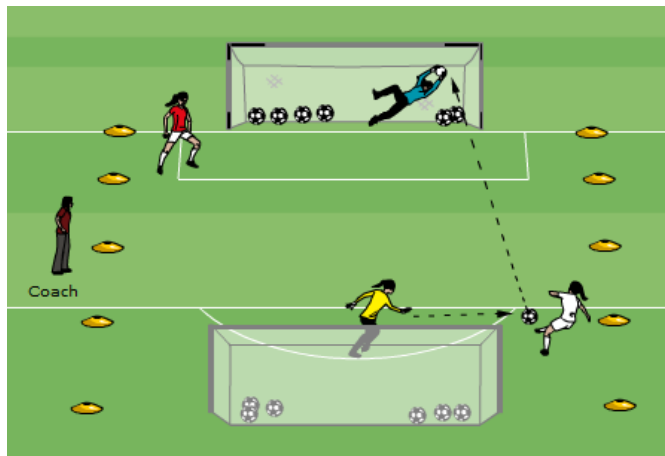
Technical/Tactical:

Goalie Shootout #1

15-20 minutes

Organization:

- 2 teams consisting of 1 Goalkeeper and a Striker
- Playing area is 20m. x 20m. with one goal at each end.
- A dual takes place inside the markers as shown.



Coaching Points:

- Correct starting position for shot-stopping
- Get behind the ball and use the largest surface available to make save
- If necessary deflect wide of goal
- Move feet quickly to get into position (quick short steps)
- Use proper throwing/kicking techniques and aim low
- Angle the rolled pass to the Striker

Description:

1. Each striker must try to score past the opposing Goalkeeper. The game starts with a Goalkeeper rolling the ball to their Striker, who must shoot in two touches or less. If a goal is scored or the shot is saved the opposing Goalkeeper rolls the ball to her Striker who shoots in the opposite direction, and the process is repeated. Rebounds which cross the mid-point can be hit again by the same Striker.

Conditions:

- Rebounds must be retrieved before they cross the mid-point or the side lines otherwise it results in a loss of turn.
- After saving the Goalkeeper can roll the ball for the Striker or try to score by throwing the ball.
- After saving the Goalkeeper can roll the ball for the Striker, or try to score by throwing the ball, or roll it forward and try to shoot herself.

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

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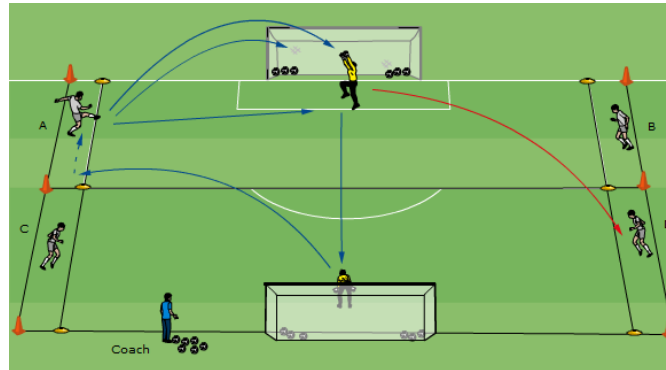
Technical/Tactical:

Goalkeeper Dealing with Crosses-1a

20 minutes

Organization:

- 2 Goalkeepers and 4 players to cross the ball.
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.



Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball-good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

Description:

- 1 Goalkeeper 1 throws the ball to the goalkeeper in the opposite goal. He/she catches it and throws it to the crosser/server A. Crosser A has three touches in which to control and cross the ball for Goalkeeper 1. If the Goalkeeper catches the ball he/she distributes it to crosser D and the move progresses. If the cross doesn't land in the immediate area around the goalkeeper, or it goes behind, he/she must shout "away" and cover the goal. If this happens Goalkeeper 1 throws another ball to crosser D to re-run the move. On the next rotation the ball is thrown to crossers B and C respectively, so that the Goalkeepers get practice with crosses from the left and right.

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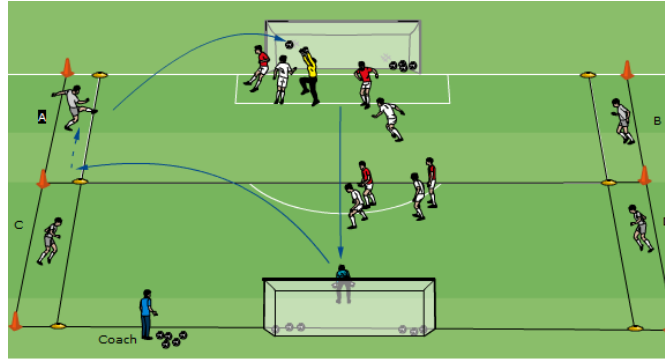
Technical/Tactical:

Goalkeeper Dealing with Crosses-1b

20 minutes

Organization:

- 2 Goalkeepers and 4 players to cross the ball.
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.
- Add 2 attackers and 2 defenders in each half.



Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball- good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

Description:

- 2 Same set up as with the previous session but now add 2 defenders and 2 attackers in each half of the playing area. Service and rotation as before but now the Goalkeeper has to stay focused on the ball while deciding whether he/she can negotiate an effective path to the ball. Each Goalkeeper must instruct defenders as to their body shape and marking positions. Defenders must protect the Goalkeeper, block attackers, defend the goal and communicate well with each other.

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