

Active for Life: GAG Intro-Game

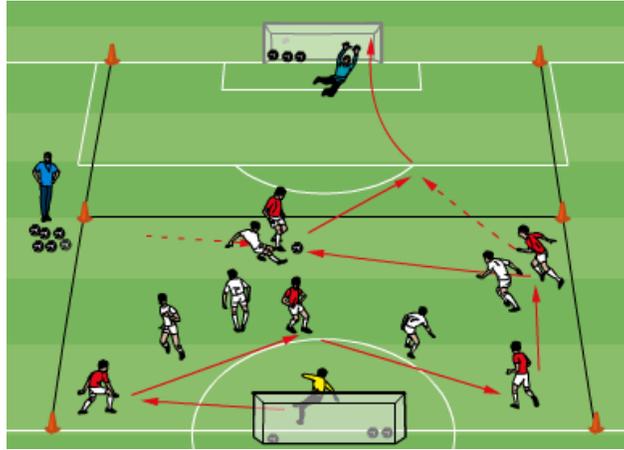
Small-Sided-Game:

6v6 Game – Passing & Support #2

20-30 minutes

Organization:

- Two teams of 6 including the GKs.
- Half field long x 40m wide.
- One goal at each end.
- Soccer balls in the goals and some with the coach.
- Play starts with the GK.



Coaching Points:

- Spread out wide & long.
- Open body position & see as much of the field as possible.
- Support in triangles
- Don't support too close to the ball. Remember: distance = time.
- Make sure you can be seen between players.
- Be composed & keep the ball moving.
- Pass should lead the through run.

Description:

1. The game begins with the Red goalkeeper rolling the ball to one of his/her teammates, who must pass the ball to his/her teammates so that they can complete 3 consecutive passes. Once this is achieved they must try to keep passing until they can send a 'through ball' to a team member breaking into the other half of the field. This player must then try and score in the opposing team's goal. If the opposing players win the ball in the meantime, or they gain possession because the ball goes out of play, then they too must make 3 consecutive passes before send a 'through ball' into the opponents half of the field. Once the 'through player' touches the ball all the players can enter that half of the field. The attacking players can finish any rebounds and the defenders can gain possession and repeat the process in the opposite direction. If a goal is scored or the goalkeeper makes a save the ball is given to the defending team to begin the process again. All players must remain in one half until the through ball is played. Defenders must stay in one half until the 'through player' touches the ball. There are no off-sides, no corner kicks and throw-ins are replaced by kick-ins.

Condition 1: All players are limited to 3 touches with the exception of the through player who is 'free' until the shot is taken.

Condition 2: All players can enter the the other half of the field as soon as the through ball is played.

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