

Active for Life: GAG Intro-Game

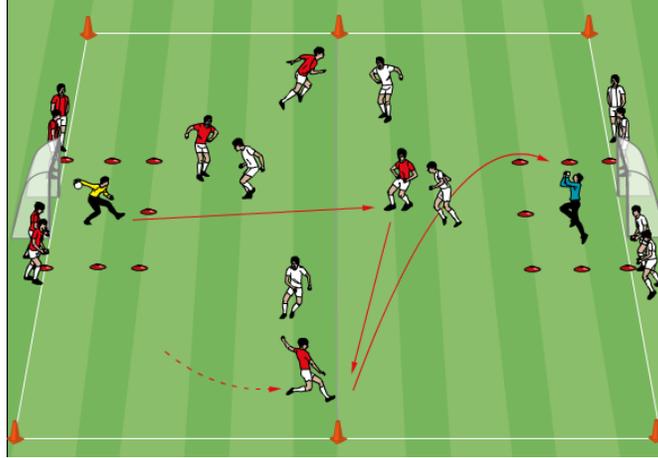
Small-Sided-Game:

8v8 Game – Man to Man Defending Theme.

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Teams are divided into two groups-one working and one resting.
- Resting groups to the side of their respective goals.
- Playing field of 40x30m.
- One goal at each end.
- Soccer balls in the goals.
- Play starts with the GK.



Coaching Points:

- Close down the player on the ball quickly-as the ball travels.
- Watch their first touch, if it's good slow down and jockey. If it's poor, then win the ball.
- Marking position=Goal side: Ball side.
- See the player you're marking and the ball.
- Tight marking near the ball; loose marking away from the ball.

Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create an opportunity to score by chipping the ball into the hands of the opposing Goalkeeper, inside the goal area. The white team must try and prevent the reds from scoring by closing down the attacking team quickly and winning the ball. They can then attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. After 2 minutes the groups switch and the process is continued. Keep a running score for both groups.
2. **Progression:** Goals are scored in the normal manner by putting the ball into the back of the net. Emphasis is still on closing down the player on the ball quickly and trying to win the ball back.

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