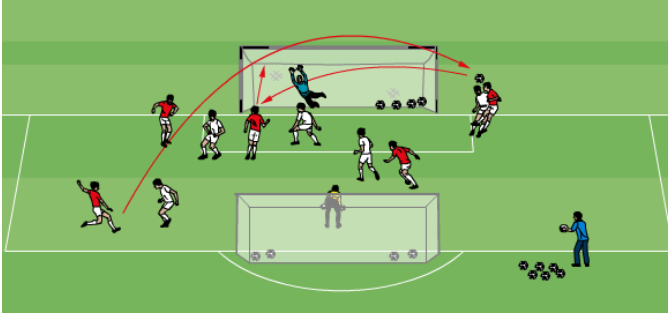


## Active for Life: GAG Intro-Game

**Small-Sided-Game:** **6v6 Game – Heading Home** **15-20 minutes**

<p><b>Organization:</b></p> <ul style="list-style-type: none"> <li>Two teams of 6 including the GKs.</li> <li>Use the Penalty Area</li> <li>One goal at each end.</li> <li>Soccer balls in the goals and with coach.</li> <li>Play starts with the GK.</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>Keep eyes on the ball.</li> <li>Get elbows up for balance &amp; protection.</li> <li>Time jump to get to ball first.</li> <li>Clear space for attacking the ball by pulling away first.</li> <li>Head down at goal.</li> <li>Head up and away when defending/clearing.</li> </ul>
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**Description:**

- Each team must try to score in the opposing goal. Goals can only be scored with the head. The game starts with one goalkeeper serving the ball to a teammate who must try to head for goal, or head the ball on to another member of the team. They, in turn, try to head for goal. If the ball should hit the ground, or be played by any part of the body other than the head, then the opposing team is given a free throw. The game is then restarted by the nearest opposing player throwing the ball up and heading for goal or to a teammate. Goalkeepers can use their hands. Interceptions can only be made using the head.

**Progression 1:** A header can be followed by catching and throwing the ball, but a throw cannot be caught without giving possession to the opposing team.

**Progression 2:** A header is now followed by catching and volleying a pass to a teammate.

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