

## Active for Life: GAG Final-Game

**Small-Sided-Game:****7v7 Game – Defending Theme.****20-30 minutes**

<p><b>Organization:</b></p> <ul style="list-style-type: none"> <li>Two teams of 7 including the GKs</li> <li>Playing field of 65x40m.</li> <li>One goal at each end.</li> <li>All soccer balls in the goals.</li> <li>Play starts with the GK.</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>1v1 Coaching Points from Session 8.</li> <li>Tight marking near the ball; loose marking away from the ball.</li> <li>See player you're marking and the ball.</li> <li>1½ jobs - Distance from player your marking vs. amount of space you can cover.</li> </ul>
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**Description:**

1. The game begins when the GK rolls the ball out to one of the white players. The whites then interpass in an effort to create scoring opportunities. The red team must try and win the ball so that they can attack and score on the whites 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. Defenders can score a point for their team if they force the ball out of play with a good challenge (3 points =1 goal).
2. **Progression:** All conditions are removed for the last 5-10 minutes and a normal game of soccer is played.

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