

Active for Life: GAG Final-Game

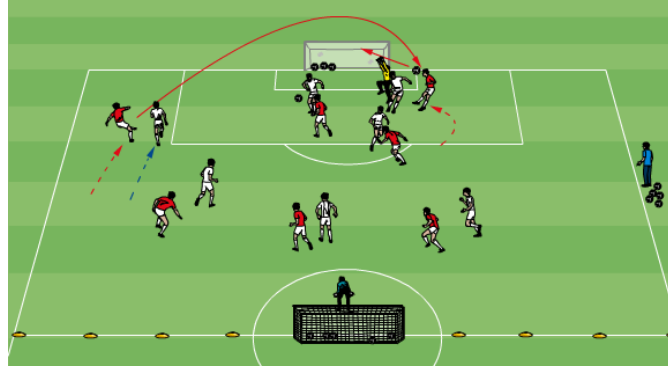
Small-Sided-Game:

8v8 Game – Crossing Theme

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing area is half a field.
- Off-side in effect.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.
- Emphasis on early crosses into the penalty area.



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. 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 scoring opportunities. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer apply. Emphasis is on flank play and crossing early from wide positions.
2. **Condition:** Goals resulting from a cross are worth double.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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