

Active for Life: GAG Intro-Game

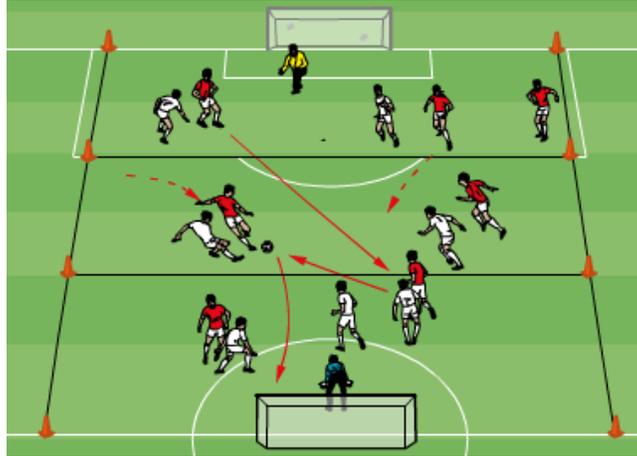
Small-Sided-Game:

8v8 Distance Shooting Game.

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing field of 50x40m., divided into thirds.
- Each final third is 16m.
- Strikers restricted to A1/3.
- One goal at each end.
- Goals can only be scored directly from the middle third of the field or from rebounds in the A1/3.
- All balls in the goals.
- Play starts with the GK.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of the keeper

Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then interpass in an effort to get a player into a shooting position in the middle third. Strikers must stay in the Attacking 1/3 of the field but they can only score from rebounds. All other players can roam freely when attacking. When defending each team must have three defenders in the defending 1/3. 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 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 his/her players.
2. **Progression:** All restrictions are removed for the last 5-10 minutes but goals can only be scored as before.

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