

## Active for Life: GAG Intro-Game

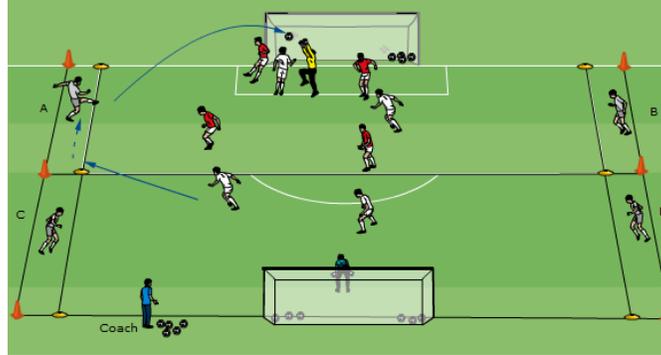
**Small Sided Game:**

**Goalkeeper Crossing Game**

**20-30 minutes**

### Organization:

- 2 Goalkeepers and 4 neutral players to cross the ball.
- Two teams of four
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.



### Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball-good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

### Description:

- 1 The action begins in this 4v4 game with the Goalkeeper serving the ball to one of his/her teammates and each team must try to ply four consecutive passes in the middle area before passes the ball into one of the neutral players in the channel. The crossers can deliver crosses as in the Technical/Tactical Activity or interchange passes back into the middle. When play breaks down, restart with the Goalkeeper whose team was not in possession at the time.

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