

## Active for Life: GAG Final-Game

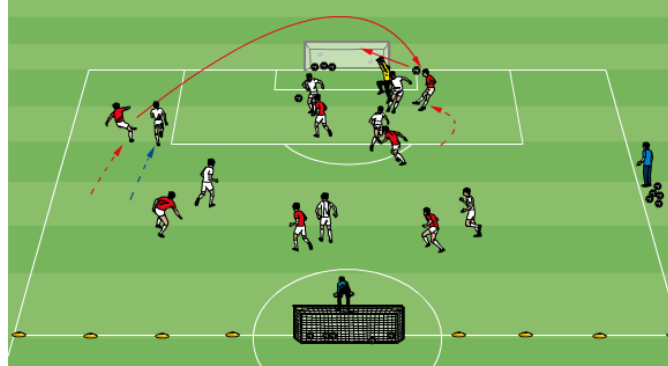
Small-Sided-Game:

8v8 Game – Crossing & Heading 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 scoring from crosses



### Coaching Points:

- Keep your eyes on the ball.
- Make contact with the forehead.
- Lean back from the waist and use your arms to “pull your head onto the ball”.
- When jumping take off of one leg.
- Head through the ball & direct it toward goal.
- Time your run to arrive as the ball arrives.

### 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 hitting the target with headers from crosses.
2. **Condition:** Headed goals resulting from a cross are worth double.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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