

Active for Life: GAG Final-Game

Small-Sided-Game:

8v8 Game – Man to Man Defending Theme.

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m, with a central zone approximately one third of the width of the field.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



Coaching Points:

- Marking position=Goal side: Ball side.
- See the player you're marking and the ball.
- Tight marking near the ball; loose marking away from the ball.
- Track (follow) your player when he/she makes a run.

Description:

1. The game begins when the GK rolls the ball out to one of the white players. The whites then inter-pass 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. Both teams must play Man-to-Man when defending. 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. **Condition:** As a rule of thumb can we get at least 2 players in the central zone when defending on a defensive line of 3?
3. **Progression:** For the last 10 minutes remove the central zone and try to apply the same man-to-man marking principles.

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