

## Active for Life: GAG Intro-Game

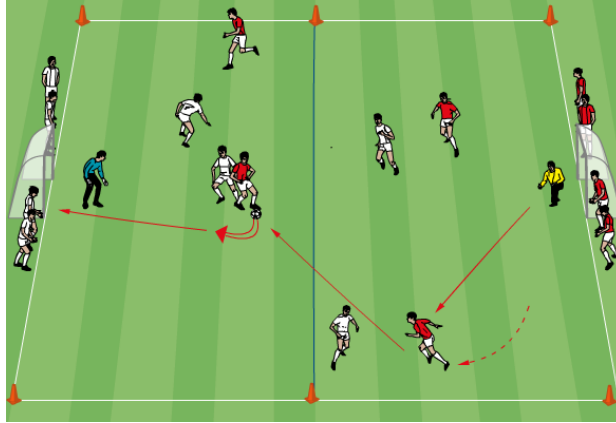
**Small-Sided-Game:**

**5v5 Finishing Game.**

**20-30 minutes**

### Organization:

- Two teams of 5 including the GKs
- Two groups of outfield players resting to the side of the goals.
- Playing field of 25x20m. to encourage finishing.
- One goal at each end.
- Goals can only be scored from anywhere on the field.
- All balls in the goals.



### Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Pass the ball low past keeper
- Be composed.

### Description:

1. This game is aimed at getting players to create and finish scoring opportunities around the goal. 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 into a shooting position. 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. The resting players switch every 2-3 minutes.
  - **Progression:** For the last 10-15 minutes Goals can only be scored from inside the opposing team’s half of the field.

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