

Active for Life: GAG Final-Game

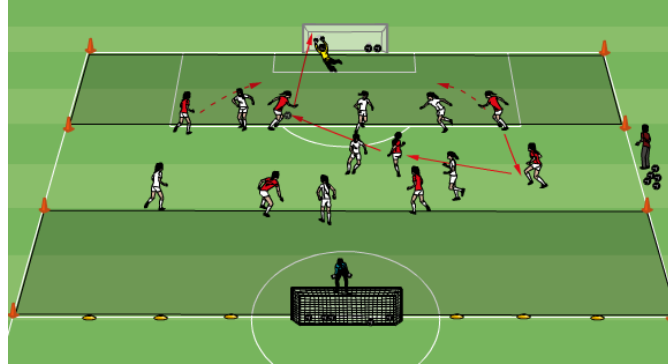
Small-Sided-Game:

8v8 Game – Finishing in the Box 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.
- Play starts with the GK.
- Goals count if they are scored in the 16m end zone.
- Only one defender is allowed in the 16m zone at any one time.



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. 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. Goals count if they are scored from the 16m zone (ie; direct shot or rebound). 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 long range shots. If it doesn't score it can still lead to a goal from a rebound.
2. **Condition:** Goals can only be scored from inside the 16m zone and only one defender may enter the 16m zone at any one time. Attacking players may move anywhere as long as they are not off-side.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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