

Active for Life: GAG Final-Game

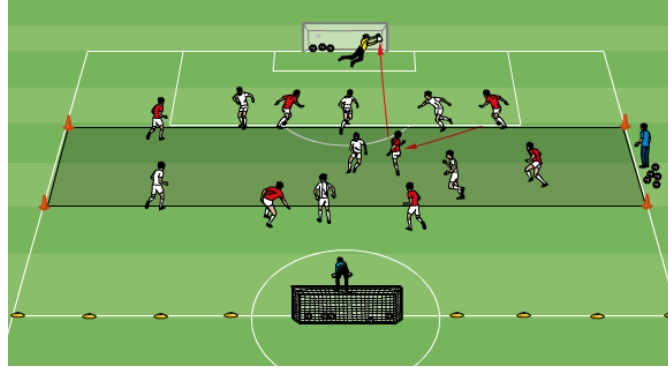
Small-Sided-Game:

8v8 Game – Distance Shooting Theme

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing area is half a field with a central shooting zone, 16m from each goal line.
- Off-side in effect.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.
- Goals count if they result from a shot from inside the middle zone.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of the keeper

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 the result of a shot from the middle third (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 scored directly from the middle zone count double, rebounds count as one.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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