

Active for Life: GAG Intro-Game

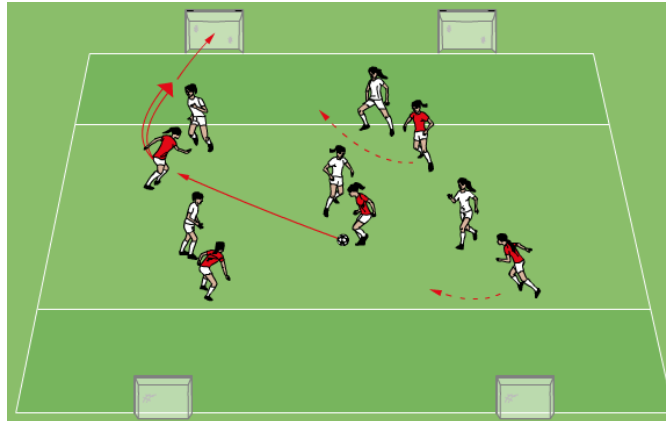
Small-Sided-Game:

5v5 Dribbling Zone Game.

20 minutes

Organization:

- Two teams of 5
- Playing field of 50x30m.
- Markers to indicate the end zones 10m in from each end
- Two goals at each end
- End zones are “no-go zones” and can only be used when an attacking player dribbles past a defender to score in one of the goals.



Coaching Points:

- If you have room, take a long first touch to take space quickly.
- Get head up to see what options you have.
- Be positive – Run at the defender if you can turn.
- Protect the ball by putting your body between it and the defender.
- Redirect the ball with the inside/outside of foot.

Description:

- 1 Play begins with the coach playing the ball to the Red team who look to try and build play toward the opponents goal. In order to score, players must attempt to dribble past an opponent and into the end zone before shooting into one of the small goals. Normal rules of soccer with the exception that players must play within the middle zone until an opportunity arises to dribble past an opponent and into the opponent's end zone. The ball must be “kicked-in” when the ball goes out over the touch line.
- 2 **Variation:** Last 5-10 minutes, one defender can recover back into the end zone to protect the goals.

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