

## Active for Life: GAG Final-Game

**Small-Sided-Game:**

**8v8 Game – Dribbling Theme.**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m.
- Off-side in effect in each final third.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.
- Players must attempt to dribble in the A1/3.



### Coaching Points:

- Take a long touch to start to cover ground quickly.
- Attack the defender by running at him/her and taking the space quickly.
- Use your body and/or feet to trick your opponent.
- Accelerate again when you go for the goal

### 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 1v1 opportunities in the Attacking Third resulting in scoring or crossing opportunities. 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 with the exception of the offside rule being in effect on in the final third.
2. **Condition:** Players must attempt to beat an opponent by dribbling around them when they receive the ball inside the Attacking Third
3. **Progression:** For the last 5-10 minutes remove the Condition but encourage advanced players to take on players when there is an opportunity.

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