

## Active for Life: GAG Intro-Game

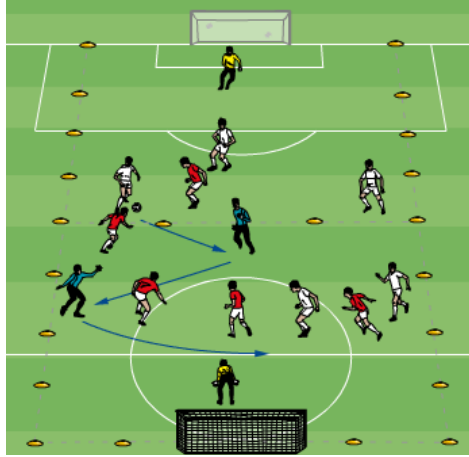
**Small-Sided-Game:**

**Passing & Receiving Game.**

**20- 30 minutes**

**Organization:**

- Two teams of 6 including the GKs plus 2 neutral players.
- Playing field of 65x40m.
- One goal at each end.
- The 2 neutral players are always on the team in possession.



**Coaching Points:**

- Get behind the ball to receive it.
- Receive the ball facing forward if possible
- Relax your controlling surface on contact.
- Keep the ball rolling & out of your feet.
- Look up to decide where to pass - Watch the ball when passing.
- Passing: Part of foot; part of ball.

**Description:**

1. This game is designed to allow players in possession of the ball increased passing options in a competitive situation. This is accomplished by establishing an environment where there are always extra players to which the player on the ball can pass. Normal rules of soccer apply with the exception that the game must be restarted with a "kick-in" when the ball goes out over the touch line. Switch the neutral players every 5 minutes.
2. **Progression:** For the last 5-10 minutes limit the neutral players to a maximum of 2 touches each time they gain possession.
3. **Variation:** Can be played with fewer players on a smaller field (4v4+2, 5v5+2)

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