

## Active for Life: GAG Intro-Game

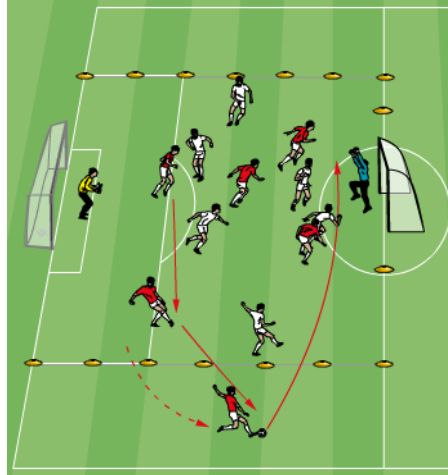
**Small-Sided-Game:**

**7v7 Game - Crossing Channels**

**20-30 minutes**

**Organization:**

- Two teams of 7 including the GKs
- Use half a playing field.
- Markers to indicate crossing channel where only one player at a time can enter and be unchallenged.
- Player's cannot wait in the wing channel and can only have 3 touches in which they must pass or cross the ball.
- One goal at each end



**Coaching Points:**

- Try to cross early to avoid the block
- If blocked, create ½ metre of space for the cross by using various dribbling techniques.
- Fake to pass go for cross.
- Fake to cross and pass.
- Be composed and protect the ball under pressure.

**Description:**

1. This game is designed to get players accustomed to playing in tight areas and dribbling or combining with other players to create scoring opportunities. Initially these scoring opportunities must be created from the crossing zones by means of a cross or a pass to a teammate who must shoot with three touches or less. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line.
2. **Variation:** Scoring opportunities can be created from the crossing zones by means of a cross or a pass, **or**, from general build up play. To score a player must shoot with three touches or less. A goal from a cross or pass from the crossing channel is worth **2 Points**. A Goal from regular build up play is worth **1 Point**.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER

