

Active for Life: GAG Intro-Game

Small-Sided-Game:

8v8 Game – Man to Man Defending Theme.

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



Coaching Points:

- Marking position=Goal side: Ball side.
- See the player you're marking and the ball.
- Tight marking near the ball; loose marking away from the ball.
- Track (follow) your player when he/she makes a run.

Description:

1. The game begins when the GK rolls the ball out to one of the white players. The whites then inter-pass in an effort to create scoring opportunities. The red team must try and win the ball so that they can attack and score on the whites in the same manner. Both teams must play Man-to-Man when defending. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. Defenders can score a point for their team if they force the ball out of play with a good challenge (3 points =1 goal).
2. **Progression:** How can you mark your player and still help a teammate marking a player with the ball?

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