

Active for Life: GAG Intro-Game

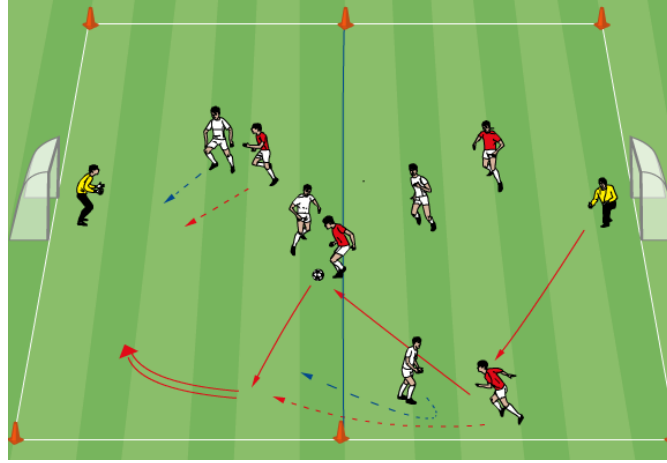
Small-Sided-Game:

5v5 Passing & Receiving Game.

20-30 minutes

Organization:

- Two teams of 5 including the GKs.
- Playing field of 40x25m.
- One goal at each end.



Coaching Points:

- If under pressure take your first touch into space away from the pressure.
- If no pressure, open up quickly on first touch and be set to pass on the second touch.
- Pass the ball to a teammate's foot furthest from the defender. Or into space for him/her to collect.
- Disguise the pass (use outside of foot, open out and play back inside, etc)

Description:

1. Goals are scored in the normal way. When the ball crosses the goal line the play is always restarted with a GK's throw (no corner kicks or goal kicks). If the ball crosses the touch line the game is restarted with a "kick-in". Initially, the game is conditioned whereby players must have at least two touches each time they receive the ball. Players must now try to control the ball into space or protect it with their bodies each time they receive it. Playing the ball first time results in a free kick to the opposing team.
2. **Progression:** For the last 5-10 minutes, In the defending half of the field players are free to take as many touches as they wish.

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