

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.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER



Active for Life: GAG Final-Game

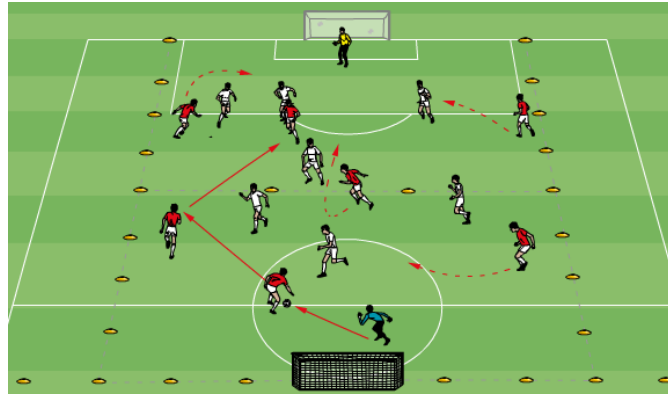
Small-Sided-Game:

8v8 Game – Passing & Receiving 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:

- 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.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Keep the ball moving.
- Be composed.

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 scoring 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
2. **Condition:** Players must have a minimum of two touches before passing
3. **Progression:** For the last 10 minutes remove the Condition.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER



Active for Life: GAG Final-Game

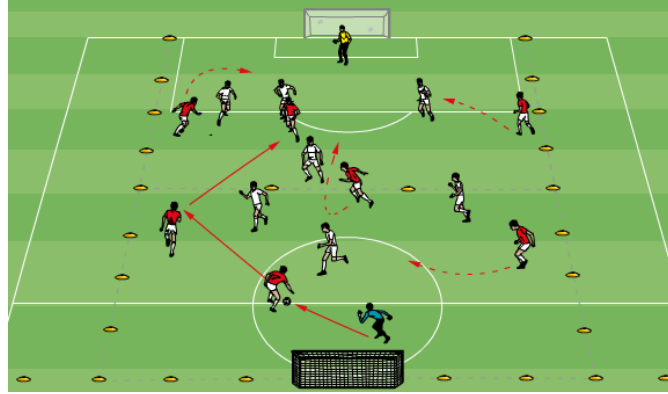
Small-Sided-Game:

8v8 Game – Passing & Receiving Theme #2.

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:

- 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.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Keep the ball moving.
- Be composed.

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 scoring 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
2. **Condition:** Players have no more than three touches before passing in their own half of the field, and are free of restrictions in the opposing half of the field.
3. **Progression:** For the last 5-10 minutes remove the Condition.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER



Active for Life: GAG Final-Game

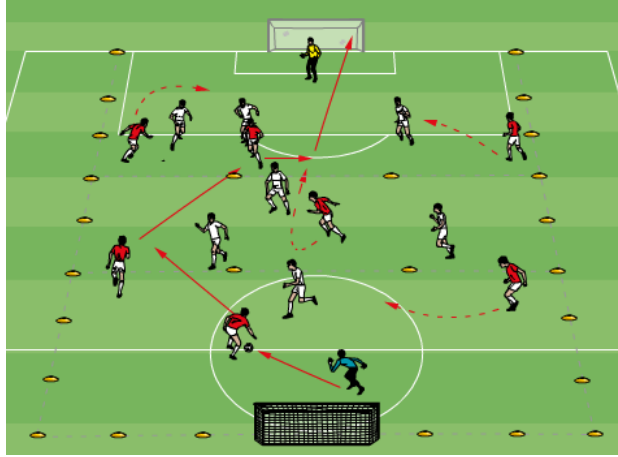
Small-Sided-Game:

8v8 Game – Passing & Support Theme #1.

20-30 minutes

Organization:

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



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Distance, angle & Timing of support.
- Keep the ball moving.
- Be composed.

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 scoring 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
2. **Condition:** Players can only be off-side in the final third. Markers indicate the off-side line at the beginning of each final third. This condition opens up more space in midfield as defenders cannot squeeze the play up to the halfway line.
3. **Progression:** For the last 5-10 minutes remove the Condition.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER



Active for Life: GAG Final-Game

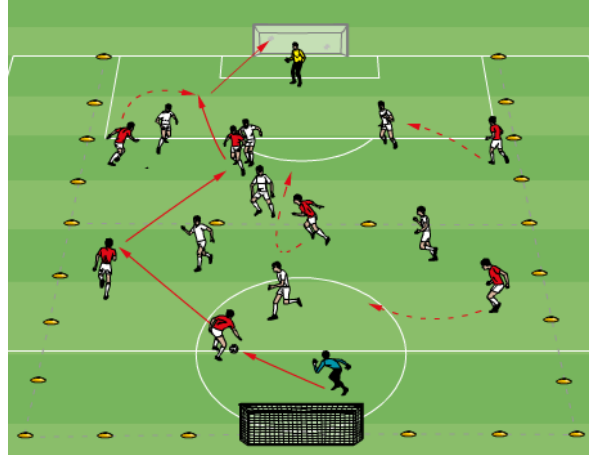
Small-Sided-Game:

8v8 Game – Passing & Support Theme #2.

20-30 minutes

Organization:

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



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Distance, angle & Timing of support.
- Be composed and keep the ball moving.

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 scoring 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
2. **Condition:** Players are limited to a maximum of 2 touches before passing or shooting, which support must come quickly if the team is to retain the ball. It also encourages quicker but composed ball movement as players cannot keep the ball for too long.
3. **Progression:** For the last 5-10 minutes remove the Condition.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER



Active for Life: GAG Final-Game

Small-Sided-Game:**7v7 Game – Defending Theme.****20-30 minutes**

<p>Organization:</p> <ul style="list-style-type: none"> Two teams of 7 including the GKs Playing field of 65x40m. One goal at each end. All soccer balls in the goals. Play starts with the GK. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> 1v1 Coaching Points from Session 8. Tight marking near the ball; loose marking away from the ball. See player you're marking and the ball. 1½ jobs - Distance from player your marking vs. amount of space you can cover.
---	--	---

Description:

1. The game begins when the GK rolls the ball out to one of the white players. The whites then interpass 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. 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:** All conditions are removed for the last 5-10 minutes and a normal game of soccer is played.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER



Active for Life: GAG Final-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, with a central zone approximately one third of the width of the field.
- 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. 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. **Condition:** As a rule of thumb can we get at least 2 players in the central zone when defending on a defensive line of 3?
3. **Progression:** For the last 10 minutes remove the central zone and try to apply the same man-to-man marking principles.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER



Active for Life: GAG Final-Game

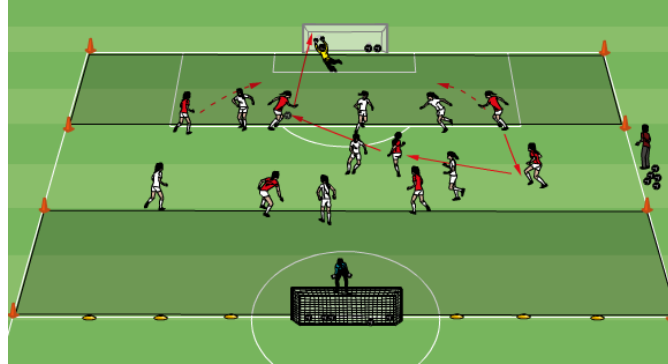
Small-Sided-Game:

8v8 Game – Finishing in the Box Theme

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing area is half a field.
- Off-side in effect.
- One goal at each end.
- Soccer balls in the goals.
- Play starts with the GK.
- Goals count if they are scored in the 16m end zone.
- Only one defender is allowed in the 16m zone at any one time.



Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Pass the ball low past keeper
- Be composed.

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 scoring opportunities. Goals count if they are scored from the 16m zone (ie; direct shot or rebound). 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. Emphasis is on hitting the target with long range shots. If it doesn't score it can still lead to a goal from a rebound.
2. **Condition:** Goals can only be scored from inside the 16m zone and only one defender may enter the 16m zone at any one time. Attacking players may move anywhere as long as they are not off-side.
3. **Progression:** For the last 5-10 minutes remove the Condition.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER



Active for Life: GAG Final-Game

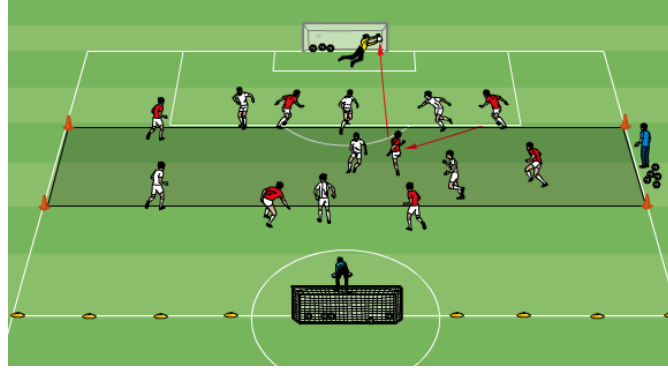
Small-Sided-Game:

8v8 Game – Distance Shooting Theme

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing area is half a field with a central shooting zone, 16m from each goal line.
- Off-side in effect.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.
- Goals count if they result from a shot from inside the middle zone.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of the keeper

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 scoring opportunities. Goals count if they are the result of a shot from the middle third (ie; direct shot or rebound). 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. Emphasis is on hitting the target with long range shots. If it doesn't score it can still lead to a goal from a rebound.
2. **Condition:** Goals scored directly from the middle zone count double, rebounds count as one.
3. **Progression:** For the last 5-10 minutes remove the Condition.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER



Active for Life: GAG Final-Game

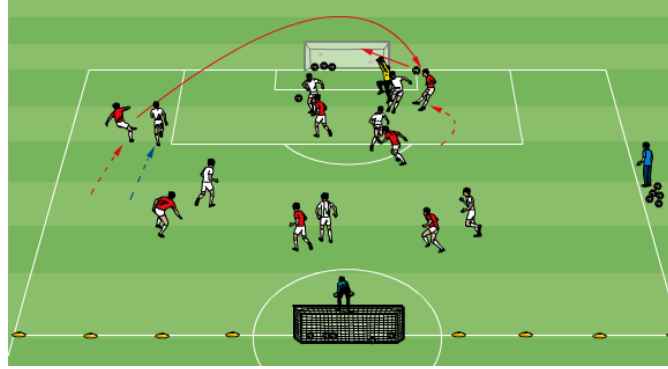
Small-Sided-Game:

8v8 Game – Crossing Theme

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing area is half a field.
- Off-side in effect.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.
- Emphasis on early crosses into the penalty area.



Coaching Points:

- Take a long first touch to take space quickly.
- Touch the ball inside slightly to prepare to cross
- Take a big last step & watch ball as you kick it.
- Strike through the middle of the ball using the instep.
- Aim for the area between the goal area & the penalty spot.

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 scoring 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. Emphasis is on flank play and crossing early from wide positions.
2. **Condition:** Goals resulting from a cross are worth double.
3. **Progression:** For the last 5-10 minutes remove the Condition.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER



Active for Life: GAG Final-Game

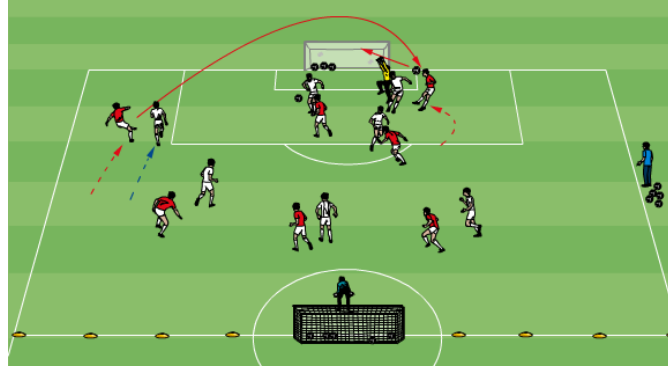
Small-Sided-Game:

8v8 Game – Crossing & Heading Theme

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing area is half a field.
- Off-side in effect.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.
- Emphasis on scoring from crosses



Coaching Points:

- Keep your eyes on the ball.
- Make contact with the forehead.
- Lean back from the waist and use your arms to “pull your head onto the ball”.
- When jumping take off of one leg.
- Head through the ball & direct it toward goal.
- Time your run to arrive as the ball arrives.

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 scoring 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. Emphasis is on hitting the target with headers from crosses.
2. **Condition:** Headed goals resulting from a cross are worth double.
3. **Progression:** For the last 5-10 minutes remove the Condition.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER

