

Active for Life: GAG Intro-Game

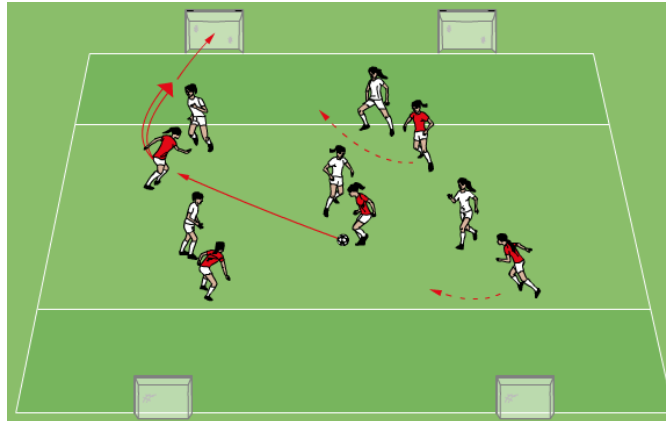
Small-Sided-Game:

5v5 Dribbling Zone Game.

20 minutes

Organization:

- Two teams of 5
- Playing field of 50x30m.
- Markers to indicate the end zones 10m in from each end
- Two goals at each end
- End zones are “no-go zones” and can only be used when an attacking player dribbles past a defender to score in one of the goals.



Coaching Points:

- If you have room, take a long first touch to take space quickly.
- Get head up to see what options you have.
- Be positive – Run at the defender if you can turn.
- Protect the ball by putting your body between it and the defender.
- Redirect the ball with the inside/outside of foot.

Description:

- 1 Play begins with the coach playing the ball to the Red team who look to try and build play toward the opponents goal. In order to score, players must attempt to dribble past an opponent and into the end zone before shooting into one of the small goals. Normal rules of soccer with the exception that players must play within the middle zone until an opportunity arises to dribble past an opponent and into the opponent's end zone. The ball must be “kicked-in” when the ball goes out over the touch line.
- 2 **Variation:** Last 5-10 minutes, one defender can recover back into the end zone to protect the goals.

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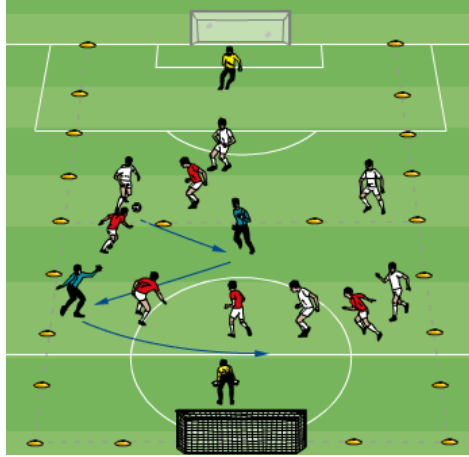
Small-Sided-Game:

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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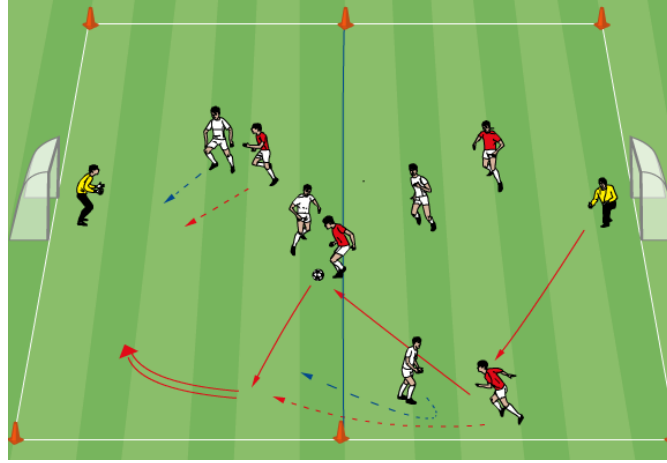
Small-Sided-Game:

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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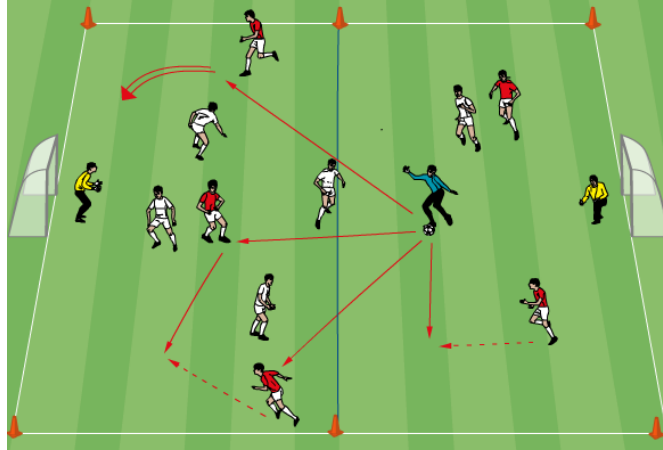
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Small-Sided-Game: 6v6 Game with a Neutral Player – Passing/Support

20-30 minutes

Organization:

- Two teams of 6 including the GKs, plus 1 neutral player.
- Neutral player always plays for the team in possession.
- Playing field of 60x40m.
- One goal at each end.
- All soccer balls in the goals.
- 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.
- Don't support too close to the ball. Remember: distance = time.
- Make sure you can be seen between players.

Description:

1. The game begins when the GK rolls the ball out to one of her/his players. The team must then interpass in an effort to create scoring opportunities. The opposing team must try and win the ball so that they can also attack and score. 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. **Emphasis** should be made of the importance of players using the additional player advantage to **create good supporting triangles around the ball**.
2. Switch the neutral player every 5-10 minutes.
3. **Progression:** For the last 5-10 minutes, the neutral player can only receive the ball in the defending half of the field in possession.

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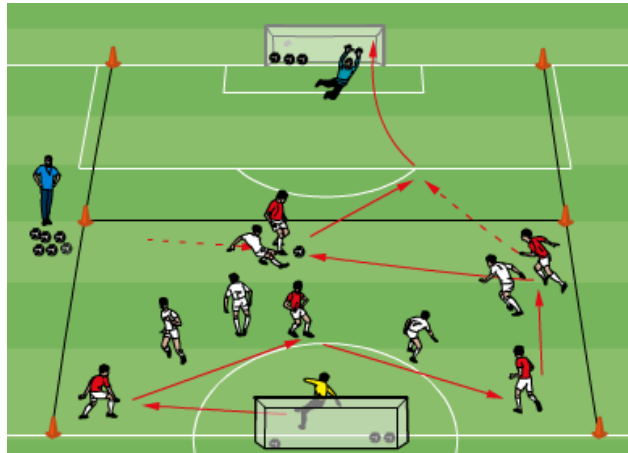
Small-Sided-Game:

6v6 Game – Passing & Support #2

20-30 minutes

Organization:

- Two teams of 6 including the GKs.
- Half field long x 40m wide.
- One goal at each end.
- Soccer balls in the goals and some with the coach.
- Play starts with the GK.



Coaching Points:

- Spread out wide & long.
- Open body position & see as much of the field as possible.
- Support in triangles
- Don't support too close to the ball. Remember: distance = time.
- Make sure you can be seen between players.
- Be composed & keep the ball moving.
- Pass should lead the through run.

Description:

1. The game begins with the Red goalkeeper rolling the ball to one of his/her teammates, who must pass the ball to his/her teammates so that they can complete 3 consecutive passes. Once this is achieved they must try to keep passing until they can send a 'through ball' to a team member breaking into the other half of the field. This player must then try and score in the opposing team's goal. If the opposing players win the ball in the meantime, or they gain possession because the ball goes out of play, then they too must make 3 consecutive passes before send a 'through ball' into the opponents half of the field. Once the 'through player' touches the ball all the players can enter that half of the field. The attacking players can finish any rebounds and the defenders can gain possession and repeat the process in the opposite direction. If a goal is scored or the goalkeeper makes a save the ball is given to the defending team to begin the process again. All players must remain in one half until the through ball is played. Defenders must stay in one half until the 'through player' touches the ball. There are no off-sides, no corner kicks and throw-ins are replaced by kick-ins.

Condition 1: All players are limited to 3 touches with the exception of the through player who is 'free' until the shot is taken.

Condition 2: All players can enter the the other half of the field as soon as the through ball is played.

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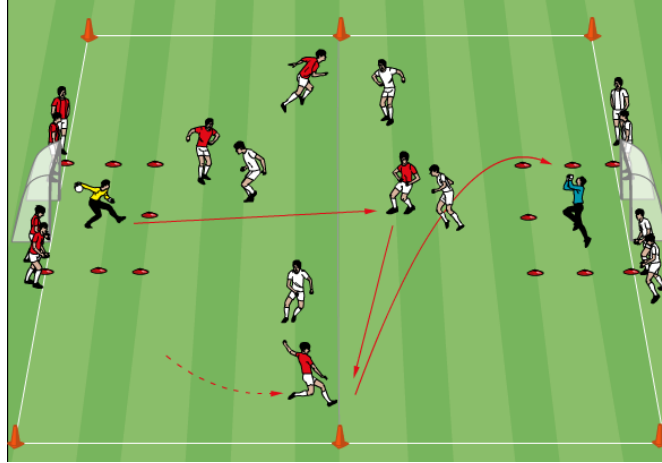
Small-Sided-Game:

8v8 Game – Man to Man Defending Theme.

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Teams are divided into two groups-one working and one resting.
- Resting groups to the side of their respective goals.
- Playing field of 40x30m.
- One goal at each end.
- Soccer balls in the goals.
- Play starts with the GK.



Coaching Points:

- Close down the player on the ball quickly-as the ball travels.
- Watch their first touch, if it's good slow down and jockey. If it's poor, then win the ball.
- 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.

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 an opportunity to score by chipping the ball into the hands of the opposing Goalkeeper, inside the goal area. The white team must try and prevent the reds from scoring by closing down the attacking team quickly and winning the ball. They can then attack and score on the reds 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. After 2 minutes the groups switch and the process is continued. Keep a running score for both groups.
2. **Progression:** Goals are scored in the normal manner by putting the ball into the back of the net. Emphasis is still on closing down the player on the ball quickly and trying to win the ball back.

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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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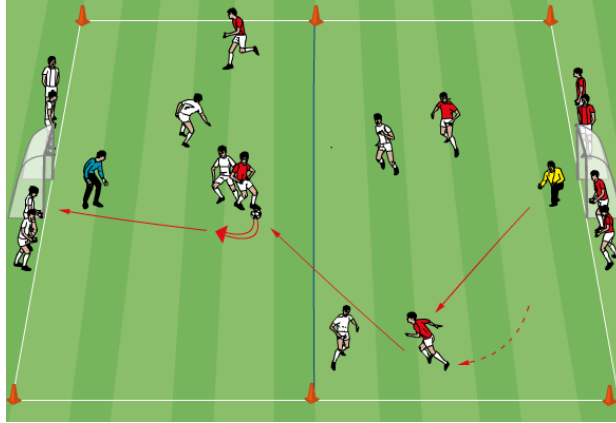
Small-Sided-Game:

5v5 Finishing Game.

20-30 minutes

Organization:

- Two teams of 5 including the GKs
- Two groups of outfield players resting to the side of the goals.
- Playing field of 25x20m. to encourage finishing.
- One goal at each end.
- Goals can only be scored from anywhere on the field.
- All balls in the goals.



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. This game is aimed at getting players to create and finish scoring opportunities around the goal. The game begins when the GK rolls the ball out to one of the red players. The reds then interpass in an effort to get into a shooting position. 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 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 his/her players.
2. The resting players switch every 2-3 minutes.
 - **Progression:** For the last 10-15 minutes Goals can only be scored from inside the opposing team’s half of the field.

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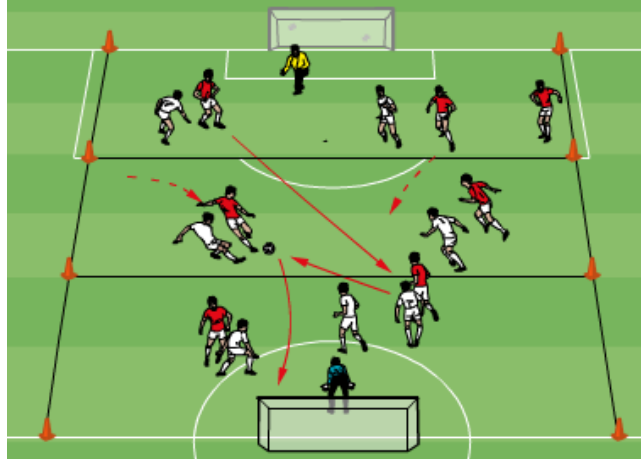
Small-Sided-Game:

8v8 Distance Shooting Game.

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing field of 50x40m., divided into thirds.
- Each final third is 16m.
- Strikers restricted to A1/3.
- One goal at each end.
- Goals can only be scored directly from the middle third of the field or from rebounds in the A1/3.
- All balls in the goals.
- Play starts with the GK.



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 interpass in an effort to get a player into a shooting position in the middle third. Strikers must stay in the Attacking 1/3 of the field but they can only score from rebounds. All other players can roam freely when attacking. When defending each team must have three defenders in the defending 1/3. 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 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 his/her players.
2. **Progression:** All restrictions are removed for the last 5-10 minutes but goals can only be scored as before.

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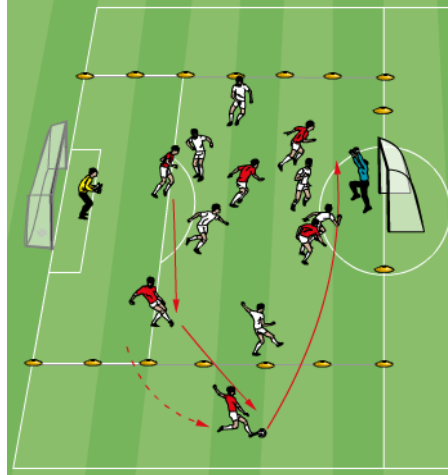
Small-Sided-Game:

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**.

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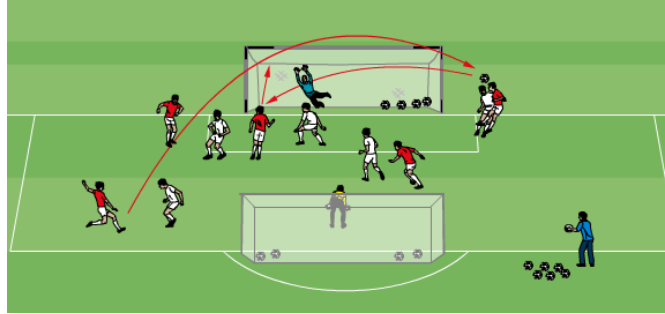
Small-Sided-Game:

6v6 Game – Heading Home

15-20 minutes

Organization:

- Two teams of 6 including the GKs.
- Use the Penalty Area
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



Coaching Points:

- Keep eyes on the ball.
- Get elbows up for balance & protection.
- Time jump to get to ball first.
- Clear space for attacking the ball by pulling away first.
- Head down at goal.
- Head up and away when defending/clearing.

Description:

1. Each team must try to score in the opposing goal. Goals can only be scored with the head. The game starts with one goalkeeper serving the ball to a teammate who must try to head for goal, or head the ball on to another member of the team. They, in turn, try to head for goal. If the ball should hit the ground, or be played by any part of the body other than the head, then the opposing team is given a free throw. The game is then restarted by the nearest opposing player throwing the ball up and heading for goal or to a teammate. Goalkeepers can use their hands. Interceptions can only be made using the head.

Progression 1: A header can be followed by catching and throwing the ball, but a throw cannot be caught without giving possession to the opposing team.

Progression 2: A header is now followed by catching and volleying a pass to a teammate.

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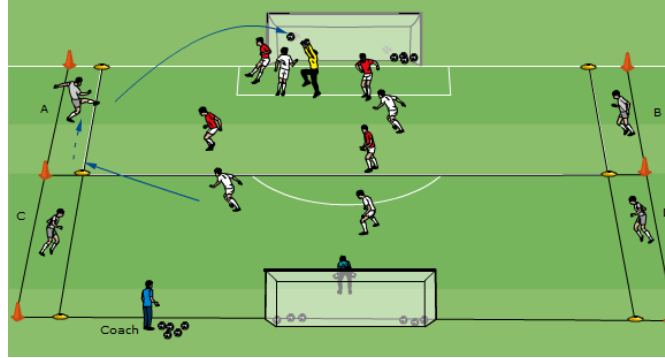
Small Sided Game:

Goalkeeper Crossing Game

20-30 minutes

Organization:

- 2 Goalkeepers and 4 neutral players to cross the ball.
- Two teams of four
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.



Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball-good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

Description:

- 1 The action begins in this 4v4 game with the Goalkeeper serving the ball to one of his/her teammates and each team must try to ply four consecutive passes in the middle area before passes the ball into one of the neutral players in the channel. The crossers can deliver crosses as in the Technical/Tactical Activity or interchange passes back into the middle. When play breaks down, restart with the Goalkeeper whose team was not in possession at the time.

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