

## 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.

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## Active for Life: GAG Intro-Game

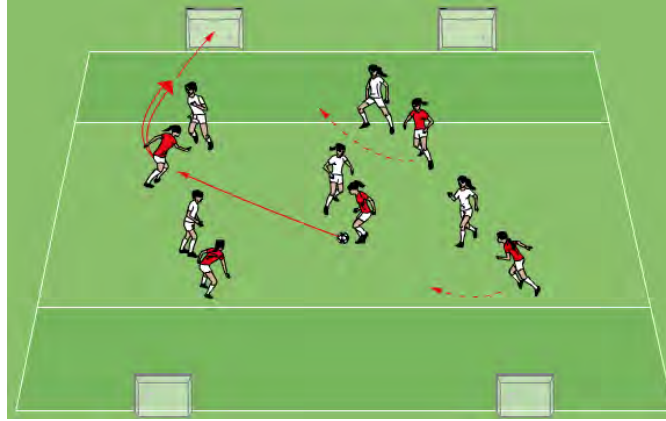
**Small-Sided-Game:**

**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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## Active for Life: GAG Activity

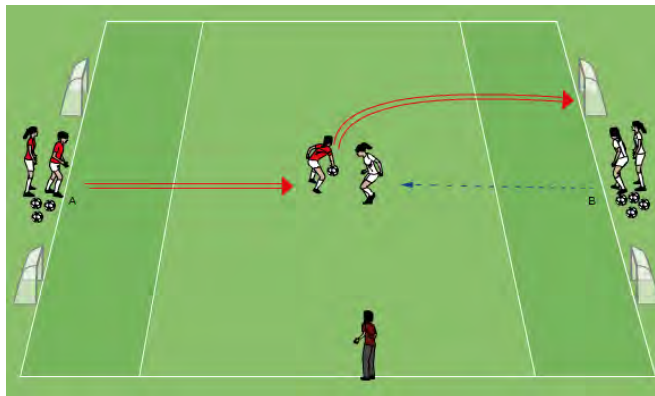
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### Dribbling and finishing in 1v1 situations

15 minutes

#### Organization:

- Two teams of three players in an area 20x10m.
- Two small goals at each end as shown.
- The attack alternates from each end.



#### Coaching Points:

- Take a long touch to start to cover ground quickly.
- Attack one of the two goals to draw the defender across and then fake and go to the other goal.
- Use your body and/or feet to trick your opponent.
- Accelerate again when you go for the goal

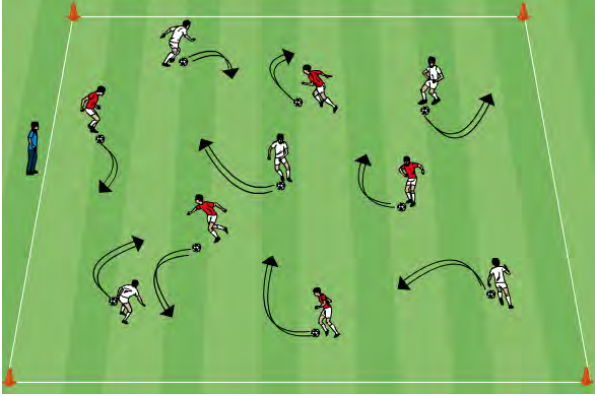
#### Description:

1. The action begins when the white attacker takes a touch forward and tries to score on one of the two goals at the opposite end of the playing area by dribbling the ball between the flags. The red player tries to prevent the white player scoring and, if possible, takes the ball off of the white player and scores in one of the goals at the other end of the field. Once the goal is scored both players go to the opposite end and switch roles (the white player goes to position B and the red to position A). Keep a total score for each team.
2. **Progression:** Change the starting positions so that the players start at opposite corners. Give 1 point for a goal scored in the goal that is unguarded and 2 points for a goal scored in the guarded goal.

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## Active for Life: Warm Up #1

Warm-Up:	Dribbling and changing direction	15-20 minutes
<p><b>Organization:</b></p> <ul style="list-style-type: none"> <li>• Use markers to set up a 25x25m area.</li> <li>• All players work inside the area at the same time.</li> <li>• One ball per player when needed.</li> </ul>		<p><b>Points to Stress:</b></p> <ul style="list-style-type: none"> <li>• Carry out the exercises at a jogging pace, initially.</li> <li>• Exaggerate the movements.</li> <li>• Work in both directions so that each player gets to work with both feet.</li> </ul>
<p><b>Description:</b></p> <ol style="list-style-type: none"> <li>1. Players jog around the area without a ball performing various dynamic movements such as heel flicks, high knee raises, forward skipping, sideways skipping, jockeying left and right,</li> <li>2. Include various rhythmic exercises such as skip &amp; groin stretch (inside to outside), skip &amp; groin stretch (outside to inside), skip &amp; kick, skip &amp; upper body twist (left and right).</li> <li>3. Players dribble a ball around the area and on the command of the coach perform various dribbling and turning moves: turn with the inside of the foot, turn with the outside of the foot, turn with the sole of the foot, step over, scissors, drag back, etc.</li> <li>4. <b>Variations:</b> Ensure that players practice using both left and right foot (side) equally throughout the warm-up.</li> </ol>		

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## Active for Life: GAG Activity

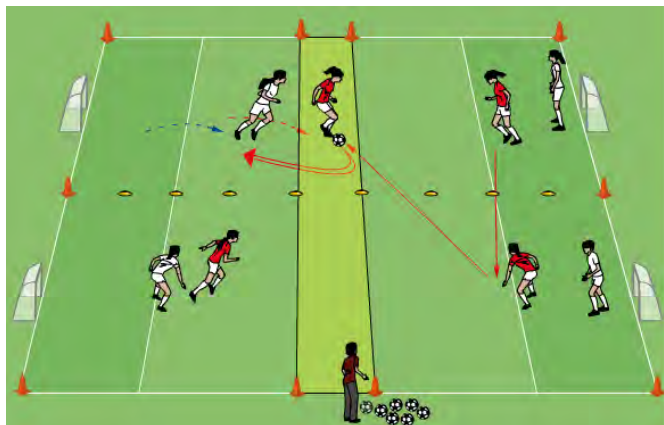
Technical/Tactical

Turning to Dribble

15 minutes

### Organization:

- Two teams of 4 players in an area 35mx20m with a 5m central channel.
- Defenders cannot enter the central channel.
- Two small goals at each end as shown.
- The attack alternates from each end.



### Coaching Points:

- Find space to turn by dropping off the defender into the central channel.
- Once turned attack the defender by running at her.
- Take the ball inside and as she moves with you cut back to the outside.
- Use your body and/or feet to trick your opponent.
- Accelerate when you go past the defender to the goal.

### Description:

1. Initially the game starts with four reds (two forwards and two defenders/servers) against two white defenders. The action begins when the coach plays the ball into the two red defenders/servers, who pass the ball to each other until one of the forwards drops into the central channel to receive the ball. The ball is immediately passed to the forward who must receive it on the half turn inside the channel in order to avoid being challenged. Once turned the forward must attempt to take on the defender and try and score in the small goal nearest to her. If a the white defenders win the ball, the red forwards become inactive and allow the white defenders/servers to pass the ball to each other until the previously inactive white forwards look to receive the ball and avoid pressure from the marking red defenders. The process is repeated as before with a white forward attempting to dribble and score. If a goal is scored or the ball goes out of play the coach plays another ball into the defenders of the team giving up the goal or forcing the ball out of play.
2. **Progression 1:** Forwards can now receive the ball in the attacking half and try and turn. If the defender is applying good pressure the forward may also touch the ball back into the central channel in order to relieve the pressure and get turned there. The emphasis is on getting turned and beating the opponent.
3. **Progression 2:** Forwards can decide to dribble at goal, or, combine with her partner on the other side of the markers in a 2v1 situation to create a scoring opportunity.

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## Active for Life: Warm Up #2

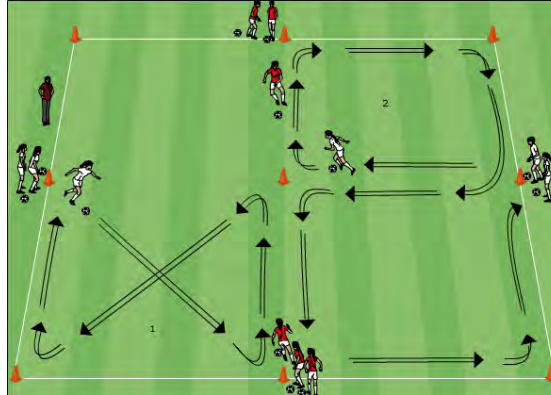
### Warm-Up:

### Dribbling and changing direction

15 minutes

#### Organization:

- Four groups of 3 players working in a 20x20m area as shown.
- A ball per player.
- Six markers breaking the area down into four quarters.



#### Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

#### Description:

- 1 First player in each group dribble diagonally across the small square to his/her right and turns to the left using the left foot, just before the marker. Then turns to the left in the same manner and cuts diagonally across the square to the opposite marker turning to the right with the outside of the right foot, then dribbles back to the beginning. Then the next player performs the same action.
- 2 The first player dribbles the ball around the perimeter of the square to his/her right using the outside of the right foot to change direction. On returning to the starting point the begins the process again this time using the outside of the left foot to turn to the left repeating the process in the square to his/her left. This time when the player returns to the starting point the next player repeats the sequence.
- 3 **Progression:** Vary the turning technique being used with each repetition (inside of foot, step over, scissors, etc).

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## Active for Life: GAG Activity

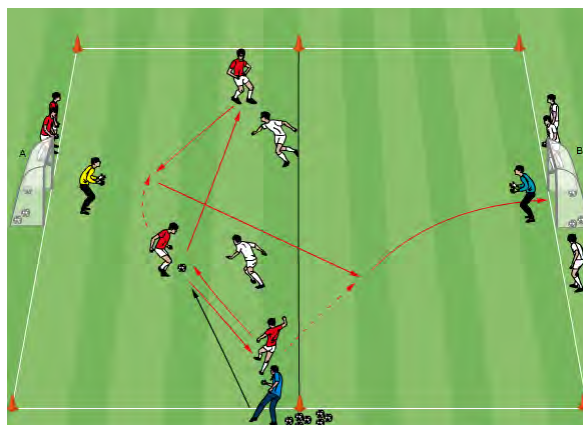
**Technical/Tactical:**

**3v2 toward goal**

**20 minutes**

### Organization:

- Use markers to set up a number of 35x15m areas as shown.
- Two teams of five plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with Coach serving a ball to 3 attacking players, in their own half.



### Coaching Points:

- Spread out as a group to create space.
- Open out as you receive the ball.
- Keep ball out of your feet & get head up to see passing opportunities.
- Pass into the space in front of teammate.
- Pass the ball firmly with inside/outside of foot.

### Description:

1. Three Red players begin the attack from their own end of the field as the coach rolls to the ball for one of them to control and build play towards goal (B) in order to score. At the same time two White players start on the halfway line and try and win the ball and score in goal A as soon as the Red team has one touch of the ball. The Red team must play three passes before they can enter the opposite half and score. When a goal is scored or a shot is taken, or the ball is knocked out of play, the process is repeated in the opposite direction, with three white players now attacking Goal A. Continue this rotation.

**Emphasis:** Commit the defender by dribbling the ball at the goal. If the defender blocks your progress pass to a teammate in a better position. As a group pass the ball until you get an opportunity to shoot enter the opposite half and shoot. Be patient and keep the ball moving.

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## Active for Life: Warm Up #3

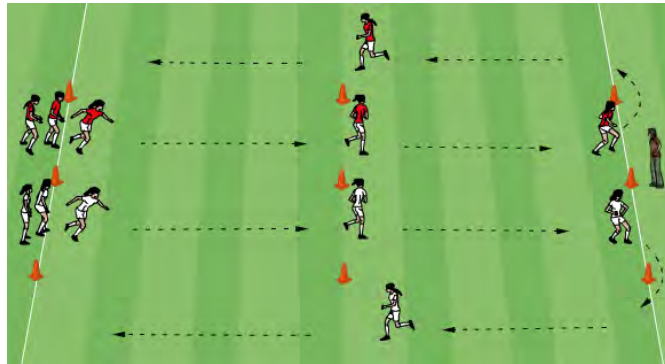
### Warm-Up:

### Dynamic Movement 1

15-20 minutes

#### Organization:

- Using markers set up two channels 20m in length, as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



#### Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion
- Focus on balanced movement on each side of the body

#### Description:

1. Players carry out dynamic movements as they move along the length of the channel. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:
  - a. Jog
  - b. Jockey backwards (right & left)
  - c. Skipping forward
  - d. Skipping sideways
  - e. Heel flicks
  - f. High knee raises
  - g. skip & groin stretch (inside to outside)
  - h. skip & groin stretch (outside to inside)
  - i. skip & kick (left & right)
  - j. skip & upper body twist (right & left)
  - k. cross steps
  - l. wide steps

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## Active for Life: GAG Final-Game

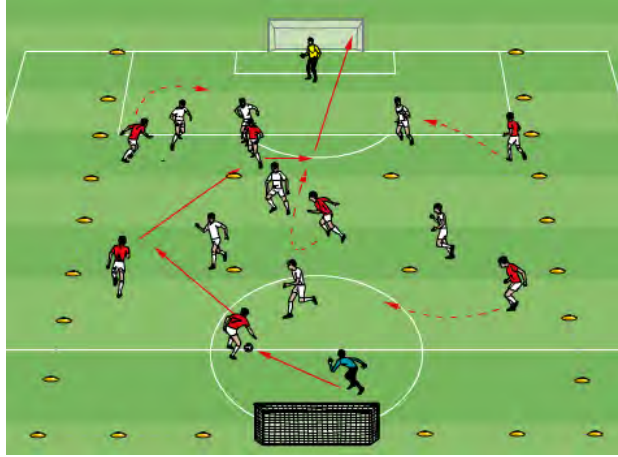
**Small-Sided-Game:**

**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.

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## Active for Life: GAG Activity

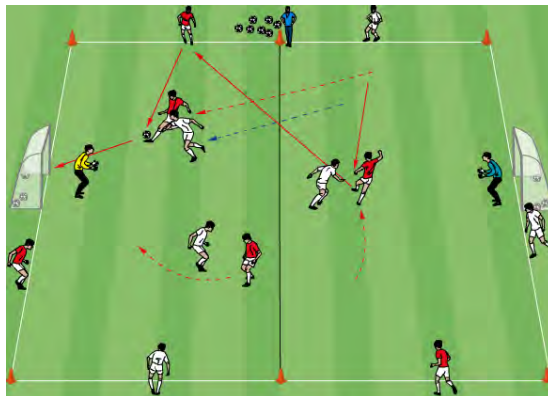
**Technical/Tactical:**

**Passing & Receiving Combinations**

**15-20 minutes**

### Organization:

- Use markers to set up a number of 35x20m areas as shown.
- Two teams of six plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with GK.
- 3v3 on the field with 3 supporting players from each team outside.



### Coaching Points:

- Draw the defender by running at them with the ball.
- Pass the ball and look to get it back behind the defender.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Work in triangles with support players.

### Description:

1. 3 v 3 game takes place for intervals of 2 minutes. Resting players are positioned as shown and act as support players for their teammates for additional passing opportunities or combinations. Support players are limited to no more than three touches. Field players have as many touches as they need to create scoring opportunities and are encouraged to try various passing options (wall passes, overlaps, third man runs) to do so. Every two minutes the infield players switch with those on the outside and the game resumes as before. All restarts are from the nearest GK – no throw-ins, corner kicks or kick-offs. 1 point for a goal scored directly. 2 points for a goal scored following a combination play. Keep a running score for the game.

**Emphasis:** On wall passes, overlaps and third man runs.

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## Active for Life: Warm Up #4

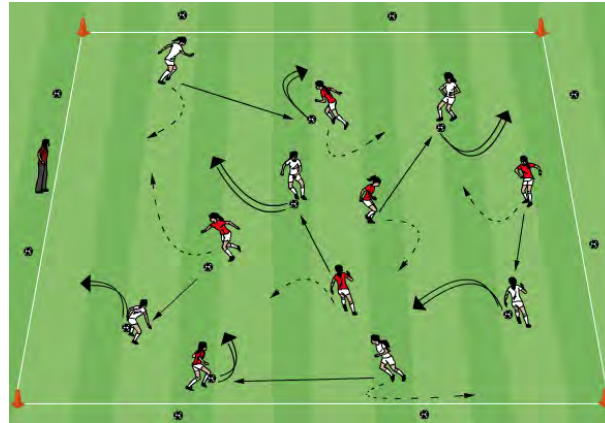
### Warm-Up:

### Give a Pass; Get a Pass

15-20 minutes

#### Organization:

- Use markers to set up a 30m x 30m area.
- All players are involved, half with a ball and half without.
- Players jog around the area giving a pass or receiving a pass, as directed.
- Every 5<sup>th</sup> wall/double pass possession changes.



#### Points to Stress:

- Carry out the exercise at a jogging pace, initially.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

#### Description:

- Each player in possession of a ball dribbles the ball looking for a player without a ball to pass to. Players without a ball jog around the area looking to receive a pass and calling for a pass. The ball carrier must use a particular passing technique designated by the coach. The player without the ball must use a particular receiving technique and or turn.
  - Pass with inside of foot
  - Front foot pass
  - Pass with outside of foot
  - Double pass
  - Wall pass – inside foot
  - Wall pass – outside foot
  - Receive with inside of foot & turn inside.
  - Receive with inside of foot & turn outside.
  - Receive with outside of foot & turn outside.
  - One-touch straight back.
  - Open out, One-touch angled pass with inside foot.
  - One-touch flick pass off outside of foot.

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## Active for Life: GAG Activity

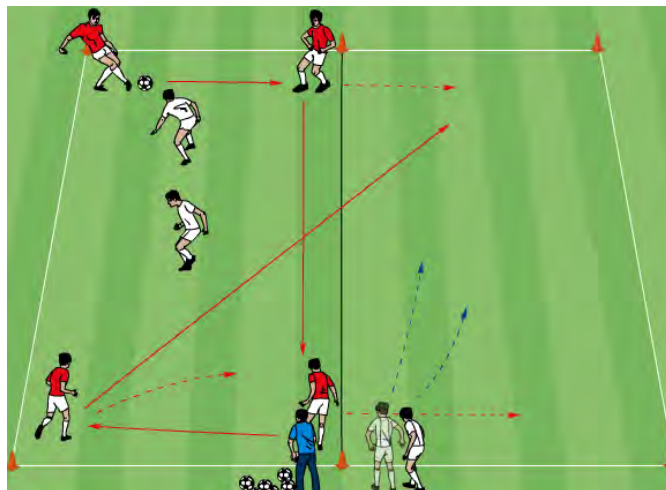
**Technical/Tactical:**

**Passing & Support – Square to Square**

**20 minutes**

### Organization:

- Set-up area 30x15m as shown.
- Divide players into groups of four and position them as shown.
- One group in possession against two opponent in one 15x15m square.
- One square vacant to begin with.



### 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.

### Description:

1. Two groups compete against one another as follows: Four red players v 2 white player in a one square, with two white players resting outside the square at the halfway line. The coach serves the ball to the red team and they must make at least three passes after which they can pass the ball into the next square for one of the group to run onto. If successful all four red players move into the next square and, again try to get at least three passes and play back into the original square. If the red team is successful the two defending white players steps out and two new defenders enter the next square attempting to win the ball. If the red team should pass the ball out of bounds, or the defender wins the ball, the coach serves the next ball into the other square to the white players and two of the reds become defenders, while the others rest outside the area. Every successful movement from one square to the next = 1 point. First team to 10 points is the winner.

**Progression 1:** Defenders must try and win the ball and pass it into the next square to the resting players and the whites then transition to retaining possession and the Reds become the defenders as before.

**Progression 2:** As above but 3v1 in one square, with fourth player in other square. Switch squares with a pass to the fourth player.

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## Active for Life: Warm Up #5

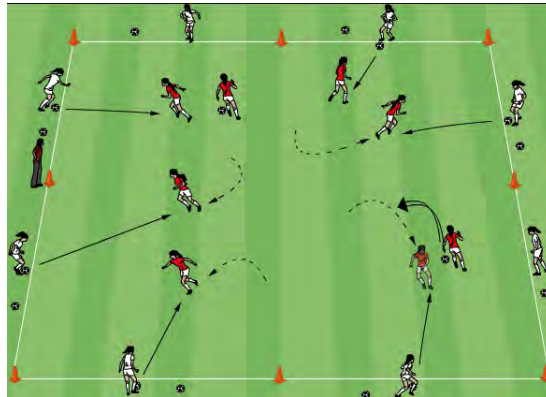
### Warm-Up:

### Windows Warm-Up

15-20 minutes

#### Organization:

- Use markers to set up a 25m x 25m area.
- Players are split into two groups, one group on the outside of the area, with a ball. The other group works inside the area.
- Coach asks players to perform various tasks.
- Switch roles after 1 minute.



#### Points to Stress:

- Carry out the exercise at a jogging pace.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

#### Description:

1. Server use feet to pass along the ground and a two handed, underarm throw when serving the ball in the air. Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server or turn and pass to a different server then look for a pass from yet another server. Upon the command of the coach the players change roles.
  - a. Control & pass back with inside of foot.
  - b. Control with outside foot & pass back.
  - c. Control with laces & pass back.
  - d. Control with thigh & pass back.
  - e. Control with chest & pass back.
  - f. Control with foot, turn & pass to another server.
  - g. Control with thigh, turn & pass to another server.
  - h. Control with chest, turn & pass to another server.

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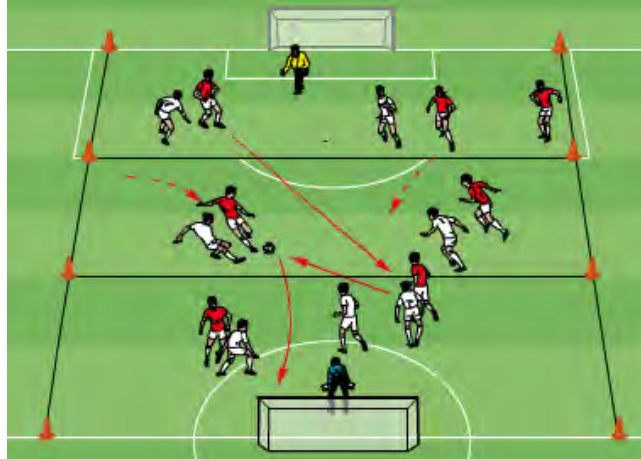
**Small-Sided-Game:**

**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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## Active for Life: Warm Up #10

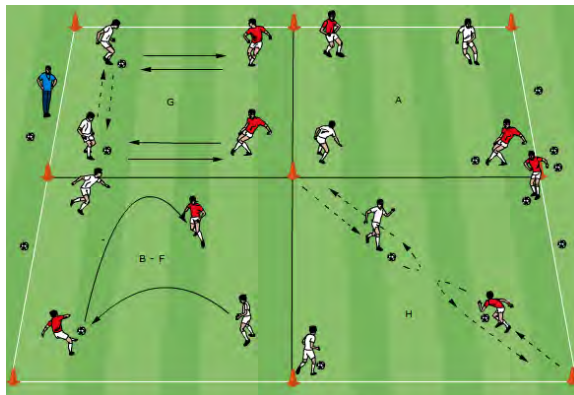
### Warm-Up:

### Coordination and Movement with a ball

15-20 minutes

#### Organization:

- Set up a 20x20m area containing four 10x10m squares as shown.
- Players work in groups of four.
- One ball per group.
- Players are asked to execute techniques while moving in their square.
- Ball move in sequence from player 1 to 4.



#### Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

#### Description:

1. Players pass and move around their square. The coach asks them to perform various passing techniques as listed below.
  - a. One touch passing.
  - b. Throw, volley, catch.
  - c. Throw, knee, catch.
  - d. Throw, thigh control-volley, catch
  - e. Throw, chest control-volley, catch.
  - f. Throw, instep control-volley, catch
  - g. Side to side Movement – volley, knee, head.
  - h. Dribble to middle, cut back to marker (inside & outside foot). 2 players at a time.

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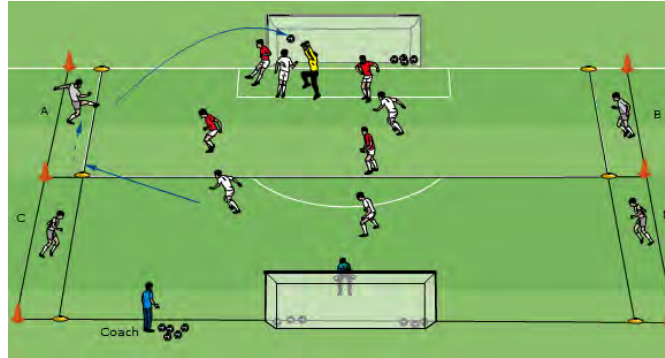
**Small Sided Game:**

**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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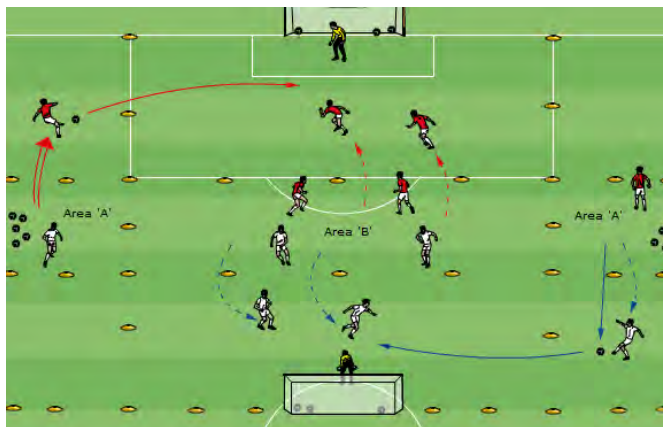
**Technical/Tactical:**

**Crossing from Wing Channels-1a**

**20 minutes**

### Organization:

- 2 Groups of six, plus two GKs working in a playing area of 42-45m long and the width of a regular field.
- Use markers along the edge of the penalty area and mark off a second penalty area at the other end of playing area as shown.
- A wing channel on each side of the penalty area.
- Each group attacks a goal at opposite ends.



### 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 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger pushes the ball forward and runs with it from point (a) into the end channel where he/she crosses the ball for two attackers running into the scoring zone from point (b). The three players return to their starting position and the process is repeated by the winger on the other side, along with two new central attackers. Work on crossing the ball low across the face of the goal initially. After 10 crosses each the wingers switch with two central attackers and the practice continues. Once all players have been a winger for 10 crosses they can with the same crossing technique for another cycle or progress to a new crossing technique.
- 2 As above but winger dribbles the ball at speed to the goal line and cuts it back along the ground for the central attackers.
- 3 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

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## Active for Life: GAG Activity

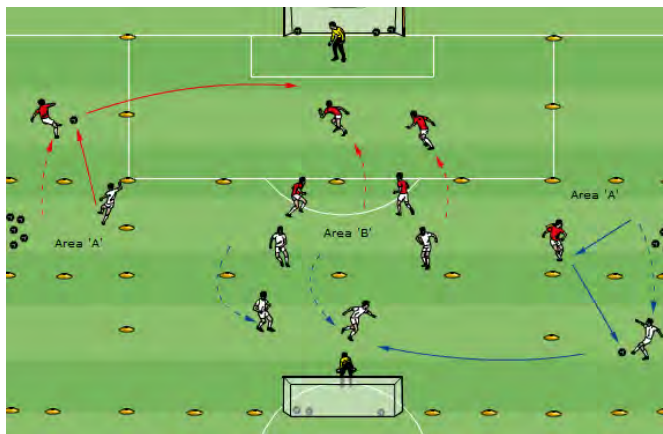
**Technical/Tactical:**

**Crossing from Wing Channels-1b**

**20 minutes**

### Organization:

- 2 Groups of six, plus two GKs working in a playing area of 42-45m long and the width of a regular field.
- Use markers along the edge of the penalty area and mark off a second penalty area at the other end of playing area as shown.
- A wing channel on each side of the penalty area.
- Each group attacks a goal at opposite ends.



### 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.
- Take a touch if needed.

### Description:

- 4 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger has the ball passed to him/her by the partner in the same area 'A' and runs after it into the end channel where he/she crosses the ball for two attackers running into the scoring zone from area 'B'. The Winger should take a touch before crossing. The three players return to their starting position and the process is repeated by the winger on the other side, along with two new central attackers. Work on crossing the ball low across the face of the goal initially. After 10 crosses each the wingers switch with two central attackers and the practice continues. Once all players have been a winger for 10 crosses they can with the same crossing technique for another cycle or progress to a new crossing technique.
- 5 As above but winger plays a wall pass with his/her partner to come out of area 'A'. Try to cross first time but take a touch first if needed. It is better to end with a quality cross than hurry the execution and miss time it!
- 6 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

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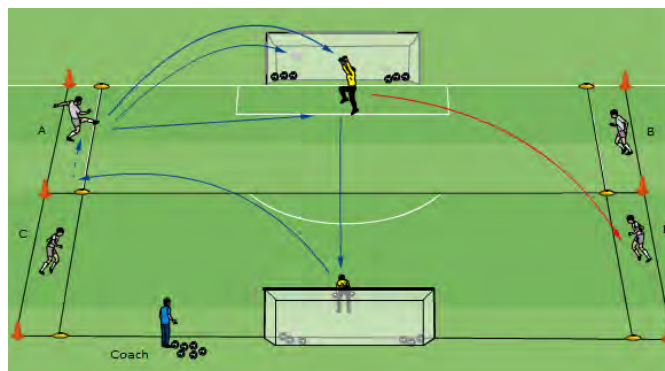
**Technical/Tactical:**

**Goalkeeper Dealing with Crosses-1a**

**20 minutes**

### Organization:

- 2 Goalkeepers and 4 players to cross the ball.
- 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 Goalkeeper 1 throws the ball to the goalkeeper in the opposite goal. He/she catches it and throws it to the crosser/server A. Crosser A has three touches in which to control and cross the ball for Goalkeeper 1. If the Goalkeeper catches the ball he/she distributes it to crosser D and the move progresses. If the cross doesn't land in the immediate area around the goalkeeper, or it goes behind, he/she must shout "away" and cover the goal. If this happens Goalkeeper 1 throws another ball to crosser D to re-run the move. On the next rotation the ball is thrown to crossers B and C respectively, so that the Goalkeepers get practice with crosses from the left and right.

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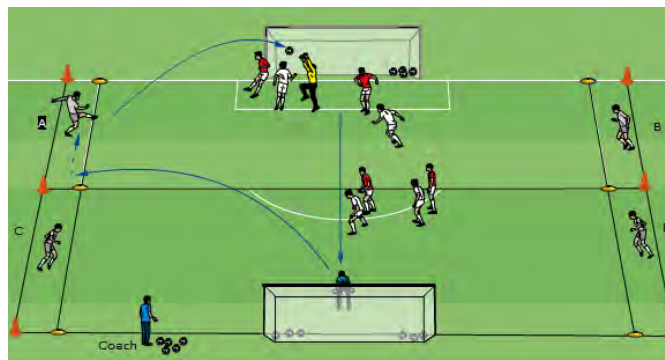
**Technical/Tactical:**

**Goalkeeper Dealing with Crosses-1b**

**20 minutes**

### Organization:

- 2 Goalkeepers and 4 players to cross the ball.
- 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.
- Add 2 attackers and 2 defenders in each half.



### 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:

- 2 Same set up as with the previous session but now add 2 defenders and 2 attackers in each half of the playing area. Service and rotation as before but now the Goalkeeper has to stay focused on the ball while deciding whether he/she can negotiate an effective path to the ball. Each Goalkeeper must instruct defenders as to their body shape and marking positions. Defenders must protect the Goalkeeper, block attackers, defend the goal and communicate well with each other.

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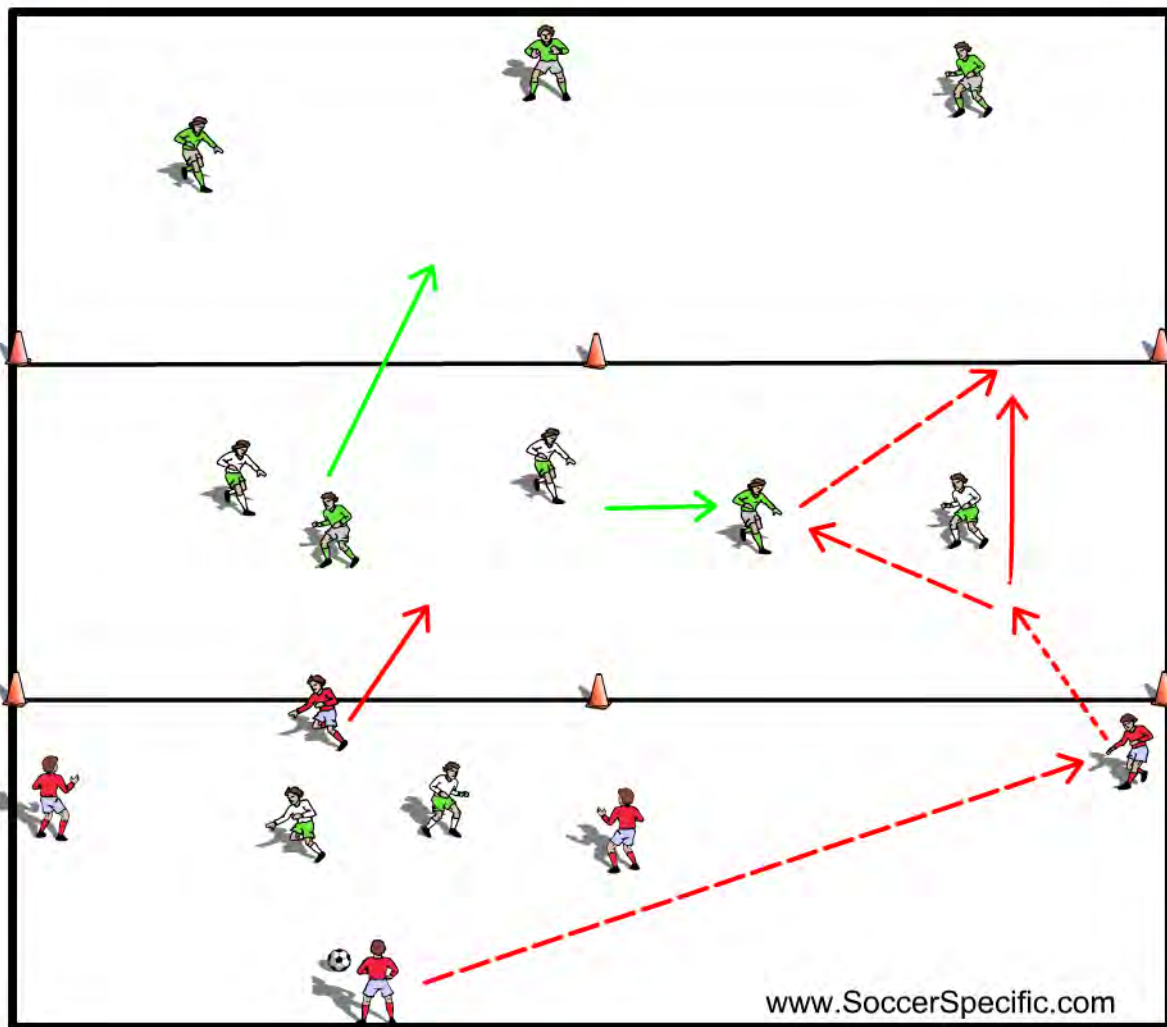


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**Drill Name:** Running the Ball Zone Game 2

**Set up :**

Possession Development: Running with the Ball SSG. 30 x 30 yard area divided into 3 zones. Middle zone is defending zone. End zones are attacking zone ("Staging Areas"). Players grouped into 3 teams of 5 & assigned a zone.

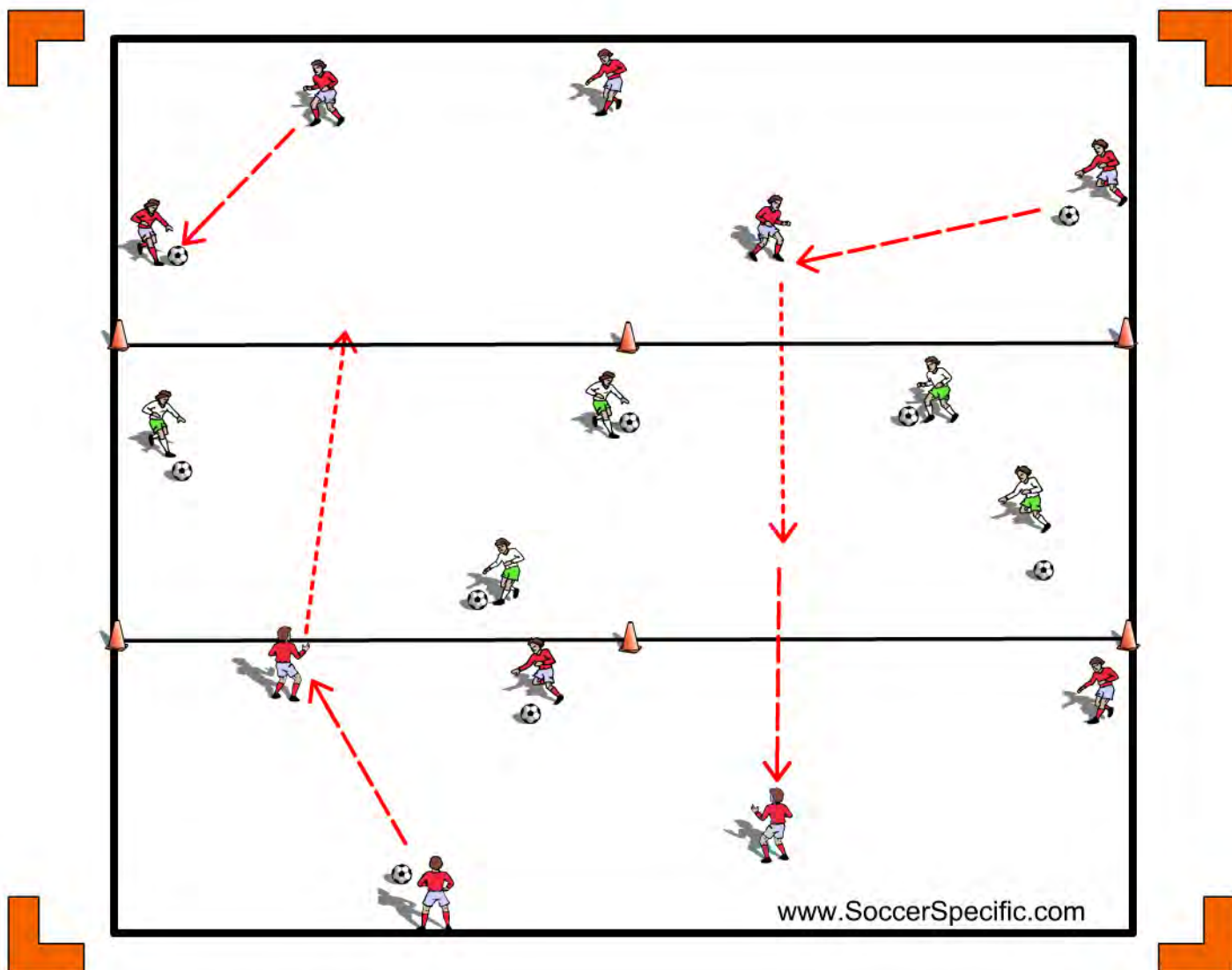
**Instructions:**

Team in possession plays 5v2 in their third to set up the opportunity to "Play Through" the middle third & deliver the ball safely to the final third. The team in possession can penetrate by playing long, or by running the ball &/or combining with midfield support in the middle third. Teams switch zones on loss of possession.

**Coaching Points:**

Possession mentality, When to pass/when to run the ball, When to penetrate/when to keep it. All passing, receiving, support, & running with the ball Key Factors apply.





**Drill Name:** Running the Ball Zone Game 1

**Set up :**

Possession Development: Running with the Ball through zones. 30 x 30 yard area. Players in middle zone with a ball each. 2 balls in each end zone.

**Instructions:**

Players in middle zone dribbling anywhere in their zone. Players in end zones pass & support in their zone looking for a gap to run the ball through into the opposite end zone.

**Coaching Points:**

Message in pass, Awareness (check shoulders), Big touch, Head up, Change of pace