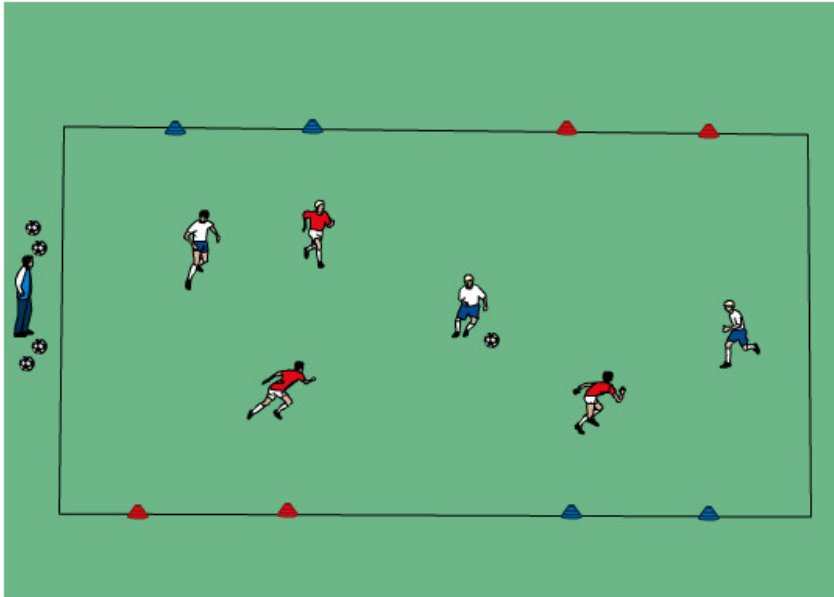


3v3 to Four Diagonal Goals



The Game: 3v3 to 4 goals.

The red attacks the red gates, the whites the blue. The coach can put various restrictions on the game:

- Dribble the gates
- Pass through the goal (make the gates a bit smaller)
- You score you get to keep the ball (encourages the defenders to work hard)

Focus: Creating 2 v1 situations. Recognize which goal is being defended with greater numbers and attack the other goal. Speed of play and transition will be important components to this exercise.

Note: This is a very demanding game physically. It makes sense to have 3rd team of three ready to come on (play 2 games/rest a game) or have a 4th player per team that rotates in every time a goal is scored.