

3 v 3 Pass it, Finish it

Emphasis: Passing & Receiving, Finishing



Set-up:

20 x 30 yard grid with a 4-5 yard area designated as an end-zone. 6 players. Cones to make mini goals.

Objective:

3 v 3 game. Each team can designate a goalkeeper who can use their hands inside the end-zone area. Goalkeepers must become outfield players when their team is in possession. Goals are awarded for 5 consecutive passes or for shooting the ball into the mini goals

Progressions:

Can only score with inside of the foot.

Reduce the size of the mini goals and play with no goalkeepers.

Coaching Points:

- Lock ankle, keep ball on the ground when passing.
- Receive the ball and take into space with first touch away from defenders.
- Try to pass the ball into the corner of the goals.