

3 V 3 + 2 To Goal

Emphasis: Shooting, crossing, heading



Set-up:

Create 30x50 yard grid. Place two regulation goals at both ends with a goalkeeper and a supply of balls in each goal. Divide your team into three teams of three, and identify four flank players. Position two teams in the grid, as well as a flank player on each side.

Objective:

The play starts from the goalkeeper who distributes out to a flank player. The flank player cannot be challenged and has 2 touches to combine with the team on offense in the middle of the grid. The flank players are trying to cross the ball in for a shot on goal. If the defending team wins possession, they must pass it wide in order to score going the other way. If the ball leaves the grid or the goalkeeper gains possession, the play is started going the other way. Play for 2 minutes or three goals, whichever comes first.

Progression:

1. Make one of the defending players take a knee to make it 3 V 2 + 2.
2. One touch maximum for the flank players.
3. Make the grid narrower.

Coaching Points:

- Must support the flank players.
- Time the runs into the box.