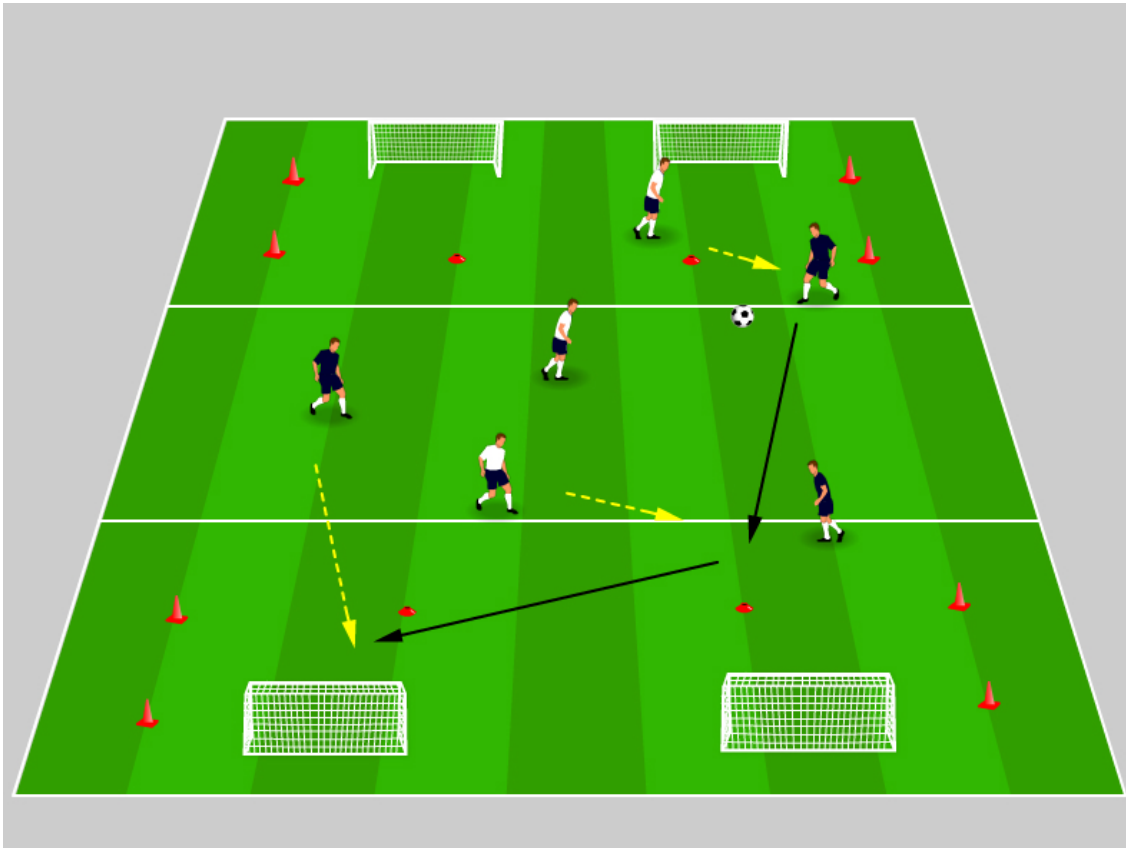




3v3 - Choose any of the 4 goals



Date: 18/Sep/2015

Measurement: 30 x 40 Yards

Time: N/A:N/A

Players: 6

Duration: 20

Level: U8 - U14

Objective: Outsmart your opponents, quickly change direction and find the goal left open so your team can score.

Description: Field is about 30-32 yards long and 25 yards wide.
Both teams can score on all 4 goals, which means they have to defend all 4 goals as well when they loose the ball.

Players can only score a goal when they shoot from within the shooting zone, about 6/7 yards out of the goallines, for a goal to count.

Coaching Points:

- 1 - Keep your head up and know what is going around you (defenders/open goals).
- 2 - Find the open goal not blocked by defenders
- 3 - Support of the ball, find the open areas (the angle, distance, area of the field).
- 4 - Well played passes will speed up the game and make it harder to defend you
- 5 - Frequent changes of direction make a team harder to defend

Progression: The 4 goals can be placed anywhere along the end lines and sidelines.
Complete 10/12 passes to score a point.
Add more players 4v4 - 5v5. Adjust the field size as well!