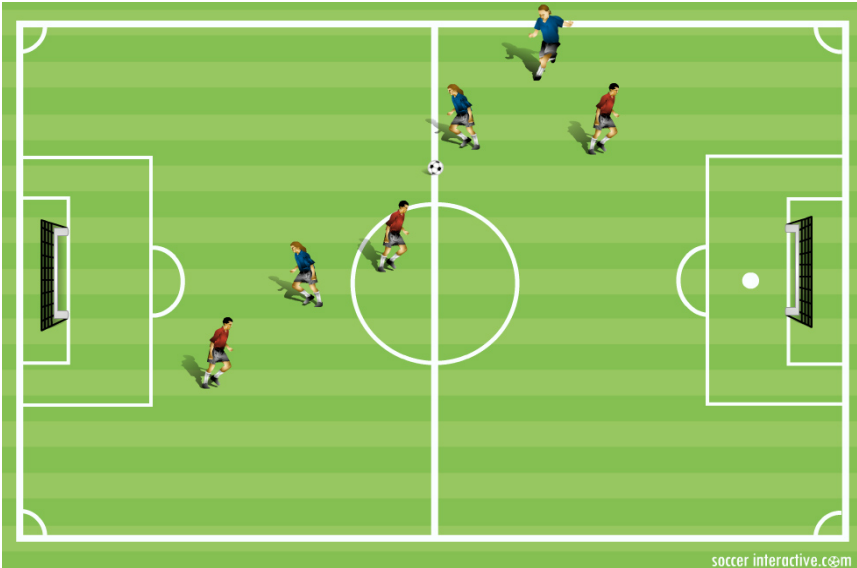
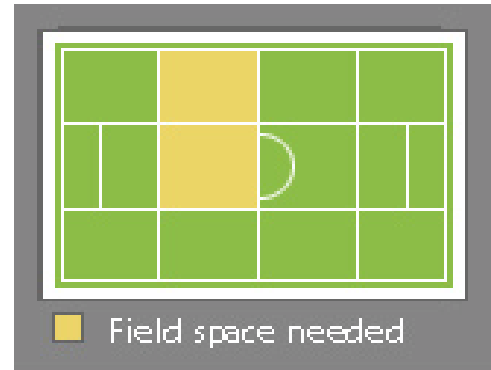


## 3 v 3 to Goal



### Materials Needed



30 x 25 yards

- Group of players
- Cones
- Large supply of balls
- Mini-goals
- Pinnies

## 3 v 3 to Goal Economical

### Set Up & Progressions:

Field about 30 x 25 with players on either side of the half line. Coach serves ball into the field and the Blue team controls it and attacks the red player's goal. If red wins the ball, red player attempts to score on the blue goal.

A point is awarded to the player who successfully scores a goal. Attacking players can work on the triangle shape and problem solving.

### Objectives:

To create a game situation for players to familiarize themselves with pressure situations. This will allow players to work on their individual skills, problem solving skills and creativity.

### Coaching Points

- Team Shape
- Body Shape to receive a ball
- Angles of support
- Keep the ball moving
- Timing, angle and shape of runs
- Finding the gaps
- Turning - playing the way you face