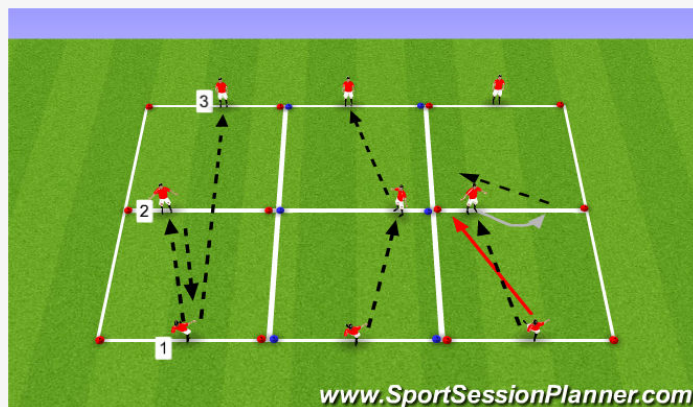
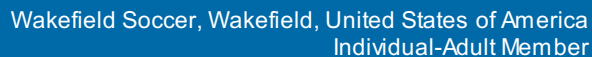




3v3 to Target

Set Up

30x20 grid with target players at both ends

Instructions

Players combine to find the target players. Everytime they find a target player they get a point. Play 3 minute games then switch out one team to become the new targets.

Coaching Points

1. Can we use our combination play to find the target player
 2. Targets need to show for the ball so we can find them
 3. How are our passing angles
- ** if players are not combining, put a 2 pass restriction before they can find the target.



5v5 to gates (10 mins)

Organization:

40X25 grid split in half

2- 5 yd goals at both ends with target players between them

Instructions:

Instructions

3 defenders and 2 attackers in each half of the field. Ball starts with the defenders and the player that passes the ball into the attackers may join in with the attacking players once the ball is played in. Players score by passing to their teammates between the gates or dribbling over the endline.

Coaching Points:

1. Combination play
2. Reading the game so we can make a good run forward from the defensive half

Progression

1. Any one player can make a run in not just the player that passes.
2. Take away dribbling over the endline option
3. Free play, pick up the half way line and play 5v5 to targets between the gates or dribble over the endline

