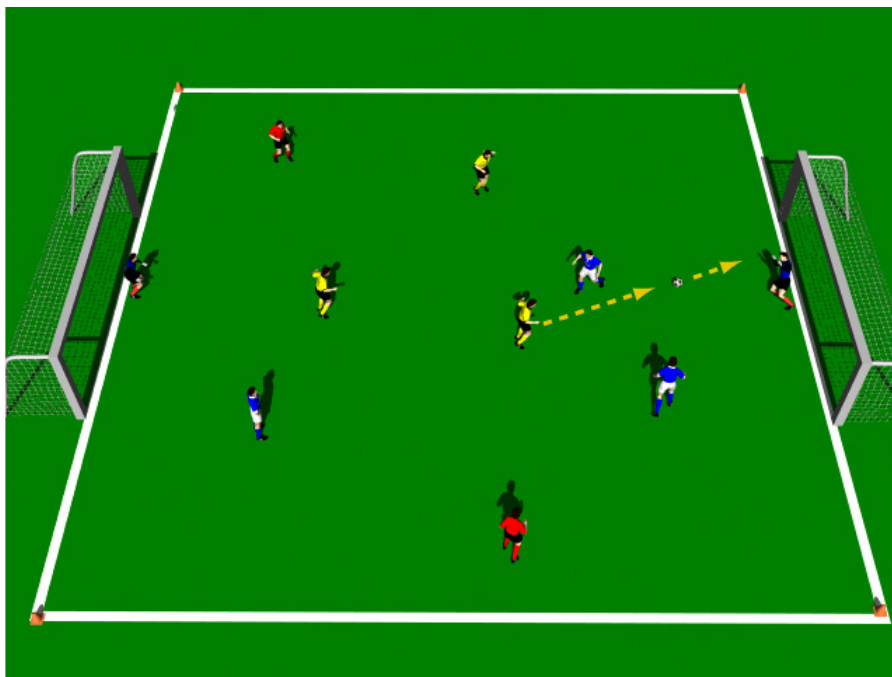


3 v 3 plus 2 Directional to Goals with Goalkeepers



Exercise Objectives:

This practice is great transition game that rapidly turns 3 v 3 into a 5 v 3 attacking situation. Emphasis is placed on quick counter attack and containing attacks when playing with number down. Fun work out for the goalkeepers also!

Field Preparation

- 8 Players (3 v 3 plus 2)
- Area 20 yards x 20 Yards
- Supply of Balls, Cones, Bibs
- Full Size Goals

Coaching Pointers:

The practice is directional towards goal. Play 3 v 3 on the field, whichever team has possession has the extra two players. The five attacking players must try and score a goal. First team to score 5 goals wins. Players should start with unlimited touches then conditioned to "two" and "one" touch. Balls out over the end line are thrown back into play by the goalkeeper.

Focus on:

- Attacking with Width.
- Quick exchange of passes.
- Quick Counter Attacks.

