

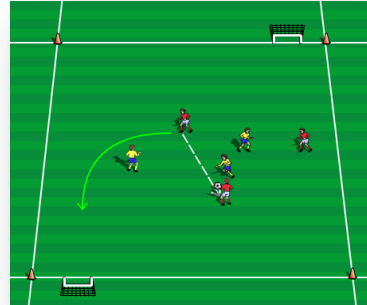


Three Way Games

Warm Up

Setup 15x15 yard box
Two goals diagonally opposite

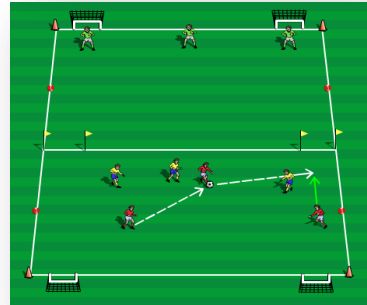
Instructions Focus players on moving well to receive passes. Start with the ball in hand, playing a 3v3 throwing and catching game. Teams score by receiving a pass in either 3-yard wide goal, placed in diagonally opposite corners. Player in possession cannot move with the ball, and must rely on other players to make space for themselves. Goals from volley's or headers.



Drill

Setup 60x30 yard area split into two 30x30 yard areas
Play with three teams of three with four mini goals

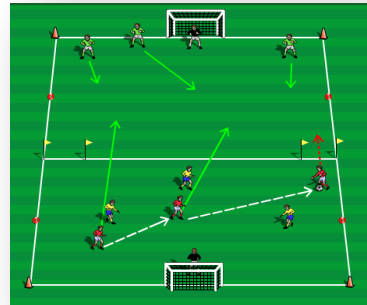
Instructions One team goes into each half and one team starts on the central line. The team on the central line begins the game by attacking one of the others. One defends the mini goals and the other defends the poles in the centre of the field. If the team attacking the pole goals scores, that team runs into the opposite half to play against the third team. Continuous play.



Development

Setup 60x30 yard area split into two 30x30 yard areas
Replace mini goals with normal match goals

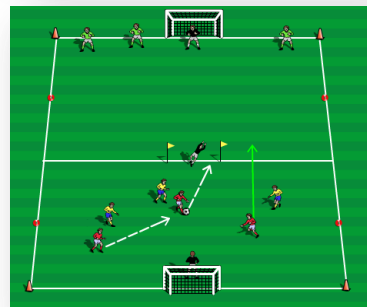
Instructions Replace the four mini goals with a regular match goal at each end and use a goalkeeper in each, as in the middle picture. Each team attacks in the same way as in the session. The teams defending the regular goal are working the ball wide to score through the pole goals, while central team is trying to score into one of the regular goals.



Game Related Practice

Setup 60x30 yard area split into two 30x30 yard areas
Replace with one goal in the middle using poles

Instructions Progress the game so that the focus is purely on attacking in central areas. Poles are used to create a goal in the centre of the halfway line, in place of the two, wide, pole goals. Each team is now trying to score in the central goal (which has a goalkeeper) to rotate opponents and send the game to the opposite end of the pitch.



Cool Down

Conduct a light cool down consisting of light jogging and stretching.