

Three Team Game

Small Sided

Possession, Transition



Procedure:

The teams play 5 v 5 plus one with four players stationed on the outside to be used as bumpers. The bumpers are limited to one touch. The team starting with possession gets to choose the direction of their attack – towards the big goals or the small goals. Goals scored on the small goals are worth one point, goals scored in the big goals are worth three points. Games are played to three, the winners stay on. The losing team leaves one player on the field to act as the neutral.

Coaching Points:

- 1 Decision Making – Look for passes made against the flow of the defense.
- 2 Speed of Play – Use one touch when you can, two touches when you should.
- 3 Creating Space – When your team wins the ball, expand the field as quickly as possible.

Progressions/Regressions:

Progression 1 – Big goals only. One team attacks north → south, the other east → west.