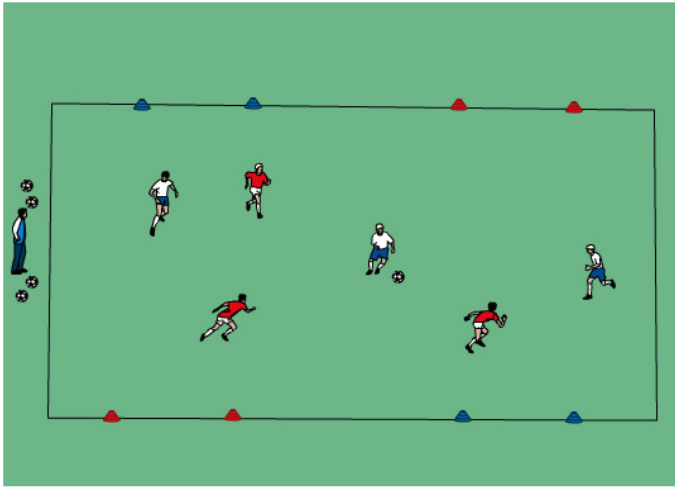


### 3v3 to Four Diagonal Goals



**The Game:** 3v3 to 4 goals.  
The red attacks the red gates,  
the whites the blue.

The coach can put various  
restrictions on the game:

1. Dribble the gates
2. Pass through the goal  
(make the gates a bit  
smaller)
3. If you score you get to  
keep the ball. This  
encourages the  
defenders to work hard

since they don't get the ball back when they concede a goal.

#### **Focus:**

- Creating 2 v1 situations.
- Reading the game- recognize which goal is being defended with greater numbers and attack the other goal.
- Changing direction
- Speed of play
- Transition both attacking and defending

**Note:** This is a very demanding game physically. It makes sense to have 3rd team of three ready to come on (play 2 games/rest a game) or have a fourth player per team that rotates in every time a goal is scored.

#### **If you enjoy this exercise Coach Donahue recommends:**

##### **Possible Warm-up:**

2 Balls for 3 People  
Groups of 3 Passing & Receiving Circuit

##### **Progress to:**

3v2 to Goal Combined  
3v3 Competition Day