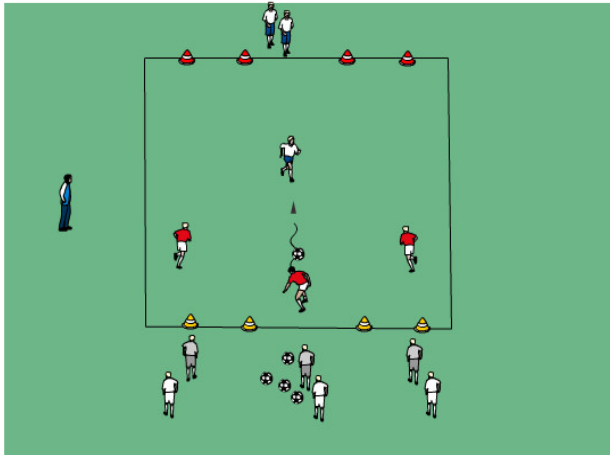


3 v1 to 2 goals with 2 counter goals



The Set-up: (as pictured) 4 groups of 3 players. One group serves as defenders for 2 to 3 minutes, and then a new color rotates to defense. Field should be approximately 30 yards long and 40 yards wide. Goals should be between 3 to 5 yards wide.

The Game: 3 attackers vs. 1 defender. The attackers must try to score by passing or dribbling through 2 small goals (red gates). If the defender wins the ball he/she should try to score with a long pass through one of the counter goals (yellow

gates).

Focus: Developing Game Intelligence

- Running at the defender- “Commit the defender”.
- Knowing when to pass? Not too early, not too late.
- Knowing where to pass? Recognize which teammate to play too.
- Knowing how to pass? To teammates feet or to the space in front of teammate.

Progress to:

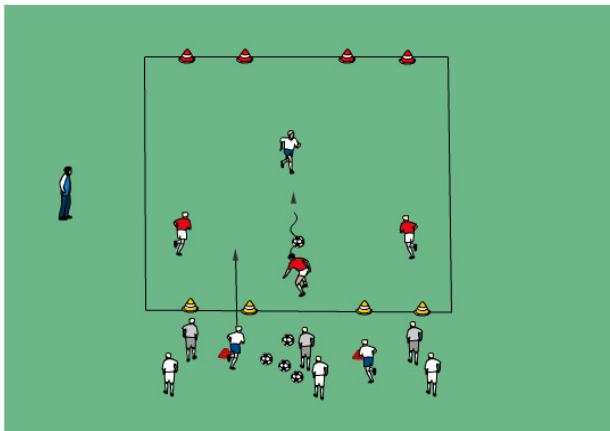
The Set-up: Same as initial exercise, but now add two discs 5 yards behind the counter goals. One group serves as defenders for 2 to 3 minutes, and then a new color rotates to defense.

The Game: 3 attackers vs. 1 defender with an additional recovery defender. The attackers must try to score by passing or dribbling through 2 small goals (red gates). Once the central attacker touches the ball, one of the trailing recovery defenders

joins the game. If the defenders win the ball they should try to score with a long pass through one of the counter goals (yellow gates).

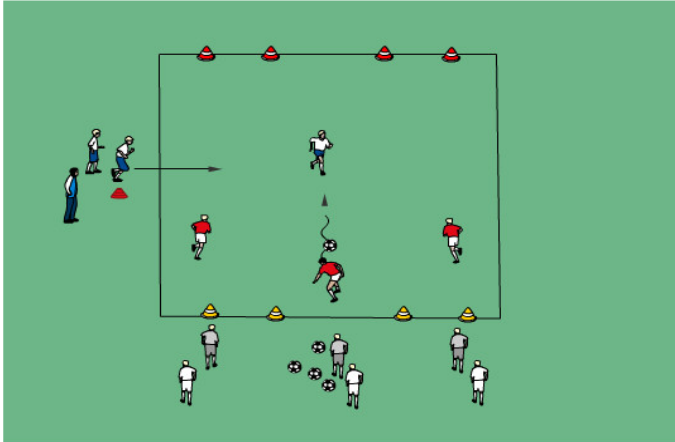
Focus: Developing Game Intelligence

- Running at the defender- “Commit the defender”.
- Attacking at speed, don’t let the recovery defender effect the play
- Knowing when to pass? Not too early, not too late.
- Knowing where to pass? Recognize which teammate to play too. Most likely the opposite side of where the recovery defender is coming from.
- Knowing how to pass? To teammates feet or to the space in front of teammate. Preferably into the space to speed up the attack!



Rotation of defenders: Recovery defender should remain as the 1st defender on the field. The initial 1st defender now rests, while the next attack begins with the defender that just rested now serves as the recovering defender. Cycle continues.

Progress to:



The Set-up: (as pictured) 4 groups of 3 players. Same as 2nd exercise, but now move recovery defender to a lateral position. One group serves as defenders for 2 to 3 minutes, and then a new color rotates to defense.

The Game: 3 attackers vs. 1 defender with an additional lateral recovery defender. The attackers must try to score by passing or dribbling through 2 small goals (red gates). Once

the central attacker touches the ball, the lateral recovery defender joins the game. If the defenders win the ball they should try to score with a long pass through one of the counter goals (yellow gates).

Focus: Developing Game Intelligence

- Running at the defender- “Commit the defender”.
- Attacking at speed, don’t let the recovery defender effect the play
- Knowing when to pass? Not too early, not too late.
- Knowing where to pass? Recognize which teammate to play too. Most likely the opposite side of where the recovery defender is coming from.
- Knowing how to pass? To teammates feet or to the space in front of teammate. Preferably into the space to speed up the attack!

Rotation of defenders: Recovery defender should remain as the 1st defender on the field. The initial 1st defender now rests, while the next attack begins with the defender that just rested now serves as the recovering defender. Cycle continues.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

3v0 Developing Game Intelligence
The German Box

Progress to:

3v3 with Handicap
3 Team Game with Vertical Targets