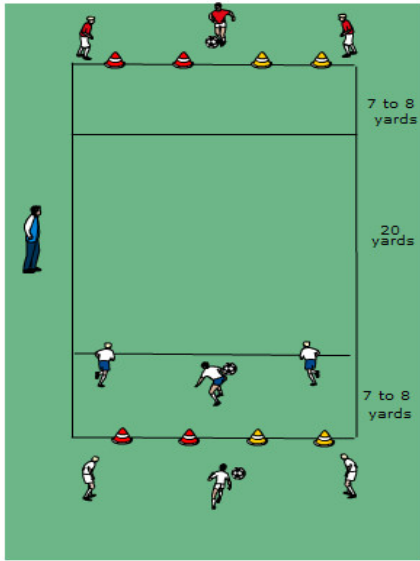


3v0 Developing Game Intelligence:

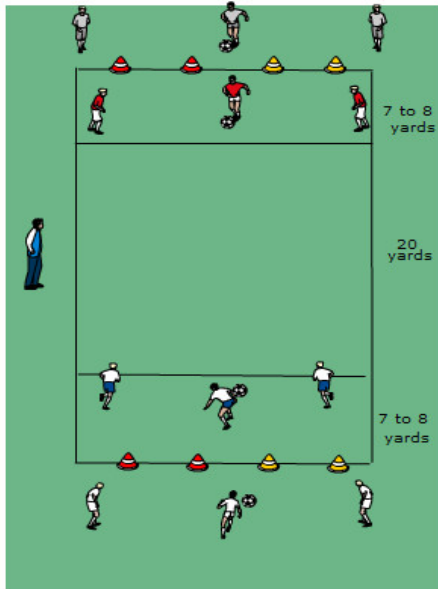


Set-up: as pictured. Players should be in groups of 3, each group with a ball. Either use large discs to create gates or 4 pugg goals.

The Game: Three players attack two goals vs. no defenders. You cannot score until you are inside the shooting zone. All players must touch the ball at least once. Once the attack concludes the next group (red) begins to attack in the opposite direction.

Progress to:

- 3v0, but must attack in a triangular formation (no straight lines)
- 3v0, but players must now interchange positions
- 3v0, with a coach doing a countdown (can we score within 5 seconds)



The Game: same exercise as above, but attacks move in both directions simultaneously.

Players must now get their head up to see the field and avoid collisions. Can we still attack in the manner and speed that we did before?

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/1st Activity:

Groups of 3 Warm-up, Fitness & Technique
Groups of 3 Passing & Receiving Circuit

Progress to:

3v1 to 2 goals with 2 Counter Goals
3v1 plus 1 to endlines