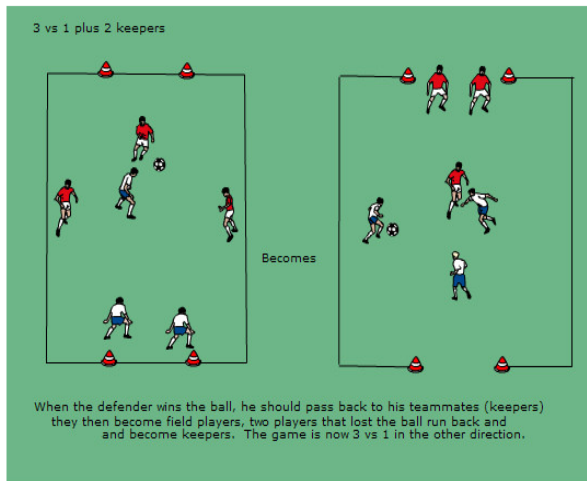


3 vs. 1 plus 2 Keepers



The Set-up: (as pictured). Field should be app. 30 yards long x 20 yards wide. Make the goals 5 to 7 yards wide.

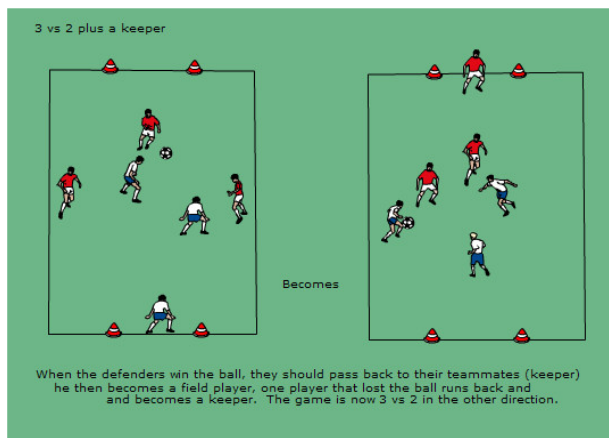
The Exercise: 3 attackers play vs. 1 defender and two goalkeepers. The goal keepers need to stay within 3 yards of their end-line. When the defender wins the ball or the keepers make a save. The attacking team now needs to have two players sprint back to become goalies. One player stays on the field of play to serve as the defender 1 vs 3. **Note:** If the defender wins the ball he should play back to

his keepers, this will allow for the attackers to transition to defender plus keepers.

Focus:

- Attacking- creating triangles to support the ball. Players should have a good opportunity to score goals on every possession. Can we get the "3rd man running", overlap, wall passes?
- Defending- Limit the attackers options. Make play predictable for the goal keepers. Win the ball back.
- Transition- Can we move quickly from attack to defense, vice versa.

Progression: Have the game progress to **3 vs. 2 plus a keeper**. This will likely create less scoring chances since there is an additional defender, but will still create a numbers up situation on each attack.



If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/1st Activity:

2 Balls for 3 People
Gate Warm-up Exercises

Progress to:

4v3 plus Keeper
3v3 to 4 Diagonal Goals