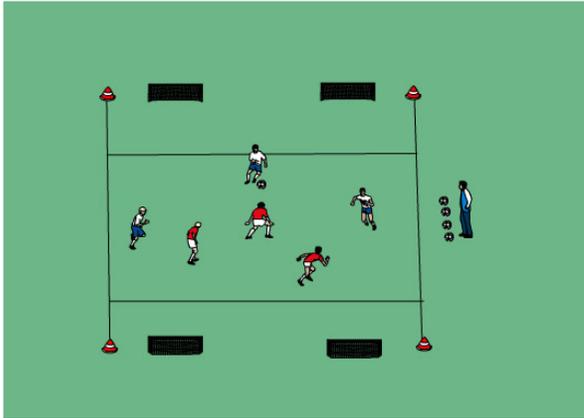
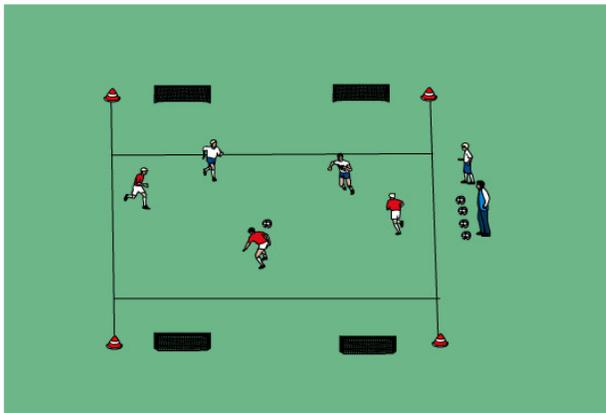


3v3 with Handicap



The Game: 3 white players play against 3 red players to 4 goals with an attacking zone marked off for each team. No goal counts unless it is scored in the attacking zone. Once a goal is scored, the player that scored is off (stands next to the coach). This creates a 3v2 situation. (Pictured below)



If Red now scores, the white player rejoins the game and the goal scorer stands next to the coach. On the rare occasion where the 2 players score against the 3, the goal scorer still goes off to stand next to the coach. This will create a 3v1. If the 3 now score, both resting players join the game and the goal scorer stands next to the coach.

Focus:

- Spacing
- Taking advantage of being numbers up
- Defending with fewer players
- Decision making

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

3v0 Developing Game Intelligence
The German Box

Progress to:

5v3 plus 2
3 Team Game with Vertical Targets