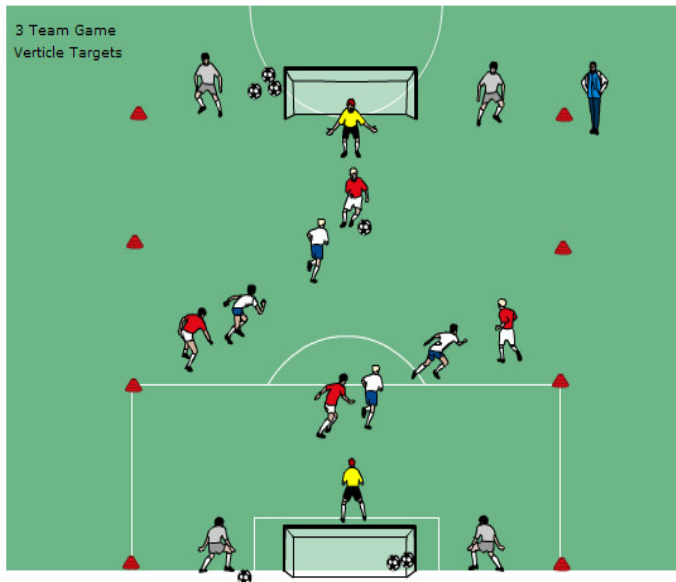


3 Team Game with Vertical Targets



The Game: Two teams of four play vs. each other on the field with an additional four players playing as target players. They play the ball back to the team that played them the ball. Target players should be one touch, two touch for younger players.

Rotation: If red scores, white sprints off, red gets the ball and begins to attack the goal they were just defending. Grey must quickly get onto the field, get pressure to the ball, and organized defensively. They would now be defending the

goal red had previously defended.

Winner stays on!

Variation:

- Play games to 3, winner stays on.
- If you have 15 field players, play 5 vs. 5 plus 1 in the middle with four target players.
- You can add touch restrictions (2 touch, 1 touch, etc.)
- Add the restriction that the attacking team "Must" play into their targets before going to goal.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Groups of 6 to 8 passing Circuit

Groups of 3 Passing & Receiving Circuit

Activity phase:

4v4 with 4 Vertical Target Players

Finding the Target Player w/transition