

## Transition Game with 2 Gates and 1 Goal



**Set-up:** as pictured.

**The Game:** Two equal teams play vs. each other. The goalkeeper creates a man advantage for the team defending the goal. Red is trying to score on the big goal, while white is defending the big goal and trying to dribble the gates. If White dribbles either gate, they are now the team going to goal. Red has to quickly reorganize and defend the goal.

**Note:** Every time the team attacking the goal takes a shot that goes over the end line, the coach plays a ball back into the attacking team. This will force the defense to reorganize quickly, the attackers will be encouraged to shoot whenever they can, alert players will also start to "check back" to the ball and call for the coach to play it in to them. Defensively this will also force players to "close the space" quicker and deny shots.

### **Variations:**

- Coach can add a central gate (easier on the defensive team)
- Allow the team defending the goal to pass through the gates
- Have a neutral player play for whichever team is in possession.

*Game involves all the elements of a real match. Attacking, Defending, transition, physical fitness!*

**If you enjoy this exercise Coach Donahue recommends:**

### **Possible Previous Activity:**

Transition Combined  
1v1 Touch the disc and defend

### **Progress to:**

7v7 Win by One  
Getting Behind the Defense