

### 3v3 Make it, take it!



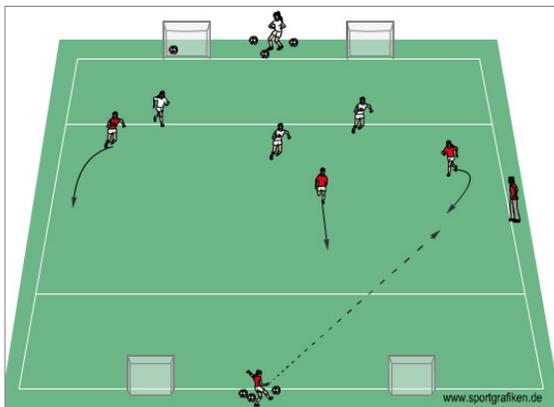
You can only score from inside the Shooting Zone!

If a goal is scored, (example red scores), the team that scored quickly moves to take up positions to receive the ball from their server/teammate. (Pictured below).

If the ball goes out of bounds, the team who would have been awarded the throw-in or goal kick “check’s back” to receive a ball from their server.

**Play games to 3 with the winning team staying on!**

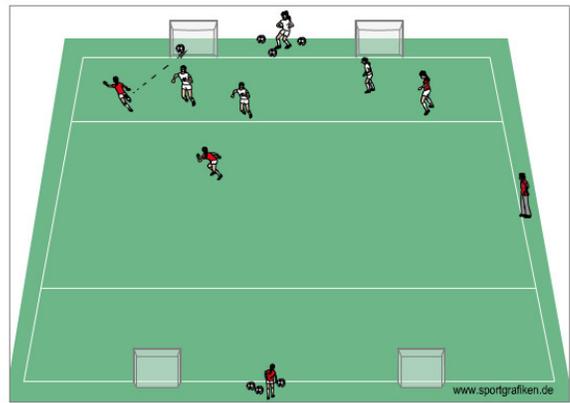
**Rotate the server after each game.**



**The Set-up:** Divide the team into two groups of 4. One player from each team acts as a server, the other three players play 3v3 to 4 goals (attack 2/defend 2).

**Note:** If you have 12 players, divide the group into three groups of 4. One team would “rest” and keep the servers supplied with balls.

**The Exercise:** A “live” 3v3 game takes place.



#### Focus:

- Learning through the game (can we recognize the 2v1)
- Quick transitions
- Proper entry passes
- Fitness (the ball is almost never out of play)

*This is an excellent exercise to teach players to work hard. The defending team is NOT rewarded for giving up a goal by getting the ball. They have to win it back!*