

3 Goal 2v1 Game



Organization

- The activity starts with the **RED** player dribbling the ball forward into the field. The attackers are looking to score on the big goal.
- If the defender wins the ball, they are looking to score on either one of the two goals that are opposite the large goal.
- If a goal is scored or the ball goes out of play, all the players will leave the field and a new group of 3 players will enter the field and repeat the activity.
- Perform 2 rounds of 3 minutes each round.

Set up

Total Duration = 15 minutes

- Total Grid Size = 15 yards Width x 25 yards Length
- Number of Players = 12 — 16 players split into 2 groups
- Number of Soccer Balls = 8 ball per player
- Number of Goals = 1 big goal, 2 mini goals

Coaching Points

- ⇒ Provide appropriate passing angles
- ⇒ Find open space to move to
- ⇒ First touch forward toward goal whenever possible
- ⇒ Incorporate skill moves to beat defenders.

Progressions

- ⇒ To make it harder, reduce the width of the field to 10 yards wide.
- ⇒ Introduce a scoring zone that players must shoot