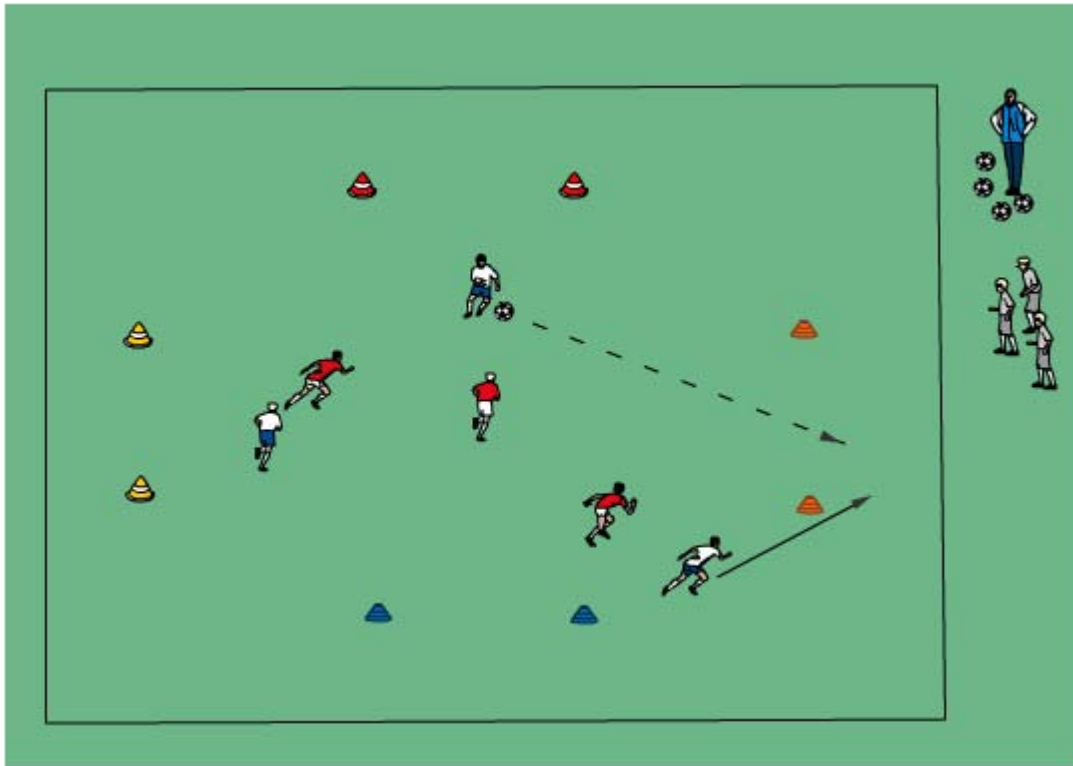


3v3 Passing through 4 Goals:



The Set-up: Two teams of three players play 3v3 inside a 25 x 25 yard box, while a third team of 3 players is “on deck” (as pictured).

The Exercise: Two teams of three players play on a rectangular field vs. one another to 4 gates. Goals are scored by passing the ball through any of the four gates to a teammate. Games are to three. Winning team stays on.

Variations:

- If you have 8 players, play 3v3 with two substitutes that rotate in on each goal.
- If you have 12 players, have two games of 3v3 to 4 goals going on simultaneously

Focus:

- Passing
- Receiving
- Movement off the ball
- Recognizing which goal to attack

This is an excellent exercise for a coach to observe players technique, decision making and competitiveness.