

Three Minute Finishing Game

Large Sided

Group Attacking



Procedure:

The teams play 6 v 6 plus three with conditions: (1) The neutral players are limited to two touches and cannot score. (2) The attacking team can score in all four goals, but any shots on the small goals must be hit first time. And (3), the defenders are limited to two touches. Each team gets a three minute period to score as many goals a possible. After a goal, play can be re-started from anywhere.

Coaching Points:

- 1 Switching Play – Look for passes against the flow of play and long passes over the top.
- 2 Re-Possession – Immediately after losing possession, contract around the ball and win it back.
- 3 Decision Making – When a goal closes down, attack elsewhere. Don't force the play.

Progressions/Regressions:

Progression 1 – Volley, half-volley, and header finishes only.