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Procedure:

Six players form 3 teams of two on the triangle-shaped field. During the game, each team is responsible for defending their own goal. When a team wins possession, they can score on the other two goals. When a goal is scored, the team whose goal was scored on starts the next attack. The first team to score three goals wins the game. As the game progresses, a neutral attacker can be added to the game.

Coaching Points:

- 1 Transition – Anticipate turnovers so that you can get in behind the defense.
- 2 Ball Movement – Pass the ball in order to get the defenders to move.
- 3 Attacking – When an area of the field closes down, switch the attack to the other goal.

Progression: Add a neutral attacker to the game.