

## 3-Team 3-Goal Game

Minutes: 10-30

Players: 9-18

Ages: 10-99

Avg. Rating: ★★★★★

From: CP

**Skills Focus:** Controlling, Shooting, Passing

### **Objectives:**

Ball handling, passing, shooting, defending, creative playmaking

### **Description:**

Three teams of 3-6 players, three goals spaced about 30 - 50 yards apart in a triangle, all goalmouths facing the center point of the field. Use cones to mark goals, vary size depending on skill level, no goalkeepers. No out-of bounds lines per se - play the ball wherever it is.

Objective is to score into other team's goals while defending your own. Scoring is (+2) for a goal scored and (-1) for a goal given up. Play to a set score.

The game seems to promote a lot of action, quick shifts in attack points, changes in "allies" (when attacking a goal, your teammates plus the players from the other team not under attack can work together temporarily), and creative thinking/decision making. The drill provides a lot of work on ball handling, passing, individual and group defense/offense, shooting, and rewards opportunistic players who are alert and quick thinking. Putting two or three balls in play makes things real interesting, with attacks sometimes coming from 2 directions, and diverging attack. I tried this drill with 3 different teams (U12, 14 & 16 boys) and got a great response - they wanted to keep playing it indefinitely.

