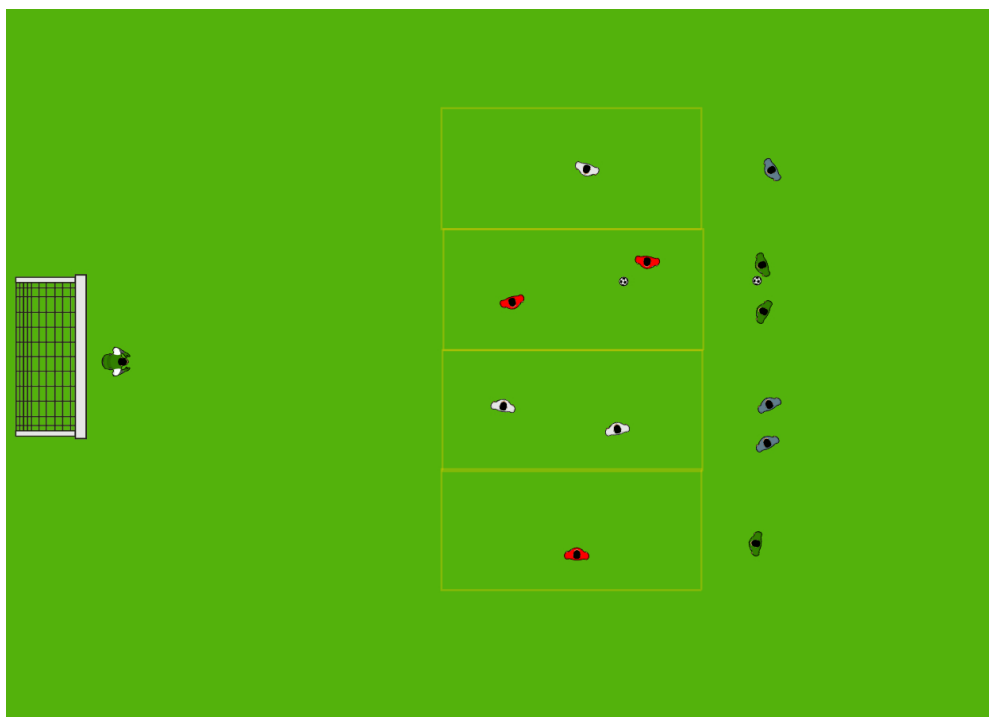


3v3 to Goal



Setup:

4 rectangle areas/zones about 15x10 to start but can be larger with more players. 2 teams with at least 3 and a neutral keeper in a full sized net.

1 team starts with 2 players in the 2nd rectangle and 1 in the 4th. the Other starts with 1 player in the 1st rectangle and 2 in the 3rd. The goalie starts in front of the goal about 20 yards away from the other 4 areas.

Execution:

The object is the pass the ball to your 3rd teammate that is in the outside zone. Once they have received the ball, they turn and quickly attack the goal for a shot on goal. The other teammates rush the goal for support and for crosses.

Variations:

Make the areas larger for more players.

Move the boxes to the far right or far left to create more game like angles.

You can switch out the goalies in-between groups.