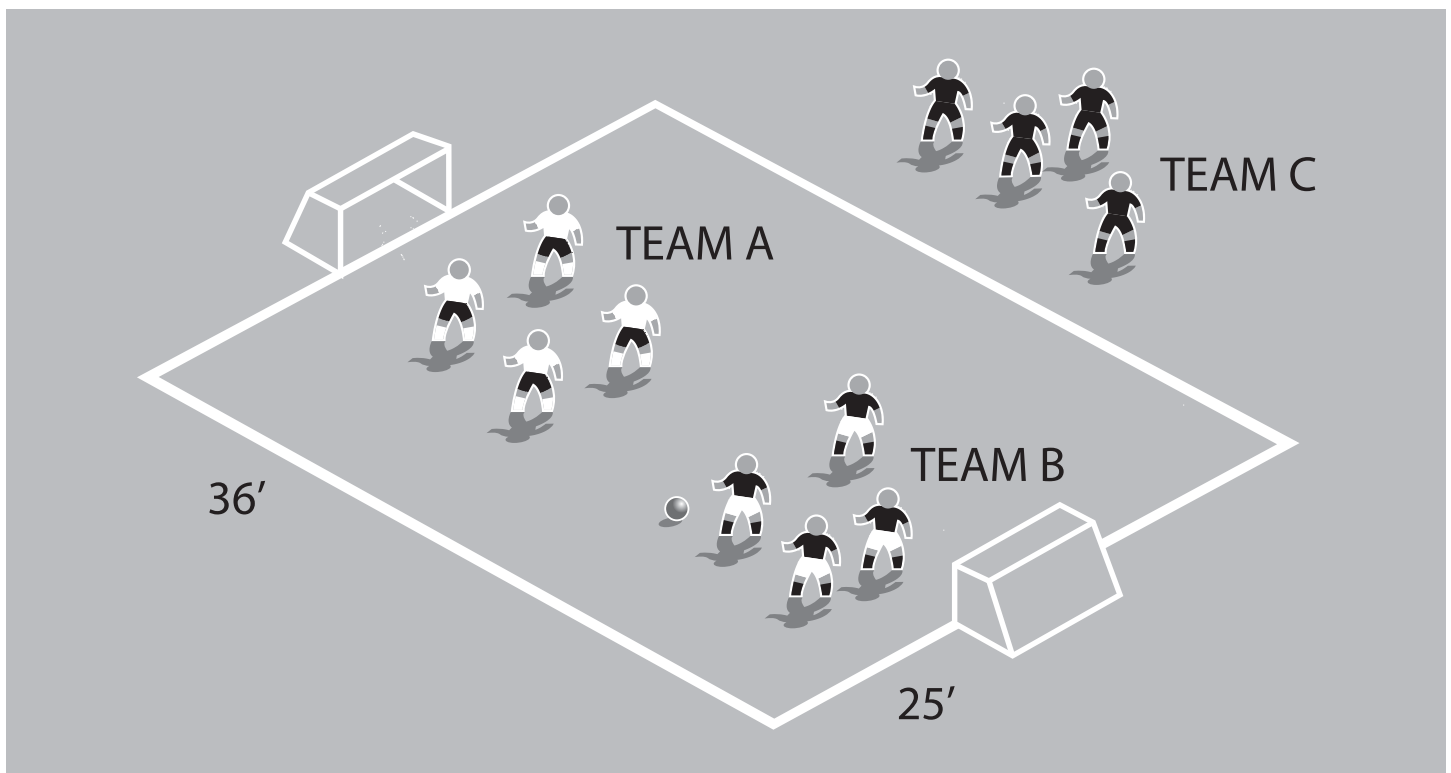


THREE TEAM TRANSITION GAME

(AGES: 12-14)



THE GAME: Set up three teams of four players each. Team A defends one goal, Team B defends the other goal and Team C stands on the sidelines. The game lasts 20-30 minutes. If Team A scores they'll get a ball out of the goal that they're defending and try to score again, Team B will sprint out, while Team C will replace them. The Team that comes out 5 times loses the game.

FIELD SIZE: 36' long by 25' wide with two regular size goals on each end of the grid. A good supply of balls inside both goals is also needed.

COACHING POINTS:

- Play the ball quickly
- Pressure the ball
- Early shot
- After turn over, pressure right away and play away from pressure quickly

VARIATIONS:

- U-10s - no goalkeepers
- U-12s - last defender acts like a goal keeper (as long as it is not always the same kid)
- U-14s - with goalkeepers and a two touch restriction.