

Three Team exercises

Description

Exercises for large teams that can be used for possession, defending, and attacking objectives. Exercise 1 and 2 could be worked into the warmup, Exercises 3 and 4 could used as stage 2 and game condition setups. All allow you to get more players engaged.

Target

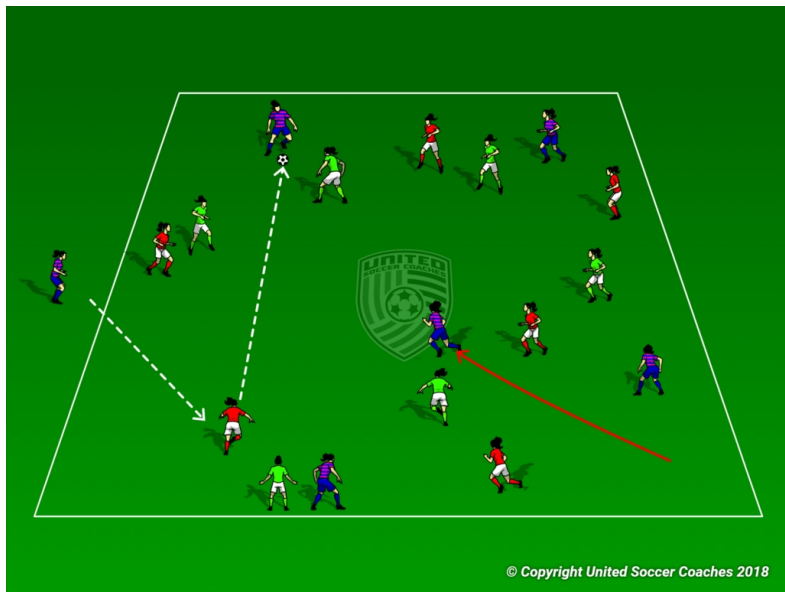
Training with large teams.

Training focus

Attack, Defense, Passing, Ball possession



Three Team Keep Away

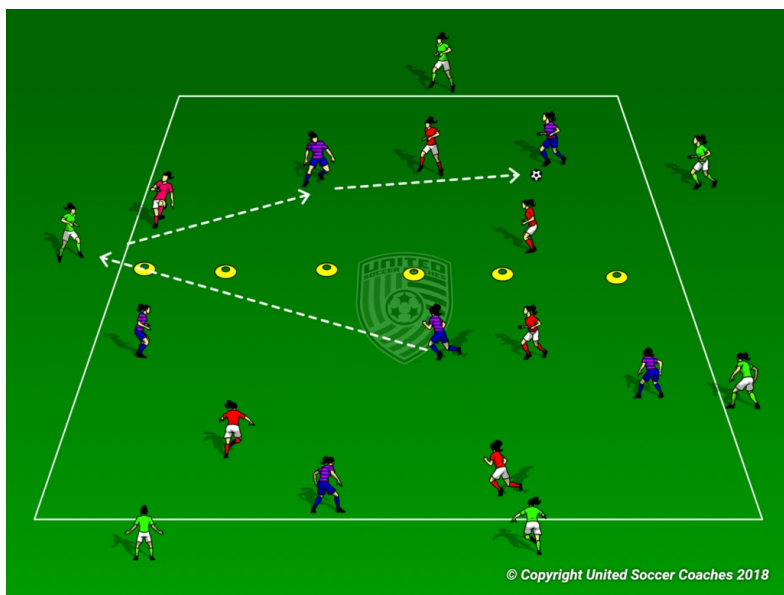


Setup: In 30X40 yd box. Set up 3 teams of 6-8. The game is always 2 teams vs 1. The 2 teams are the possessing teams.

Execution: The losing team always defends against the other 2.

Variations: You can apply the following variations:
Touch restrictions (1, 2, or 3 touch)
Length of pass restrictions
All passes must go to a third player, (No give & Go's) or Count the number of give and Go's.

Three teams with half line



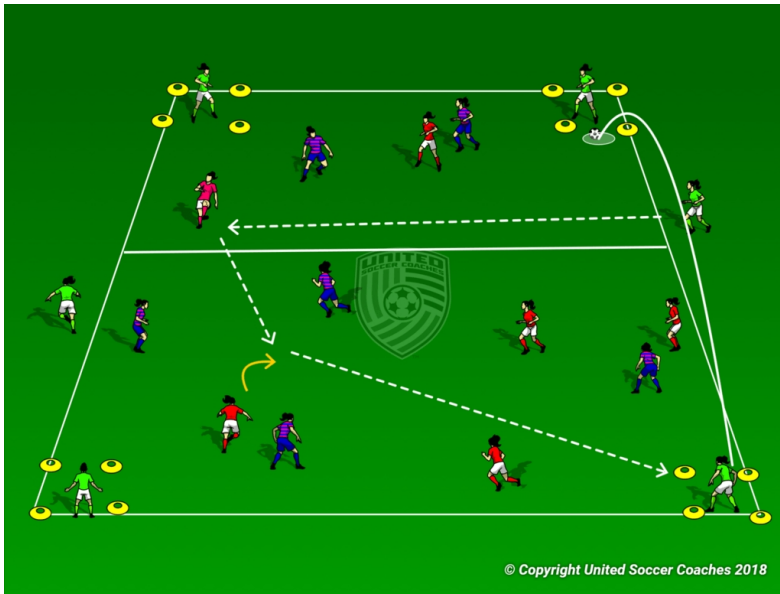
Setup: 30X40 YD box with a half line. 3 teams of 6-8. One team is on the outside of the box (bumpers) other two teams play a possession game.

Execution: Give defenders the objective to avoid getting split. Attackers have the objective to complete a number of passes and get the ball across the midline.

The players on the outside are neutral bumpers for either team.

Variations: Goalies can be neutrals inside and play with scooping ground balls passed to them and distribute with hands or feet to the team that passed them the ball.

Three teams to corners VARIATION



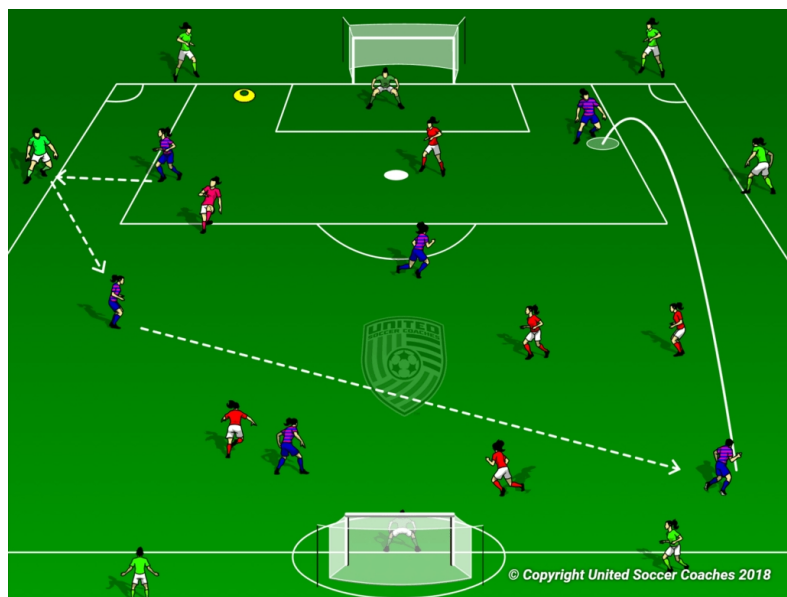
Setup:

In 30X40 YD box, set 3 yd box in each corner. Three teams of 6-8, one team has players in each box and remaining players spread as bumpers around the box.

Execution: Players play possession with target to get the ball to a corner, once the ball is played to a corner, the team must play the ball direct to another corner, the team must then possess the ball and switch to get to the other corner. For another long ball to the other side.

Objectives: Work on possession to set up the long ball then transition forward. Build speed of play to immediately get the ball across once a corner is achieved.

Three Teams to goal



Setup: In half or a third of a field with large goal at least on one end, preferred 2 goals. 3 teams, One team on the outside as bumpers. With teams of 6-8, Play in formations that allow to focus on playing up the middle or wide.

Execution: Bumpers play the ball in. Defense team works on compactness then transition to attack coming out of the back. When in the attacking half, the possessing team works on playing to finish and focus with numbers.

Variations:
A ball played in from the bumper requires a switch before going forward.
Set up narrow field or wide field, use play restrictions on touch before going forward.