

6 V 3 POSSESSION GAME W/ 5 GATES

EXPLANATION

Split into 2 even teams

Teams take turns on attack and defense

Example: 5 mins each

Attacking team (X) has 6 players in zone they score 1 point by passing or carrying ball under control through one of 5 gates

Defending team (O) has 3 players. These players try to prevent Xs from scoring and take possession

Defending team can score 2 points for passing or carrying under control through a gate

Neither team can score two times consecutively in the same goal

After ball goes out of bounds, the coach plays another ball in to attacking team

Substitutions should be made in the flow of the game

COACHING TIPS

ATTACKING (Xs)

Vision Awareness of space where the open gates are

Execution of simple passing and receiving skills to find open lanes/players and score

DEFENDING (Os)

Vision Awareness of dangerous spaces. Players cannot protect all goals but should recognize and react to most dangerous lines

Communication should come from the players farthest from the ball directing players in front of them

