

# 3 Team Rotation To Goal

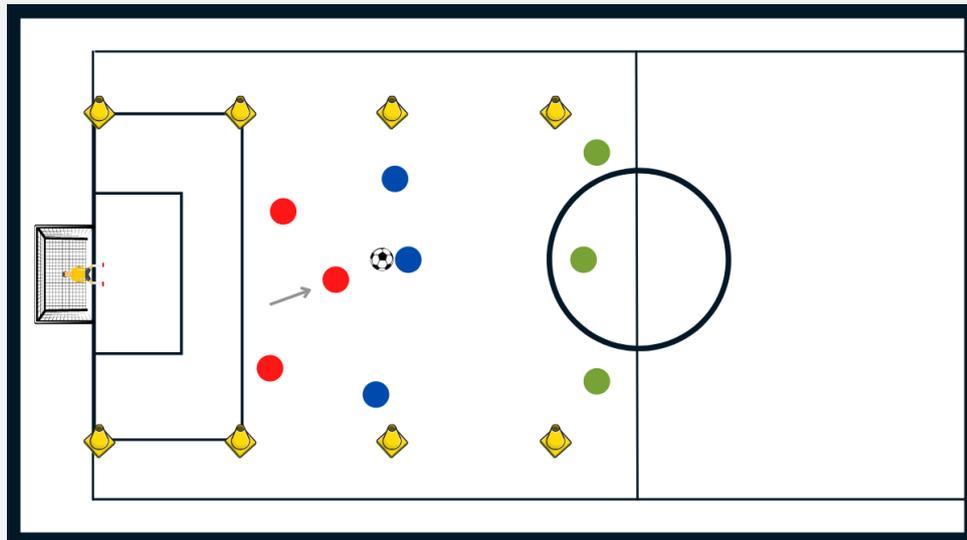


**Age:** 9+ Years

**Players:** 10

**Topic:** Transition, Attacking, and Defensive Play

**Duration:** 20 Mins



## Set Up The Drill:

Mark off a 30x40yard grid with small cones. Set up a full-size goal at one end of the grid. Select one player to be the goalkeeper and split the remaining players up into three teams of three. For the purpose of this description, the three teams will be red, blue, and green. Set the green team up as the 'resting team' outside of the grid, the blue team as the 'attacking team' facing the goal, and the red team as the 'defending team' in front of the big goal, (see drill image above). Have a supply of balls ready to help facilitate quick restarts.

## Instructions:

The game begins with the blue team attacking the goal and trying to score. The red team defend the goal and attempt to win the ball back. If they successfully win the ball back they must try to make a successful pass to one of the players on the 'resting' green team. If they succeed, the green team becomes the attacking team, the blue team becomes the defensive team, and the red team becomes the resting team.

If the attacking team manages to score a goal they get a new ball from the coach and attack again, starting from the back end of the grid. Play corners and throw-ins as you would in a regular game. For more advanced & older players play offside too. The team that scores the most goals after a designated time wins.

## Variation:

You can play this game with almost any number of players. After choosing one goalkeeper, if the total number of players left over is not divisible by three, then consider adding neutral players that are either always attacking or defending the big goal.