5v3 for fitness

Posted by STLCoach - 09 Mar 2009 07:25

COACHES THIS IS A GREAT EXERCISE FOR FITNESS AS WELL. YOU MAY MAKE TH AREA BIGGER FOR LESSER SKILLED PLAYERS OR FOR YOUNGER ONES.

In a 12 x 12 area, this is a 5 v 3 activity. If you have 16 players in a training session, play with two groups of 8 each doing the same thing.

The 5 players start with the ball with the three other players defending. The attacking players are limited to 2 touches and 5 consecutive passes results in a point for them.

If the defending team wins the ball, they try to maintain possession. If they make three consecutive passes, they get a point. The team with numbers down, has unlimited touches.

The yellow team is working on keeping possession of the ball and also, when they lose possession, they work on quickly double teaming the ball so they can win it back.

This game is played for 3 straight minutes and then new players are rotated to the defensive team.

Next, do the same thing but now, combine the two groups so in a 24 x 24 area, have a 10 v 6 game. All other rules still apply.

This game encourages players to try to keep possession and when they lose possession to work hard to double team the ball and win it back. At the same time, the players playing numbers down are working on playing the ball away quickly, or shielding when necessary.

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