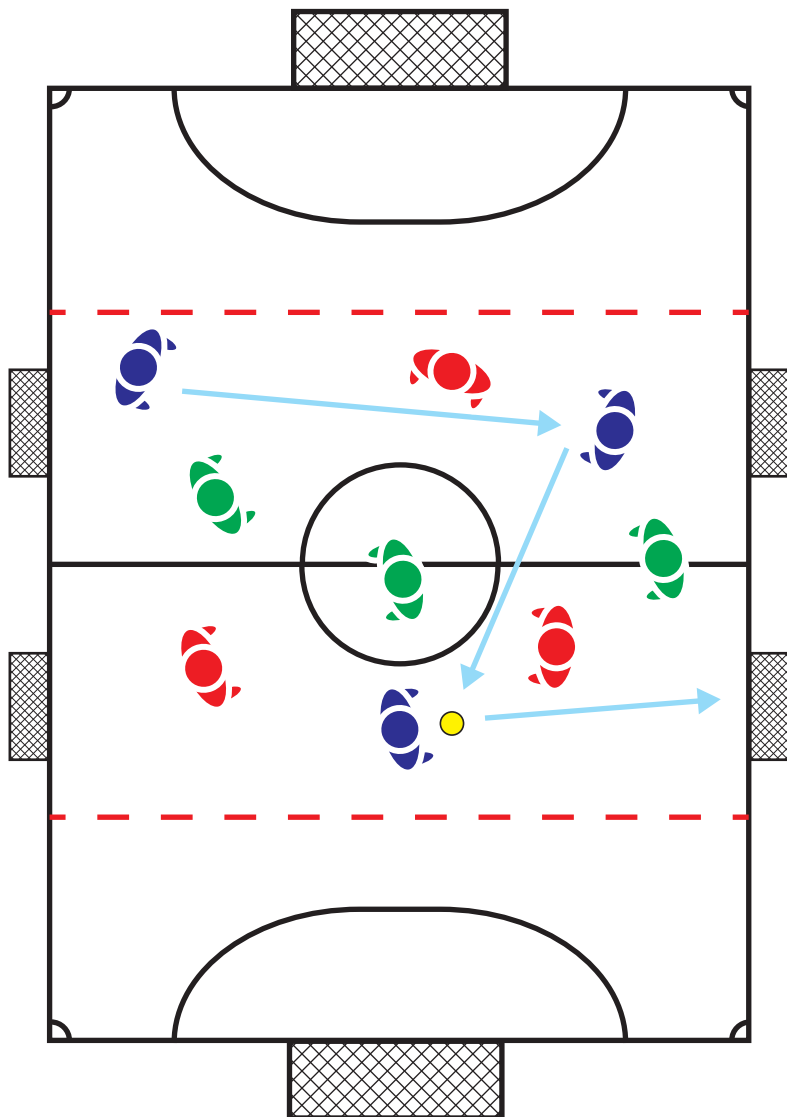


# Session Title: 3v3v3

Date: 28/04/24



Games:  
1 touch finish, losers collect the balls and bibs!

<b>Phase</b>	Week 23 - 3v3v3 Passing/Support/Movement
<b>Time</b>	6min games - normal rules reduced pitch
<b>Players</b>	3 Players - three teams with subs if needed
<b>Organisation</b>	Play 3v3v3 on a smaller court with 4 goals marked out with cones - any extra players act as subs and swap regularly. Can't score in the same goal twice, must be a different one. Prog 1 - change pitch size Prog 2 - player touches to 3 and then 2 Prog 3 - one touch finish Have spare balls around the court to allow quick restarts.
<b>Key Coaching Points</b>	Why play quick? Can you look at all the goals, not just forward? Can you change the direction of play? Why only a one touch finish? Where is the space?

1st Hour - CC/KS fun warm-up  
2nd/3rd Hour - AW warm-up  
Game - AW/PW to run - CC to time keep  
Max time for warm up 15mins  
Include EE, EST, LP & others when available

