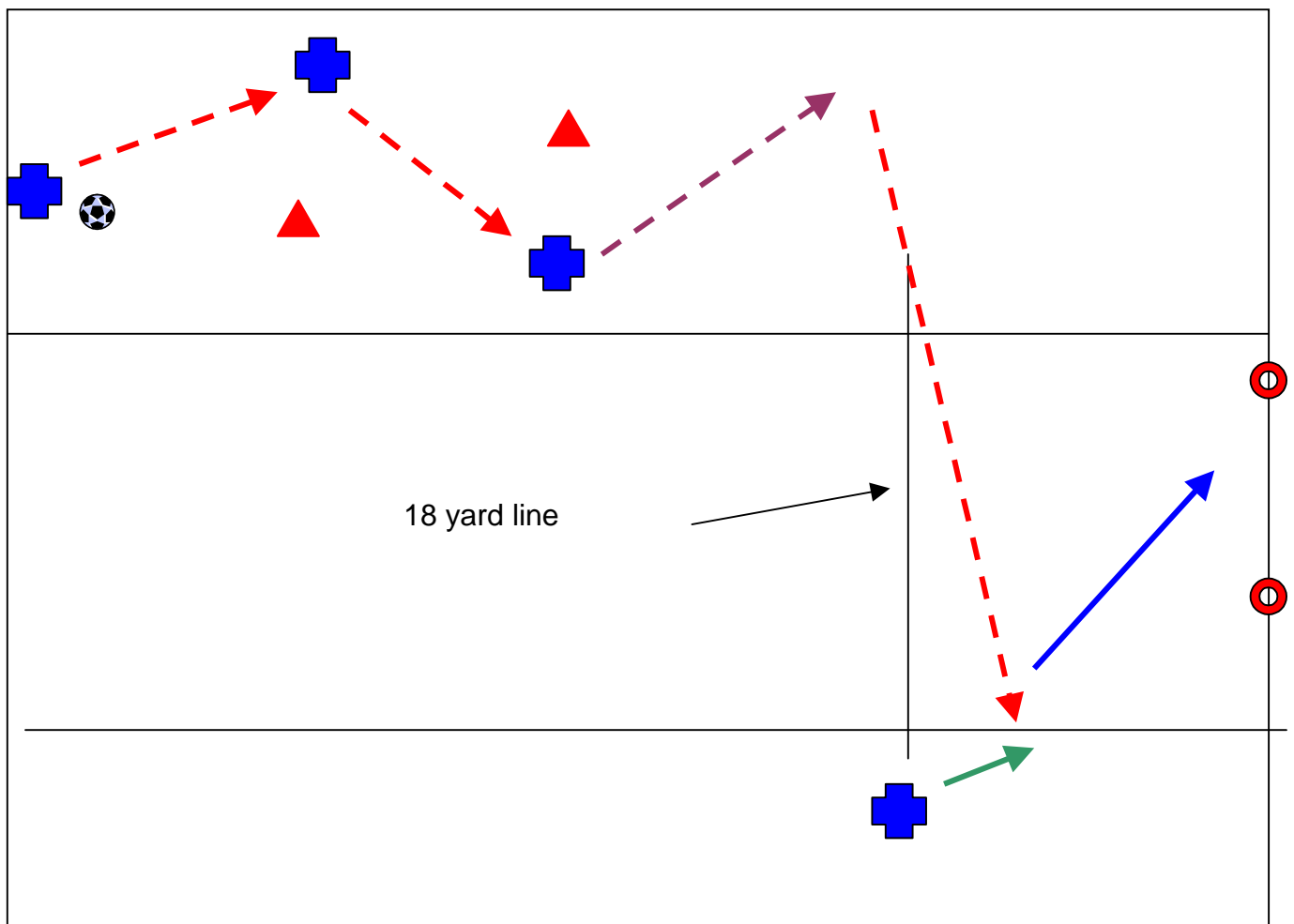


Match Related 3 v 2 + Target (T) with a GK From Outside Channels

This is an exercise suggested by coaching colleague Mike McNeish. Set up a field with two 15 yard wide channels on each side.

Play is 3 v 2 within one channel. There is a target player across the field in the second channel.

The players playing 3 v 2 must work the ball inside the 18 and then cross the ball to the target player for a shot at the GK.



Attackers in the game above score a point for every successful cross to the target player.

Attackers score an additional point if the target player scores.

Target player must shoot from outside the 12 (penalty spot)

Coaching Points

- 2nd attackers must make themselves available for the pass via movement and communication
- SHOW for the ball by checking to and away from ball.
- Look for wall and overlap opportunities.
- Play ball quickly to target once the cross is “on”; maintain possession if not.
- Proper form on cross