4 Goal Game - 6 Goal Game

Objective

Improve players ability to use Mobility to Support and Penetrate

Description

30x40 yard grid. 2(3) small goals on each end line. Play 3v3. Balls start from behind each goal. Progression: Play breakout style

Key Points

Create a triangleUse Mobility to support player in possessionUse Mobility to penetrate in behind the opponentsMake good decisions - possess or penetrate