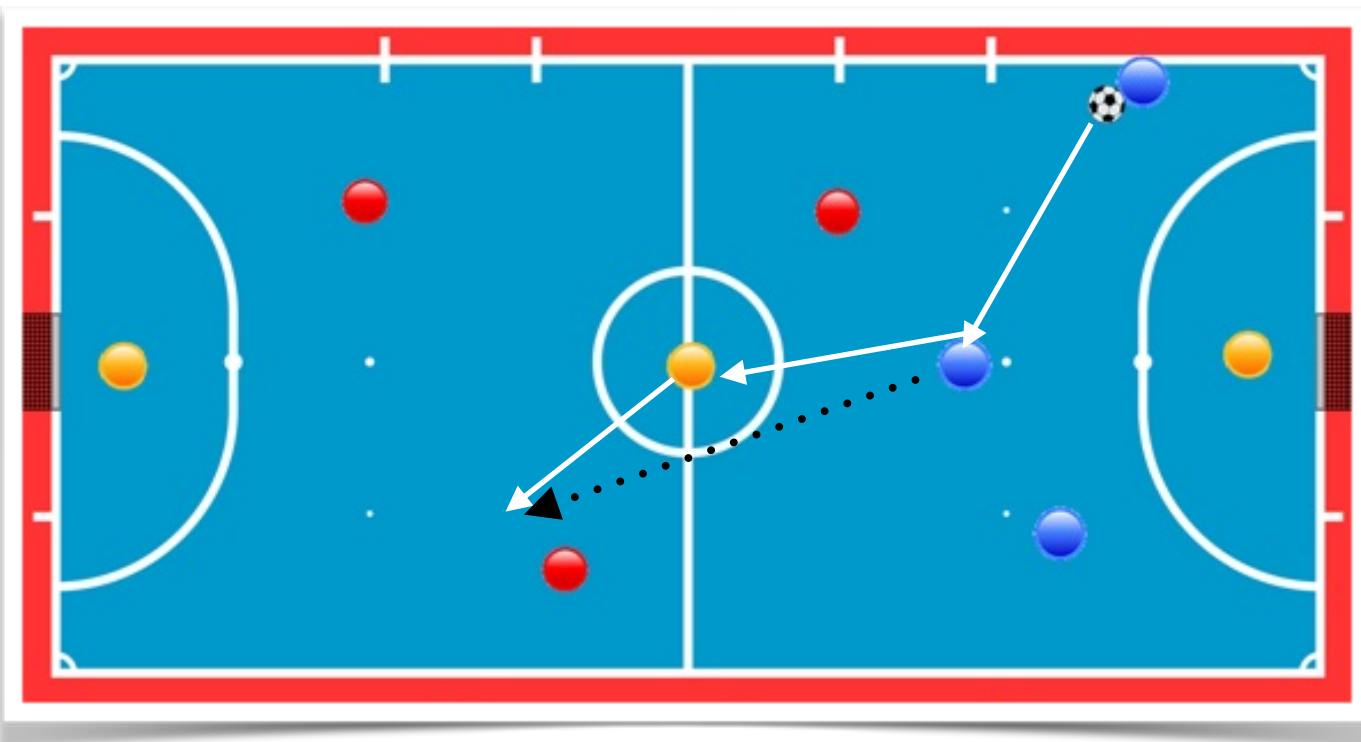




Possession with a Purpose

3 v 3 with three target players, the team in possession must try to move the ball down the field to the opposite target player but must link with the yellow target player in the center circle during the move for the point to count. If the other team win the ball they must pass to a target player in either goalmouth to start possession again. Neither team can touch a yellow target player when they are in possession.

Focus:

- Teamwork and communication
- Quick regrouping and organization
- Passing accuracy
- Movement and support
- Ball control, game awareness

Notes:

