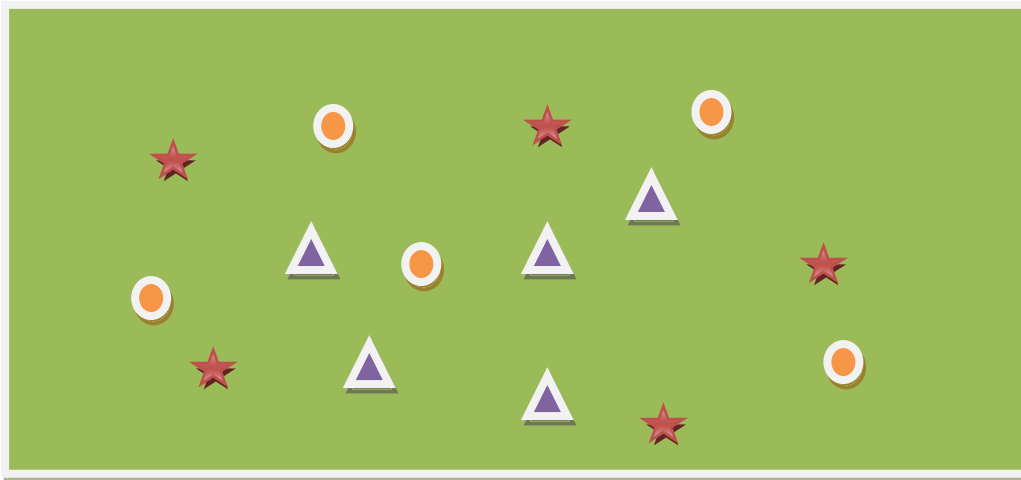


## Under 9 – 11 year old football condition game

### 3 x three

**Requirements:** Ideally three teams of 3 players but can be modified three even teams. Three sets of bids, one football. Marked area approx 30mx30m

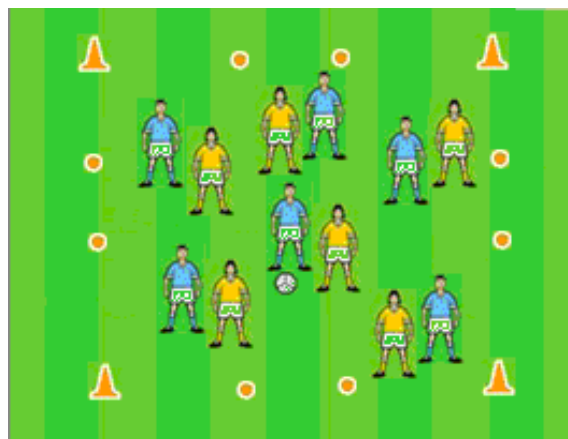
**Purpose:** Making it easier for players to improve support play and retain possession by over loading the teams - **Rules:** Hand passing possession game, 2 teams vs 1 team. - If ball hits the ground or is intercepted, team at fault is now defending team - Develop player movement of teams in possession -Develop team defending by the players trying to regain possession



**Exposes:** Players not stretching the play by moving away from the opposition when they receive possession which often leads to lots of short hand passing in congested areas

**Condition Game 6 – 8 year olds football game. Rules – players must attempt to score by kicking the football under pressure through 2 of the goals, also they must defend their own 2 goals.**

Place 4 goals in a grid 20x20m – 1 goal in each side of a grid. Teams attack and defend in a game situation – color code the attacking and defending goals if necessary!



(Kevin Halley – GDA Tipperary)