

1. Equipment

Minimum of 9 players - Number of balls

3 goals (small or large goals, depending on the availability of goalkeepers)

2. Organisation

Position the three goals so that the distances between them are equal.

Adjust the size of the playing field according to the number of players and their level.

Divide the players into three teams.

3. Description

Game

situation:

Each team has its own goal which they defend.

Attack and defence:

When a team attacks towards a certain goal, the third team forms an alliance together with the defending team.

Allies jointly defend against the attacking team.

Example:

Green and black teams work together to defend their goals against the red team attacking. When the ball is intercepted, the situation changes: the team in possession switches to attack and alliances change.

Points system:

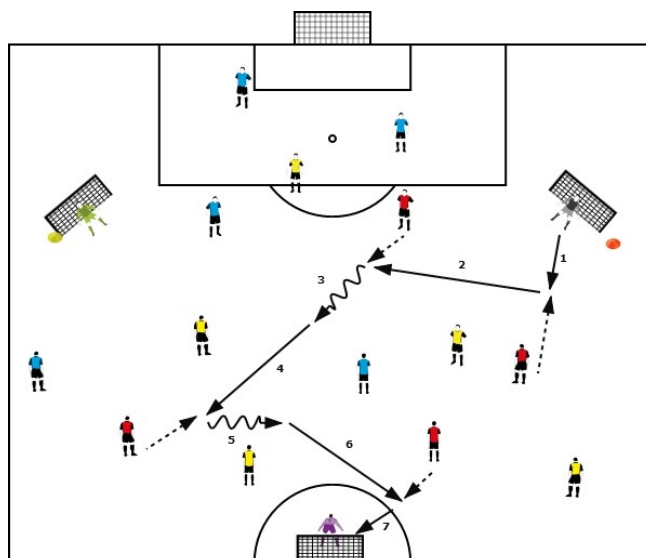
When a team scores on a goal, the attacking team and their allies receive one point per team (e.g. 1 - 1 - 0).

Details:

Playing behind the goals is allowed, to limit ball loss and keep the game dynamic. No goalkeepers available? Use smaller goals or alternatives such as pawn goals.

Variation:

As described above, the defending team is always in the majority because they get allies. One can also turn the situation around and the team in possession of the ball gets an ally.



4. Coaching and Points of

Attention Coaching:

Technical focus: Encourage ball control, clean passing, and ball recovery.

Tactical focus: Teach players to switch quickly between attack and defence. Have players consciously look for spaces

Communication: Encourage players to actively talk and coach each other during the game.

Points of attention:

Adjust the size of the pitch for balance between challenge and overview.

Provide a dynamic but safe distance between goals.

Alternate: Try using different team layouts and formats (e.g. 4v4v4 or 3v3v3) to keep players flexible.

Goal of the exercise:

This exercise form encourages quick switching, tactical understanding, and teamwork. It creates a competitive and learning game environment where players must constantly anticipate changing situations.