

3 v 2 Short Field

Goal:

To improve man up and man down play.

Description:

-Goals go just inside of the restraining box (50 yards apart).

-Goalie outlets to start (either side).

-3 v 2 down field (must pass, do not carry).

-2 step out from other team

-Once ball is dead (shot, unretrievable GB, errant pass) the player who last touched the ball is out and runs down the side back to his team (if he scored then he can jog, if not he must sprint). Thus 2 players playing D get in the hole.

-While the 2 players are getting in the hole, the goalie outlets to 3 new players and it is 3 v 2 the other way.

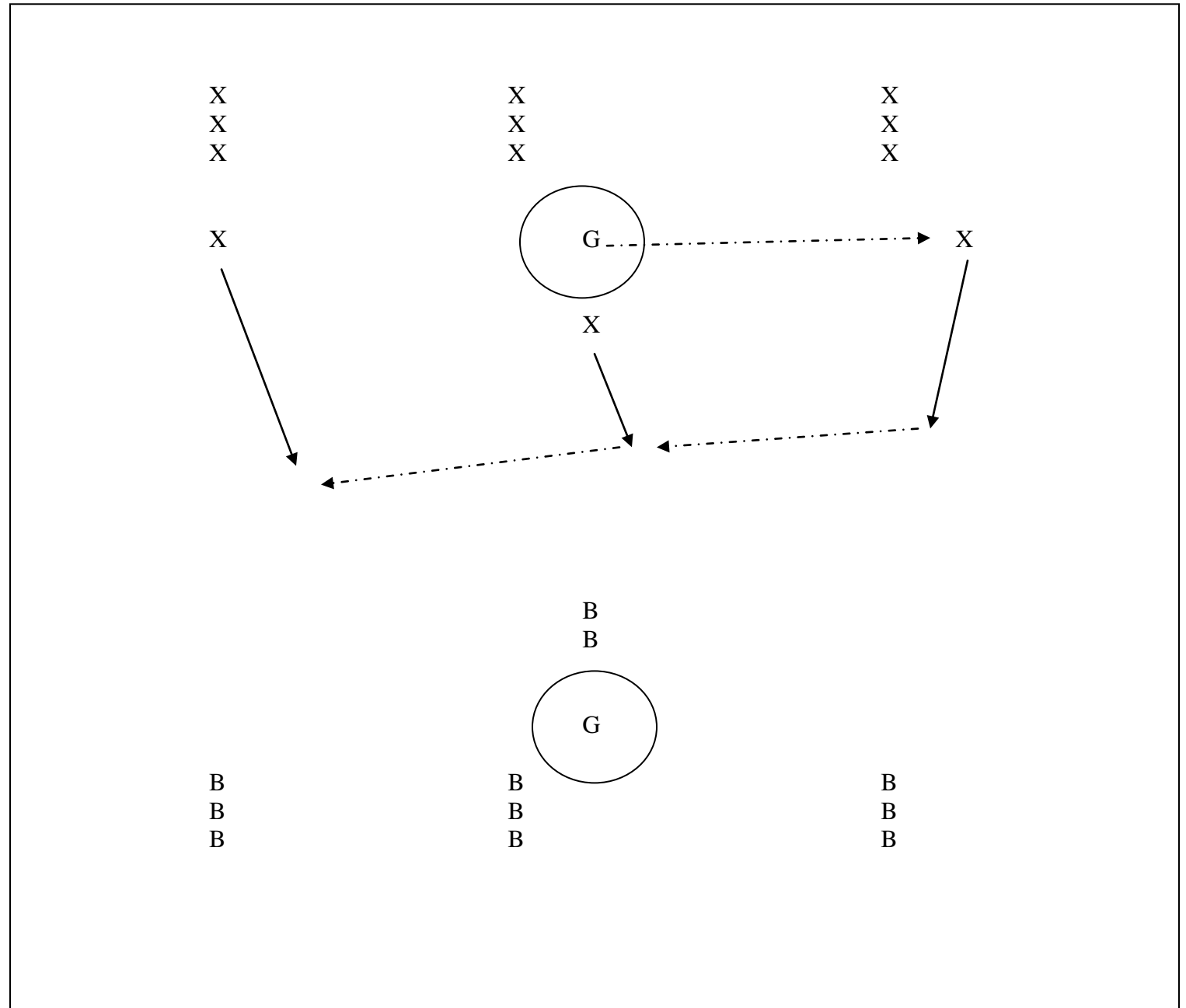
-D is always out when ball is dead

- First team to 5 wins and other team must do pushups or lap around field.

Equipment:

Plenty of balls.

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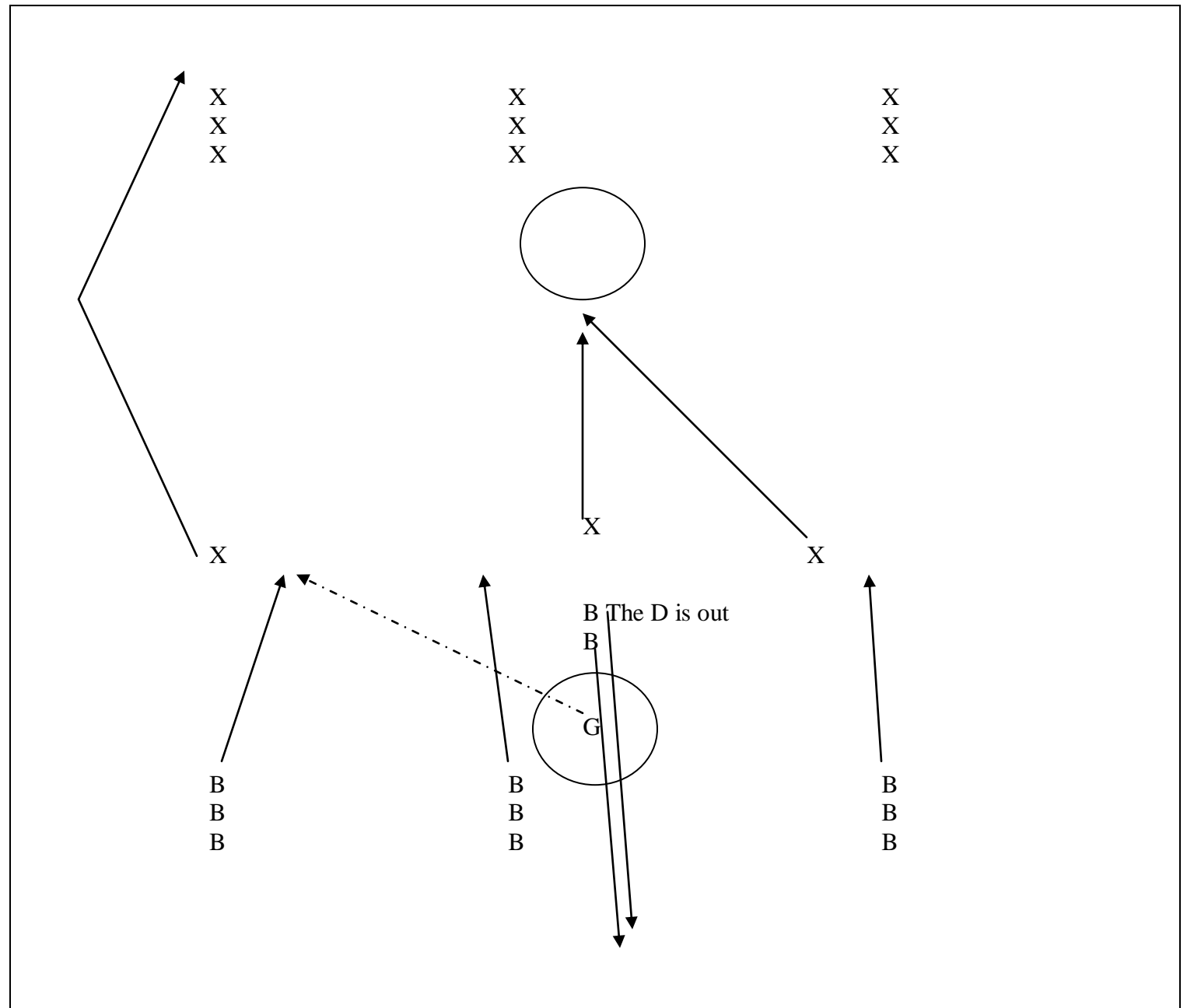
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