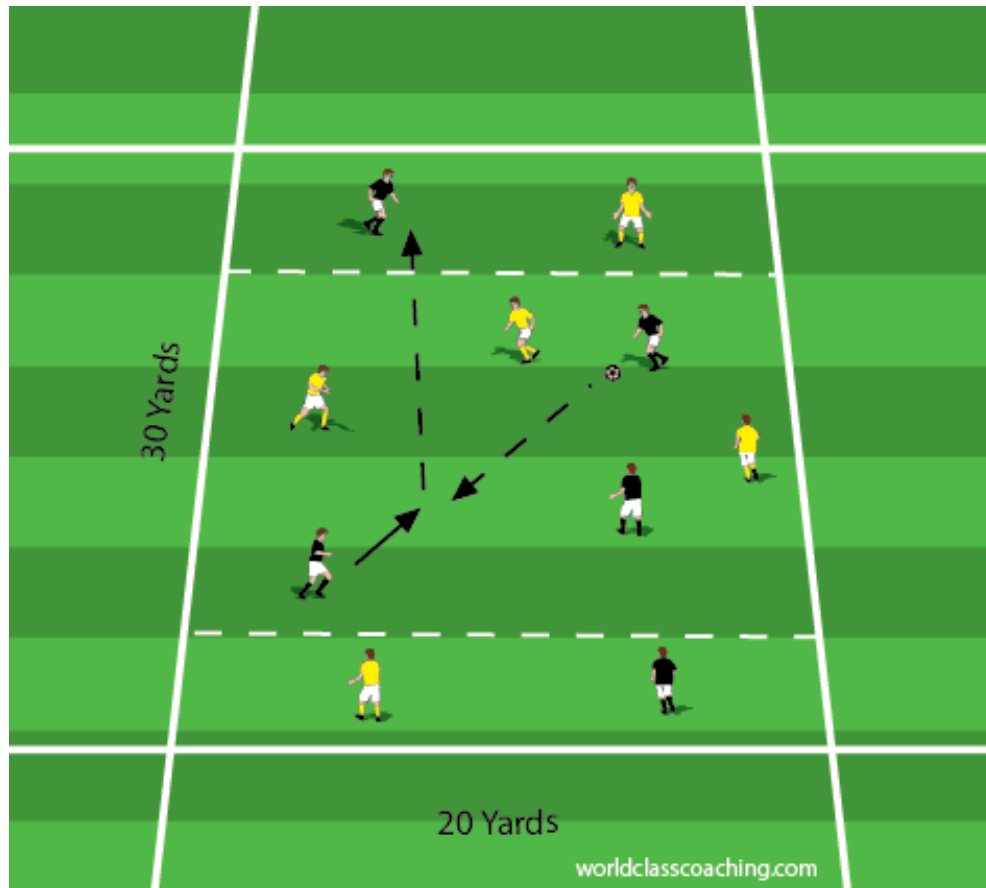


Possession Game #3 - 3 v 3 With Target Players

On a 30 x 20-yard area with end zones for target players, two teams play 3 v 3 with two target players in each end zone. Play eight three-minute games and rotate positions.



Coaching Points

- Emphasize high intensity
- Keep ball - change direction
- Unbalance defense
- Only use target players when needed