

Wide and central advantage

This is an all-action three-man attacking and defending game in one respect. It rehearses players in communicating well and showing strong teamwork values while the use of the neutrals adds a clever tactical element.

However, attacks in one direction encourage an awareness of wing play, while in the other central moves provoke different challenges for defenders.



How to set it up:

- Create a playing area measuring 50x30 yards.
- For this small-sided game, you'll need six cones, two goals and a supply of balls.
- In the middle of the pitch, mark out an eight-yard strip using the cones.
- There are 12 outfield players (three teams of three plus three neutral players), plus two goals with a keeper in each.
- Each team of three starts in a separate zone.
- Two of the neutral players operate in one half, off the side of the pitch, while the other neutral is in the other half on the pitch.

The rules:

- The team in the central zone starts the game by attacking either of the opponent's goals.
- Going in one direction, this team can use the two wide, neutral players to get crosses into the box - when a cross comes from one side, the opposite wide "neutral" can get into the box to score.
- If a goal is scored, the attacking trio returns to the central zone, receives a new ball from you, and attacks the opposite goal.
- Going in the opposite direction, the neutral is on the pitch and works as an extra forward making a 4v3 overload.
- If the defenders win the ball or manage to stop the attacking team scoring, they break out to the central zone to receive a ball from you and attack.
- Play the game for 20 minutes. The team that scores most goals wins.