

MAN in the MIDDLE

Organization: Divide players into groups of three. Each group should have at least two balls. Mark out three lines with 10 yards between each line. With flags or cones create a goal on the center-line 6 yards wide.

Procedure: The players on the end take turns shooting at the goal in the middle. The coach rotates the player in the goal every two minutes.

Variation: Widen the goal to 10 yards and see if the two end players can complete a pass with each other past the defender on the center-line.

