

Three-way games

Using a multi-game pitch allows constant, high-intensity training. The small-sided games within this session are designed to improve attacking play by focusing attacks in wide and central areas of the area.



What you tell your players the session is about

1. Playing small-sided games.
2. Scoring goals by attacking in wide areas.
3. Scoring goals by attacking in central areas.

Session planner

Warm-up	Session	Development	Game situation	Warm-down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm-up	Balls	Players work on controlling aerial balls and completing juggling exercises, from <i>The Ultimate Football Warm-Ups Manual</i> , exercise 36
Session	Balls, poles or cones, four mini goals	Teams try to score by switching play and attacking in wide areas
Development	Two goals, two poles or cones, bibs, balls	Teams rotate from by attacking in wide areas and central areas
Game situation	Two goals, poles or cones, balls, bibs	Teams compete to score by attacking centrally and scoring in the big goals
Warm-down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Dribbling, passing, shooting, movement off the ball, communication, defending

Team skills: Communication, team work, reacting to winning or losing possession

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- 65 [Attacking centrally and wide](#)

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What to think about

- Using a multi-use pitch in your training allows for maximum playing time.
- The three-way games allow for a high number of players to take part in training. The players are split into three equal teams which adds competition to the session.
- Teams constantly react to winning and losing possession (transition). This will improve reaction speed and concentration.





Set-up

The multi-game pitch is 60 yards long by 30 yards wide, which is split into two 30-yard squares.



Session – 15 mins

The pitch has four mini goals, two on each end line and poles are used to make two mini goals on the halfway line.

One team goes into each half and one team starts on the central line. The team on the central line begins the game by attacking one of the others.

If the central team scores in the goals on the end line, the game continues between those two teams in that area. Play is restarted by the team defending the mini goals. However, if the team attacking the pole goals scores, that team runs into the opposite half to play against the third team.

The awaiting team begins on its goal line and the central team rushes through to ensure their opponents do not score quickly.

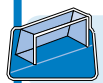
Each team keeps count of the goals they score in this continuous game.



Development – 15 mins

Replace the four mini goals with a regular match goal at each end and use a goalkeeper in each, as in the middle picture.

Each team attacks in the same way as in the session. The teams defending the regular goal are working the ball wide to score through the pole goals, while central team is trying to score into one of the regular goals.



Game situation – 20 mins

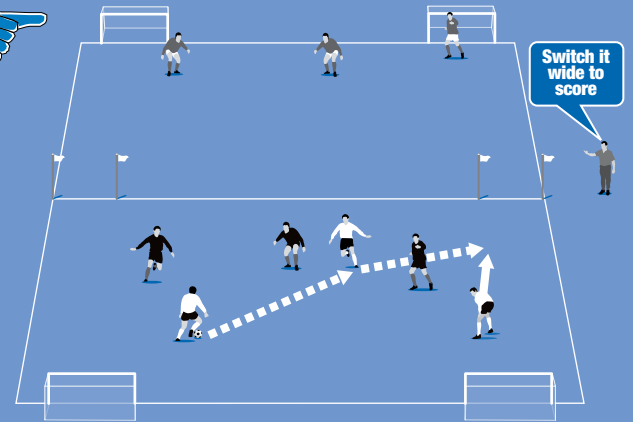
Progress the game so that the focus is purely on attacking in central areas. Poles are used to create a goal in the centre of the halfway line, in place of the two, wide, pole goals. Each team is now trying to score in the central goal (which has a goalkeeper) to rotate opponents and send the game to the opposite end of the pitch.

Teams defending regular goals start on their goal line and begin attacking when they receive the ball. If the ball goes out throw ins are taken or kicks from the goal line.

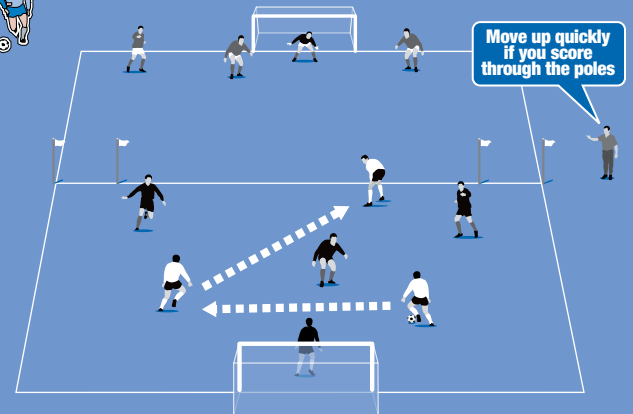
Again, the team which scores most in any of the goals is the winner.

Three-way games

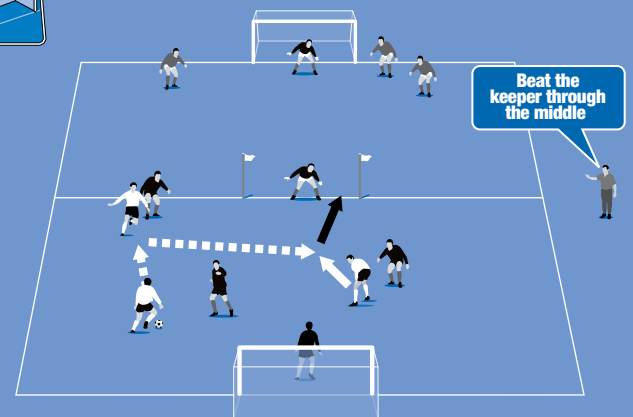
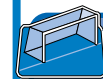
player movement ⇨ pass/serve □□□⇨
shot →



Three teams with an equal number of players, compete to score the most goals in a three-way game.



The four mini goals are replaced with two normal goals so teams attacking these goals have to work the ball to the middle to score.



All attacks must culminate in a shot at a goal in the centre of the area.