

4 v. 4 v. 4 Keepaway



The Game

- Break up the squad into 3 equal teams, **A**, **B** and **C**.
- Two of the teams are on attack (**A** and **B**) and **C** defends.
- If a **B** player causes the attacking teams to lose possession, then all of the **B**'s become defenders while the **A**'s and **C**'s attack together.
- Make sure play keeps flowing.

Coaching Points

- Communication.
- Passing and receiving.
- Team balance on attack and defense.
- Attacking and defending principles
- This game has the added element of peer pressure. Players do not want to lose the ball because it means their teammates will need to defend also