



**Drill Name:** Bobby Puppione Three Team Transition

**Set up :**

Three Team Transition - Multi-directional, small sided game with bumpers. Divide your team into three even teams of four or numbers permitting could increase it to 6V6 with bumpers. Field dimension is 25X20 as shown.

**Instructions:**

Play 4V4 plus GKs to big goals with a third team serving as neutrals on the outside. Teams look to score on the big goal. If they score, they get the ball out of that net, turn, and attack the other goal. The team that gets scored on immediately transitions off the field (become new neutral players) and the neutral players transition on. The focus is transition, so no stopping the game. Can you score, get a new ball and score again? Neutrals are limited to one-touch. Keep score, if no team has scored after 90 seconds, team that was on the longest is off.

**Coaching Points:**

COMPETE, awareness in transition, prepare body to finish, be confident, aggressive to goal, choose the correct finishing technique, technique of cross, timing of runs