



3 Second Offload Game

Skill - Catching, Passing, & Attacking Fundamentals

TYPE
Game

AGE
10+

Aim

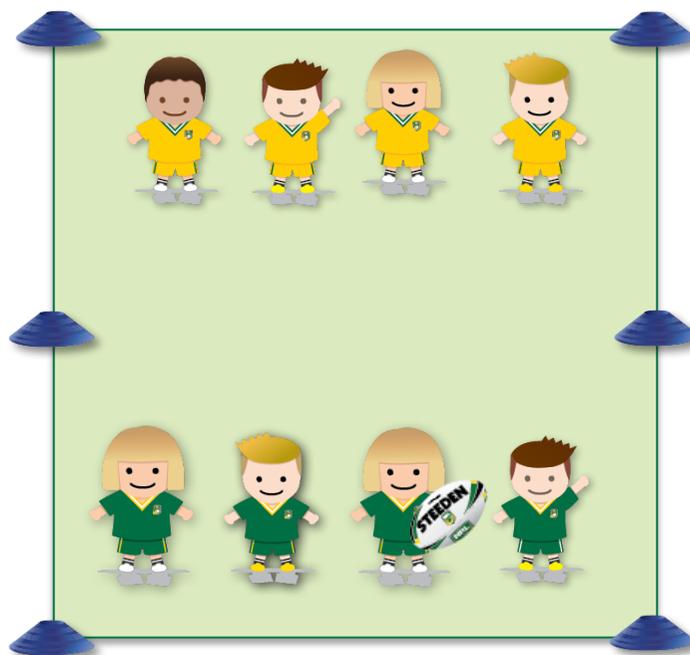
- » Improve your teams support play and vision. As well as developing the capability to defend under pressure.

Description

- » Once a player is tagged, they must stand still, and they have 3 seconds to offload the ball to teammate

Consequence

- » If they don't offload, they must play the ball.



Equipment



x (6) Markers



Whistle



x (1) Football

Players



The coach can determine the amount of players per team. Usually you will just split the players into two even teams.

How to Stop Play

You can choose between touch, tag, 2 hand touch, tackle or any other.

How to Restart Play

You can choose between play the ball, hit the ground and then play the ball, tap, or any other.

Amount of Plays

Coach to choose how many plays each team receives per set.



Click to watch the video



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