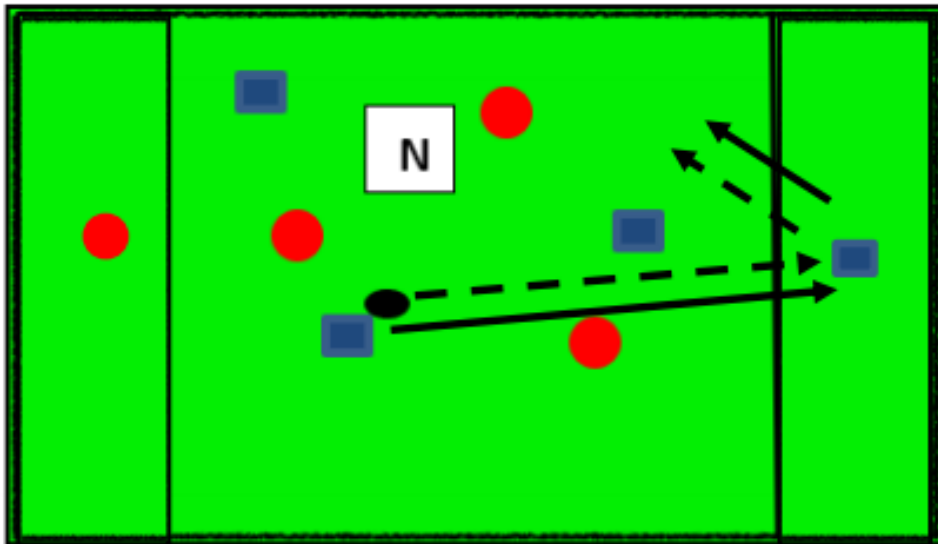


Conditioned Small-Sided Game: Mobility (Striker)



Mobility

3 V 3 + N to Targets



Procedure: Target Players play in free zone and when they receive the ball, they pass or dribble into mid-field and follow the ball. The passer from mid-field takes their place as the target player.

Variation: Target Player looks to enter the mid-field before receiving the ball to create an overload numerical advantage) in mid-field. A player other than the one in possession of the ball must replace the target player.