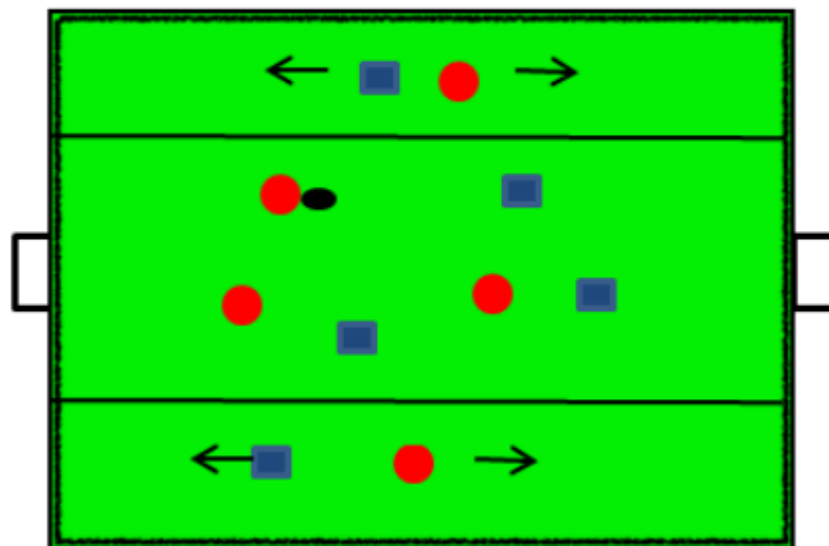




## Conditioned Small-Sided Game

Width - 2

3 V 3 plus free wingers



### Principles: Width

**Objective:** To score by playing through one or both wingers  
**Organization:** 3 V 3 plus free wingers  
**30 X 40 yd grid**  
**Target:** score on goal  
**Procedure:** Wingers play in a free zone and cannot be dispossessed. Once the winger receives the ball, they can play early or dribble and cross in front of the net.

**Variations:** Allow the wingers to play high (in an offside position) to allow them time to get a ball behind the back line. Allow the team in possession to score without playing the winger to ensure proper defending (condition 1pt for a goal from the field of play and 3 pts for a goal through a winger).

**Coaching pts:** When do I need to play wide to keep the ball? As a winger can I get the ball behind the backline or do I play back into the mid-field to keep possession?