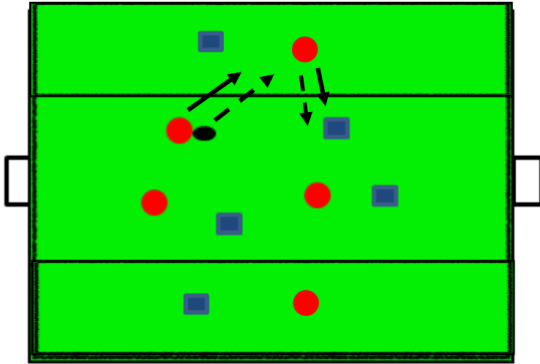


Mobility - Wingers



Principles: Mobility

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: When the winger receives the ball, they dribble into the field of play and the passer or closest teammate takes their place. 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?