



Specific Endurance:

- players organized into teams of 3, on a 35mx 25m field, with two 5m long “end zones” on the long ends of the field (see diagram)
- teams play 3 vs. 3, with 3 “neutral” players playing only on the side of the team that is in possession of the ball
- in order to score, one player must have possession of the ball inside the “end zone”, while all 3 players from the team must be inside the “end zone”
- play for 3 minutes, then switch the neutral team
- play 6 sets of 3 minutes in total

