WSA 3v1 Going both ways. U11/U12

Date: 21/Aug/2014  Measurement: 30 x 40 Yards
Time: N/A:N/A  Players: 6
Duration: 20  Level/Age Group: U11 - U14

Description: Play 3v1 on a field 30 yards long and 22 yards wide. You can adjust the size of the field to make it easier or harder. The small goals are about 12-14 yards apart from each other.

The 3 players in blue start with ball in the center of the field. They attack 1 side of the field defended by 1 defender in white. They have to score from within the shooting zone, about 6/7 yards out of the goals. After the attack turn around, line up again and attack the other goal.

Objective: Find an open player that is able to shoot on goal from inside the shooting zone.

Coaching Points:
1. The center forward should challenge the defender
2. Angle of support of the 2 wide players needs to open up a pass for the center forward.
3. After a pass the center forward should support a wide player again.
4. Watch your shape, team needs to line up in a triangle (more passing opportunities).
5. The quality of passes (weight, accuracy and angle of passes).

Progression:
Easier - Start 3v0 and focus on the shape of team, movement and the quality of the passes. You can also play 3v1 going in to the same direction the whole time.
Harder - Before adding additional defenders you can have the wings start with the ball