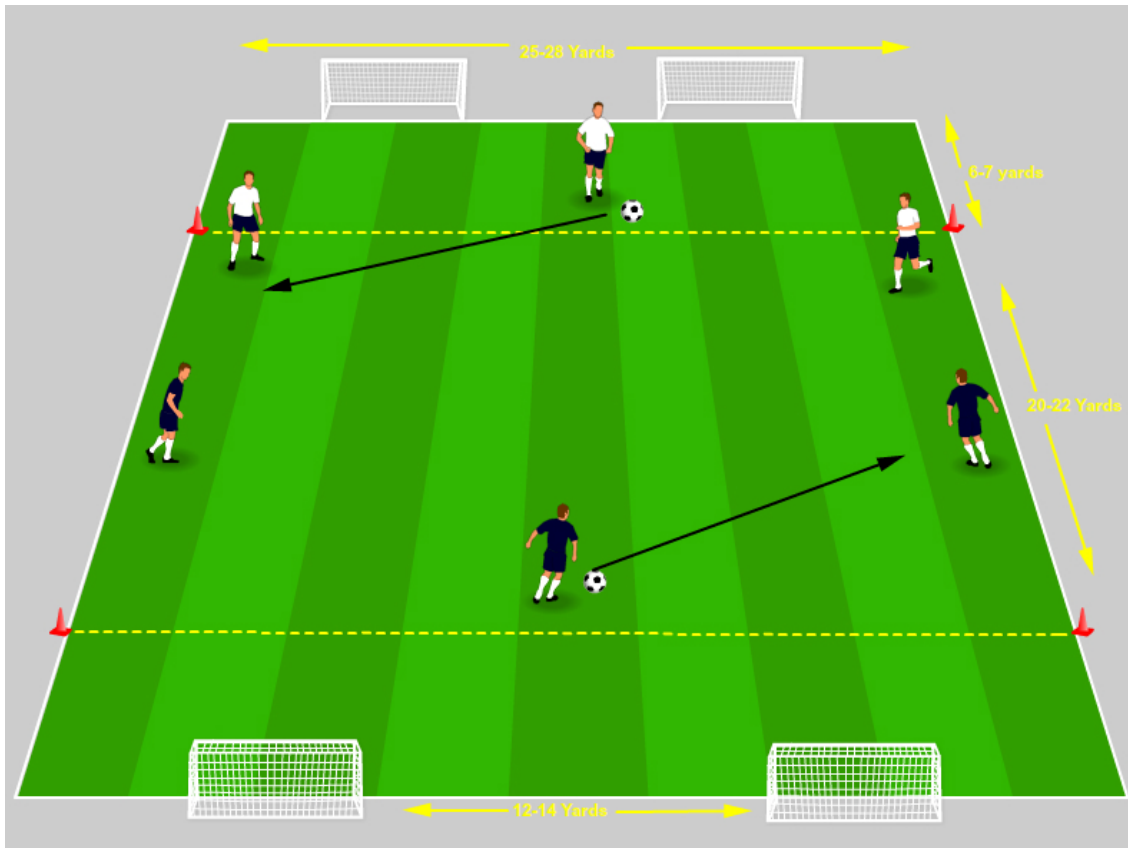




3v0 Towards 2 small goals



Date: 18/Sep/2015

Measurement: 30 x 40 Yards

Time: N/A:N/A

Players: 6

Duration: 30

Level: U11 - U14

Objective: Introduce the players to a formation they can use playing 3v3

Description:

- 1- 2 teams of 3 players start on opposite sides of the field. They pass the ball back and forth, while trying to get to the other side of the field.
- 2 - Make sure to be in a triangle
- 3 - Interchange of positions. Players have to change positions
- 4 - Everybody has to touch the ball at least once

Coaching Points: Triangle - Shape - More passing options
It is harder for the opponent to intercept the ball.
It makes it easier to pass the ball to each other.
Interchange of positions - Make sure all positions are occupied
You change positions to eventually confuse the defenders

Progression: Easier - You can start out on only one side of the field