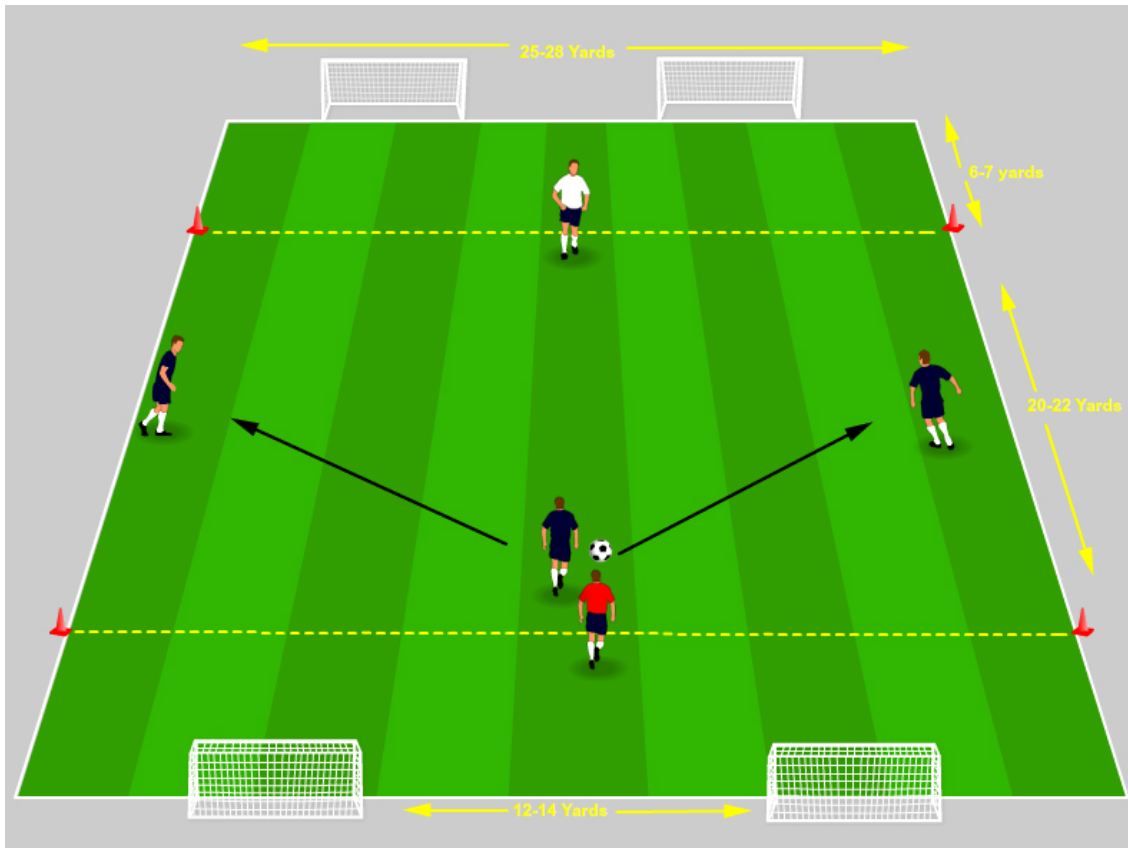




3v1 - Continuous attacks



Date: 18/Sep/2015

Measurement: 30 x 40 Yards

Time: N/A:N/A

Players: 6

Duration: 15

Level: U8 - U10

Objective: Players are able to successfully attack 2 goals on the opposite side of the field under pressure of 1 defender.

Description: A team of 3 players starts by attacking 2 small goals defended by 1 opposing player. After successfully completing the attack the teams starts now on the other side of the field and attacks the 2 other goals on the other side defended by another defender.

The team is given 5/7 or 10 tries to score as many goals as they can.

Coaching Points:

- 1 - Triangle - Shape - right angles of support
- 2 - Why should the center forward start with the ball?
- 3 - Try to lead your team mates with a good pass
- 4 - The moment of the pass, timing - not to early - not to late

Progression: Easier - You can start out on only one side of the field and attack only in 1 direction.
Harder - One touch passing and/or shooting in the shooting zone
Add a defender and it becomes 3v2