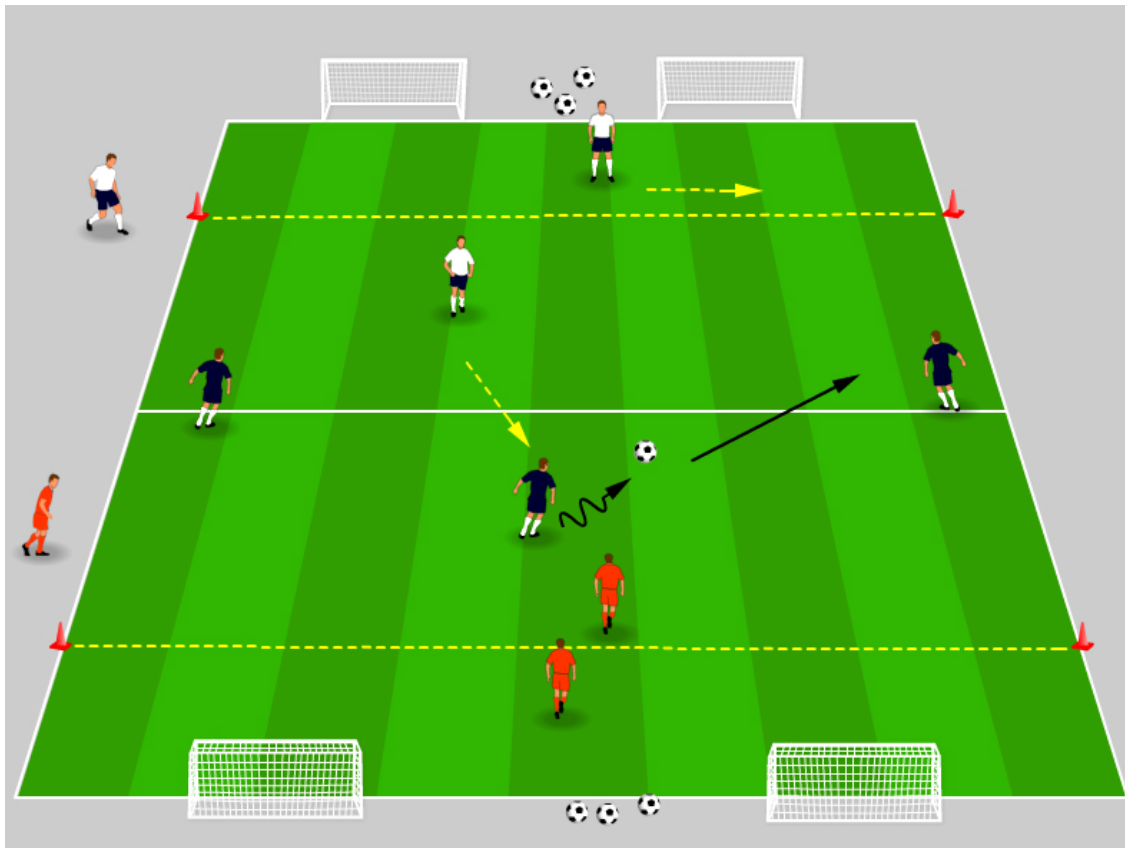




3v2 - In both halves



Date: 21/Aug/2014

Measurement: 30 x 40 Yards

Time: N/A:N/A

Players: 6

Duration: 20

Level: U8 - U14

Objective: Open up a player who is able to receive a ball in the shooting to score a goal.

Description: Play 3v2 on a field 35yards long and 25 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 2 defenders (white or orange). They have to be in the shooting zone to be allowed to shoot on goal, about 6/7 yards out of the goals. After each attack, the team in possession turns around, line up again and attack the other goal.

Coaching Points:

- 1 - The center forward should challenge the 1st defender
- 2 - Angle of support of the 2 wide players (can we create a 2v1 situation).
- 3 - After a pass the center forward should support a wide player again (team shape/triangle).
- 4 - Can the receiving forward take the ball forwards (positive first touch).
- 5 - The quality of passes (weight, accuracy and angle of passes).

Progression: Easier - Play 3v2 going in only 1 direction.
Or 1 of the defenders defends in the middle zone, the 2nd defender is only allowed to defend in the shooting zone (watch the line up of both teams in defense).