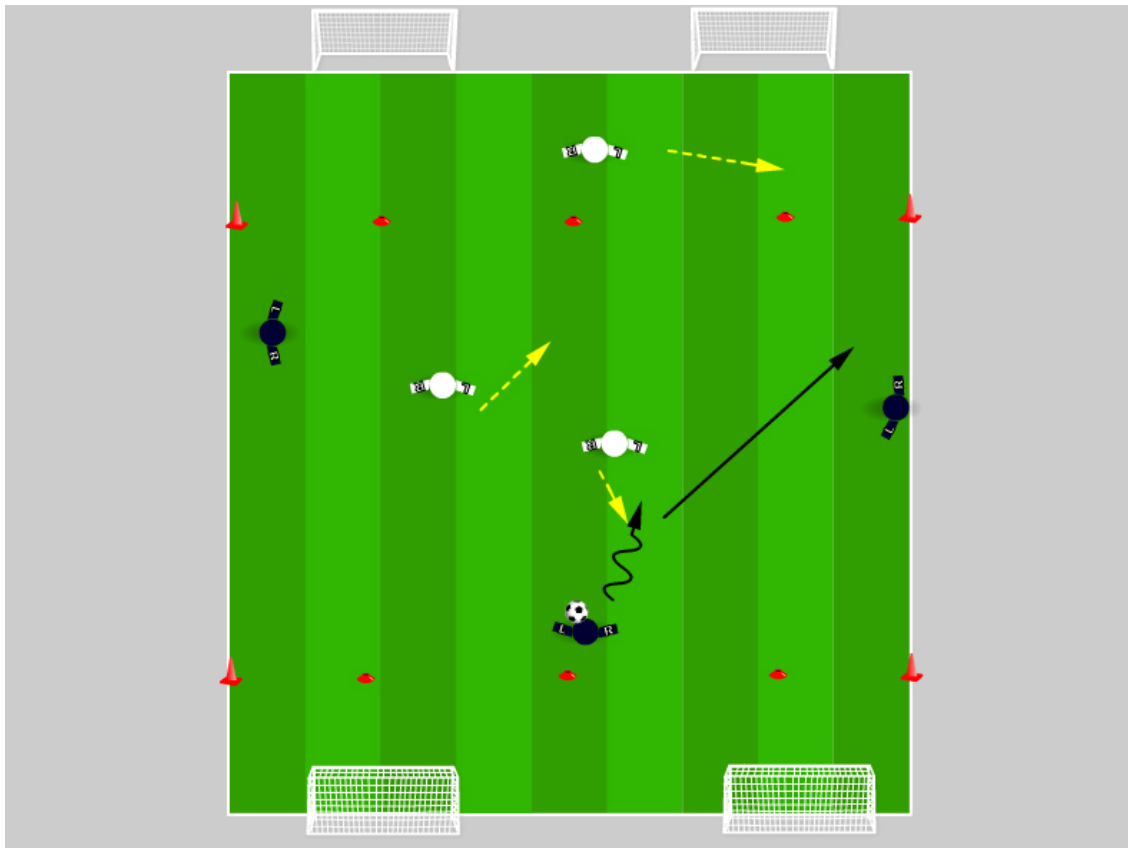




3v3 - one defender in the shooting zone



Date: 18/Sep/2015

Measurement: 30 x 30 Yards

Time: 08:30

Players: 6

Duration: 20

Level: U8 - U14

Objective: Can the team in possession of the ball effectively outplay the opponent utilizing the man up advantage?

Description: The playing field is 30 yards long and about 22-25 yards wide. On each endline 2 small goals are set up. A total of 4 goals are needed when setting up the field. Make sure to include a shooting zone about 6-7 yards out of the endline. The team who has lost the ball needs to drop a player in the shooting zone near their goals, which will create a 3v2 for the team in possession of the ball.

Coaching Points:

- 1 Team shape - use the width
- 2 Decisions on the ball - recognize when to dribble and when to pass
- 3 Angles of support - need to play in a triangle
- 4 Receive the ball facing the field
- 5 Accuracy/weight of passes

Progression: 3v3 - No restrictions