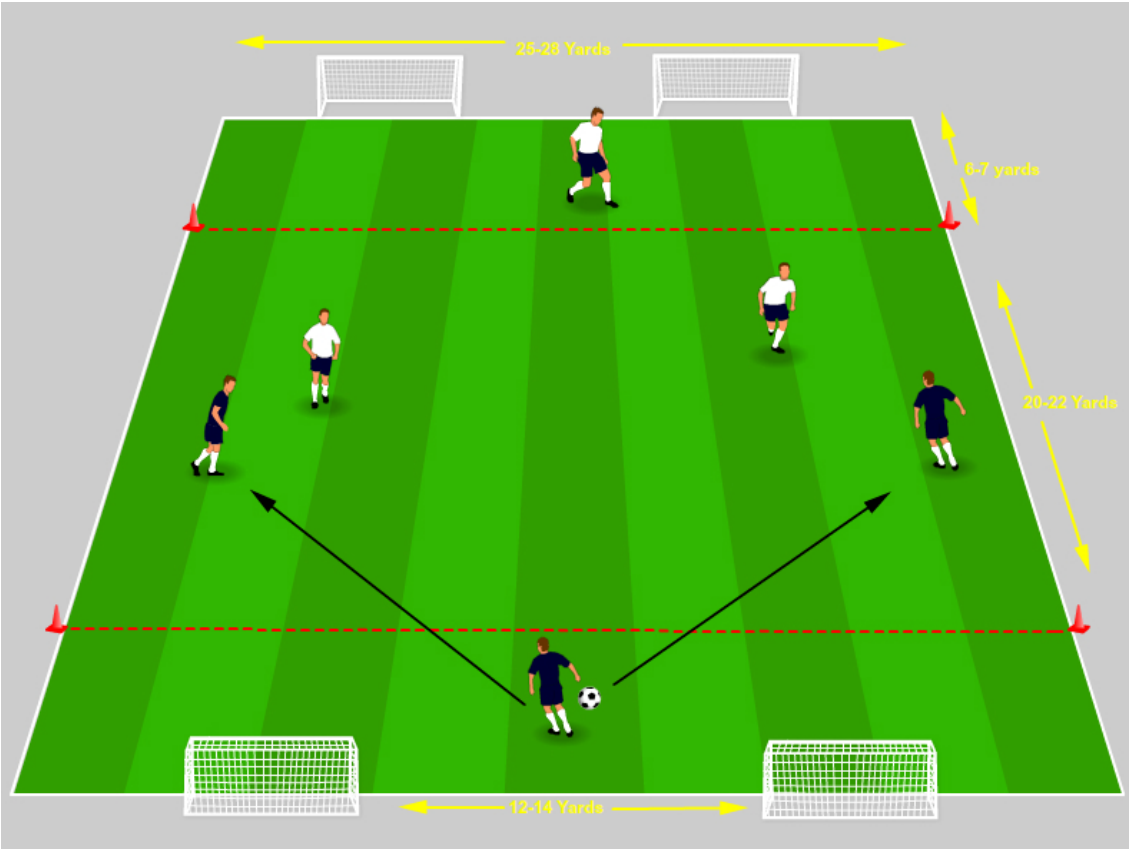
3v3 Mini Soccer - 2v2 in the middle zone



Date:	21/Aug/2014	**Measurement:**	30 x 40 Yards
Time:	N/A:N/A	**Players:**	6
Duration:	30	**Level:**	U8 - U14

Objective: Take advantage of the player up situation in possession of the ball.

Description: Both teams have to keep a player in it's own shooting zone. After every goal scored or conceded players switch roles.

Focus on - the shape/ organization of the team both in offense and in defense. Always make sure you have a player behind the ball to receive a pass or defensively to back up his/her team mates.

Coaching Points:
1 - Shape - triangle - angles of support
2 - Balance between offense/defense
3 - The back player can receive back passes
4 - The back player can cover his/her teammates

Progression: Variation - team in possession can have all 3 players in the middle zone, but defending team still needs to keep a player behind the ball.
Harder - the defender can step up as long as a team mate covers him in the shooting zone.