

GAME



3v3 in the middle (add a roaming player if you want to have more success for players of a lesser ability)

After a minimum of 2 passes the team in possession are looking to pass or dribble out of the middle zone to create a 3v2 to goal in the direction they are shooting.

If defenders win the ball they pass into the small goals. Keep scores and be competitive.

Coach:

Width and pace when attacking
Committing defenders and playing disguised passes
Defending out numbered

Progressions:

If team win the ball in middle third they can break out immediately

If defenders win the ball when 3v2 instead of scoring in small goals they can pass back into their 3 to continue the game and hopefully start and instant attack

On breakout to final third allow a recovering defender to help the 2 current defenders which will put pressure on attackers to attack at pace