

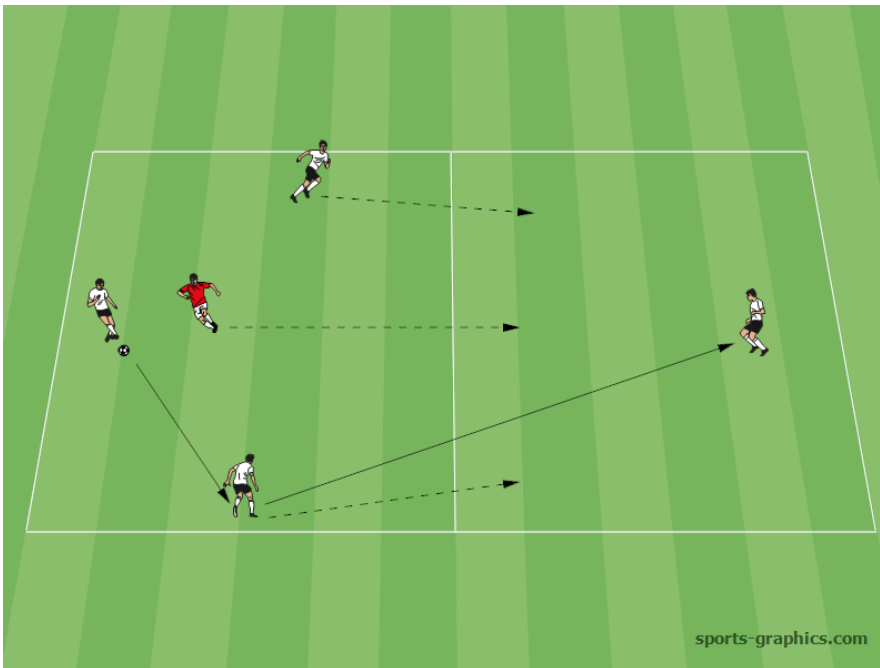
3v1 SWITCHING PLAY

To improve basic passing and receiving in a confined area under pressure of an opponent

TECHNICAL

Passing

Possession



Set up a 20x10 area with a central line. Play 3v1 in one side of the playing area with an open receiver in the other. If ball is successfully passed to extra receiver, two players go and support the receiving player to continue keeping possession of the ball but now in the opposite end. The third attacker remains alone and the inside player and two outside players cross the centre line to create new 3v1. The defender attempts to get a touch on the ball and roles are then changed. The defender switches positions with player responsible for error.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Correct technique to receive to gain an advantage.
- Encourage players to switch the play and develop good decision making.
- How to make space as individuals.
- To understand how and when to support the player with the ball.
- To understand passing priorities and select the appropriate pass for the situation.

KEY FACTORS

- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support.
- Awareness of passing options.
- Can the pass go forward?
- Change angle on first touch to create and gain advantageous space.
- Creating space and movement to receive the pass.
- Encourage communication between the players.
- Good movement to show for the ball.
- Receiving with furthest foot to open up space.
- Supporting players must stay open (two passing options at all times).

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