

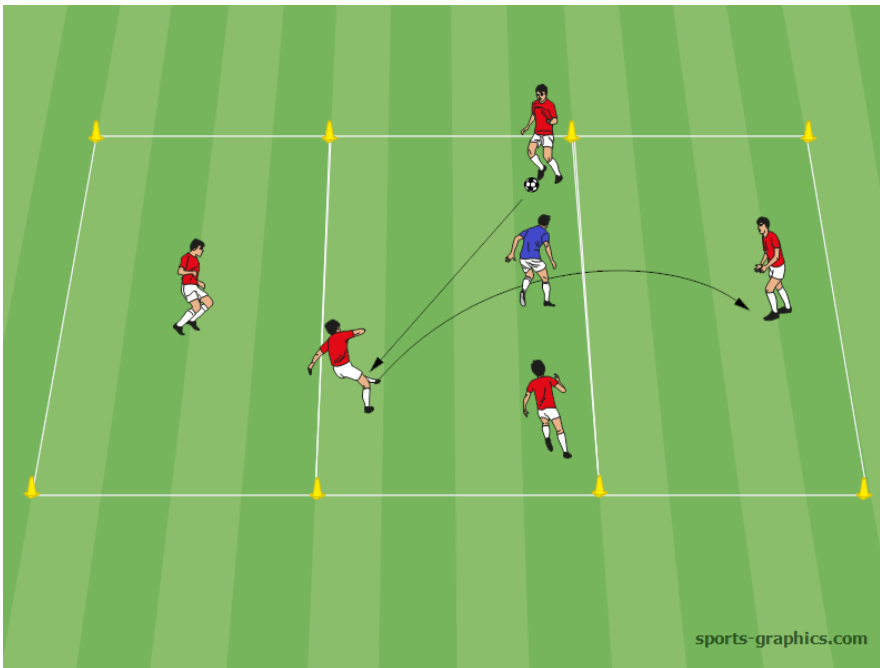
3v1 SWITCHING AREAS

Transition between the small area used in 1v1 and 2v2 games through to the bigger area of 4v4, 6v6 and so on

TECHNICAL

Passing

Possession



Use a 30x10 playing area divided into three equal areas.

Players play 3v1 in middle area and attempt to pass to one of the supporting players in either end zone.

If the ball is successfully passed across to the end zone, two attacking players and the defender move to a new zone and continue to keep possession in the new area with a 3v1.

The other attacker remains in the central zone, awaiting a pass back into the middle. Change defenders regularly or have resting defenders at the side to rotate players of this intensive practice.

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.
- 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.
- Body shape.
- Can the pass go forward?
- Change angle on first touch to create and gain advantageous space.
- Good movement to show for the ball.
- Receiving with furthest foot to open up space.

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