

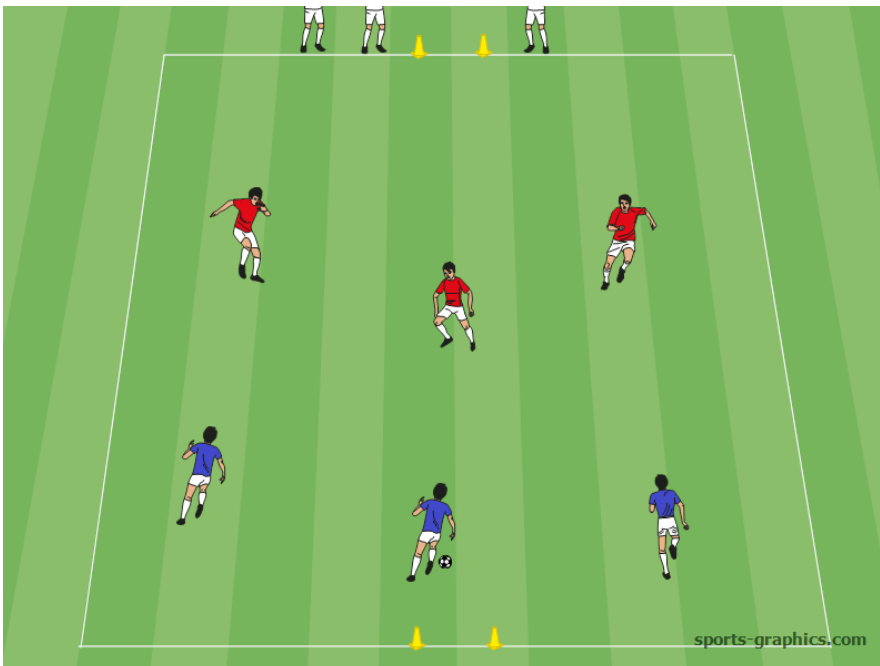
3v3v3 WAVES

Develop basic attacking principles in a wave practice

TECHNICAL

Attacking and Counter Attacking

Team Attacking



Set up a 40x30 playing area with a small goal at each end.
Split players into three teams of three.
First team attacks the second team, while the third team is positioned on the base line resting/observing.
The team score by dribbling through the small goal opposite.
Coach must observe how the players understand the transition between attack and defence as players go from dribbling to defending.
Change teams regularly.

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

- 1v1 skills and individual attacking techniques.
- How to support in attacking situations.

KEY FACTORS

- Angles and distance of support
- Communication
- Decision making
- Good first touch
- Head up

FOCUS AREAS

- Angles and distance of support.
- Change of pace and angle of attack according to pressure, varying tempo to suit situation (not always fast).
- Decision making.
- Individual defending in 1v1 and 1v2 situations.
- Looking for opportunities to move ball forward with good quality, speed and precision.
- Width and depth.

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