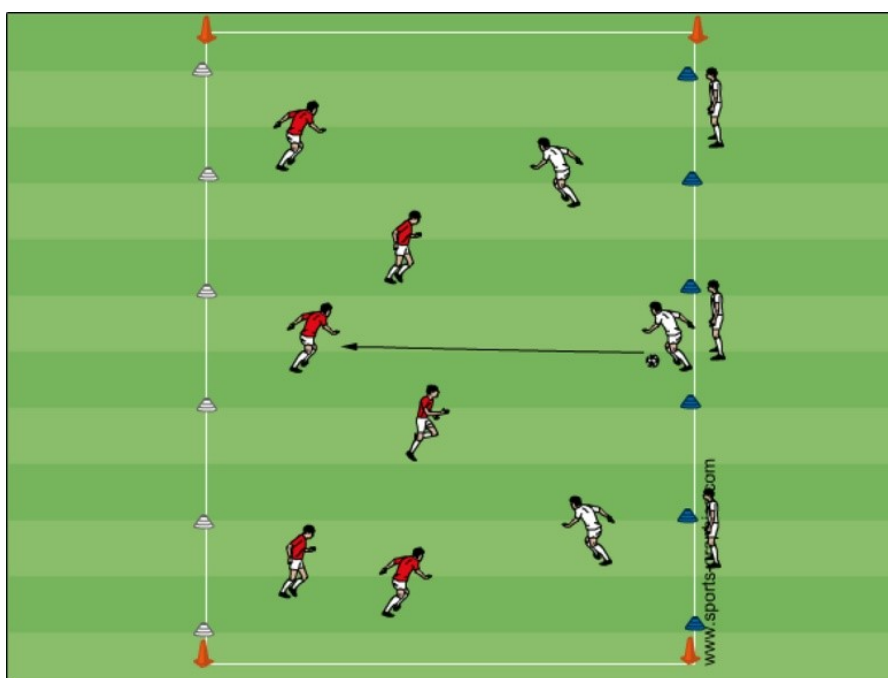


# 6v3 WITH SIX GOALS

Developing the fundamentals of team play, decision making and basic attacking principles

TACTICAL

## Passing



goals to score.

The practice starts again with the team that conceded, passing the ball to the opposite end and the practice continues with the 6v3 overload.

## Possession

In a playing area 20x30, two teams of six defend three small goals (1yd wide). The defending team has three players standing behind each of the three goals acting as targets for the attacking team of six to create a 6v3 overload. The practice starts with the defending team passing the ball to their opponents. The attacking team must pass the ball a minimum of three passes before passing through the goals. If the defending team win possession, the roles immediately change when the three closest players become targets at the opposite goals and the three original target players enter the playing area to create the 6v3. If defending players win possession they can dribble the ball through the opposite

## 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.
- How to make space as individuals.
- The importance of forming lots of imaginary triangles and diamonds to give good supporting passing angles.
- 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
- Keep the ball moving into space
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

### FOCUS AREAS

- A quick transition from defence to attack and vice versa.
- Angles and distances of support - diamonds and triangles.
- Awareness of passing options.
- Body shape.
- Can the pass go forward?
- Change angle on first touch to create and gain advantageous space.
- Creating space and movement to receive the pass.
- Good movement to show for the ball.
- Receiving with furthest foot to open up space.

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