

3v3 PLUS ROTATING GOALKEEPERS

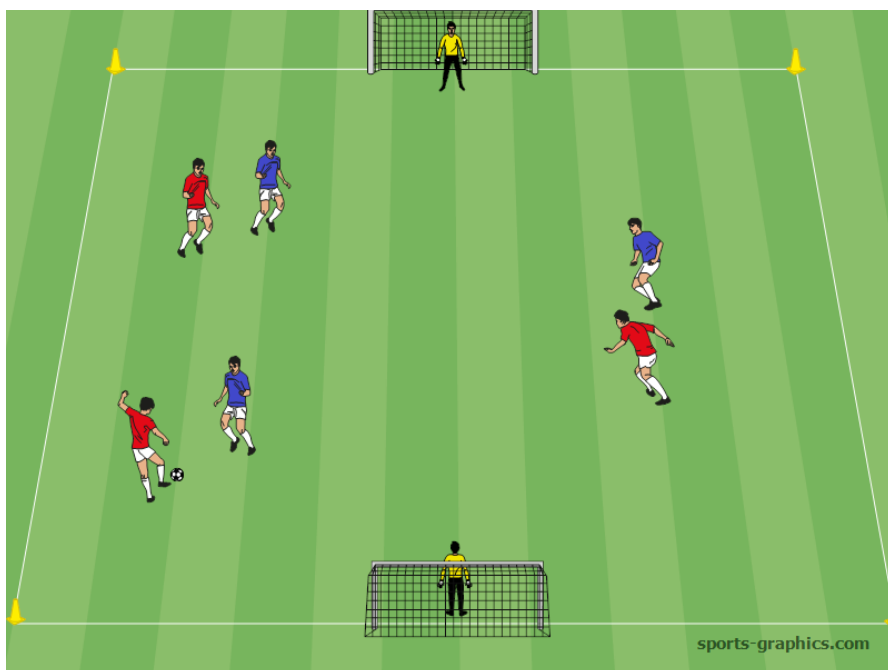
Develop dribbling in a small sided game

TECHNICAL

TACTICAL

Dribbling

Methods of Beating an Opponent



Use a 30x25 area with two teams of three outfield players and one goalkeeper. Play a small sided game with the rule that an attacking player must beat an opponent with a feint or a move before scoring. Players can pass to keep possession trying to create a 1v1 situation to be able to then exploit the opportunity of beating an opponent with the dribble before scoring. Rotate players to be the goalkeeper at either end, each time a goal is scored. If the ball goes over the goal line, the goalkeeper restarts the game. If the ball goes over the sideline the game restarts with a pass or dribble back into the area.

There is no offside.

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

- How to create space to receive the pass and get a 1v1 situation (Principles of Attack).
- Improve and refine dribbling to beat an opponent.
- Passing and support play.
- To understand how and when to support the player with the ball.

KEY FACTORS

- Acceleration
- Disguise
- Good first touch
- Head up
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Technique

FOCUS AREAS

- Attitude to attack the defender.
- Awareness of passing options.
- Create space ready to receive the pass.
- Creating space to exploit 1v1.
- Decision on type of dribble.
- Ensure attackers look to penetrate quickly.
- Free expression - let players experiment with step-overs and feints.
- How players exploit 1v1 situations.
- Instil confidence in dribbling.



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