

3v2 TIMED ATTACK

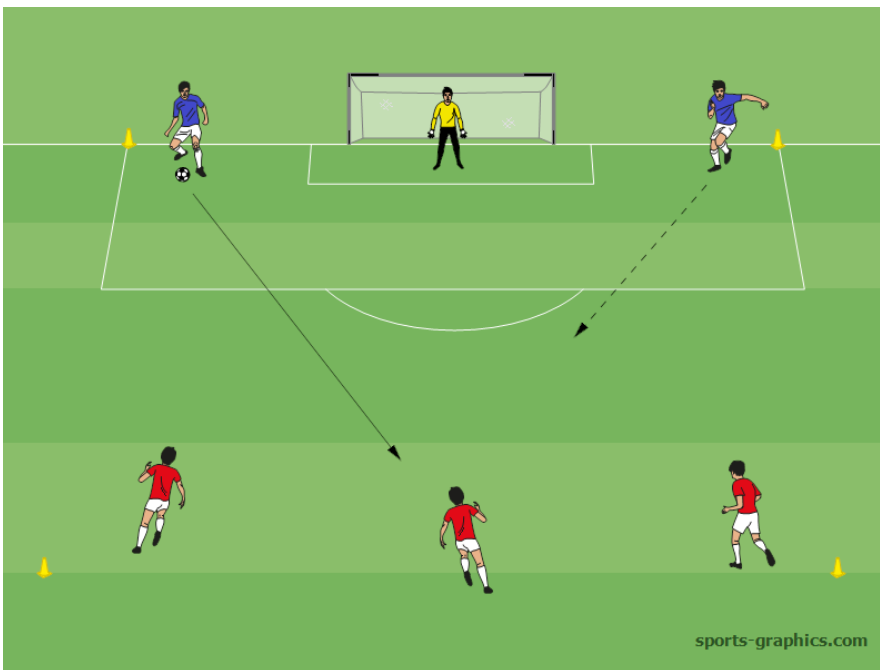
Improve finishing technique in a skill related practice

TECHNICAL

PSYCHOLOGICAL

Shooting

Combination Play



Set up a 44x36 practice area using the 18-yard box as a guideline. With a goalkeeper, three attackers and two defenders, the aim of the practice is for the attackers to increase their speed to attack. The ball starts with one of the defenders who plays a ball out to one of the three attackers who are positioned on the base line. The two defenders must get into position as the ball travels. The three attackers play a 3v2 to score. The attackers have a maximum of ten seconds before they must have a shot at goal. This puts pressure on the attackers to do everything at pace and with game realism. Once the ball is dead, reset and repeat.

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

- Improve technique of shooting under pressure of opponent.
- To create shooting opportunities with good first touch and dribbling skills against pressure of an opponent to make play unpredictable.

KEY FACTORS

- Accuracy before power
- Be positive
- Communication
- Correct technique -striking
- Head up (observe target)
- Keep the ball moving
- Movement
- Quality of pass
- Quality of the finish

FOCUS AREAS

- Action on releasing pass to other attacker.
- Always hitting the target with shot.
- Attackers to scan to assess position and movement of defender.
- Change of pace and angle of attack according to pressure, varying tempo to suit situation (not always fast).
- Early decision to shoot from distance or move nearer to goal before the strike.
- Focus on accuracy (placement) and the speed of the finish.
- Observe how players use the first touch to set up for the shot.
- Realistic defending in challenge areas.
- Selection of correct shooting options.

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