

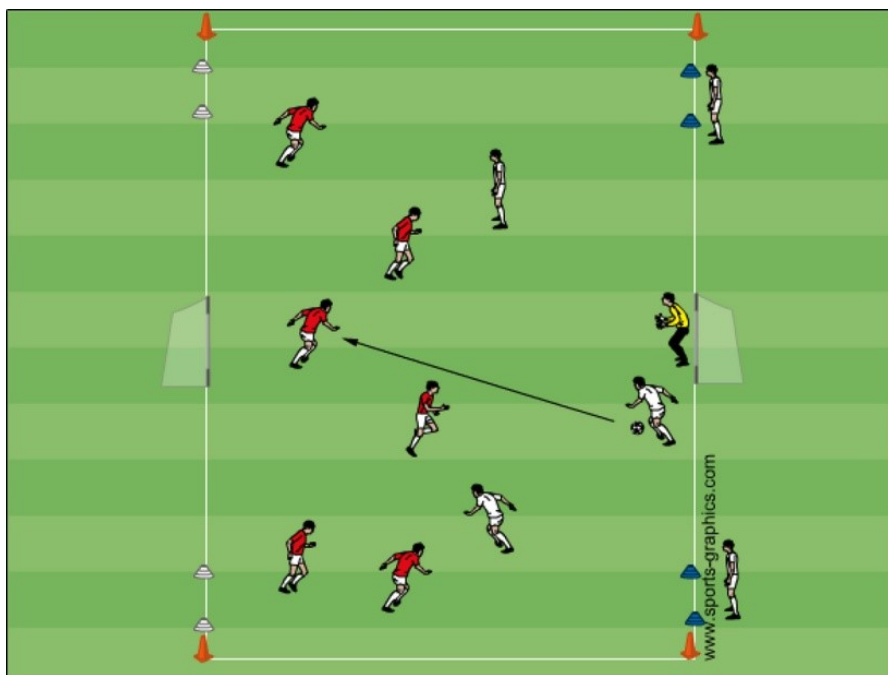
6v3 WITH TWO GOALKEEPERS

Basic fundamentals of team play, developing decision making and general attacking principles

TACTICAL

Passing

Possession



In a playing area 30x40, two teams of six defend two small goals (1yd wide) and a central full size goal.

The defending team have two players standing behind each of their two goals acting as targets for the attacking team and a goalkeeper in a central goal 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 to the target players or shooting to score in the central goal. If the defending team win possession, the roles immediately change.

The three closest players become two targets and a goalkeeper at the opposite end and the three original target players

enter the playing area to create the 6v3.

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

- 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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