

ATTACK AS A THREE

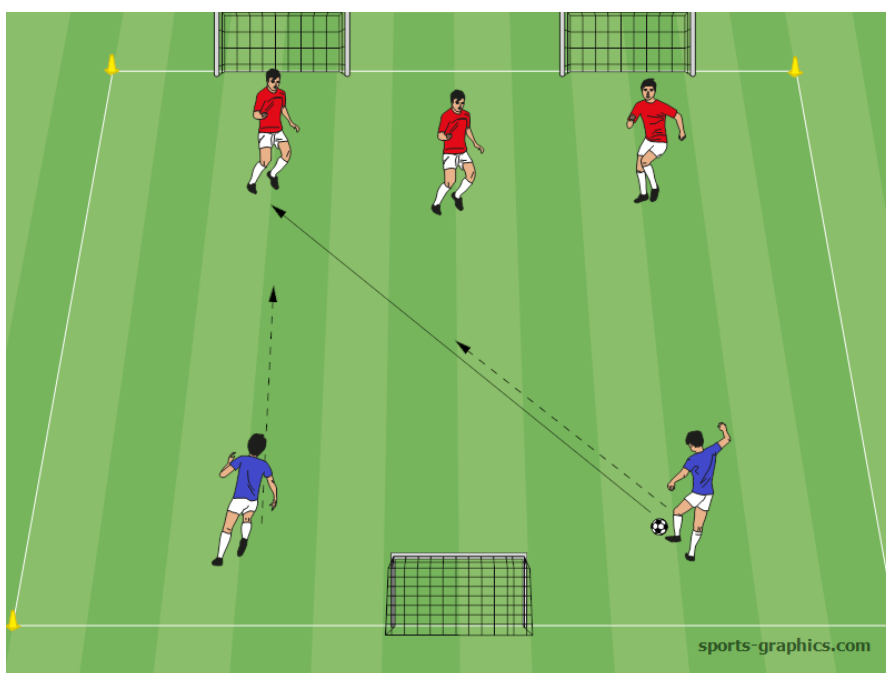
Develop good passing and support play with overload

TECHNICAL

TACTICAL

Passing

Support Play



Set up a 25x20 playing area with two mini goals at one end and one mini goal at the other.

Start by selecting two defenders and three attackers.

The defenders start with the ball and play a pass into one of the three attackers.

The attackers come at the defenders who try to ensure the attackers do not get through to score in the mini goal.

The two defenders must work as a pair and score a point if the ball goes dead.

Defenders receive five points if they win the ball and score in either of the two goals at the other end.

The practice restarts, swap defenders 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

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- How to exploit attacking situations when overloaded against the opposition.
- How to support the ball correctly.
- To develop more fluent and quicker passing.
- To learn when to release the pass (timing).

KEY FACTORS

- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Movement
- Positive attitude to score
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly

FOCUS AREAS

- Encourage communication between the players.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Ensure that defenders play realistically to maintain good playing standards.
- Execution and weight of pass.
- Play fast, confident passes.
- The technical execution by all players.

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