

ATTACKING IN THREES

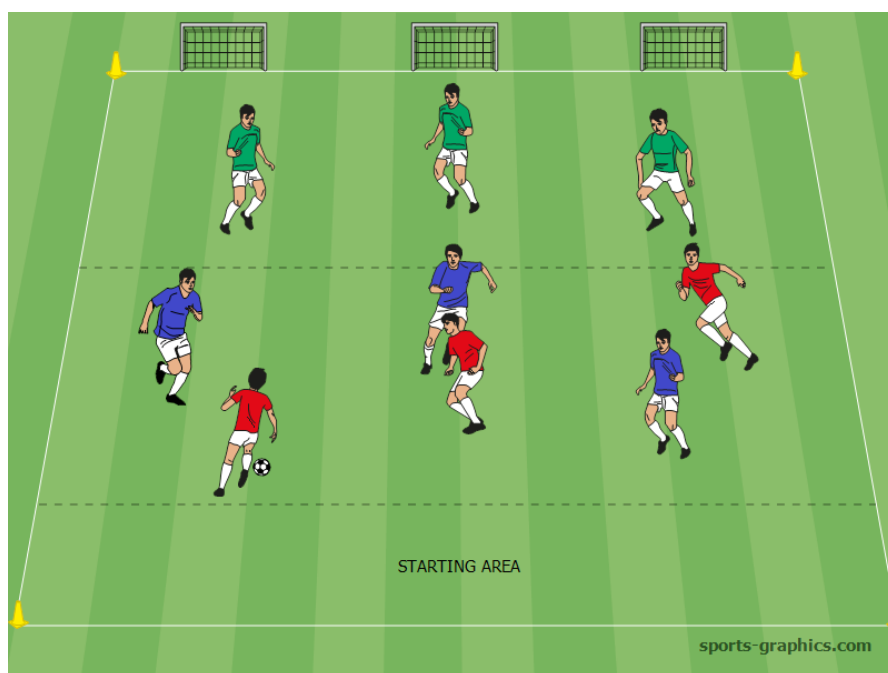
To develop passing quality and movement skills in a skill based practice

TECHNICAL

TACTICAL

Passing

Support Play



Set up a 30x20 playing area (adjust if necessary) with three goals at one end. Mark the area into three zones. Divide players into three even teams. The starting team attempts to score past two lines of defenders. The defenders stay in their allocated areas making a 3v3 in each zone. Keep a score tally and constantly rotate the positioning of the teams.

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

- Good movement to show for the ball.
- How to combine and work as a team to evade the defenders initial defending line.
- Improve passing and receiving techniques.
- Passing angles.
- To competently receive the ball using correct technique to gain an advantage.
- To develop more fluent and quicker passing.
- To make early decisions of when and where to pass the ball.

KEY FACTORS

- Communication
- Good first touch
- Head up
- Keep the ball moving into space
- Move the ball off straight lines
- Play forward when possible
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support.
- Awareness of passing options.
- Body shape.
- Can the pass go forward?
- Creating space and movement to receive the pass.
- Encourage communication between the players.
- Good movement - diagonal, straight and flat runs, overlapping.
- Quality of first receiving touch.
- Receiving with furthest foot to open up space.
- Team work and communication.
- To make play unpredictable.
- Which is the most effective pass for the situation?

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