

3v3

Improving passing and receiving in a modified small sided game

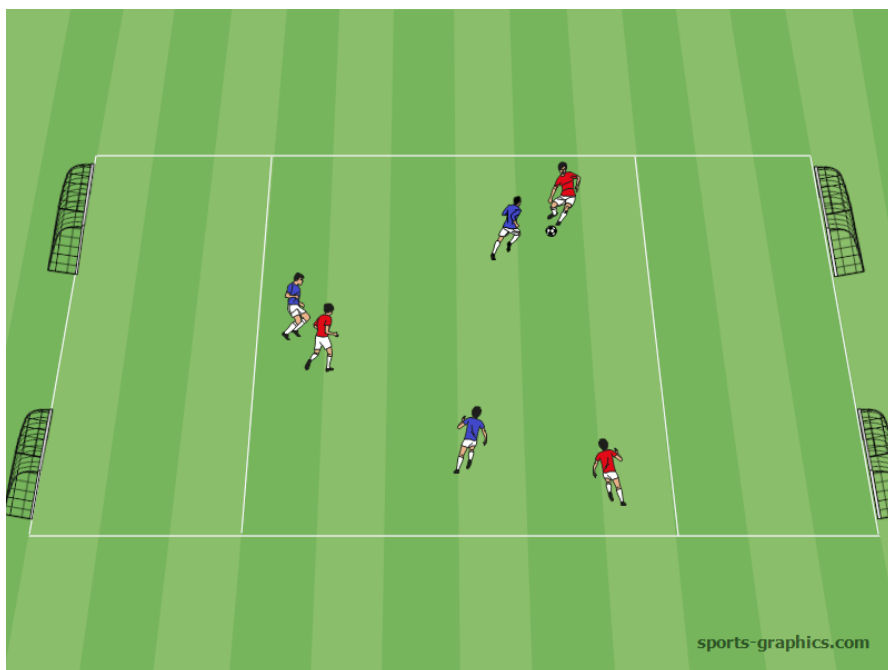
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Passing

Possession



Set up a 30x40 playing area with a 10yd zone at each end (size of playing area can be adjusted if necessary).
Set up two small goals in each end zone.
Six players play a 3v3 and can score in either of their two end goals.
The coach determines a minimum number of consecutive passes that the team must make before attacking the goals.

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.
- How to support the ball correctly.
- Improve team work.
- To develop fluent and quicker passing while under pressure in tight areas.
- To work within a team unit with an agreed outcome.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Movement
- Positive attitude to score
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly

FOCUS AREAS

- A quick transition from defence to attack and vice versa.
- Action on releasing pass to fellow attacker.
- Awareness of passing options.
- Encourage players not to force the pass.
- Encourage players to keep possession and break through defensive lines.
- Passing and support play skills.
- Play fast, confident passes.

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