

3v3 TO ATTACK

Develop basic attacking principles in a small sided game

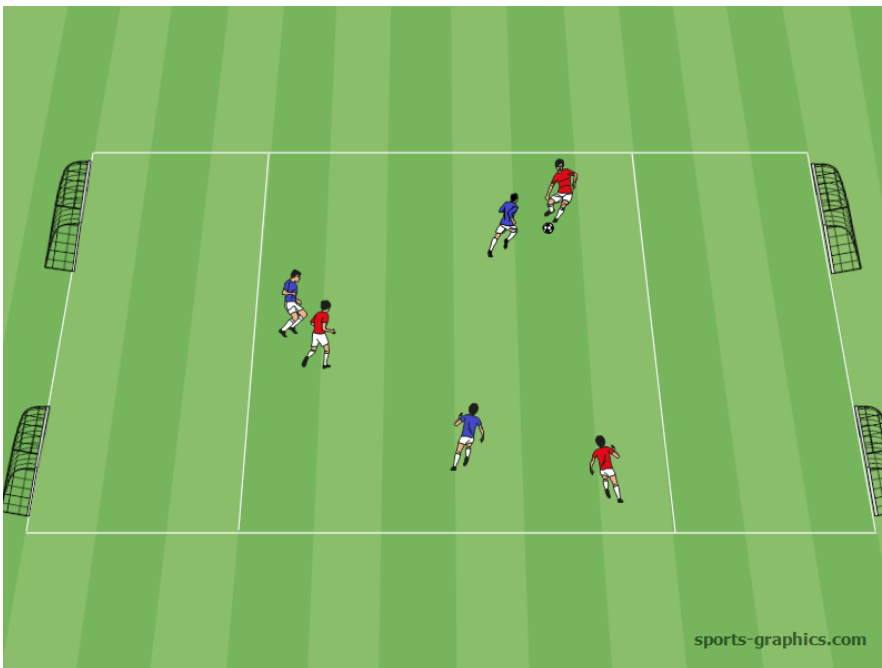
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Attacking and Counter Attacking

Combination Play



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. All 3 attacking players must be in the end zone for a goal to count.

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.



Modified Small Sided Game

LEARNING OUTCOMES

- Angles and distances in supporting a teammate.
- Correct passing technique.
- Correct technique to receive.
- Creating 2v1 passing opportunities with individual techniques.
- Develop good decision making.

KEY FACTORS

- Angles and distance of support
- Communication
- Decision making
- End product
- Good first touch
- Movement
- Quality of pass - accuracy, weight and timing

FOCUS AREAS

- Change of pace and angle of attack according to pressure, varying tempo to suit situation (not always fast).
- Control, passing, and support play skills needed to keep possession and break through defensive lines created by defenders.
- Demonstrate good angles and distances of support.
- Encourage communication between the players.
- Encourage players to keep possession and breakthrough defensive lines.
- Looking for opportunities to move ball forward with good quality, speed and precision.
- Move the ball off straight lines.

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