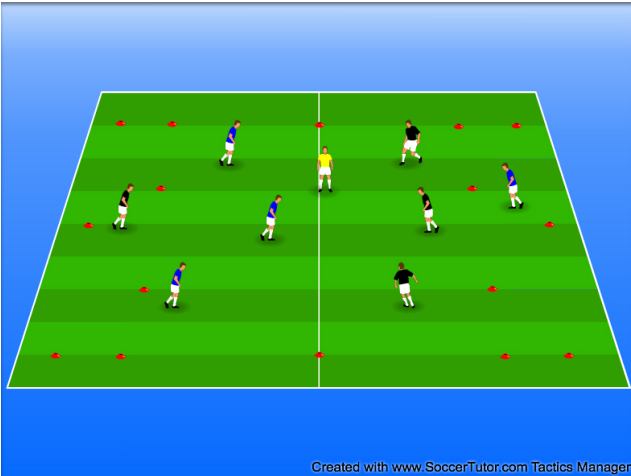


3 v 3 + 1



Purpose: Allows players to work on movement, transition, passing and receiving under pressure. Players learn how to support the passer and how to open up their body to make the next pass.

Organization: Create a 25*30 grid and create to 5 by 25 yard goals as shown in the diagram. Organize two teams of 4 in separate colors and then have a neutral player in another colour bib. Have one player from each team of four be a target player in the 5 by 25 area.

Directions: Objective of the game is for one team to pass the ball to each other or the neutral player into the 5-yard area that their teammate is in. Players in the middle of the field cannot enter the goal area. The neutral player plays for either team but only when that team has possession. Once the ball has been played into the target player for a goal the game restarts with that player playing it into the opposing team. If the ball goes out of bounds the play restarts from the coach who has a supply of balls on the side of the grid.

Coaching Points: This game works on both attacking and defending principles.

Attacking: Can players disperse creating width and depth. Can they create angles of support can they move to find open spaces to receive the pass. Can they make penetrating passes or dribble to get out of trouble. Can players get in behind defenders to receive a penetrating pass. Organize team shape in attack – forming of triangles.

Defending: Can the first defender pressure the ball. Can his teammates provide cover and support. Great for them to learn first defending principles on close down, slow down, sit down and stay down. Can they track player and ball – head on a swivel. Organize team shape in defense.

Progression: Limit number of touches to 2-3

