



3v1 possession

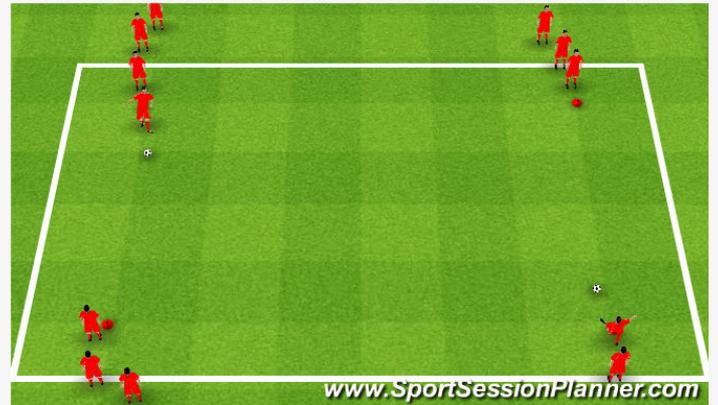
Category: Tactical: Possession
Difficulty: Moderate

Redz Mor, edgewater, United States of America
Individual-Adult Member

Description

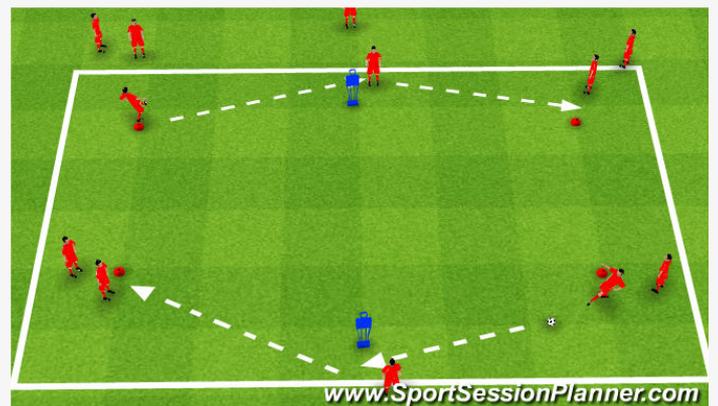
warm up passing

Setup 12x12 grid.
Players in groups of three or four:
passing and running to the back of the line backwards/quick turn/quick check away and turn.
passing and following the pass.
one touch /two touch one foot to other/inside of one and outside of same/move and a pass.



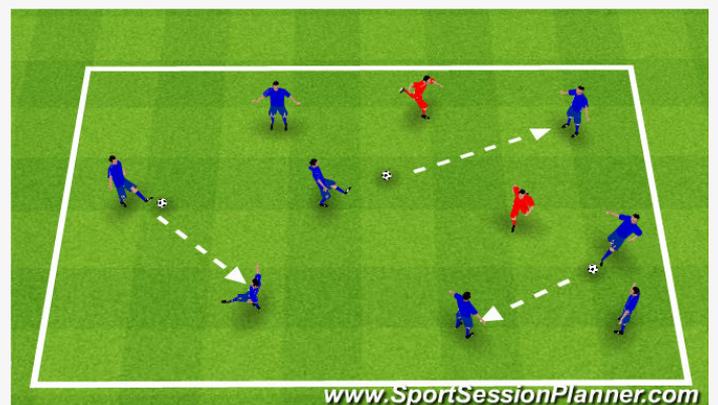
Half turn and check away

Set up
Same Grid as warm up.
Place mannequin in middle of two cones. pass and follow pass across



Get a ball

Set up:
20x25 grid
players with a bib or different color vest must tag a player without a ball.
players with ball use ball to help teammates.
players must decide to pass or keep the ball.
Players must decide to run or look for a ball from a team mate.



3v1

Set up:

6 players

three in each grid. place one player from a team into the opposition half and have him defend the three attackers. 3v1
If he wins it he plays over to the two waiting and one defender goes in. Attacker must get across quickly to support his two teammates.

Play to keep position for 15 seconds or a number of passes.

Coaching points:

position of supporting attackers deep and full of awareness.

Attacking three good spacing with two always available.

Create movement with a one two and a third man run.

Defenders how do i defend the player playing into the two attackers?

Variation:

8 players: play 3v1 consecutively and see who can win it back first.



3v1 plus 1

Set up

30x20 Grid

Red players are stationed on one end line one in the middle and one on the other end line

three blue attackers are attempting to dribble over end line.

If successful Attakcers can go the other way. Rotate players in defensive positions

If defenders win the ball can they pplay into the attacker on the far line.

Create Triangles

Use deception

maximize space.

Do I play the ball to feet or into the space in front of the attacker to run onto.

