



SESSION TITLE	Attacking in a 3 v 3 situation.	SESSION REFERENCE:
LEARNING OBJECTIVE	To improve understanding of creating goal scoring opportunities in a 3v3 situation	
OTHER OUTCOMES	<ul style="list-style-type: none">• Dribbling.• Passing.• Turning.• Control.• Defending.• Decision making.	
WHAT TO OBSERVE / WHAT TO COACH	<ul style="list-style-type: none">• Decision making of defender in possession.• Movement of player to receive.• Body shape of receiving player. ie ½ turn.• Movement of forwards in attacking zone.• Weight and accuracy of pass.• Positive end product.• Player reaction to winning or losing possession. (Transition stage.)	

SET-UP

➤ Equipment	Balls, cones
➤ Areas	30 x 40m
➤ Duration	4-6 minute periods
➤ Participants	12 players

ORGANISATION

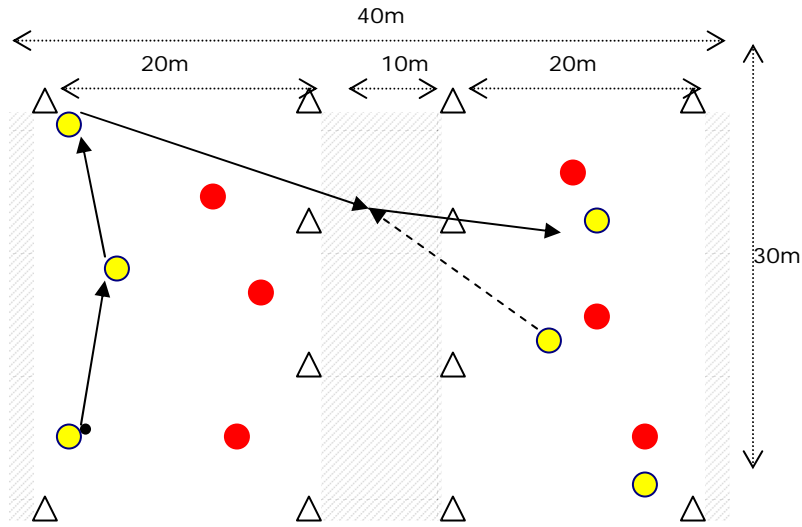
- 2 end zones approx. 15 x 30m
- 2 target lines at furthest end of areas
- 1 central neutral zone approx. 10 x 30m
- Players positioned 3v3 in each end zone

HOW TO PLAY

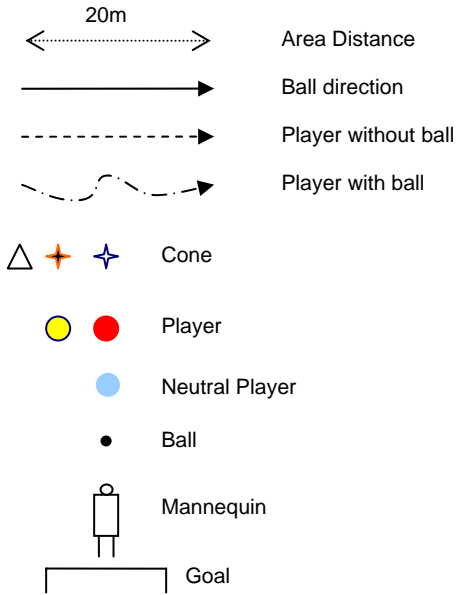
- Defenders maintain possession in one end zone and look to play to attacking team mates in other end zone.
- One attacker may move unchallenged into central neutral zone to receive pass.
- This attacker can dribble or pass into attacking end zone where he and his team mates attempt to score.
- Score by dribbling over end line.
- If defenders win possession, game like transition takes place and they then look to score at other end in same fashion.



SESSION DIAGRAMS



KEY:



How to simplify the Session:

- Defender moves forward with the ball to create 4v3 overload scenario
- Defenders are initially passive.

Progressions:

- Add goals and goalkeepers.
- Create 2v3 defending overload: Attacker who moves into central zone may not re-enter attacking zone and must pass to an attacking team mate.