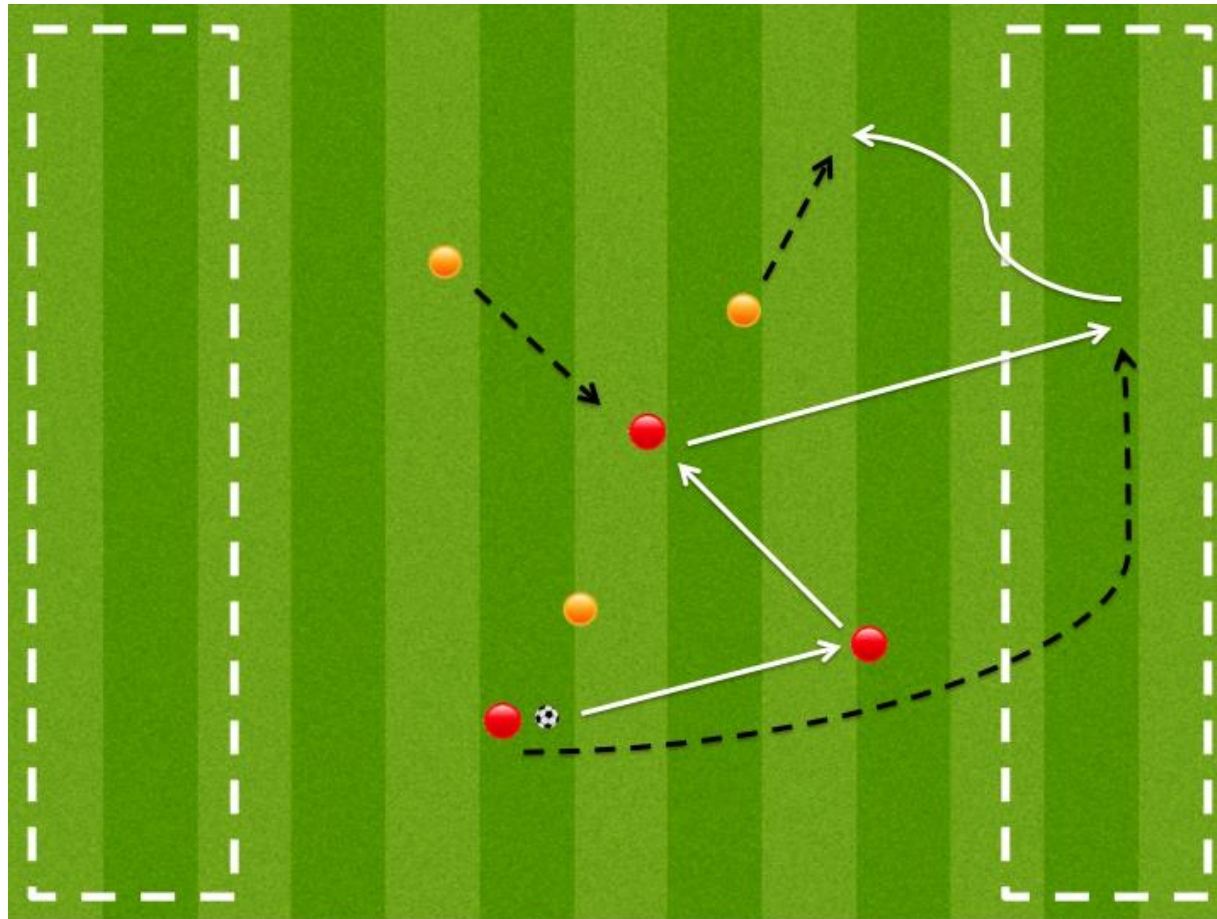




Notes:

3 v 3 Overlaps

Dimensions: 16x20 yard main area and two 16x5 yard end zones at either side.

How To:

Two teams of three players are placed in the main pitch, one team has the possession (red) and the other is the defending one (yellow). The team with possession must be able to keep the ball, and after a set number of passes, the team in possession must make a pass into an end zone. To score a point the ball must be received by an overlapping player who was not involved in the passing move (third man overlapping run). The defending team can only oppose in the main field, the overlapping player who receives the ball in the end zone must dribble back into the field and start the passing again. The player can be pressured by the defenders as soon as they enter the main field.

Coaching Points:

Quick, accurate passing, timing overlapping runs; try to read the play developing., passing and supporting angles, communication, changes of direction/speed.

Progressions:

One yellow defender can run into the end zone to play 1 vs 1 with the overlapping attacker; if the yellow player wins the ball back, yellow team takes over possession.



COACHES
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