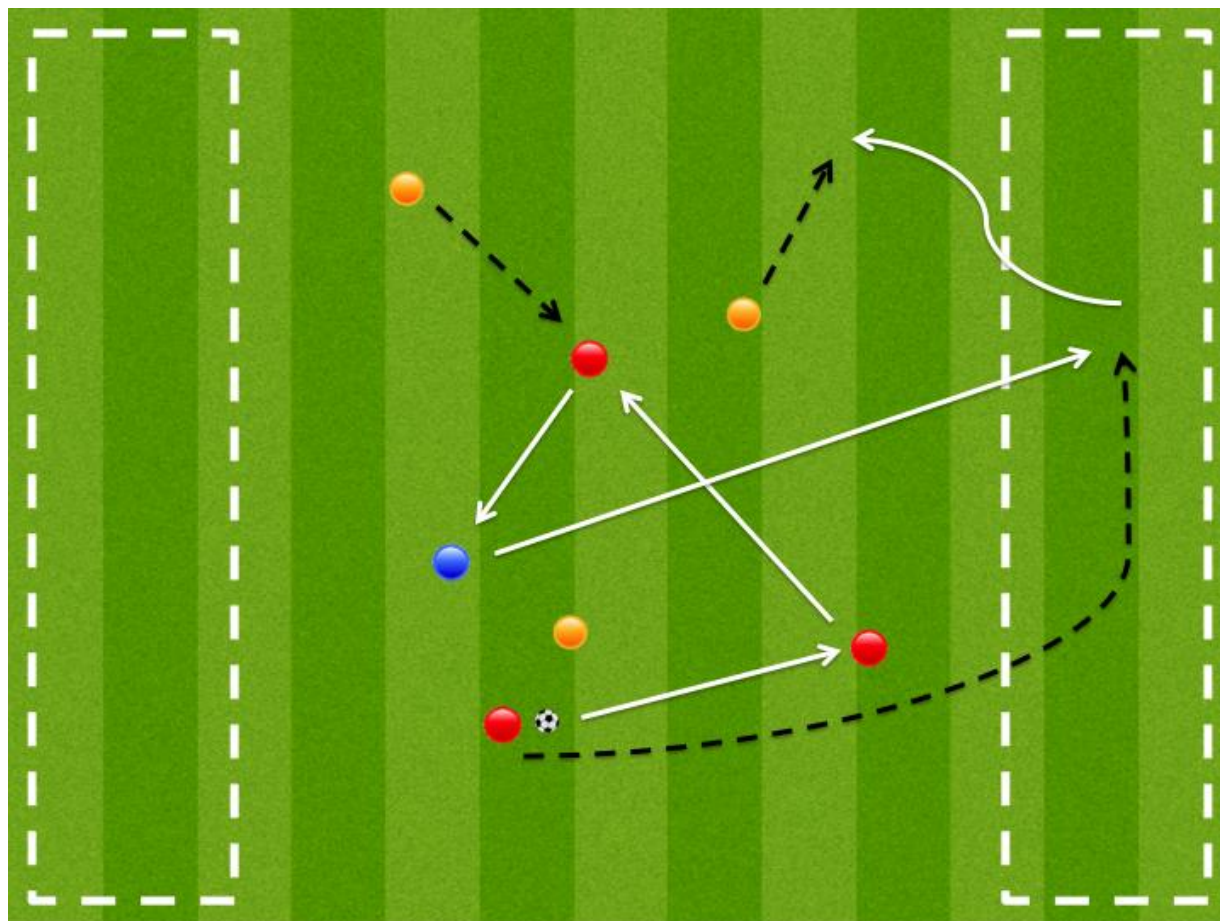




Notes:

3 v 3 Plus 1 Overlaps

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

How To:

Two teams of 3 play inside the main area, there is one free player in blue who plays for the team in possession, after a fixed number of passes it must be passed to the free player and a point is gained when one player can receive the ball from the free player in the outside end zones, overlapping the nearest team mate. Defenders can oppose the opposition including the free player whilst inside the main area. The overlapping player in the end zone can only be pressured once they have returned to the field. If the defending team win the ball back, they take over possession and the free player works with them.

Coaching Points:

Quick passes, overlaps timing, speed of play with and without the ball. Free player always looking to be creative and positive. Communication. Defending team are down in numbers so must work together to pressure and restrict space.

Progressions:

One yellow defender can run into the end zone to play 1vs1 with the overlapping attacker; if the defender wins the ball, the possession switches and play continues.



COACHES
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