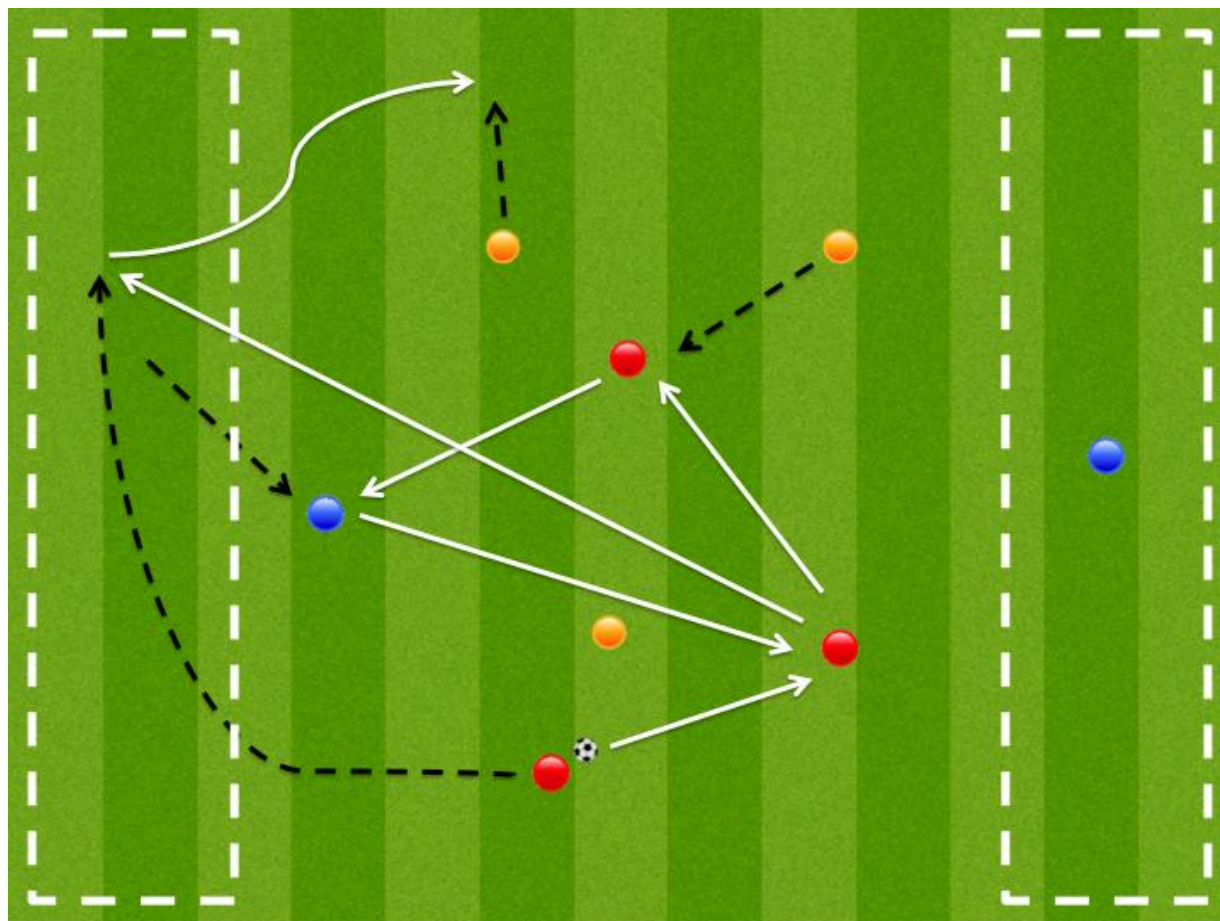




Notes:

3 v 3 Creating space and overlaps

Dimensions: 16x20 yard main field and two 16x5 yard end zones on either side.

How To:

Two teams play 3 v 3 inside the main area, there are two target players shown in blue in either end zone. The team in possession must make a set number of passes before they can score a point, once they have made their passes, a blue target player can enter the field to link up with the possession side. To complete the point they must use the free player in a move that will look to pass the ball into the vacant end zone through an overlapping run. Defenders can only try to win the ball back inside the main field. The player with the ball in the end zone can only be pressured once they have returned to the main area. If the opposing team win the ball back they take over possession and attempt to score their own points.

Coaching Points:

Quick passes, the timing and creativity of overlapping runs. Communication and passing accuracy. Using space to create passing and support angles.

Progressions:

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



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