

Session Plan 3 vs. 2 (Attacking)

Level 2

Category:

Attacking
Shooting
Passing
Opposed

No of Players Required:

6+

Practice Length:

10mins

Equipment Required:

Goal x1
Bibs
Cones + Balls

Aims & Objectives:

- Creating and score scoring chances
- Teamwork
- Communication
- Transition to Defence

Coaching Points:

1. Utilize extra attacking player
2. Communication
3. Create width
4. Transition to defence

How to:

1. 3 attacking players (A) play against 2 defending players (D) and a goalkeeper (G).

2. Attacking players attempt to score, defending players attempt to stop them from scoring.

3. If defenders win the ball back, they look to score in the yellow goals at the other end of the pitch.

