

Session Plan

3 vs. 3 vs. 3

Level 3

Category:

Attacking
Shooting
Passing
Opposed
Defending

No of Players Required:

9

Practice Length:

22mins
10mins x2
+ 2mins rest

Equipment Required:

Goal x2
Bibs for 3
teams
Cones + Balls

Aims & Objectives:

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

Coaching Points:

1. Speed of play
2. Awareness of transition
3. Always changing direction of play

How to:

1. Team 1 (1) vs. Team 2 (2) in a 3 vs. 3 match, with Team 3 (3) on the outside.

2. Team 2 try to score in *Goal 1*. If they score, they try to score in *Goal 2*. If Team 2 score, Team 1 must leave the pitch and Team 3 defend *Goal 2*.

3. The team that scores always keeps the ball.

