



Diagram Key:



Player running with ball



Pass



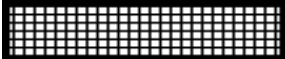
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

3 Team Defense and Transition

Category: Small Sided Games

Practice Segment:

- Technical/Tactical

- **Skills:**
- Passing and Receiving
- Dribbling/1v1
- Ball Striking/Shooting
- Defending

Players: 3 teams of 3-4 per team

Time: 20 min

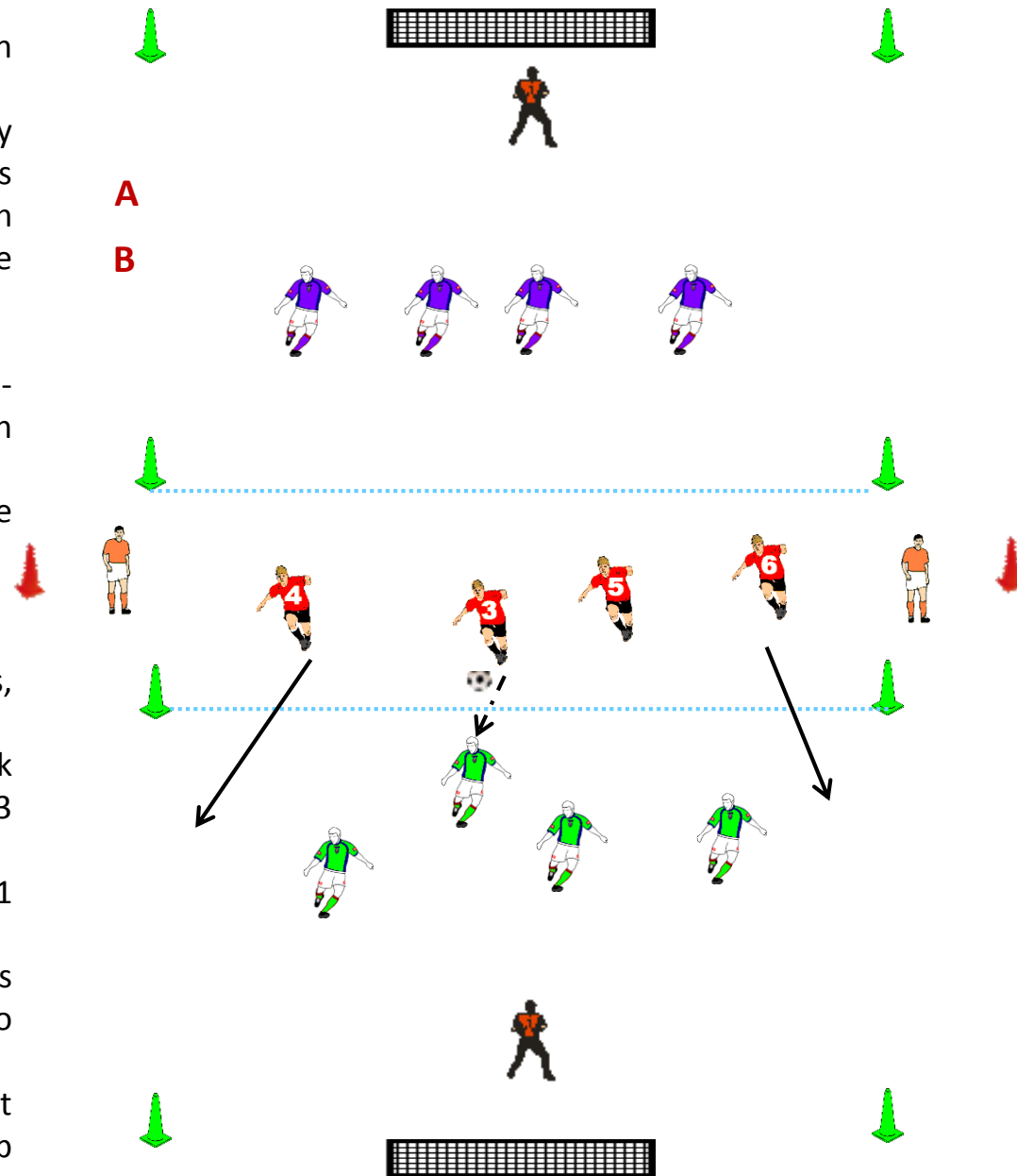
3-team Defensive Shape:

Set up:

- Field divided into 3 zones with goals at each end.
- End 1/3's are about the width of the penalty area or slightly wider and extend 25-30 yards toward the center of the field depending on the depth at which the coach wants the backs to defend.
- Center 1/3 is 6-8 yds in length
- Gk in each goal; field players in 3 teams of 3-4 players; one team in each zone; team in center starts with ball
- Player's or coaches serve as targets on the sides of the center zone

Action:

- Team in center attacks one of the goals, trying to score.
- Defensive unit organizes as a line of 4 (back 4) or as a line of 3 with 1 player in front (3 backs + center mid)
- Attacking team shapes as a diamond, or 3-1 (3 mids with central forward)
- Attacking team tries to score, and defenders seek to win ball back and "play out" to targets on sides of center zone.
- After losing ball, attacking team may prevent defense from leaving zone, but must stop when they have played the ball to a target.



3-team Defensive Shape:

Continued...

Action:

- After losing ball, attacking team may prevent defense from leaving zone, but must stop when they have played the ball to a target.
- When ball is played into center zone, the defensive team moves forward and attacks the opposite goal, organizing it's attack in transit.
- The unsuccessful attackers wait to defend the goal they had been attacking while play continues at the opposite end of the field.

Focal Points:

Attack

- Width and depth in attack
- Speed of play
- Quality of last pass
- Movement without the ball
- Quality of finishing
- Pressure ball at the point of loss
- **Do not attack in a flat line!**

Defense

- Pressure, Cover, Balance
- Communication
- Overall organization of group
- Find targets as quickly as possible and counter attack with speed

