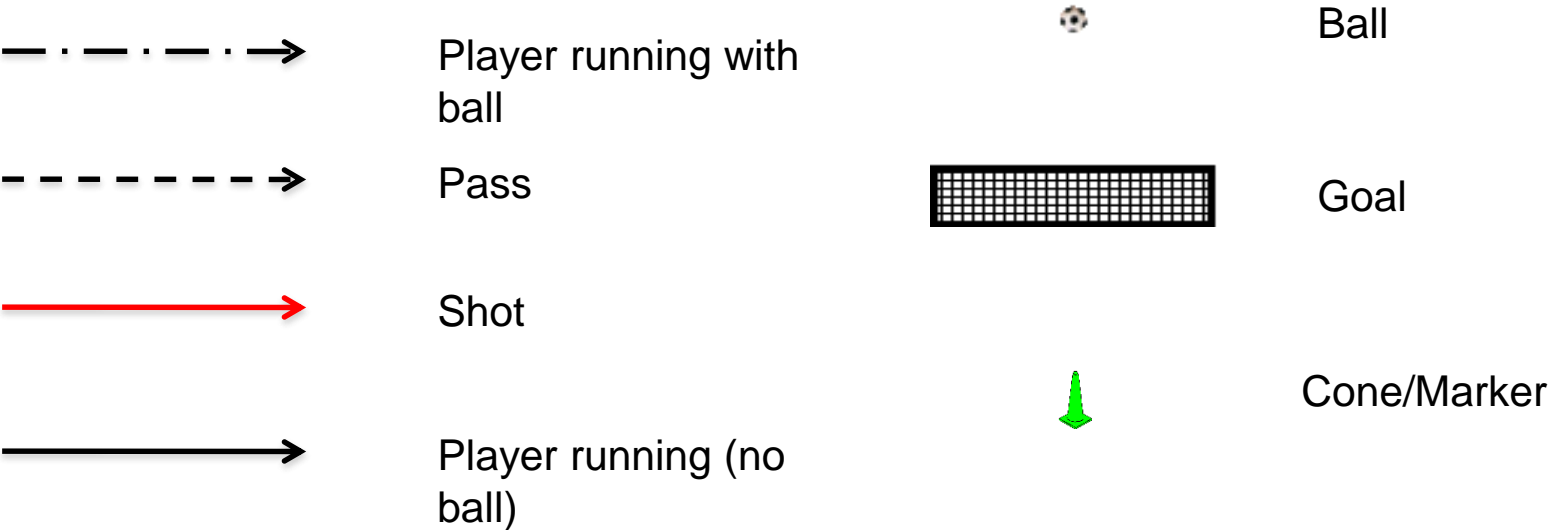




Diagram Key:



3v1 Possession in 2 Boxes

Category: Possession/Transition

Practice Segment:

- Technical-Live Pressure
- **Skills:**
 - Passing and Receiving
 - Dribbling/1v1
 - Defending

Players: Full Team

Time: 20 min

3v1 in 2 Boxes

Set Up:

- 2 10x10yd boxes set up about 10-15yds apart
- Pinney on ground at each box; 1 ball
- 5 players in 1 box and 2 in the other

Action:

- 5 players begin in 1 box playing 4v1 against the defender (who holds the pinney)
- After each of the attacking players has touched the ball, the 4 must play a long pass to the 2 players waiting in the opposite box.
- When the long pass is played, 3 players must follow the pass to the other box.
- The passer and the player who was defending remain in the first box
- The last player to arrive at the new box picks up the pinney and becomes the defender in that box
- If the defender can win the ball and dribble out of the box, the player who lost the ball becomes defender and play starts again

Points of Focus:

- Speed of play; support angles
- Stay calm under pressure
- Pace of passing
- Hip angle; long pass played by player facing other box
- Work rate

