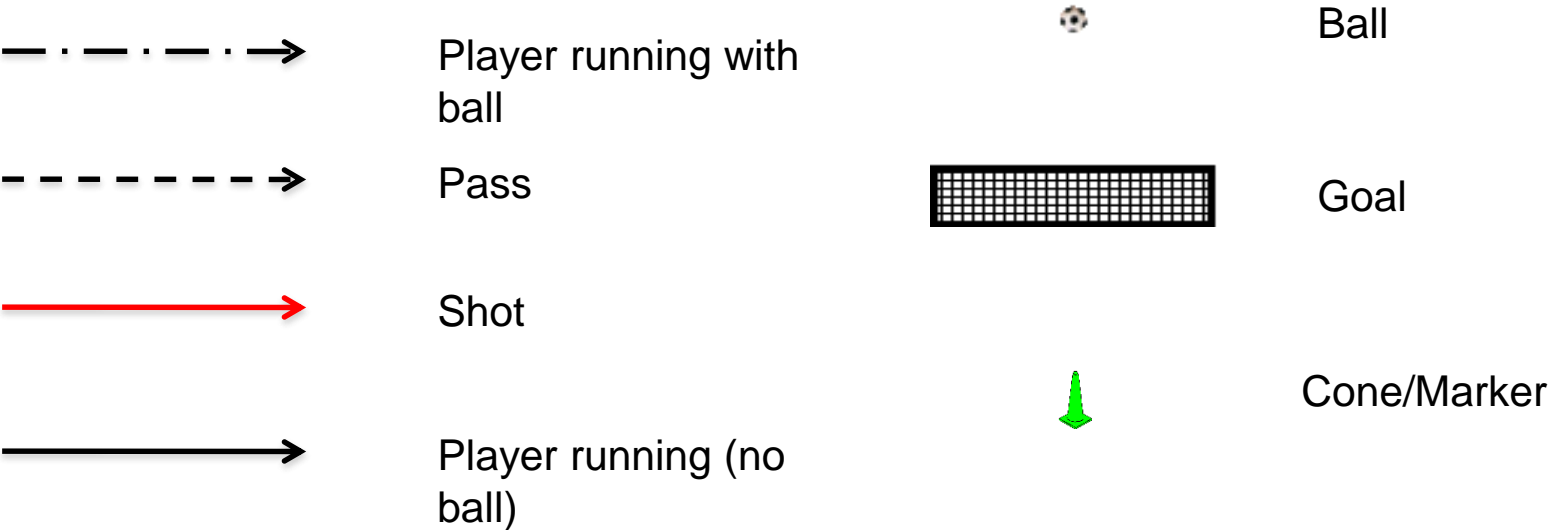




Diagram Key:



3v3 in 2xPenalty Area

Category: Small Sided Games

Practice Segment:

- Technical/Tactical

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

Players: 8+subs

Time: 20 min

Play 3+gk v 3+gk in 36x44

Set Up:

- Field is 36 yds long by 44 yds wide with full sized goals at each end
- 3 teams of 4 players (3+gk)
- Teams are 3 field players+1 gk

Action:

- 2 teams play while 1 team rests
- Games continue until a team wins by scoring their second goal. Winners stay on, losers rest.
- Play is 3v3 in the field with the emphasis on moving to find space.

Focal Points/Variations:

- All players move freely/without restriction in the space
- 2 players in the “defensive” half and 1 in the “attacking” half
 - Player who plays ball into attacking half may move forward
 - Players who DOES NOT play the ball into the attacking half may move forward
- Movement of most advanced player to find ball/manipulate space
- Hip angle when receiving; face where you want to play/go
- Patience with the entry ball
- Don't play until the opportunity is on/don't force play

