



Diagram Key:



Player running with ball



Pass



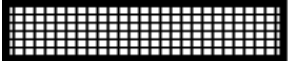
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

3v3+1+gk+3 in ½ field:

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 plus “neutral” and gk

Time: 20 min

3v3+1+gk+3 in ½ field:

Set Up:

- Small “end zone” at or near midfield
- “Resting” team is located in the end zone
- One team of 3 begins defending the goal, and other team begins with the ball attacking the goal with the aid of the neutral attacking player (10)

Action:

- Play is a half-field, offense v defense game with the element of transition added
- One team of 4 (3+1 neutral) attacks goal, one team defends the goal, and the last group is actively resting in the end zone
- If the attacking team scores, the defense stays, and the resting team becomes the attacking team with the team that scored rotating into the end zone.
- If the defensive team wins the ball, the neutral attacker joins them in trying to “play out” while the 3 that were attacking try to win the ball back
- After winning the ball, the defense must play themselves off the field by completing a pass to the resting team.
- When the ball is successfully played to the resting group:
- The team that was defending rotates out to become the resting team
- The team that was attacking IMMEDIATELY organizes to defend the goal and pressures the ball
- The team that was resting becomes the attacking team along with the neutral player and IMMEDIATELY attacks the new defensive team AT PACE.

Focal Points:

Offensive:

- Width in attack
- Always be available for the ball
- Move to be open
- Try to receive on the front foot
- Read body language of the player with the ball



Defensive:

- Always have pressure on the ball
- Shape and Communication
- The first pass after winning the ball must not concede possession to the attacking team!