



U9U10 Week 7 3v2 Attacking

Category: Technical: Attacking skills
Difficulty: Moderate

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Individual-Adult Member

3v2 (10 mins)

Set Up

In a 25x25 playing area, players are split into 5 lines. 2 lines at one end of the grid 3 lines at the opposite end.

The side with 2 lines are the defenders.

Implementation.

Defender starts with the ball and can pass to any of the attackers, once the defender has passed the ball both defenders go and try to win the ball.

Attacking team are trying to work together to dribble over the red line of cones.

If the defenders win the ball they try to get the ball across the blue line.

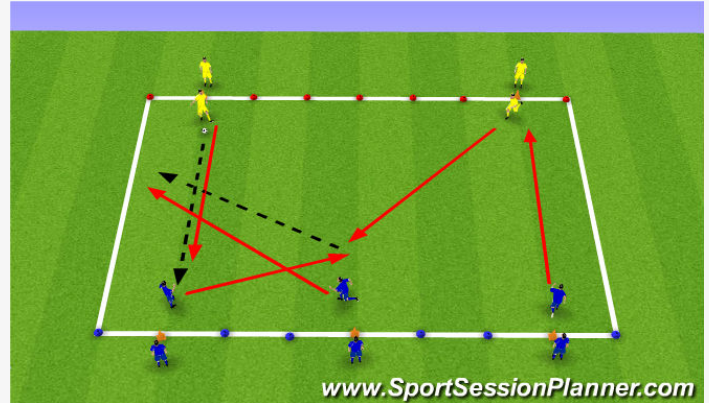
Once a goal is score or the ball goes out of bounds restart with the next player in line. Player move line each time.

Coaching points.

Player in possession attacks the middle of the field.

If the central player doesn't have the ball can they clear space for the player who does.

Attackers maintain Width and need to always be available for the ball.



3v2 Offset (15 mins)

Set Up

In a 25x25 playing area, players are split into 5 lines. 2 lines at one end of the grid 3 lines at the opposite end.

Players 1,2 and 3 are attackers. Players 4 and 5 are defenders.

Implementation

Player 1 starts with the ball and passes to Player 2 (Player 2 must go to the ball and meet it). As soon as the ball is passed. Players 4 and 5 become defenders and pressure player 2.

Player 1,2 and 3 work together to get the ball across the Red line. If Players 4 and 5 win the ball they try to dribble across the Blue line.

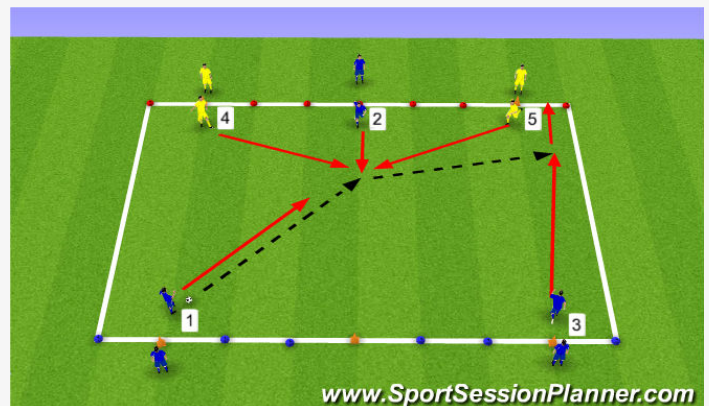
Once a goal is score or the ball goes out of bounds restart with the next player in line. Player move line each time.

Coaching Points

Player 2, Check your shoulders to see where the defenders are coming from. Do you have time to turn and score, if not where are your teammates to pass too.

Player 1, Firm pass, Offer support to player 2 after passing.

Player 3, Offer support for player 2, maintain width.



3V3 Goals (15 mins)

Set Up

In a 30x20 Playing area with a goal at each end, players are split into two teams.

Each team is split into 3 lines, 1 on each side and one next to the goal.

The coach starts with all the balls.

Implementation

The coach serves a ball into the playing area and the first player from each line runs out to meet the ball.

Once a player gets to the ball they and their team mates attempt to score in the oppositions goal. If a goal is scored or the ball goes out of bounds the game starts again.

The team that doesn't have the ball tries to win the ball and score.

Coaching Points

Player in possession attacks the middle of the field.

Team mates of the player in possession attempt to maintain width and offer support to the player with the ball.

If you get the chance "SHOOT"

