

Attacking 3v2



Organization

- The activity starts with the **COACH** passing the ball into the keeper. The keeper will then look to distribute the ball to one of the attackers at center.
- As soon as the attackers receive the ball, the 2 defenders are free to pressure the ball.
- The attackers will now look to score a goal. If the defenders win possession of the ball, they look to dribble or pass the ball into the target zone.
- Each team will get 5 - 8 minutes to attack and defend.

Set up

Total Duration = 15 minutes

- Total Grid Size = Half field
- Number of Players = 12 — 16 players split into 2 groups
- Number of Soccer Balls = 4 - 6 balls
- Number of Goals = 1 big goal, 3 target zones

Coaching Points

- ⇒ Control the pass from the keeper. Head up, where is the pressure coming from.
- ⇒ Commit a defender to pressure. Pass the ball to the open player
- ⇒ First touch towards goal.

Regression / Progressions

- ⇒ To make it easier, remove a defender to make the activity a 3 v 1 instead of 3 v 2.
- ⇒ **To make it harder, have players pressure the attackers once the keeper plays the ball out.**