



3 vs 2 Fitness

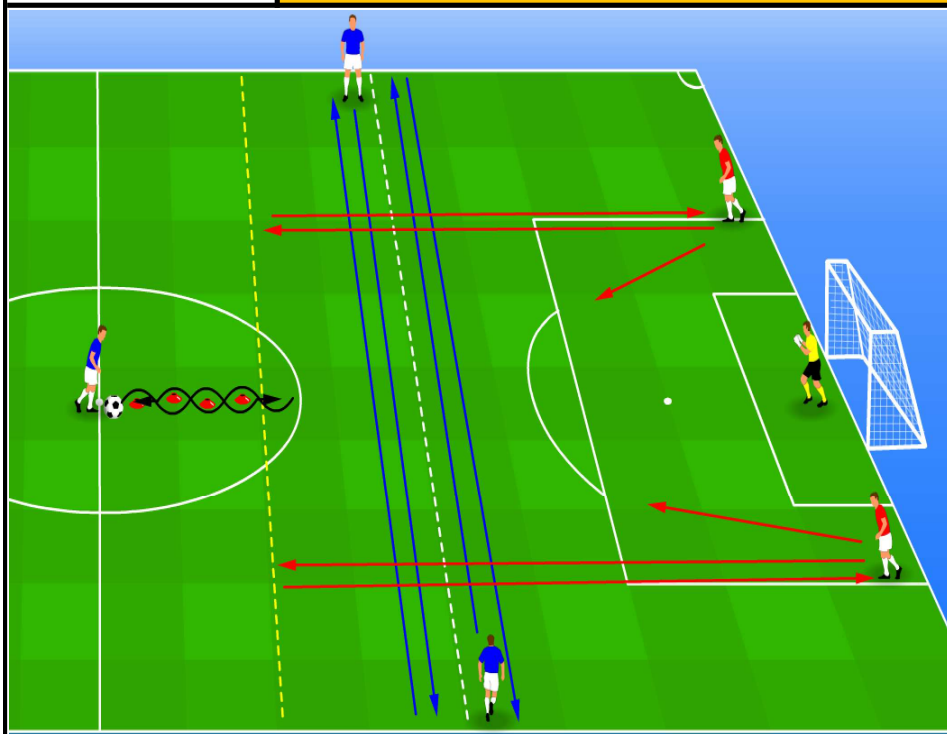
Session Focus

3v2 Attacking

Session Objective

1. Soccer Fitness
2. Ball Skills
3. Attacking with the extra player

Activity



Set Up

Playing Area

Full half on an indoor pitch

Cones

4 cones minimum, 8 cones maximum

Balls

2 soccer balls

Goals

1 main goal, 2 pop up goals (optional)

Pinnies

Pinnies for Defenders

Coaching Points

1. Can we attack with speed
2. Can we find the open player to pass to
3. (Defensively) can you force them to pass one direction.

4 Areas of Development

Attacking

Can we find the open player to pass to.
If you have no pressure, shoot the ball.

Defensive Transition

When you lose the ball, how quickly can you get the ball back.

Defending

Can you apply pressure on the ball and choose what direction they go.
Can you make a 3v2 into a 2v2.

Attacking Transition

When you win the ball, how quickly can you attack before the other team can get set up.

Organization

The play will always start with the player in the middle of the field. The player will start by dribbling the ball around 4 cones. They will go to the end (toward the keeper) and back to the starting point.

While this is going on, the 2 players on the side boards and the 2 defenders on the end board will sprint to the opposite side board or the yellow line and back to their original starting point.

The timing should work out that everyone is completing their runs at the same time that the dribbler has completed their run.

From there, the Blues attack 3 vs 2 against the Reds.

The Blue team is trying to score, the Red team is trying to either dribble past the White line or pass to the next player in line at center.

Progressions

Add in pop up goals and place them near the boards by center. If the defenders win the ball, they can look to make a pass into the goals or pass to the in the middle.