

PRACTICE (Core Activity): 3 v 2

OBJECTIVE: To create 1 v 1s and 2 v 1s and pass or dribble forward.

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Teams play 3 v 2 + GK on a 24 x 24 yard field with a standard goal and two small goals. Blue (attacking team) dribbles or passes in. Red starts from the top of the box and tries to win the ball and score on the small goals. All players (including the keeper) rotate every 2-3 minutes. Play for 30 minutes with two to three breaks.

KEY WORDS:

Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS:

1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS:

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

NOTES:

Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

MOMENT:

Attacking

AGE:

U9-U14

PLAYERS:

3 vs 2

DURATION:

10 Mins