



Drill Name: 3 v 3 Attack and Defend Activity by Rick Flores

Set up :

Set up grid for players to play 3 vs 3 with 3 small goals on each end.

Instructions:

Coach will kick ball into either team to start possession with the ball. Game will continue until the coach says over at which time the players leave and go back to their respective line. They do not have to go back to same line. Teams will keep their own scores and coach controls the tempo of the game. They could score on either goal when they are on the attack and if team steals the ball they could counter them and score their own goal.

Coaching Points:

Decision making of player with the ball and do players make runs or pass to each other to score. Does the team that does not have the ball defend as a group or wait until the ball comes to them. Do they communicate with each other.