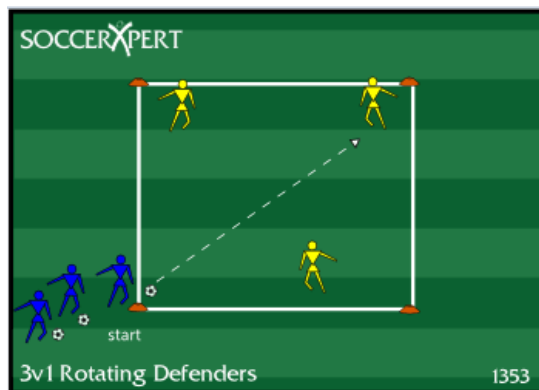




Drill Quick Glance

Age: 9+	Field: 10X10
Players: 6+	Time: 15 MINS.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

3v1 Rotating Defenders

Objective:

This 3v1 game will focus on keeping possession in a tight space. Work on passing, decision making, movement on and off the ball as well as improve communication.

Setup

1. Create a grid that is approximately 10X10 yards.
2. Split the team into groups of six.
3. Place three players inside the grid as attackers in an alternate jersey.
4. The remaining three players line up as defenders behind one corner cone with the supply of balls.
5. Create multiple grids to allow for more involvement.

Instructions

1. The first defender passes a ball into the three attackers.
2. The defender immediately steps into the grid and becomes the defender creating a 3v1 inside the grid.
3. The three attackers attempt to put together as many passes as possible.
4. The attackers continue passing until the defender wins the ball or it is played out of the area.
5. Once the play is dead, the next defender plays into the same three attackers, and play resumes.

Coaching Points

- Focus on the quality of passes such as weight, pace, accuracy.
- A well-timed run facing the passing direction will assure a more accurate pass.
- The players must communicate with each other to make the game easier.
- Players must concentrate on making runs off the ball.
- Encourage players to play in 1 or 2 touches.
- Good passes to feet
- Good first touch towards space
- Good decision making
- Speed of play/decisions

Variations

- Adjust grid (larger grid = easier for attackers but harder for defenders; smaller grid = harder for attackers but easier for defenders)