

3 goal run – Channelling

Objective – Channelling off the pitch – dictate the attack

Game Focus/Principles Reset Progression

1. 1/8th of a pitch (smaller for younger players)
2. 3 goal areas at each end
3. 2 teams stand on side of pitch – get them to choose their opponents
4. Coach calls a number and that number has to enter the pitch area and try and score – the other team number has to defend and channel
5. One team is always the attacker and collects ball from their end and tries to score
6. Each run can only last 30 secs (ish)

Scoring

1. Attack vs defence – keep a record and add up after each sequence done

Notes

1. This can be done as a relay or to keep the players engaged allocate a number to each player

Coaching Tips:

1. Time limits in 1 v 1 or 2 v 2 practice emphasises the importance of attacking with intent and at speed. In a game this is successful because the opposition will be less well organised the quicker you attack.
2. Use team talk time to ask players for their tactics (as a team) and the skills that work well.
3. Get focus and quality in team talks by scoring the team talks out of five. Add these points to the team totals. Be sure to justify your decision, perhaps with phrases like: 'great listening' 'everybody contributed' 'great

focus on the game'

Pressure on the ball – encourage a mistake

Low and mobile body position / good footwork

1. Defenders

1. Pressure on the ball
2. Do not dive
3. Delay, Deny Dictate/Channel
4. Defend L2G (Line to goal)
5. Approach the tackle as high up the pitch as poss

Attackers

1. Vary speed
 2. Dummy
 3. 3D
 4. Drag and accelerate
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Restart if ball goes out of play

1. Players to defend the middle of the pitch (the red goal is now worth double points)
2. Players to attack into space and use the width of the pitch (blue and green goals are now worth double)
3. Reduce size of box to add difficulty
4. Each team gets a fixed number of balls – pressure not to

be wasteful

5. Call 2 numbers so busier
6. Add a time limit this emphasises the importance of intent and at speed.
7. Score a bonus point for winning the ball two handed.
8. Ask each team to secretly nominate which gate will score them double points. Ask them why they chose their channel.
9. 'Winner stays on' – the red team attack until the blue team successfully make a tackle and score a point. At which point the blue team start attacking.

