

# 3V1 recycled recovery

**Objective** – Recover from a mistake

GameFocusResetProgression

1. 2 recovering defenders in corner- one with ball
2. Another defender further up the pitch
3. 3 attackers wherever they want in pitch but with one directly in front of goal just outside D
4. The defender passes to attacker who looks to score
5. The recovering defenders have to go and help ultimately ending up with a 3v3

Start game again but going the other way

## Defenders

1. Recover quickly
2. Communication as to who is going where
3. Single defender has to delay and channel

## Attackers

1. Move ball fast
2. Drag defender wide so you can use overloads
3. Possession – do not waste

Over the side or over the back start with free hit from back or side – if pitch is v small then coach passes ball in

1. Each group gets 5 balls and see who wins
2. Time to score
3. No of defenders in D when scoring is deducted from your goals

