

# 3v3 jump back

**Objective** – attack fast with width/Scramble defense

GameFocusResetProgression

1. 3v3 (can be 4v4)
2. Blue team pass to red team in far corner box.
3. Red team then attack down the right hand side
4. Blue team from their box have to jump back and try to win the ball
5. If blue win the ball they pass to their team in the waiting area.
6. The Red team that attacked then jump back to defend
7. Play sidelines & free hits

**ORDER OF ROTATION for each group: ATTACK – DEFEND – REST**

**Points**

1. 2 points = Goal
2. 1 point = PCA

ATTACKING focus	DEFENDING PRINCIPLE
Height, width guard	Pressure to the ball/ manage time
Give & GO!	Protect the centre
Play what you see	Defend body space

If a goal is scored/ball goes off the back line then the GK is to pass the ball out to the team in the waiting zone ASAP.

1. 5 balls – encourage retention
2. Time to score

