

3v3+3 Switching Play

Objective – Possession and using the central high player for a pass to go forward

GameFocusResetProgression

1. 5v2 in one zone
2. 2 on the wings, one on the base line and 1 on the centre line
3. 2 Defenders in “zone”
4. After ‘2 passes’ the 3rd defender joins in from the other zone
5. Once all DEFs are in the zone, ATTs can switch to the other side (to score)
6. If DEFs win the ball -> find a wide player to transition into ATT

Scoring

1. Every transfer (end to end) = 2 points, # of passes = 1 point
 2. Teams defend for 1 minute before swapping.
 3. Adjust the # of passes before 3rd Defender joins in.
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1. Create numerical superiority (provide options for team mate, find the free man).
 2. Attract pressure (use the overload, keep possession in one zone, use short passes, play ‘extra’ passes).
 3. Exploit space (switching play, when & how to switch the play ?).
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1. Depending on pitch size coach throws new ball in
OR

2. Put in from sideline or bas

1. 3rd defender can join at any point
2. Each time gets 5 balls
3. Timed so pressure to get high fast

