

# 3v3v3v3                      Attacking                      & Transition

GameFocusResetProgression

1. 2 teams of 6 players
2. 3 of each team in corners
3. Game starts with 3 attackers vs 3 defenders
4. If defenders win the ball they pass to their attackers to enter and they exit the pitch
5. If ball goes over backline or goal is scored then roles swop  
(Attackers become defenders – defenders exit the pitch and THEIR “outside” players become attackers)

## 1. Attackers

1. Planning – Forward first fast
2. Stretch the pitch
3. Draw defenders (2 if poss)
4. Draw and pass

## 2. Defenders

1. Transition and reshape
2. Defenders to press the ball and the channel

1. Reset if no action in 2 mins
2. If defenders win the ball they pass to their attackers to enter and they exit the pitch
3. If ball goes over backline or goal is scored then roles swop  
(Attackers become defenders – defenders exit the pitch and THEIR “outside” players become attackers)

1. Fixed number of balls per team
2. Time to score

