6v3 Possession

Objective — Identify when to penetrate and when to transfer

GameFocusResetProgression

1. 6v3 players
2. Std possession game — goal for every 5,6,7,8,9 passes
3. Score by passing to central player who passes between the defenders
4. Score by passing between defenders the line

Attackers

1. Play through with drop balls
2. Play directly through
3. Identify when to go around
4. Identify when to penetrate
5. Use a wall pass to draw a defender

Defenders

1. Form a V
2. Deny and dictate ball location
3. Pressure without commitment
4. Force a wall pass

1. Coach sends ball in to attackers

1. Limited number of balls
2. Defenders cannot TOUCH the ball
3. Add end zones that only have an attacker in
4. See video