

5v3 – Leading into space

Objective – learning to lead

GameFocusResetProgression

1. 5v3 – attackers to offer up leads
2. Attacker transfers ball to other attacker in the starting zone
3. In the meantime the other 3 attackers come out to “offer up”
4. The 3 defenders now need to manage the situation
5. If defenders win then they have to get ball back into ‘starting area”
6. The attackers now need to counter press to keep the ball out of “starting area”

Sub players continually

Attackers

1. Lead into various areas of the pitch
2. Look for height & width
3. Aim to leading and re-leading
4. IF they lose the ball then counter pressing

Defenders

1. Zonal pressing (soft press)
2. Closing down passing channels
3. Protect line2goal

1. Coach throws new ball in if early in game or reset a new game

1. Type of scoring
2. Number of passes before attempt to score
3. Each team gets 5 balls then play in sets

