

# Session 1 – 3v3 ABT (Always Be Threatening)

Objective –

GameFocusResetProgression

1. Exercise starts from the coach feeding the ball to the blue receiver (both receivers are constrained by cone gates)
2. Blue now looks to get the ball to the OPPOSING (red) receiver as fast as possible (can be direct).
3. The middle of the pitch has a 2v2
4. The spare player (in this instance red) now must do 2 things
  1. Defend the line to the other player
  2. Put pressure on the blue recipient
5. If the red team win the ball they are trying to pass the ball to the blue player in the red gate.
6. If the ball goes off the side lines – play as per a normal game
7. If the ball goes off the base lines – the coach feeds a ball to the other teams receiver

## POINTS:

1. 1 for a pass to the receiver
2. 2 for a direct pass from receiver to receiver

## ATTACKING focus

1. ABT (Always Be Threatening)
2. Play what you see

## DEFENDING PRINCIPLE

1. Delay
2. Find your player

Sideline then play sideline ball

Base line coach starts again

1. Time to score
2. x Balls per team

