

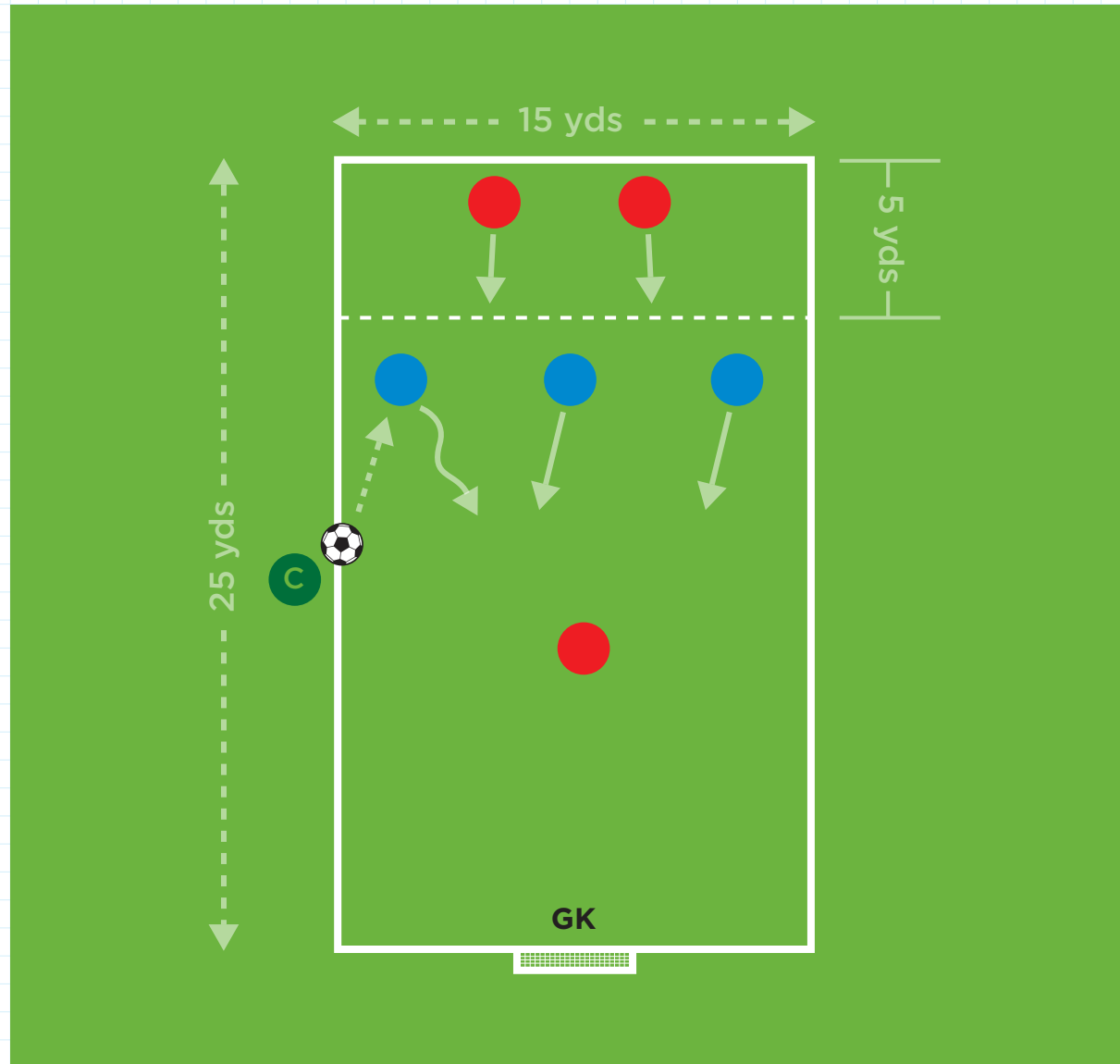
Attacking: dribbling & passing 3

Practice organisation

- Area 25x15yds, with a 5yd end zone, set-out as illustrated.
- 7 players (incl. GK), arranged 3 Attackers v 1 Defender, 1 ball.
- Practice starts with: Coach feeds ball to one of the three A's.
- After 1st touch by A's the 2 recovering D's chase back to defend.
- Practice both with & without off-side restrictions.
- If D's gain possession or GK saves their objective is to combine to get ball over start line.
- If this is achieved roles are reversed, with A's becoming D's.

Detail

- For younger players adjust practice to 3v1, plus 1 recovering D.
- Simple progression for this practice is:
 - Arrange balance of numbers of A's & D's, according to progression of players (e.g. 4v2's, 3v2's).



Key coaching points

- 1st D works on delay & slow withdrawal of position to gain time for recovering defensive support.
- A's look to penetrate quickly.
- Recovering D's work on lines of recovery back to goal.
- GK's position to support & communicate with D's.