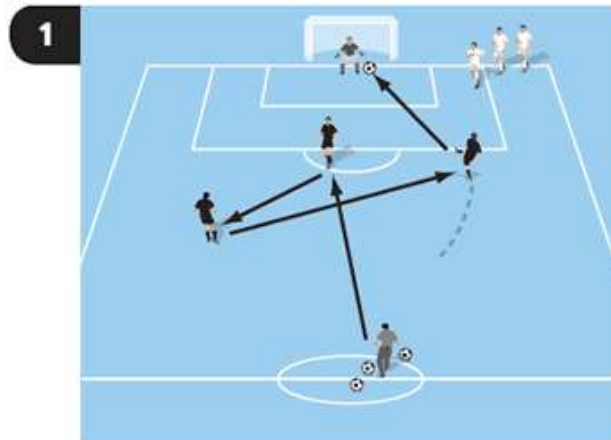


Three-player attacking game

By Michael Beale

This attacking practice is a great way of putting pressure on your forward line as it heads for goal. Forwards will not always face the same number of defenders in a match so the game builds up from no defenders to three.

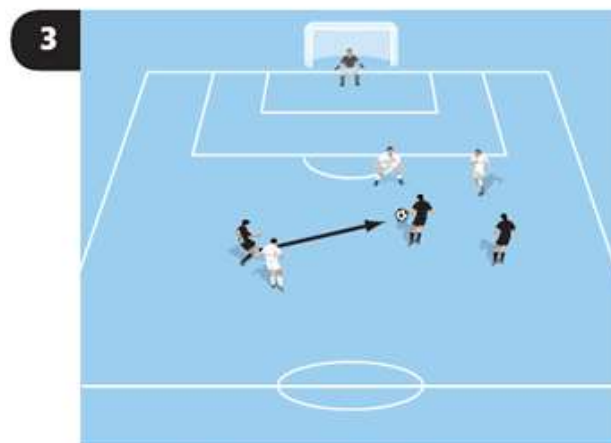
You are moving the forward line through unopposed to opposed play and therefore building the difficulty level up.



The three forwards combine to score unopposed.



A defender joins to make 3v1.



Further defenders join until 3v3 is played.

How to set it up

Use an area 40 yards by 30 yards or use the pitch from the halfway line.

You need a goal and a goalkeeper, and for this session you should use six outfield players split 3v3.

How to play it

1. Pass a ball to the three forwards who combine to shoot at goal unopposed.
2. Once the shot is taken, a defender races on to the pitch and the coach passes a new ball to the forwards who now combine in a 3v1 situation.
3. This sequence continues with additional defenders added until a 3v3 is played.

How to rotate the players

The forwards count the number of goals scored and then rotate with the defenders for the next game.