

3 player attacking game

What you tell your players the session is about:

Building confidence to build up and attack successfully using three forwards.

What you tell your players to do:

- 1 Play with a good tempo.
- 2 Rotate positions.
- 3 Show good movement off the ball.
- 4 Be direct in your play, pass quickly, dribble in 1v1 situations and hit the target with all shots.



what to shout

- "Be direct."
- "Hit the target."
- "Be clever."
- "Keep the ball moving."



what to look for

- The speed of the attack – do the players allow the defenders to get settled in their defending positions?
- Are the players selfish in possession?
- Do the players' movements off the ball create confusion and problems for the defenders?



what to think about

This practice gradually increases the difficulty for the forwards, encouraging them to grow in confidence before the next more challenging test. Do you see your players gaining confidence, or are they becoming frustrated?

What you get your players to do:

The three attackers must attack against the single defender.

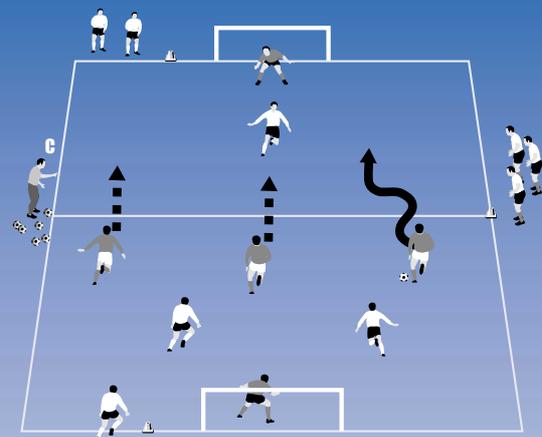
Then the attackers must turn, receive a pass from you and attack the two defenders in a 3v2 situation.

The attackers then receive a new ball from you and attack all three defenders in a 3v3 game.

After this play, pass a new ball to the defending team. Now the attackers must try to win possession and score.

Altogether there are 4 small games (3v1, 3v2, 3v3, 3v3 win the ball first).

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direction of run ■ ■ ■ dribble ———▶

Development

This practice could now be increased to a 3v2 to start, then 3v3 followed by a 3v5. This will increase the pressure on the players to score when they have equal or more players as it will be very difficult when they face 5 defenders.

How would I put this into a game situation?

Playing a small sided game will naturally produce small overload situations in both the attack and defence.