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3v3 Plus 3

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This drill focuses on keeping possession. Passing, receiving, movement, and angle of support can be singled out. Causes players to look up and be aware of the surrounding players.

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Setup

Start with building a 20x20 grid. Create 3 teams of 3. One team Yellow, Red and White.

Instructions

Instruct the Yellow team to be defense first. The other two groups, Red and White, are responsible for keeping possession among the 2 groups.

If the defending team (Yellow) wins the ball o, the team who made the mistake automatically becomes defense. For Example, let's say Red has a bad first touch into the defender (Yellow), then the Red Group would become defense and the Yellow and White groups would then keep possession from the Red group. Any ball played out of the grid is considered loss of possession by that group, and that group should become defense.

Variations

- For lower level players, rotate the defenders every 2-3 minutes rather than automatically switching after loss of possession.
- Adjust the size of the field to make it more or less challenging

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- Restrict the number of touches per player

Coaching Points

- Good First Touch
- Good Passes to Feet
- Proper runs/angle of support
- Facing the field

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