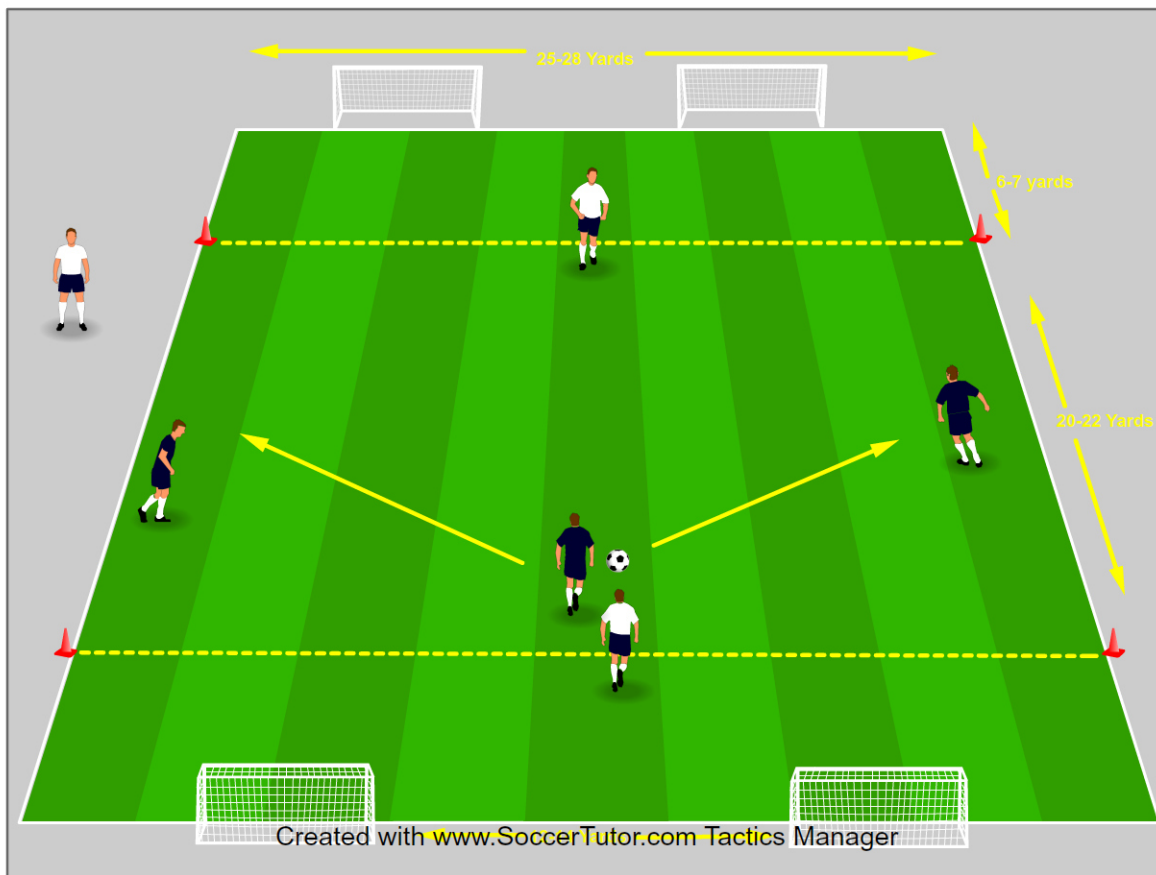


### 3v1 - Continuous attacks



<b>Date:</b>	19/Sep/2014	<b>Measurement:</b>	30 x 40 Yards
<b>Time:</b>	N/A:N/A	<b>Players:</b>	6
<b>Duration:</b>	30	<b>Level/Age Group:</b>	U11 - U14

**Description:** A team of 3 players starts by attacking 2 small goals defended by 1 opposing player. After successfully completing the attack the teams starts now on the other side of the field and attacks the 2 other goals on the other side.

The team is given 5/7 or 10 tries to score as many goals as they can.

**Objective:** Players are able to successfully attack 2 goals on the opposite side of the field under pressure of 1 defender.

**Coaching Points:**

- 1 - Triangle - Shape - right angles of support
- 2 - Why should the center forward start with the ball?
- 3 - Try to lead your team mates with a good pass
- 4 - The moment of the pass, timing - not to early - not to late

**Progression:** Easier - You can start out on only one side of the field and attack only in 1 direction.  
Harder - One touch passing and/or shooting in the shooting zone  
Add a defender and it becomes 3v2