

Football/Soccer Session (): Midfield 3 defending (4-3-3)

Profile Summary

Name: Robbie Hope
City: Elgin
Country: United Kingdom
Rank: Elite – 0 points
Membership: Adult Member
Sport: Football/Soccer



Description

Attacking and defending 3v3, with an initial 3v2 situation and recovery run of 3rd defender.

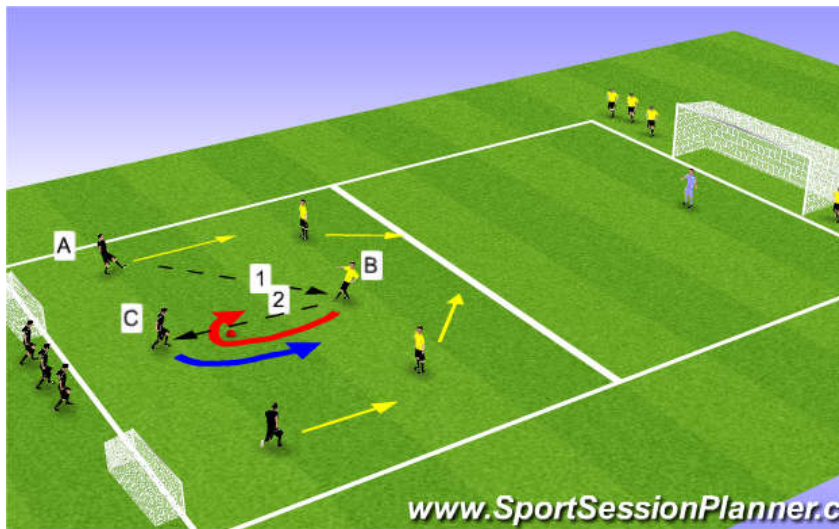
Bedding in (20 mins)

Purpose of the exercise is to attack with speed to take advantage of a momentary advantage in numbers, while the defense tries to delay and allow for a recovery run. Play begins with the attacking player A, who plays into the defending player B. As soon as play is live, rest of players proceed with their designated movements.






Player B immediately plays to attacking player C then runs around cone and makes a recovery run while his two teammates drop and consolidate to delay the attackers. If the defending 3 win the ball they can press ahead and attack the two smaller target goals.

Coaching points:

- Speed of attack--use the advantage!
- Defenders--delay and maximize coverage, attempt to force play wide to allow 3rd defender to get back
- Adjust distances to create proper outcome (not too easy or too hard for attackers or defenders).

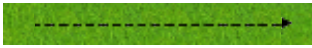


Learning Objectives

	Technical
	Tactical
	Physical
	Psychological
	Social



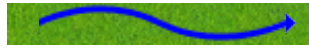
Movement



Pass



Custom Movement



Dribble