

3v2 Attack, Attack, Attack!



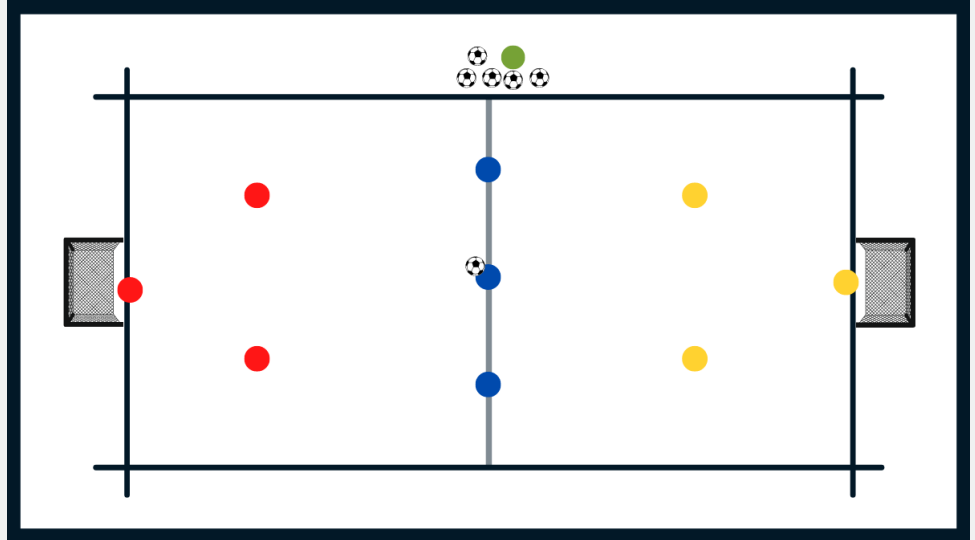
Age: 8+ Years

Players: 9

Topic: Attacking Play

Sub Topic: Shooting

Duration: 20 Mins



Set Up The Drill: Set up a 50×40 yard grid using small cones. Place a full-size goal at each end of the grid. If you don't have full-size goals, use tall cones, flags, or whatever you have available. Have a supply of balls available at the halfway line to help facilitate quick restarts. You'll also need three sets of different colored bibs.

Split the players into three teams of 3 and put them in separate colored bibs. For the purpose of this activity description, the teams will be red, yellow, and blue. The blue team starts as the attacking team with a ball on the halfway line. The red and yellow team set up to defend one goal each with one goalkeeper and two defenders.

Instructions: The blue team have ten attacks total to score as many goals as possible (five attacks against the red team and five attacks against the yellow team). Each goal is worth 3 points. An attack is over when one of the following three things happen:

- The ball is kicked out of play.
- A goal is scored by the attacking team.
- The defending team makes a successful pass across the halfway line to the team defending the opposite goal.*

**When a defending team ends an attack by making a pass across the halfway line to the other defending team, both defending teams get a bonus point.*

After the blue team has ten attacks, switch roles, so the yellow team and then the red team have ten attacks each. Whichever team gets the most points overall at the end wins!

Coaching Points:

- Encourage the attackers to spread out in possession.
- Good decision-making from the player on the ball on when to pass, dribble or shoot.
- Players should look to combine quickly and make proactive runs behind the defense.
- Utilization of different shooting techniques from different angles to try and beat the goalkeeper.
- Keep your head up and be aware of options at all times.