

**THEME**

3 v 1 Possession into 1 v 1 with Transition

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players passing, movement, decision making and 1 v 1

**ORGANISATION**

- Area: Pitch - 40 x 20 metres, 3 v 1 - 12 x 12 metres
- 3 Yellow Players v 1 Blue Player, after a set number of passes one Yellow Player can leave the area and attack either goal to create a 1 v 1 with another Blue Player, with 1 Goalkeeper in each goal
- If the Blue player wins the ball in the 3 v 1 can they play to Blue player outside to score in the goals marked with Red cones, one yellow player can leave the area to try and stop this
- If a Blue player wins or Goalkeeper saves the football in the 1 v 1 can they also transition to attack and score through either of the goals marked with Red cones

KEY FACTORS**3 v 1 Possession**

- Quality and selection of pass
- Body shape/First Touch/Back Foot
- Disguise/Change of Direction
- Angles and Distance of support
- Awareness of space and defender

1 v 1 Attacking

- Positive first touch, get the ball out of your feet, Attack the defender with the ball under control
- Keep your head up to assess defenders position
- Make your move (Skill, trick or speed),
- Got shot away and on target

NOTES

Keep scores and rotate groups so both get a chance to attack and defend



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