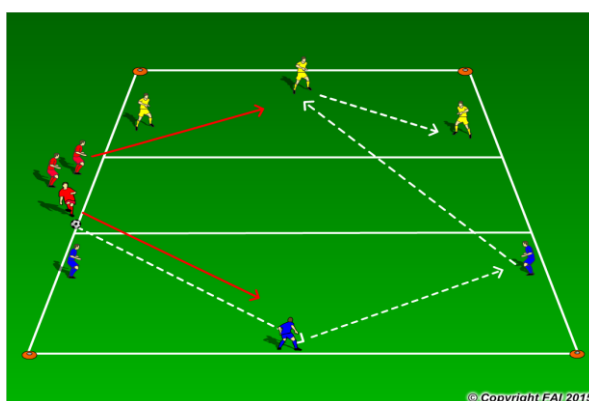


**THEME**

3 v 1 into 3 v 0 Transfer of Possession

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players ability in transfer of possession with transition to defend

**ORGANISATION**

- Area: 3 x (15 x 12 meters) zones
- 3 Blue Players and 3 Yellow Players start in the two end zones with 3 Red Players positioned on the outside of the middle zone
- 1 Red Player passes the ball into Blue zone and then follows their pass to create a 3 v 1 situation
- Blue Players must establish possession before transferring the ball
- When the ball is transferred the defender leaves the grid while another Red Player on the outside follows the ball into the Yellow grid to again create a 3 v 1 situation
- This process continues until possession is lost in the zone or in the transfer
- If defender wins the ball he/she must dribble outside the zone or transfer to the other zone while the 3 Players in possession must now quickly transition to defend
- If a Red Player dribbles outside the zone or transfers to the other zone, the team that lost possession now becomes the defending team
- Have a supply of footballs for the continuity of the practice

KEY FACTORS

- Create space (by individual & team mobility)
- Weight, accuracy and height of pass
- Body shape/Receive on Back Foot /First Touch
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Communication between players
- Awareness of space – defender in 3 v 1 and also in Transfer
- Transition to Defend – can we win ball back as quickly as possible

NOTES

If players of a high ability encourage two touch. Progression – have one defender in the middle zone to attempt to screen/cut out the transfer of possession



SPORTSDIRECT.COM FAI Summer Soccer Schools



Courtesy of FAI Coach Education Department

