

3V1 KEEP-AWAY IN A GRID

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Transition and attacking rhythm
- + Switching the point of attack

Competencies:

- + Short passing along the ground
- + Receiving using the feet
- + Mobility on and off the ball.
- + Attacking in pairs and small groups.
- + Defending as an individual.

WHY USE IT

This exercise works on maintaining ball possession in tight spaces, emphasizes proper body shape to protect the ball when passing and receiving, and challenges players to quickly provide close support to their teammates.

SET UP

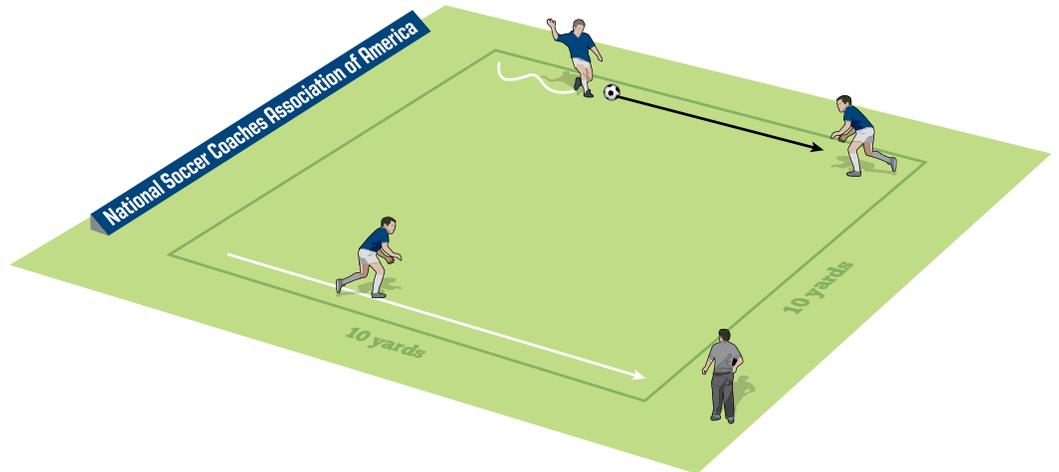
Set up four cones to mark a 10x10 yard box. Position 3 players on the perimeter of the grid with one ball.

HOW TO PLAY

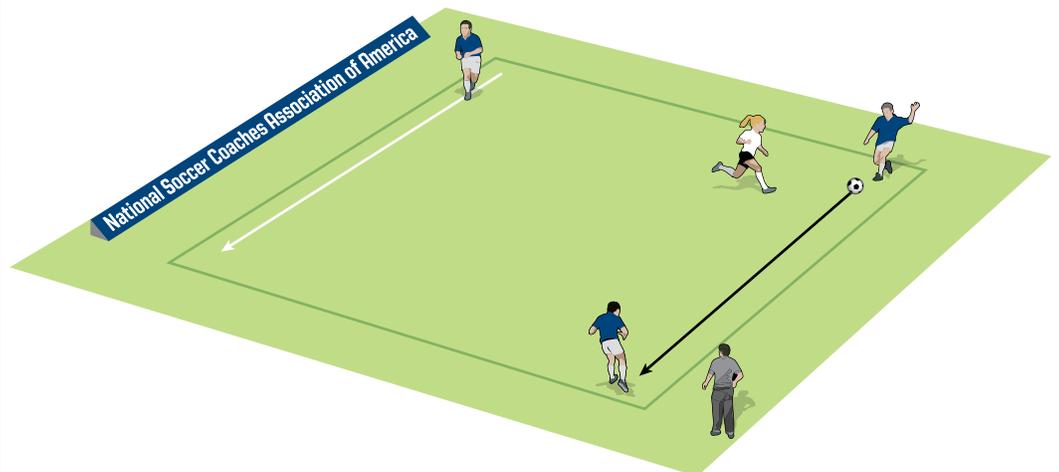
Begin by playing 3v0 in a Grid. Players are limited to 2 or 3 touches on the ball, and pass the ball to each other around the perimeter as quickly as they can. As each pass is made, the other player must sprint to fix the supporting shape (so that options always exist to the right and left of the dribbler). Progress the activity by adding a central defender who holds a vest. If the defender intercepts the ball, or an attacker commits a "thinking foul" (takes too many touches or uses the incorrect passing surface), then the defender throws the vest at the feet of the offending player and trades roles.

COACHING NOTES

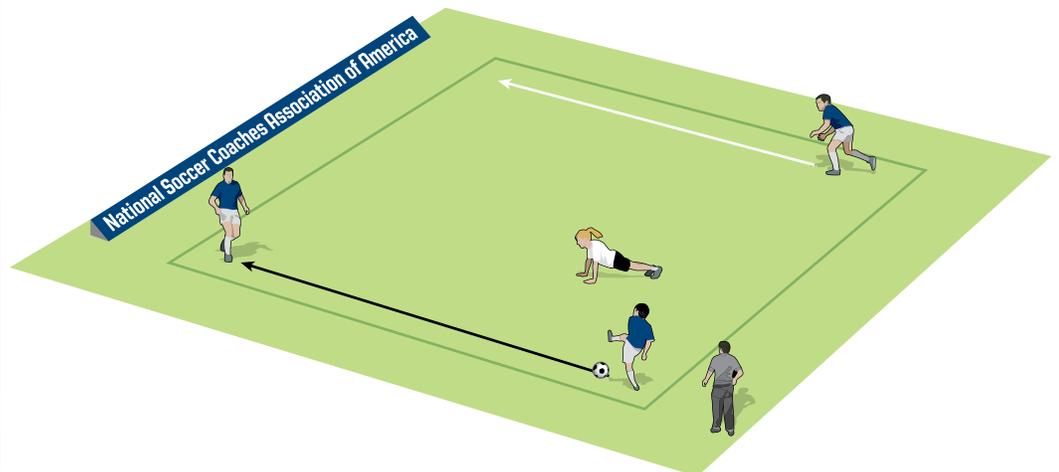
- + Coaching objectives - Require players to use only the inside of the outside foot to make each pass and look for players to open their hips to see the entire grid as they receive the ball
- + Coaching tip - Call "thinking fouls" for the players originally, then shift the responsibility to the defender to look for these mistakes
- + Adaptations - Everyone must work to keep the ball alive. If it stops rolling for any reason, all four players must do two quick push-ups and then restart play.



- + Player with the ball has support right and left.
- + Players must sprint to fix the supporting shape.



- + Add a defender.
- + Defender trades roles with an attacker on interceptions or "thinking fouls"



- + Coach randomly calls "time!"
- + Have the defender do 5 sit-ups/push-ups before trading roles.

