

## 3V3 IMMEDIATE CHASE TO GOAL

### STAGES COVERED BY ACTIVITY

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

### THEMES & COMPETENCIES

#### Theme:

- + Group defending.
- + Counter attacking and finishing breakaways

#### Competencies:

- + Defending in pairs and small groups.
- + Mobility on and off the ball.
- + Attacking in pairs and small groups.
- + Shooting technique

### WHY USE IT

This exercise improves your player's ability to recover defensively when caught numbers-down in transition.

### SET UP

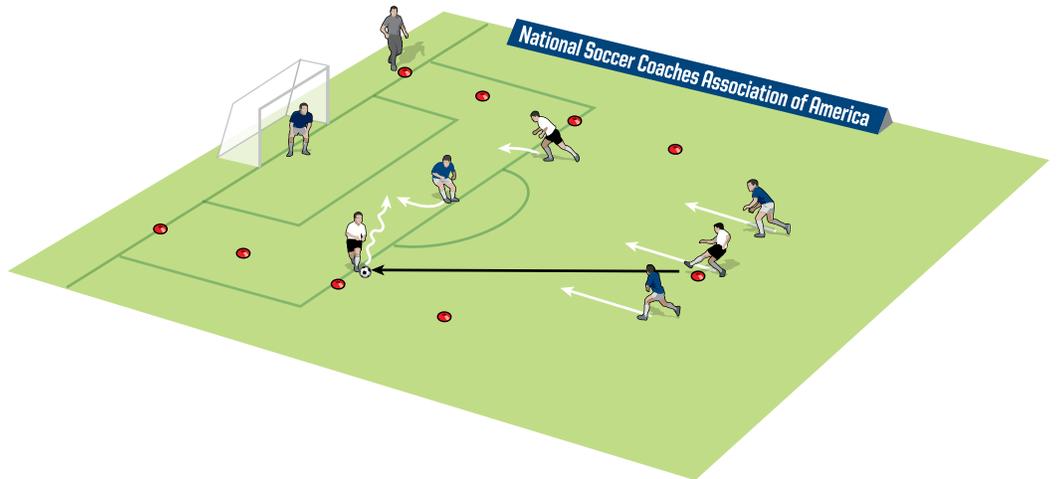
Using cones, mark a grid measuring 30x30 yards, centered in the penalty area. Place a cone 10 yards outside the area. Start with 2 attackers, a goalkeeper, and a defender in the grid. Another attacker and 2 defenders start by the cone outside the grid. The single attacker has a ball.

### HOW TO PLAY

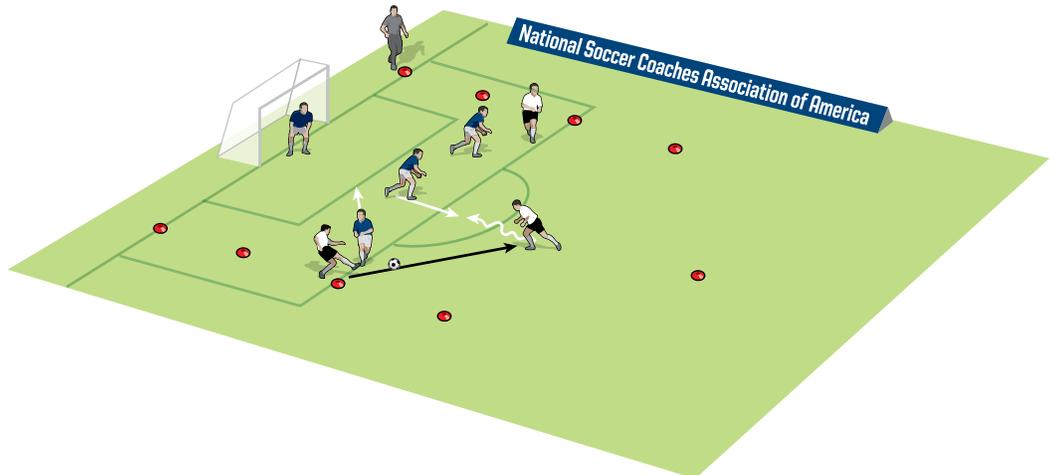
The first attacker initiates action with a pass to one of his 2 teammates. The defenders are free to react as soon as the ball is in play. The 3 attackers work to score and the defenders work to win possession and counter attack. Enforce the offside law inside the grid.

### COACHING NOTES

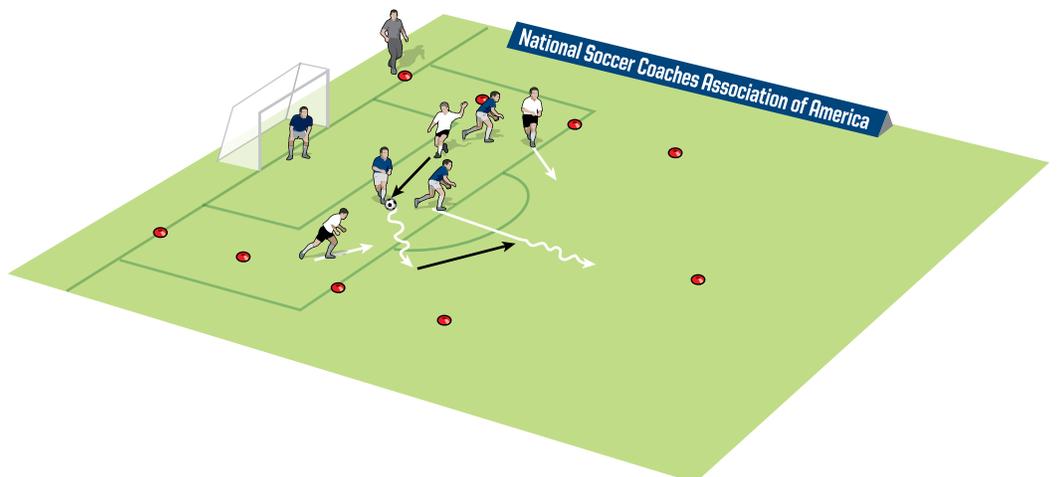
- + Coaching objectives - Look for the initial defender to delay and deny penetration as the other defenders work hard to recover into good positions quickly.
- + Coaching tip - Have an assistant coach watch the offside line closely so the defenders can employ a higher restraining line.
- + Adaptations - Begin with 2 defenders in the grid and just 1 recovering defender.



- + Play begins with an entry pass to an attacker in the grid
- + The first defender delays penetration as the other defenders recover



- + The recovering defenders must get goal-side and ball-side as quickly as possible
- + Once they have recovered, the defenders can step to the ball more aggressively



- + When the defenders win the ball, they work the ball out of the back

