

## 5v5 FUNCTIONING AS 5v3

### STAGES COVERED BY ACTIVITY

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

### THEMES & COMPETENCIES

#### Theme:

- + Group and team defending.
- + Team possession and purpose.

#### Competencies:

- + Defending in small groups - applying pressure, covering and support.
- + Transition from defense to attack and attack to defense.
- + Passing a short and medium distance.
- + Receiving a pass.
- + Attacking in small groups.

### WHY USE IT

This exercise is a terrific way of teaching players high pressure defending roles (1st, 2nd, 3rd), coordination and also transition into possession.

### SET UP

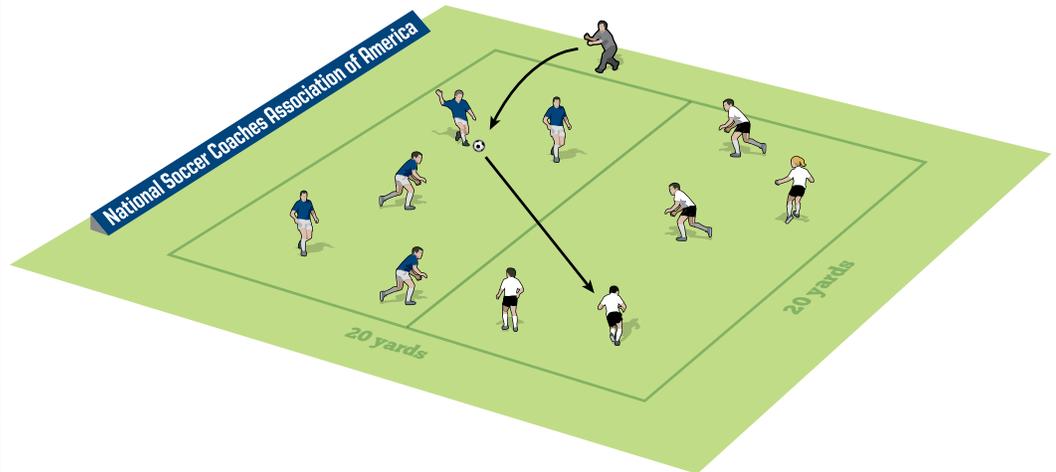
Utilize a 20x20 yard grid divided in half with a line of cones as shown. The coach is stationed at the side of the grid with a ball supply for all re-starts.

### HOW TO PLAY

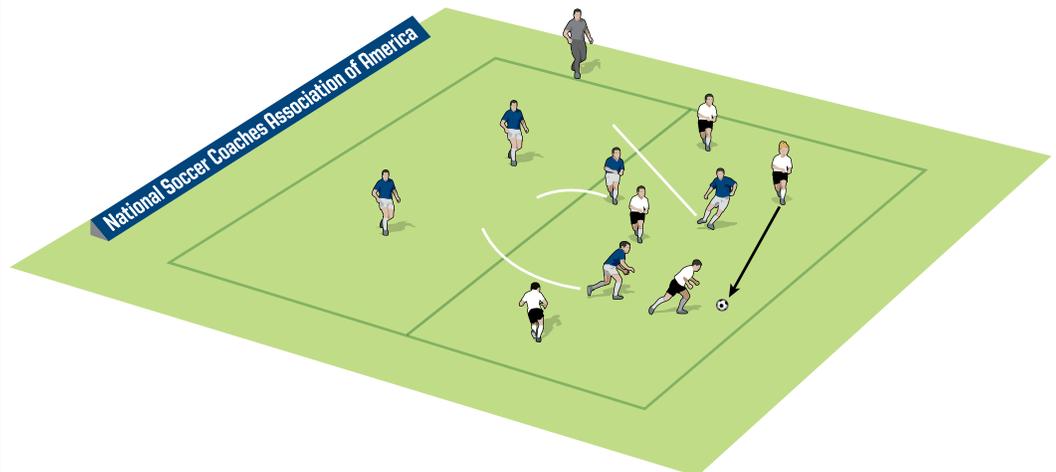
The exercise begins with the coach playing a ball into one team. The ball is immediately passed to the other team (simulating a turnover). The defending team send 3 players into their opponent's half of the grid to try to win back the ball. When the ball is won it is passed or dribbled back into the other half of the grid and the 2 teams change roles. Look to see if players understand first (pressure, make play predictable), second (cover) and third (balance) defender roles and how to interchange.

### COACHING NOTES

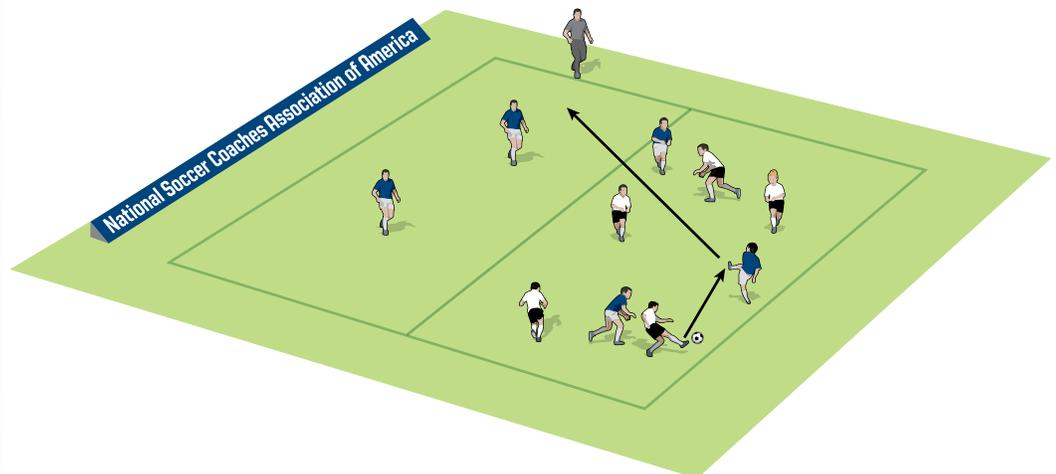
- + Main coaching objectives - Can the defending players get in and establish immediate pressure?
- + Coaching Tip - Stop the action to adjust defending positions, careful to emphasize angles and distances.
- + Adaptations: Serves from grid to grid must be in the air; expand or shrink the grid to adjust pressure.



- + Coach plays into one team and the ball is served to the opponent.



- + Players from the defending team get into the opponent's zone
- + 1st player looks to pressure while 2 and 3 cover.
- + Meanwhile, the white team combine passes



- + The pressurizing run forces the ball to be played back
- + The cover and balance defenders have read the options available
- + Cover defender wins the ball and plays it back into the blue team's grid.

