

# 1V1 TO 3V3 TEAM WARM-UP

## WHY USE IT

This is a wonderful warm-up activity that can introduce numerous attacking and defending concepts and themes. Use this activity with younger and older youth players, adjusting the conditions to increase the intensity.

## SET UP

The set-up is a 30x20 yards area with 2 appropriately sized goals at each end. The coach stands at the halfway with a large supply of balls and 2 teams of players start at a cone 3 yards from the coach.

## HOW TO PLAY

To begin the session the coach plays a ball into the area and the first player in each line sprints to the ball. Based on the starting positions of the players the first player to the ball should attempt to take a firm touch towards the goal and score. Playing 2v2 enables the coach to teach players different movements and combinations, such as an overlap, under lap and wall pass. The coach can also discuss the importance of maintaining possession if a quick attack is not available, with the available space often behind the player in possession. The coach should keep the activity flowing, sending multiple groups with a few seconds in between.

## COACHING NOTES

- + Coaching objectives - Work with the players to make decisions based on the position they receive the ball on the field, the number of teammates, teammate's position and the location of the opponents. As a general rule the order of decision making questions for young players is - Can I shoot? Can I dribble? Can I pass? As player's become more competent the order of the questions may change to: shoot - pass - dribble.
- + Coaching tips - The service from the coach will establish the challenge for attackers and defenders. For example, if the coach plays a short straight ball, the attacker will be able to see the field and penetrate quickly. If however the coach plays the ball long or behind one of the players, the attacker will start with momentum going away from goal.

## HOW TO MODIFY THE ACTIVITY

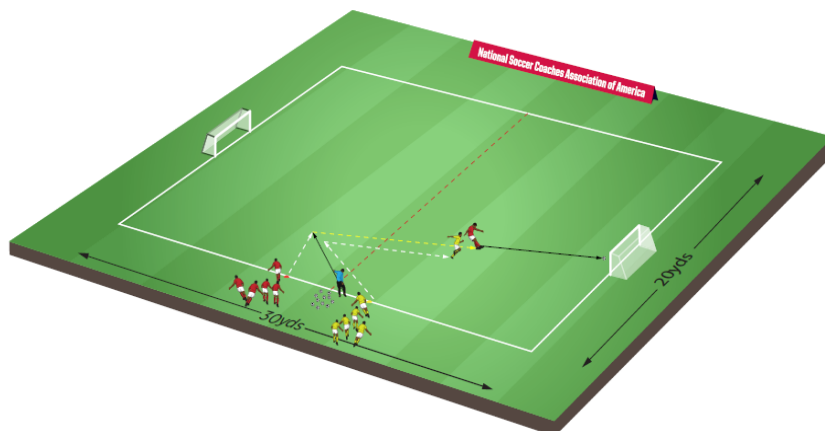
- + Less challenging: Keep the number of players on the field to a minimum - 1v1. The coach can also play straight passes to the attackers so they can see the whole field.
- + More challenging: Add more players gradually, change starting positions, serve the ball in different directions and speeds.

## STAGES COVERED BY ACTIVITY

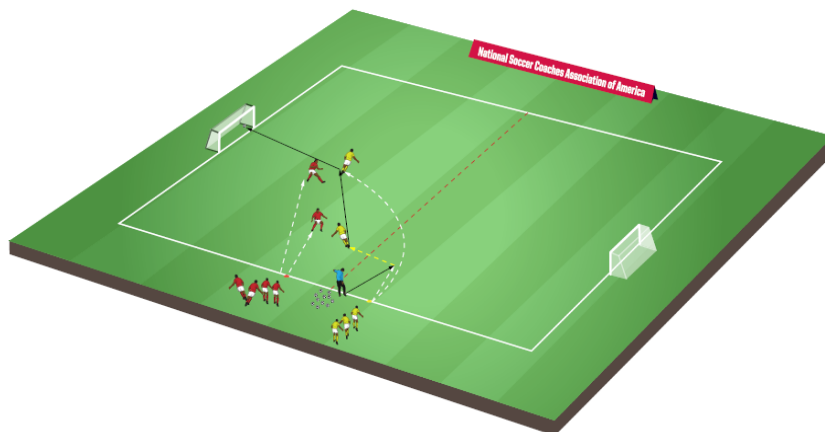
Stages 2, 3, 4 & 5 - 6-18 year old players

## THEMES & COMPETENCIES

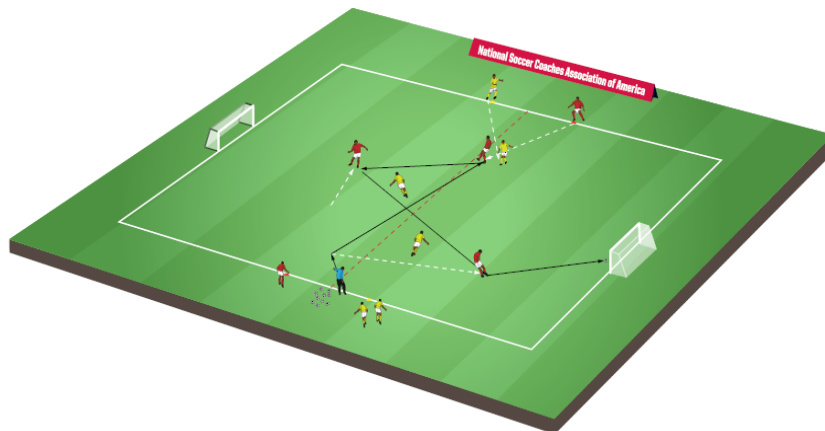
Top 3 themes: Attacking and defending 1v1, small group attacking, defending and dribbling.  
Top 3 competencies: Beating an opponent, defending pressure and creating space.



- + The coach starts a 1v1 duel with a ball played at an angle to the red player.
- + The yellow defender closes down the red attacker, but the attacker is able to beat the defender.
- + The red attacker shoots at an unopposed goal and scores.



- + The coach progresses the activity by playing 2v2.
- + The pass by the coach is short and straight and the yellow attacker is first to respond.
- + The teammate of the attacker exploits a massive space and makes an overlap to score.



- + In the final progression, the coach plays 3v3, with 1 player from each team entering from the far side.
- + The first red player entering from the ball side plays to the player entering the field on the far side.
- + Possession is maintained well by the red's with a pass backwards followed by a forward pass for a shot.