

# ALL UP - ALL BACK 3V3

## WHY USE IT

This small sided game is a great way to reinforce previously learned attacking and defending concepts. The rules require players to support teammates in attack and recover quickly to defend.

## SET UP

25x15 yards. 3v3 with a small goal at each end. Training vests and a supply of balls at each end of the field.

## HOW TO PLAY

Play commences with one team taking a kick-off. Both teams attempt to score in the opponent's goal. To encourage players to support the attack, a goal is only counted if all the players from the attacking team are in the attacking half when the ball crosses the goal line. Similarly, to encourage defenders to work back to prevent a goal, all defenders must be in the defensive half of the field when a goal is conceded. If a defender is caught in the attacking half when a goal is scored, the goal counts as 2. There are numerous attacking and defending concepts the coach can review with players. The rules/conditions favor communication between players, such as letting teammates know when all players are in the attacking half. Equally, the coach can suggest that attacking at pace may catch a defender or 2 over committed in the attacking end of the field. When the ball leaves the field, use the nearest ball and restart quickly. First to 5 points wins.

## COACHING NOTES

- + Coaching objectives – Adding the all-up and all-back conditions should create urgency in the players. Players will learn quickly to support the attack, but not over commit so there is no defensive cover.
- + Coaching tips – Using a points system is a good way to add emphasis to the main theme of the session.

## HOW TO MODIFY THE ACTIVITY

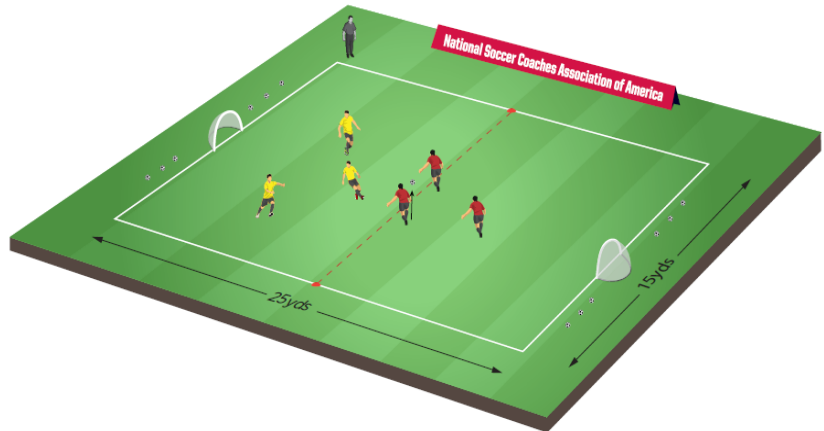
- + Less challenging: Increase the length of the field to give the attackers more space and more time to get over the halfway line. Reduce the length to make space easier to cover for the defenders.
- + More challenging: If a goal is scored and one or more attackers or defenders are in the other half, the 'lazy' players have to step off the field for the next sequence - leaving the team with players 'down'.

## STAGES COVERED BY ACTIVITY

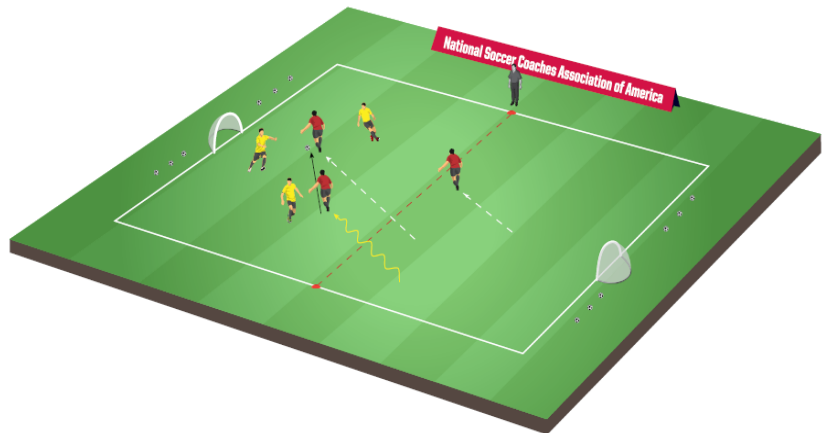
Stages 2, 3, 4 & 5 - 6-18 year old players

## THEMES & COMPETENCIES

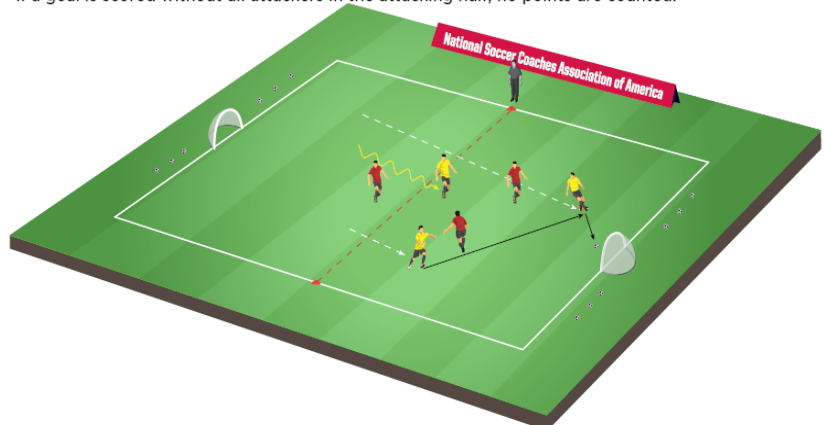
Top 3 themes: Passing over short and medium distances, support and defensive pressure.  
Top 3 competencies: Passing, receiving and 1v1 defending.



- + 3v3 game, with a line or line of cones splitting the field in half.
- + Spare balls are placed along both end lines, so quick restarts are possible.
- + Reds start with a kick off and attempt to attack the yellow team's goal.



- + The red's combine to create a shooting opportunity.
- + The red attacker keeps possession instead of shooting, because a red attacker is slow to enter the attacking half.
- + If a goal is scored without all attackers in the attacking half, no points are counted.



- + Yellows quickly counter attack and all 3 yellows enter the attacking half of the field.
- + One red defender is slow to recover into the defensive half.
- + Yellows score. The yellow team receive 2 points because the red player is caught in the wrong half.