



Dimensions: Set up an area big enough to play a simple 3v3 possession game inside. Place this area 30 yards from a goal. Two teams occupy the area and two players wait in the space between the area and goal.

How to: One team starts in possession and makes 3 passes amongst their team mates. Once a team makes three complete passes they can pass the ball into the player outside the area. When this player receives the ball one team mate can join the attack making a 2v1. The team in possession scores a point by successfully scoring on goal. Play starts over with the other team.

Coaching Points: Make quick accurate passes, remember to move off the ball to create space. The attacking player outside the area must create space away from their marker and try to hold the ball up to allow a player to support in attack. Move the ball quickly to take advantage of the numbers up situation.

Adaptations: once the 3rd pass is made and the ball is passed into the attacker, a player who didn't make the final pass has to join in the attack support. Add more players or create a numbers up situation in passing to create more successful attacks

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