

3 v 1 plus 1 to endlines



The Game: 3 white players attack 1 red defender with an additional red defender protecting the end-line. The attackers try to either dribble or stop the ball on the end-line (depending on ability). After attacking in one direction they attack in the opposite direction.

The Rotation: White should have 10 attacking opportunities (5 in each direction). Switch roles. If you have 12 players set-up two fields, 18 players (3 fields). Coach could set-up a tournament.

Focus: Allow the activity to teach the players, “Discovery Method”. If the players are struggling, ask them questions that lead them to the answer. They need to learn to solve problems on their own.