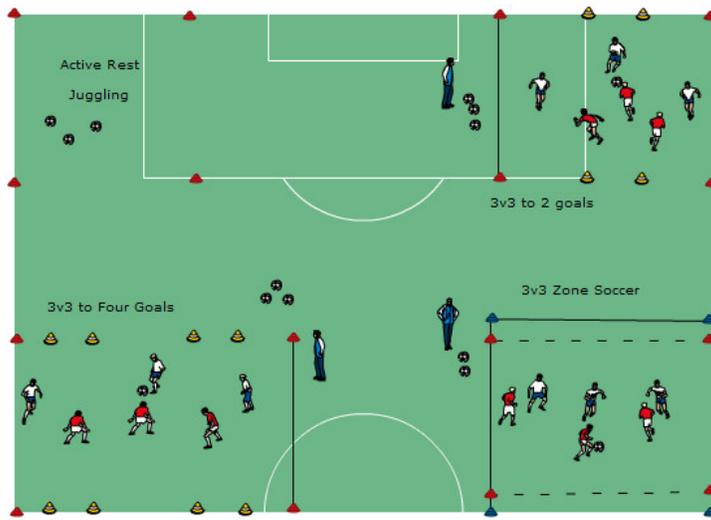


3v3 Competition Day



The Set-up: Half the field. Create 4 boxes (as pictured). Each box will have a different activity. Leave one box empty with the exception of a few balls, next box should have one goal on each end-line, the third box should have a small zone created with discs at each end-line, and the final box should have 2 small goals each end-line.

The Game: Divide the team into 6 equal teams of 3. Leave box one (upper left)

open for the first round of games.

- **Box 1:** Active rest/ pairs juggling
- **Box 2:** 3v3 to 2 goals. Can we create good angles of support on offense? Can we defend in a triangle (pressure/cover)?
- **Box 3:** Zone soccer- players must dribble the ball into the opposing teams' zone in a controlled manner. Teams can't defend in their zone (1 yard area marked off by discs). By allowing the players to attack the entire line it will create more 1v1 attacking situations. The defending team will be forced to work hard to cover their entire line.
- **Box 4:** 3v3 to 4 Goals- Focus: Recognizing and attacking the spaces out wide. Can we quickly swing the ball from one side of the field to the other? This is a great way to encourage your players to keep possession of the ball while keeping proper spacing on the field.

Rotation: (two options)

1. Teams play the same opponent for an entire rotation. Games should run three to five minutes before yelling Go! Once the coach says Go! all players sprint to the next field (clockwise) and immediately begin the new activity. Coaches should move with their group. Keep score. *This is a great way to rotate if you plan to use this activity throughout the season. You can mix the teams week to week and see which players accumulate the most points.*
2. Coaches remain at their field. Games should run three to five minutes before yelling Go! Once the coach says Go! all the Red teams move clockwise while the white teams move counter clockwise on the coaches signal. *This might keep the kids more attentive throughout the entire rotation, but will be more difficult to score and track progress.*

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

2 Balls for 3 People

Groups of 3 Warm-up, Fitness& Technique

Possible Previous Activity:

3v1 with Quick Reaction

3v3 to 4 Diagonal Goals