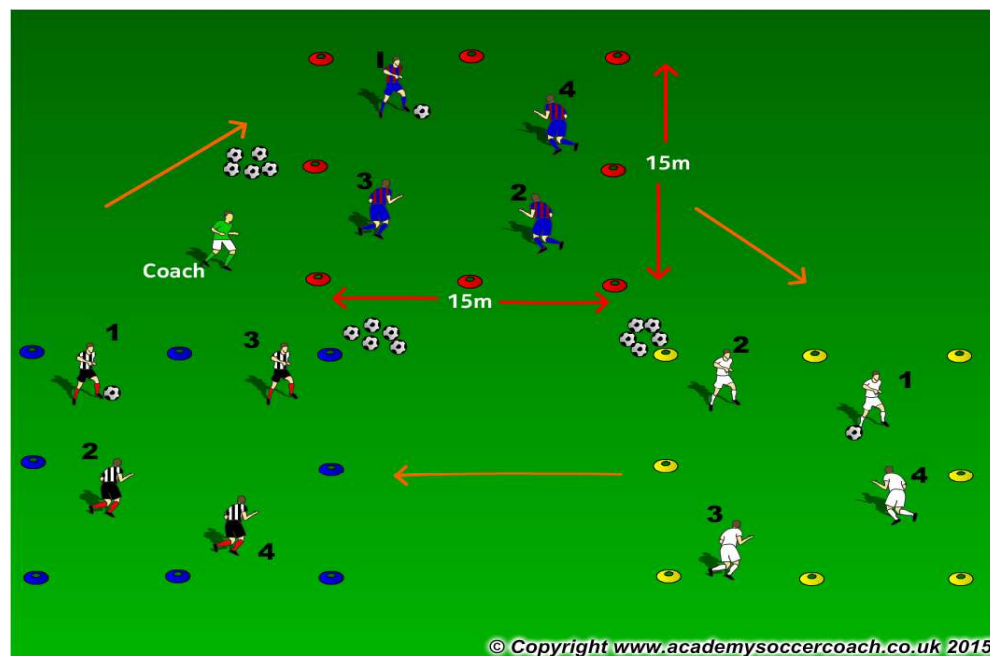




Learn to Train 3v1 World Cup



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Organization: 4 players are placed inside each 15m x 15m area each player is numbered from 1- 4.

Procedure: Players will pass and move inside their area. When the coach calls out a number that player will rotate clock wise and become the defender in the next square to create a 3v1. Attackers score 1 point each time they complete 3/4 passes. Defenders score a point each time they win possession or the ball goes out. After 30 seconds players return to their own team and calculate their points. Allow each player to become the defender and then tally all points to find the winning team.

Time frame. 12-15 minutes

Emphasis:

- Movement to create space & support player in possession
 - Passing key factors
 - Receiving skills

<p><u>Psychological</u> Decision making Confidence Creativity</p>	<p><u>Technical</u> Passing Receiving Shielding</p>
<p><u>Physical</u> Agility Balance Coordination Speed</p>	<p><u>Social</u> Team work Communication Competition FUN</p>