COUNTER-STRIKE 3v3

STAGES COVERED BY ACTIVITY
Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES
Theme:
+ Team possession with purpose.
+ Group and team defending.

Competencies:
+ Transition from defense to attack and attack to defense.
+ Passing a short and medium distance.
+ Receiving a pass.
+ Attacking in small groups.
+ Defending as a unit and team - applying pressure, covering and support.

WHY USE IT
This exercise teaches players to recognize the moment to counter and get numbers into the attack.

SET UP
24x18 yard field divided in half and featuring small goals at each end.

HOW TO PLAY
2 teams of 3. Each team plays 2 defenders (in the back half) and an attacker (in the front half) of the grid. Players are confined to their zones and goals can only be scored from the front half of the grid. Firstly, the player in the defending half who passes in to the target player in the front half must join that player and can remain there until a goal is scored or possession is lost. Secondly, when one player from the defensive zone passes in to the target, the other player in the defensive zone must get forward in support of the ball.

COACHING NOTES
+ Main coaching objectives – The ability of the attacking player to post up and hold the ball against a defender(s), and combination play are important coaching points.
+ Coaching Tip - Do your players attempt to change speed in attack? Counter-attacking is about rhythm and all players need to adapt to the need for faster play as the team moves forward.
+ Adaptations - Play 2 games on adjacent fields. Add a goalkeeper on each end. The goalkeepers must move back and forth from one field to the other and join the play.
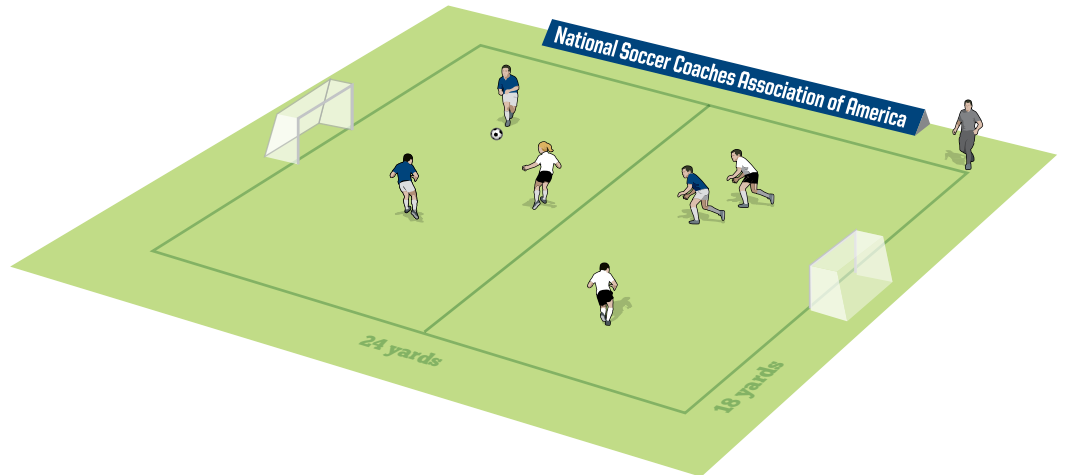
+ 3 vs. 3 to small goals.
+ 2 vs. 1 in each end.
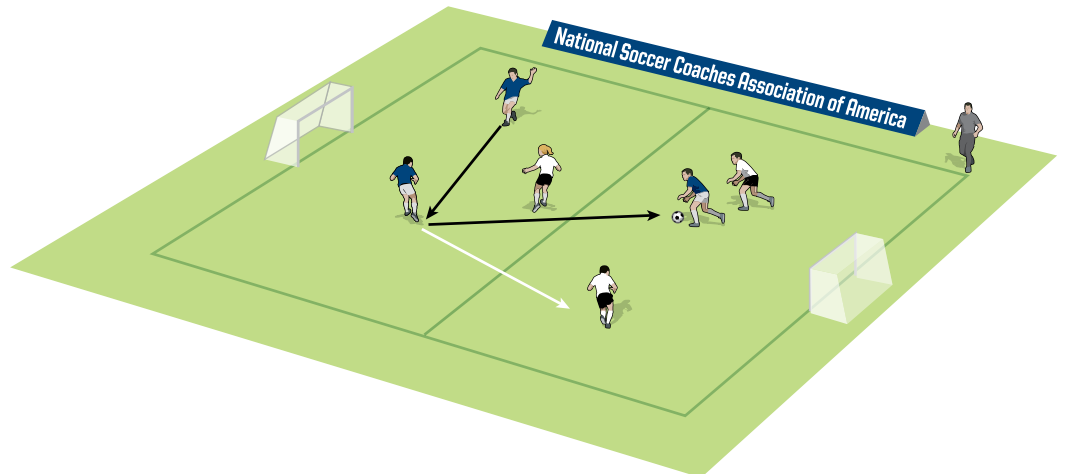
+ Player passing in to the target player must immediately run forward in support of the attack.
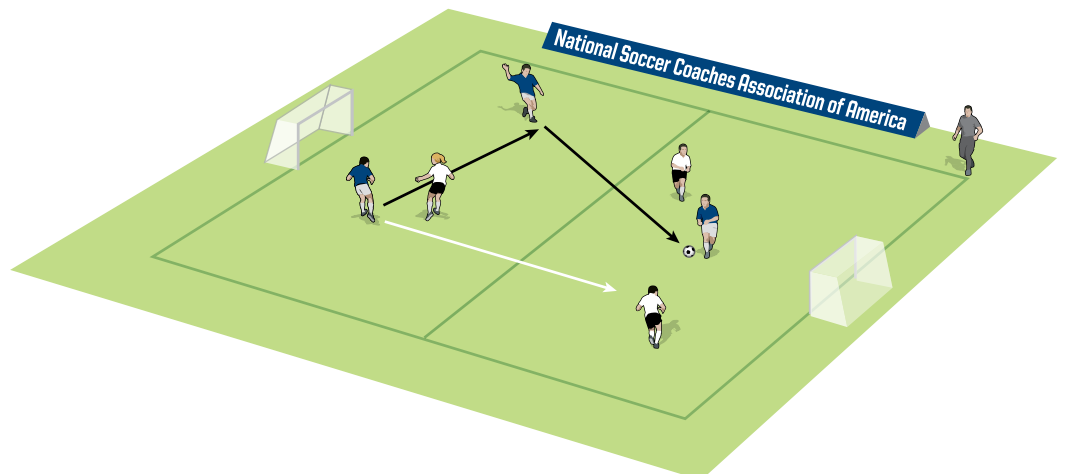
+ The player off of the ball must get forward in support of the attack when his partner plays into the target player.

National Soccer Coaches Association of America

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