



3v3 Session

Category: Small-Sided Games
Difficulty: Moderate

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Description

IAS Clinic: 2/13/18. US Soccer Play-Practice-Play Method. Variety of practice activities that replicate game-like situations. The objective is to teach small group tactics within each activity.

Play

Warmup - 3v3 Free Play

Begin the session with continuous 3v3 games.

Organization:

- See Diagram.
- Adjust with numbers.

Coaching Notes:

- Players must recognize the right time to pass and right time to dribble.
- 2nd & 3rd attackers must support the ball.
- Keep a good defensive shape and stay organized.



Practice

Moving Triangle

Passing activity that demands two passing options at all times.

Organization:

- See Diagram.
- 3 players per square.

How to Play:

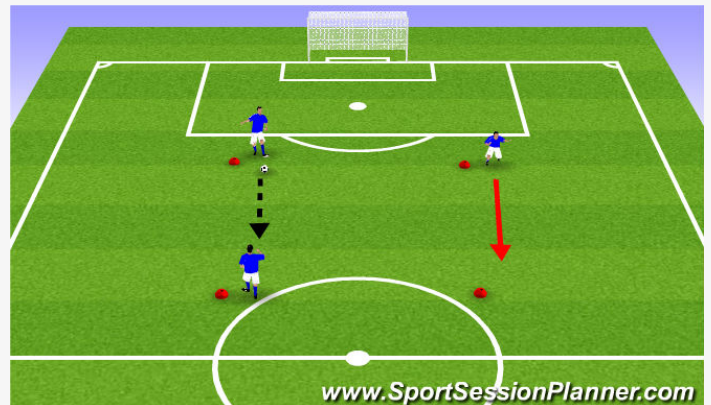
- Whenever a pass is made there must be a triangle off the ball, which requires movement of the third player (the player not receiving the pass). This will always give the player with the ball two passing options.

Progression:

- Add a defender.

Coaching Notes:

- Quick, accurate passes.
- Always be in a position to receive.



Play

3v3 Bumpers

Small-Sided Game with wide passing options.

Organization:

- See Diagram.
- 3v3 game with bumpers, supporting players on each sideline.

How to Play:

- 3v3 game to goal.
- The "bumpers" are additional passing options. Also, they're allowed to move along the sidelines.

Progression:

- "Replace Bumpers" - when pass is made to a bumper, he/she comes onto field to join the play and the passer follows their pass and becomes a bumper.

Coaching Notes:

- Encourage wide play, moving the ball away from pressure.



