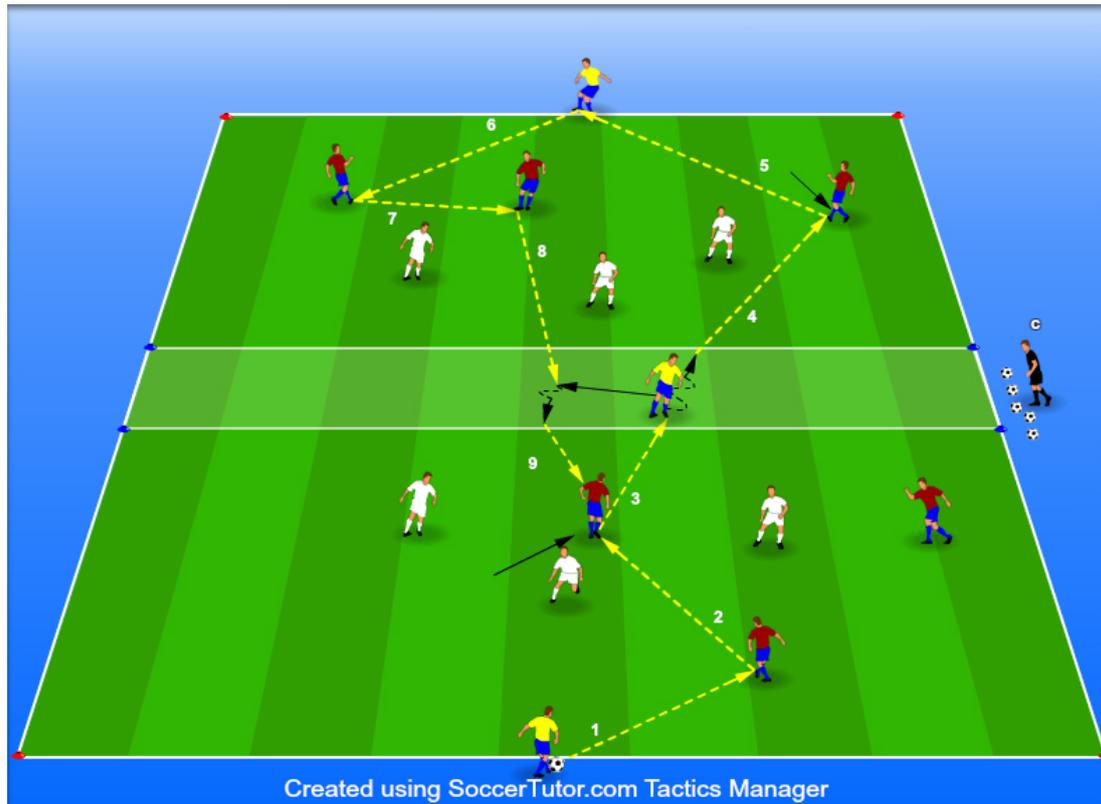


Receive, Turn and Pass 3 Zone Switching Play Game



Levels: U12-18+

Measurement:

30 x 30 Yards

Duration: 15 Mins

Players:

15

Objective:

We work on switching play by turning, passing and retaining possession.

Description:

We play a 3 zone game in an area 30 x 30 yards (with a 7 x 30 yard central zone). There is a 3v3 situation inside the 2 end zones, 1 neutral player inside the central zone and 2 neutral players outside of the playing area (at the ends).

The red's aim to retain possession and find a way to pass the ball to the neutral player inside the central zone. This player should then turn and pass to a red player on the other side. The red players on the other side have to pass the ball to the neutral outside before passing back to the neutral inside.

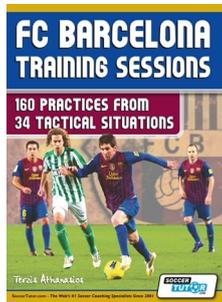
A player can pass the ball more than once to the neutral outside in order to retain possession. The roles switch in 2 ways; the team in possession only have 20 seconds to pass the ball to the neutral inside or the coach plays a ball in to the other team or if the defending team win the ball, they carry on with the roles switched.

The outside neutral players use 1 touch or pass within 3 seconds of receiving. The neutral player inside the central zone use 2 touches, as do the team in possession.

Receive, Turn and Pass 3 Zone Switching Play Game

This Drill is Taken From...

By Coach



160 Practices from 34 Tactical Situations

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Athanasios Terzis

UEFA 'B' Coach .

Equipment Needed



Space Markers



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Rubber Marker Discs



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Training Ball



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Mini Pro Cones



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