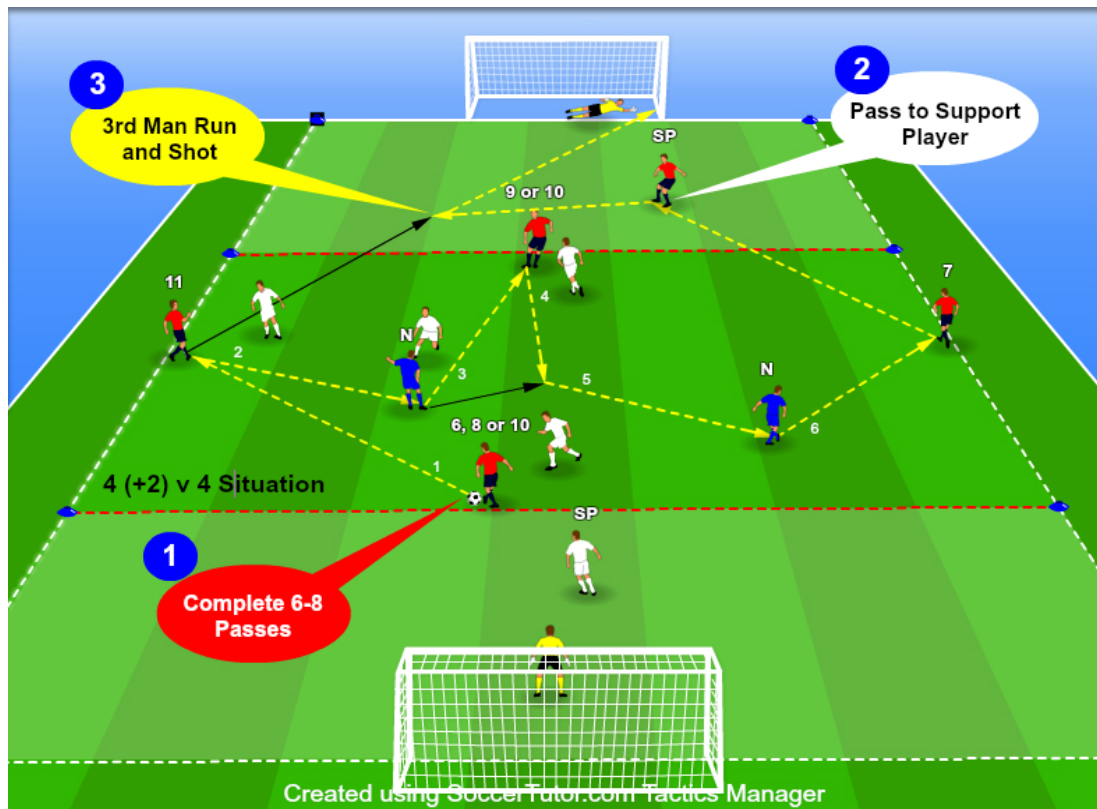


Attacking Combination Play with 3rd Man Runs in a 6 v 6 (+2) Small Sided Game



Levels: U12-18+

Measurement:

38 x 14 Yards

Duration: 20 Mins

Players:

12

Objective:

To develop quick combination play, 3rd man runs and finishing in a small sided game.

Description:

In an area 38 x 14 yards divide the pitch into 3 zones. The middle zone is 14 x 14 yards and the 2 end zones are both 12 x 14 yards each. In the middle zone we have a 4v4 and 2 neutral players. Each team has 1 extra support player in the high zone.

The game starts with one team in possession in the middle zone with a 4 (+2) v 4 situation. In this example the reds are in possession and the 4 red players can only move along the sides of the middle zone. The 2 neutral players move around inside and provide support for them.

The objective for the team in possession is to complete 6-8 passes and then pass to their support player in the high zone. If this happens, another player (using a 3rd man run) runs forward to support, receives a first time pass from the support player and shoots at goal.

The support players can stay the same or can change position with the player who shoots.

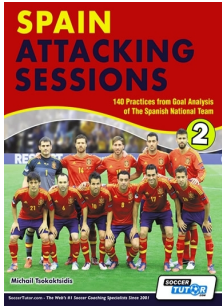
Coaching Points:

1. Red and white players are limited to 2 touches in the middle zone and 1 touch in the end zones.
2. Neutral players and support players are limited to 1 touch.

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This Drill is Taken From...

By Coach



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Michail Tsokaktsidis

UEFA 'A' 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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