

Name: Arsenal - Alex Mason

Topic: Defending 3 v 3

Date: \_\_\_\_\_

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min. 3 v 3</p> <p>* STRETCH</p>	<p>Organization</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> <li>- (O1) pressure</li> <li>- (O2) support / cover</li> <li>- (O3) balance</li> <li>- communication</li> </ul>
<p>Match Related Activity 15 min. 3 v 3 defending to end lines</p>	<p>END LINE</p>	<ul style="list-style-type: none"> <li>- be aware of (X) team movement off the ball</li> <li>- look for numbers up situation</li> </ul>
<p>Match Related Activity 20 min. 3 v 3 + keeper - if (O) team wins possession they can attack gates</p>		<ul style="list-style-type: none"> <li>- correct support from both (O2) and (O3)</li> <li>- communication must be loud, clear, and positive</li> </ul>
<p>Match Condition Game 40 min. 3 v 3 + Keeper - short field to allow repetition</p>		<ul style="list-style-type: none"> <li>- (O2) must cover (O1), (O2) is goal side marking (X2). If (X1) passes to (X3), (O3) will become pressure, (O2) will become cover and (O3) balance.</li> </ul>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	