



3V3 PLUS 3

Emphasis:

This game focuses on keeping possession, passing, receiving, movement off the ball, angle of support, vision and communication.

Game Info:

This is for ages U8-U14. It is best run with at least 9 players but no more than 18 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

Start with building a 25x25 grid. Create 3 teams of 3. Three teams of different colors.

Instructions:

Instruct the Yellow team to be defense first. The other two groups, Red and White, are responsible for keeping possession among the 2 groups. If the defending team (Yellow) wins the ball, the team who made gave the ball up automatically becomes the defending team.

Any ball played out of the grid is considered loss of possession by that group, and that group should become the defending team.

Progression:

- For lower level players, rotate the defenders every 2-3 minutes rather than automatically switching after loss of possession.
- Adjust the size of the field to make it more or less challenging
- Restrict the number of touches per player

Coaching Points:

- Good first touch and preparation for the pass
- Quality, controllable passes to feet
- Proper runs/angle of support
- Open the body to the field to understand passing options