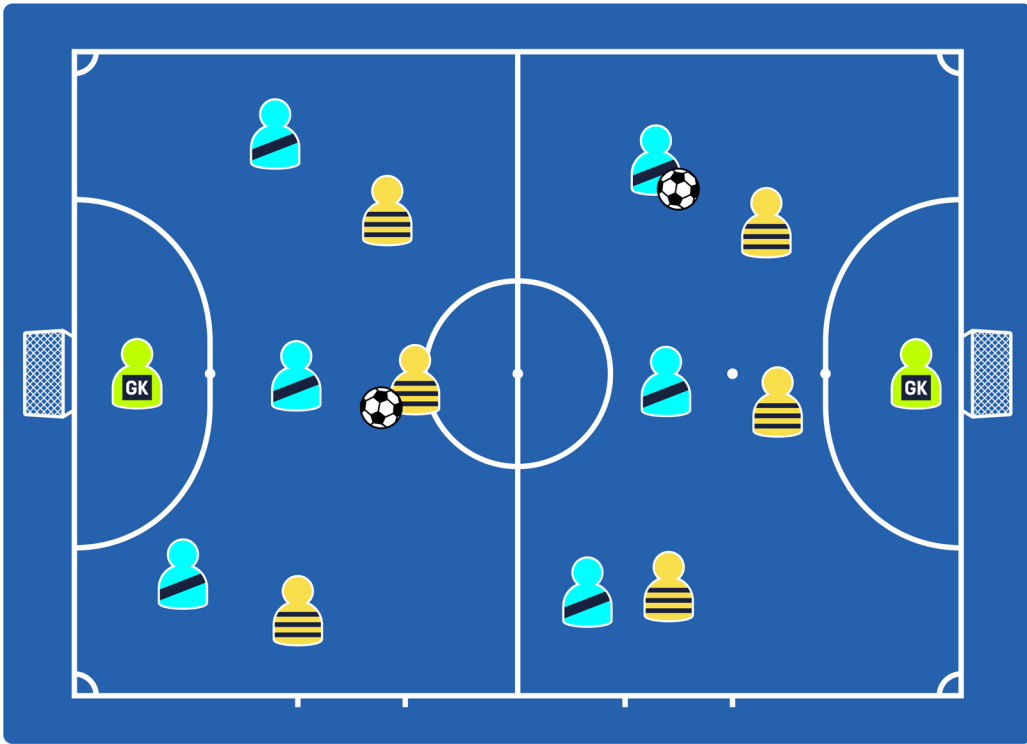


SESSION PLAN

3v3 ONE-WAY ATTACK



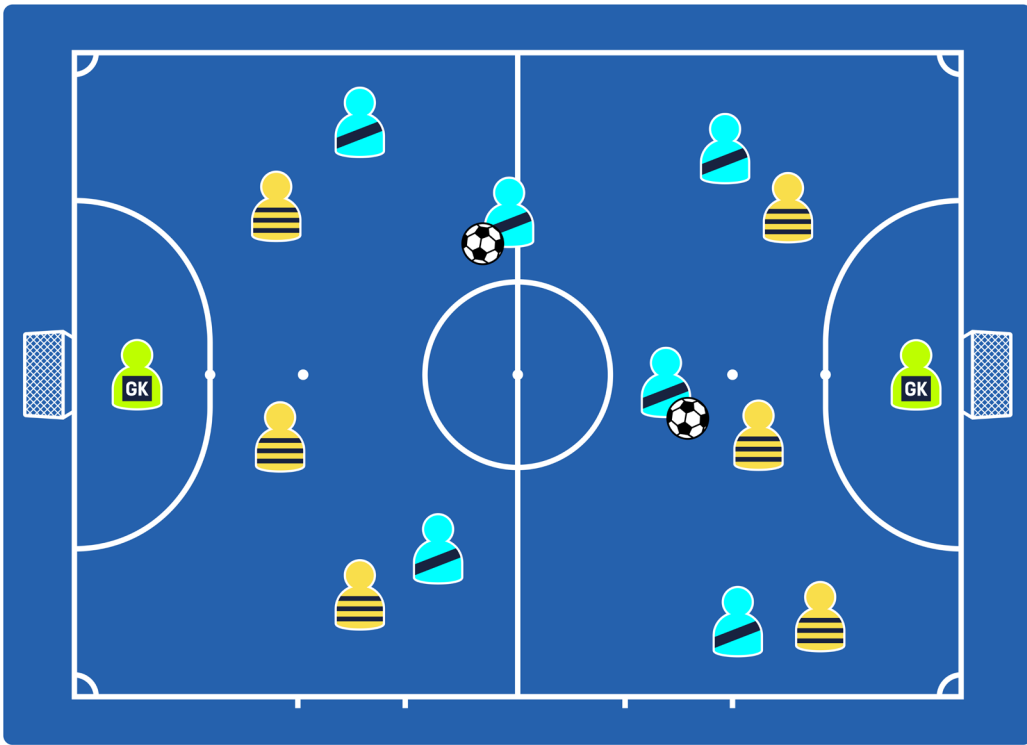
Ball:

Team 1:

Team 2:

Goalkeeper:

Goal:



Ball:

Team 1:

Team 2:

Goalkeeper:

Goal:

OBJECTIVES

Players will develop their understanding of:

- how to receive and face forward
- how to combine with teammates in tight areas.

ORGANISATION

- Set up an area appropriate in size for your players – we're using a full futsal court with a goal at each end
- We've got 14 players – two teams of six and two goalkeepers
- Both sides separate into two 3v3 games, one in each half

HOW TO PLAY

- The aim of the game is to combine with teammates to score
 - The activity starts with the attacking team (in both halves) dribbling or passing the ball from the halfway line
 - They work together to beat their opponents and score – if they do, they get a point and start from the halfway line to try again
 - If the defending team wins the ball, they must stop it on the halfway line – if they do this, they become the attackers (and the attackers become the defenders)
 - Play for four minutes, then add the scores together from both pitches to make a team total (note: teams can only get points by scoring when they're the attacking team)
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