

3 v 3 For Penetration

Emphasis: Dribbling for possession and penetration



Set-up:

15 x 20 yard grid. Six players are positioned inside the grid with one ball. Players are divided to create a 3v3 situation. Cones are placed to create two mini goals at each end of the grid as shown. A supply of balls is placed around the perimeter of the grid. Repeat setup to accommodate entire team.

Objective:

Players compete for possession of the ball. Goals are scored by dribbling through either of the opposition mini goals. Players must dribble through the mini goal in full control of the ball for a goal to be awarded. If the ball leaves the playing area, players must find the nearest ball and dribble into the grid to continue the game. Play is for a designated period of time or for a predetermined number of goals.

Progression:

1. Two goals are awarded for successfully beating an opponent prior to dribbling through the mini goal.

Coaching Points:

- Encourage players to take chances in 1v1 situations.
- Vision - eyes up at all times to scan the playing area.
- Be deceptive while attempting to beat an opponent.
- Change of pace – burst through the mini goal.
- Penetrate at earliest opportunity.