

LEVEL

- U8-U11

PRINCIPLES OF PLAY


- Desire to defend
- Distance between defenders
- Body shape


3v3 DEFENDING

- This is a 3v3 practice designed to challenge the players' ability to limit attacking options and defend space in front and behind.
- The practice requires at least nine players – three to defend and at least two sets of three to attack – plus at least one goalkeeper.

KEY

 Ball movement

 Player movement without the ball

 Player movement with the ball



Players



Cones



Flat marker



Cones with flat marker



Goal



Mini-goal



Mannequin



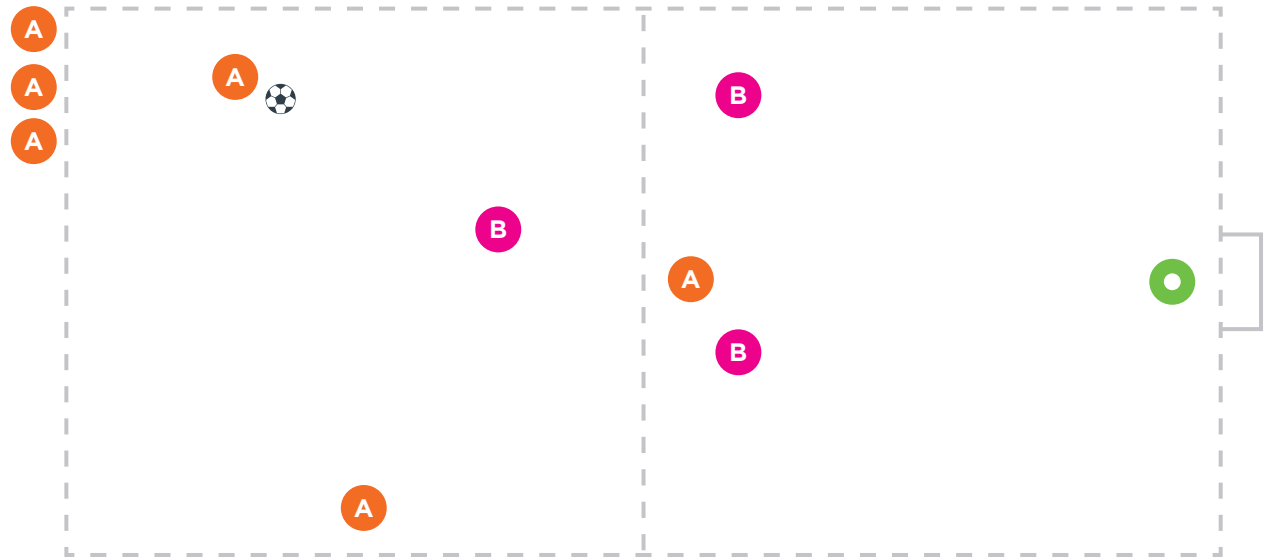
Pole



Soccer Ball

FUNCTION

- This practice is designed to challenge the players' ability to limit attacking options and defend space both in front and behind.
- It is a 3v3 opposed practice that also challenges the players' desire and commitment to defend. The team of three defenders – here, **Team B** – defend for a set period of time.
- The third defender screens in front of the two centre-backs, and is only allowed to defend the front half – as shown in the diagram.
- All three attackers start at the end line and drive in to score, attacking in waves of three. After the ball is secured by the defenders or goalkeeper, or the ball leaves the area, the next three attackers immediately drive in to begin attacking as the previous three attackers recover to their starting positions.
- To progress the practice, impose positional roles on the attackers. For example, one of the attackers must start in the attacking half (as in the diagram) rather than at the end line.
- To progress further, allow all defenders to defend in both halves of the playing area.



COACHING DETAIL: TECHNICAL

MANAGING DISTANCES

- With the introduction of a player in front of the defenders comes the need to manage distances between players.
- Work off an estimate of 10 steps between players sideways and in front or behind. Be aware of the age and ability of the players, and how this may be a difficult concept for them to grasp.

BODY SHAPE

- Reinforce the need for players to keep their hips open and ensure foot placement to allow for quick adjustments.
- It is important that players are prepared to move quickly when needed.

COACHING DETAIL: PRACTICE

MANAGING RESTARTS

- The practice design allows for continuous waves of attacks for the defenders to manage. Because of this, it may mean players cheat the restart to gain an advantage. This is not necessarily a bad thing; it will replicate different angles of attacks and challenge the defenders to defend different situations.
- Once the practice is progressed to have a striker starting higher, you can restart the practice with one attacker playing into the forward, who then sets back before the wave commences. This is another adjustment to expose the defenders to different scenarios.