


5v3

Probably the easiest way to target coach specific actions on the field.

I use 5v3 coaching as a utility tool. Especially, as I'll show below, when used with a large goal. This will show a 5v3 with defenders being shorthanded, but it can easily be reversed if you want to focus on your attackers in your coaching.

Phase	Diagram	Description	Coaching Cues
Warm-up 10 min		<p>In the penalty area (really makes setup easy), pay 5v3. Attackers must complete 7 passes before shooting one touch on goal. Extra players can be on perimeter as targets for the defenders to pass to if they win the ball.</p> <p>As a coach, stand just out of the 18 and feed balls in as they go out of bounds. Vary your feeding.</p>	<p>With such a numerical advantage, your primary goal should be making good runs to find space and picking the “easy” passes.</p> <p>Then, how do you create enough space to get a 1 touch shot off comfortably?</p>
Main Activity 10 min	All I would do is double the length of the box. So instead of 18 yards x 44 yards. Now make it 36 yards by 44 yards. The 3 reds can now be at the back end for defenders to play the ball to, or use mini goals.	<p>Now, rather than feeding the ball in, have a pile of balls at the back of the area. Each rep, an offender should jog back and get another ball, all offenders should leave the penalty box.</p> <p>Call offside as appropriate.</p>	<p>Focus on the movement toward goal. No more passing requirement before shots. Coach the use of the full width of the players and diagonal runs toward the goal.</p>
Less Complex	A favorite version of this game for my players is only allowing ONE defender in the box with the other two forced to stay outside of it. The GK must be very active here.		
More Complex	Make the field less wide. This makes errant passes less forgiving. I've also had some luck restricting the number of backward passes per rep, but be careful not to create a team that doesn't pass backward.		
Final Game	Make the extra red players play for the shorthanded team, but can only play outside of a central zone (maybe as wide as the 6 yard box). Thus, the central zone will still be shorthanded. The yellows can leave the central, but only they can enter it.		