

Description

A: 1v1 (10 mins)

Setup:

Create 3 lanes for 1v1s. Make them a bit wider than normal, maybe a full 10 yards, but if you have space, don't be afraid of 15 yards for older kids. Generally, I don't advise sharing lines, balls get put into the next one over and it's too chaotic, but here, it'll help for the second activity. To speed up the next activity transition, make 3 teams now. (if you have more than 9 players, you can easily make this 4 lanes wide and have teams of 4).

Activity:

Simple 1v1s with enough width to really move. Most people don't have 6 puggs (I don't) so put out cones. OR let them just dribble over any part of the endline. That would be totally appropriate here. After yellow attacks blue, yellow turns to defend against red, blue waits their turn behind the offensive goal. Every minute or two, rotate a team so that players aren't constantly against the same person.

Coaching:

Remember the needs for a good attacking 1v1. Have small controlled touches, use a deceptive action to throw off your opponent, explode past them.



B: 3v3 in lanes (15 mins)

Setup:

Here's the beauty. Nothing changes.

Activity:

It is now, fundamentally, a 3v3 game of yellow vs blue. However, players must stay in their respective lanes. The player with the ball can choose to pass to either of their teammates, or take on their direct opponent 1v1, or shoot on an open goal.

Coaching:

Players need to make quick decisions. Also remember, if you have goals, players can try to put the ball through another lane's goal. This forces the other defenders away from their 1v1s to block the goal.

Try to encourage 1 touch wall pass. I'd encourage everyone to FREEZE play at least one time to look at options and try to work out some good tactics. Question your players, they're smart and have great ideas. Don't just feed them answers.



3v3 (30 mins)

Setup:

What's different? I've only removed the center cones separating the lanes. It is now a true 3v3 with 3 goals.

Activity:

Play. That simple. Hopefully the progression will encourage players to remember their shape and spacing. If it doesn't, FREEZE play again and remind them. Here though, don't necessarily stop them from making triangles, just try to avoid the swarm.

Progressions:

Don't let this get stale. After 5-10 minutes, pull out the middle goal. After another 5-10 minutes pull the outer goals in to make a single large central goal.

