



PASSING INTO 4V3

19

QUICK PASSING

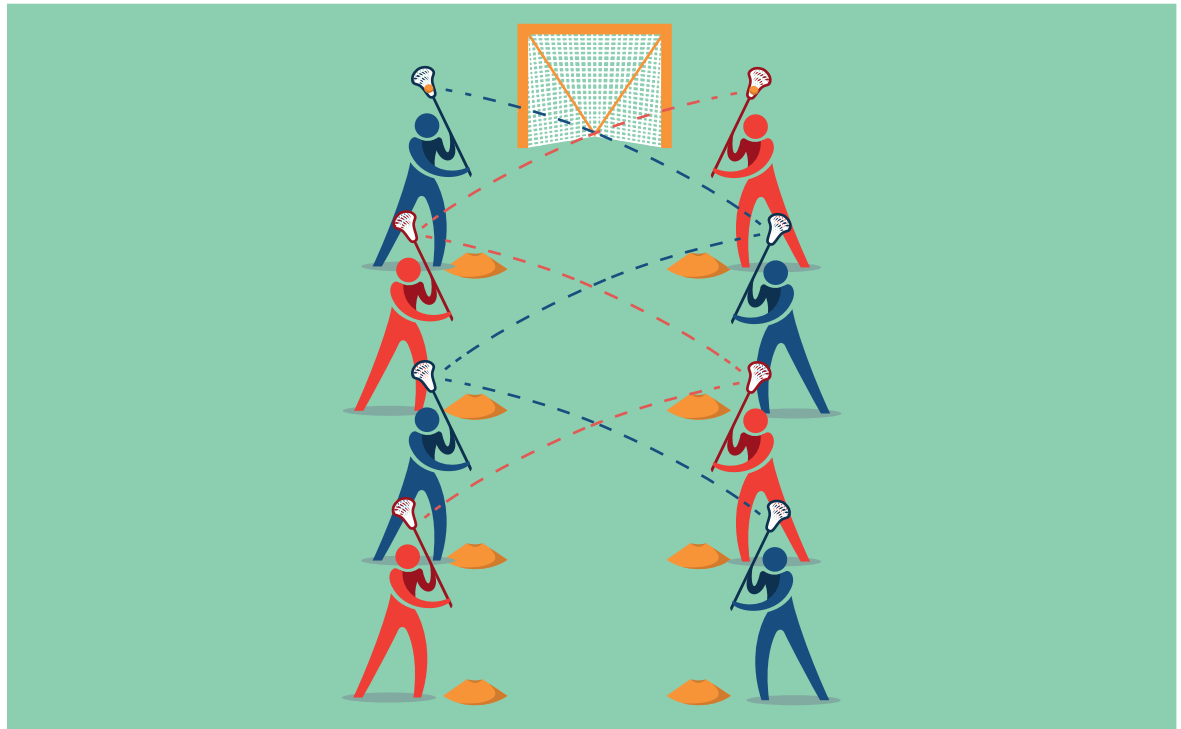
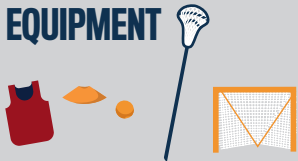
DRILL FORMAT

UNSETTLED PLAY

INSTRUCTIONS

- Players line up on alternate cones and pass in a zig-zag formation
- Each team has 3 balls. One at a time, all balls must get to the end player
- Team with 3 balls with the last player attacks the goal with 4 players
- The team that lost become the defence and lose a player to encourage uneven play or a 'man up situation'

EQUIPMENT



KEY POINTS

• Attack

- fast, flat and accurate passing
- focus on attacking principles - 2 on 1's
- be direct at pace to penetrate into box
- if no direct penetration, move ball wide to get behind goal

• Defence

- delay and channel

DIFFERENTIATION

- Increase the size of the area for difficulty of passing
- To make easier, convert to a passing relay race in straight lines

QUESTIONS ?

1. How can the attacking team open up the defence?
2. Did you recognise the fast/slow break?
3. What is the easiest way to score?
4. If you cannot score, where should you try to get the ball?
5. Defence, how can you recover and get organised?

ACTIVITY PROGRESSION

- 6 v 6: add a goalkeeper to organise defence and save shots