

# 3V3 CHANGE GAME

## STAGES COVERED BY ACTIVITY

Stages 2, 3 & 4- 6-14 year old players

## THEMES & COMPETENCIES

### Theme:

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.
- + Passing and receiving.

### Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Passing over a short distance.
- + Receiving the ball with the feet.

## WHY USE IT

This game has players working in small groups with an emphasis on communication and putting pressure on the ball.

## SET UP

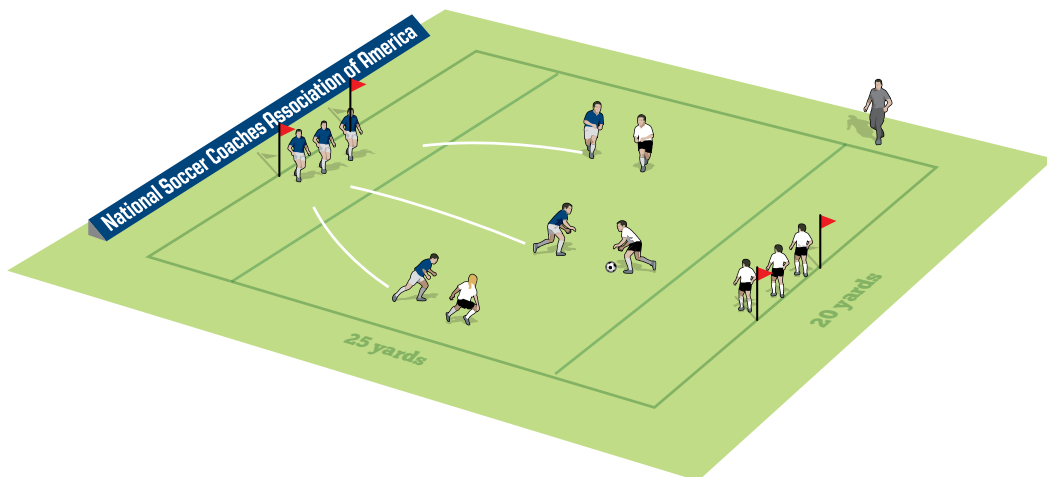
20x25 yard grid divided into 3 zones. Middle zone is 15 yd long and end zones are 5 yd. A large goal created from flags on each end line. 4 teams of 3 players wearing different vest.

## HOW TO PLAY

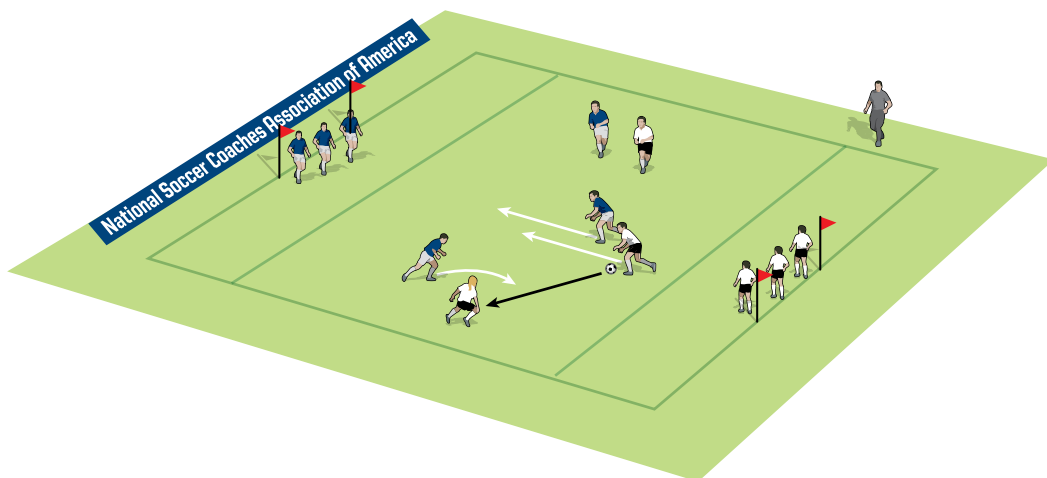
2 teams play 3v3 in the middle area. The remaining teams act as the goalkeepers. The 3 players on those teams must hold hands as they move around the goal. When the coach says the word "Alakazam" the two teams in the middle switch with the two teams acting as goalkeepers.

## COACHING NOTES

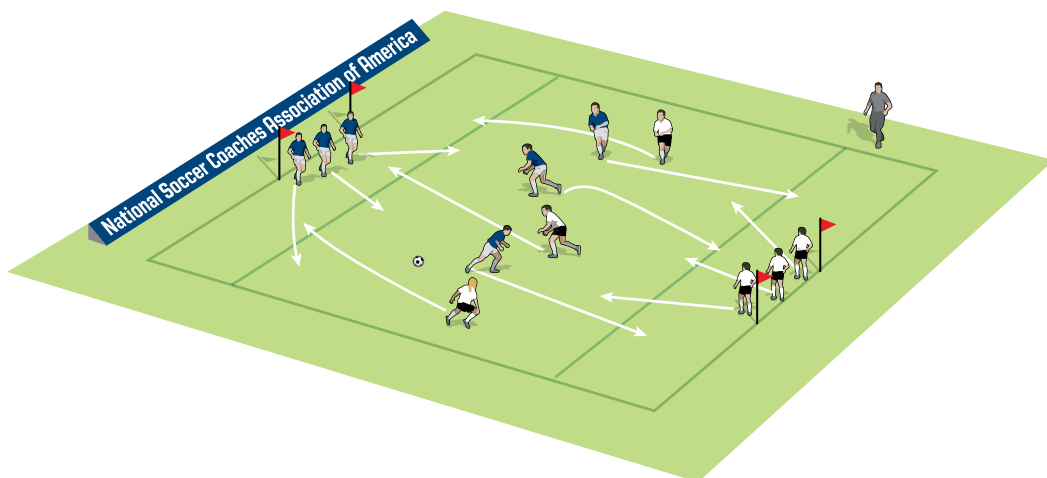
- + Main coaching objectives - teams communication and pressure the ball.
- + Coaching tips - make the goals big enough so that keepers must move to defend them and work together
- + Adaptations - Instead of calling "Alakazam" the coach can call out the two colors that will play each other, so that teams can play new opponent.



- + Teams must communicate to decide who puts pressure on the ball.



- + When the attack passes the ball defenders must adjust to keep players in front of them.



- + Coach calls "Alakazam" teams leave ball and switch roles.

