

STAR WARS 3V1

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 and receiving.

WHY USE IT

Players must work together to create scoring chances in the box.

SET UP

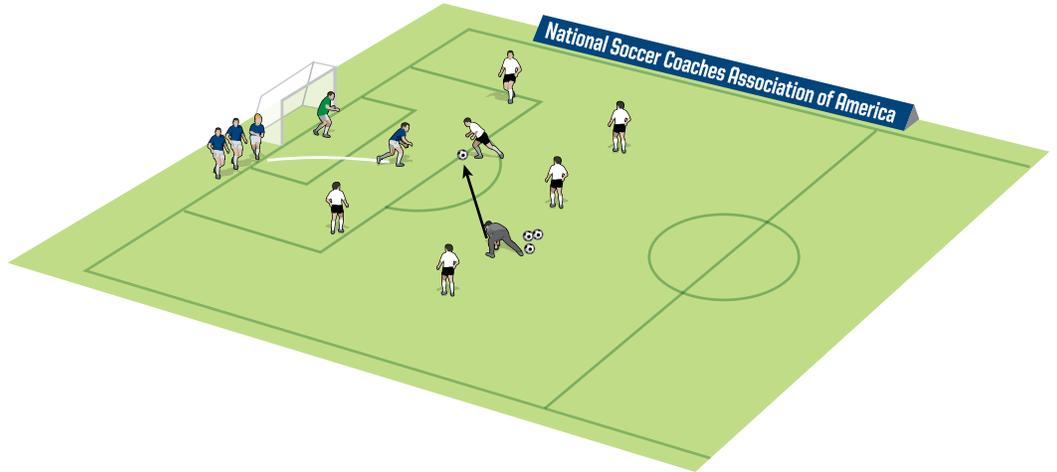
20x35 yard area. Players are split into 2 teams. The attacking team is 5 yards from the top of the box in teams of 3. The defending team forms a line on the endline. Add a goalkeeper. Coach is positioned near the attackers with the soccer balls.

HOW TO PLAY

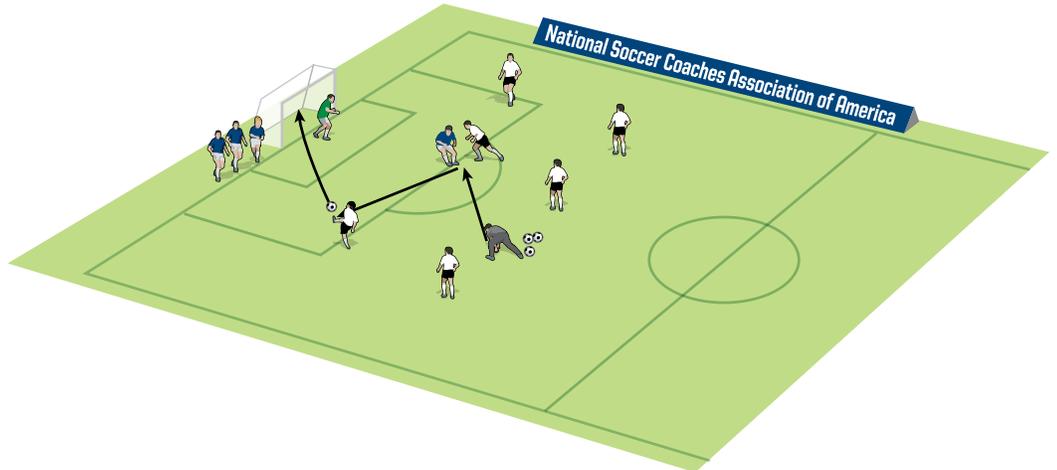
The coach plays a ball into one of the players at the top of the box. As the coach plays the ball the first person in the defending line will run out to defend 3v1. The attacking team works together to try and score on the big goal.

COACHING NOTES

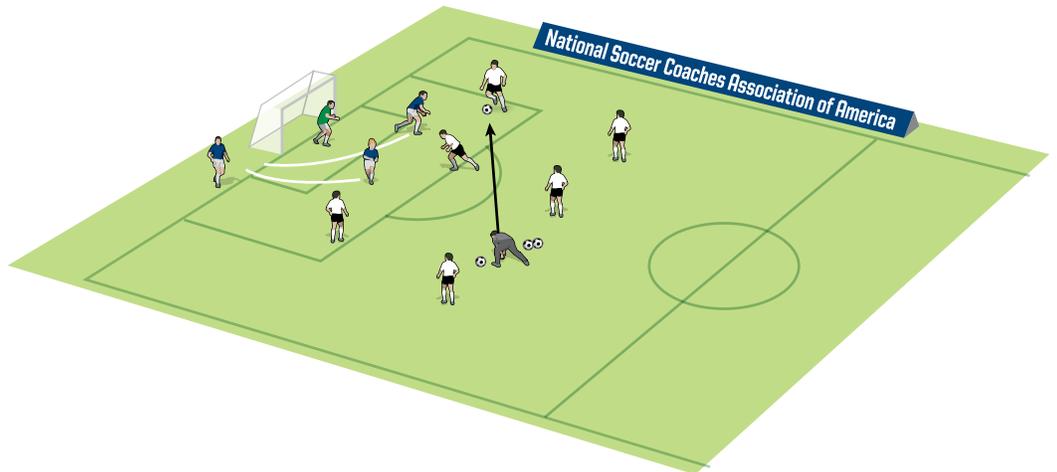
- + Main coaching objectives - players body position when receiving; 1st touch is out from under them to set up a quick shot
- + Coaching tips - vary which line the ball is served into to involve more players
- + Adaptations - increase the difficult by allowing another defender to enter once the attacker makes the first pass.



- + First player to receive the ball should look to see if they can shoot immediately.
- + If the defender closes the shot, can the player pass to an open teammate?



- + Players must position their body to receive the ball so that they are facing the goal.
- + A player's first touch should be out from underneath them to allow for them to step and shoot.



- + Remind players to have their head over the ball when shooting and avoid leaning back
- + A second defender can join in after the first pass is made.

