



3 Channel Progressions

Category: Technical: Attacking skills
Difficulty: Beginner

Am-Club: Real Colorado
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1v1 Unopposed (15 mins)

Instructions:

Opposing players in channels both with a ball, dribbling directly at each other. Players time their move to avoid opposing player.

Moves:

1. Shoulder feint left and push ball right
2. Shoulder feint right and push ball left
3. Half Scissor left and push ball right
4. Half Scissor right and push ball left

Coaching:

3 components of 1v1 move - **Entry, Execution & Exit**

Eyes up, avoid hitting opposing player

After move, pace changes to an explosive escape touch putting defender behind and driving toward gate.

Encourage players to sell the fake and work on making it realistic



1v1 Battle (15 mins)

Instructions:

Balls start on one side of channel, players from that side serve ball to opponent and immediately close down.

Ball must stay in channel or play is done and next pair begin.

To score ball must be stopped on line between gate after beating opponent.

Rotate side ball is played from. 2-3 minute rounds, groups keep track of score and losers rotate to next channel. After several rounds, add 1 point for players that beat their opponents using scissors or shoulder feint, or any creative move to beat opponent.

Coaching Points

Eyes up

Attack space defender gives

Accelerate with escape touch after move

Encourage high energy level and competition

Watch for head down, bulldozer soccer and discourage



3v3 / Stay in Channel (15 mins)

Instructions:

3v3, but players must stay in their channel.

Ball is passed to opponent and round begins, if point is scored or ball goes out of grid next group of 6 begin new round.

Points are now scored by passing ball through the gate.

Ball can be passed between channels to teammates, but players have to stay in their assigned channel.

Players can score on any gate, not just the one in their channel.

Coaching:

Encourage players to take on their opponents

Look up and see if they can score on a gate outside of their channel

Defensively players must close down opponents when the ball is in their channel (Immediate Pressure)

When ball is in another channel they have to stay between the ball and their gate so they don't give up easy goals (Cover)



3v3 to 3 Goals (15 mins)

Instructions:

Play starts with service from coach to either team.
3v3 to 3 goals, point is scored by dribbling through the gates.
Free movement within area

Coaching:

Encourage players to take on opponents, reward successful moves with additional points.
High energy and competition level.
Central player should be in a deeper position to help facilitate switching the ball.
Role of 3rd attacker, stay very wide from opposite side the ball is on to enable switch of play

