

## Passing & Receiving: Skill/Technique #3

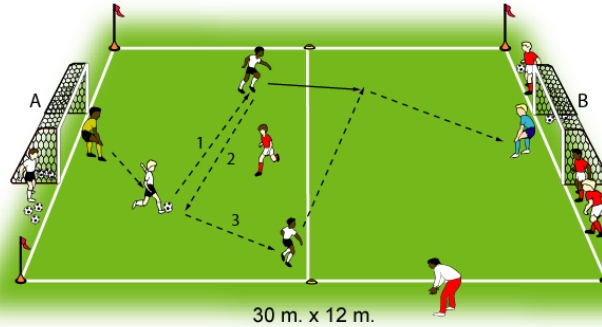
**Skill/Technique:**

**3v1 toward goal.**

**20 minutes**

**Organization:**

- Use markers to set up a number of 30x12m areas as shown.
- Two teams of four plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with GK serving a ball to 3 attacking players.



**Coaching Points:**

- Spread out as a group to create space.
- Open out as you receive the ball.
- Keep ball out of your feet & get head up to see passing opportunities.
- Pass into the space in front of teammate.
- Pass the ball firmly with inside/outside of foot.

**Description:**

1. Three white players begin the attack from one end of the field as the GK rolls to the ball for one of them to control and build play towards goal (A) in order to score. At the same time one red player runs forward from the opposite goal line to try and defend his/her goal and if possible win the ball and score against the white team. When a goal is scored or a shot is taken, or the ball is knocked out of play, the white players clear the field and line up at the side of goal (B) and the red defender lines up the side of goal (A). The three remaining red players repeat the process toward goal (A) against the remaining white defender. Continue this rotation.

**Emphasis:** Commit the defender by dribbling the ball at the goal. If the defender blocks your progress pass to a teammate in a better position. As a group pass the ball until you get an opportunity to shoot.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER

