



## U12U14 Week 8 2V2-3V3

**Category:** Tactical: Attacking principles  
**Difficulty:** Moderate

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Individual-Adult Member

### 2V2 (10 mins)

#### **Set Up**

Field is set up roughly 30Lx20W with a goal at each end. Players are split into two teams and will be lined up on either side of the goal. (Lines of no more than 3)

The Coach has all of the soccer balls.

#### **Implementation**

When the Coach serves a ball into the playing area the first players in line race onto the field to get to the ball. Once a player has the ball they and their teammate look to score.

If the players don't have the ball they are to try and steal it, and score themselves.

#### **Coaching Points**

If under pressure pass to your teammate

If not under pressure look to dribble.

If you have momentum can you beat the defender.

If you have a shot "SHOOT"



### 3V3 (15 mins)

#### **Set Up**

In a 30x20 Playing area with a goal at each end, players are split into two teams. Each team is split into 3 lines, 1 on each side and one next to the goal.

The coach starts with all the balls.

#### **Implementation**

The coach serves a ball into the playing area and the first player from each line runs out to meet the ball. Once a player gets to the ball they and their team mates attempt to score in the oppositions goal. If a goal is scored or the ball goes out of bounds the game starts again.

The team that doesn't have the ball tries to win the ball and score.

#### **Coaching Points**

Player in possession attacks the middle of the field.

Team mates of the player in possession attempt to maintain width and offer support to the player with the ball.

If you get the chance "SHOOT"



### Conditioned Game (15 mins)

#### **Set Up**

On a size appropriate field two teams play a regular scrimmage.

#### **Conditions**

Players can only shoot after their team completes 3 passes.

#### **Coaching points.**

Team needs to maintain their shape and support the player in possession to make playing passes easier.

