



# Session Planner

## TOPIC / THEME

Practise 9: 3 v 3 end to end game

## DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

Similar to practise 6 – this is a high tempo possession practise.



## ORGANISATION

Area: 20m x 20m

3 red v 3 blue players in centre of grid

Reds work the ball across grid from end to end to score

Blues work the ball up and down the grid to score

Each round of the session should last three to four minutes before changing the end zone players

Players on sidelines can move laterally along the lines and may be restricted to two touches

## KEY FACTORS:

When end players receive ball, they should immediately have options to pass to the right, left and forward

Players in possession must look to penetrate quickly. Good combinations (1/2s, crossovers, takeovers etc.)

Players on toes. Good open body shape when receiving ball. Movements to **create space** and lose markers. Emphasise **directional control** of the ball.

**Defending players:** First man pressure the ball. Second man provide cover to first man. Third player stays close to the second defender but remains vigilant in case ball is switched to his side of the grid

Defending players press intensively and look to regain possession as quickly as possible

## NOTES

Encourage a high tempo of attack and pressing. Players work for 4 mins max at a time.

Progression 1: Restrict number of touches on the ball for players working in centre of the grid.

Progression 2: The player who passes the ball to his end zone player cannot receive a return pass from that player – another team mate must support play very quickly

This practice can be scaled up to a 4 v 4, 5 v 5 etc. as long as we make the playing area bigger also