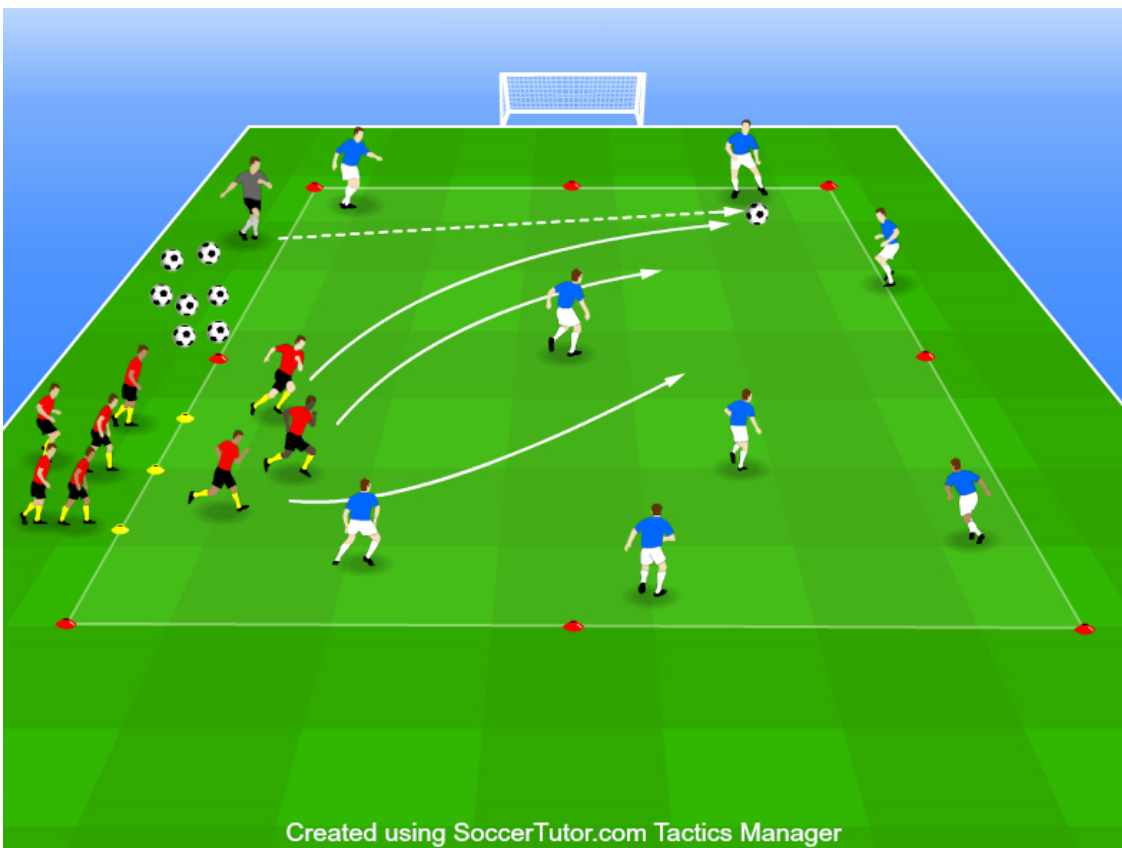




Coach: John Von Klopp
Club: Academy
Role: Coach
Qualf: USSF Youth (United States)

3 In 3 Out Transition



Date: 14/Feb/2021

Measurement: 30 x 30

Time: N/A:N/A

Players: 16

Duration: N/A

Level: U5 - 18+

Objective: Useful for working on both possession and defending

Description: One team is trying to keep possession while the other team has a group of three defend. Defending team kicks the ball out of bounds and runs back to tag their teammates. "After" the tag, the new player can enter to defend. Also, at the moment the ball is kicked out, Coach plays a new ball into the playing area. Defenders are trying to prevent consecutive completed passes. Offense is trying to get as many passes as possible. Teams change places and see who is most successful with the same number of attempts.

Coaching Points: Offense - Move the ball quickly. Pass to the players in the least congested areas. Move into spaces to allow the highest potential of a completed pass. Defense - Close the ball quickly. Pressure, cover, balance. Angle as a group to prevent split passes. Communicate.

Progression: - Go to four defenders - Limit touches per player for attackers - Change the shape of the playing area (long and narrow)