

Formation Specific 4 v 3 Play and Dribbling in a Small Sided Game with End Zones (1-2-1 vs 1-2)



Objective

To improve positioning, develop build up play, finishing and collective defending in a competitive game.

Description

In a 20 x 40 yard area, we mark out 2 end zones (3-5 yards in length) and play a 4v3 game.

The practice starts with an orange player from the end zone line. The orange team are in a 1-2-1 formation and the blue team are in a 1-2 formation.

The orange players use teamwork to build up play and then score by dribbling the ball over the end zone line (1 point). The defenders work together to prevent this, win the ball and then try to score at the opposite end.

The first team to score 3 points wins. When a goal is scored or the ball goes out of play, the practice starts again with the orange team from the end zone line.

After every goal that is scored, 1 blue player rotates with the outside player so they get rest. After a predetermined period of time, change the roles of the teams.

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