

## Dutch Possession and Defending Training Game - 3 v 3 + 3



- Date:** 2/Aug/2011      **Measurement:** 30 x 40 Yards  
**Time:** N/A : N/A      **Players:** 9  
**Duration:** N/A      **Level/Age Group:** U11 – U14 (Intermediate)
- Description:** Create three teams of three players. This is a possession game where the team to lose the ball plays defense and tries to win back the ball from the other six players.
- Objective:** To develop quick play and possession
- Coaching Points:** When in possession:  
Use the entire area of the field. Make angles to pass and receive. Body shape should be half-turned.  
When defending:  
Learn to use pressure and organisation to isolate an attacker and win back the ball.
- Progression:** Defending team can win back the ball directly or by achieving three touches of the ball.



Using **Tactics Manager Software** I've recreated this practice for you - taken from the latest **WORLD CLASS COACHING Magazine** Issue.

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