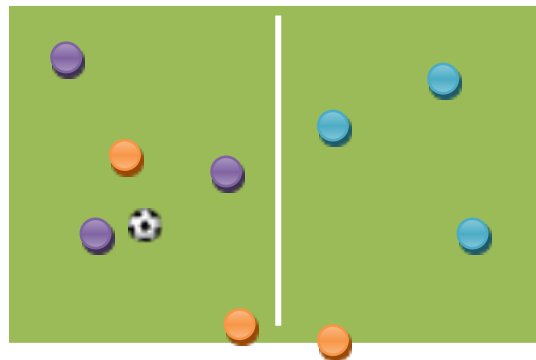


Topic**3 v 1 or 4 v 2**

Area: 2x10x10

Organization:

- Two groups of 3 go into the squares. One of the third group also goes into one of the squares.
- Coach plays a ball into the defended square. The 3 players try to keep the ball away from the one defender.
- After three passes they are allowed to pass the ball to the other square.
- Only when one player in the other square has touched the ball is a defender off the field allowed to enter that square.
- The previous defender comes out of the square to take a rest. Defending chores are divided in this way.
- When a mistake is made and possession lost, the offensive team then change to become the defenders and the former defenders takes their place in the square (Coach to act as referee).

Coaching points:

- Assess whether the playing area is too big or too small and make adjustments if necessary.
- Encourage the attackers to be looking for the opportunity of making the pass across the square. Must keep their heads up.
- The two players "off-the-ball" have to move and work hard to open up a good passing angle for the player with the ball.
- The player with the ball may have to screen the ball away from the defender while awaiting a better supporting angle from a team-mate.
- All attackers need to communicate - particularly the two players "off-the-ball" ("Hold it!" "Wait!" "I'm here!") - As they become the "eyes" of the player with the ball.

Objective:

Have fun, but try not to be the defending team.