

5V3 IN POSSESSION ATTACKING BUILD UP

AGES 10 TO 16

HOW TO PLAY

- Players are split into two teams
- The Defending team is the team of 3, the attacking team is the team of 5.
- The attacking team must connect 5 passes before they can score in the goal. If the defending team wins the ball, they go straight to goal.
- The defending players rotate every 2 minutes.

KEY COACHING POINTS

- Only coach the defending team - DO NOT coach both attacking and defending teams.
- Pressure, cover, balance for the defending team.
- Pressing together & not separated - staying compact as a defending unit.
- Constant communication in rotation.

Team 1 - Attacking Team



Team 2 - Defending team

