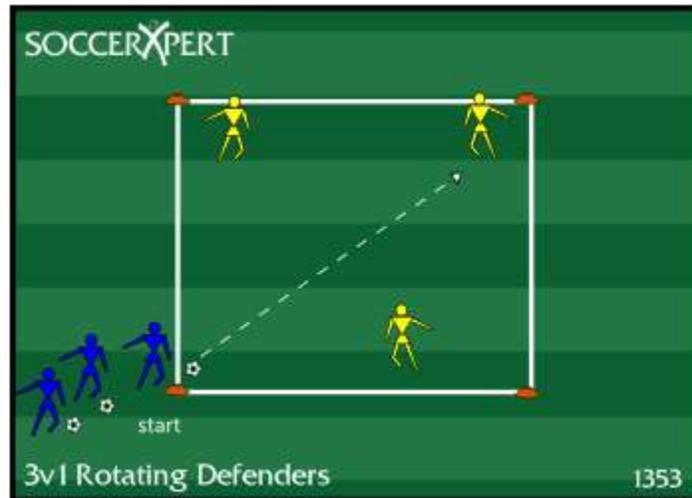


3v1 Rotating Defenders

Chris Johnson 383,311 Views Rating 3.76 (205 Reviews)

This 3v1 game will focus on keeping possession in a tight space. Work on passing, decision making, movement on and off the ball as well as improve communication.



3v1 Rotating Defenders

This 3v1 game will focus on passing, decision making, movement on and off the ball as well as improve communication.

Drill Setup

1. Create a grid that is approximately 10X10 yards.
2. Split the team into groups of six.
3. Place three players inside the grid as attackers in an alternate jersey.
4. The remaining three players line up as defenders behind one corner cone with the supply of balls.
5. Create multiple grids to allow for more involvement.

Drill Instructions

1. The first defender passes a ball into the three attackers.
2. The defender immediately steps into the grid and becomes the defender creating a 3v1 inside the grid.
3. The three attackers attempt to put together as many passes as possible.
4. The attackers continue passing until the defender wins the ball or it is played out of the area.
5. Once the play is dead, the next defender plays into the same three attackers, and play resumes.

Drill Variations

- Adjust grid (larger grid = easier for attackers but harder for defenders; smaller grid = harder for attackers but easier for defenders)

Drill Coaching Points

- Focus on the quality of passes such as weight, pace, accuracy.
- A well-timed run facing the passing direction will assure a more accurate pass.
- The players must communicate with each other to make the game easier.
- Players must concentrate on making runs off the ball.
- Encourage players to play in 1 or 2 touches.
- Good passes to feet
- Good first touch towards space
- Good decision making
- Speed of play/decisions

Equipment

- Disc Cones - Mini or Full-Size Disc Cones are a critical piece of equipment that every soccer coach must have in your equipment bag.
- Scrimmage Pinnies/Vests - Scrimmage vests, also called bibs or pinnies, are also another must-have in your soccer coaching equipment bag.
- Soccer Practice or Training Balls - Every player should have a soccer balls at practice to have a successful training session.

Drill Ages

- 9 - U9, Under 9, 9 and Under
- 10 - U10, Under 10, 10 and Under
- 11 - U11, Under 11, 11 and Under
- 12 - U12, Under 12, 12 and Under
- 13 - U13, Under 13, 13 and Under
- 14 - U14, Under 14, 14 and Under
- 15 - U15, Under 15, 15 and Under
- 16 - U16, Under 16, 16 and Under
- 17 + - U17, U18, U19, U20, and Older

Soccer Drill Skill Focus

- Passing - Soccer Passing Drills
- Receiving - Soccer Receiving & Turning Drills
- Fitness - Soccer Fitness Drills
- Possession - Soccer Possession Drills
- Defending - Soccer Defending Drills
- Attacking - Soccer Attacking Drills
- Warm-up - Soccer Warm-up Drills

Soccer Drill Titled: 3v1 Rotating Defenders

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