

3v1 or 2 – gauntlet

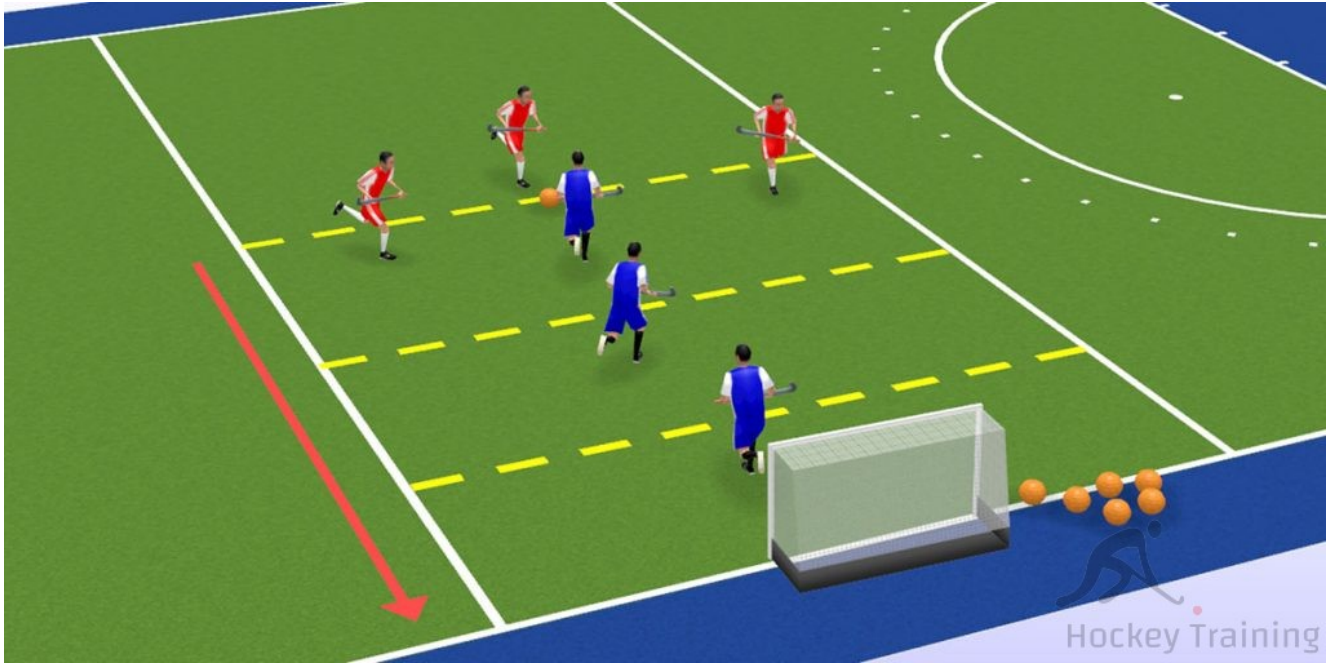
Objective – Patience and overloads

GameFocusResetProgression

1. Create a 3 or 4 zoned area (size based on age)
2. 1st defender passes to attackers who now attempt to get from area 1 to area 3 without losing the ball
3. Each box is a 3v1 and the defenders are not allowed out of their zone
4. The defender passes to any of the 3 attackers who then go on to take on a 3 vs 1 in each section.

Option 2

1. Make each zone discrete and have defending areas and do 3v2
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1. Offer up options
 2. Leading hi, wide and low
 3. Left foot pass
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1. Start again by coach passing the ball in
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1. Defender to jump back so a 3vs1 becomes a 3vs2 then a 3vs3
 2. Reduce size of boxes
 3. 1 touch or 2 touch or 3 touches
 4. Minimum number of passes before can proceed



Whilst different numbers this video gives a good idea of how it works

