



3v2 (DEFENDING)

THE GAME:

• 3 v 2 (Defending)

AGE LEVEL:

All

STAGE:

Small-sided activity.

EQUIPMENT

- Extra balls
- Training bibs
- Goals

OBJECTIVE:

PRINCIPLES OF ATTACK:

- When outnumbered, defenders should look for opportunities to delay the attack by dropping centrally towards their own goal. This allows their teammates to recover.
- Put the ball under pressure and attempt to make play predictable by forcing the attackers to play the ball wide. The positioning in diagram A encourages the attackers to play the ball wide to the defender's right.
- Once the ball is played wide, the defenders can step and deny a pass back across the field. This effectively isolates the attacker on one side of the field.
- The covering or back defender can drop in behind the pressing or front defender to cover in the event that the attacker dribbles past the pressing defender. If the ball is put under adequate pressure, this makes it possible for the defenders to ignore the attacker on the far side of the field, thus making it a 2 v 2 situation, or even a 1 v 2 situation as shown in diagram C.



Diagram A (ball central)

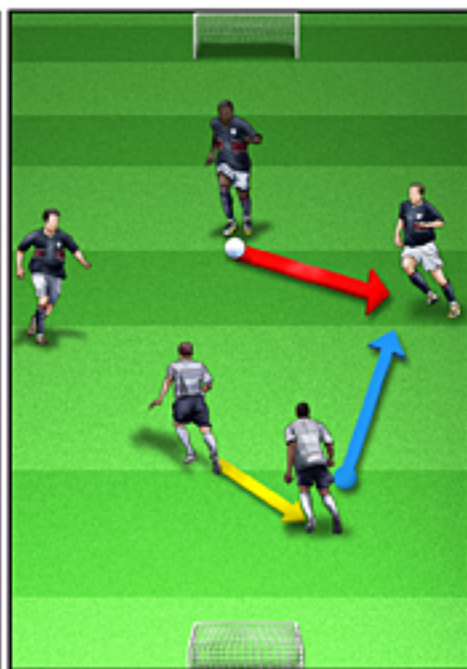


Diagram B (ball wide)



Diagram C (final position)