

3 v 1 Keep Away (Passing)

Description:

3 v 1 keep away. Three attackers attempt to keep the ball away from the 1 defender. If the only defender wins the ball they must dribble out of the area to score a point. Every 3 passes the attackers make they score a point.

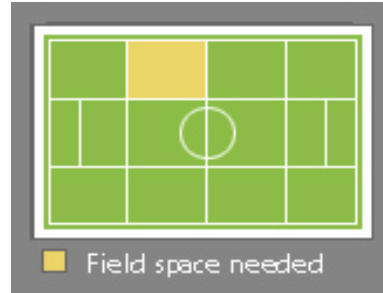
Coaching Points

- Quality of the pass
- Timing of the pass

Progressions:

Two-touch, one-touch

Materials Needed



Area: 15 x 15

- Balls
- Cones
- Training vests

- Communication