

# 1v1 to 3v3

**Category:** Functional: Defender | **Difficulty:** Moderate



## Screen 1

Set up is 25x25 yards with two goals and two keepers. Player at A attacks goal 1 being defended by a player from B. As soon as the play is over the player from A becomes the defender and a player from B attacks goal 2

Coaching Points:

1. Steer attacker away from goal
2. Sideways on knees bent on toes
3. Transition from attack to defense



## Screen 2

Players from B dribble up players at A and stop the ball. A player takes the ball and attacks the goal. Player B runs around the cone and tracks player A to defend them from scoring.

Progressions:

1. Add a defender in the middle to delay the attacker so recovering defender can get back
2. Add a second attacker to create a 2v1 with 1 recovering defender
3. Add a second defender to create a 2v2 with recovering defender
4. Add a third attacker so its 3v2 with a recovering defender
5. If defending team wins the ball they attack the other goal immediately

