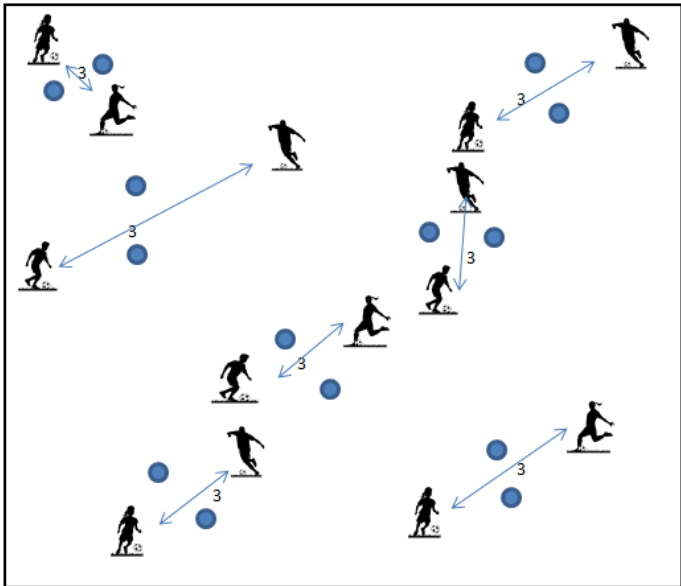




3 and Off

Coaching Session Plan

Title:	3 and Off
Objectives:	<ol style="list-style-type: none"> 1. Improve short range passing. 2. Improve control and 1st touch. 3. Work as a team.
Age range:	U6 – U12
No. of Players:	Min 4 No Max
Time:	15 mins
Organisation:	<p>Discs to form a square min 15 x 15 larger for larger groups</p> <p>Organise players into pairs. 1 ball per pair</p> <p>Inside grid make numerous “gates”. Have more grids than pairs.</p> <p>Players make 3 passes to each other between a gate and then the pair move to another gate to make another 3 passes. So each time the different player in the pair has to move to the next grid.</p>
Drill:	 <p>The diagram illustrates the '3 and Off' drill setup. It shows a large rectangular area divided into several smaller squares or 'gates' by blue dots representing cones or discs. Each gate contains a pair of players (represented by black silhouettes) and a blue ball. Blue arrows with the number '3' indicate the sequence of three passes between the players within each gate. The diagram shows multiple such pairs and gates arranged in a staggered pattern across the field.</p>
Coaching Points:	<ol style="list-style-type: none"> 1. Use inside of foot to pass. 2. Accuracy is key. 3. Take controlling touch before returning pass.
Progression:	<ol style="list-style-type: none"> 4. Pass back with one touch. 5. Encourage capable players to make a larger distance between them. 6. For more capable and older ages encourage a chipped or lofted pass.