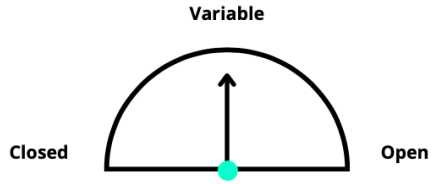
3v3+3 Transition Game

Topic: General defensive transition
Practice type: 3v3+3
No. of Players: 9-18

Offsides: N/A
Timing: 15mins
Goalkeepers: N/A

Pitch size: 16 x 16
Age group: U9+



Objective:

This practice is designed to challenge players abilities to control possession of the ball and quickly transition to win back the ball when possession is lost. Player focus on their collective response to their team losing possession.

Organisation:

Set up a square area with 9 players inside, made up of 3 teams of 3 (see figure to right). The ball starts with one of the players on the two teams in possession (reds and yellows), the defending team (blue) immediately chase the ball to win it back. If 8 consecutive passes are made the two teams in possession receive a point. If the defending team (blue) get the ball, they immediately look to keep possession and the team that lost possession immediately transition to chase the ball and win it back. This scoring system will likely incentivise the out of possession team to work hard to win the ball back and get points of their own. The first team to 5 points wins. This game is highly physically demanding for all players so adequate rest between bouts should be allowed. Also, if you notice movement quality decline well in advance of the game stopping due to the 5 points rule, it may be better to use a timing system for the games such as 3-minute games with 3-minutes rest between games.

What you might see

- A decline in movement quality in and out of possession

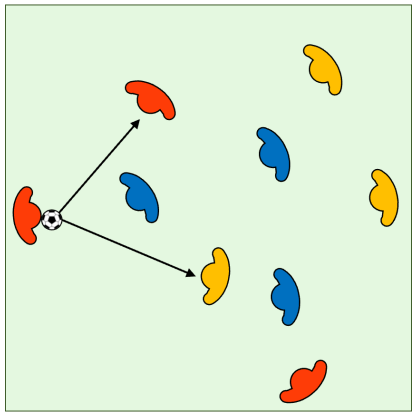
Actions you might take

- Reduce the time of each playing bout and increase the rest between bouts.

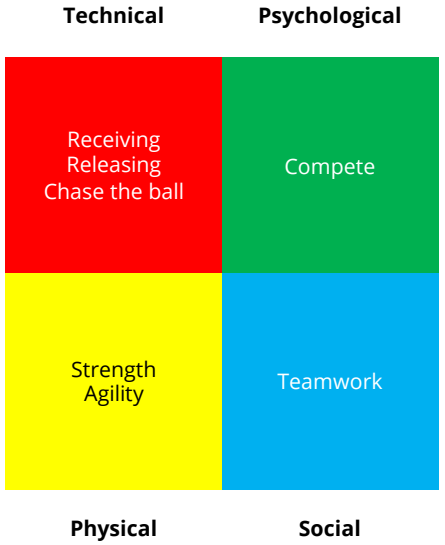
Adaptations (based on the team in possession):

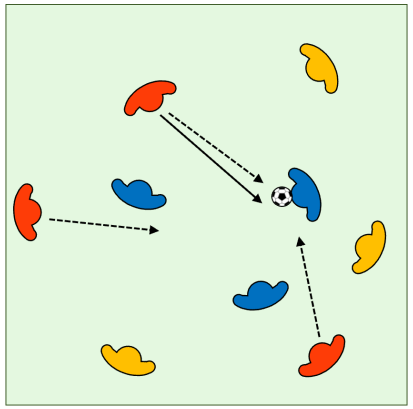
Is the session too easy?
- Reduce the size of the playing area

Is the session too hard?
- Increase the size of the playing area

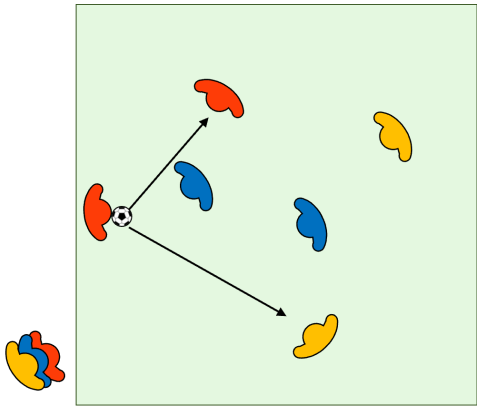


A square shaped playing area set up to accommodate 3v3+3 game in a rectangular area. A increase/decrease in the size of the playing area will likely decrease/increase the challenge point respectively.



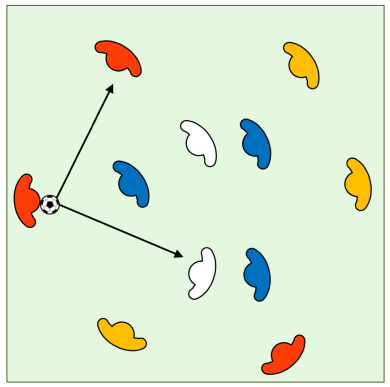


This figure shows an example of the transitional element of the practice occurring.



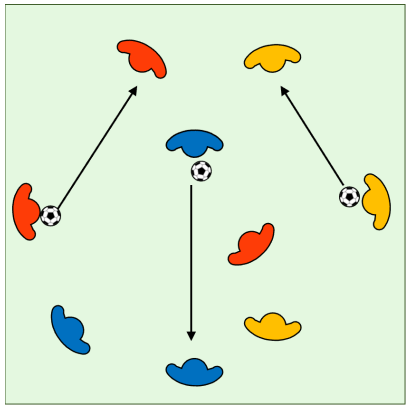
This figure shows an adaptation that supports consistent high quality movement throughout the practice.

One player from each team rests on the sideline ready to switch into the play whenever a teammate in the middle chooses.



This figure shows how the practice may be adapted if we have additional players in our session.

Two support players (white) have been included to support the players in possession.



This figure shows an example of how we might included an active rest between working bouts of the practice.

During the rest period each team of three is given a ball to pass and move with. This will increase the number of passing and receiving repetitions each players does during the practice without requiring additional time.