

3v2 with Recovery Player



The Set-up: (as pictured) Full team, penalty box to penalty box, two goals, several balls and two different colored bibs.

The Exercise: The exercise begins with a red player serving a long ball into 3 white attackers. The white attackers should control the ball quickly and attack two red defenders at speed. The red player that served the ball should immediately make a long recovering run in an effort to make the 3v2 situation turn into a 3v3. If red wins the ball they should try to play the ball to the coach who is positioned out wide at the half way line.

Rotation:

- The recovering defender should remain on the field as one of the two awaiting defenders while one of the original defenders jogs back to the serving line of their color.
- Once the white attack concludes with a goal, shot, or loss of possession, the exercise repeats from the opposite direction (white serving into the 3 red attackers).
- Coach should rotate the attackers with the defenders/servers every 3 or 4 minutes.

Focus:

- Attacking at speed
- Defending numbers down
- Accurate passing over distance
- Recovering at speed

This is a very demanding exercise, but a great exercise for an 11v11 team.