



STATION 8 3 VS 3



| Date: | 8/Jan/2018 | Measurement: | 20 x 30 Yards |
|-----------|------------|--------------|---------------|
| Time: | N/A:N/A | Players: | 0 |
| Duration: | N/A | Level: | U5 - U18 |

Objective: Observe player tendencies and define academy ready players

Description: In a 20X30 yard area players play 3 vs 3 for 10 minutes

Rotate players from same team so that they are playing with other team mates

Use the Dutch system of recording 3 vs 3

STR keeps a supply of balls nearby, those not playing chase balls for STR

3-points for every player on a winning team, 1 point for every player on a tieying team

Coaching Points: TECHNICAL: Look for creativity and standouts, first touch on ball and ability to get out of tight situations

TACTICAL: Team play, movement with and without ball

MENTAL: Decision making, reads game

PHYSICAL: Work rate, wins 50-50 challenges, not easily pushed off ball

Progression: