



3v3midfield session with outside men

3v3 in middle, with players on outside

Game starts with mid 3 keeping possession by using outside players. Play 2mins swap inside players

Progression:players have set positions on outside(marked with initials) Game starts with CBs they play into midfielders who must work the ball to the other end into the CF(to score a point CF must have good possession)

Coaching points. Cohesive movement of mid 3. Mid 3 play off different lines.Mid 3 keep good distances. Mid 3 dont get too close to outside men when recieving. Use innovation to create openings(jacks/sets/1-2s/round the corner)