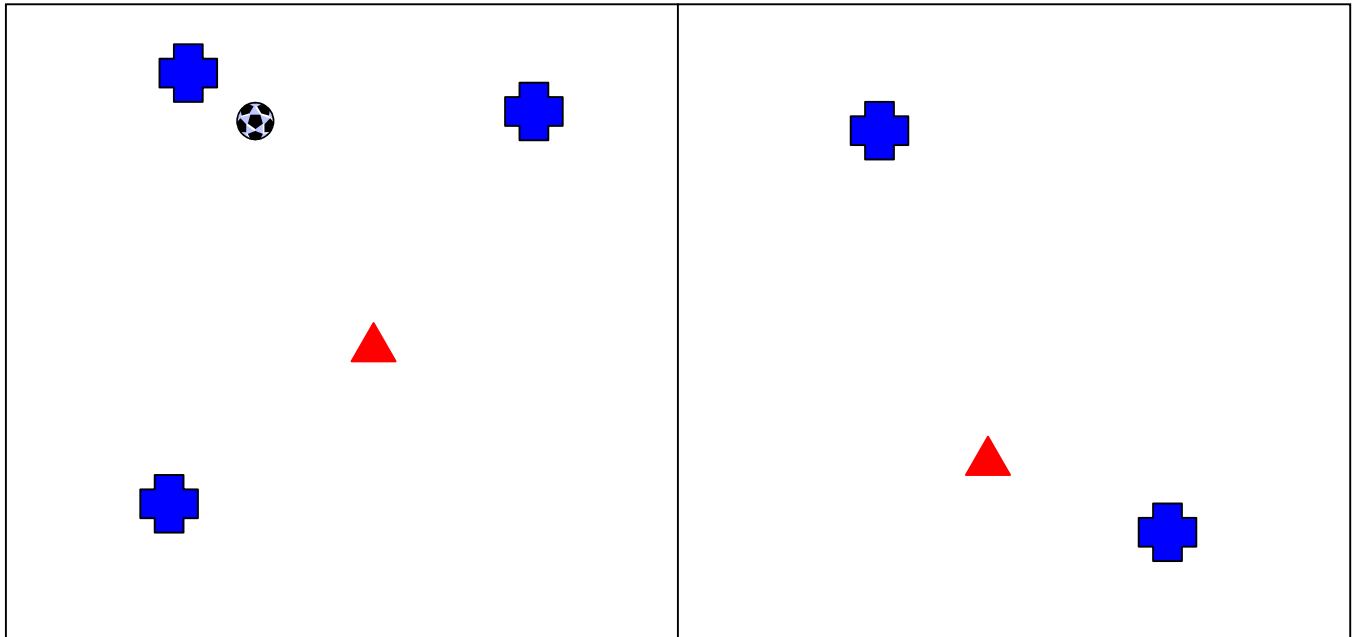


Simple 3 v 1 Match Related Switch the Field

The next exercise was demonstrated by Mike Smolens at the SCSCA clinic mentioned in the introduction.

Simply set up a field 20 x 30m and divide it into two halves



Play 3 v 1 in one half of the field. The object is to get a set number of passes completed and then quickly switch the attack to the other half of the field

Coaching Points

- Defending player never just gives the ball back to the offense. She keeps it as long as possible and can even switch the field to her teammate in the other end.
- Play no restrictions, then two-touch and then one touch
- When the ball is transitioned one of the offensive players must run to the other side of the field to make the game 3 v 1 again
- Offensive players must show for the ball