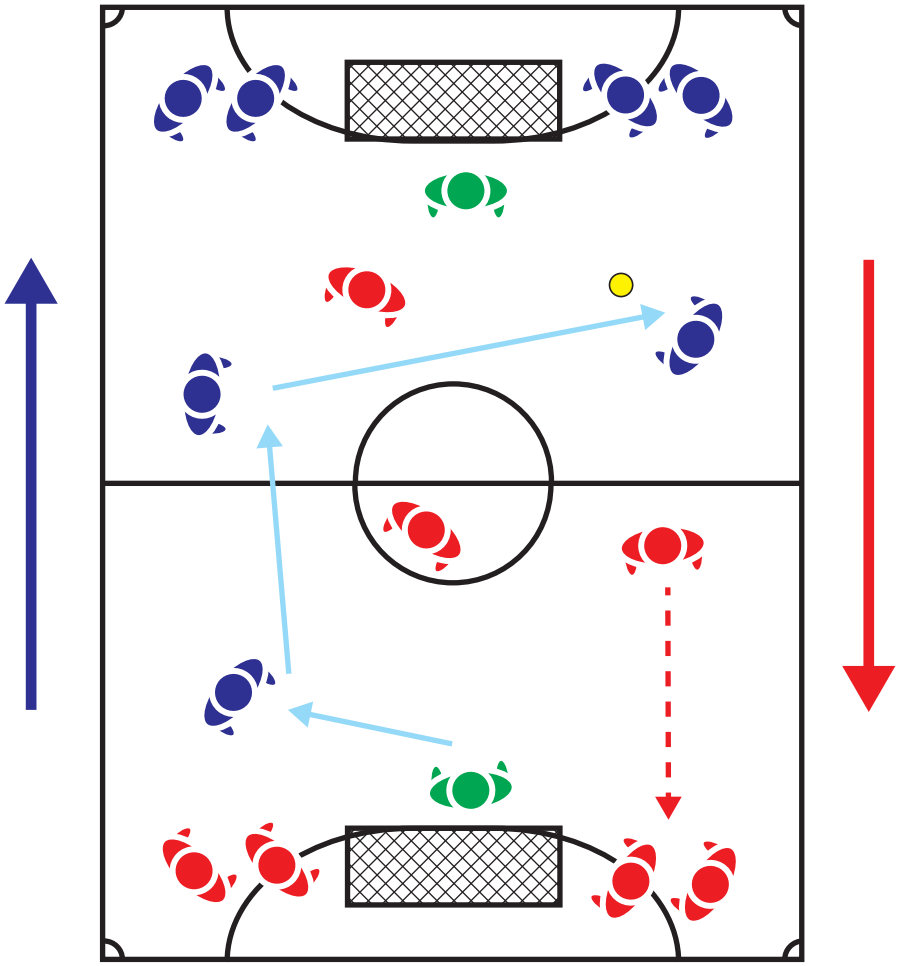
Session Title: 3v3 to 3v2 & Back Again

Date: 30/01/26



Phase	Week 15 - 3v3 to 3v2 and Back Again - Improve decision making in a positive transition
Time	20min practise with lots of rotations
Players	2 Teams split evenly - behind opposite goal
Organisation	Start 3v3 with team mates behind the attacking goal. Player who puts the ball out of play, pass or shot runs and high fives their teammate behind goal, making a 3v2 for the opposition Prog 01 - start 2v2 or 4v4 depending on success Prog 02 - change on a lost pass Prog 03 - change 2 players, shot and nearest player
Key Coaching Points	Play quick when a change is made. Get high up the court as quick as possible. Use the height and width of the court. Lost ball, occupy correct position on the court. Why is the goalkeeper important?

Games:
Two teams, every 60 seconds swap a player, comes on from opposite goal

1st Hour - PW/TJ/EST fun warm-up
2nd/3rd Hour - PW/TJ warm-up
3rd Hour - PW to deliver
Max time for warm up 15mins
Include EE, EST & others when available