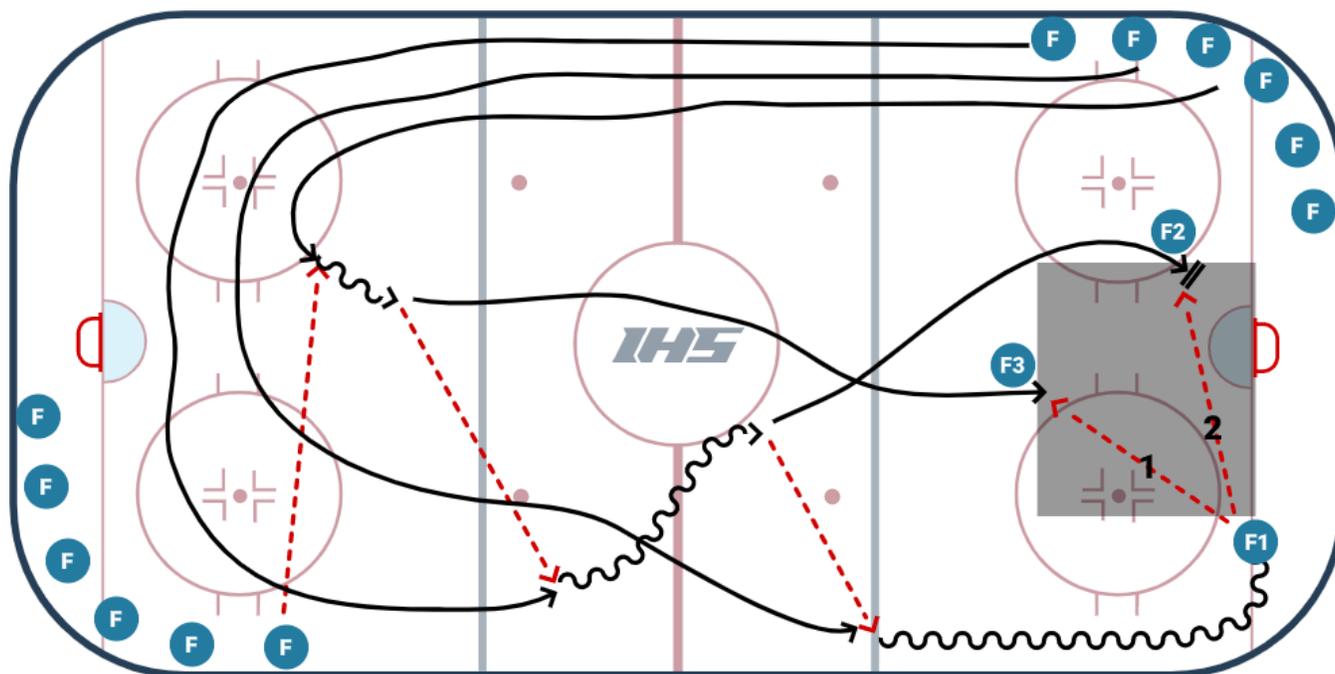


3 on 0 Attacking U14 -U19



Description

- set up 2 locations in opposite corners
- 3 players will leave from the same corner at the same time on the whistle
- players will run down low and through the face off circles towards the opposite corner
- ***each player takes a lane (inside / middle / outside)***
- 1 ball will be passed out from the corner to ANY of the 3 players
- the 3 players will then head man the ball and gain the offensive blue line ONSIDE and form an attack triangle
- F1 drives wide with the ball
- F2 drives the far post
- F3 take the high slot area
- attack for a shot in the scoring zone / F1 will decide what passing lane to move the ball to in the scoring zone
- 2-3 reps each