



# ASA Lesson Plans (7th Grade- HS / U13 - HS Age Groups) - Topic: 1vs.1 - 3vs.3 Offense and Defense

**Category:** Technical: Attacking and Defending Skills  
**Difficulty:** Difficult

Eddie Lima, Bristow, United States of America  
Individual-Young Member

## Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

### 1 vs. 1 - 3 vs. 3 Offense Technique

#### Movement with the ball

-1 vs. 1 Offense, dribbling, Turning, shielding, shooting and/or Passing Technique

- Wall pass, or third men ball

#### Movement without the ball

- Check to the ball, or check away from the ball

#### Runs off the ball

- Support run, Diagonal run or Overlap runs



### 1 vs. 1 - 3 vs. 3 Defense Technique

#### From 1 vs. 1 to 3 vs. 3 Defense Technique:

##### 1 vs. 1 (Pressure):

Follow the directions of the opponent. Try to get in front of the opponent by putting your body between the goal and the opponent. When you stay in front of the opponent, look in the direction of the ball instead of the opponent's body. When you are in front of the opponent, stay sideways so you give the opponent one side. Give the opponent the weak side (Foot and/or Space). Keep in balance by keeping both feet apart. Bend your knees and shoulders (Balance). Keep your distance from the opponent (not too far or too close). Stay at least one step away from the opponent. Do not dive into the ball right away if you have time. Wait for the opponent to make a mistake to try and steal the ball.

Use your body (shielding) to try to steal the ball.

##### 2 vs. 2 (Cover):

The second player should be able to see the ball and the opponent that he/she is defending. The second defender's job is to back up the first defender that is pressuring the player with the ball. Cover the space behind the pressuring defender. Adjust your distance based on the speed of the attack, and the skill and speed of the attacker. Communicate with the pressuring defender, let him or her know that you are there, tell them which way to push the attack, if necessary.

##### 3 vs. 3 (Balance)

The third defender's job is to watch the rest of the attackers and stop them getting the ball. Mark any attackers who could receive the ball. Watch attackers who are moving or could move into threatening positions. Cut out any passing lanes. Talk to each other - point out any unmarked threats or any opponents making runs. Be ready to assume the role of pressuring or covering defender if the situation changes



## Warm-up: Small side games (10 mins)

**Number of players required:** Full U13 or older teams

**Equipment:** many soccer balls 2 - 4 pug goals. If the coach does not have pug goals he/she can use cones as goals.

**Grid requirement:** Create 2 grids of 20 X 20 yards marked with cones.

**Organization:** All players are required to play within the grid.

**How the game is played:** From 2 to 4 teams will be formed like regular scrimmage to play "small side games".

**Variations/Progression:**

- Competition between the teams
- Implement the topic of the session in the small side games



## 1 vs. 1 (2 goals) (10 mins)

**Number of players required:** Full U13 or older teams

**Equipment:** Pug goals, cones or flags to create the small goals. Few balls per grid.

**Grid requirement:** Create 3 - 4 (15 x 15 grid). Players are required to play inside the grid.

**Organization:** Create 4 goals per grid (2 each side). Have equal number of players per grid. Example: if you have 12 players and 2 grids, you should have 6 players per grid.

**How the game is played:** The 2 players playing 1 vs. 1. They should compete from 1 - 3 minutes. The players not participating should help to collect the balls to make sure the game never stops. You can have a competition where the winner stays or have teams competing against each other. The player has 2 goals that he/she can score.

**Variations/Progression:** Increase or decrease the time of the games.



## 2 vs. 2 (2 goals) (10 mins)

**Number of players required:** Full U13 or older teams

**Equipment:** Pug goals, cones or flags to create the small goals. OR Few cones to create the line (zone), divide the field and create the lines. Few balls per grid.

**Grid requirement:** Create 2 - 3 (20 x 20 grid). Players are required to play inside the grid.

**Organization:** Create 4 goals per grid (2 each side). Have equal number of players per grid. Example: if you have 12 players and 2 grids, you should have 6 players per grid.

**How the game is played:** The 4 players playing 2 vs. 2. They should compete from 1 - 3 minutes. The players not participating should help to collect the balls to make sure the game never stops. You can have a competition where the winners stay or have teams competing against each other. The players have 2 goals that they can score.

**Variations/Progression:** Increase or decrease the time of the games.



### 3 vs. 3 (2 goals (10 mins))

**Number of players required:** Full U13 or older teams

**Equipment:** Pug goals, cones or flags to create the small goals.  
OR Few cones to create the line (zone), divide the field and create the lines. Few balls per grid.

**Grid requirement:** Create 1 - 2 (30 x 30 grid). Players are required to play inside the grid.

**Organization:** Create 4 goals per grid (2 each side). Have equal number of players per grid. Example: if you have 12 players and 2 grids, you should have 6 players per grid.

**How the game is played:** The 6 players playing 3 vs. 3. They should compete from 1 - 3 minutes. You can have a competition where the winners stay or have teams competing against each other. The players have 2 goals that they can score.

**Variations/Progression:** Increase or decrease the time of the games.



### Match - Scrimmage (20 mins)

**Number of players required:** Full U13 or older teams

**Equipment:** many soccer balls. For the 2 goals you can use pug goals or cones.

**Grid requirement:** Create a 40 X 40 yard grid marked with cones.

**Organization:** All players are required to play within the grid.

**How the game is played:** Two teams will be formed like regular scrimmage.

**Variations/Progression:**

- Competition between the teams
- Implement the topic of the session in the small side games.

