

Three-pass frenzy

More than 80% of goals are scored in three or fewer passes after regaining possession of the ball. An alert move forward after winning the ball can catch defences out and give your team chances to score goals.



What you tell your players the session is about

1. Pressing your opponents and regaining possession of the ball.
2. Passing forward quickly when play is regained.
3. Taking a shot at goal after three passes or fewer.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Balls	Players are passing and moving to play the other ball
The session	Balls, cones, one goal	Three quick passes to score a goal
Development	Balls, cones, two goals	Regaining the ball and passing forward to score
Game	Balls, cones, two goals	Teams regaining the ball make a quick forward pass and run to support and score a goal
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Pressing opponents, passing, running off the ball, shooting at goal, dribbling

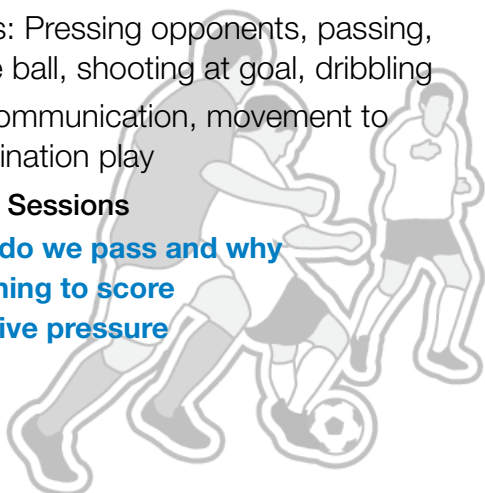
Team skills: Communication, movement to receive, combination play

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What to think about

- When regaining the ball, can your team play a quick forward pass to catch the opponents' defence off guard?
- Once a forward pass is made, can the team have supporting players running forward to help the player in possession?
- When your team wins the ball back, can they make three quick passes and shoot?





Set-up

Use a pitch 50 yards long by 30 yards wide.



What you get your players to do

Three players start on the pitch and receive a pass from a team mate on the outside of the pitch.

The players are limited to two touches and must combine quickly to take a shot at goal. The players must not use more than three passes before shooting.

The player who has shot at goal must now run off the area at the opposite end and allow a new player on to the pitch.

The exercise now works in the other direction and swaps after each attack with the shooter being replaced.



What to call out

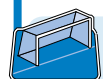
- "Play a quick forward pass"
- "Make forward runs to support your team mates"
- "Get your shots off early"



Development

The black team attacks the white team's goal in a 4v4 situation. If the whites win the ball, they look to break upfield quickly.

The attackers can use as many touches as they like but are limited to three passes before shooting at goal.



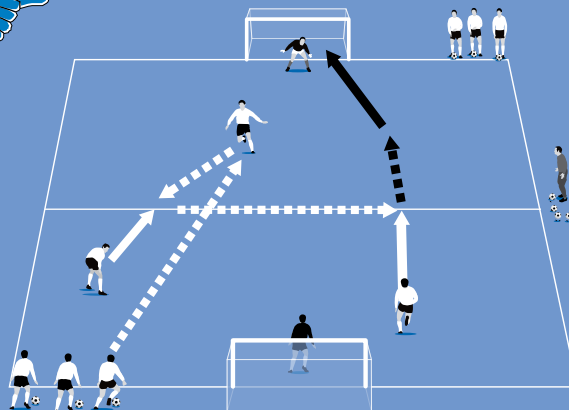
Game situation

If a team can score a goal using three or fewer passes after winning the ball, it earns two points.

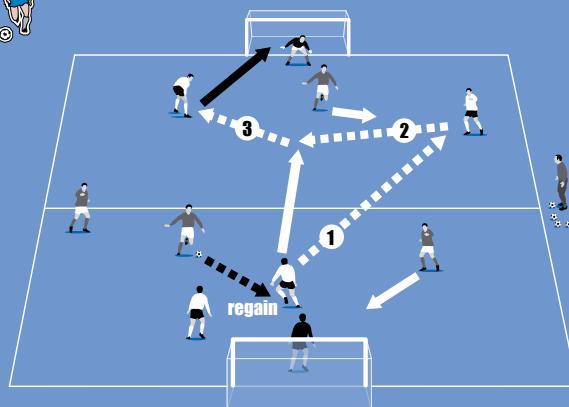
Goals scored with more passes only earn one point. The team with most points wins the game.

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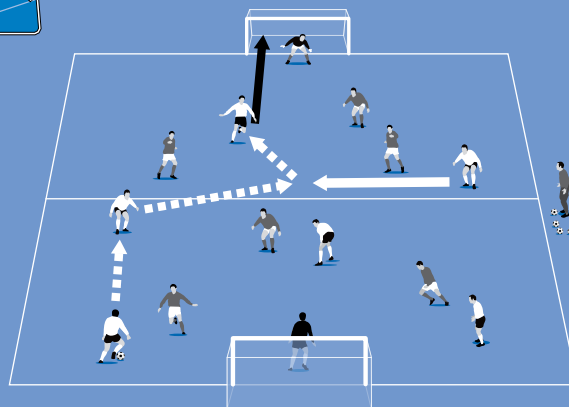
player movement \Rightarrow pass/serve $\square\square\square\square\Rightarrow$
 run with ball \dashrightarrow shot \rightarrow



Three players combine quickly to shoot at goal. They are limited to two touches each and have no more than three passes between each other.



If a team defends well, it can counter attack to shoot at goal within three passes.



In a small-sided game, teams earn two points for making a maximum of three passes before scoring a goal.

