



HCSA

Principles for 3v3

Formation Triangle



ATTACKING: When I have the ball I:

- ⚽ Dribble towards the goal and try to score!
- ⚽ Players should be encouraged to take players on dribbling. Passing is not the best way to move the ball at this age. It only encourages kicking the ball away and not controlling the ball!

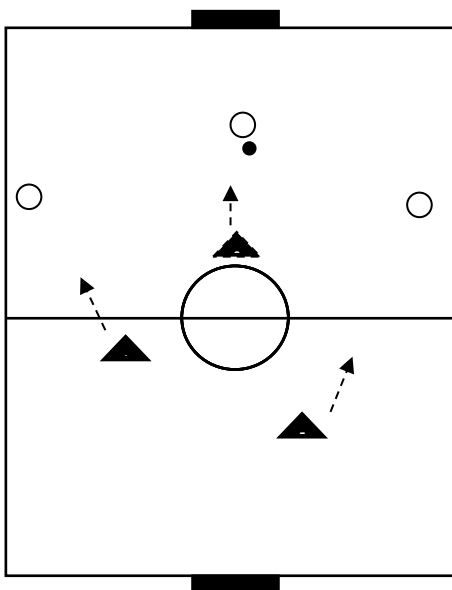
ATTACKING: When a teammate has the ball I:

- ⚽ Give my teammate space to dribble/ pass or shoot
- ⚽ Move to the outside/ forward and get open (away from players from the other team)
- ⚽ Run in space while still looking at the player with the ball (he/she may want to pass to me!)
- ⚽ Only ask for the ball when I am open – I don't hide behind opponents
- ⚽ Receive the ball with the inside of my foot and take the ball to goal!
- ⚽ Celebrate with my teammates when we score!

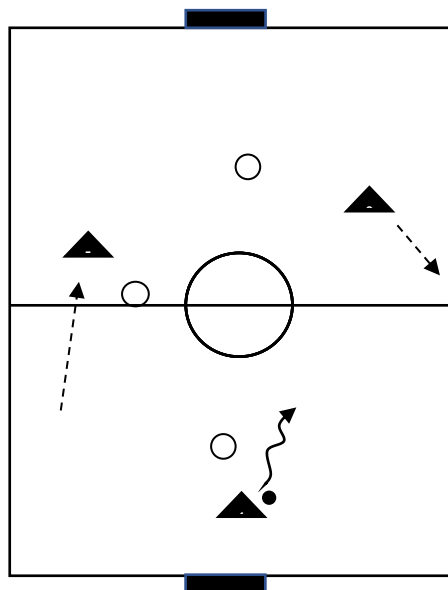
DEFENDING: When the other team has the ball I:

- ⚽ Try to win the ball back by going to the player with the ball and tackling the ball
- ⚽ Get between the ball and my goal!
- ⚽ Do not let them shoot on goal or block the shot!
- ⚽ Never give up!

Defending:



Attacking:



Legend:

- ▲ Team player
- Opponent
- Ball
- Run
- Pass
- ~ Dribble

Our slogans: Let's have Fun... and get Better every game!
First to the Ball... and Last to give up!