

3 vs. 3 for 16 Year Olds

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The progression for the 3 vs. 3 game for 16-year olds is not to have a goalkeeper even if at this stage the team has 2 or 3 recognized keepers. The challenging 3 v 3 game will give the keepers good practice in supporting play. The keepers will probably gravitate to the rear supporting position, but that's OK, too!

The field needs to be no longer than the 6-year olds Micro Soccer field as their tighter skills will accommodate the 30-yard by 20-yard field. However, if the coach wanted to improve the conditioning of the team a longer (35-40 yard field) would force players to make longer forward runs and recovery runs.

One thing I would strongly recommend is to make the goals fairly narrow (2-yards) to enable defenders to take up good defensive lines to goal and reward them for their good defensive positioning.

It will also force attackers, if the opposition is defending skillfully, to have to work the defenders out of their good defensive shape by good support, good interpassing and movement off the ball into space.

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