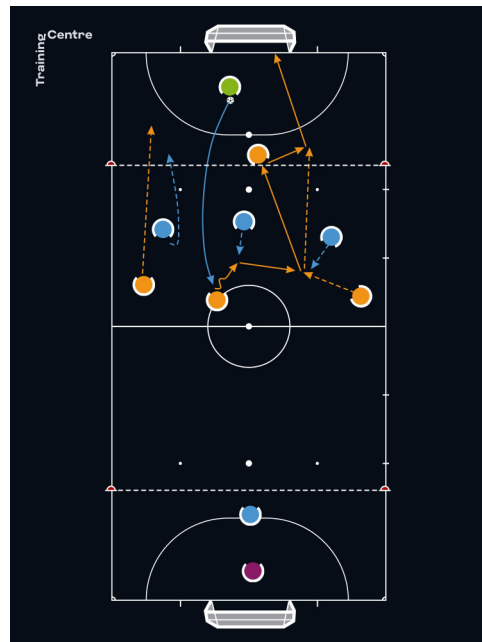


3-1 system: —●— Role of the pivot



Organisation

- Use a full court.
- Place a goal at either end of the court.
- Position a goalkeeper in both goals.
- Divide each half into thirds.
- Use cones to mark out an area comprising two thirds of each half.
- Set up three defenders v. three attackers inside two thirds of one half.
- Place an attacking player (the pivot) inside the final third of the half to create a 4v3 scenario.
- Position the defending team's pivot in the final third of the opposite half.

Explanation

- Play begins with the defending team's goalkeeper throwing the ball out to an attacking player positioned inside the two thirds of the half.
- The attacking team aim to progress play into the pivot, who looks to hold the ball up and combine with team-mates or turn to take a shot on goal.
- If the defending team turn over possession, play moves to the opposite half of the court and the teams swap roles.

Variations

- A defending player joins the attacking pivot in the final third to create a 4v4 scenario inside one half.
- The pivot can leave the final third.
- Once the attacking team's move is over, the exercise progresses into an end-to-end game.

Coaching points

- The pivot should adapt their body shape to hold the ball up and turn to shoot (sideways on) or hold the ball up and lay it off to a team-mate (open shape).
- The in-possession team's deepest-lying player should adjust their position to provide cover against a possible counter-attack.
- After receiving the ball, the pivot should look to retain possession and slow play down.
- If the pivot comes short to support the play, a team-mate should occupy the pivot position