

3v3 Activities

END OF TRAINING SCRIMMAGES

- Do NOT go 'full' field... kids do not need endurance training, and 'full-field' activities only encourage kicking... we need to stay focused on 'ball control' especially in smaller, confined spaces!
- Avoid shouting 'spread out'... just play smaller numbers (letting them see their value without the ball)
- Keep numbers low, **especially lower than your 'game' format** ... 2v2, 2v3, 3v3, 3v4, 4v4. Scrimmages should ALWAYS be lower than your age group's format. Lower numbers keep ALL of the kids engaged, less chance to become a spectator (or hide on the field). **Small-sided activities will naturally teach your players the value of 'spreading out'.**
- Focus on these soccer skills – dribbling, ball manipulation and first touch.
- Celebrate when they dribble! ...do a special move to beat a player or do a move to work themselves out of a difficult situation!
- Coaching during scrimmages is NOT recommended, unless you are playing with them (and then, only coach the team you are playing with.)
- Make dribbling and ball control have a higher value when scoring ... Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!
 - End zone games
 - Multi goal games (FUNiño)... 2-goal, Target Goal (ball on a cone), 3-goal
 - Cones for goals as 'Gates'... each time, keeping the ball ON THE GROUND and NOT hitting any cones
 - Cones are 'two paces' apart
 - Dribble through the gate for a score... stopping to control the ball
 - Ball passes through the gate on the ground without touching a cone ('Club' rule)
 - **Target Game** - Receive ball in target area or thru gate with control (1- 2 touches)
 - **4-touch or 1-touch** – if you cannot play 1-touch, must take 4 touches
 - **Non-Dominant Foot** – only 1-touch with dominant foot, multiple with non-dominant
 - **High Pressure** – split the pitch into thirds, if you win the ball in top 3rd and score its worth 3 goals
 - **Counter-Attack**... score within access of winning the ball is worth 3 points
 - **Passes Equals Goals** – consecutive passes equals points

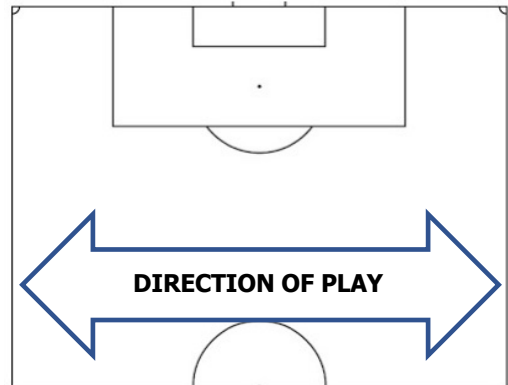
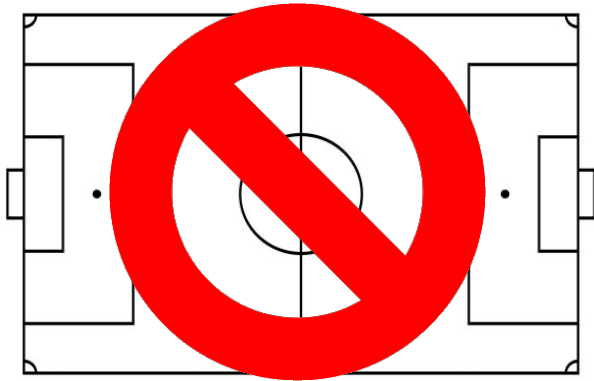
Several practice plans are posted online... PracticePlans.GermantownLegends.com

Send an email to info@GermantownLegends.com for more suggestions and examples.

Also, at the younger ages, using small 'Pugg-like' goals (just like using large spaces) is **highly discouraged** (especially in the early months of the season), as it encourages players to just kick the ball when they feel any pressure at all.

NO to full field scrimmages using full format numbers

YES, to small-sided games!



FULL FIELD

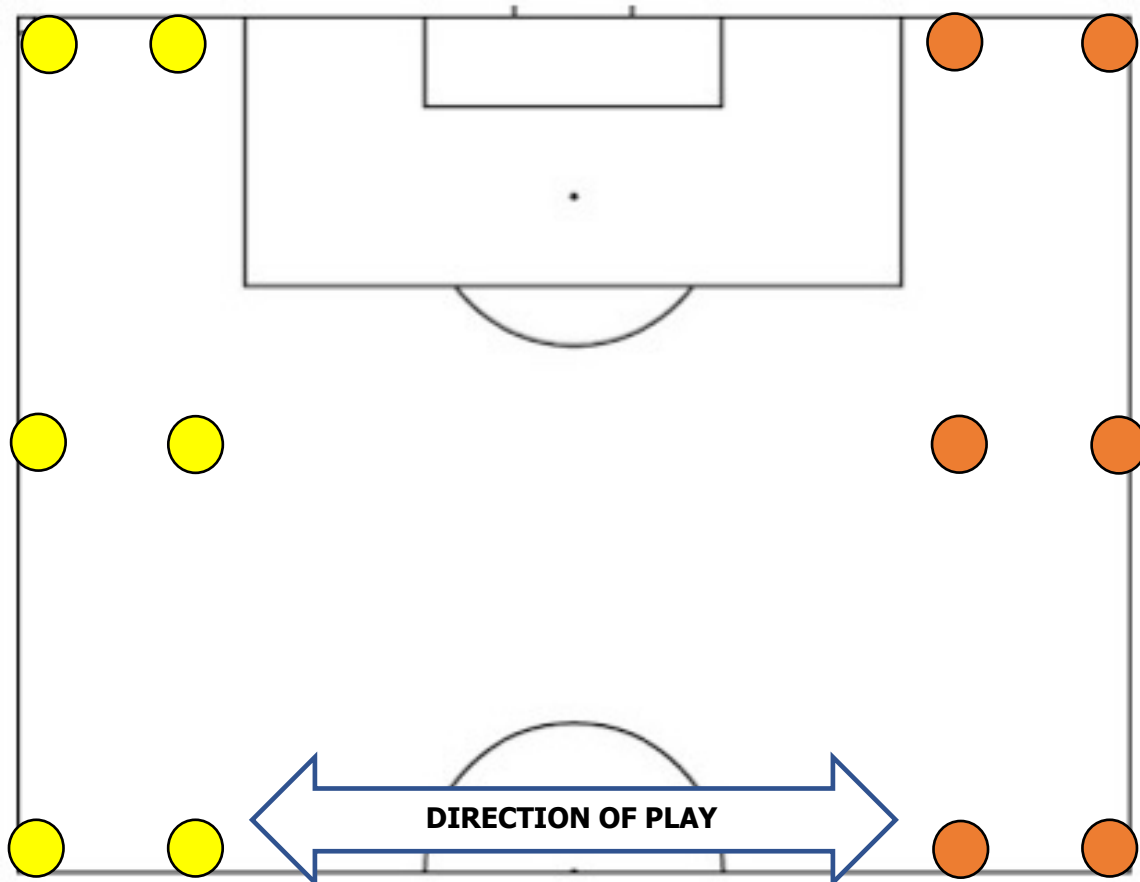
- Encourages 'kicking' over dribbling
- Less touches on the ball per player
- Players are able to hide when tired
- Player development stagnated
- Saturday matches lose their luster
- Some players are forced to watch – **NOT** play

HALF FIELD OR SMALLER

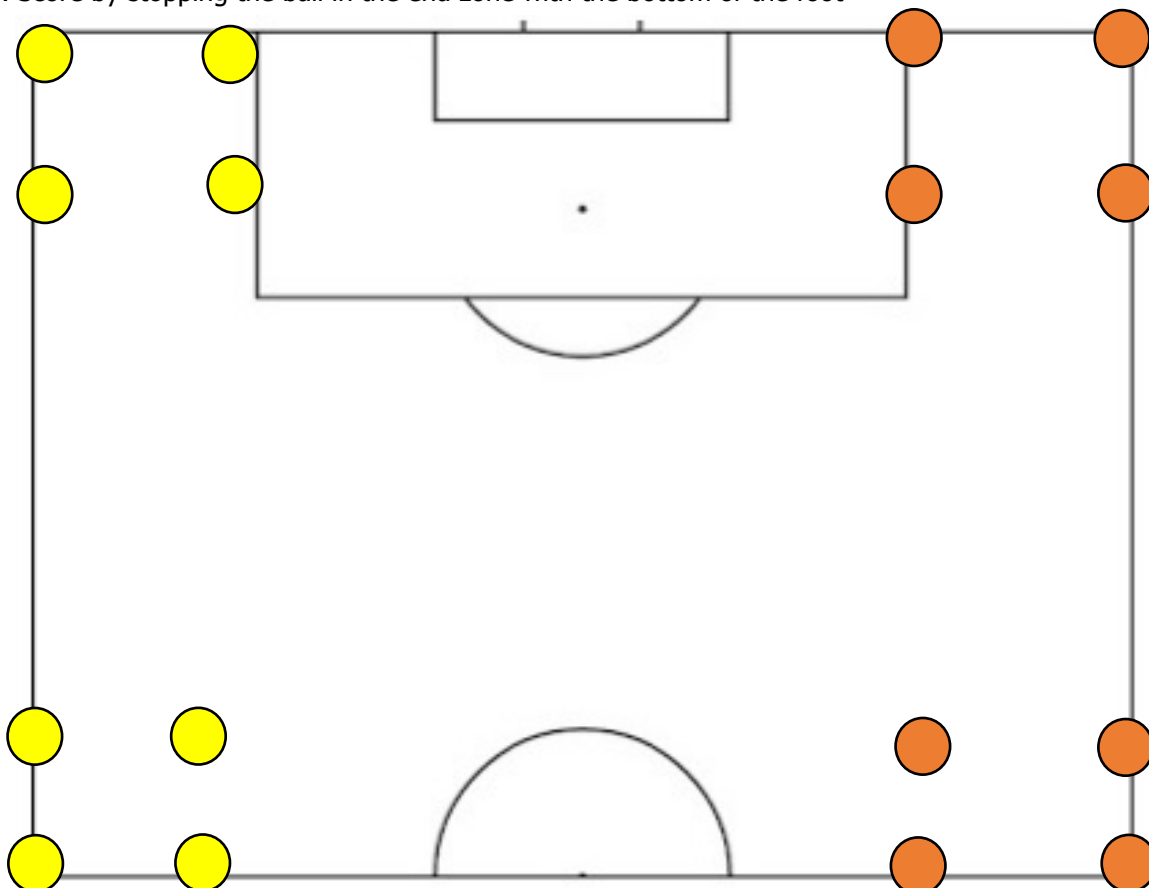
- **Emphasizes ball control**
- **More touches on the ball per player**
- **Keeps players active and engaged in the game**
- **Players develop quicker**
- **Helps to make Saturday matches special**
- **Everyone can play at the same time**

Also, by using the width of the field for scrimmages, we are protecting and preserving the goal areas for matches.

END-ZONE.... Score by stopping the ball in the end zone with the bottom of the foot



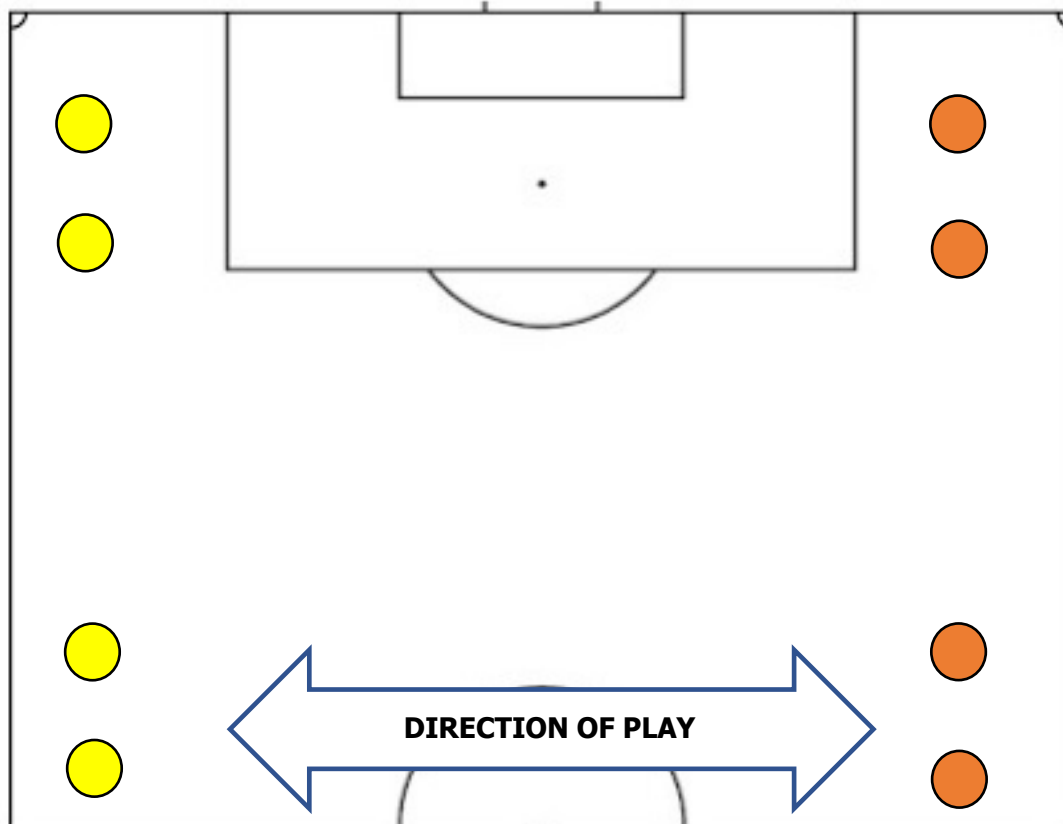
2-Box.... Score by stopping the ball in the end zone with the bottom of the foot



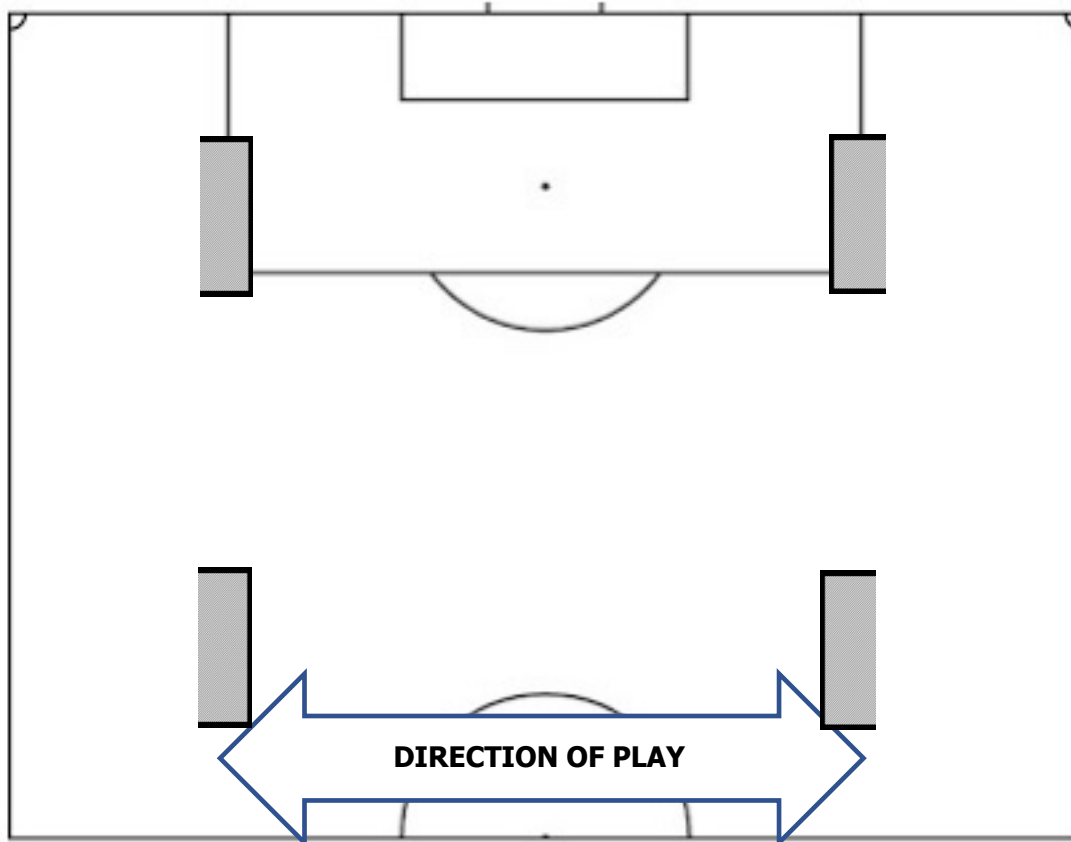
Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

2-GOAL (gates) ... score by dribbling through the gate in either direction

Note the placement of the cones are NOT on the sideline in the 2-goal setup.

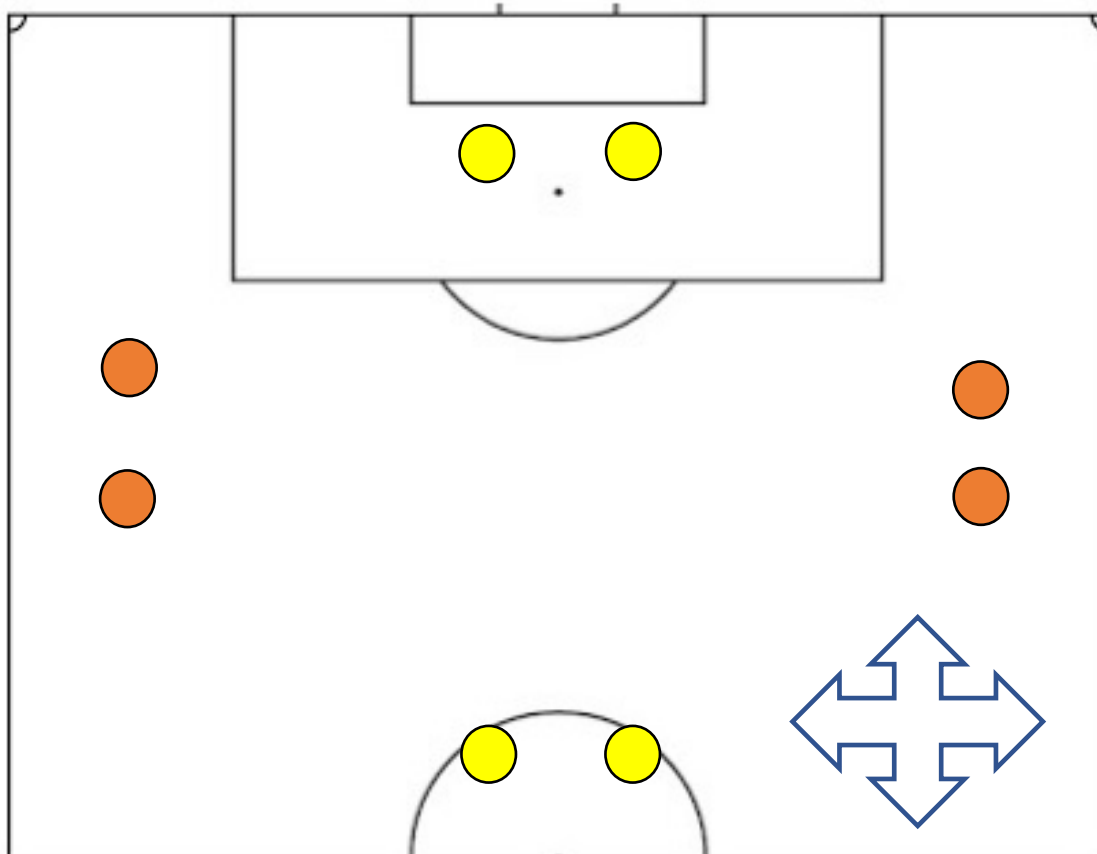


2-GOAL (gates) ... one-way goals ><

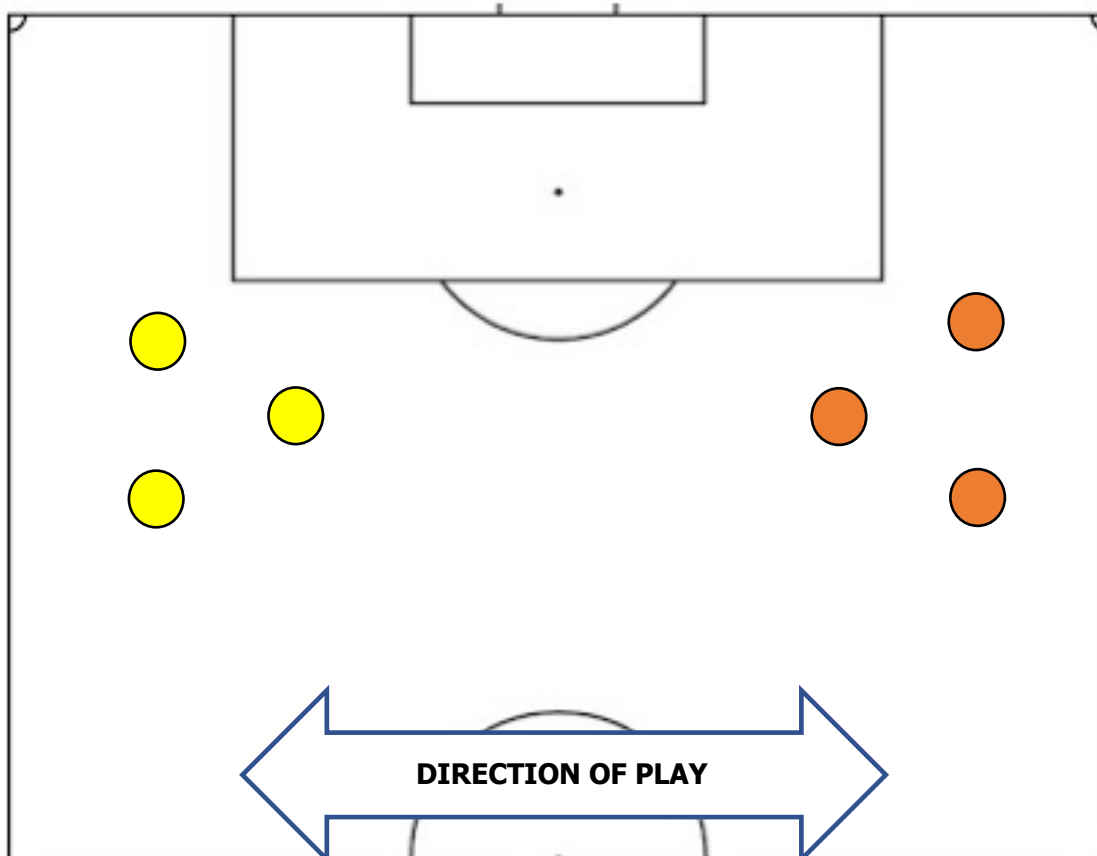


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2-GOAL DIAGONAL... score by dribbling/ passing through the gate in either direction

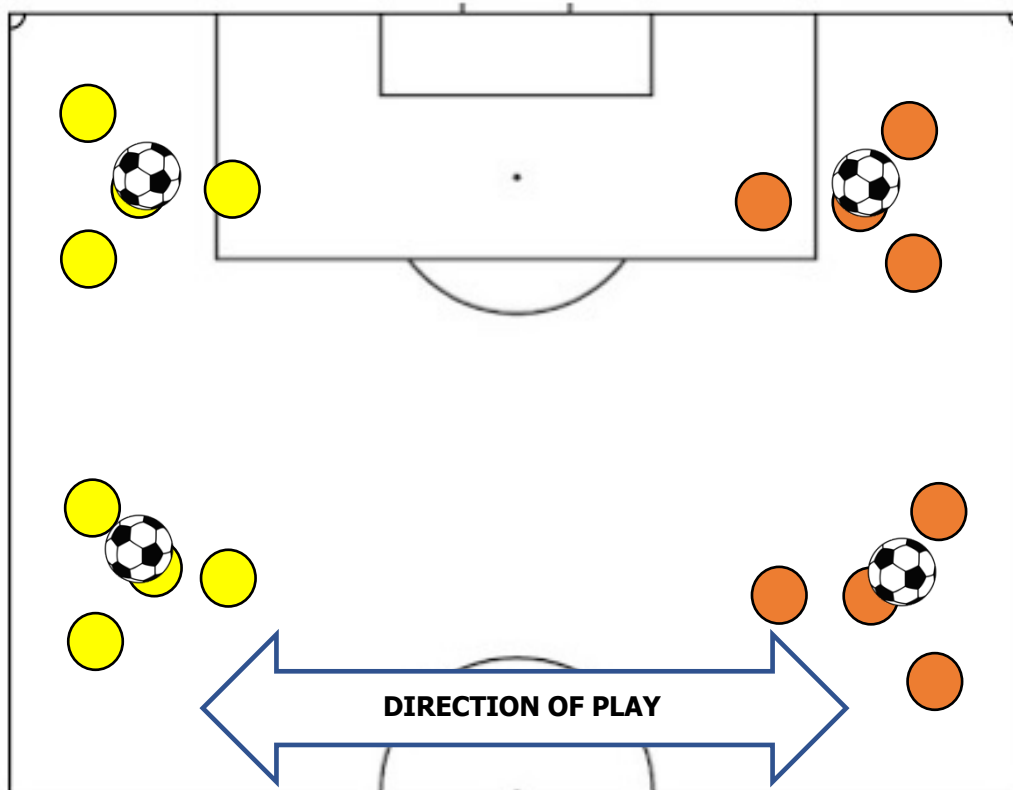


2 TRIANGLE TARGET... Players dribble thru or pass thru the triangle to score



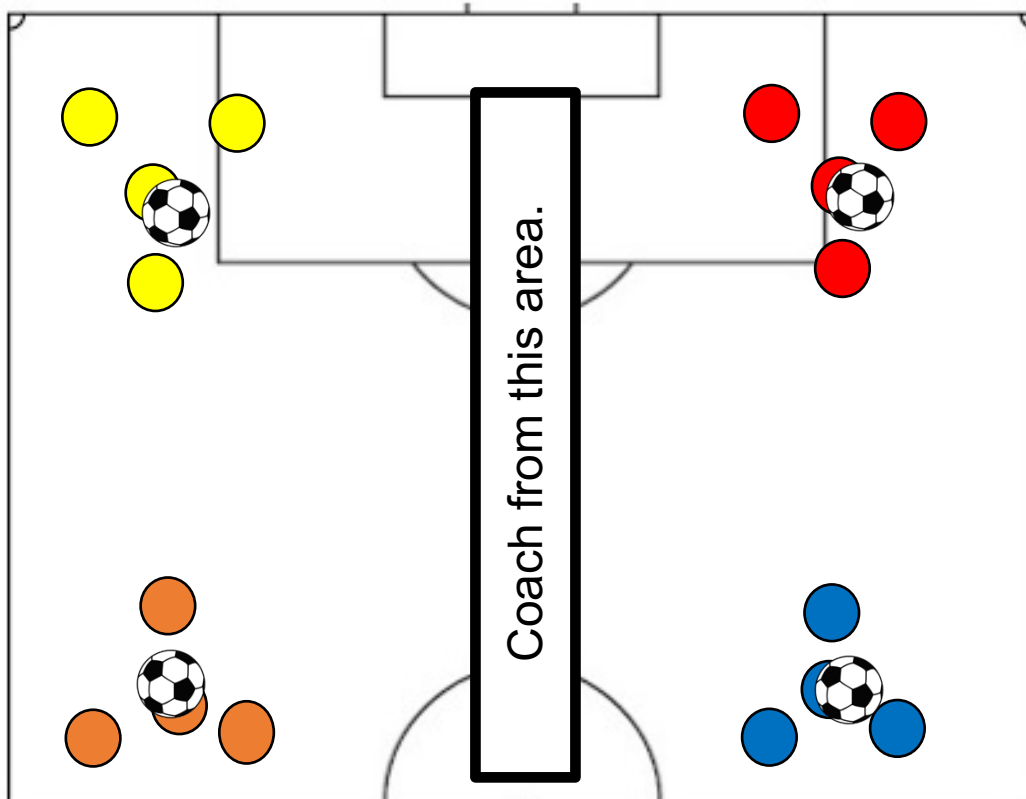
Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

4-TARGET ...knock ball off of cone without entering the triangle



TWO GAMES OF 2-TARGET ...knock ball off of cone without entering the triangle.

Diagram shows TWO games going on the same side of the field.



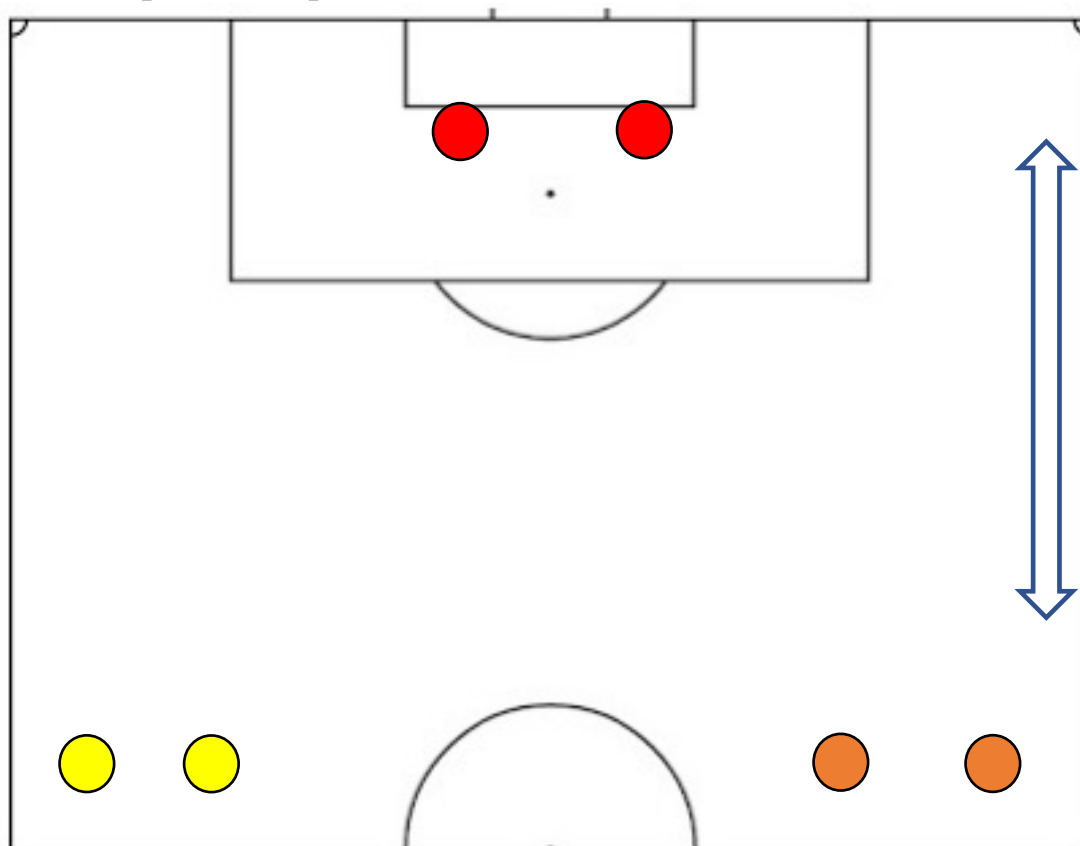
Note the placement of the cones are NOT on the sideline.

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3-GOAL (Gates)



1 to 2-GOAL (Gates)

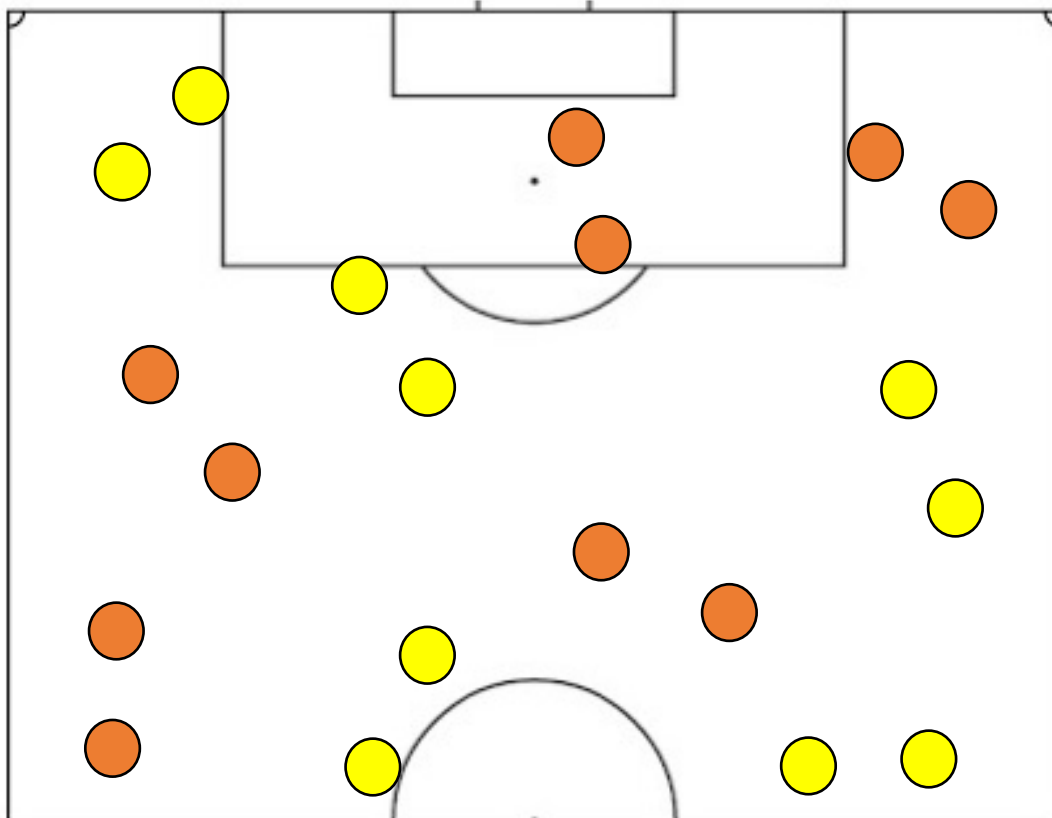


Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

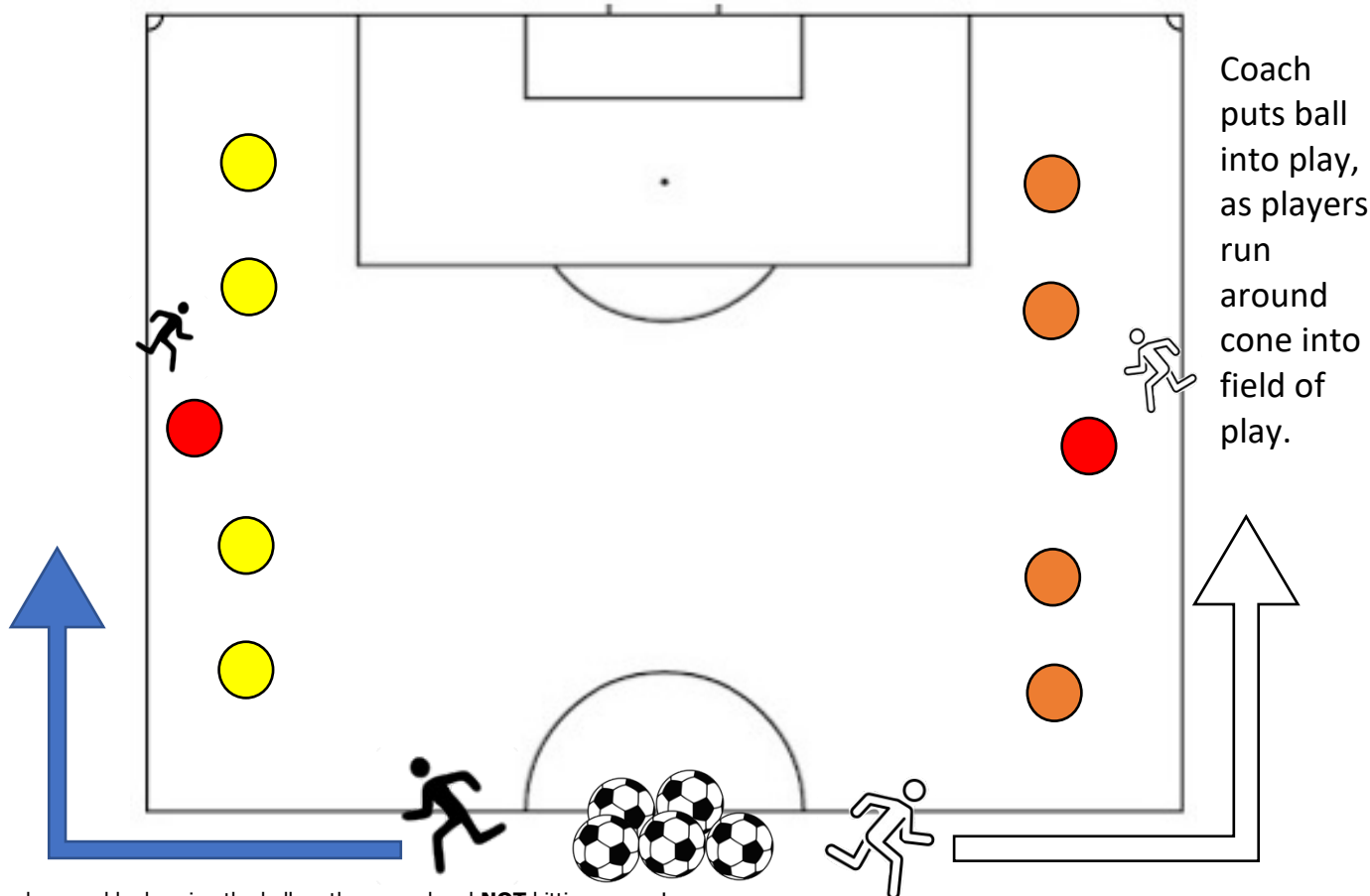
Note the placement of the cones are **NOT** on the sideline in either of these setups.

RANDOM GATES

One less gate than there is players on each team.

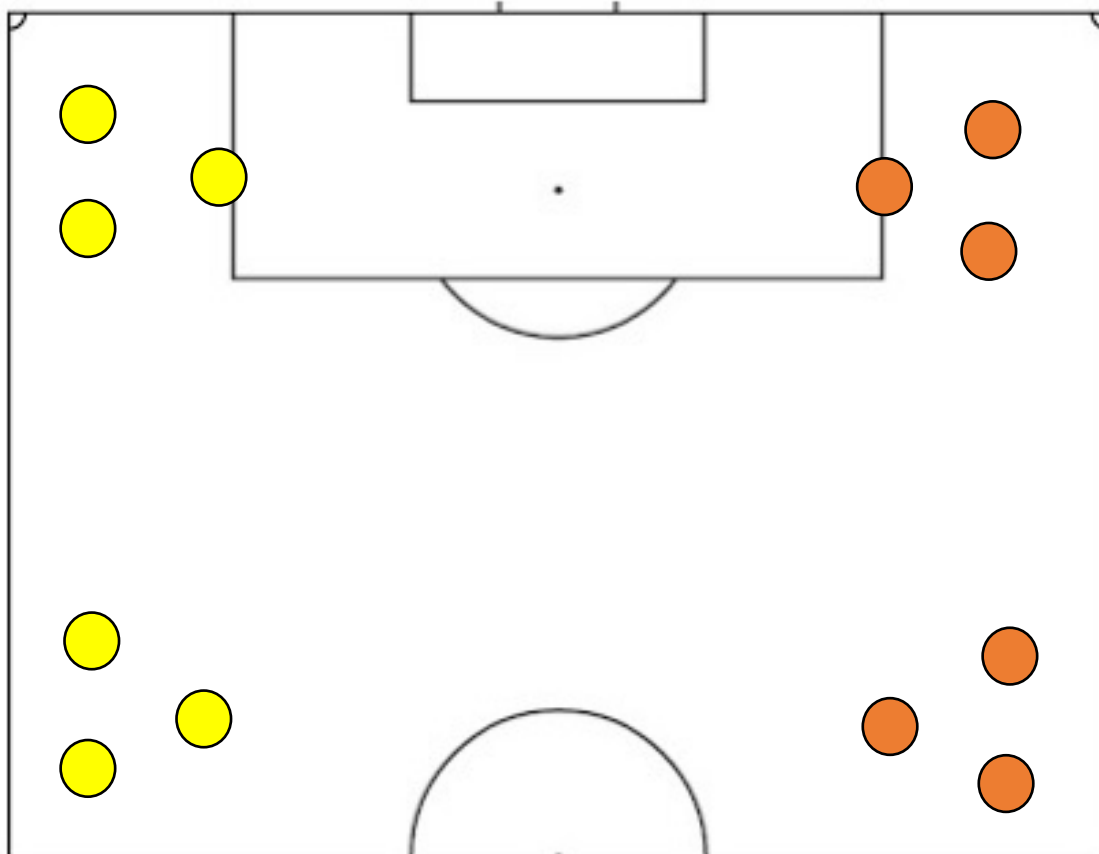
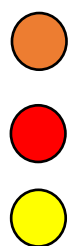


1v1 ON THE RUN (Coach puts ball into play... 1v1, 1v2, 2v2)

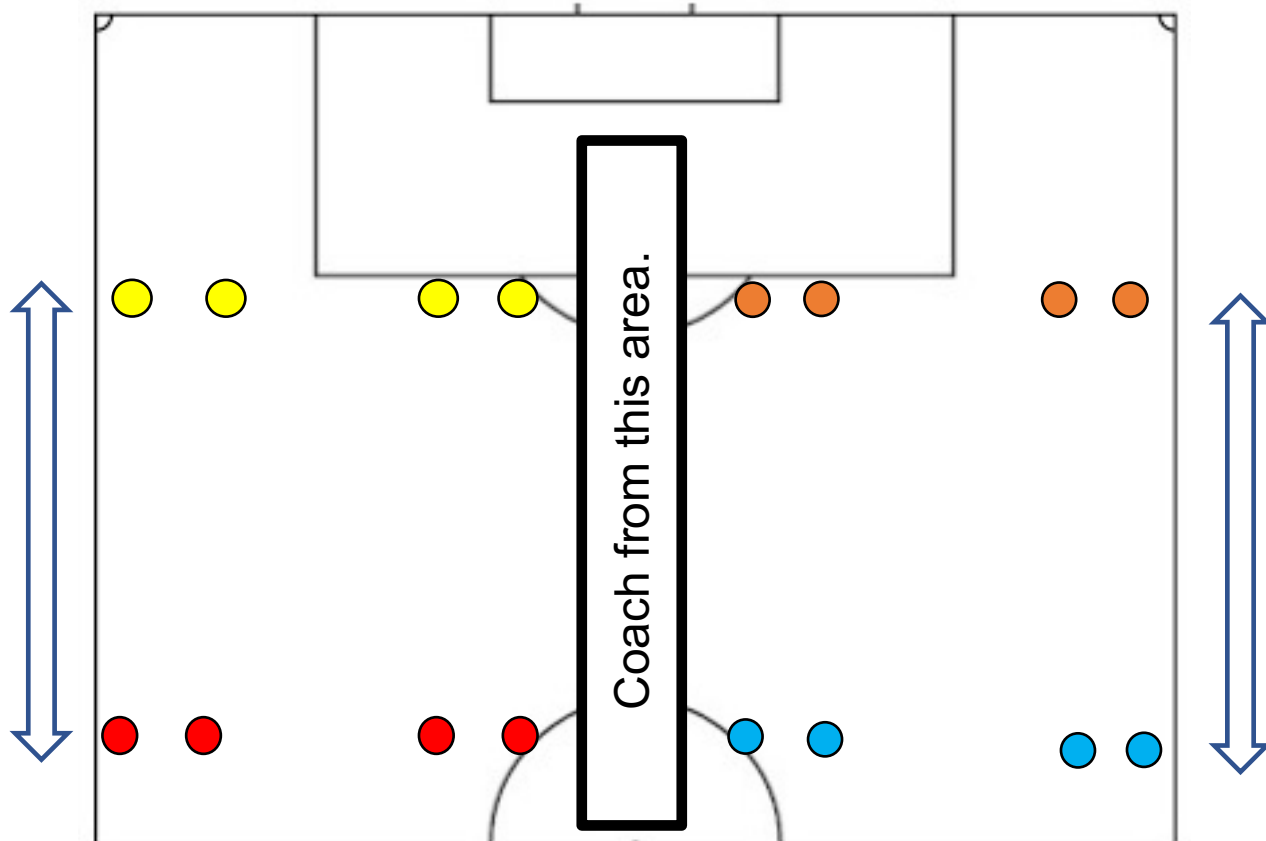


Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

TRIANGLE TARGETS...dribble thru triangles, let a offensive player receive the ball in the triangles

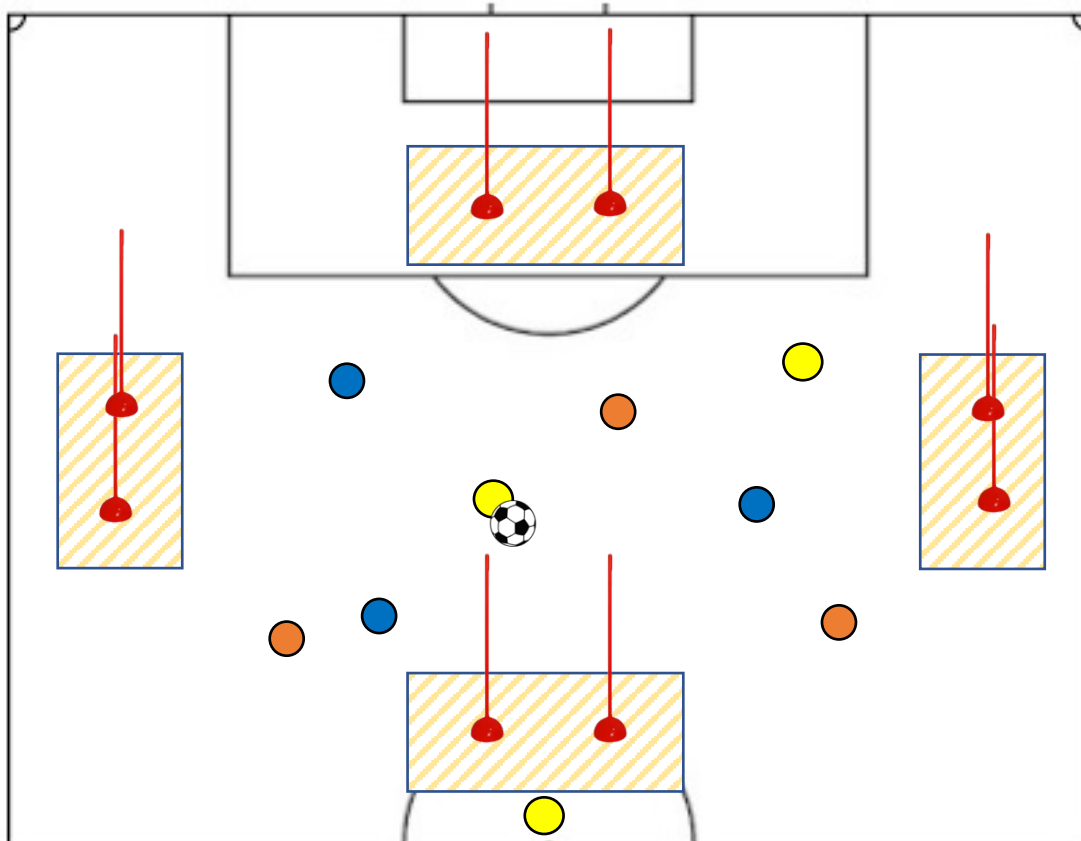


Two Game, 2-Goal Set-up (1v2, 2v2)



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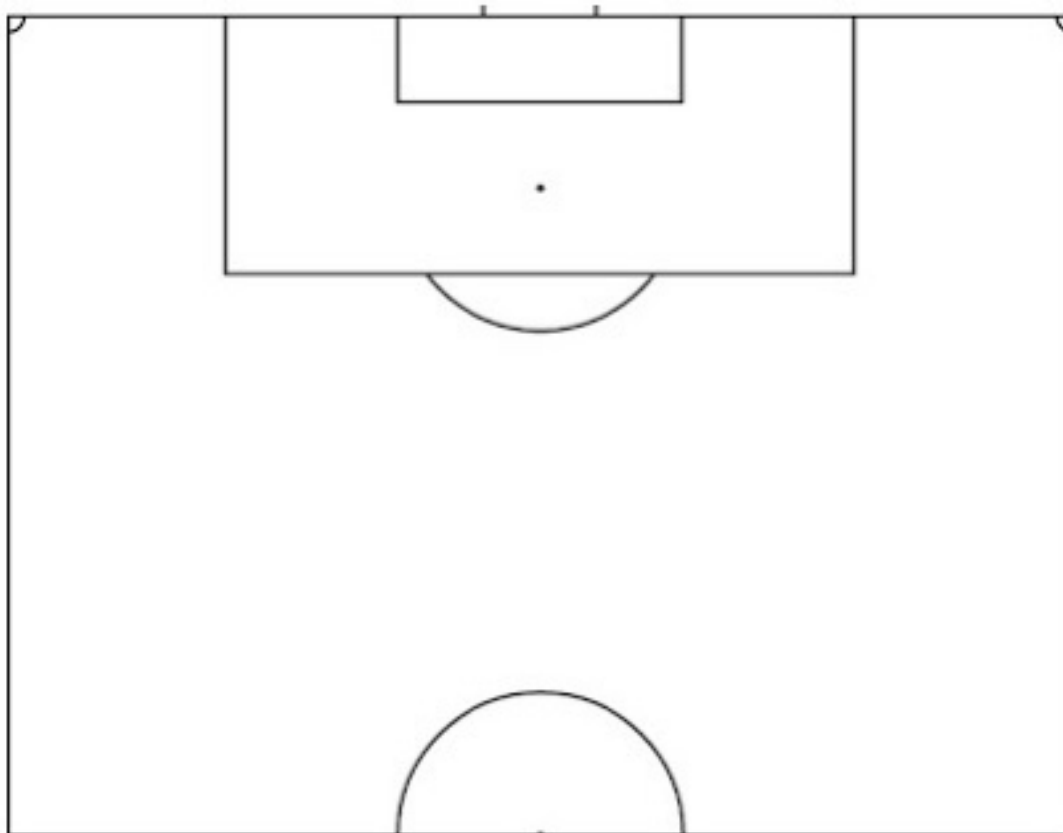
3v3 + 3 (score by passing through gate to a teammate)



Design Your Own Activity

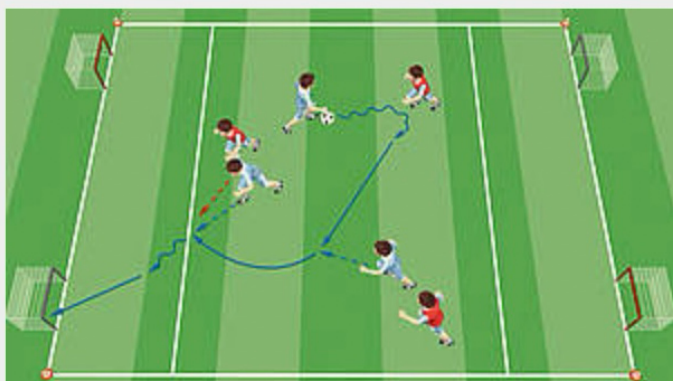
Legend for activity design symbols:

- Orange circle (large and small)
- Red circle (large and small)
- Yellow circle (large and small)
- Blue circle (large and small)
- Soccer ball icon
- Vertical bar with red cone on top
- Vertical bar with yellow cone on top



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GAME ON DIAGONAL GOALS



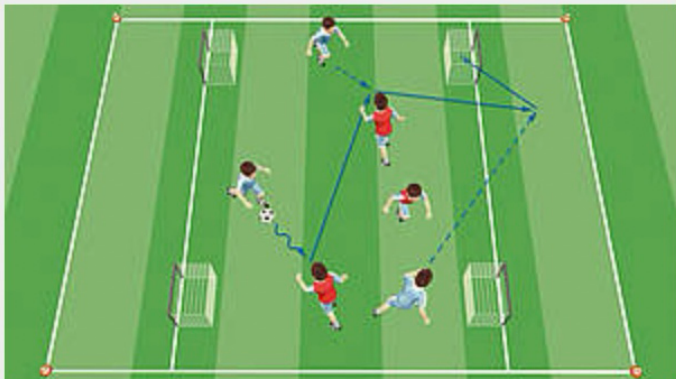
Organization

- Mark a 28 x 22 meter playing field with 4 mini goals and 6 meter deep goal shooting zones.
- Divide 2 teams of three.

Procedure

- The teams attack 2 diagonally spaced mini gates and defend the other two (mark mini gates with camisoles).
- If the players master the rules, the coach can constantly change the camisoles at the goals during the current game.

GAME ON INDENTED GOALS



Organization

- Mark a 28 x 22 meter playing field with 4 mini goals and 6 meter deep goal shooting zones.
- Place the mini gates on the front lines of the goal shooting zones and build them with the backs to each other.
- Divide 2 teams of three.

Procedure

- The teams each attack 2 opposite mini gates.
- To do this, they must first play their way into the opponent's goal-shooting zone in order to turn back to the other side and score a goal.
- This game variant promotes, among other things, freewheeling behavior in depth.

Develop a 3-Man Midfield

by Dave Clarke in [Midfield](#), [Small Sided Games](#)

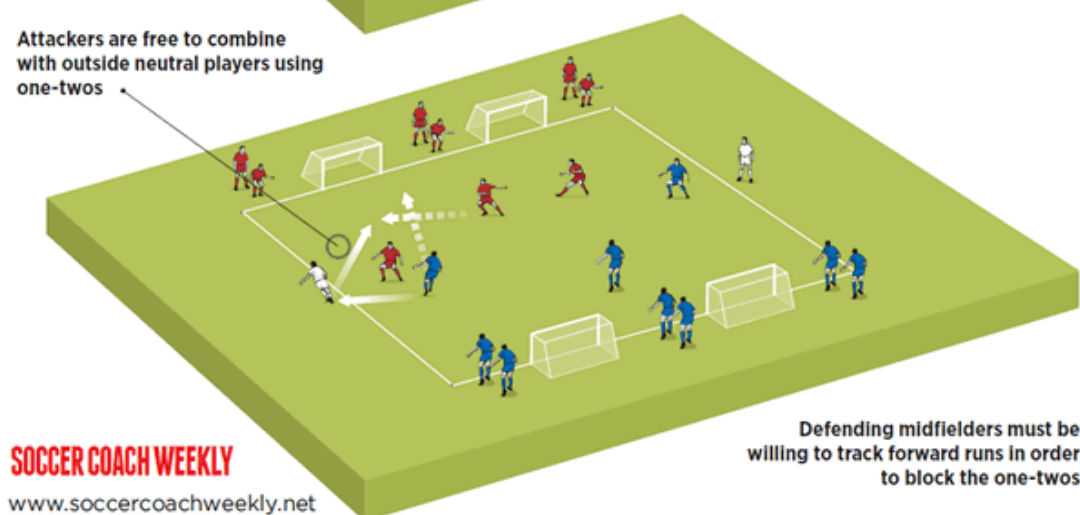
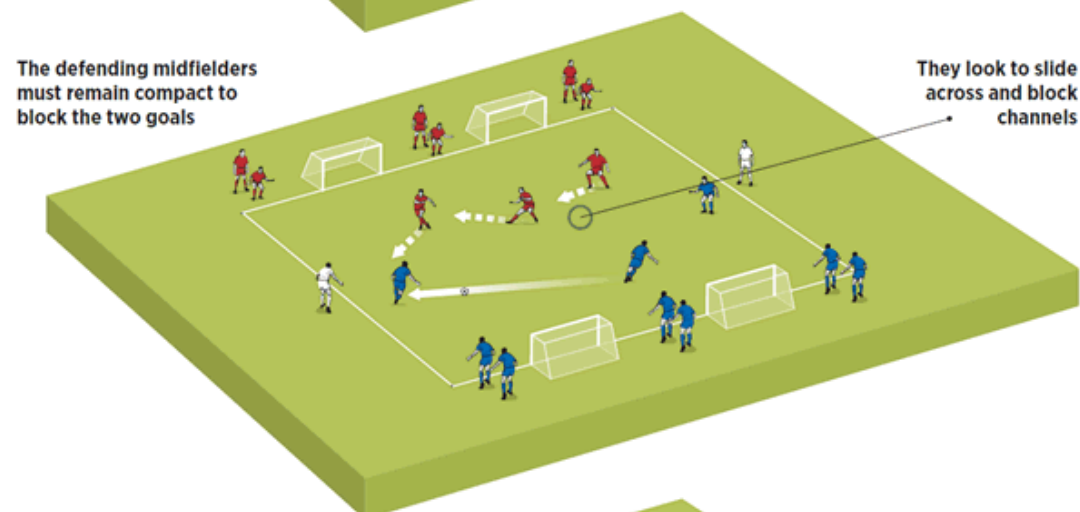
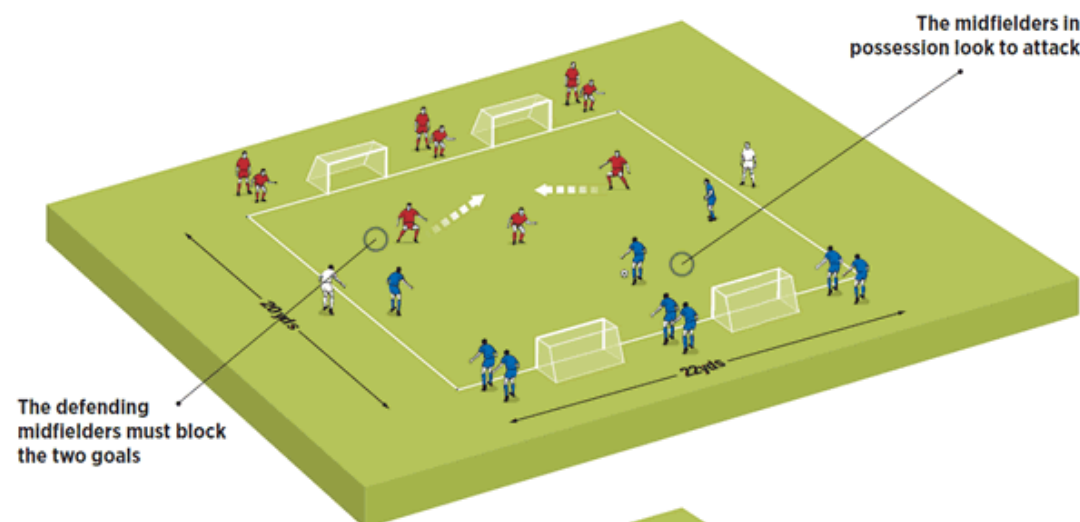
Use this small-sided game to develop a three-player midfield both in attack and defense.

Why use it


The majority of teams use a three-player midfield with the growing popularity of the 4-3-3 formation.

Set-up


Play a small-sided, 3v3 on a 22x20-yard pitch with two mini goals at both ends. Two neutral players at the side work play for the team in possession.




SOCCER COACH WEEKLY
www.soccercoachweekly.net

Player movement 

Ball movement 

Run with ball 

Shot 

Develop a 3-man Midfield (continued)

How to play

The attacking team look to score in a mini goal. They can use the wide neutrals to play give and go passes but neutrals are limited to two touches.

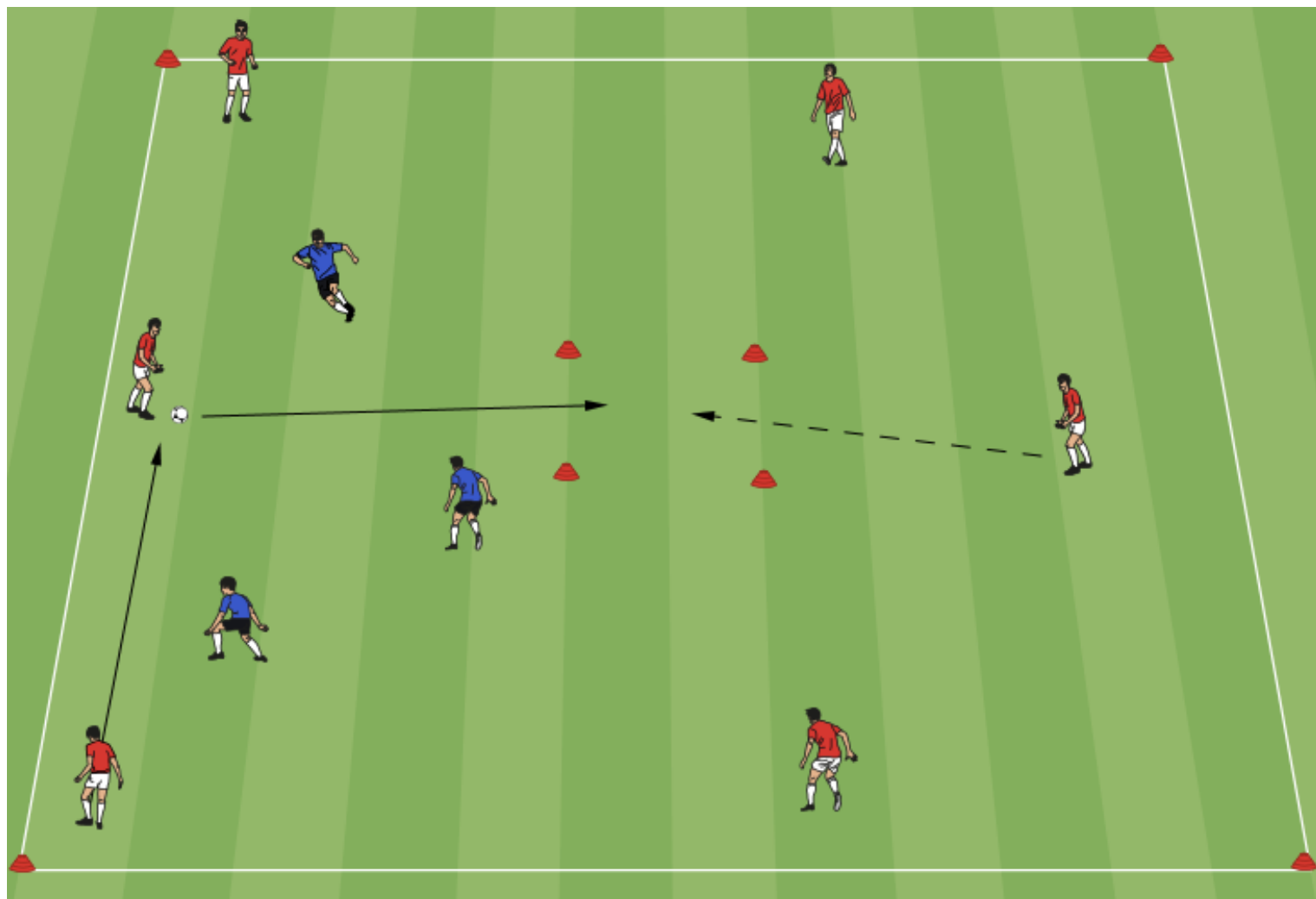
The defending team must send one player to pressure the opponent in possession. The remaining two players support the pressing player and stay in a position to block the two mini goals should the attack pass forward and break.

The game lasts until one goal is scored, then three new attackers and defenders enter the pitch.

Technique

- Team defending.
- Pressing, covering, supporting.
- Passing.
- Movement off the ball.
- 1v1 attacking and defending.

Find the Final Pass



Find the Final Pass is a great possession game to teach offensive players to be patient and keep the ball until an opportunity arises.

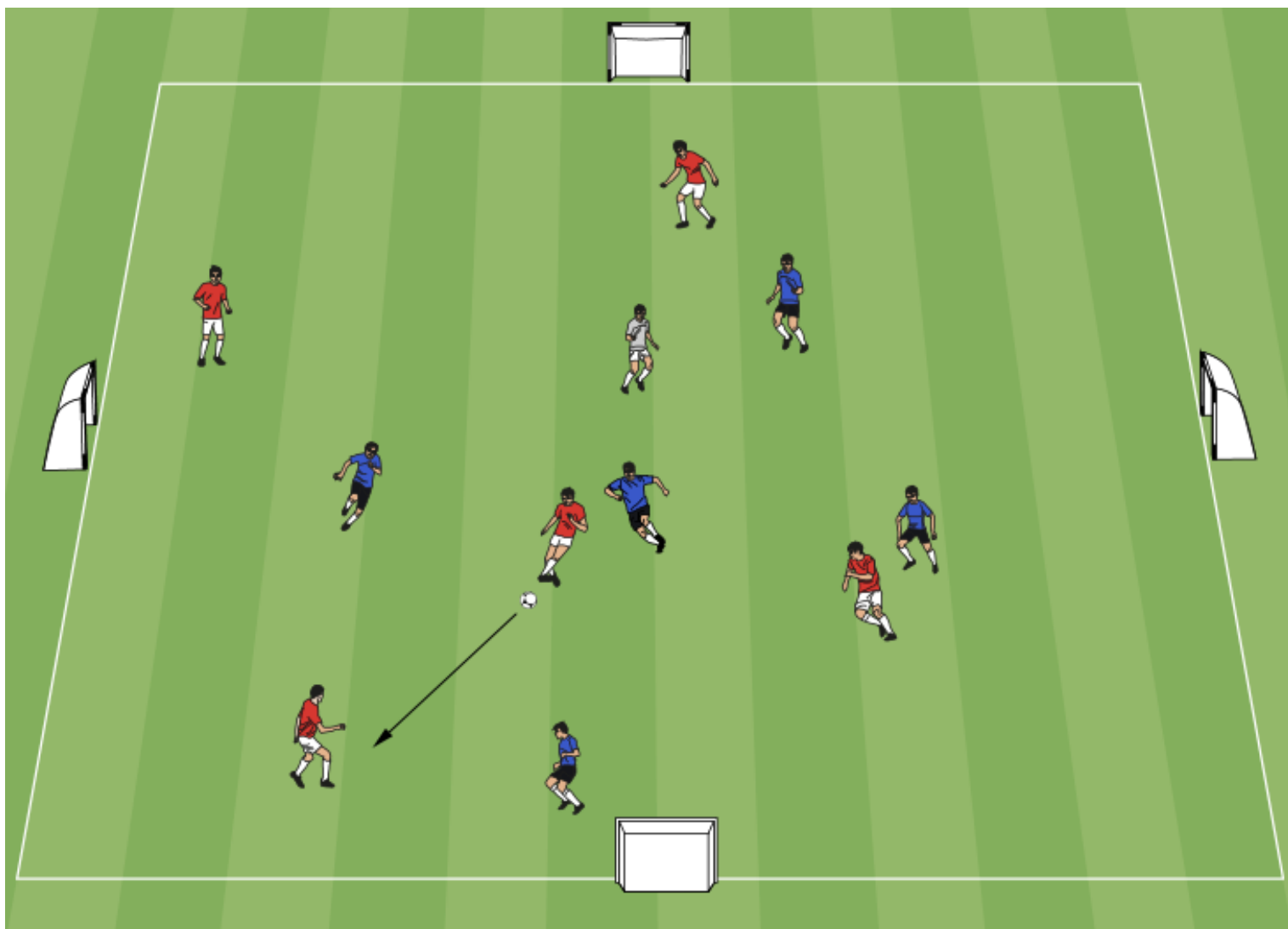
Set Up a large grid with a 2×2 yard square in the middle. Create two teams. The offensive team should have more players than the defensive team. This game works well with 4v2, 5v2, 6v2, 6v3, 7v3, 8v3, or 8v4.

HOW IT WORKS - The team with more players plays keep away inside the grid. Once they complete six passes in a row, they can have a player check into the square in the middle. If the player in the middle receives a pass in the square the team earns a point. If the defending team wins the ball, they earn a point. The first team to earn three points wins.

COACHING POINTS - Often times once an offensive team completes six passes one of the players will run into the middle of the square and wait. The defense ‘puppy guards’ the square and the offense tries to force a pass into the middle. If the pass in the middle isn’t there initially, the player running who is in the middle should check out to create space for someone else. The offense needs to remain patient and keep possession of the ball until the final pass is open.

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Diagonal Attack



Diagonal Attack is a game where players can score on two goals on adjacent end lines.

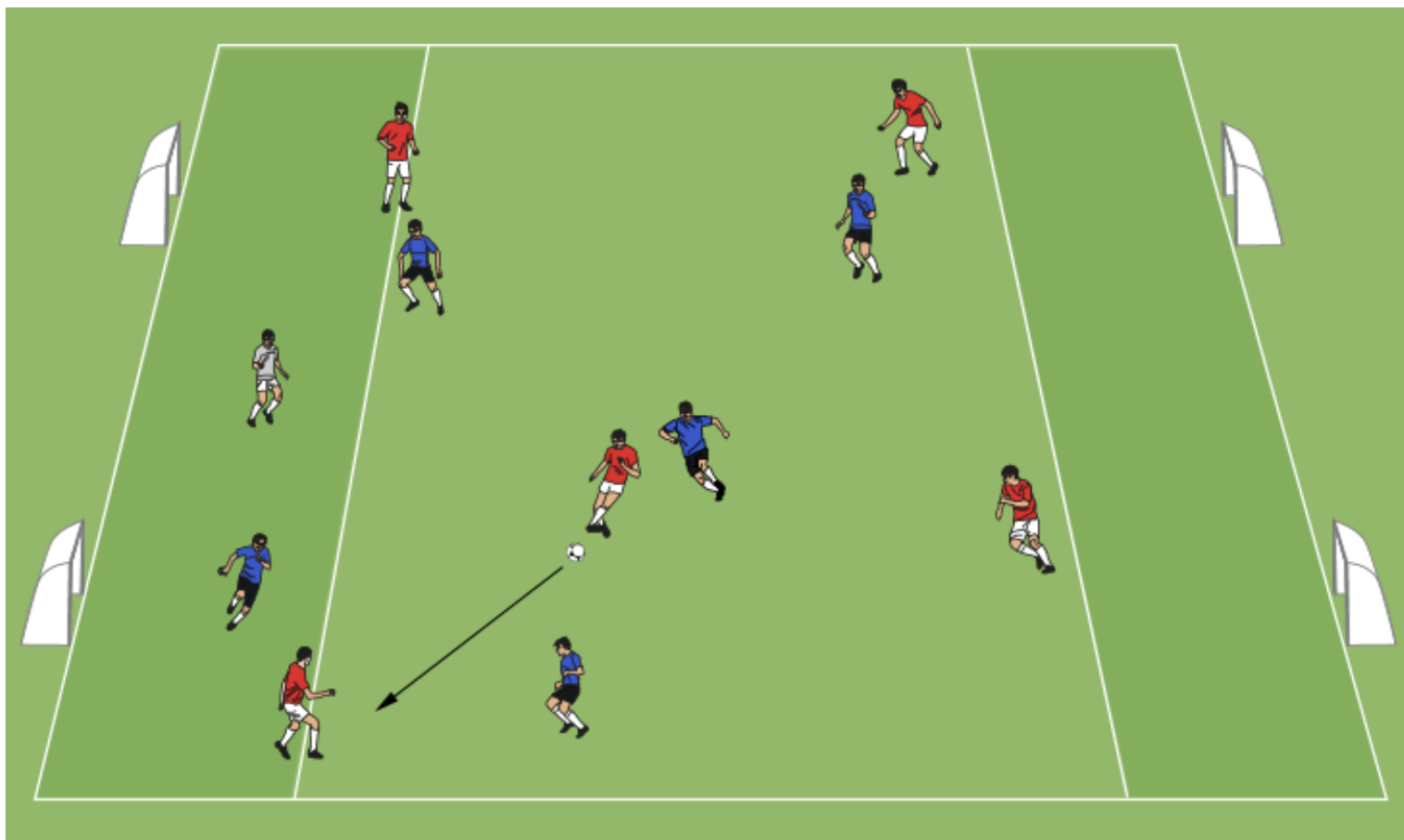
Set Up a square or rectangular soccer field with a mini goal on each of the four sides. Divide players into two teams and assign one or two players to be ‘all time offense’ neutral players.

HOW IT WORKS -Each team defends two goals. Here the blue team is defending the bottom and right goals. The red team is defending the top and left goals. In order to develop passing skills, coaches can make it a requirement that teams must connect six consecutive passes before scoring. The first team to score three goals wins.

COACHING POINTS -The team with the ball should focus on stretching the defense out to create space and attack the goals. Player movement and communication with one another are keys to success on offense and defense.

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Attack in Either Direction (Funiño variation)



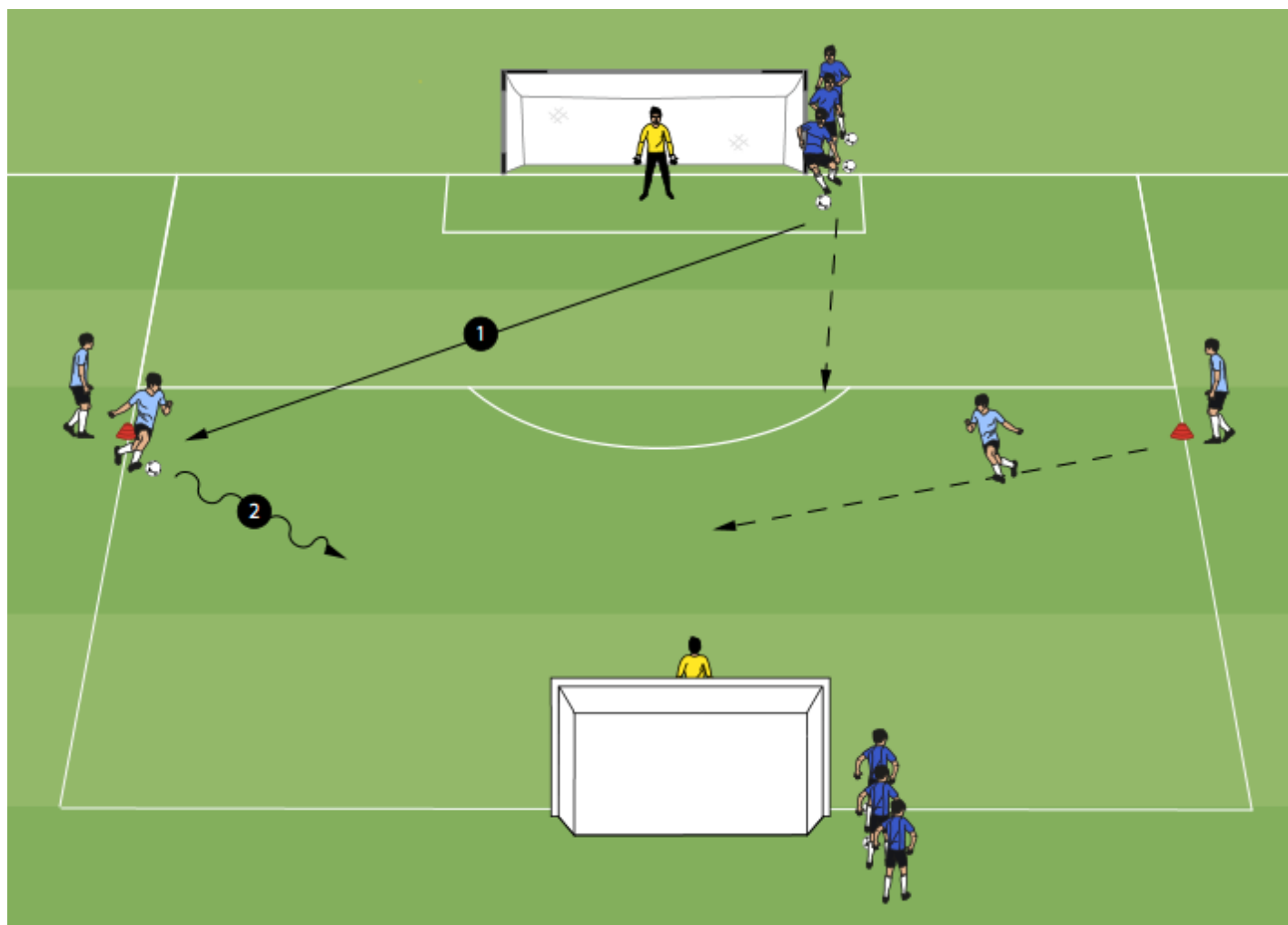
This game does away with traditional formations because both teams can score on any of the four goals. By being able to attack in either direction, soccer players will want to stretch the field and spread out on offense.

Set Up a field with two mini goals on either end. Divide players into two teams and assign one or two 'all time offense' neutral players.

HOW IT WORKS - Teams play keep away in the middle. Once a team connects six consecutive passes, they may score on any of the four mini goals. The first team to score three goals wins.

COACHING POINTS - Players should spread out and look to switch the field when one side is heavily defended. With teams being able to score in either direction, make sure players are always looking to find open spaces. Make sure teams are even and shuffle teams after every round so that players can work with a variety of different teammates.

Dortmund 2v1 Shooting Activity



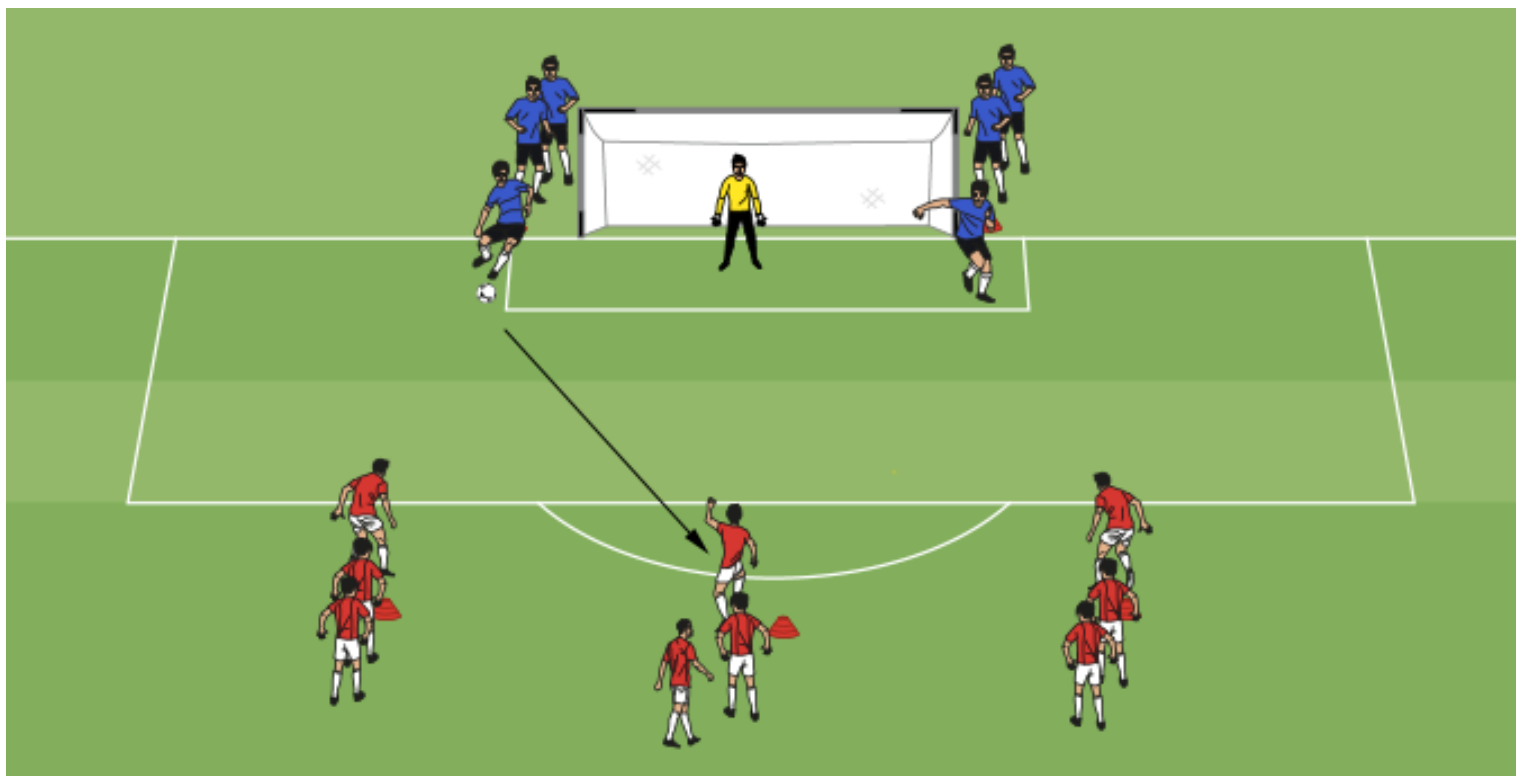
The **Dortmund 2v1 Shooting Activity** is an excellent game for players to practice dribbling towards goal quickly and finishing.

Set Up a grid as shown in the diagram with a full-size goal on either end. Have players line up at the posts and form two additional lines on either side of the grid. Players at the posts need soccer balls.

HOW IT WORKS - The soccer ball starts at one end with a player on a post. This player can choose to pass to either one of the side players. The player they decide to pass to becomes their teammate and the other player becomes the defender. The players play 2v1 to goal. Once the ball goes out of play a new ball starts on the opposite side. There are no true teams in this game. The first three players to score five goals win.

COACHING POINTS - When the ball is played to a side player, they can get an easy chance by dribbling towards the goal quickly while the defender is trailing. In a 2v1 situation, attackers should get a quality shot off every time.

3v2 to Goal



3v2 to Goal is an excellent finishing game for offensive players to find goal scoring opportunities in the 18-yard box and get quality shots off.

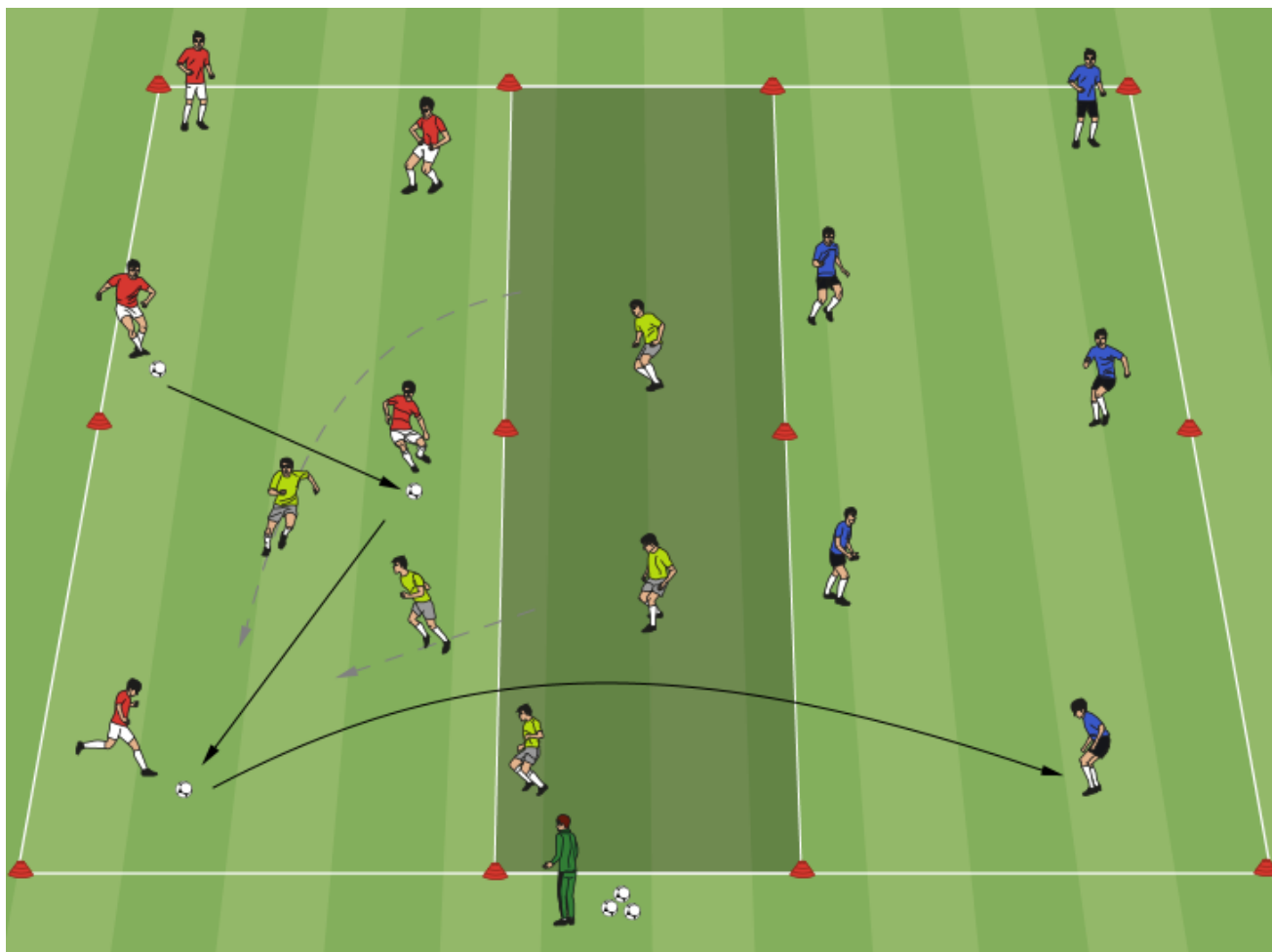
Set Up three cones 25-30 yards away from a large goal to function as lines for the attackers. Get two lines of defenders at the posts.

HOW IT WORKS - The soccer ball starts with the defenders who play a pass to the attackers. The attackers then play 3v2 to goal. Because the attackers outnumber the defenders, they should usually get a quality shot off.

COACHING POINTS - Have the attackers work on combination play and finding the open player for a shot. Emphasize speed of play and be sure that players take advantage of opportunities to shoot.

In light of the fact that 3v2 to goal is a great activity to work on finishing and playing quickly, this activity can also be used as part of a pregame warm-up.

THREE-GRID POSSESSION



The three-grid possession activity is a great game to get players sharp on the ball, linking up with teammates, and delivering quality passes. Shown as 5v5v5 could also be played using 4v4v4 or 3v3v3.

Set Up a playing field with three zones as shown in the diagram. I usually make the outside zones 20×10 yards depending on the number of players and the middle zone 20×5. Coaches can start with larger zones to help players on offense experience success. Create three even teams. Teams can range anywhere from three players to eight players with five or six being great numbers. Each team begins the game in one of the three zones.

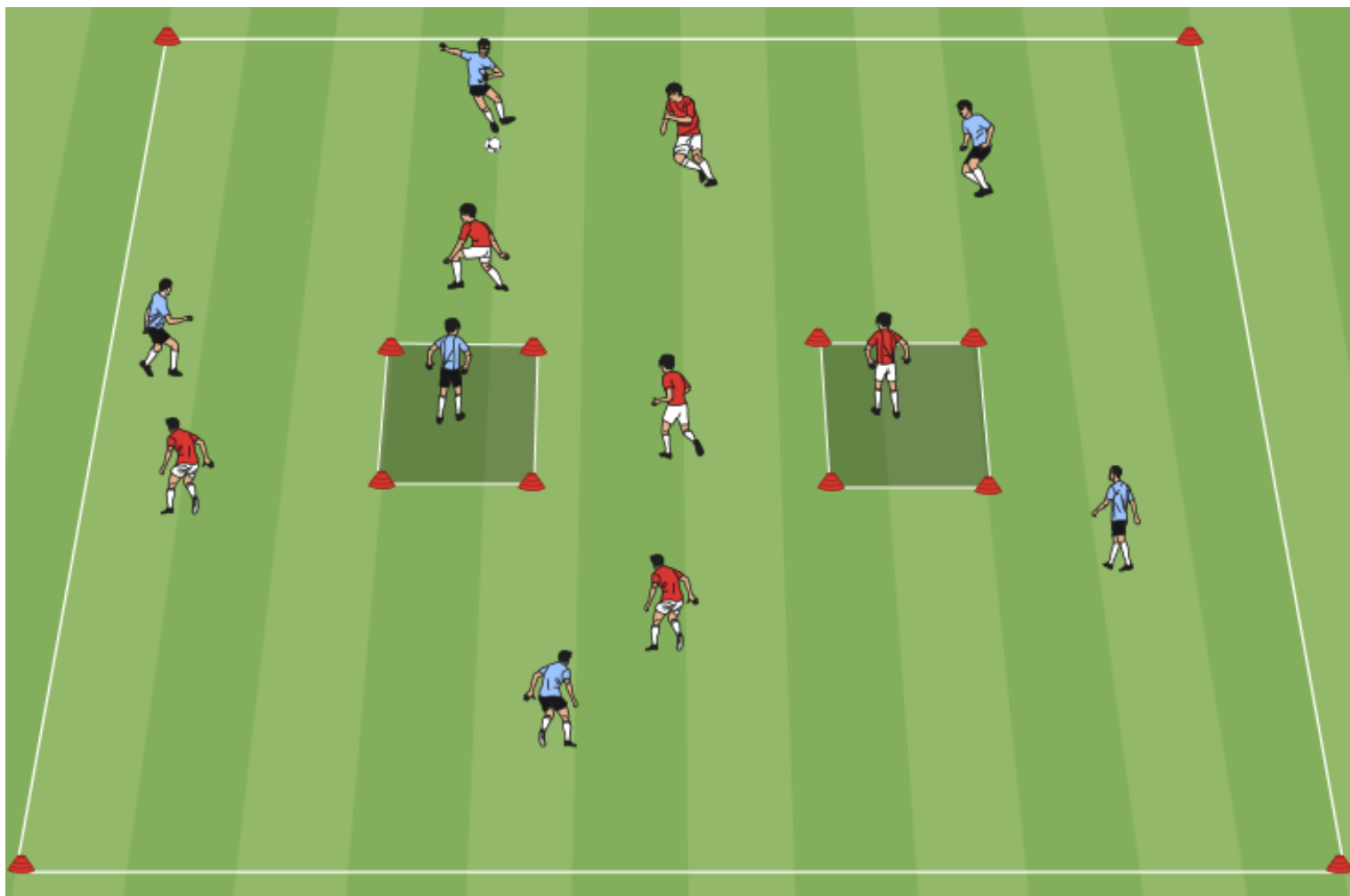
HOW IT WORKS -The coach puts the ball into play on one side and the middle team sends two defenders to apply pressure. The outer team with the ball can earn a point if they connect six passes and successfully play a long ball to the opposite side. Since players in the middle are on defense, arial passes usually work best to get the ball to the other side.

If the outer team scores, the middle team stays in the middle and must send two defenders to the opposite side. If the outer team fails to score, the middle team is out and the team that just lost the ball becomes the new middle team.

COACHING POINTS - Coaches should have a supply of at least 5-10 soccer balls for this game. That way when one side loses the ball, the coach can quickly restart play on the other side. This encourages quick transitions. Often times, teams will try to get three or four passes in before defenders even arrive.

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4v4 with Holding Players



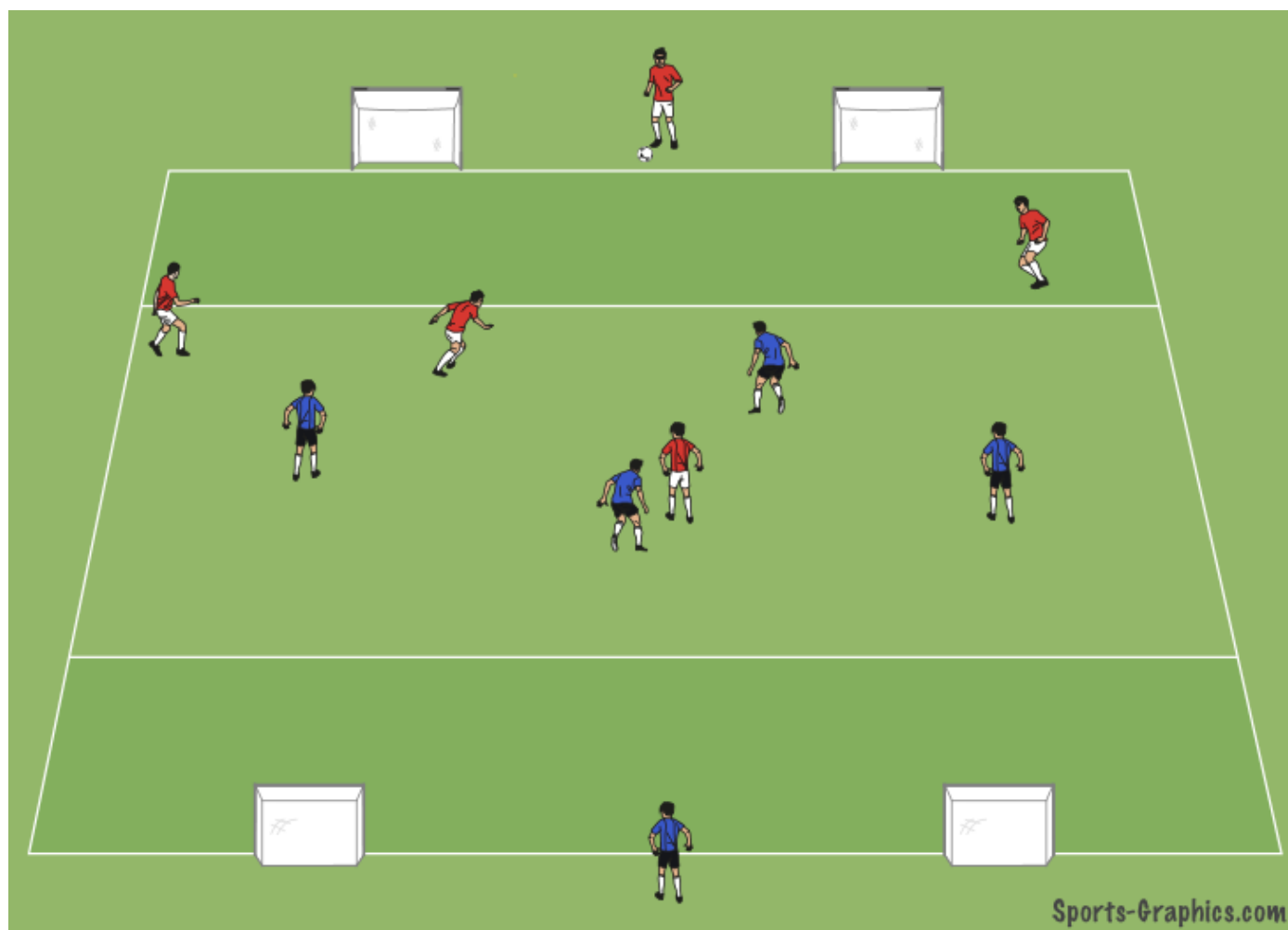
Targets in the Middle is an excellent drill for players to work on moving the ball, keeping possession, and finding open teammates.

SET UP - To play targets in the middle, set up a grid with two target zones in the middle of the field. Divide players into even teams. This drill works well when there are between five and eight players on each team. Both teams assign a player to occupy one of the target zones in the middle.

HOW IT WORKS - The two teams play keep away from each other, trying to complete six passes in a row. Once a team completes six passes, they can play a pass to their target player for a point. The game continues after a point is scored as the target player plays a pass back out to their teammates who try to maintain possession. The first team to earn three points wins.

COACHING POINTS - Emphasize movement from players when their team has the ball so that they work on finding open space and passing lanes. Players should look to play to their target player when a good opportunity arises and avoid trying to force it if the middle is well defended.

4v4 with Holding Players (Funiño variation)



4v4 with Holding Players is a simple small-sided game where each team is given an additional player to pass back to on their own end line. Variation: 3v3.

SET UP - Create a field with two mini goals (or cone gates) on each side. In addition, create two teams of five players and have each team designate a player as a holding player who stays behind the end line. This game can also be played with varying sizes of teams. Keep in mind that if you play this game with large teams, it would be a good idea to increase the size of the field so that players have an adequate amount of space.

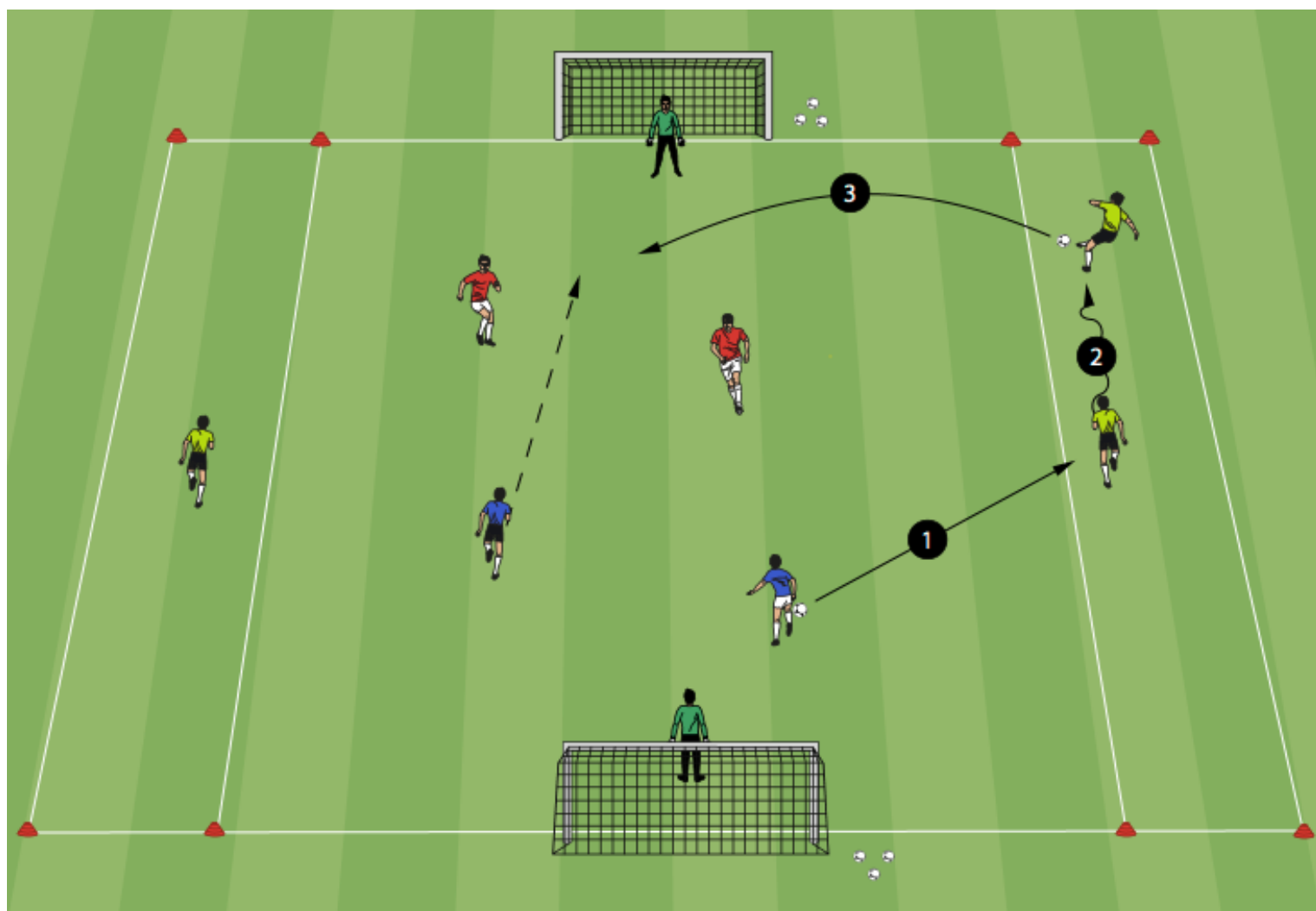
HOW IT WORKS - The teams play four against four trying to score on the opposing team's two goals. This game can be modified in various ways depending on what a coach would like their team to work on. Often times I will use a minimum pass requirement to help my players work on **keeping possession of the ball**.

When playing 4v4 with holding players, have the holding players switch with someone else on their team every few minutes. This ensures that everyone stays engaged. In addition, holding players should move side to side on their end line to offer supporting angles to their teammates.

COACHING POINTS - When playing four against four, it is important that teams have length, width, and depth on offense. This helps the attacking team stretch out the defense and open up passing lanes. With this in mind, a diamond formation with one defender, two wingers, and a long target forward is a great option for 4v4. In addition, the holding player provides depth and an extra passing option to help their team when they have possession.

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2v2 with Wingers



2v2 with Wingers is an excellent small-sided game to help players work on breaking down a defense, crossing, and finishing.

SET UP a field with a large goal on either end. Create zones on each side that are approximately five yards wide for neutral players. Create two teams of two and assign a neutral player to play in each of the wide areas. Each team also needs a goalkeeper.

HOW IT WORKS -One side starts with the ball and plays 2v2 to goal. The defensive team cannot defend in the neutral areas out wide. In light of this, it is recommended that the offensive team plays passes to these areas. With this in mind, all of the other traditional soccer rules apply. In the event that a ball goes out of bounds over a sideline, neutral players can resume play.

COACHING POINTS - When a neutral player receives a ball out wide, attacking players should make runs to get in position for a cross. Because neutral players are not defended, this game is useful for working on crossing and finishing.

Another variation of this game may include allowing defenders to defend in the neutral areas out wide. In this scenario the game basically becomes 2v2 with two neutrals. The team on offense always has a 4v2 advantage.

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3v2 Variation: Last Person to Touch Comes Off



In this **3v2 variation**, the **Last Person to Touch Comes Off**. This is a great drill to work on attacking play because the offense always has a numerical advantage.

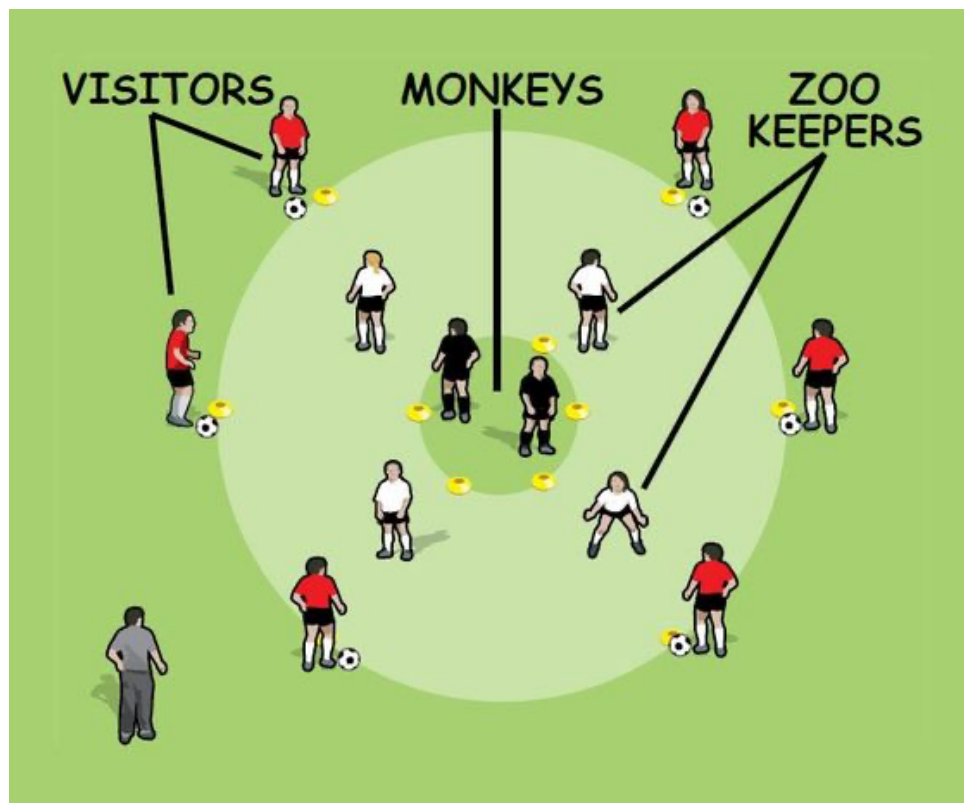
SET UP a field with a large goal on either end. Put players into teams of three. Each side needs a goalkeeper.

HOW IT WORKS - First, one side starts with the ball and plays 3v2 to goal. When the ball goes out of play or the attacking team loses possession, the last player that touched the ball on offense comes off the field. The other team then brings their third player on and plays 3v2 in the other direction.

Transitions can be emphasized in this game by having the player that is off ready to go with a soccer ball. This way as soon as the ball goes out of play they can generate an attack quickly.

COACHING POINTS - In this game the offensive team should work together and get quality shots off because they outnumber the defense.

Don't Feed the Monkeys



This works on accuracy and weight of passing, control, first touch, anticipating and intercepting passes.

2 monkeys are placed inside the monkey cage (inner circle) and are guarded by 4 zoo keepers who start in the zoo itself (outer circle). 6 visitors start on the cones forming the perimeter of the zoo with a ball each.

The visitors must try to feed the monkeys by passing a ball to them.

The monkey must be able to control the pass and return it to the visitor for a point to count. The zoo keepers must try to stop the monkeys being fed by intercepting passes with their feet or head.

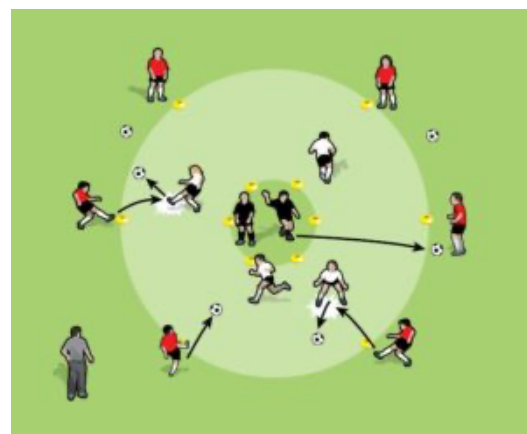
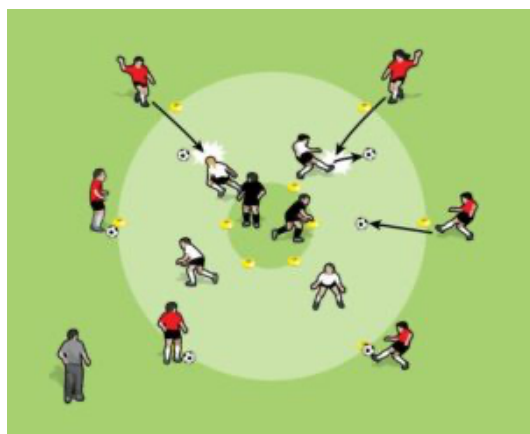
The monkeys cannot leave their cage, while the zoo keepers and visitors cannot enter the cage or leave the zoo itself.

Visitors can interchange balls in order to keep the defenders guessing and change the point of attack.

Play for 2 or 3 minutes and record the scores. The winners can be the visitors with most points scored or the zoo keepers with the least points scored against them, or both.

Main Objectives - Accuracy and weight of passing, control, first touch, anticipating and intercepting passes.

Set Up - Area: 10 yard radius outer circle with 3 yard radius inner circle. 12 Player, 12 cones, and 12 balls.



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Try to stop the visitors by blocking their passes.

Monkeys receive a pass and return it to get fed.

4v4 Playing Wide Out of the Back

This drill is designed to get players to play balls wide when playing from the back, the defensive third of the field. Players recognize that they find more time and space on the outsides of the field and they are relieving the center of the pitch from dangerous play.

4v4, Playing 'Wide', Switching the Point of Attack

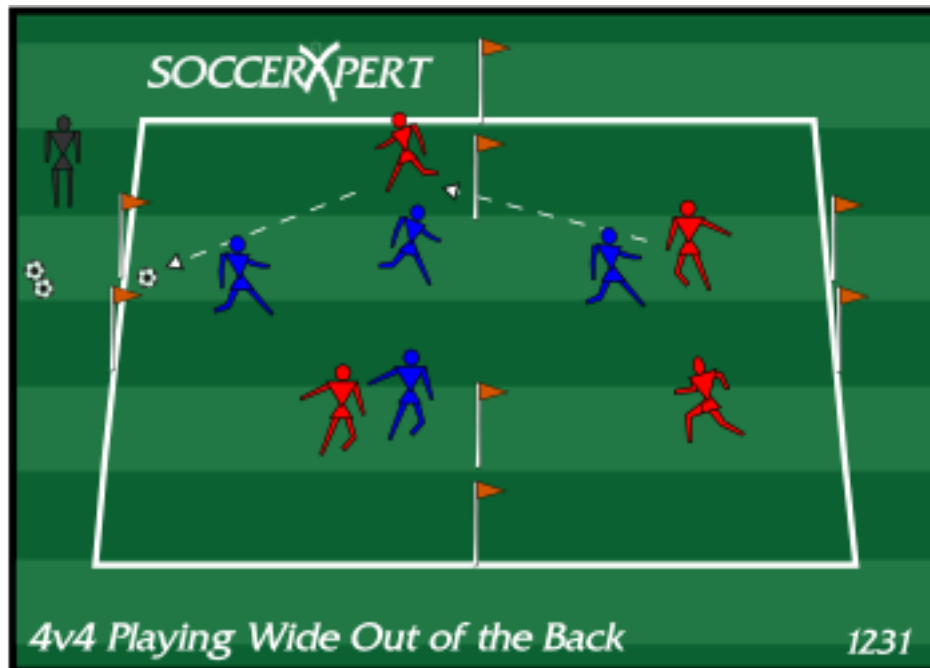
This drill is designed to get players to play balls wide when playing from the defensive third of the field.

Drill Setup

1. Create a grid approximately 40x25 yards.
2. Create a small goal on the end line with two training sticks.
3. Create two 7-yard channels along the outsides of the field on the center line.
4. Split the players into two teams of four.

Drill Instructions

1. Each team defends a goal.
2. Award a goal only when the ball is won in the defensive half of the field and played wide through a channel before knocking it into the goal.
3. Players are not allowed to go forward unless it is passed or dribbled through the channel first.



Drill Variations

- Limit players number of touches
- Add a 2nd ball
- Ball must be PASSED through the channel
- Ball must be DRIBBLED through the channel

Drill Coaching Points

- Once the ball is won, players must quickly open up for their teammates which will allow for a quick switch (changing the point of the attack).
- Players should be thinking a step ahead of the play.
- Once the ball is won defensively, keep possession and get out of the back by going wide.

Equipment

- Disc Cones
- Pinnies
- Soccer Balls
- Training Sticks

Soccer Drill Focus

- Dribbling - Soccer Dribbling Drills
- Passing - Soccer Passing Drills
- Receiving - Soccer Receiving & Turning Drills
- Possession - Soccer Possession Drills
- Defending - Soccer Defending Drills
- Attacking - Soccer Attacking Drills

Published by: Chris Johnson

Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

PLAYING OUT FROM THE BACK – 6v6 + 1



Playing Out From The Back in a SSG - 6 v 6 + 1

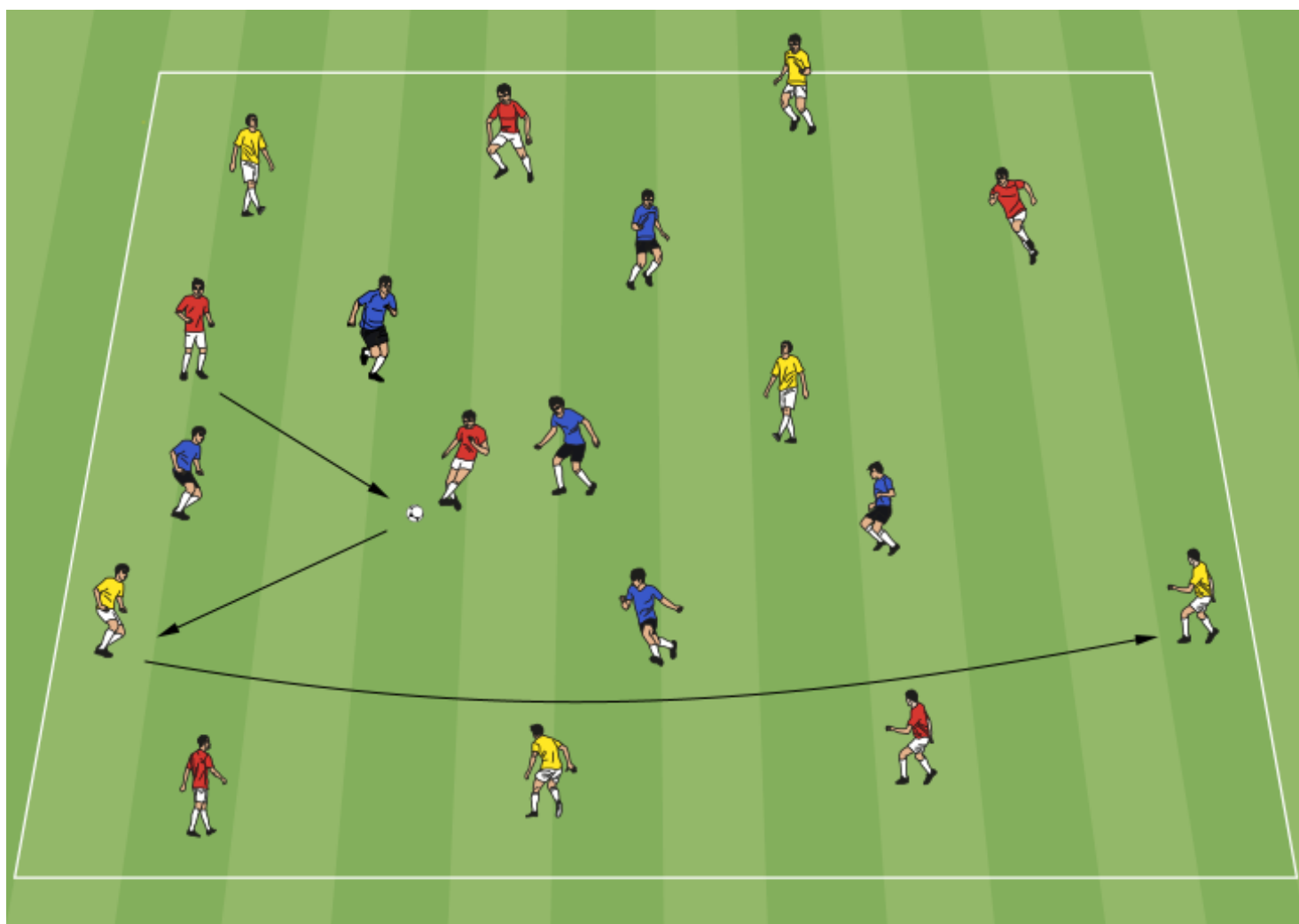
45 x 20 yard pitch split into thirds.

Teams play 2 v 1 in defensive third, 2 v 2 + neutral player in middle third, 1 v 2 in attacking third + a GK at each end.

Attacking team players can move anywhere on the pitch, defending team are restricted to their thirds. On transition players must drop into their own third to defend.

Progress to defending team allowing 1 player to move thirds.

TWO TEAMS AGAINST ONE



Two Teams Against One is a simple keep away drill that is very effective to help players work on keeping possession of the ball.

SET UP a playing field and create three even teams. Team sizes can range anywhere from two players to eight players but five or six players on each team works the best. The larger the teams are, the larger the field should be.

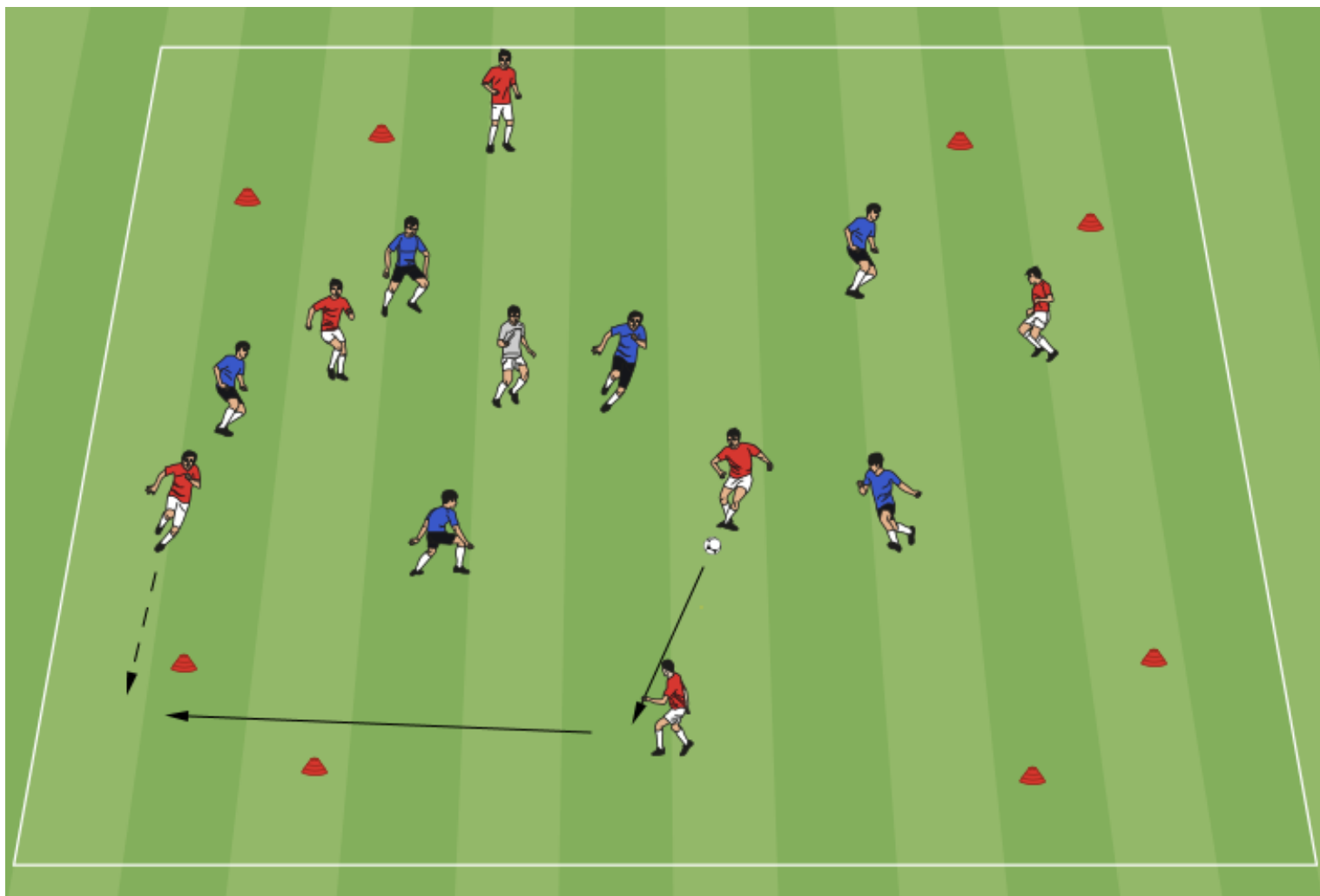
HOW IT WORKS - Assign one of the teams as a defending team to go against the two other teams. The two teams start with the ball and see how many passes they can complete in a row in one minute. After one minute, rotate the defending team so that all three teams have a chance to defend. The defending team that allows the least number of consecutive passes wins.

In the diagram red and yellow teams are working together against the blue team which is on defense.

COACHING POINTS - Players on offense should move to find passing angle and avoid getting bunched up. The more players practice this drill, the more consecutive passes they will complete in a row. Adjust the size of the field so that the offense can be successful. The more space players have, the easier it is on offense.

Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

SPREAD THE FIELD WITH GATES



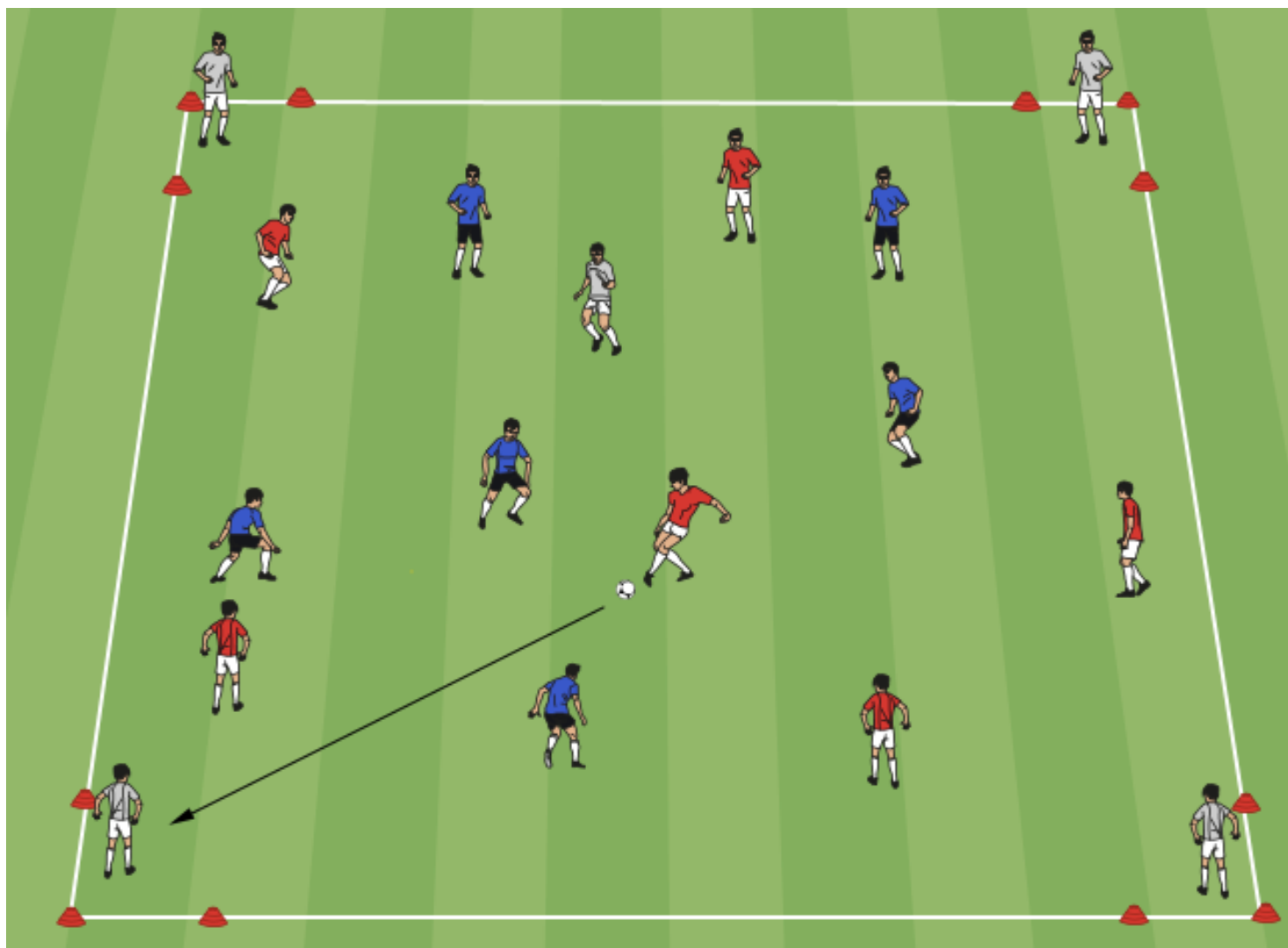
Spread the Field with Gates is a great possession game for players to work on connecting passes with each other and switching the field.

SET UP a grid with a cone gate towards each corner. Create two teams to play against each other and assign one or two neutral players to play all time offense.

HOW IT WORKS - The teams in the middle go 'head to head' trying to keep possession of the ball. Once a team completes six passes in a row, they can pass it through a cone gate to a teammate for a point. The first team to three points wins. If a team scores a point they don't have to stop, they can continue passing, starting back at zero.

COACHING POINTS - Shuffle teams after each round including neutral players. Make sure players are moving and communicating. Make sure players use the entire field and avoid bunching up. Switching the play can be very effective in this game.

KEEPING POSSESSION WITH NEUTRAL CORNERS



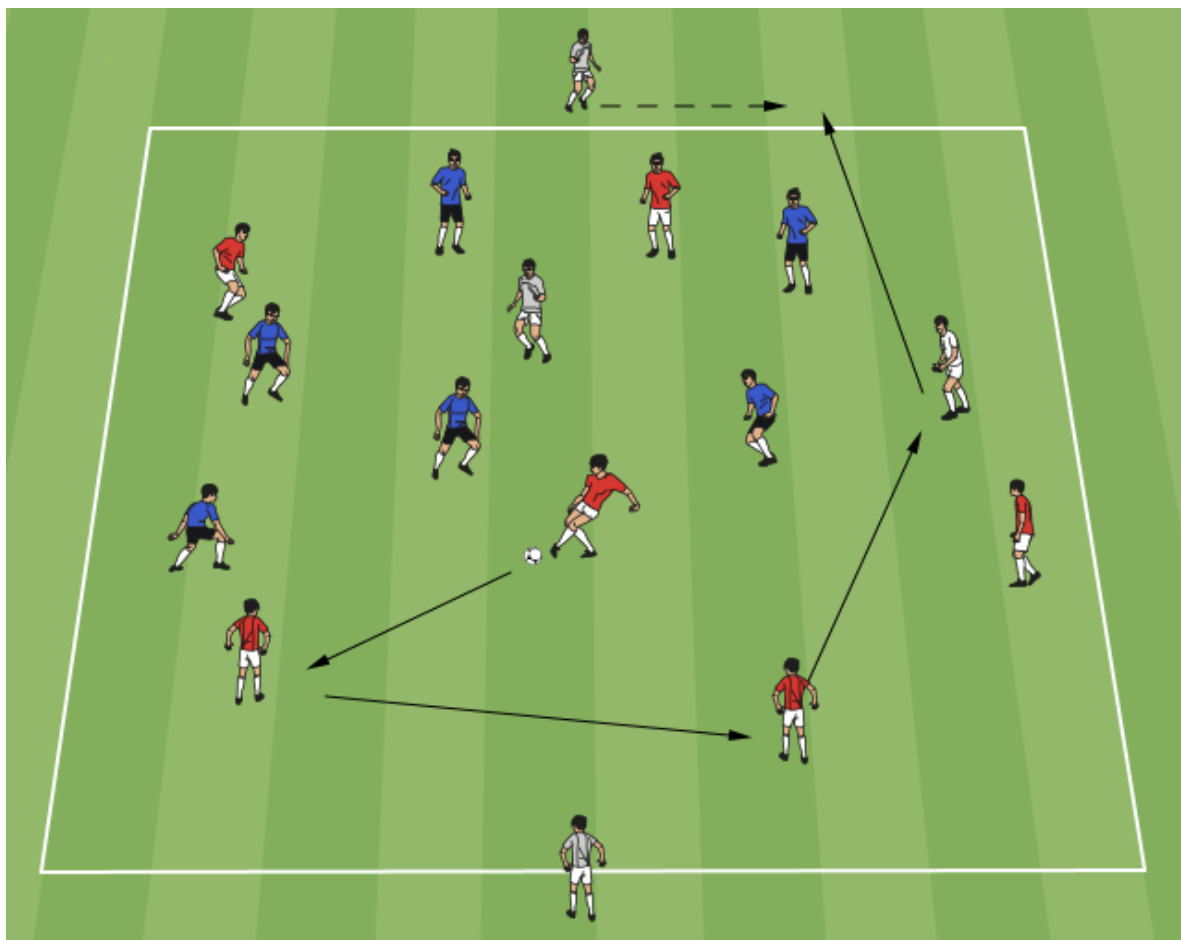
Keeping Possession with Neutrals in the Corners is a great keep away style game. In this game, teams earn points by passing to neutral players in the corners once they've completed a certain number of passes.

SET UP a grid with a small area in each corner, then assign a neutral player to play all time offense in each corner. Create two teams to play in the middle. A neutral player can also be added to the middle to make things easier for the offense.

HOW IT WORKS - The teams in the middle go head to head trying to keep possession of the ball. Once a team completes six passes in a row they can pass it to a neutral player in the corner and receive it back successfully for a point. Teams can also pass the ball to neutral players in the corners before they get six passes, they just don't actually get a point until six passes have been completed first. The first team to three points wins. If a team scores a point they don't have to stop they can continue passing, starting back at zero.

COACHING POINTS - Shuffle teams after each round. Make sure players are moving and communicating. When players pass to a neutral player, make sure they are looking for angles to receive a pass back. Player shouldn't run directly to the corners because that crowds the space. Be sure that players don't bunch up.

SPREAD THE FIELD WITH GATES



Possession to Target Players is a great possession game for teams to work on moving the ball and breaking down a defense. In this game teams try to pass to a target player after completing a certain number of passes.

SET UP a field. Create two teams to play against each other and assign a neutral target player to each end. A coach may also have one or two neutral players play all time offense in the middle.

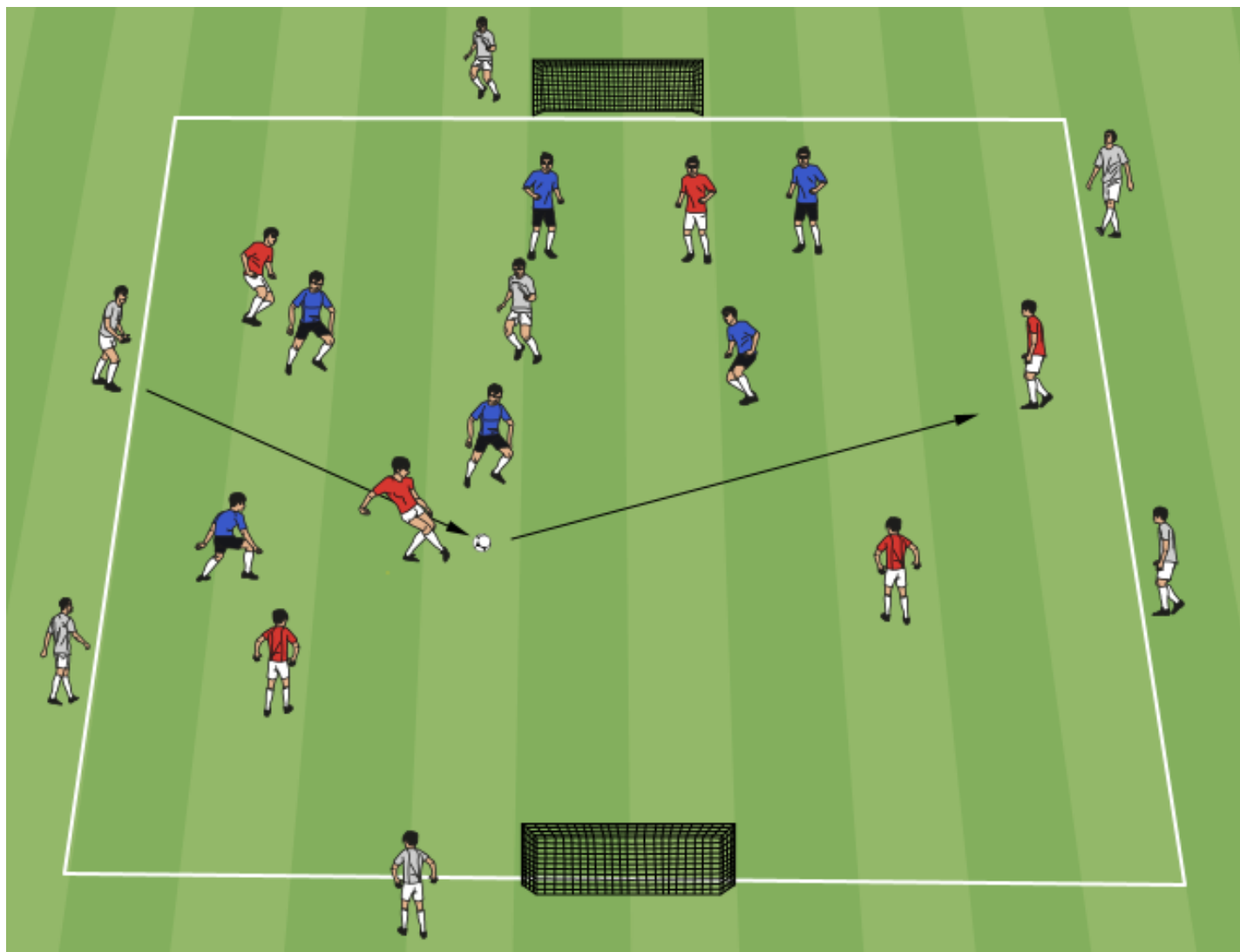
HOW IT WORKS - The teams in the middle go head-to-head trying to keep possession of the ball. Once a team completes six passes in a row, they can pass it to a target player for a point. When a team scores a point in one direction they must attack in the other direction because they may not score points playing to the same target player twice in a row.

The first team to score three points wins. If a team scores a point they don't have to stop, they can continue passing starting back at zero. In addition, teams can play passes to either target player before they get six passes but it won't count as a point unless they get six passes first.

COACHING POINTS - Shuffle teams after each round including neutral players. Target players may move up and down the end line to help find angles for whichever team has the ball. Make sure players use the entire field and avoid bunching up. Switching the play can be very effective in this game.

Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

MINI GOAL GAME WITH NEUTRALS



Mini Goal Game with Neutrals is a great game for players to work on keeping possession of the ball because they have lots of passing options with neutral players around the outside.

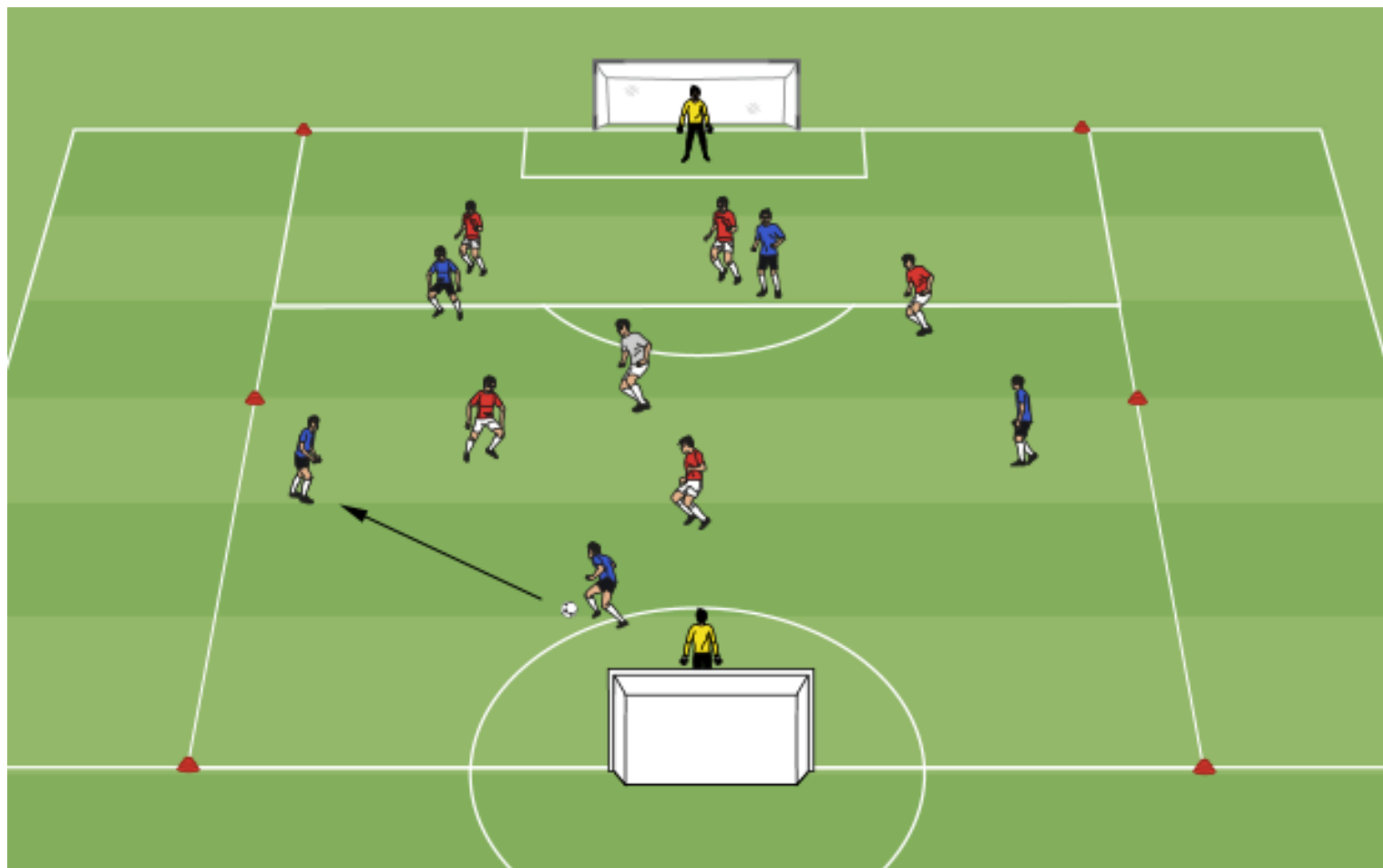
SET UP a field with one or two mini goals on either side. Split players up into three even teams. This works well with team sizes as small as four or as large as eight.

HOW IT WORKS - Two teams start off playing each other in the middle while the third team acts as neutral players along the outsides of the field. Coaches can also assign one or two neutral players to be all time offense in the middle. The neutral players give whichever team is on offense a numerical advantage so that they can work on keeping possession of the ball. The offense must complete six passes in a row before they can score. Passes to the neutral players count towards the six passes as well. When one team scores, the winning team stays on and the players on the team that lost become the new neutrals on the outside.

COACHING POINTS - Try to make all three teams as even as possible to ensure competitive games. Coaches can also shuffle teams every few games to get players working with all of their teammates.

Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

POINTS FOR GOALS & PASSES



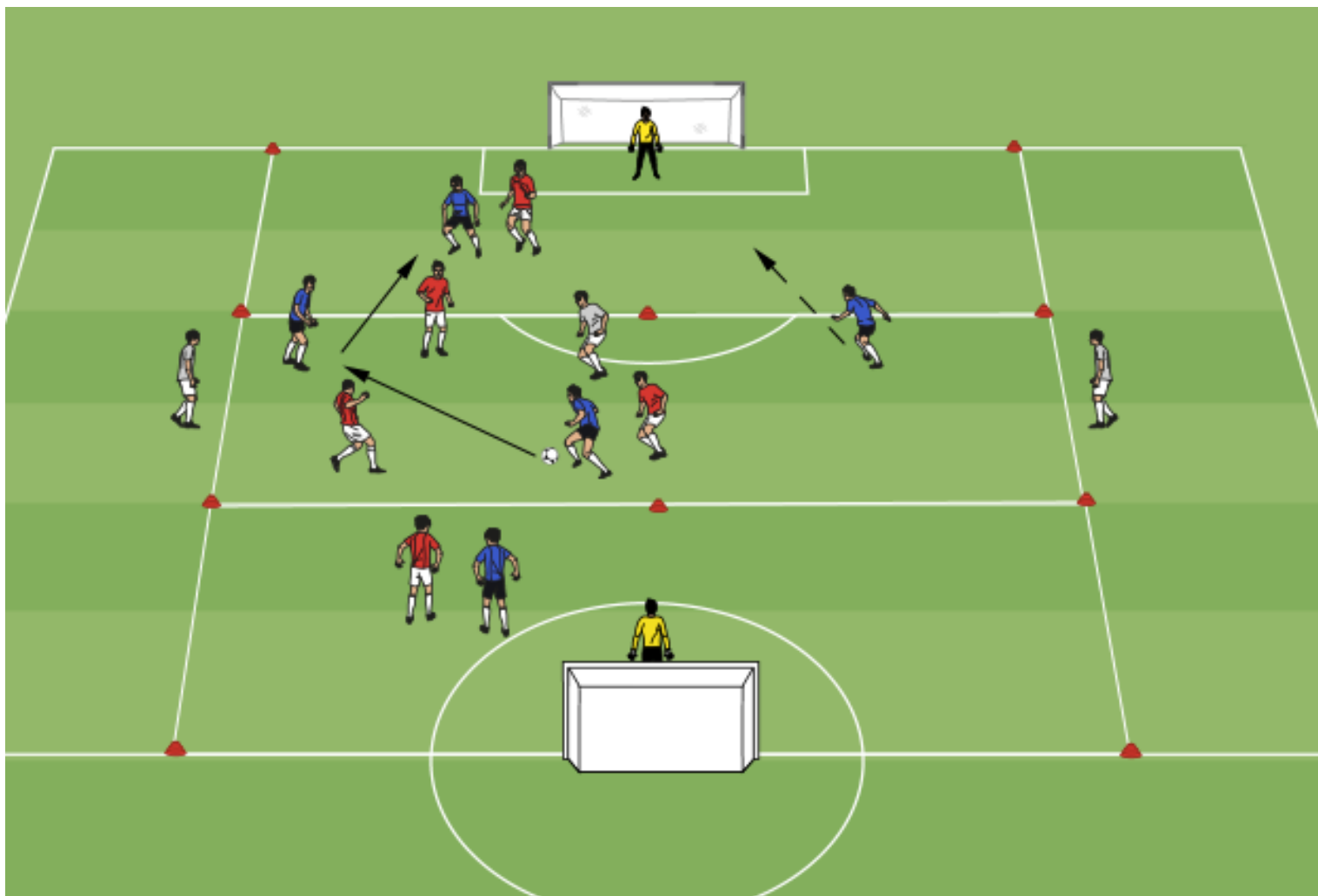
Points for Goals & Passes is a great game that rewards players for keeping possession of the ball in addition to scoring goals.

SET UP a field with a large goal on either end. Divide soccer players into two teams and choose one or two players to be ‘all time offense’, neutral players. Each side needs a goalkeeper for this drill.

HOW IT WORKS - The teams play against each other with all of the regular soccer rules being applied. Every time a team scores a goal, they earn one point. Every time a team completes ten passes in a row, they earn two points.

COACHING POINTS - Because teams earn two points for every ten consecutive pass completions, players are encouraged to keep possession of the ball. This drill teaches individuals that they should strive to keep possession of the ball unless there is an opportunity to score a goal. The number of consecutive passes to be completed in order to earn points can be adjusted depending on the skill level of the team.

POSSESSION TO FINISH WITH TWO GOALS



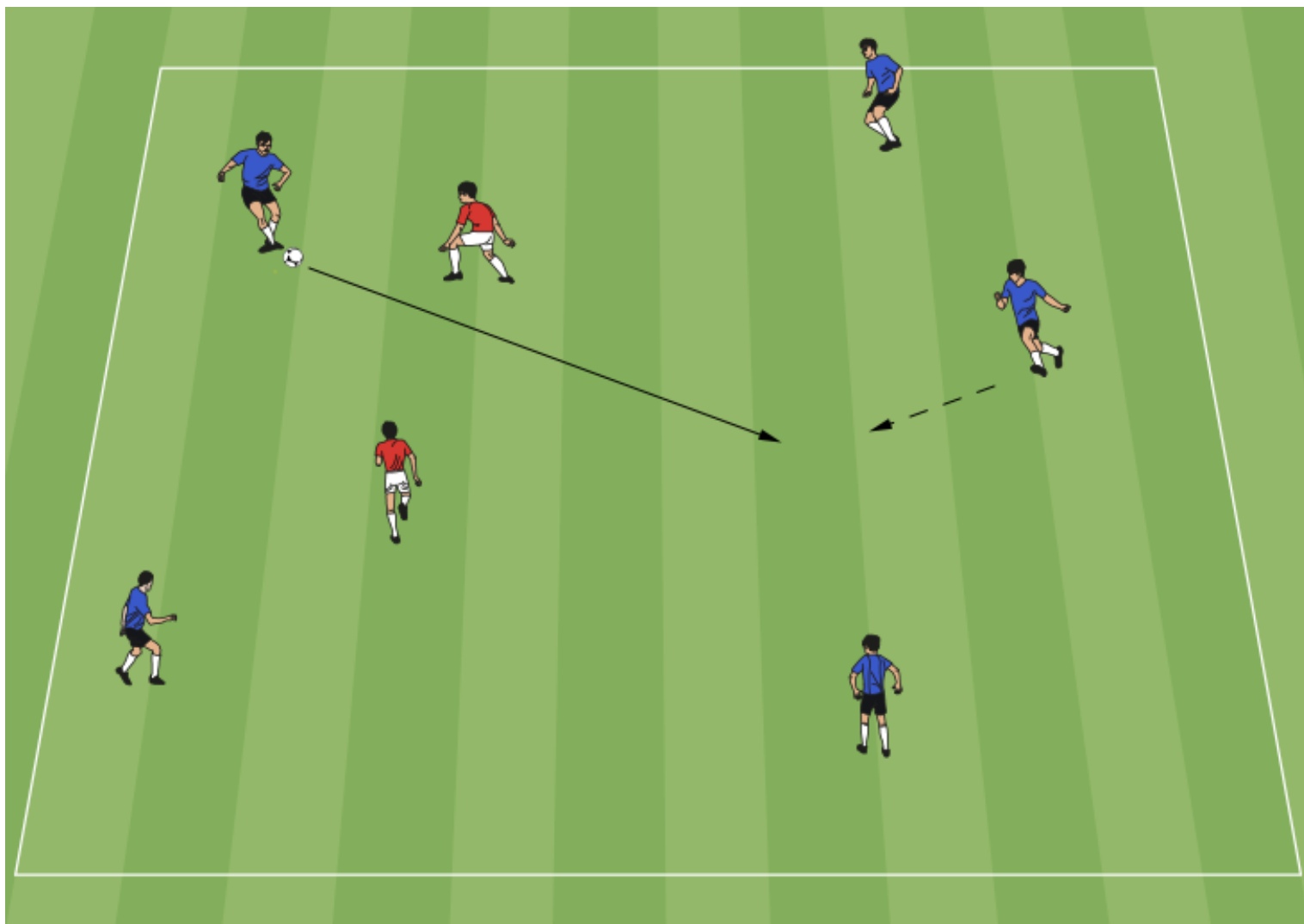
This game mimics a regular soccer game by having teams compete for possession in the middle of the field and then once establishing control, moving the ball forward to score.

SET UP a rectangular grid with three zones and a goal on either end. Create two teams and have one player from each team start in each of the outside zones. Coaches can use neutral players in the middle to help teams on offense.

HOW IT WORKS - The soccer ball starts in the grid in the middle with teams playing keep away. Once a team connects six passes in a row they can play a pass to their attacking teammate on the outside who can try to score on goal. Once a team passes outside, they are also allowed to bring one additional player into the outside zone to create a 2v1 situation.

COACHING POINTS - If playing with neutral players, teams will have a numerical advantage on offense in the middle. Emphasize speed of play and finding ways to attack quickly once players meet the six-pass requirement.

RONDO KEEP AWAY



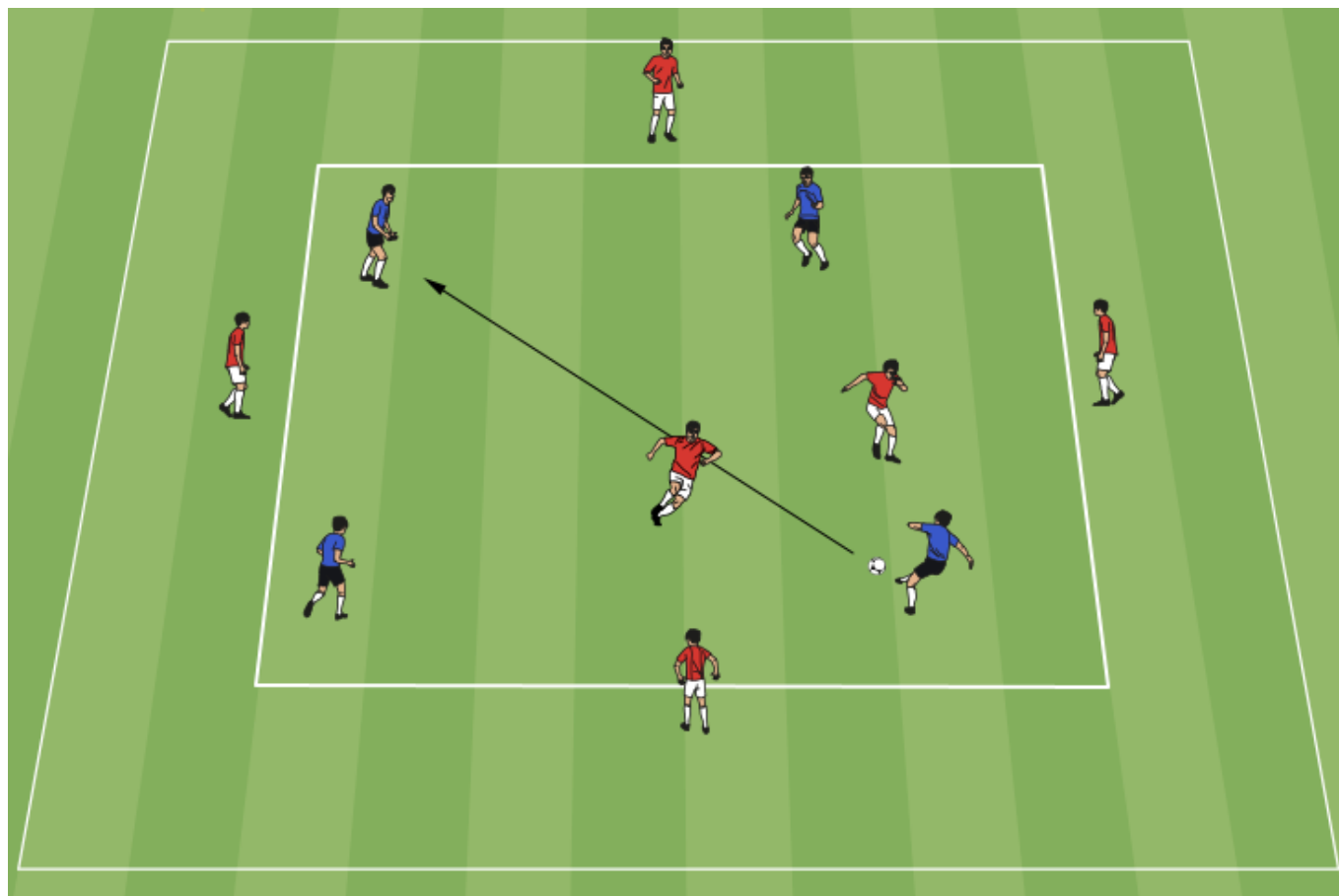
The **Rondo Keep Away Activity** is a simple warm-up drill to get players sharp on the ball before a soccer practice or game.

SET UP grids and get players into groups of four to eight. Each group needs one to two pinnies and a soccer ball.

HOW IT WORKS - Have players play keep away with one or two players in the middle. If the players in the middle win the ball, they switch with the outside players. Challenge the offensive players to see how many passes in a row they can complete.

COACHING POINTS - Encourage speed of play and communication from the offensive team. Encourage hustle and teamwork from the defenders.

4v2 to 6v4 KEEP AWAY



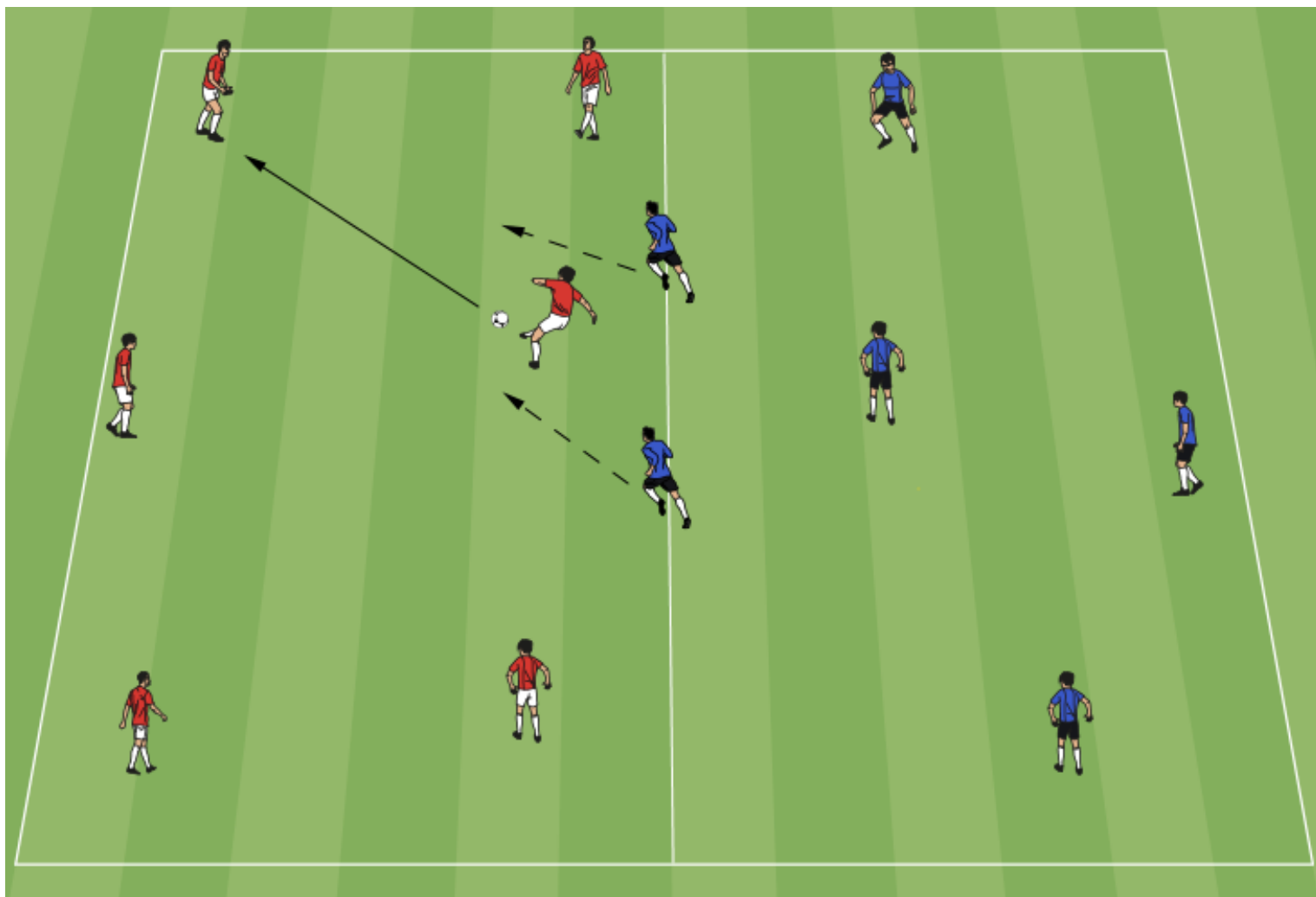
This is an excellent variation of a **Rondo Keep Away activity** (previous page) where if the defenders win the ball, they can keep possession with players on the outside of the grid.

SET UP a smaller sized grid for a 4v2 in the middle. Create a team of six and a team of four with the team of four starting inside the grid. The team of six starts with two players in the middle and the other four players around the outside as shown in the diagram.

HOW IT WORKS - The team of four plays 4v2 keep away in the middle. If the two defenders in the middle win the ball they try to keep possession by passing with their teammates on the outside. Every time a team completes six passes in a row they earn a point.

COACHING POINTS - In the event that the two players in the middle win the ball, they will have to work hard to move and get open when working with the outside players. Every few minutes rotate players so that they get to experience different roles.

POINTS FOR GOALS & PASSES



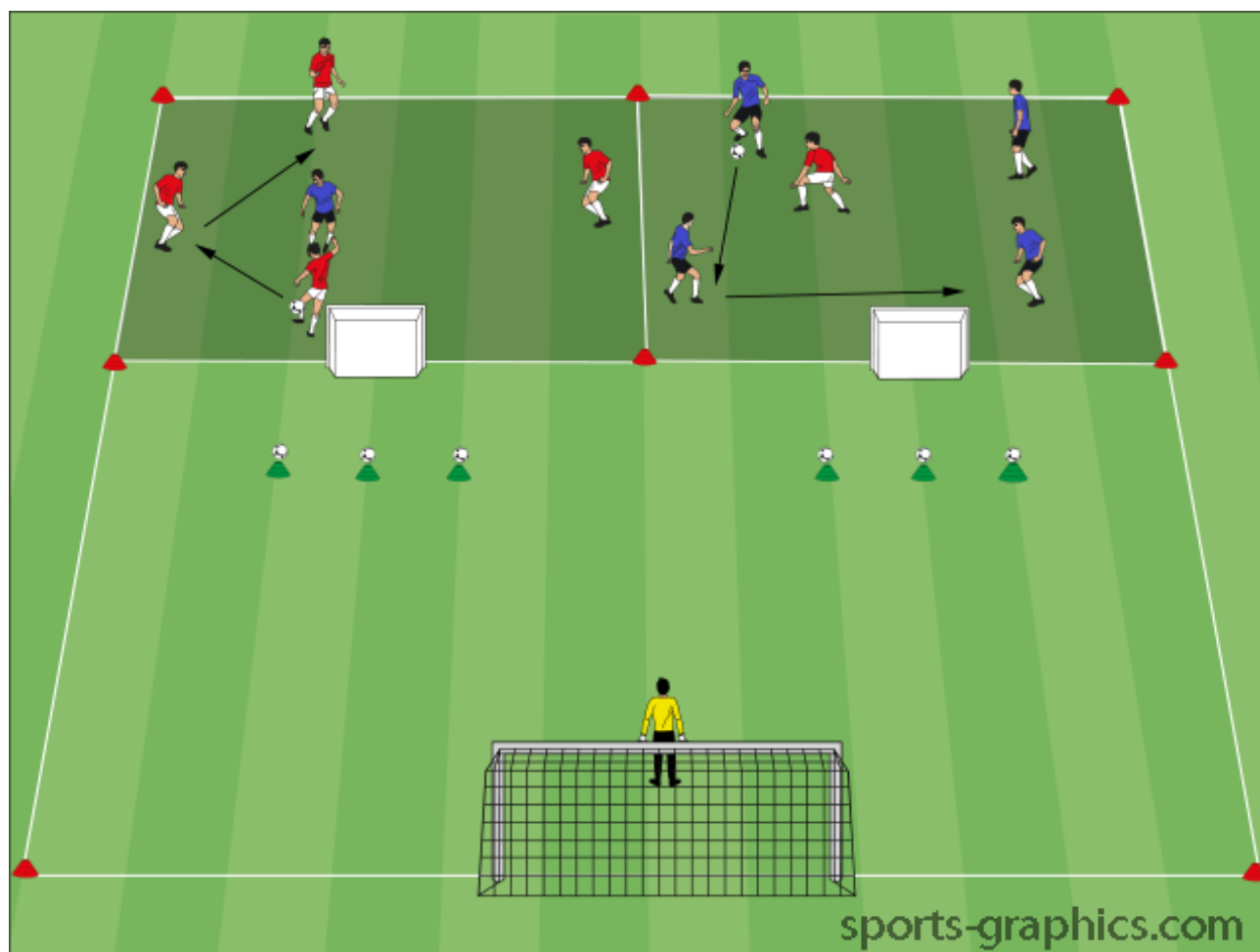
The **Rondo Pressure activity** is an easy keep away drill to get players moving the ball on offense and applying pressure on defense.

SET UP a grid rectangular grid with cones splitting it down the middle. Create two even teams and have each team start on one side.

HOW IT WORKS - Put the soccer ball into play on one side. The team with the ball can earn a point for every six consecutive passes they connect. The defending team sends two players to the opposite side to defend. Once the attacking team loses possession of the ball, toss a new ball out to the opposite side.

COACHING POINTS - For the best results, players on offense should move and communicate with one another. I typically encourage quick passes and speed of play from the attacking teams. On the other hand, the defensive players should hustle and apply as much pressure as possible.

RONDO TO FINISH



Rondo to Finish is an excellent way to combine passing and finishing practice all in one drill. The game starts with a simple **Rondo Keep Away activity** and progresses to taking shots on goal if the teams in possession can successfully complete passes.

SET UP - First, create a large square grid with a full-sized goal on one end. Opposite the large goal, create two smaller grids where the rondos will take place. Set up mini goals at the ends of each rondo grid as shown in the diagram. Also, place three soccer balls behind each mini goal as shown. In addition, players will need soccer balls for the rondo portion of the drill.

HOW IT WORKS - Divide players into two even teams. This drill works best with teams of four to seven players. Each team starts in a rondo grid and assigns one player to defend in the other rondo grid.

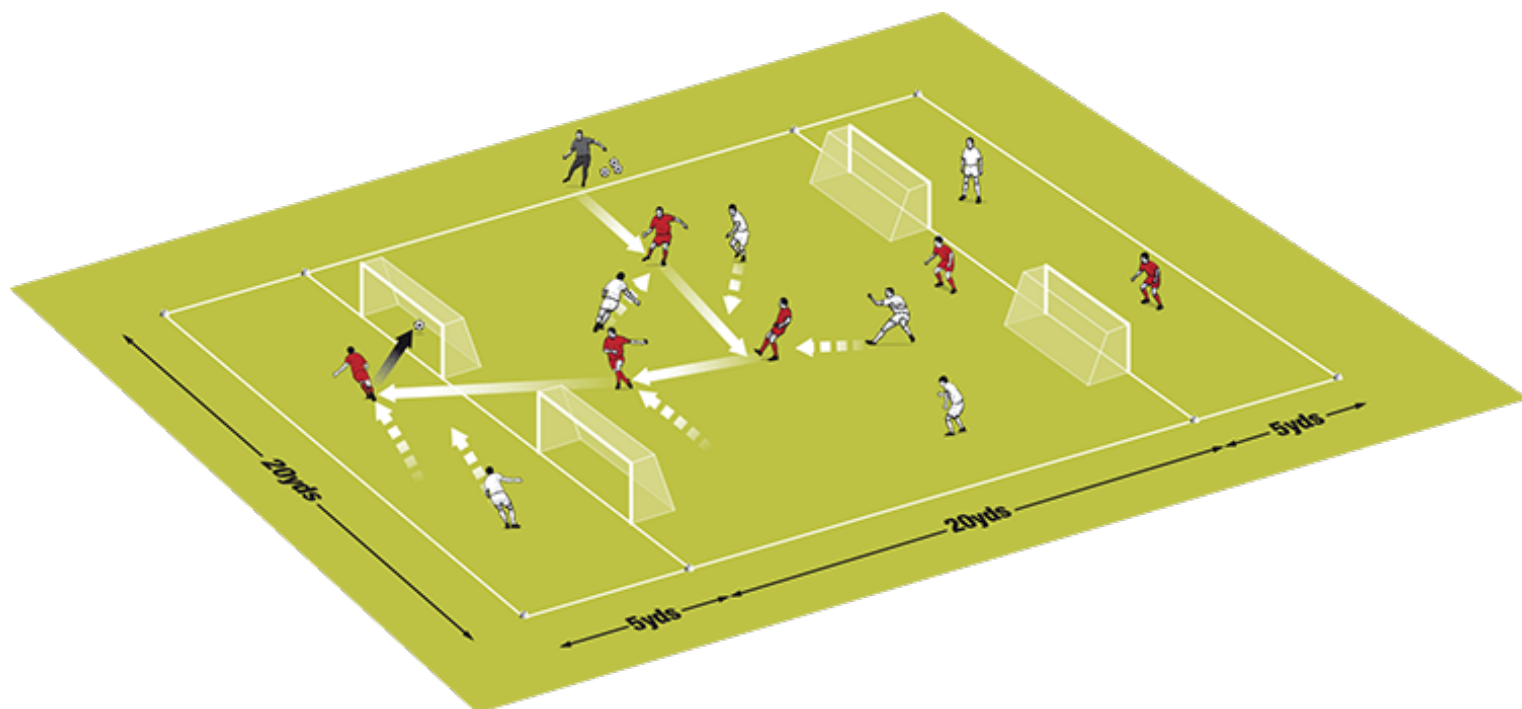
On the coaches signal, the players begin playing keep away from the opposing defender. Once a team completes a minimum number of passes (I usually like to use six passes as the requirement), they can score on the mini goal. When a team scores on their mini goal, the player who scored advances outside of the grid and tries to finish one of the three soccer balls on the large goal. Once a team has shot all three of their soccer balls, the game is over and the team that scored the most goals wins.

COACHING POINTS - In many ways this drill is like a race because both teams have to move the ball quickly and generate more scoring chances to win. Whenever players are performing keep away drills, I always encourage them to think one step ahead to increase the speed of play.

Each round swap out the defenders in the middle. This helps prevent fatigue and ensures that adequate pressure is always applied. More skillful teams may use two or three defenders in each rondo grid to make the game more challenging.

Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

SHOOTING STRIKERS



Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

PASS AROUND AND ACROSS

Soccer Drills by Moritz Kossmann

Encourages a variety of passes and demonstrates how movement can create options.

WHY USE IT

Encourages different types of pass – short, diagonal, through balls and direct passes over the top - while emphasizing the need to move to create passing options.

SET UP

Set up a rectangular area, relative to the age, ability and number of your players. Add two triangle areas to each end. Place a mini goal on each side of the two outside edges of each triangle.

HOW TO PLAY

Reds play 3v1 in one end zone, 2v1 in the middle zone, and have one player in the other end zone. The ball starts with the Reds in the 3v1 zone.

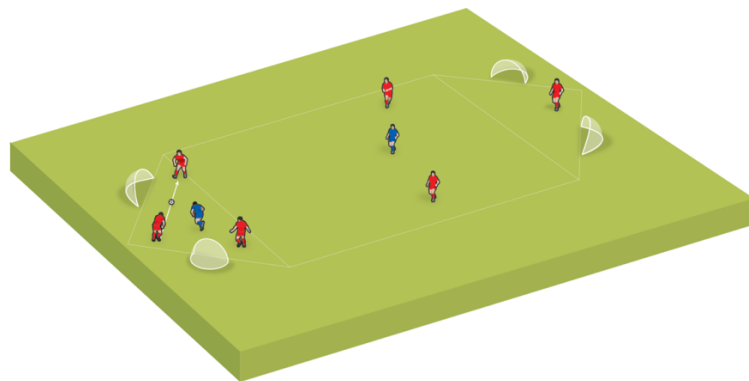
They look to achieve a certain number of passes, relative to their ability, before switching the ball to the other end zone, either directly or through the middle zone.

The team gets one point for making the switch. Play then starts from the other end – the two Reds from the middle zone move into the end zone, two Reds from the end zone move into the middle zone and the Blues shift across.

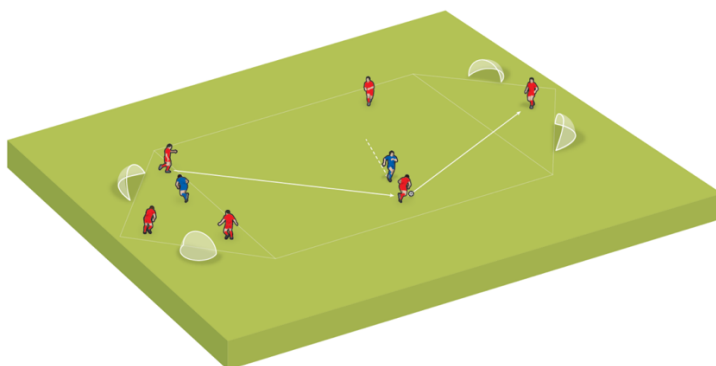
If the Blues win the ball back, they look to score in one of the mini goals to score a point.

COACHING POINTS

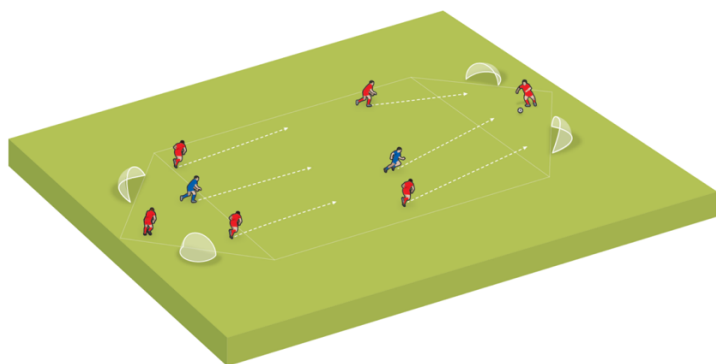
- Can you identify the opportunity to switch play?
- What kind of pass will be most effective in moving play forward in this moment?



Reds start with ball in the end zone. They attempt a certain number of passes while the Blue player tries to win back the ball



Reds switch play through the middle zone and into the other end zone to win a point



Players shift between zones so play can restart from the other end zone

OFF THE BALL POSITIONS

Soccer Drills by Carl Wild

Helps players to appreciate where they need to be on the field when their team is out of possession.

WHY USE IT

Helps players to understand where they should be positioned when their team does not have the ball, working on the principle of being compact out of possession.

SET UP

Mark out a pitch to a size suitable for the age, ability and number of your players, then split it into four vertical channels. Add a goal at each end, with a goalkeeper.

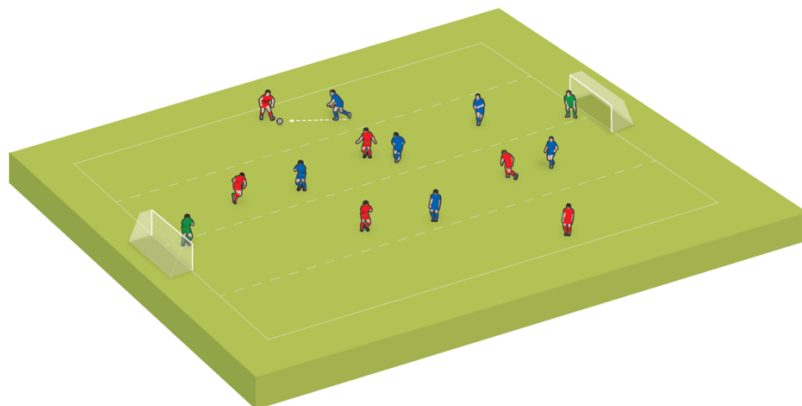
HOW TO PLAY

The game is played as normal, but the channels act as a guide for players as to where they should be positioned when the opposition has the ball.

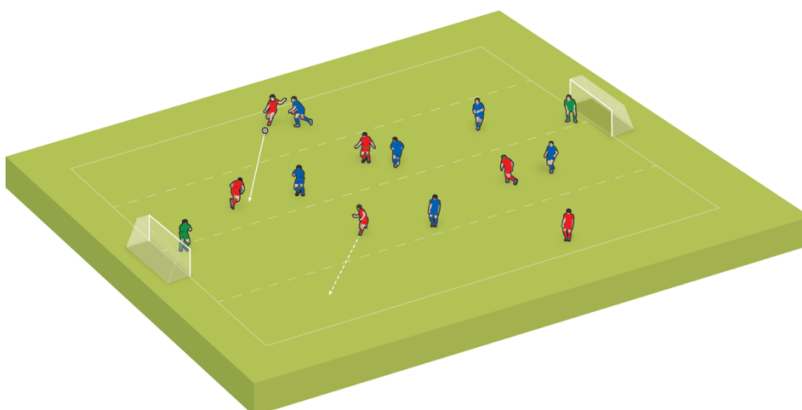
Players should be challenged to be in no more than three channels at a time. If the ball is in one wide channel, there should not be any defenders in the opposite wide channel. If the ball is in one of the central channels, the defenders should not be in either of the wide channels.

COACHING POINTS

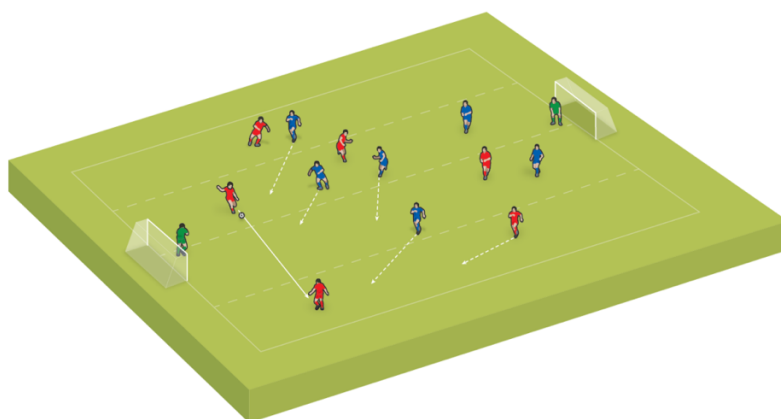
Players should concentrate on the distances between themselves and their team-mates. They must remain compact and try to stop the opposition from playing through them. As the ball travels across the pitch from one channel to another, defenders should evaluate their position and adjust where needed; sliding across the pitch to help the team remain compact.



Reds look to score in the far-right goal. They are in possession in the left channel. A Blue player closes them down



A Reds player passes to a team-mate while another moves into a position to receive the ball



Reds' player passes to the team-mate who moved. Another moves into a position to receive. Blues move across zones to close down space

INTRODUCING OFFSIDE

Soccer Drills by Carl Wild

As a team steps up to nine-a-side, they need to learn how to time runs and passes to stay onside.

WHY USE IT

Gives players an understanding of timing of runs, plus the weight and placement of passes, which is essential in nine-a-side.

SET UP

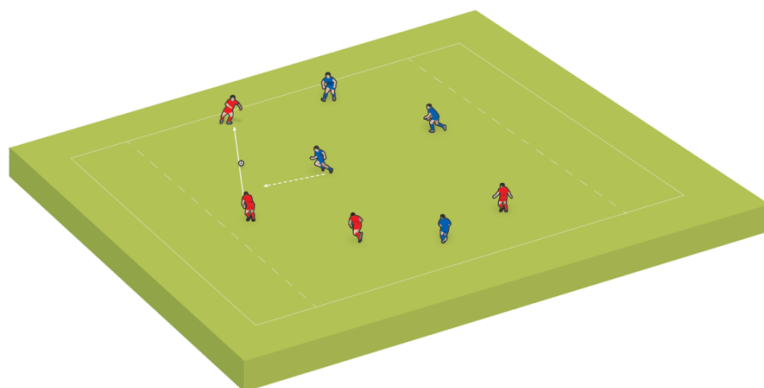
Set out a rectangular area of a size suitable for the age, ability and number of your players. Mark an end zone at both ends. Split players into two teams. The game is directional – one team defends one end zone and attacks the other.

HOW TO PLAY

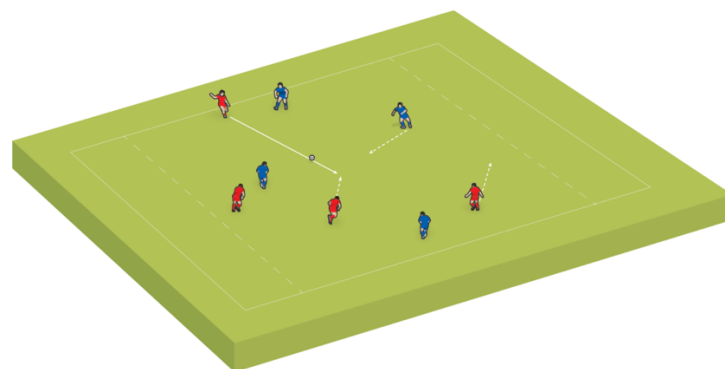
Teams win a point if a player receives a pass within the end zone. Players cannot wait in the end zone; they can only enter it once a pass has been made. The line separating the main area and the end zone therefore acts as an offside line. If a team wins a point it retains possession and the game switches direction – the team now attacks the other end zone.

COACHING POINTS

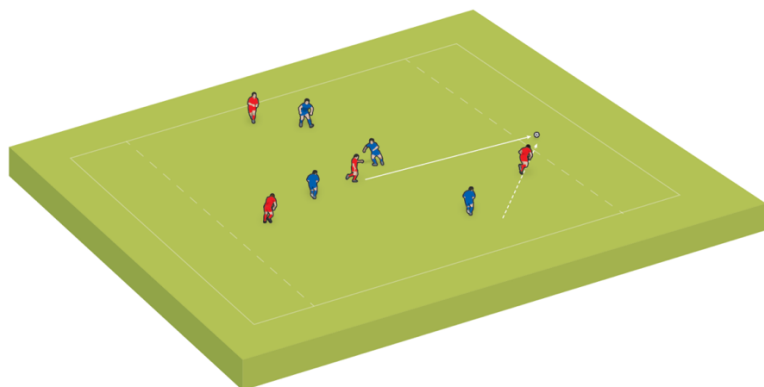
A player on the ball should look for movement of their team-mates and play into the end zone where possible. Those without the ball need to time their movement so they arrive in the end zone at approximately the same time as the ball. As a pair, players should look to avoid a straight pass on to a straight run; instead it should be a straight run and diagonal pass, a diagonal pass and straight run or a diagonal pass and run.



As they attack the right end zone, a Reds player passes to a team-mate while a Blues player closes them down

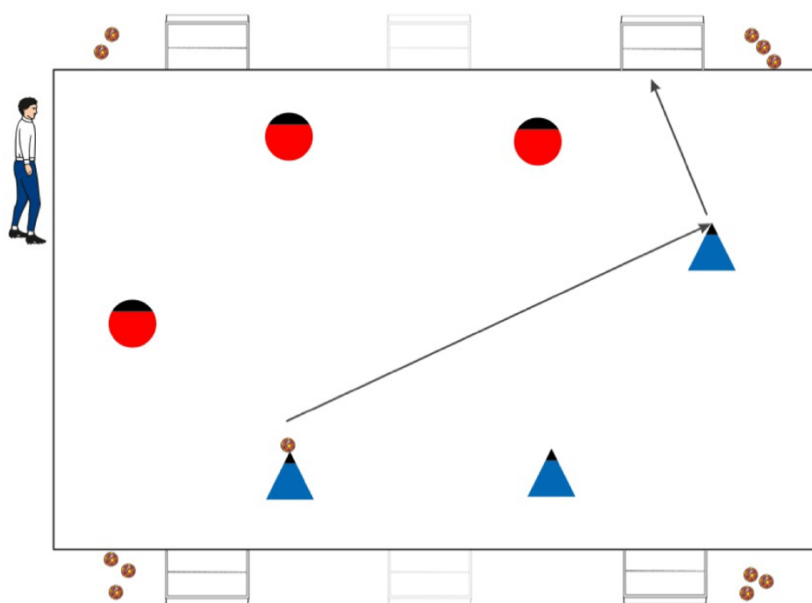


Reds player passes to a team-mate who has moved into space. A Blues player closes down. A third Reds player starts to make a forward run



The Reds player continues to make the run into the end zone. At the same time, the player on the ball passes into the end zone. Reds gain a point

4 Goal Game (FUNiño) - 6 Goal Game



Attacking Principles

- Individual attacking
- Passing and Receiving Possession
- When to shoot, dribble or pass

Objective

Improve players ability to use Mobility to Support and Penetrate.

Manipulate the placement of the cones to stimulate different reactions by the players.

1. Place goals or gates 1- 2 yards onto the field; players score by dribbling through the gates before the ball leaves the pitch.
2. Place goals or gates 1- 2 yards onto the field, players score by dribbling around and back through the gates to score
3. Place goals or gates 1- 2 yards onto the field; players score by passing the ball to a teammate on the other side of the gates.

Description:

30x40 yard grid.

2 (3) small goals (or gates) on each end line.

Play 3v3.

Balls start from behind each goal or where it exits the field.

Progression: Play breakout style

Key Points:

Create a triangle.

Use Mobility to support player in possession.

Use Mobility to penetrate in behind the opponents.

Make good decisions – possess, penetrate, or shoot!

COMPETITIVE RONDO 6V6



COMPETITIVE RONDO

Players are restricted to their zones with the exception of a forward pass or dribble is made into the scoring zone. Teams must complete 5 or more passes before they can progress into the scoring zone. Teams will attempt to score as many goals as possible within in a set time period then they will switch roles. The team with the most goals wins.



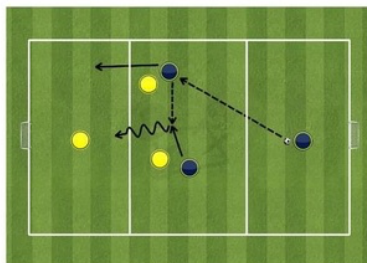


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3 v 3 Sweeper Game



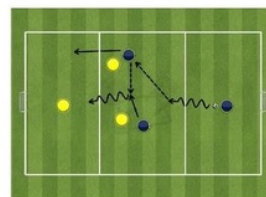
Foundation Age Coaching



Set Up

Players are in teams of 3. The playing area is split thirds. Both teams have an unopposed sweeper in their defensive third.

The sweeper plays into their team mates, who look to combine and get into the final third for a 2 v 1 to goal. Teams can pass back to the sweeper to retain possession.



Progression 1

The sweeper can dribble out of the defensive third



Progression 2

The sweeper can be pressed in the defensive third

Key Coaching Points

- Play on different lines to each other
- Maintain width and depth in possession
- Creative play to break into the final third
- Reaction of recovery run
- When to play forward, when to play back

www.foundationagecoaching.com



4v4 WITH FOUR GOALS

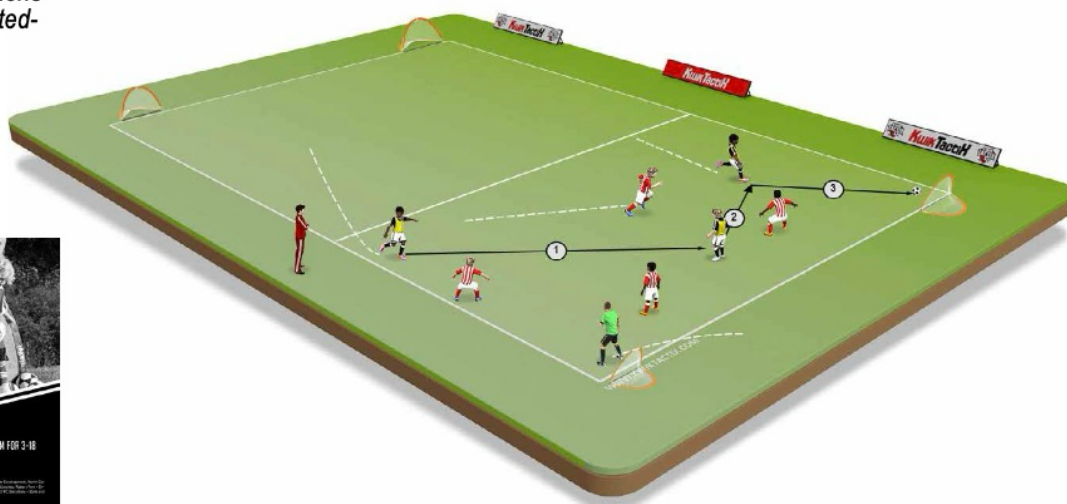
PRESENTED BY DAVID NEWBERY

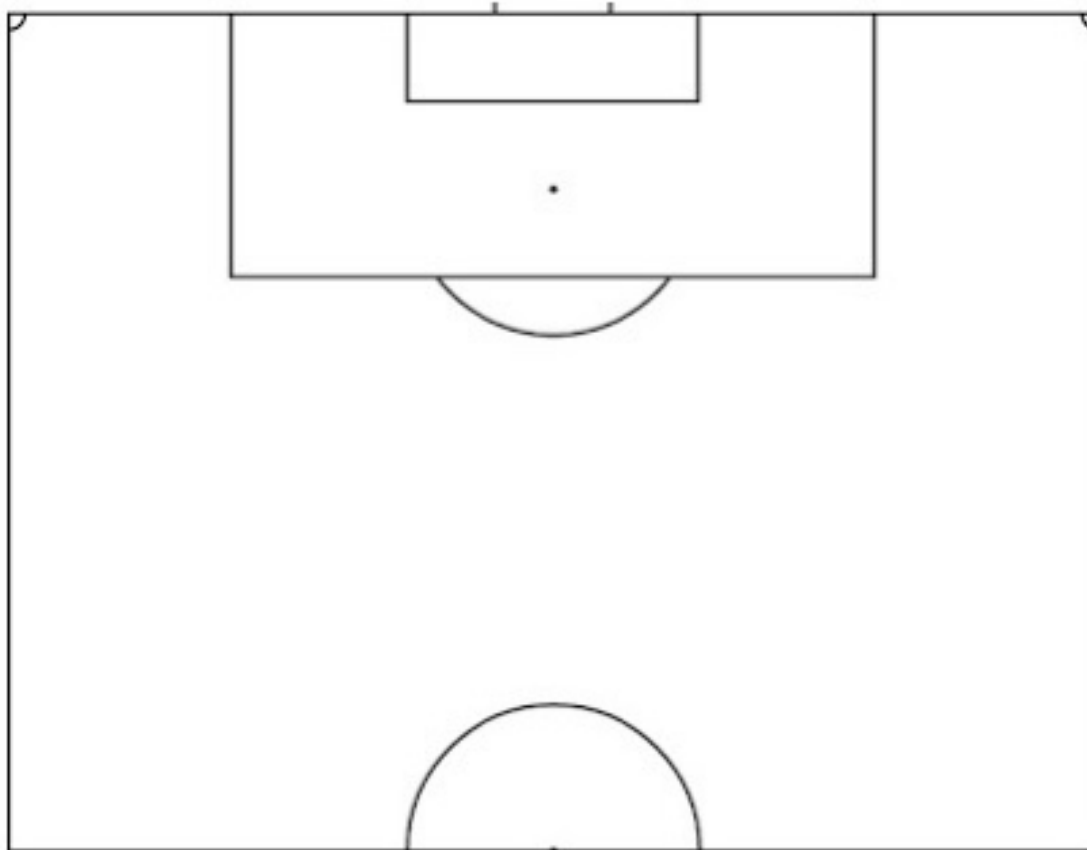
This is a terrific small-sided game that can be used at the end of the session that focused on passing, movement and supporting the attack. This set-up is a 40x25 yards rectangle with 2 teams with 4 players starting in the area. A half-line is drawn across the field to separate a team's



attacking and defending halves, and two goals are placed in the corners at both ends. The coach can introduce several conditions and rules that will increase the intensity and challenge. The wide goals encourage players to play with width and shape of the field encourages the team to play with depth. Play a regular game without corners and add conditions as the game progresses.

What do you want to see covered in Give and Go? Email your suggestions to David Newbery (dnewbery@united-soccercoaches.org).



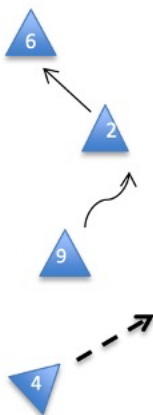


DIAGRAMMING KEY & SYMBOLS:

PLAYERS: Team your training
(Functional Exercises Use Positional Numbering)



PLAYERS: Opposition
(Functional Exercises Use Positional Numbering)

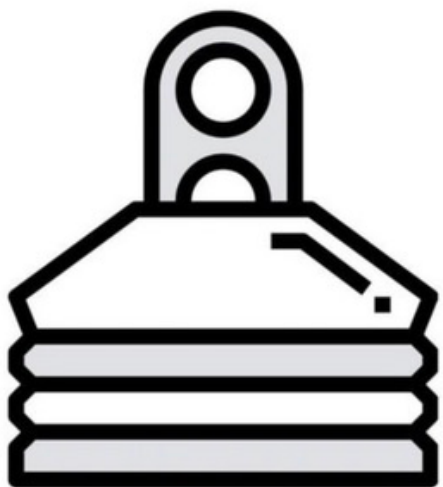


PASSES represented using **thin lines** with a head. The **length** to the arrow-head is an indication of the **distance**. The arrow-head represents the end point of the pass. **For accuracy, the angle and length should be drawn in proportion to the field diagram in which they are placed.**

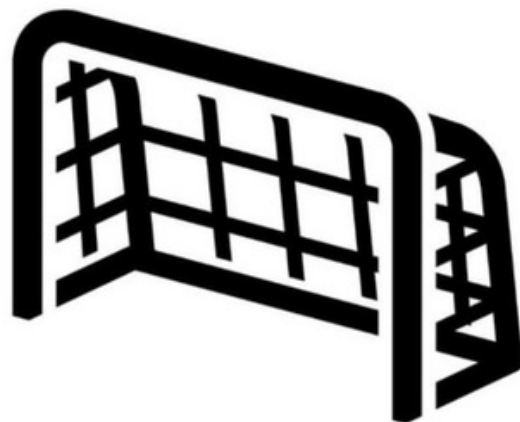
DRIBBLING or RUNNING WITH THE BALL is represented using **squiggled line** with an arrow-head.

PLAYER MOVEMENT or RUNNING WITHOUT THE BALL represented using **dashed line** with an arrow-head. **Angle of the point of triangle represents angle of approach by the player**

WOULD YOU RATHER...



**Players running around
cones and standing in
a line waiting to go**



**Players fully engaged
and problem solving
with mini games**

DECISION-MAKING

The quick decisions your players make

Some think that football (soccer) is played with feet. They are the same people who think that chess is played with their hands.

Often when discussing the best soccer players, intelligence is often a key defining factor of how good the best players really are. **The intelligence of good players allows them to make quick and smart decisions that help them and the team during the match.** These decisions define the outcome of goal scoring chances, defensive opportunities, and the entire outcome of the match.

The ability to make tackles, blocks, saves, passes and score goals means nothing without knowing **when**, **where** and **how** is best to do so. **Decision-making** is key to all positions and roles on a soccer pitch.



Let the kids play!

**The sooner they learn to make decisions on their own,
the sooner their development begins!**