



Drill Quick Glance

Age: 9+	Field: 40X30
Players: 8+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: Game-like
Keeper: YES	Type: Team
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Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

3v3 Plus Keepers to Full-Size Goals

Objective:
This drill improves small-group attacking and defending, finishing under pressure, and goalkeeper distribution. It simulates game-like conditions in a compact space, encouraging quick decisions and dynamic play.

Setup

- 1. Field Size: 40 yards long by 30 yards wide
- 2. Goals: Set up two full-size goals on each end line and assign a goalkeeper to each. If a full-size goal is not available, use a rebounder, training sticks, cones, or two wide mini-goals
- 3. Players: 3v3 with 1 goalkeeper in each goal
- 4. Ball Supply: Multiple soccer balls with the goalkeepers or coach

Instructions

- 1. Play 3v3 plus a keeper.
- 2. The goalkeeper starts play anytime the ball goes over the end line or a goal is scored.
- 3. If the ball goes out over the sideline, play is restarted with a kick-in or throw-in.
- 4. Play for a set time (e.g., 3-5 minute rounds), then rotate teams or goalkeepers as needed.
- 5. Emphasize continuous play and quick restarts to maintain intensity.

Coaching Points

- This game-style drill promotes technical and tactical development in an engaging and competitive format, with frequent touches, shots, and decision-making opportunities.
- Quick Transitions: Encourage fast counterattacks after winning the ball.
 - Finishing: Players should focus on accuracy and composure in front of goal.
 - Defensive Awareness: Defenders must communicate and cover space as a unit.
 - Support Play: Off-the-ball movement creates passing lanes and scoring opportunities.
 - Goalkeeper Distribution: Goalkeepers should play accurate, quick restarts to maintain game flow.

Variations

- Touch Limit: Limit field players to two touches to increase pace and decision speed.
- Scoring Zones: Create bonus scoring zones inside the box for specific finishing objectives.
- Power Play: Allow a team to temporarily add a fourth attacker for 30 seconds after scoring.
- Weak Foot Finish: Require players to shoot with their weaker foot for specific rounds.