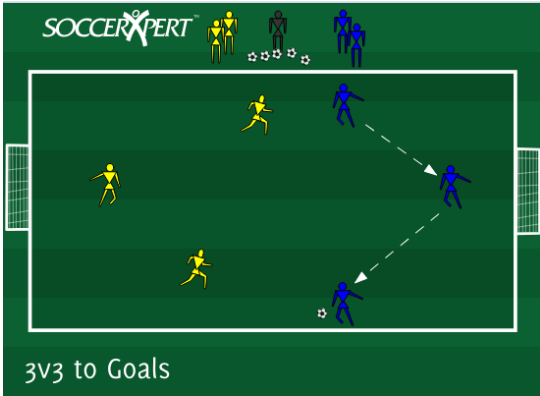




Drill Quick Glance

Age: 4+	Field: 20X30
Players: 6+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: Game-like
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | BowNet Goal

3v3 to Goals

Objective:
This drill develops players' ability to attack and defend in small spaces while encouraging quick decision-making, teamwork, and fitness through constant movement.

Setup

1. Field Size: 20x30 yards
2. Goals: Two goals, one at each end line (cones, training sticks, or small goals)
3. Players: Two teams (yellow & blue), rotating substitutes
4. Ball Supply: Multiple soccer balls with the coach
5. Starting Positions: 3 players per team on the field, substitutes waiting near the coach

Instructions

1. Divide players into two teams (yellow and blue) and assign each team a goal to defend.
2. Play begins with a kickoff or coach's pass-in.
3. Teams compete 3v3, working to score while defending their goal.
4. After 1-2 minutes, rotate one player from each team off and a new player on to keep legs fresh.
5. If there are 12 or more players, run a second 3v3 game, rotating teams every 3-4 minutes.
6. Play continues with quick rotations, ensuring all players get equal playtime.

Coaching Points

This fast-paced drill simulates real-game situations, enhances player development in both attack and defense, and keeps players engaged with constant movement and rotations.

- Encourage Quick Decision-Making: Players must react fast in attacking and defensive situations.
- Support & Movement Off the Ball: Players should create passing options and space.
- Defensive Organization: Defenders must communicate and work as a unit.
- Transition Play: Quickly transition from defense to attack and vice versa.
- Finishing Under Pressure: Players should take quick, accurate shots when opportunities arise.

Variations

- Touch Restriction: Limit players to two touches to encourage faster play.
- Weaker Foot Challenge: Players must shoot using their weaker foot.
- Man-Marking Challenge: Each player must mark a specific opponent at all times.
- Bonus Points: Award an extra point for a goal scored after three consecutive passes.
- Different Scoring Zones: Require players to shoot from inside a designated area for a goal to count.