Drill Quick Glance

Age: 10+	**Field:** 44x40
Players: 10+	**Time:** 25 min.
Difficulty: Medium	**Focus:** Game-like
Keeper: YES	**Type:** Team
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Equipment

Scrimmage Vests | Soccer Balls | Pugg Goal | Full-Size Goal

5v4 Big Goal to 2 Mini Goals

Objective:
This game-like drill creates a high-tempo match situation to challenge both attackers and defenders. Attackers learn how to break through a compact defense to create finishing chances on the big goal. Defenders focus on applying pressure, staying compact in central spaces, and protecting the penalty area. When defenders win the ball, they must transition immediately to find the two mini goals or connect with the neutral target. The neutral player keeps the pace high and gives both teams an outlet to reset and switch the attack.

Setup

- Set up a playing grid on half of a soccer field, narrowed to the width of the 18-yard box (approx. 44x40 yards).
- Place one full-size goal with a goalkeeper on the penalty box endline.
- Place two mini goals on the opposite endline, one in each corner.
- Position one neutral player between the two mini goals along the endline.
- Divide field players into two teams of four (4 attackers and 4 defenders).
- Place a supply of soccer balls with the goalkeeper and near the neutral player to keep play moving quickly.

Instructions

1. The coach or goalkeeper starts the drill by playing a ball into the attacking team.
2. The attacking team combines with the neutral player to attack the full-size goal and score.
3. The four defending players work together with their goalkeeper to protect the big goal and win the ball.
4. When defenders win possession, they look to transition quickly and score in either of the two mini goals or connect with the neutral player.
5. The neutral player plays with whichever team has possession of the ball.
6. If a goal is scored or the ball goes out of bounds, restart immediately with a new ball from the goalkeeper or the neutral player.
7. Play continuous rounds for 3 to 4 minutes, then rotate player roles and the neutral player.

Coaching Points

- Pressure the ball quickly to deny forward passes into central pockets.
- Keep a compact defensive shape and force attackers away from the center of the pitch.
- Attackers should use the neutral player to create overloads and switch play quickly.
- Scan early before receiving to spot passing lanes or shooting opportunities.
- React instantly on turnovers: transition forward immediately or apply counter-pressure to win the ball back.
- Goalkeepers must communicate clearly and organize the back line against shots and crosses.

Variations

- Limit touches to two or three touches per player to increase game speed and decision-making.
- Require defenders to make at least two passes before scoring in a mini goal upon winning the ball.
- Allow the neutral player to move freely throughout the grid rather than staying anchored between the mini goals.
- Add a second neutral player to create a 6v4 attacking overload if players struggle to break down the defense.