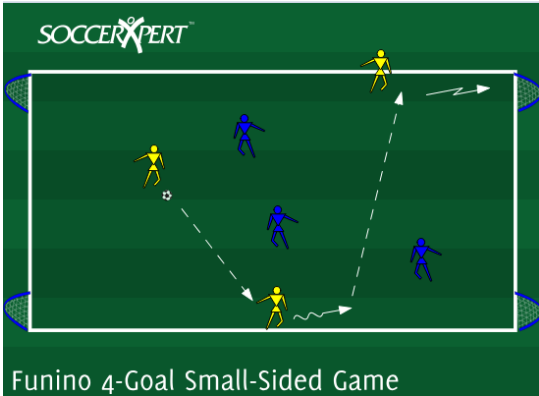




Drill Quick Glance

Age: 4-14	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 | Pugg Goal

3v3, 4-Goal Small-Sided Game Funino

Objective:
This drill encourages players to recognize attacking opportunities by creating space, making quick decisions, and choosing the best option between two goals. Defensively, players learn to cover space effectively and transition quickly.

Setup

1. Field Size: 20x30 yards
2. Goals: 4 small goals (two at each end, spaced apart)
3. Players: 3v3 or 4v4 (adjust as needed)
4. Ball Supply: Multiple soccer balls to keep play flowing

Instructions

1. Divide players into two teams. Each team defends two goals and attacks the other two.
2. The play starts with a pass-in from the coach.
3. Players score by finishing into either of the two attacking goals.
4. Encourage quick transitions between attack and defense.
5. No goalkeepers; all players must stay involved in the play.
6. Play in 3-5 minute rounds and rotate players as needed.

Coaching Points

- Encourage players to recognize open space and switch play quickly.
- Promote fast decision-making and attacking movement off the ball.
- Defenders should cover both goals effectively and communicate.
- Keep the game flowing with quick restarts to maximize touches.
- Emphasize teamwork and movement to create scoring opportunities.

Variations

- Limited Touches: Restrict players to 2 or 3 touches to promote quick passing.
- Directional Play: Add a rule that players must make a pass into a specific zone before scoring.
- Conditioned Defending: Assign one player as a designated defender who cannot score.
- Time Limit: Require teams to score within a set time after gaining possession.
- Overload Play: Introduce a neutral player to create a 4v3 advantage for the attacking team.