

SoccerDrillBook.com presents:

Small Sided Drills

Drills featuring a game-like scrimmage element

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*The drills listed here are a small sample of an instantly download Soccer e-book titled [Soccer Season Outsourced](#)



3V3, 4V4, 5V5 etc.

Overview: The most basic of all small-sided games.



(two separate games are pictured)

Set-up

Set up a small field with small goals. Host as many fields as you require given the amount of players you have at practice. Two fields are pictured on the diagram.

1. 3v3 Scrimmage

Notes: No Goal Tending!

Variations

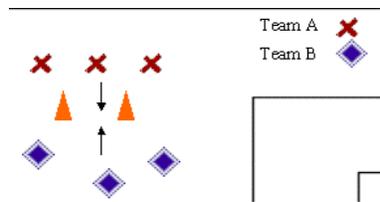
Touches: Limit the number of touches. If a player touches the ball too many times, the ball is turned over.

Passes: X passes before a shot can occur.

Player Requirements: Each player must touch the ball before a goal can be scored.

Adding Players: Add someone as all time offense so the offense always has an advantage
3V3 ONE GOAL

Overview: Intense offense and defensive drill with lots of passing, shooting, and action.



Set-up

Form your team into groups of three players. Host as many games as you must, as always depending on how many people showed up to practice. If you need to, have a game of 4v4 or have an extra player play permanent offense on one field.

1. Make a small goal roughly 3 feet big.
2. One of the team scores from one side of the goal, the other team scores from the other direction.

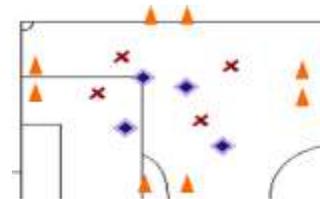
Variations

Touch Limitations: Restrict touches to 3, 2, or 1 -touches.

Consecutive goals: Team must score a goal from each direction consecutively before they are given a point

4 GOALS

Overview: Passing, possession, and movement in all directions.



Set-up

Split your team into 2 even groups so you can host two games. Each group should then split itself once more into two small teams.

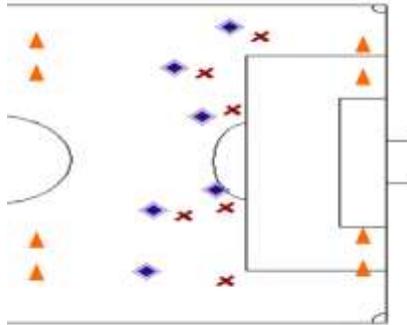
Variations

Passing Requirements: 4 consecutive passes are required before a goal can be scored in any goal.

Goal variations: One team can score in one set of goals and the other team must score in the other set. Each time a goal is scored, the goals switch. Makes for a fun time, when teams get mixed up which goal to score in.

2 GOAL SCRIMMAGE

Overview: Basically a scrimmage, but this set-up promotes lateral movement across the field.



Set-up

Set up a field that is half as long as a normal field, with normal width. Place two goals on each end of the field (4 total). Goals should be on the outside of each end of the field, and should be roughly 2 feet wide. Split your players into two teams.

1. Scrimmage! Teams can score in either goal in the direction they are going.

Variations

Limit the number of touches: Allow players only 3,2, or even 1 touch on the ball before they must get rid of it.

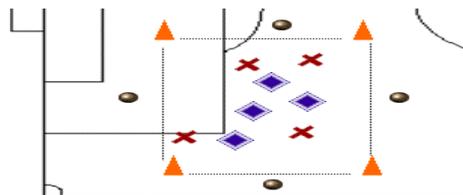
Limit Passing: X of passes must occur before a goal can be scored.

Add an extra ball: More goals, why not more balls? Add in a second ball and make players hustle that much harder, as well as add more strategy to the game.

Switch: Coach calls out a switch at any time, and the directions are switched.

BOX KEEPAWAY

Overview: Moving the ball in all directions with help from support. Forces players to keep their heads up and look for the open space.



Set-up

Make a field roughly 25 by 25 yards. Have one player on the outside of each side of the square as support. This player plays like a wall-man, and plays the ball back to whichever team passes the ball first. 3v3 or 4v4

1. Teams play keep away, using the outside players as support.
2. 5 passes without losing possession = 1 goal.

Variations

2 Outside Players Only: Each outside player covers two sides of the square.

3 Teams: 3v3v3 or 4v4v4 with two players on the outside. Gives the defense a slight advantage

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