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Small Sided Drills

Drills featuring a game-like scrimmage element

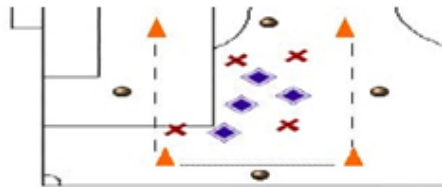
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*The drills listed here are a small sample of an instantly download Soccer e-book titled [Soccer Season Outsourced](#)



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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