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Small Sided Drills | Drills featuring a game-like scrimmage element

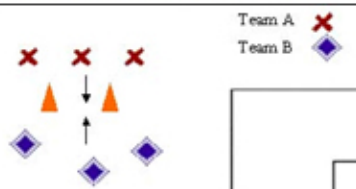
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*The drills listed here are a small sample of an instantly download Soccer e-book titled [Soccer Season Outsourced](#)



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

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