

3v3 ON SMALL GOALS



Players:
+12



Time:
20-30 min



Focus:
Possession



Age:
U13+



Intensity:
7/10

SETUP

- Mark out a 30x20 meter area with four cones, plus two cones for the middle line, and place two small goals at each end.
- Split the players into two teams of six, each divided into two trios, waiting behind their own end line.
- Adjust the distances based on the players' age and skill level.

KEY POINTS

Two trios play 3v3 in the area, with the coach starting play by throwing or kicking a ball in. Teams try to score in either of the two small goals at the opposite end, but a goal only counts if all three players have crossed the middle line — otherwise possession is handed to the opponent. After a goal or when the ball leaves the area, two fresh trios enter and the game restarts from the backline. The drill develops possession under pressure, combination play in tight spaces, high pressing and fast counter-attacks.

