



3v3 Sideways

Appropriate Age Group: 10-18

Skill(s) Practiced: Ball movement, Off Ball Play.

Drill Duration: 5-7 minutes

Resources: Balls, Multiple cones

Description: Field is set up as shown and spacing can be adjusted based on age and ability of players. On the whistle, players will play a 3v3 situation to a goal or turnover. Players must stay inside of the cone boundaries and on their respective half of the field.

Progression(s): Add or subtract players to change the level of difficulty. Start with a ground ball instead of possession. Move the boundaries to teach attacking from behind the goal.

Drill Diagram:

