

### 3v3 Touchdown waves (4 teams)

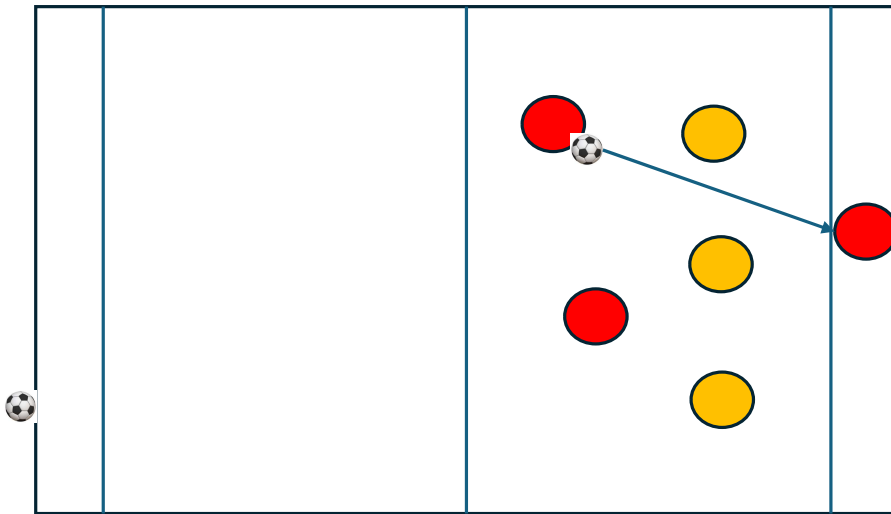
Set up an end zone (like American football) on the field (no goals)  
Defensive team cannot go into the end zone

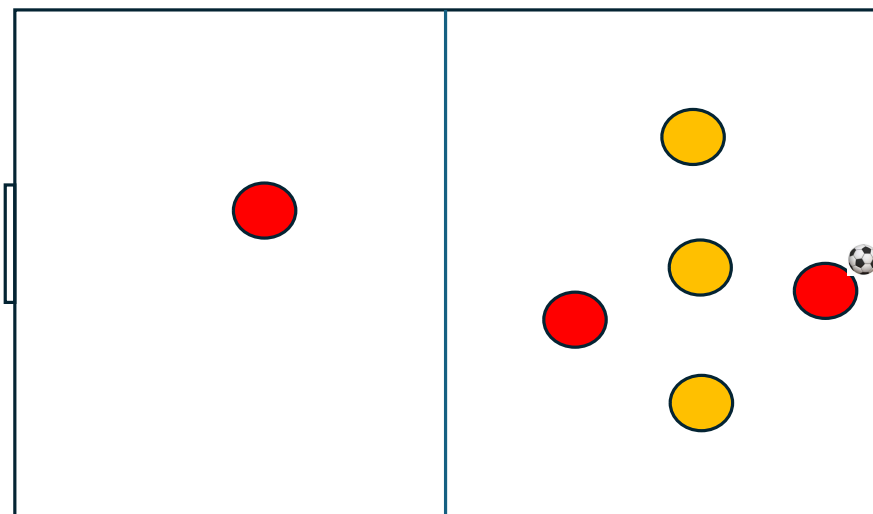
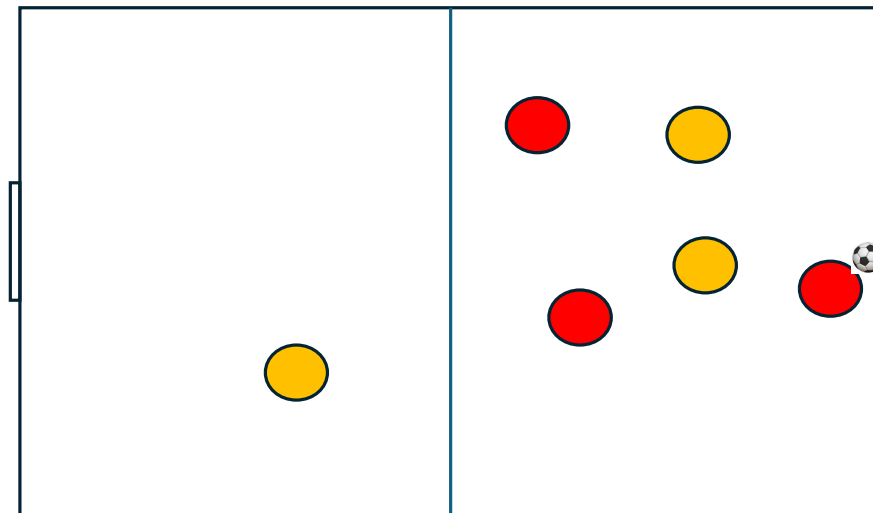
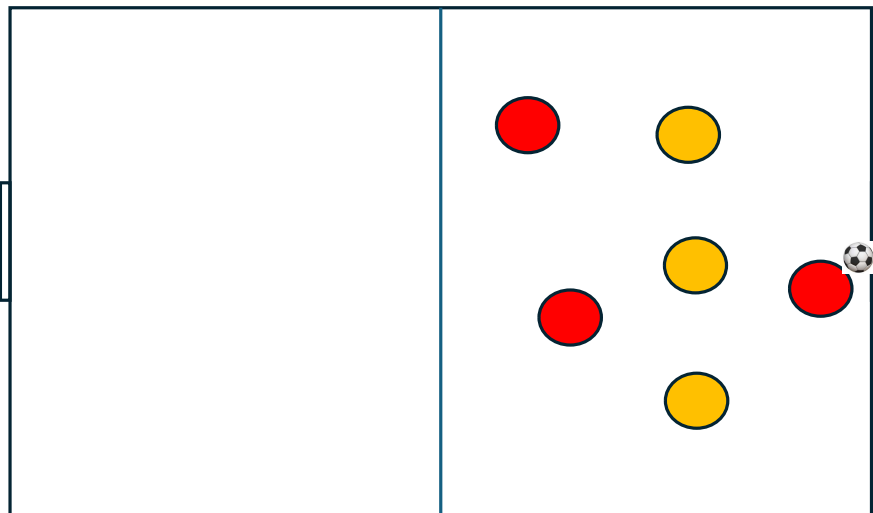
#### Game A

Point scored when a player dribbles into the end zone

#### Game B

Point scored when a player passes to a player waiting in the end zone (see image to the left).





### 3v3 Game

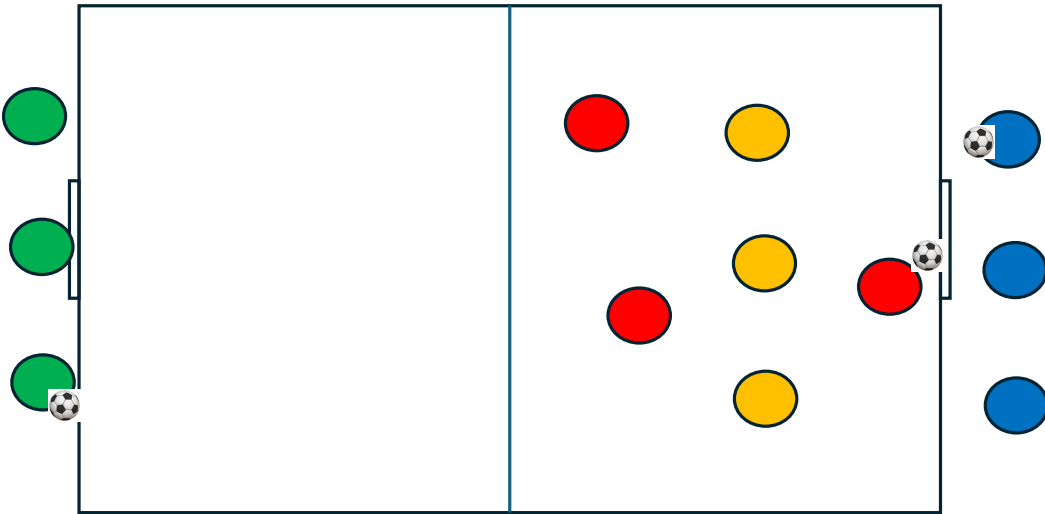
Red team shooting at right goal. Orange team defending right goal.

Twist – All players must be inside the half where action is.

- a. Red team scores a goal and all players in half = 1 pt for red.
- b. Red team scores a goal, but 1 red player stayed in defending half = 1 pt for orange
- c. Red team scores a goal, but 1 orange player didn't get back in defending half = 2 pts for red

### Themes

1. All players attack and all players defend
2. Keep players moving as players can't stop in transitions from defense to offense or offense to defense
3. Encourage to attack quickly while other team has not transitioned to defense



3v3 waves (4 teams)

Red team shooting at right goal.

Orange team shooting at left goal (defending right goal).

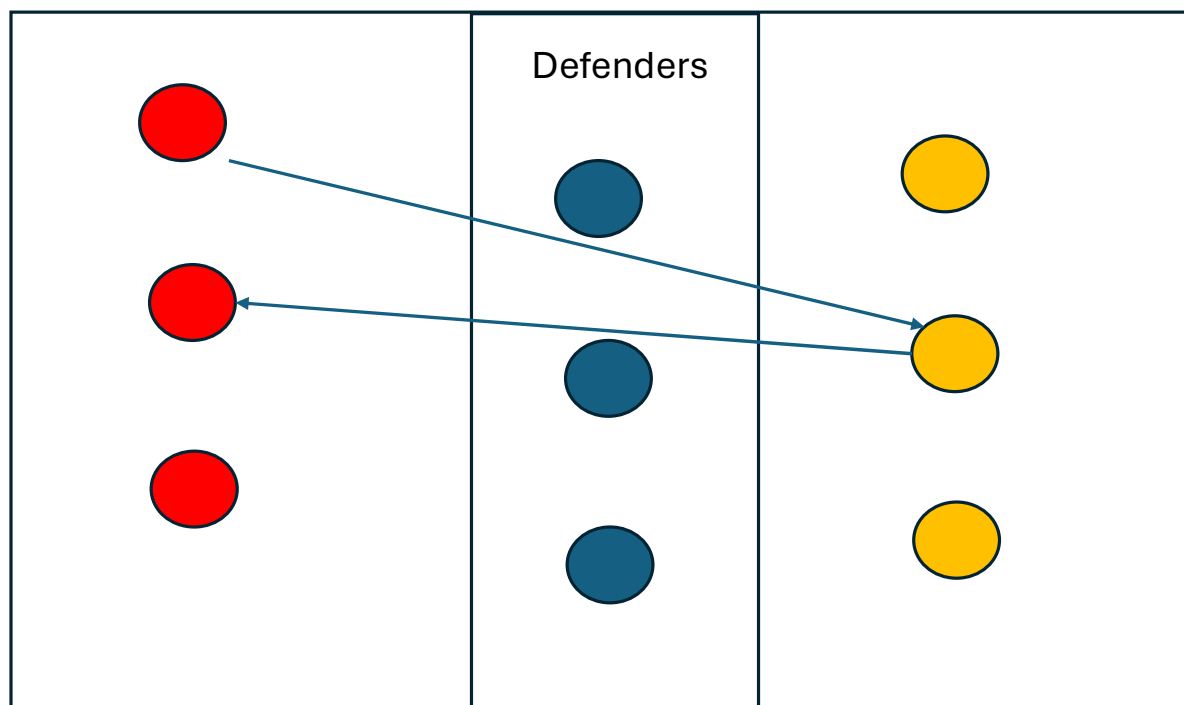
Blue team is behind the goal

Green team is behind a goal

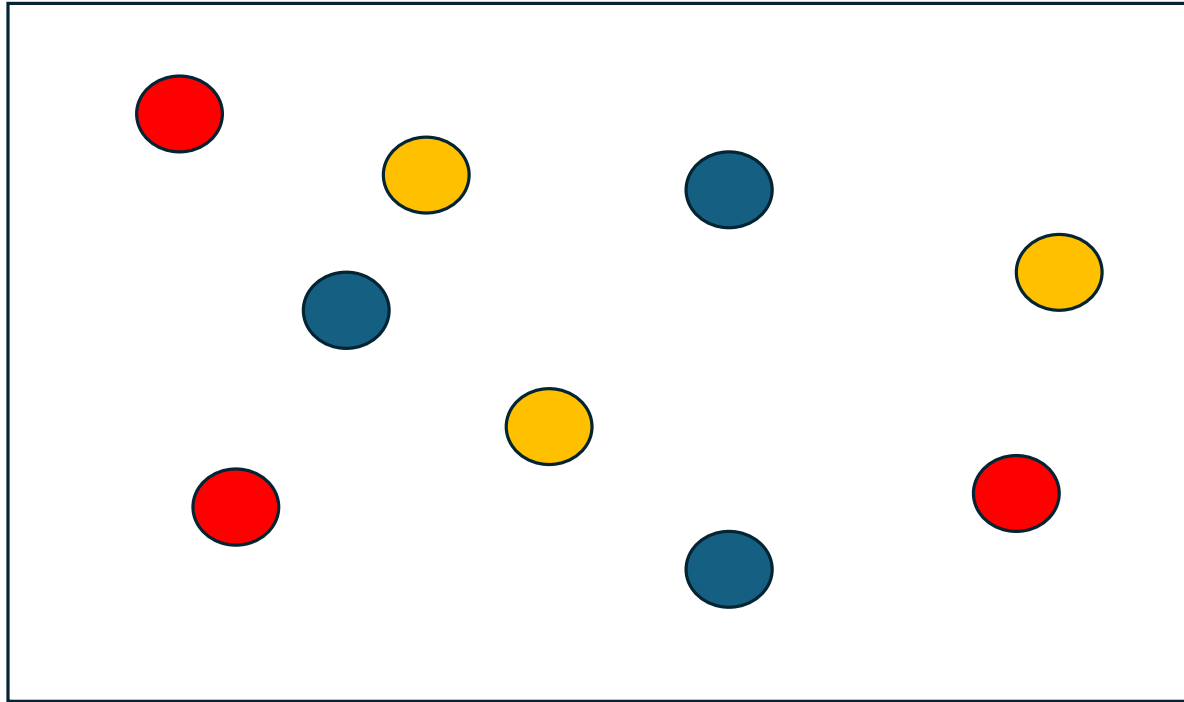
When a team scores a goal, the team waiting behind that goal immediately starts the attack, and the team that scores has to transition to defending quickly.

For example, if the Red Team Scores a goal...

- the blue team begins to attack the left goal
- The red team has to go on defense quickly
- The orange team goes to wait behind the right goal (where the blue team was)



Objective – Red team to successfully pass to Orange team and back and forth. Blue team is trying to intercept.  
Play for 2-5 minutes, rotating the team in the middle. Total successful passes in each round awarded to the passing teams.  
Team with most points after 3 rounds (2 passing rounds) wins



**3v3v3 game (actually 6v3 possession)**

**Variation 1 – Focus on Passing**

1 team is defending (3) with 2 colors playing together to keep possession

Objective – get as many consecutive passes as possible

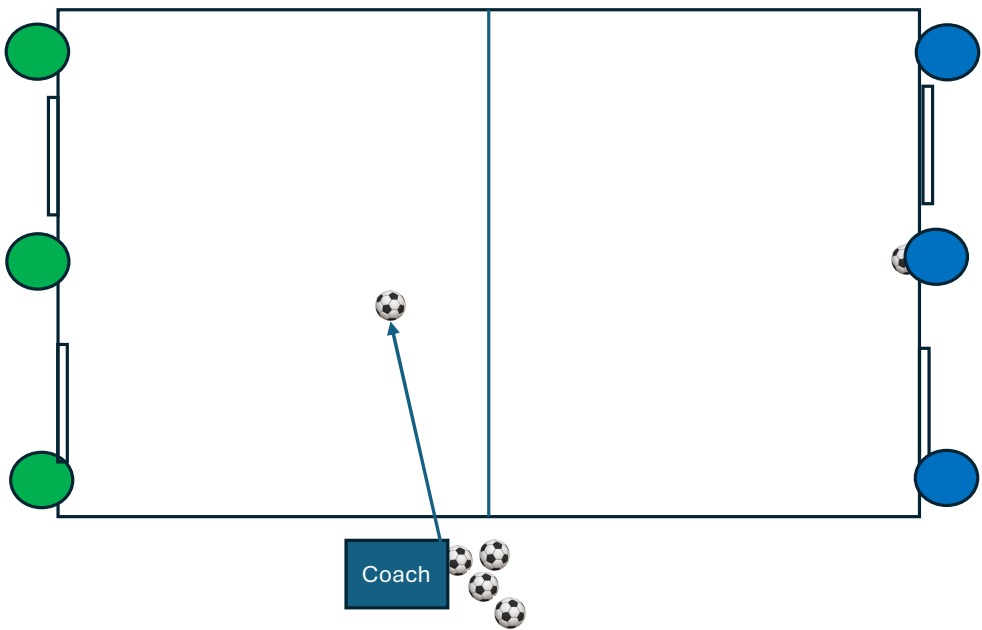
Play for 2-5 minutes, rotating the team playing defense.

Maximum consecutive passes is number of points both teams receive at end of round

Team with most points at end of game wins

**Variation 2 - Defensive Scoring**

The team defending gets 1 point for every steal/interception



3v3

4 goals – 2 on each end line

Players start behind endline

Coach has all the balls at midfield

Coach plays a ball into the field (kick, drop, throw)

1 pt for team who gets to the ball first

1 pt for team who scores a goal

After a team scores, play resets with teams going back to endlines

Variations on Scoring

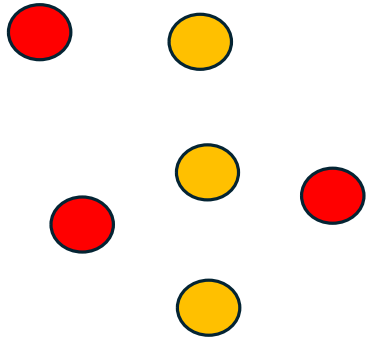
1 pt for cross field pass

1 pt for give & go

1 pt for 1 touch goal

1 pt for many other different themes of a session

Game can be played with 3 teams, 4v4, 1 player plays on both teams



[3v3 Soccer Drills and Small Sided Games | 9 Best \(soccersourcecoaching.com\)](https://soccersourcecoaching.com)