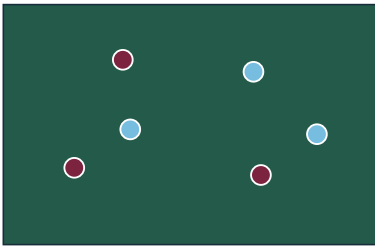


Purpose & even numbers

Choose one behavior. Watch the decisions. Adjust one variable.

- Choose the focus: beat an opponent, combine, receive under pressure, play forward, switch play or move to receive.
- Even numbers ask players to create an advantage through dribbling, movement or combinations. Turnovers give everyone a new responsibility. Equal numbers do not mean equal ability.



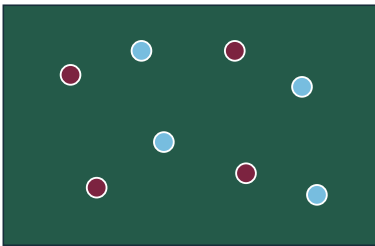
3v3 | Burgundy / blue teams

3v3

- Fewer passing options give each player more responsibility.
- Repeated 1v1s, simple combinations and quick reactions after losing possession.

Watch for

One player dominating. Adjust teams or the challenge if others rarely take part.



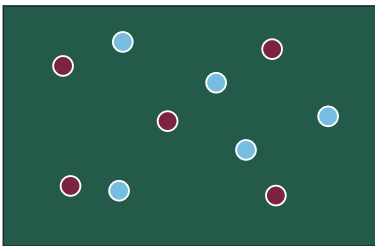
4v4 | Burgundy / blue teams

4v4

- An extra teammate allows width, depth and support together.
- Choose between direct play and using a third player to escape pressure.

Watch for

Fixed positions. Support must change with the ball and opponents.



5v5 | Burgundy / blue teams

5v5

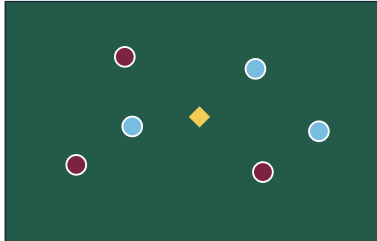
- More relationships increase the need to scan and coordinate.
- Decide who offers width, who supports behind and who threatens forward.

Watch for

Spectators. Check involvement and space; more players alone does not improve learning.

Neutrals with a purpose

Neutrals support the team in possession. Their location changes the solution.



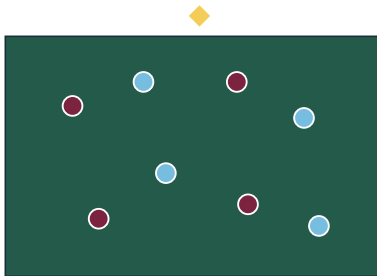
3v3 | Burgundy / blue teams

3v3 + 1 | Inside

- A central extra player creates an overload and a route through the middle.
- Open passing angles; scan to turn or set the ball back. A defender stepping in may free someone else.

Watch for

Hidden neutrals and forced central passes. Play around pressure when the middle is blocked.



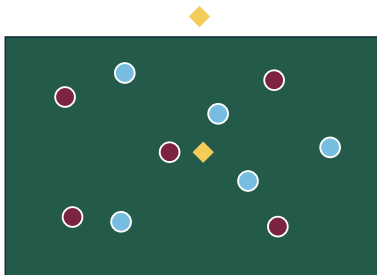
4v4 | Burgundy / blue teams

4v4 + 2 | Outside

- Wide outlets stretch attention. A defender moving out may open an inside gap.
- Return passes and third-player runs help players get beyond pressure.

Watch for

Safe outside passes without movement. Define whether neutrals can be challenged; allow movement along the side and rotate roles.



5v5 | Burgundy / blue teams

5v5 + 3 | Mixed

- Choose between playing through pressure and around it.
- Eight possession players face five defenders; two neutrals remain outside. Defenders must prioritise routes.

Watch for

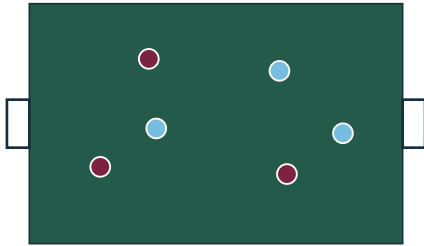
Effortless possession. Reduce neutral support if defenders cannot create pressure; keep a target for progression.

A side neutral offers width; an end neutral offers depth beyond pressure. Protected neutrals get less practice under direct pressure. Any team size can use these options.

Scoring methods

The target changes the final action. These 3v3 examples also work in larger formats.

Mini goal / big goal (if keepers are available)



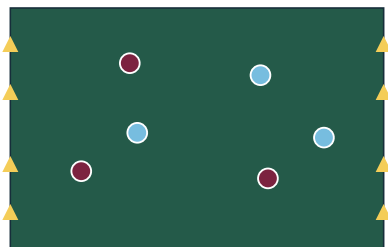
3v3 | Burgundy / blue teams

Finish into the goal.

- Create a chance with a dribble, pass or combination; recognise when to shoot.
- Defenders protect the target and close the ball.

Watch: Speculative shots or goal camping: adjust distance or target size.

Dribble gates



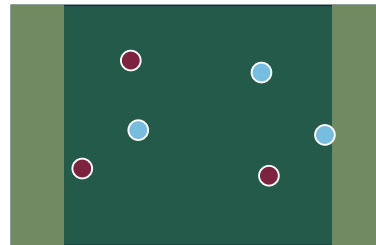
3v3 | Burgundy / blue teams

Carry through either gate under control.

- Beat a defender or find a free route. Threaten one gate, then change direction.
- Keep passing available to create the 1v1 or free gate.

Watch: Dribbling regardless of pressure. The final carry must stay controlled.

End zones



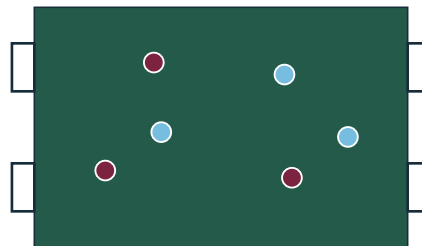
3v3 | Burgundy / blue teams

Receive a pass in the zone.

- Reward the relationship between pass weight and run timing.
- If runs are the focus, require entry as the pass is played.

Watch: Players waiting in the zone. A dribble-in rule creates a different task.

Multiple mini goals / big goals (if keepers are available)



3v3 | Burgundy / blue teams

Finish into either goal at the far end.

- Draw pressure toward one target, scan the other and switch when needed.

Watch: Automatic switches when the near goal is open. Reward recognition, not a compulsory switch.

Constraints explained

Start with one rule. Specify the action, direction and whether it is a bonus or compulsory.

A gate in the middle

- Bonus for a completed forward pass through a central gate to a teammate beyond it; normal scoring remains.
- Creates central passing angles and movement beyond pressure. Orient the gate across the direction of attack.

Watch: Compulsory use can crowd the middle and force passes. A dribble-through rule instead rewards carrying.

Two-touch maximum

- Allow up to two touches, not exactly two.
- Prompts scanning, useful first touches and early support.

Watch: Rushed losses under excessive pressure. Poor fit for extended dribbling, shielding or turns.

Touch limits for neutrals

- Two touches for neutrals; unrestricted touches for others.
- Quick support while main players can dribble, shield or combine.

Watch: A central neutral always bouncing backward. Allow enough touches if turning is the focus.

Combination bonus

- Example: a goal counts double after a wall pass or third-player action.
- Highlights timing, support and combinations; a direct goal remains valid.

Watch: Manufactured one-tuos. Reward actions that solve the problem, not a pattern for its own sake.

Two wide gates

- Bonus for progressing through either wide gate, then continue to goal. Specify pass or dribble.
- Draw pressure to one side and use the other; passing needs wide support, dribbling needs open space.

Watch: Gates too central remove the width problem. Do not discourage a good central opportunity.

One-touch maximum

- Use a short phase or a specific supporting role.
- Demands early decisions, accurate service and good support angles.

Watch: Blind returns and impossible passes. Allow a second touch when control or a turn is needed.

Minimum passes

- Complete three passes before scoring; reset on a turnover.
- Encourages circulation, movement and receiving connections.

Watch: Ignoring an open goal or transition. Use sparingly if forward play is the priority.

Bonus or compulsory?

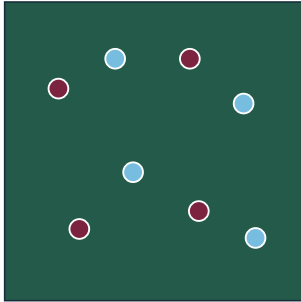
- Bonus keeps normal scoring; compulsory requires the action first.
- Bonuses preserve choice; compulsory rules increase repetition but may distort decisions.

Watch: Stacking rules. Remove a constraint and see whether players still recognise the opportunity.

Dimensions shape behavior

Keep the player count and other rules unchanged when comparing space. All diagrams: 4v4, same scale.

More width

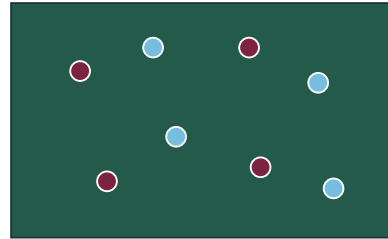


28 L × 28 W yards

- Separate attackers, draw pressure and find the far side.
- Makes it harder to protect both sides at once.

Watch: Harmless lateral passing. Width should open a route forward.

More length

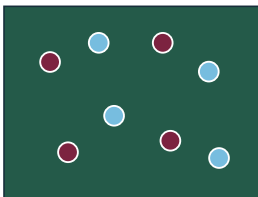


36 L × 22 W yards

- Creates depth to receive forward and run behind.
- Defenders have more space to protect and farther to recover.

Watch: Long balls replacing the intended combinations.

Less space

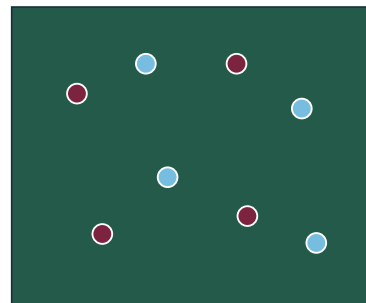


24 L × 18 W yards

- Pressure arrives sooner. Scanning, first touch, shielding and close support matter more.

Watch: Constant collisions and losses mean the area is too small for this group and task.

More space



34 L × 28 W yards

- More time to receive, carry and engage a defender.
- Defenders cover more ground and choose when to press.

Watch: Unchallenged possession or mostly running. Scale to ability and focus.

Starting sizes & adjustments

Use the game as feedback. Change one variable, then replay.

Illustrative starting sizes

Format	Length × width
3v3	24 × 20 yards
4v4	28 × 22 yards
5v5	34 × 26 yards

- Length runs toward the targets; width runs across the pitch. These are starting points, not standards.
- More players in the same area means less space per player. Neutrals also change support and pressure.

Too crowded?

Add 2-3 yards.

Too easy?

Reduce one dimension.

No depth?

Add length.

No lateral options?

Add width.

- Keep goals and gates clearly defined.
- Ask: Is the focus appearing? Is everyone involved? Is the challenge right?
- Coach the choice, not just compliance. Ask what made the action easier or harder. Keep a rule only if it helps the intended behavior.