

# "Making Your Practices More Intentional- Small Sided Games & Drills"

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Tuesday July 22, 2025



# Background





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# Lexington

- Program initiated in 1999
- UniFut program
- Middle school program
- Deep & proud soccer culture





# Coaching Staff

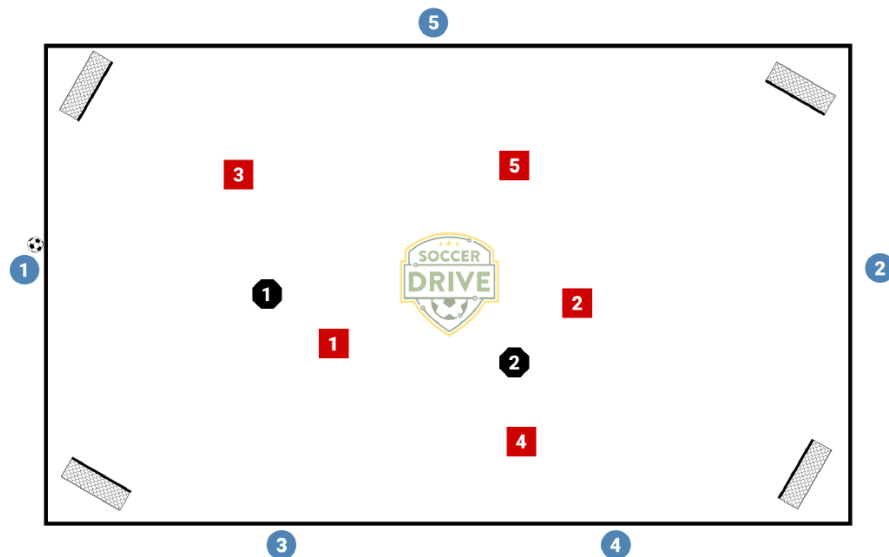


# Why these drills?

- Competition, while still having fun
- Works on ball control, possession, decision making, conditioning (short and intense) with smaller numbers
- Boys respond well to incorporating these in training
- Reinforces our play style
- Many used during tryout week when we are in fieldhouse
- Builds chemistry/ team unity

## Transition Possession into Attack (5 v 5 + 2)

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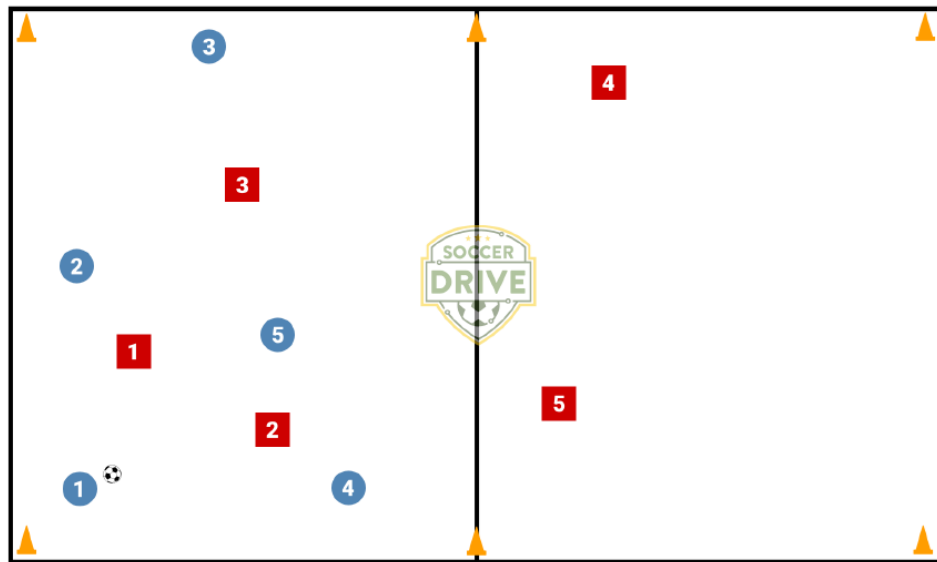
### Description

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Team in possession is spread out on the outside of a 40 by 36 yard grid (can adjust grid as needed). Two teams of 5, one team is spread around the outside (in this case they are blue) and one team is inside the grid (red team). Two neutral players (preferably two center midfielders) move and try to combine passes with the outside team and maintain possession. Outside team gains points by connecting passes. One point for every three passes connected to CM's. If defending team inside grid (red team) steals the ball, then they can score into any of the four goals. Outside team (blue team) can come inside grid if ball is lost. If they gain it back, they reset back to outside and continue to try to connect passes. You can have the teams switch roles every 3 minutes.

## Rondo 5 v 3 with transition

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### Description

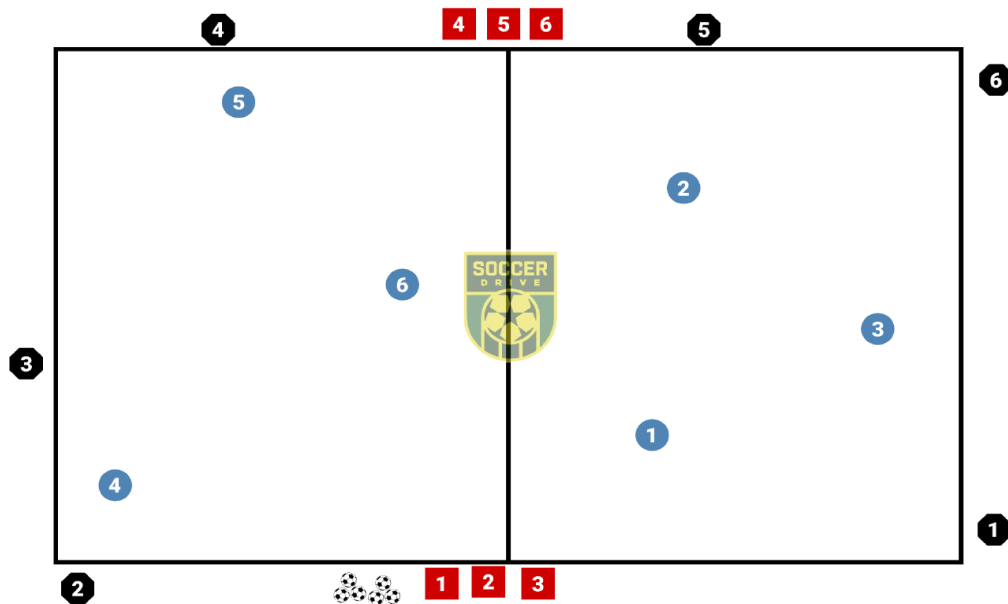
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A more competitive rondo which allows for players to continually compete. Grid size can vary, doing a smaller grid for players with higher ability. The team with 5 players (in this case blue) wants to connect 5 passes. If they do, they get one point. The team of 3 players (red team) wants to steal the ball and return it back to the other grid. If they do, they can join the other two guys and try to connect five passes versus three blue guys.



## 3 v 1 continuous

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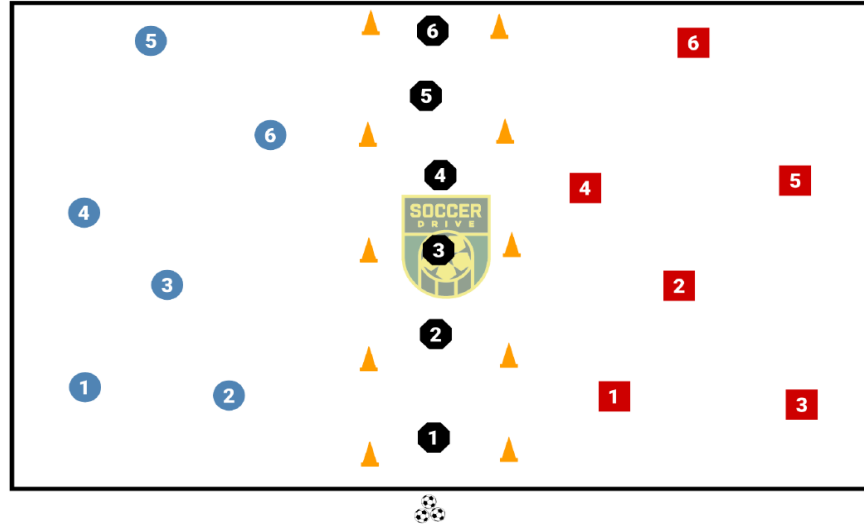
### Description

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Ball is played in by coach. The three players inside one half of grid need to connect 4 consecutive passes while the one defensive player tries to take away ball. Once connect 4 passes, ping ball across to the other half grid and earn a point. Then player from opposite side of the grid joins to try to win the ball. Play for 90 seconds at a time and demand high energy and quick tempo. Keep track of points to make it competitive. Have a third team of 6 players around the grid to help shag balls and keep play going, then rotate teams every 90 seconds.

# Over the River

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## Description

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Drill is composed of three teams of six players each. If more players, a fourth team can rotate in every round. Fourth team is shagging balls to keep the flow going. Rotation is left to middle, middle to right, then out. Ball is played in by coach to either side. That team must connect 4 consecutive passes while two guys from the middle team in the river go out to defend in 6 v 2. If the team succeeds in connecting 4 consecutive passes, then they can play across the river to the other team. If they succeed, they get a point. Other team then tries to connect 4 consecutive passes with two other guys from the river trying to take the ball. Middle team can get out of the river by stealing the ball and kicking back to their teammates in the middle or if they kick the ball out three times. Team that last made the mistake goes into the middle. Play three minute rounds, then rotate the team that is out.

# Considerations for Coaches



Space/ number of players



Player/ coach availability and skill level

# Considerations for Coaches



Inside/ Outside Practice



Work Rate Desired (TITAN)



# Considerations for Coaches



Field conditions/ weather



Player peek into drills/practice plans

# Additional resources for drills

- Soccer coaching toolbox
  - <https://soccertoolbox.net/>
- United Soccer Coaches
  - <https://unitedsoccercoaches.org/>
- SoccerDrive
  - <https://www.soccerdrive.com/>
- Scoreboard Soccer
  - <https://scoreboardsoccer.com/dl/practices>
- Kentucky Youth Soccer
  - <https://www.kysoccer.net/activity-center/>