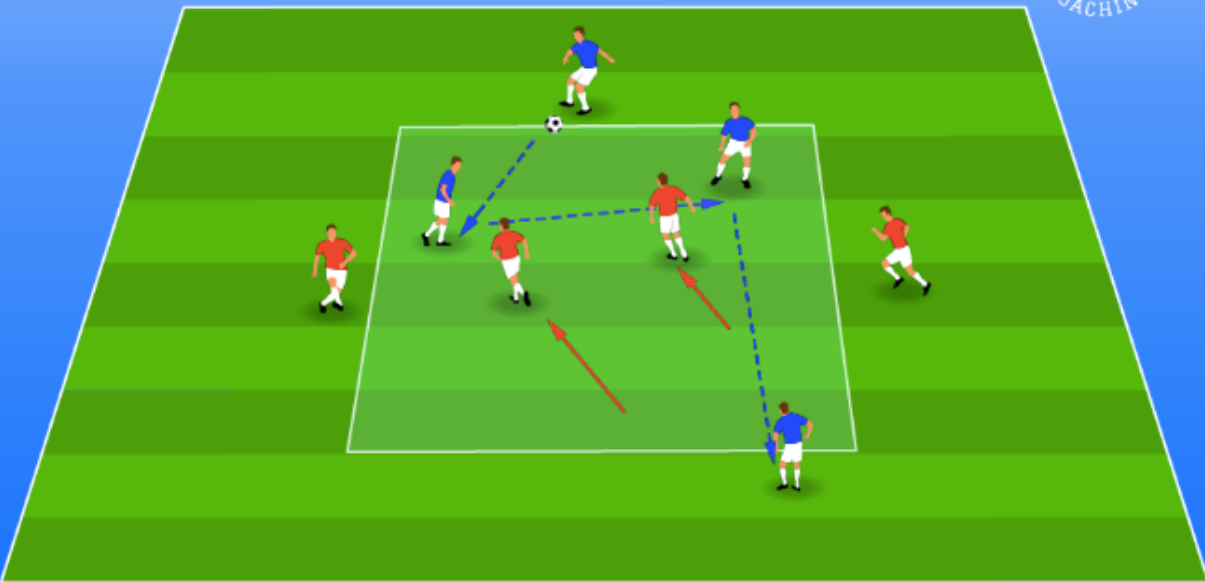


2v2 Target player possession game



Purpose

The purpose behind this soccer possession drill is to focus on getting the ball to a target player then supporting the target player to help retain possession of the ball. (This could represent a striker in a game).

Set up

- 10×10 yard area
- 1 soccer ball
- 2 teams of 4

Advanced

How it works

The other 2 players from the team will stand opposite each other on different sides of the square.

These 2 players will act as target players for the players in the middle.

The teams in the middle will be competing for possession of one soccer ball.

When a team is able to successfully combine passes from one target player to another that will count as 1 point.

The team that has the most points will be the winner.

Coaching points

- Create space for yourself by moving away from the space with your first movement and then into the space with your second movement
- Check-in on an angle to make it easier to receive the ball in an open body position
- Scan the area before you receive the ball so you have an idea of where the defenders and your teammates are.

Questions

- How can you create space for yourself?
- How should you receive the ball from a target player?
- What should you do before you receive a ball from the target player?