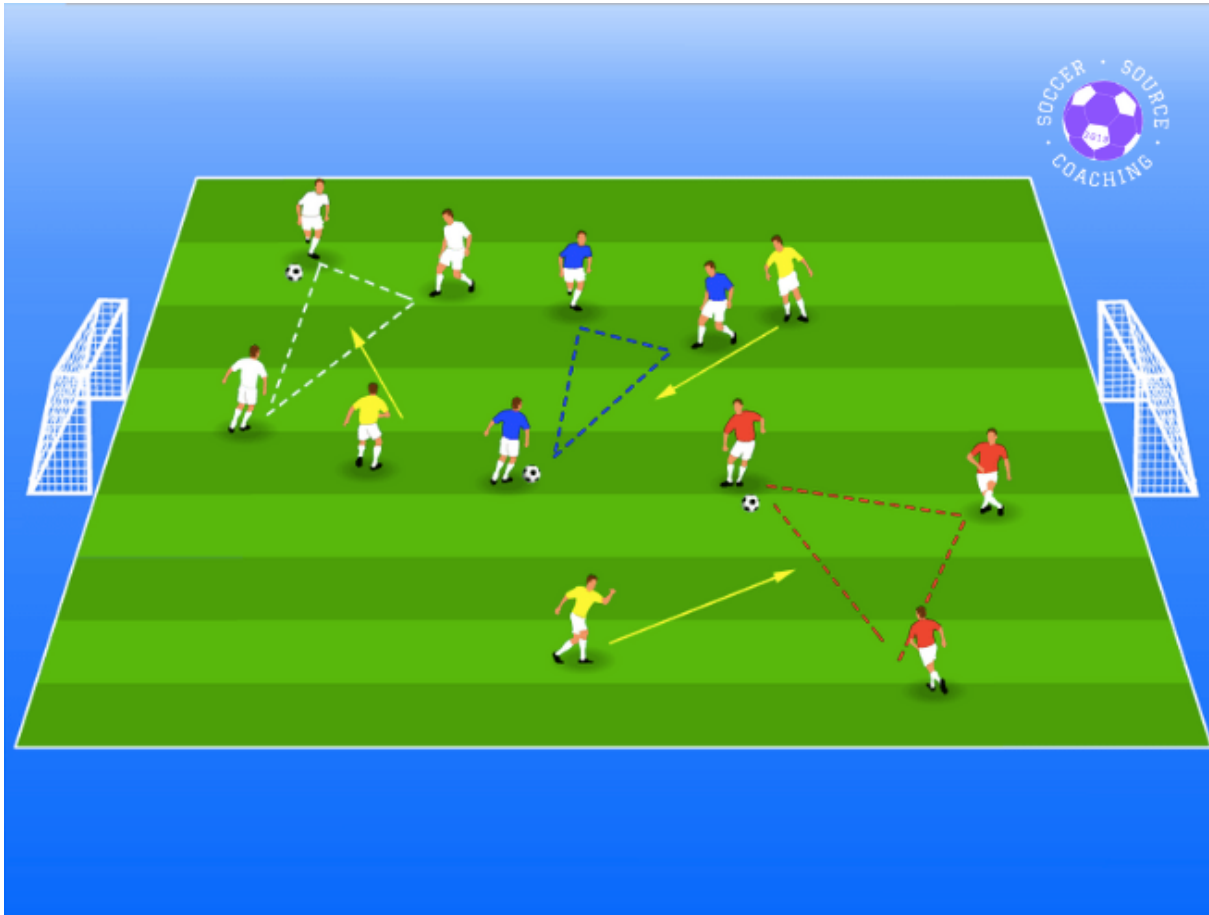


# 3 vs 1 Team possession game



## How it works

Before starting the activity select one team to become the defending team, the other 3 teams will all have a soccer ball each.

The teams possessing the ball must keep the soccer ball in their team away from the defenders, if the defenders are able to steal the ball they can score in either of the goals and they will get a point.

The winner will be the defending team that is able to get the most points out of the 4 teams.

For each team to get a chance to defend there need to be 4 rounds.

## Coaching points

- Keep your head up and scan the area
- If you do not have the ball find a space where you can support the player on the ball
- Receive the ball in an open body position

## Purpose

The purpose of this drill is to encourage players to constantly play with their heads up. Not only do the teams have to be aware of the defending team but also where the other possession teams are as well.

## Set up

- 25x40 yard area
- 3 soccer balls
- 4 teams of 3
- 2 goals

**Intermediate**

## Questions

- Why do you need to constantly scan the area?
- What should you be trying to find if you do not have the ball on the possessing team?
- How should you receive the ball so you have as many options as possible?