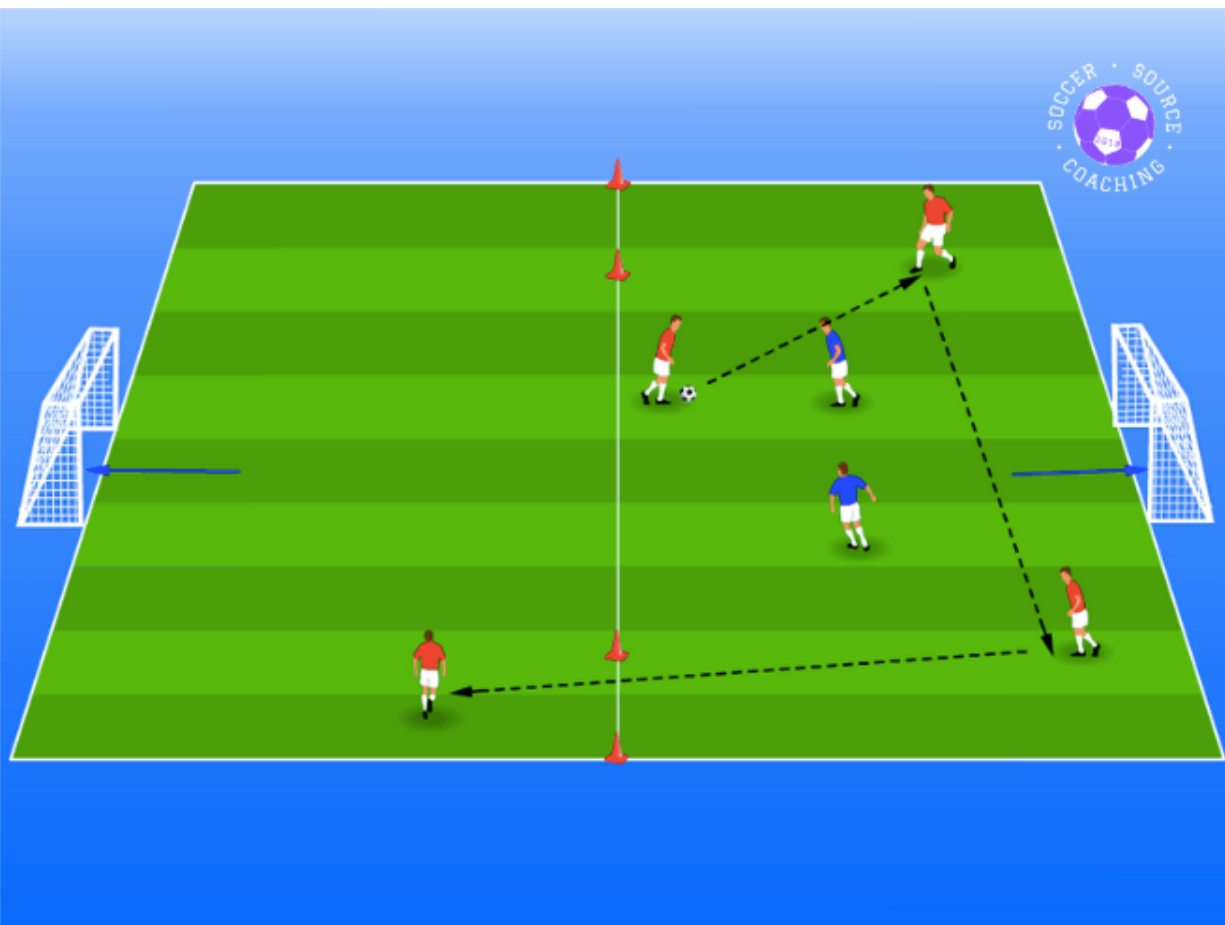


4v2 possession game



Purpose

The purpose of the drill is to help teams keep possession by getting the ball wide and changing the point of attack.

Set up

- 15 x 10-yard area (split into 2 areas)
- 2 gates on the edge of the area in line with the hallway line.
- 1 soccer ball
- 6 players (4 possession players, and 2 defensive players)

Advanced

How it works

In one half of the pitch, there will be 3 possessing players and 2 defenders, with 1 possessing player in the other half.

Every time the possessing players make 5 passes they will get one point, however, if they are able to pass the ball or dribble the ball into the other half through the gates to the other player they will get 3 points.

Once the ball has been moved over to the other half through the gates, 2 possessing players and the 2 defenders will move over to the other half.

If the defenders win the ball they can score in either of the goals for 1 point.

Coaching points

- The possessing player in the other half needs to create passing lanes to receive the ball
- Create gaps by moving the ball to pull the defenders out of position
- Quickly transition and support the other player when the ball moves to the other half

Questions

- How can the player in the opposite half help support their teammates on the ball?
- If you are the possessing team how can you pull the defenders out of position?
- Once the ball has been moved over to the opposite half what should you be doing?