



Drill Name: Possession - Part I

Set up :

- A Square grid, roughly 12m x 12m
- 4 players outside the grid
- 1 player inside the grid
- 2 players inside the grid acting as opponents

Instructions:

- Players outside the grid can move along their line
- Keep the ball in the team

Coaching Points:

- Awareness
- Use the full coverage of the field
- 1st touch
- Good Decisions
- Technique and Weight of the pass
- Movement off the ball - Don't stand behind a defender