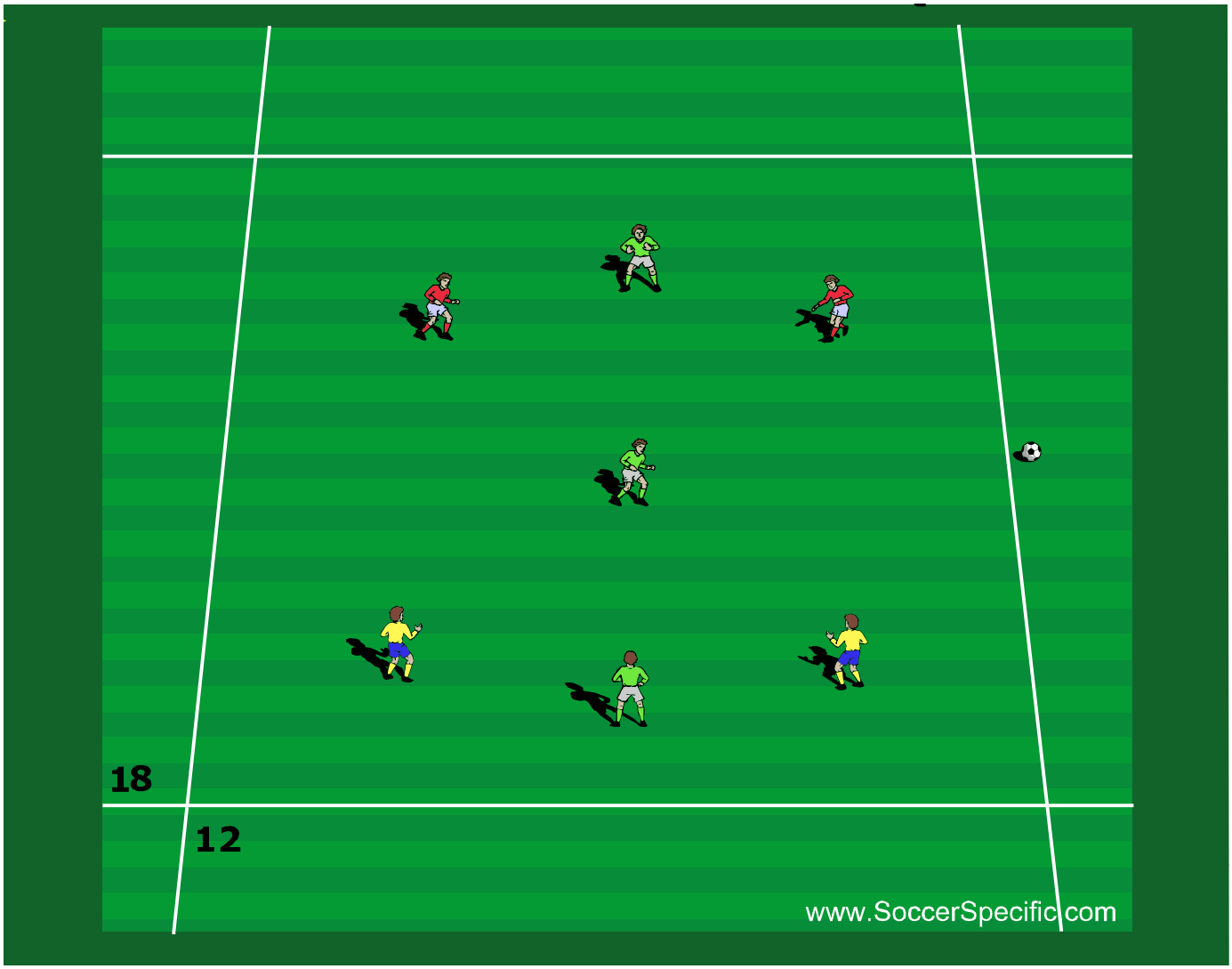

Drill Name: Possession - Part II

Set up :
A Square grid, roughly 12m x 18m
2 players in Red
2 players in Yellow
3 Neutral Players
For a total of 7 participants

Instructions:
3 Neutral players always support the team with the ball
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