



Drill Name: Possession - Part III

Set up :

A Square grid, roughly 12m x 18m

Divide the playing area into 3 zones, with the middle zone roughly 2m wide
3 teams of 3

Instructions:

Start the ball with one of the groups in the outside channel

Keep the ball in the team - 2 outside teams possess against the team in the center

If a team on the outside turns the ball over, they become the defending team, while the team that was previously in the center, moves to the outside channel to replace them

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