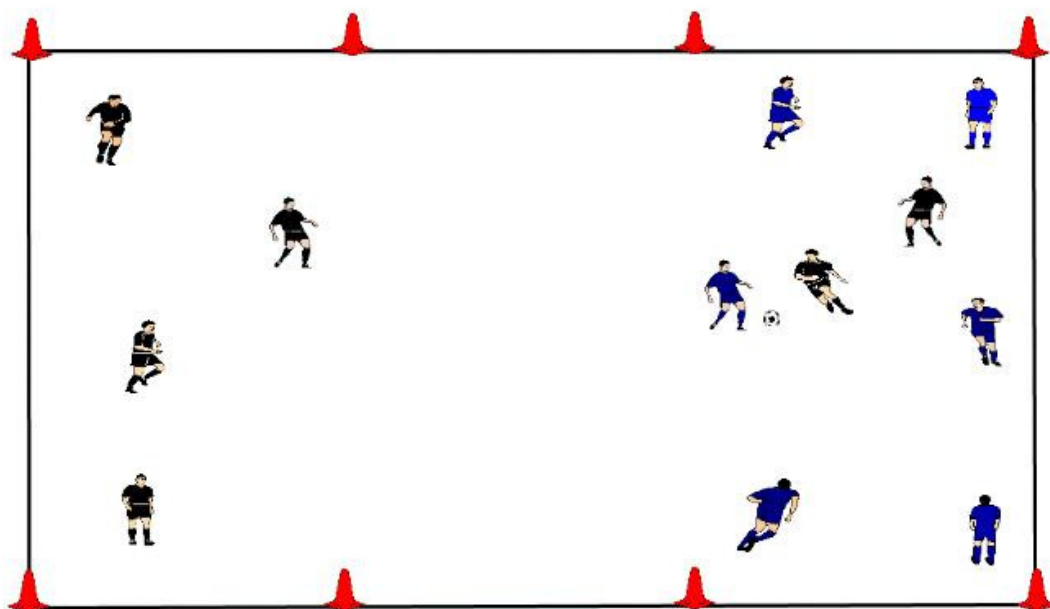


Drill Name: 4 v 2 Transition Possession Game

Topic: Passing & Receiving

Exercise Purpose: Improving possession play

Diagram:



Description: One team starts with the ball, on coaches signal 2 players from the opposite team go and try to win the ball. Coach keeps time (how long the team can keep possession till they lose the ball). The coach keeps score and the team with the highest score (best time) wins.

Progressions: Position players around each line to act as wall passers (two inside area), Add conditions 1/2 touch

Coaching Points: Body position (angles), Quick movement, message of pass