

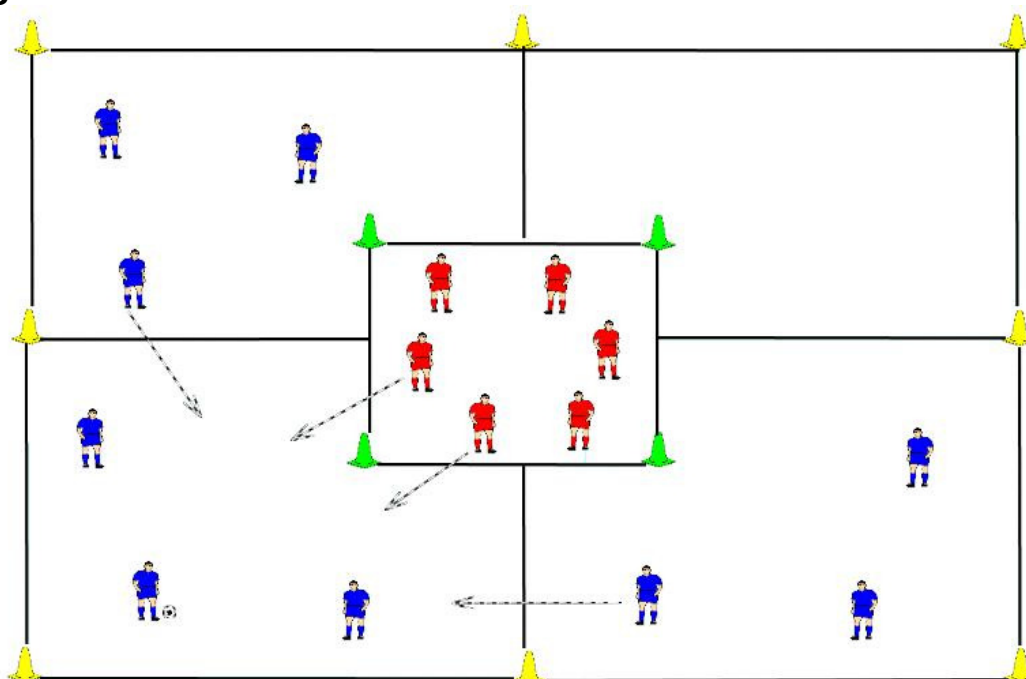
Drill Name: 5 v 2 + 4 Areas
Possession Game

Topic: Positioning Game

Objectives:

- Possession
- Transition into other areas for attackers & defenders
- Mobility and angles of support.

Diagram:



5 v 2 (3 passes) and turn into new square (5 v 2)

Description:

- 4 squares with 1 small square in the middle (defenders stand in the small square)
- 3 players in 3 squares. Once ball is played into square, 2 more attackers enter. The square becomes 5 v 2. After 3 passes, players can transfer ball into a new square. 2 new defenders must also enter the new square.
- Change defenders and attackers after 5 losses of possession.

Progressions:

- Limit passes
- Limit touches

Coaching Points: