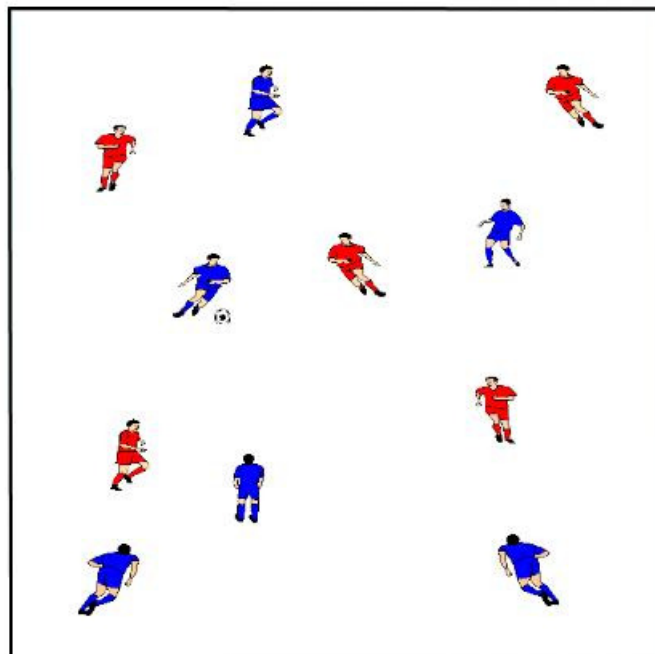


**Drill Name: 6 v 6 Possession**

**Topic: First touch**

**Exercise Purpose: Improving first touch**

**Diagram:**



**Description: 6 v 6, the first team to pass 15 times is the winner.**

**Progressions: increase or decrease the number of passes, Limit touches on the ball**

**Coaching Points: Mobility, Angle of support, First touch (direction and speed)**