

Possession With Direction

Emphasis: Passing, receiving, dribbling, combination play



Set-up:

Create a 25x35 yard grid. Split your team into two teams of four. Surround the grid with extra balls.

Objective:

It is a four versus four possession game. The team with the ball tries to penetrate and stop the ball on the opposing team's end line. If a goal is scored, the defending team is now on offense going the other way. The first team to score 10 points wins the game.

Progression:

1. Connecting 10 passes counts as a point as well.
2. One and two touch maximum stipulation.
3. Increase the size of the grid and make it a 6 v 6.

Coaching Points:

- Create supporting angles.
- Break people down by taking people on.
- Look to combine and penetrate.