



Diagram Key:



Player running with ball



Pass



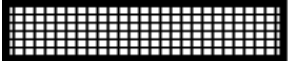
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

3 zone, 3 team Possession

Category: Possession/Transition

Practice Segment:

- Technical-Live Pressure
- **Skills:**
 - Passing and Receiving
 - Dribbling/1v1
 - Defending

Players: 3 equal groups

Time: 20 min

3 zone, 3 team possession:

- 2 10x10 boxes with a 5x10 “buffer” zone in middle
- 3 teams of 3 players each; 1 team in each box; 1 team in buffer zone; balls with coach at side
- Team in buffer zone is defense and sends 1 player in to play in zone w/ball.
- Attacking teams score every time all 3 players touch ball without loss of possession.
- At loss of possession, defense goes to attack, ball goes to opposite box, and team that lost ball goes to defend in far box with players not defending remaining in center to rest.

Focal Points:

- Remain calm under pressure and use skill to relieve pressure
- Triangles
- Quality of passing and first touch
- Field vision

