



Diagram Key:



Player running with ball



Pass



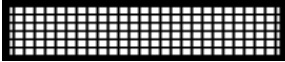
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

4 Goal Possession

Category: Possession/Transition

Practice Segment:

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

Players: 2 equal teams

Time: 20 min

4 goal Possession:

- 2 even teams play keep away in defined area
- Players score points by passing a ball through one of the “gates” or “goals” to a teammate
- Teams may not score in the same goal 2 times in a row
- Teams may score from both sides of the “gates” or “goals.”

Possible Focal Points:

- Quality of passing
- Making one’s self available for ball
- Movement to new space after pass
- Basic shape-triangles
- Body angle and first touch when receiving
- Field vision
- Use of dribbling skill/deception to relieve pressure

