



Diagram Key:



Player running with ball



Pass



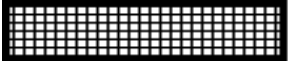
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

4+1v2 Possession with Transition

Category: Possession/Transition

Practice Segment:

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

Players: Full Team

Time: 20 min

4+1v2 Possession with Transition:

- 10x15 box (adjust for size/age/ability of players)
- 4 “attacking” players along each side of box
- 1 “attacking” player inside box
- 2 “defensive players inside of box
- Uses 7 players; use 2 boxes for 14 players

Game:

- 5 players keep ball from 2 central players and attempt to “split” them with a pass whenever possible.
- 2 central players must attempt to win ball
- If defenders win ball, they keep the ball from the central attacker. The outside players cannot come inside to defend.

Conditions:

- Attacking players may move along sides of box but may not enter
- Defenders may pressure, tackle, and win ball from attacking players on the sides

Focus:

- Speed of play
- Angle of support and movement of attacking players
- Quality of first touch; play away from pressure
- Recognize the opportunity to split and play the pass
- Central attacker (in box) must avoid supporting too close to ball

Variation:

- Outside players limited to 2-touch or 1-touch
- Outside players must use only designated foot

