



Diagram Key:



Player running with ball



Pass



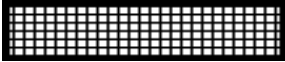
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

4v2 Possession with Transition

Category: Possession/Transition

Practice Segment:

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

Players: Full Team

Time: 20 min

4v2 Possession with Transition:

- 10x15 box (adjust for age/ability of players)
- 4 “attacking” players along each side of box
- 2 “defensive players inside of box
- Uses 6 players; use 2 boxes for 12 players

Game:

- 4 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 back from the 4
- If defenders win ball, they score a point by “counterattacking” out of box with a combination (wall pass, overlap, takeover, etc)

Conditions:

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

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

Variation:

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

