



Diagram Key:



Player running with ball



Pass



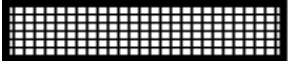
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

4v2+2 Possession with Transition

Category: Possession/Transition

Practice Segment:

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

Players: Full Team

Time: 20 min

Possession with Transition and Shape, 4v2+2:

Set Up:

- Two adjacent boxes set up with 4 cones each
- Extra balls to the side or around the perimeter of the two boxes for easy access
- One team of 4 in each box, one team starts with the ball, and the other sends 2 players to the opponent's box to defend/win the ball

Action:

- Play begins with one team in possession and two players from the other team trying to win the ball.
- The team in possession can score a point each time they split the 2 defenders with a pass while maintaining possession.
- Defenders score by winning the ball and successfully playing it to their teammates in the opposite box. When this happens, the 2 defenders join their teammates, and team formerly in possession sends the player who lost the ball and another player to defend.
- The team in possession always scores with a split, and the defense always scores by playing to their teammates successfully.

Focus:

- Shape of the 4 should be diamond
- Always be available for the ball
- Defenders must press, cover and communicate
- The

