



Diagram Key:



Player running with ball



Pass



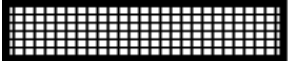
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

5v3 Possession with Transition

Category: Possession/Transition

Practice Segment:

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

Players: Full Team

Time: 20 min

5 v3 Possession:

- Players split into 2 teams, ideally composed of 5 players each
- One team keeps possession, and the other tries to win the ball back and dribble it out of the playing area
- The defensive team has 2 substitutes
- Attacking team uses all players, with one on each side of the playing space and one in the center.
- Players on the sides must move along perimeter to create angles of support.
- Attacking team scores at a designated number of passes, and the defending team scores by successfully dribbling outside of the box.
- Switch subs regularly
- Switch roles of teams half way through activity
- Variation: 3 central defenders keep ball, playing 3v1 against central attacking player after winning ball

