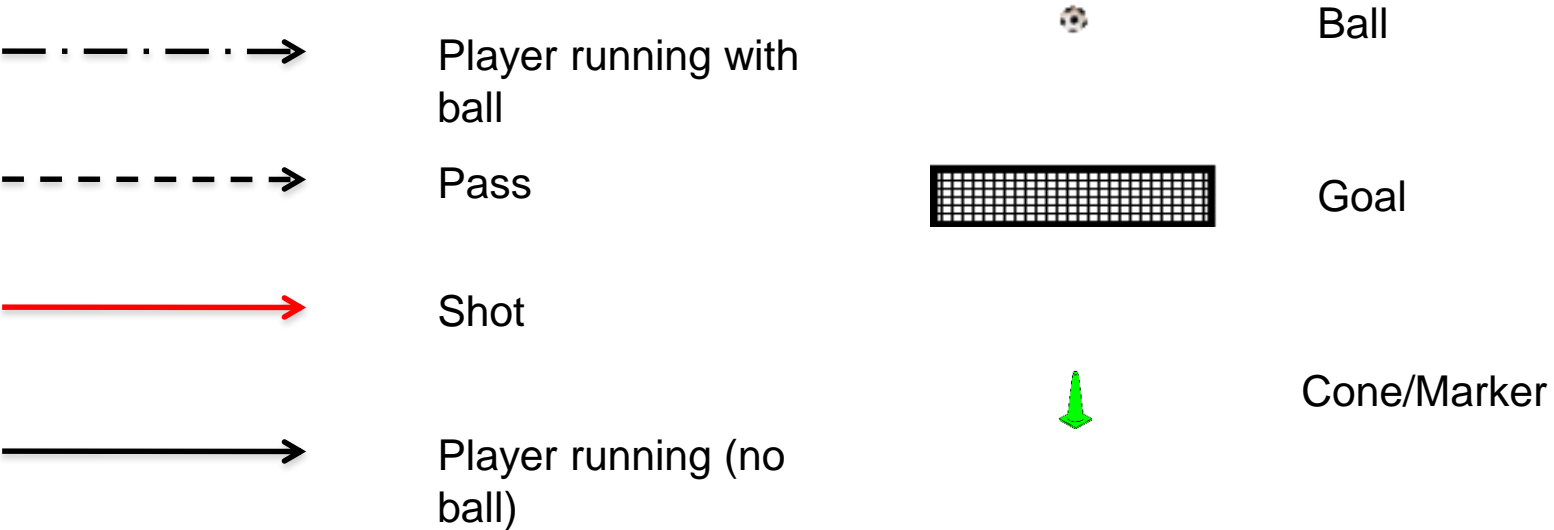




Diagram Key:



5v5+5 Possession

Category: Possession/Transition

Practice Segment:

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

Players: Full Team

Time: 20 min

5v5+5 possession:

Important Notes on this Game:

- This game is great for using the “numbers up” advantage to gain confidence on the ball
- It’s also excellent for building an awareness of team shape and positioning.
 - The players on the walls will relate to the game as the specific positions at the front, back, and sides of the field would in a game.
 - The interior players must take up positions to balance those players according to the desired team shape.
 - For instance, in the diagram, green is in possession, red is playing with green on the wall, and purple is defending. The green/red group will take up the positions of a traditional 4-3-3 (with 2 holding mids).

Focal Points:

- Awareness of teammates/space
- Communication between teammates in close proximity to one another
- Body angle when playing the ball
- Stay calm under pressure

