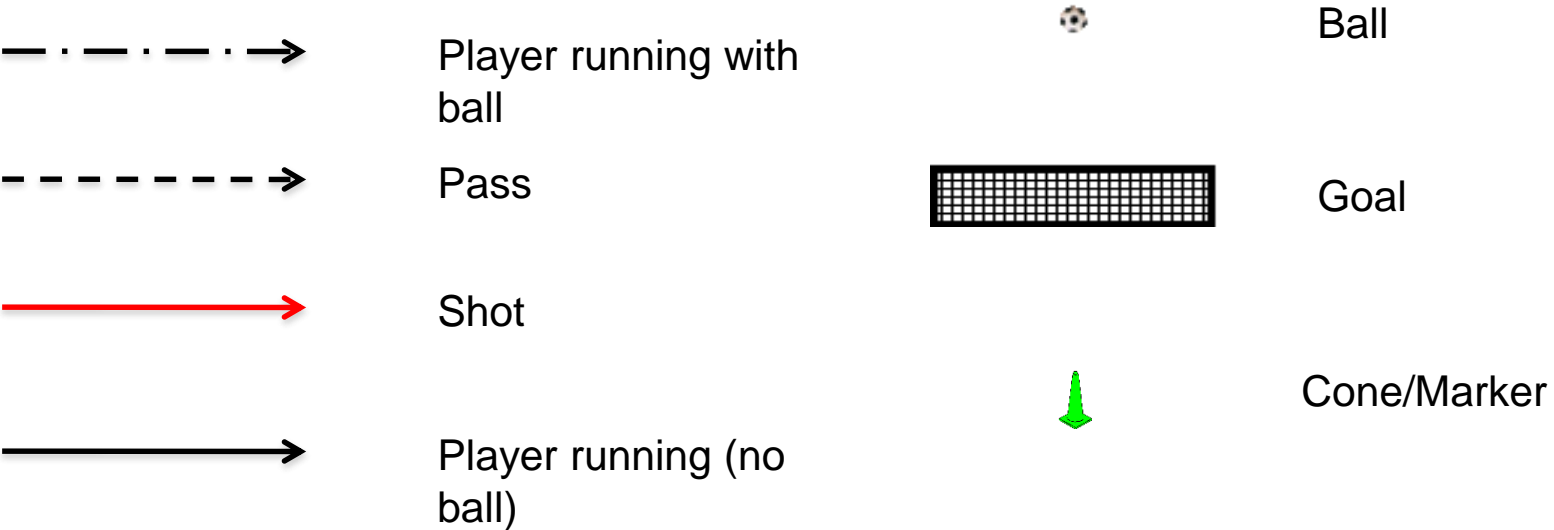




Diagram Key:



8v4+Goalkeeper, phase 2

Category: Possession/Transition

Practice Segment:

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

Players: 13

Time: 20 min

8v4+gk

Set Up:

- In a space approximately 25 yds long and 30 yds wide, 8 players keep possession v. 4
- From the 8 players, 2 go on each side, 1 at each end, and 2 in the middle of the playing space
- 4 defenders are in the middle
- Players on the “walls” of the box must stay tight to the boundaries
- The playing space should be at the top of or just outside the penalty area, and a keeper should be in the goal.

Action:

Phase 2:

- The game is played essentially the same as before, but when the 4 win the ball, ALL 8 possession players may help win the ball back by coming inside the box

Additional Points of Focus for the 8:

- Commit to winning the ball quickly when it is lost
- When possession is regained, open back up to original position/shape as quickly as possible and get the ball moving.

Variations:

- Points can be given for:
 - a designated number of consecutive passes for the 8 players
 - Both center players touching the ball without loss of possession
 - Switching from wall-to-wall through the center players
 - Goals can be worth more than 1 pt for the 4
- Touch limitations can be put on both groups

