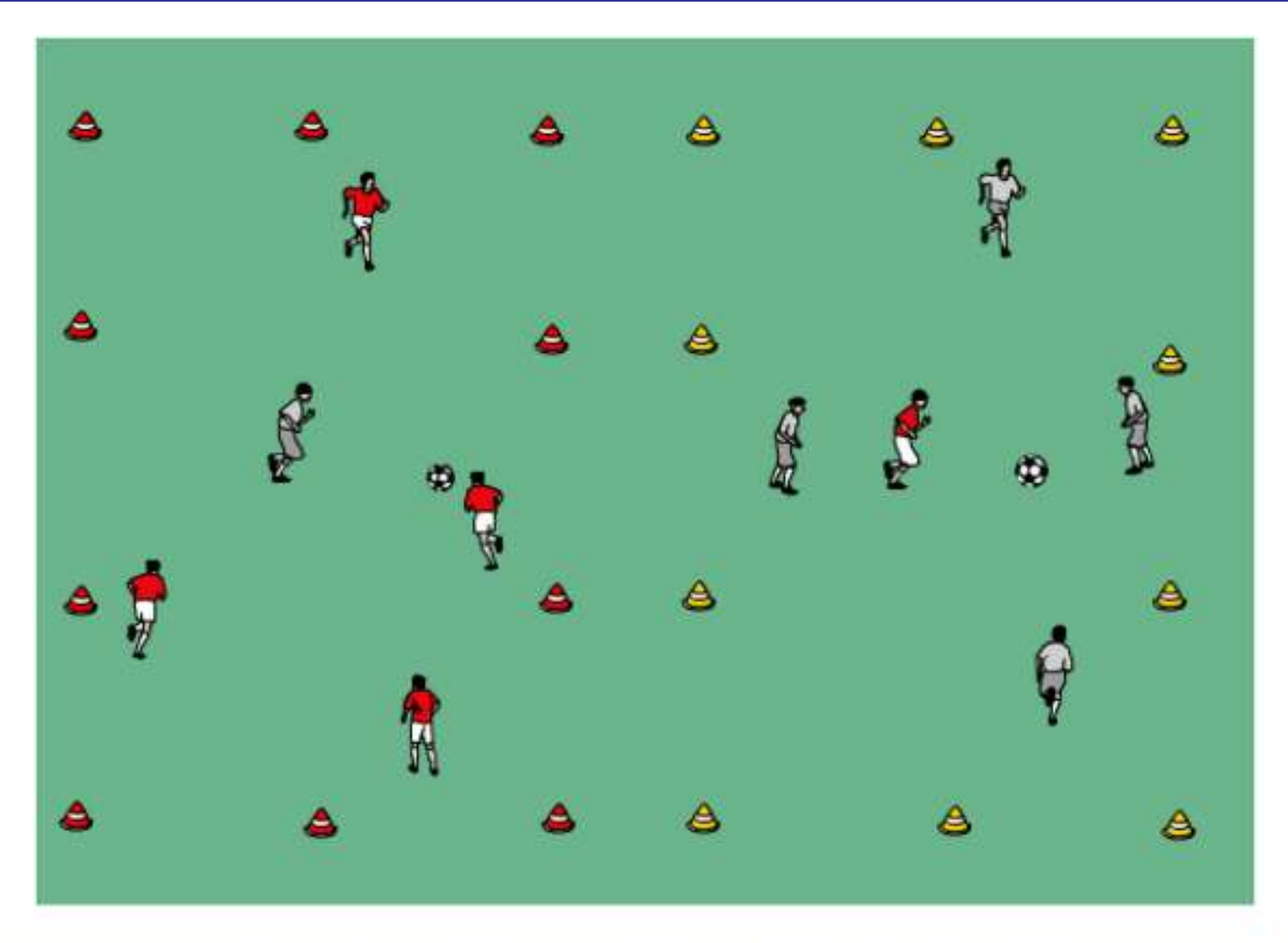




2x4v1 Possession

Purposes: Supporting Around the Ball / Pressing / Expanding / Dribbling for possession.

Organization: Field ~20 x ~12 yds * Two teams of five * 4v1 in each area * Score by connecting passes * Rotate one player after each round * Play 5-10 60-second rounds * Defender keeps possession until dispossessed * All restarts to the attackers * First pass free *



Tom Turner, April 2009