



# 4v2 Possession

**Purposes:** Passing and Receiving / Support / Ball Circulation / Repossession

**Organization:** Two 20 x 12 yds fields \* Two games of 4v2 \* 90-second rounds \* Rotate two defenders after each round \* 1 pt for any pass & 2 pts for passes that split the defenders \* Points can be for 1- (or 2) touch passes only \* Defenders score by passing to each other \* Add team scores across both games to determine round winner \* All restarts are by the team of four \* First pass is always free \* Begin each new round when four attackers are on their “home” field.

