



2x5v3 Possession

Purposes: Supporting Around the Ball / Pressing / Expanding / Playing Numbers down.

Organization: Field ~35 x ~20 yds * Two teams of eight * 5v3 in each area * Score by connecting passes * Subtract defender's score from attacker's * Compare team scores * Attacker's points may be only for 1-touch passes * Rotate three players after each round * Play 5-6 120-second rounds * Defender keeps possession until dispossessed * All restarts to the attackers * First pass free *



Tom Turner, April 2009