4v2 possession and penatration game

Posted by STLCoach - 15 Mar 2010 07:03

Today's featured activity works on possession, penetration and transition.

Start with a 30 x 15 grid with a middle line. IF THE PLAYERS KEEP LOSING THE BALL OUT OF BOUNDS THEN MAKE THE FIELDS 30X25

There are two teams of 4 with each team starting on their own side.

The ball starts with the yellow team and 2 black players go over to defend. This make the game 4 v 2 in one half and 2 players in the other half

Yellow tries to keep possession of the ball and black tries to win the ball and not get split.

Each time the offensive team makes 5 consecutive passes, it counts as 1 point for them.

Each time the offensive team splits the two defenders, it counts as 1 point for the offensive team.

If the defensive team wins the ball and can pass the ball to their teammates in the other half, they get 1 point and they retreat to their side and the game continues in the other direction.

If the ball goes out of bounds, the game restarts with a kick in by the team it didn't go off of.

This game can be played for time (team with the most points after 10 minutes wins) or to a point total (first team to 10 points wins). Either way, it's a quick moving game working on many aspects of the game of soccer.

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