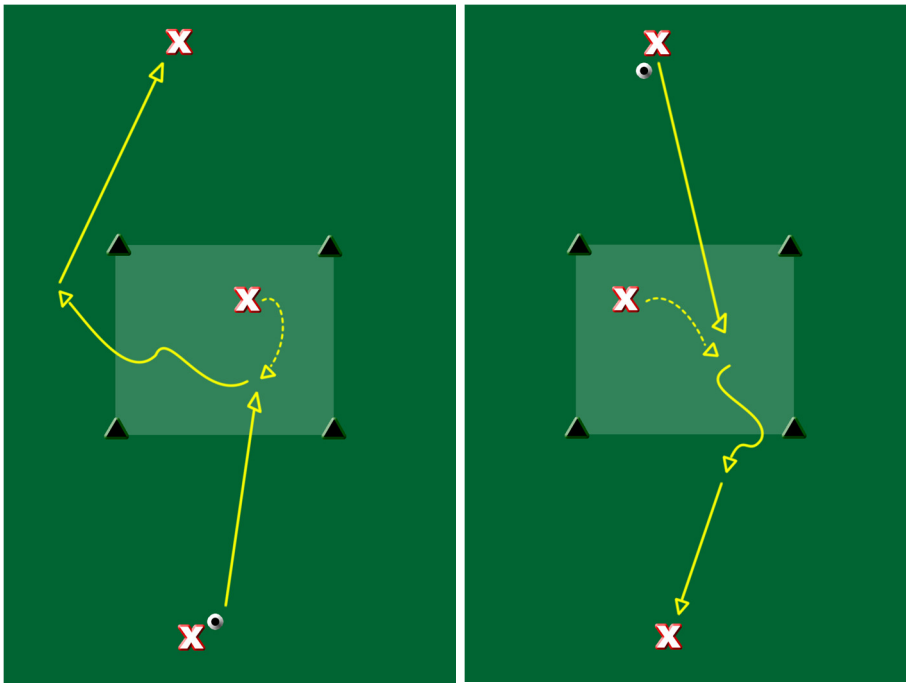


## **POSSESSION - MOVING RECEPTIONS**

3 possession drills to keep the flow of play going, keeping the ball moving on reception

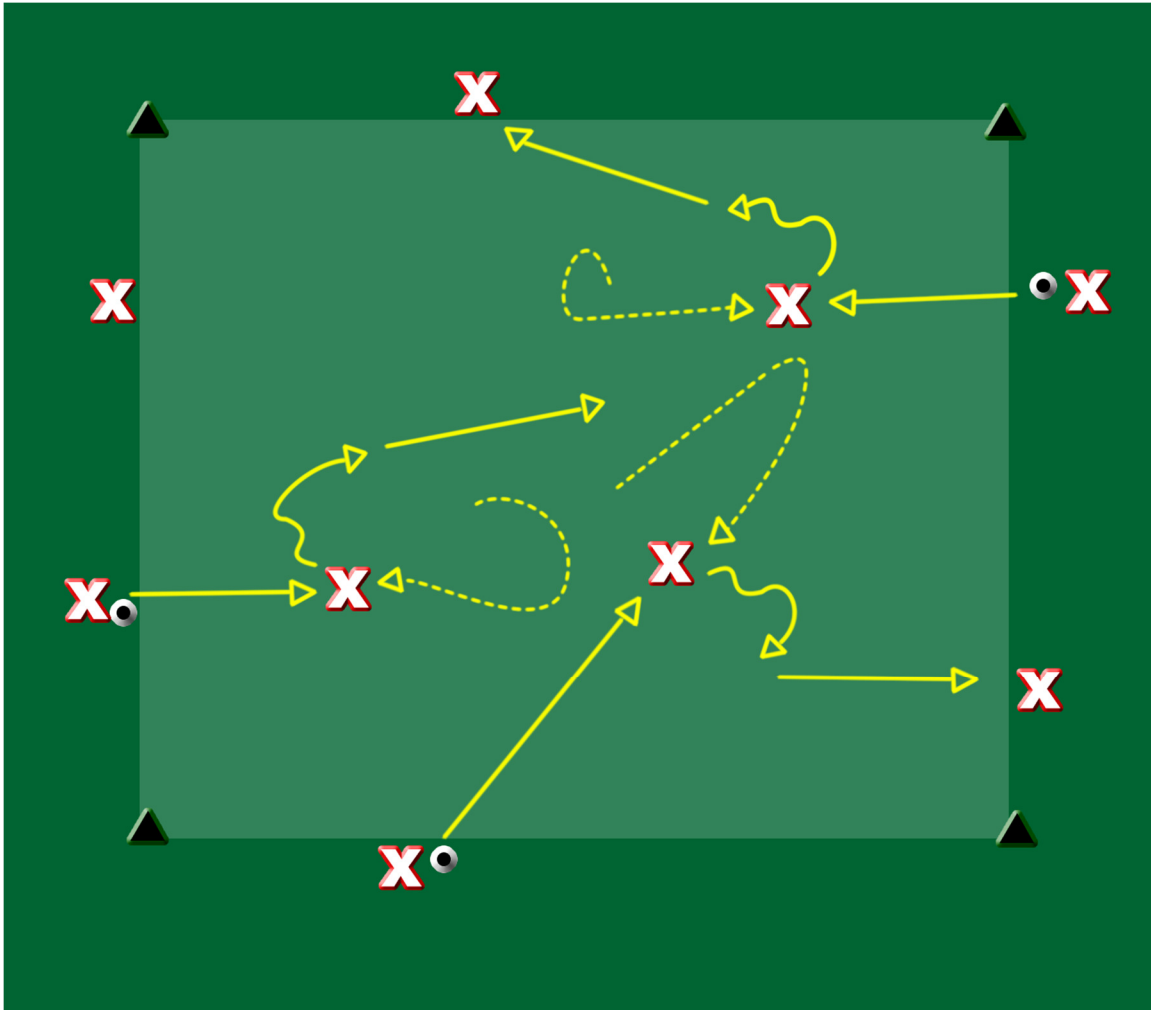
### ***MOVING RECEPTIONS***

- Lead and present for the ball
- Move the ball with the first touch to space
- Come out of one side of the box, turn forward and pass to player upfield
- Repeat, this time come out of the box on a different side
- Receiver in the box takes 4 turns, coming out of each side in turn, then changes positions with



**POSSESSION DRILL - Moving the ball to space**

- 6 players on perimeter of box: 3 or 4 with a ball, 2 without
- 2 (or 3) players inside box, leading to receive a pass, scanning to see open space
- Receive with first touch on the move, going to space, control and pass to player on perimeter who does not have a ball
- Reset and look for another pass
- Players stay in the middle for 60 seconds, then rotate to outside



***POSSESSION GAME - 6v4 with Neutral Players***

- Each team has 4 players, and add 2 neutral players who are always on attacking team.
- Non-directional (no goals)
- 5 consecutive passes=1 point
- When team loses possession, neutral players switch to join team that gains possession (so always a 6v4 situation)
- Play for 4-minute period, then change neutral players

