

5V0/1/2/3/4/5 POSSESSION GAME

EXPLANATION

X's begin with 5 players in possession zone, spread out to use full space, and make 4 consecutive passes with no defensive pressure (5 vs 0)

X's make 4 passes, first defender (O) enters the zone. X's continue to pass (5 vs 1), with the goal of making another 4 consecutive passes, while O tries to intercept/tackle.

If X's are successful again, O's send a second player in to defend (5 vs 2). Continue this pattern if X's continue to keep possession.

X's get 1 point for each set of 4 passes they can connect consecutively. If possible, they continue until numbers are even, and then continue from there if X's can still maintain possession.

If O's win possession of the ball, X's clear out of the zone to the sideline, and all 5 O's enter the zone. O's now become the team with possession, and work to connect 4 consecutive passes (5 vs 0). A defender (X) then enters the zone (5 vs 1), etc...

COACHING TIPS

The main focus of this drill is to show how good off-ball movement can make team possession simple. Create passing options with balance in the possession zone, focusing on WIDTH, DEPTH, and POCKET SPACE in relation to ball position.

Ball Carrier: Ball position should be such that the ball carrier can easily scan up to see defenders and passing options. Ball is under control in front of body in a position to pass to multiple options. Avoid closing off one side of zone by holding ball on side of body, unless protecting the ball under pressure.

Defending Team: Communication is important between defenders. Defender furthest from the ball should direct the defender(s) in front which way to direct the play (eg "Force left, force right", etc)

