



Drill Name: Fast Paced Possession Activity

Set up :

Set up a grid to the size of the amount of players you have. Place 1 small goal on each end line in the center.

Instructions:

Assign 1 team to score on either goal as the other team tries to keep away and possess and not allow other team to score until the time runs out. Could start out with 2 minute games and work your way to 5 minutes. Coach controls the tempo with the extra balls and passes to players who are the defensive team.

Coaching Points:

Can players provide support for each other to avoid losing the ball and not allow the attacking team to win the ball and score. Players need to have good vision, communicate with each other as well as accurate passing.