



Drill Name: Dynamic Possession Activity

Set up :

Set up a 40x40 grid and split players in 3 different teams

Instructions:

The two teams in the center will pass and move having their own ball and use the walls to continue movement and must find a target on every 3rd or 4th pass. Switch teams around and when the coach yells defend one team can try to gain possession with both balls and continue play and walls on the outside.

Coaching Points:

Decision making. Good first touch is key as well as accurate passes.