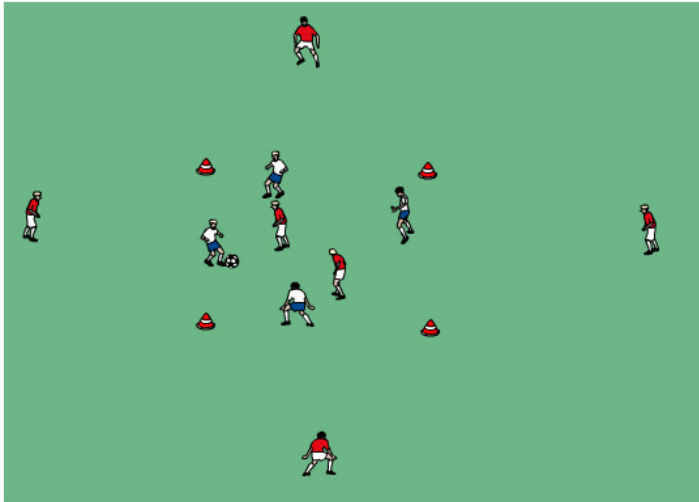


4v2 becomes 4v6



The Game: 4 White players play possession vs. 2 Red's in a 12 x 12 box. When the Red gain possession of the ball, they immediately play to their teammates on the outer edge (24 x 24 box).

A game of 6 Red vs. 4 White ensues. When the white win the ball and return to their box, only 2 red defenders can enter it to defend creating the initial 4v2.

The game is continuous and physically demanding. It should be played for a maximum of 15 minutes.

Focus:

- Keeping Possession
- Crisp Passing
- Team spacing
- Transition

Variations:

Make the inner box bigger create a 5v3 in the box.

Restrict touches (2 touches, 1 touch)

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/Previous Activity:

4v2 plus 2 Possession Box

3v1 Knock the Ball Off the Disc

Progress to:

7v7 Win by One

Four Goal Game