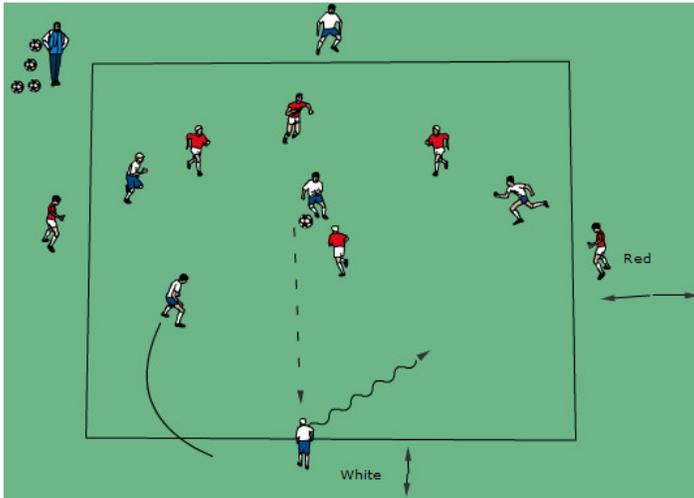


Possession game with vertical and horizontal boundary players



Set-up: Two teams of six (numbers can vary). Four players in the middle from each team with two boundary players. White boundary players are vertical, red horizontal.

The Game: 4 v4 in the middle (could be 3v3 depending on your numbers). When you play to a boundary player, that player must take a first touch to enter the field.

A teammate has to fill the line the boundary player vacated. Boundary players are not stationary. They should be moving along the line to create good passing angles.

You are always 6 v4 whenever your team has the ball.

Focus:

- Keeping possession.
- Can you transfer the ball quickly from one side to the other?
- Can we find the best forward (deeper) option?
- Speed of Play, Movement off the ball!

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Groups of 6 or 8 Passing Circuit
Coerver Passing Circuit w/Combination

Possible Previous Activity:

Possession Game with Boundary Players
Three Team Game