

5 v 2 POSSESSION

Purpose: Allows players to work on movement, transition, passing and receiving under pressure. Players learn how to support the passer and how to open up their body to make the next pass.

Organization: Create a 25*30 grid and separate players in 2 teams. 5 players in 1 color and 2 players in another color.

Directions: The game objective is for the 5 players to play keep ball from the two players. If the one of the two defenders wins the ball they can dribble out to one of the four sides give their team a point. If the 5 players can make 5 passes in a row they get a point as well. Limit the two people in for 2 minutes as they will get tired quickly being in the middle for a long time.

Coaching Points: Once again the key factor is width and depth. Have players move along the lines and ensure they do not stay in the one spot. Players should also provide support in the middle creating triangles when possible. Once players lose the ball can they win it back as quick as possible, this helps teach defending principles and pressuring the ball. When making the pass ensure proper weight of pass. Receive the first touch out of pressure so the next pass is easier to make. Make sure when they are receiving the ball that they can see the whole grid as to make the best choice for the next pass.

Progressions: Limit the number of touches to 2 or 3. If the drill is easy you can decrease grid size or you can add a third defender.

