



8v4 possession

In this activity 12 players are split into three teams of 4. Two of the teams (8 players) attempt to possess the ball, and the team of 4 players attempts to steal the ball and score in any one of the four outside cone goals. Each team defends for 3 minutes.

Coaching points:

1. Create good angles to maintain possession
2. When possession is lost quickly transition into defense and get the nearest player to provide immediate pressure on the ball.
3. Press the ball with more than one player.