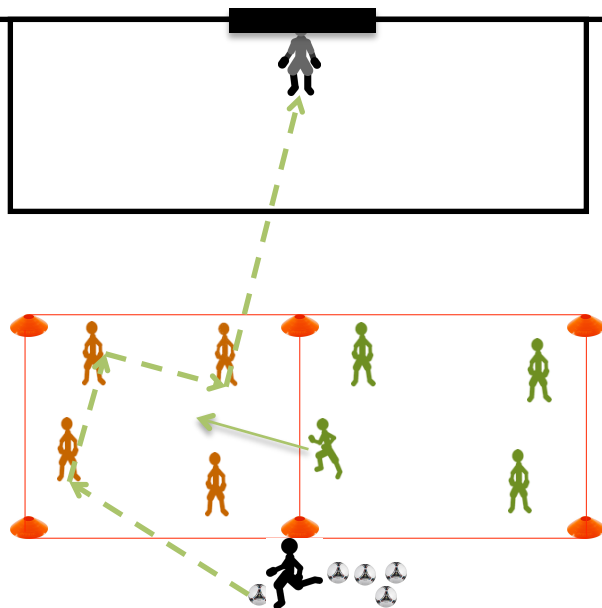


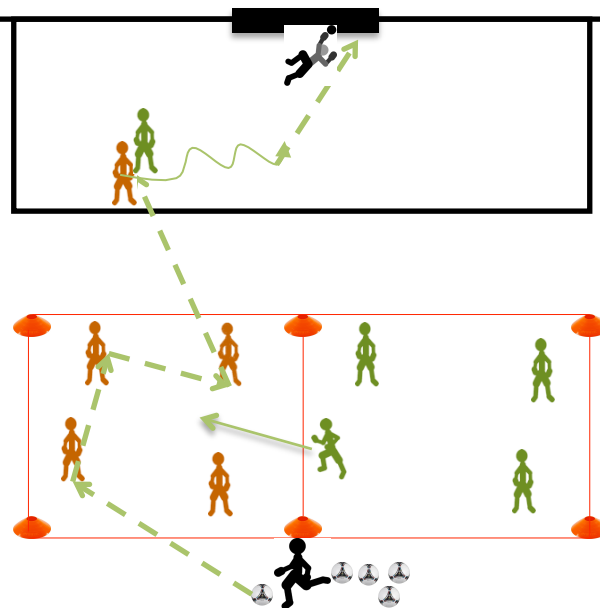


ESC Possession, towards goal

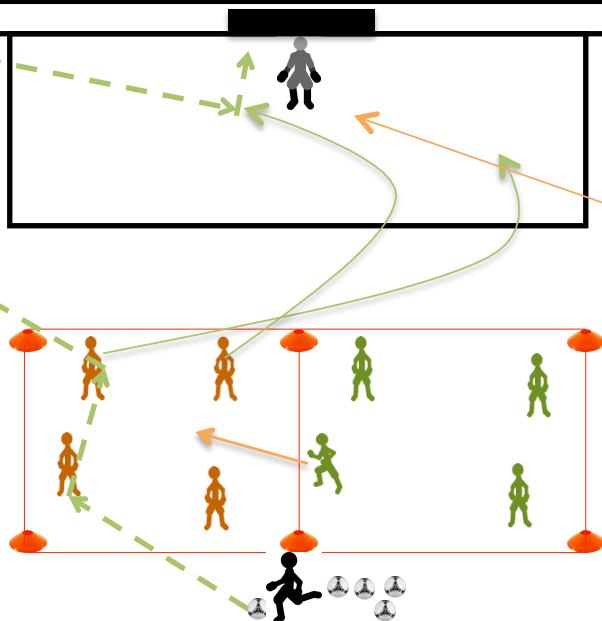
#1



#2



#3



Create a rectangle, divided into two squares, and put a team of 5 in each square. The coach passes a ball into one of the teams, and a player from the other opposite team enters the square to defend. The possessing team must complete a specified number of passes before:

- Taking a shot on goal/passing back to the goalkeeper's feet (shown in #1)
- Playing into a target player , who plays 1v1 to goal against a target player from the opposite team (shown in #2)
- Passing the ball to a wide target player who has three touches to deliver a cross for two attacking players to attempt to finish, while the opposite team's target player defends (shown in #3)

If the defending player wins possession, or the GK saves the ball, they play directly into the opposite team and play continues.