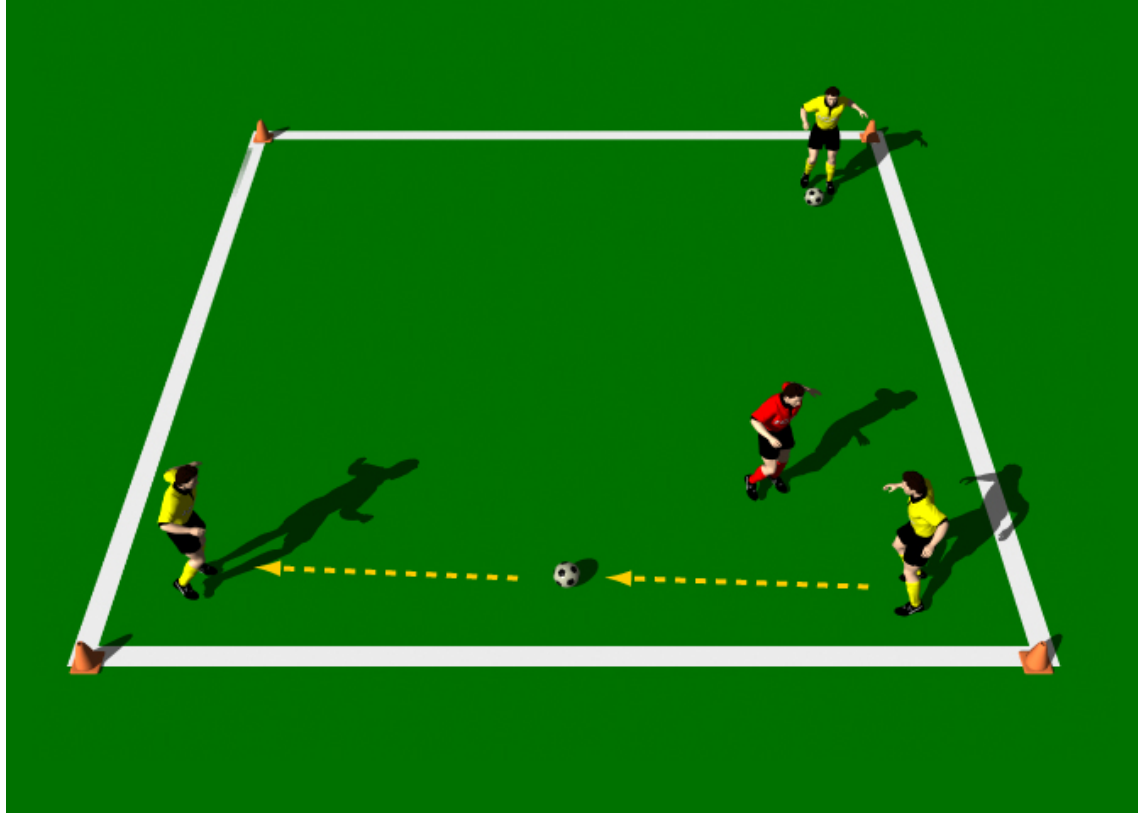


2 Ball Passing Possession Game



Objective of the Practice:

To improve the speed of each players decision making when passing the ball.

Field Preparation:

Practice grid approximately 10 yards x 10 yards, 2 balls, 5 cones, four players.

Coaching Points:

Four players are positioned within a grid (3 attackers + 1 defender). The three players must try to keep possession from the defender using 2 balls. The three players in possession may move anywhere within the grid. The defender's goal is to "tag" (not tackle) the players in possession. The defender can be identified by using a colored vest or by having them hold a cone. Once a player is tagged by the defender they switch roles. A goal is scored for every ten passes the attackers can make. The supporting player without a ball must always work to offer the deepest and widest possible angles for the players in possession.

The supporting player should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.