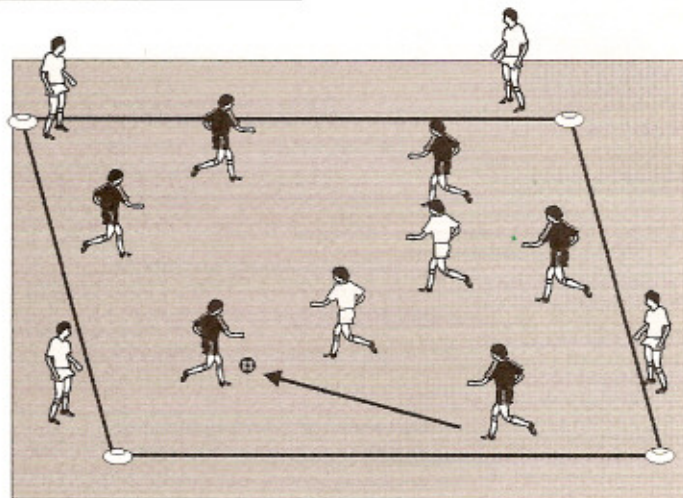


Session 2 ~ Passing & Control

2.4 Six v Two Possession



Organization:

Players are divided into two groups, with one half inside the 20 x 30 yard grid, and the other half around the perimeter. The inside players pass and move around the grid. The perimeter players come into the grid in pairs for 30 seconds. If the two defenders get the ball they attempt to clear it over either end line to win the game.

Progressions:

1. Limit the offensive players to two touches. More than two touches results in a loss of possession and the ball is given to the two defenders.
2. Offensive players must try to make four consecutive passes to score a point.

Coaching Points:

Players should move into supporting positions and call.

Be aware of where the defender is positioned and use your first touch to control the ball away from their pressure.

Move the ball quickly to avoid being caught in possession.

Look for split passes when defenders cover both supporting angles.

FINISH WITH A GAME – REINFORCE THE COACHING POINTS