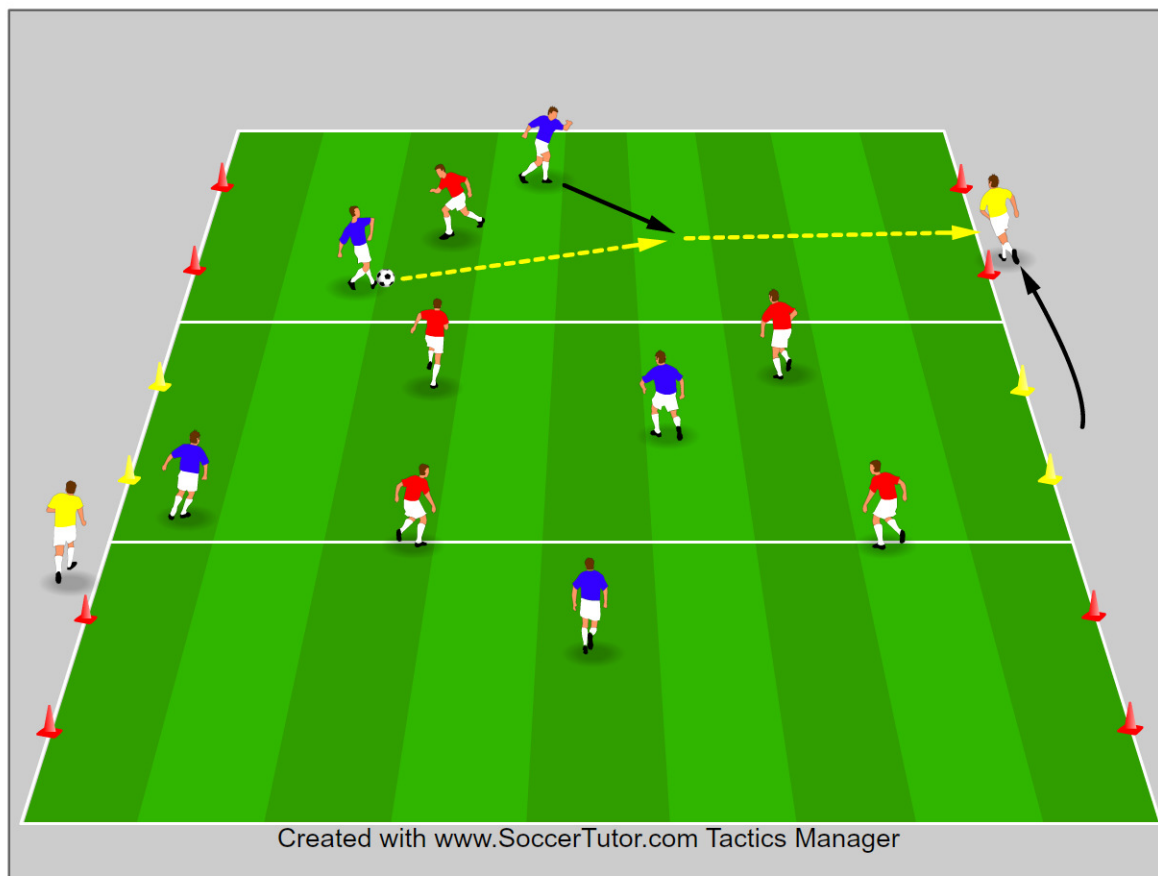


Possession and Transition Game 5 v 5 + 2



Date:	12/Dec/2011	Measurement:	20 x 30 Yards
Time:	N/A:N/A	Players:	13
Duration:	20	Level/Age Group:	U11 - 18+

Description: Two teams play 5 v 5 within the area with 3 gates positioned evenly apart on each side of the area. Two neutral target players play for both teams in possession.

The objective is for the team in possession to pass to the neutral player through one of the 3 gates. If successful, the same team maintains possession and plays to the opposite side of the area.

Objective: To develop, passing, possession and quick transition play.

Coaching Points:

1. Movement of angle and support to create space and receive the pass.
2. Body shape, half-turned to enable quicker movement and better decision making.
3. Timing of runs must be coordinated to the pass.

Progression:



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