



Game 1: 4v4 keep ball – Large area

Team in possession tries to keep a player in each quadrant
 Focus is on long accurate passes with pace to deny opportunity for interceptions
 Defending team pressurizes and tries to win possession.

Game 2: 3v3 or 3v2 keep ball – Medium area

Quick decisions – accurate passes – awareness of team mates
 Defending team tries to tackle/intercept and win possession

Game 3: 3v1 or 4v1 keep ball – Small area

Team of 3or 4 perform quick first touch passes – without looking down at the ball
 Goal is to develop instinctive good first touches – firm ankle – knowing angle of foot
 by feel and touch without looking – defender pressurizes but does not try to win ball –
 Defender tries to ‘panic’ player in possession so they down look at ball/feet

Rotate players periodically so they experience all 3 games
 Change defender in game 3 regularly