

# TACTICS: Possession



# Small Group Drills

## 5 v 2 “Inside 1-Touch”

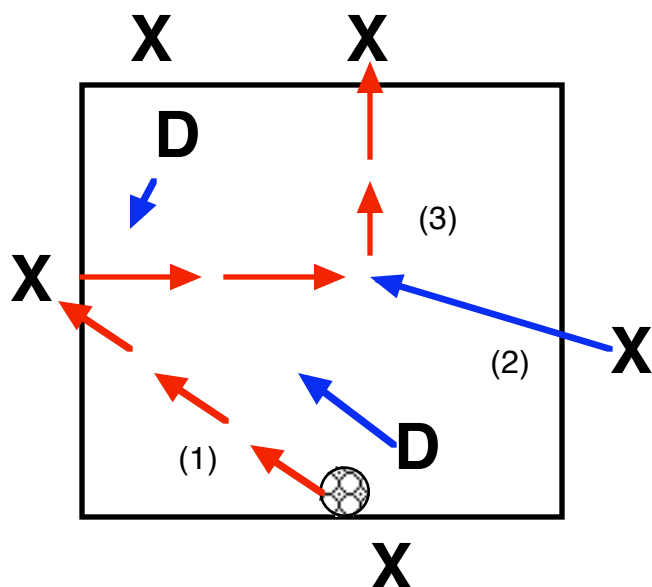
SETUP: 5 Players (“X”) outside grid  
vs. 2 Defenders (“D”) inside grid

DRILL: Outside Players “X” attempt to pass the ball through the grid (1). Outside players “X” can move around the outside of the grid. All passes must go through the inside of the grid. Defending players must remain inside grid.

OBJECT OF DRILL: At any time, one of the outside players can enter the grid (2); any pass made to this inside “X” player must be returned to any other outside player with a 1-touch (3). If the “X” player inside the grid does not receive a pass right away, he or she must run outside.

COACHING POINTS:

- > Decision Making -- when to make that inside grid run
- > 1-touch passing



GRID SIZE: 15 yards x 15 yards  
NUMBER OF PLAYERS: 7

## 3 v 1 “Outside the Triangle”

SETUP: 3 Players (“X”) outside grid  
vs. 1 Defender (“D”) inside triangle grid

DRILL: Outside Players “X” attempt to pass the ball through the triangle. Outside players “X” can move around the outside the triangle. All passes must go through the triangle.

Defending player can move inside or outside the triangle. If Defending Player intercepts ball, he or she must dribble into the triangle. One outside player can enter triangle for 1v1.

COACHING POINTS:

- > Movement off the Ball
- > Maintaining “triangular” shape
- > 1-touch passing

