



## POSSESSION 4V4 +2 BARCA

Category: Small-Sided Games

Difficulty: Moderate

RICK MULLINS



### 4V4+2

#### SMALL SIDED GAME: POSSESSION 4V4 +2 BARCA

4v4 with 2 neutrals.

This possession practice creates realistic game movement. Receiving from neutrals can replicate movement in midfield to receive from defenders or from center forwards

Passing to neutrals can replicate playing into center forwards or backwards to defenders to create space.

4 players work with two neutrals in order to maintain possession.

10 passes (or needed) = 1 point

Team chasing possession may only send one player into the neutral zone to press. The coach will pass a ball back into play when the ball leaves the playing area. Touches on the ball are unlimited

Progress:

Limited touches

Allow two pressing players to enter into the neutral zone to press.

