



POSSESSION 4V2+1

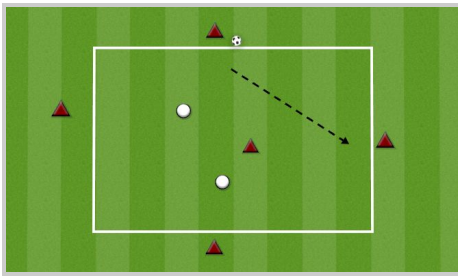
Category: Tactical: Possession

Difficulty: Moderate

RICK MULLINS



POSSESSION 4V2+1



4 v. 2 + 1 in a 15 x 10-yard area playing 1 and 2 touch

Possession players add an additional player in the middle. Outside players can be limited to play 2 touches and the middle player also be limited to play 2 touch. Excellent positional game with the middle player being a midfielder.

Defenders play possession 2 v. 1 in the middle if win the ball

Coaching Points

- The key is to keep shape big – the middle possession player cannot restrict space – he needs to create space.
- Outside players look to play ball in when they can and the middle player plays out in 1 touch