



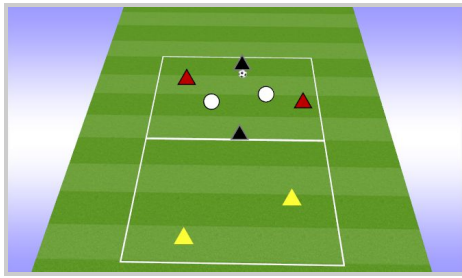
POSSESSION 4V2+2

Category: Tactical: Possession
Difficulty: Moderate

RICK MULLINS



POSSESSION 4V2+2



4 v 2 + 2 in two teams in a 30 x 20 yard area

Play 4 groups of 2, each in a different color.

Start with 4 v. 2 in 1 area with 2 waiting players in the other area.

Establishing the proper shape for the possession team.

Defenders, upon winning the ball, play into the other area and join, making 4 possession players.

The team that lost the ball become the defenders and moves into the other area.

The remaining 2 players wait in the first area for the ball to transition back to them.

Coaching Points

- The teams in possession must maintain the proper shape
- When they lose the ball, they must quickly transition into the other area to defend and win the ball back
- The two defenders need to play pressure and cover and not allow through balls
- Upon winning the ball, quickly transition ball to the other area and join as a new possession group