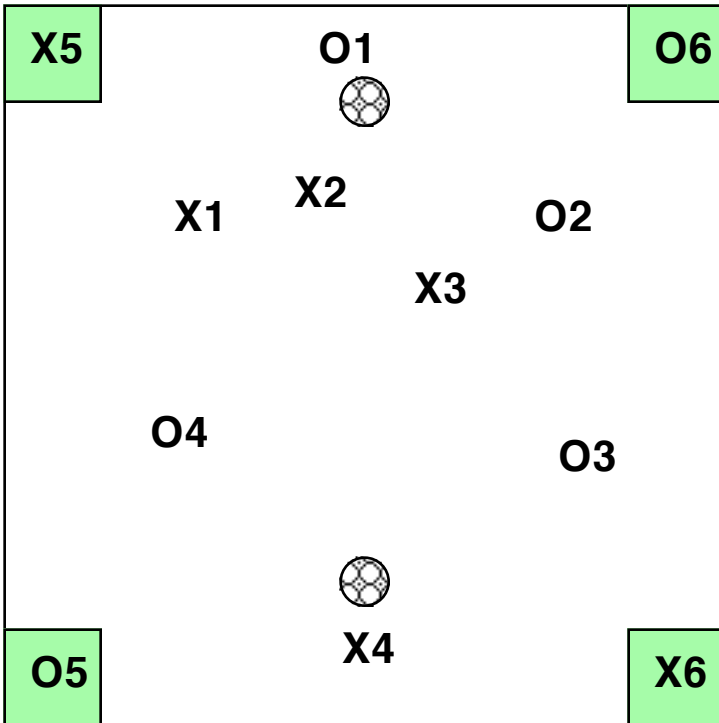


# TACTICS: Possession Warmup



## “PLAY TO TARGETS”

*This is a progression drill on possession.*

**SET-UP:** Grid size depends on number of players and level of players. Place four target zones in each corner of the grid.

Two teams. Each team has a ball. Each team places a player in a target zone diagonally opposite from each other.

**DRILL:** teams pass among themselves. Work on passing and moving. Every player inside the grid must receive one pass. After every player on a team has touched the ball, the ball can be passed into a target zone to a teammate. The target zone player and the player who passed the ball exchange positions. Play until every player has served as a target player at least twice.

## PROGRESSION

**SETUP:** Same as above.

Two teams of same number of players. If there is an odd number of players, have one player (perhaps your center midfielder, sweeper, stopper, striker or goalkeeper) serve as a neutral player.

> **One ball.**

Teams play keepaway with the object being same as in warmup in that each player inside the grid must possess the ball before it can be passed to a teammate in one of the two target zones. The first team to have every player in and out of a target zone wins.

**COACHING POINTS:**

- > Quality of possession.
- > Movement.
- > Speed of play.

