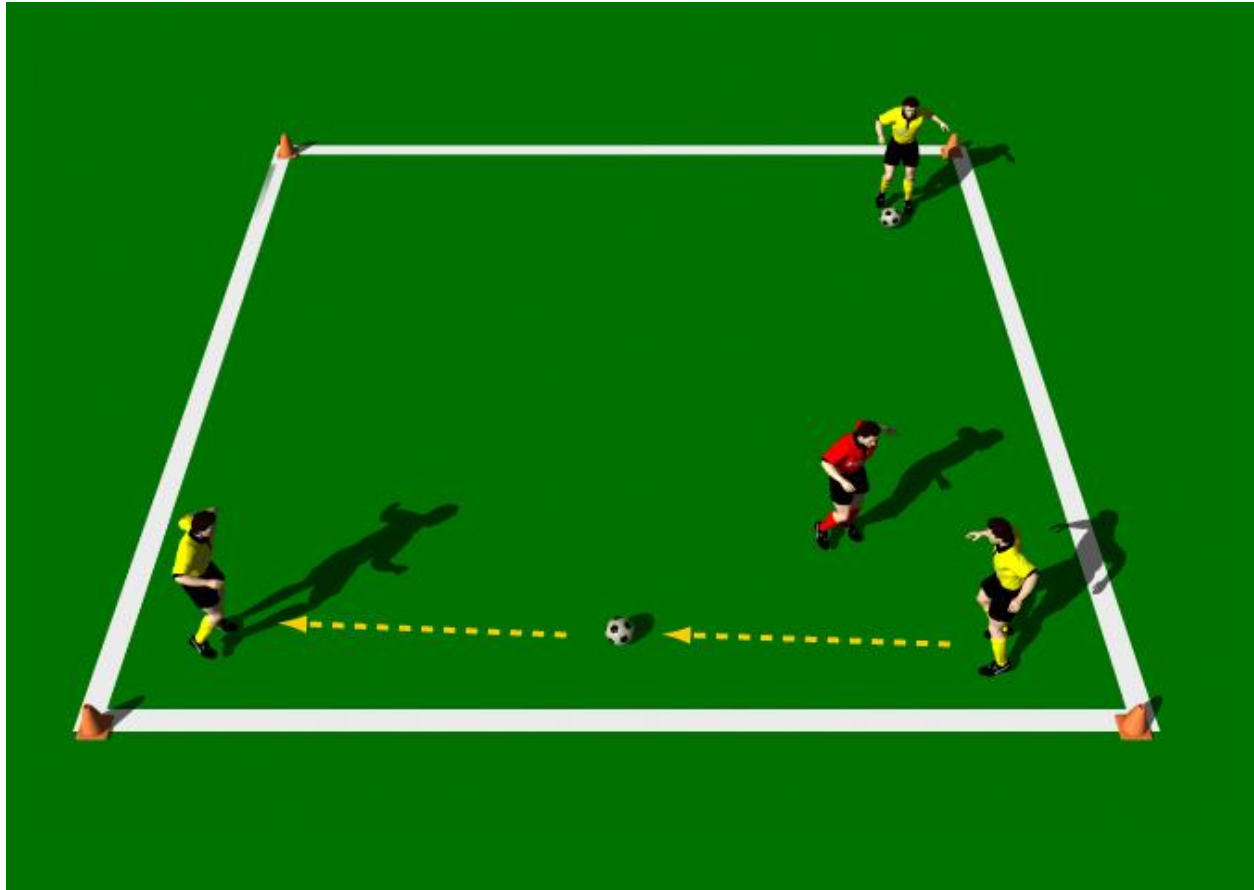


## 2 Ball Passing Possession Game



### Objective of the Practice:

To improve the speed of each player's decision making when passing the ball.

### Coaching Points:

Four players are positioned within a grid (3 attackers + 1 defender). The three players must try to keep possession from the defender using 2 balls. The three players in possession may move anywhere within the grid. The defender's goal is to "tag" (not tackle) the players in possession. The defender can be identified by using a colored vest or by having them hold a cone. Once a player is tagged by the defender they switch roles. A goal is scored for every ten passes the attackers can make. The player in possession must have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.

### Field Preparation:

Practice grid approximately 10 yards x 10 yards, 2 balls, 5 cones, four players.

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