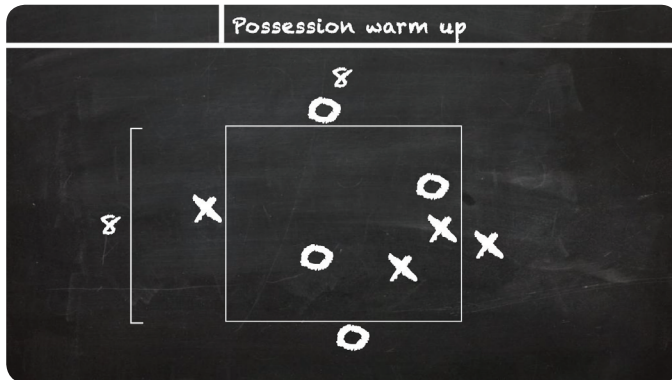


# POSSESSION

<b>SESSION WARM UP</b>		<b>PLAYERS 8 – 16</b>
<b>AREA 8 X 8</b>	<b>AGE 11+</b>	<b>TIME 15 MINS</b>



## KEY FACTORS

Movement to receive

Create supporting angles

Combination play

Spatial awareness – always checking

## SET UP:

1. 2 teams of 4 players.
2. 2 players from each team work inside the area.  
2 players from each team work on the perimeter of the area on the opposite side to their teammate.  
1 ball per team.
3. Play begins with the ball with one of the outside players. He must play it into 1 of his teammates inside the area who then plays it to the other teammate on the inside of the area.
4. The ball is then played back out to the 2nd teammate on the outside.
5. Repeat sequence without stopping. Rotate players.

**PROGRESSION:** Allow teammates on the outside of the area to play directly to each other when they choose to.

**SKILL DEVELOPMENT:** Control, communication, weight of pass, turning.

## NOTES