

Increasing Your Team's Possession & Speed of Play

- I. Key points when improving possession & playing quickly
 - a) Reduce touches
 - b) Improve vision
 - c) Preparation
 - d) Technical Execution
 - e) Deception

- II. Warm ups
 - 6 v 4 + 2
 - 6 v 5 + 3
 - 5 v 7 + 4
 - 5 v 5 + 1

- III. 6 v 6 + 2 (4 target game)

- IV. 4 v 4 + 2 (4 goal game)
5 v 5 + 2

- V. 8 v 8 + 1 (Across the width of the field)

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