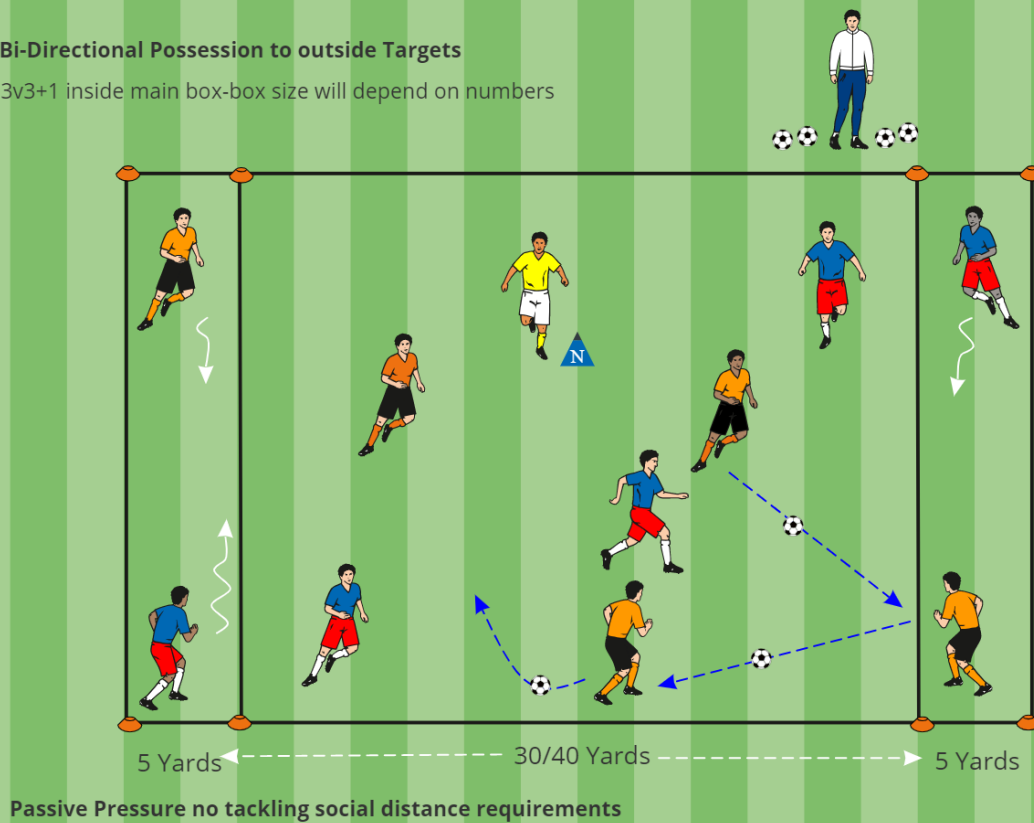


Bi-Directional Possession to outside Targets

3v3+1 inside main box-box size will depend on numbers



With Covid-19 Restrictions always:

Possession to outside team targets.

AREAS: Will depend on your numbers and level of play and age. I used this with B2009 and B2010 with good success, probably the closest I can get to scrimmaging under guidelines. I may have diagramed this a few years ago. I show 5-yard outer zones, and middle 30/40 the larger will help with social distance.

OBJECTIVES: Color with possession will try to connect with own players to get the ball to own team color on the end target, this is bi-directional so they can go both directions. I show a middle neutral who plays with possession, could add another neutral and limit their touches.

COACHING POINTS: There are so many areas to coach in this session, limit touches/limit passes/first touch receiving/length and weight of pass/spacing when in possession and defending/neutral movements/transmission to opposite target/game awareness of passive pressure.

LIMITATIONS: Number of touches on the ball/neutral must have touch before going to outside/outside player cannot play back to the player who passed to him/outside target players cannot pressure each other and must stay in their zones/neutral cannot play the outside target.

PROGRESSION: Can be when the ball is played to the outside target from own team, he has to come into the play and replaced by player who passed the ball to him/team receiving the ball from outside zone 1 can't retreat back, must attack zone 2. Many versions of this.

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