

TRAIN LIKE A PRO

2v2+2 Small Sided Possession

Perfect for Training in COVID related environments with restricted numbers.



6



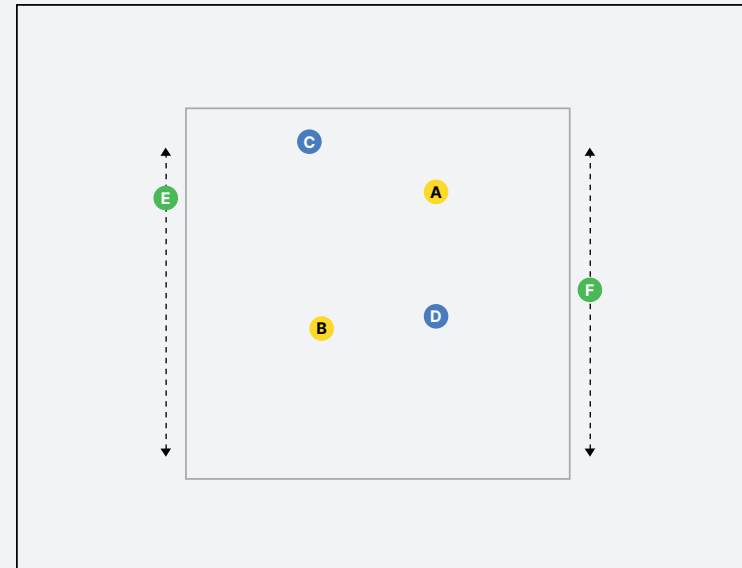
10-15 min



Any level

Summary

- Short and quick rounds with adequate recovery in between
- High tempo
- Accountability
- Lots of ball touches for all players.



Description

Set up a 6m x 12m Rectangle and group the players into 3 pairs. Two pairs will play 2v2 possession using the other pair as the end jokers. Play rounds of 45-60 seconds, always changing the players in the middle. Keep the players accountable when defending and allow lots of 1v1s.

- Team A
- Team B
- Jokers
- > Running