

# 4v4+2 Possession Practice

**Objective** – teach overloads

## **Game Focus Reset Progression**

1. The aim is to generate overloads by using the 2 overload players
2. 1 defender and 1 attacker is locked into each of the quarters
3. There are two neutral players to create an overload advantage this makes the game a 6v4 but in zones
4. The aim is to constantly move the ball to create overloads and stay in possession.
5. Goals are awarded by passing successfully

## **Movement**

Players should move continually to offer a pass.

**Support** – “What is my next action

The player who passes the ball must continue to support the play and create 2v1s to stay on the ball.

1. Get a new ball from the side

1. Quick passes – Play with limited touches 1-2-3
2. How many passes in x secs

