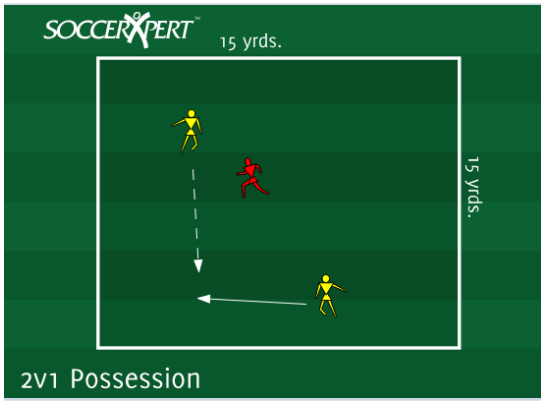

Drill Quick Glance

Age: 9+	**Field:** 15X15
Players: 3+	**Time:** 10 mins.
Difficulty: MEDIUM	**Focus:** POSSESSION
Keeper: NO	**Type:** TEAM
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

2v1 Possession in Small Areas

Objective:
This drill sharpens players' ability to keep the ball when space is limited and pressure is immediate. Two attackers work together against one defender, forcing quick decisions and accurate passing in tight quarters. Players learn to use first time passes when appropriate and develop the vision to see their teammate's movement before receiving the ball. The confined area means there's no room for heavy touches or slow decisions. Attackers build chemistry by reading each other's body language and creating passing angles through constant movement. The defender learns to apply smart pressure that forces mistakes without getting beaten by a simple pass. This situation mirrors game moments when players receive in crowded areas and must quickly combine with a teammate to maintain possession and build play forward.

Setup

- Create a square grid measuring 15x15 using cones
- For increased pressure and difficulty, shrink the area to 10x10
- Place two attacking players inside the grid
- Position one defender outside the grid ready to enter
- Start with one attacker in possession of the ball
- Keep extra balls nearby to restart play quickly

Instructions

1. The drill begins with one attacker in possession inside the grid
2. The defender enters the grid and immediately applies pressure to win the ball
3. The two attackers work together using short, quick passes to maintain possession
4. Attackers should look to play the ball toward the back of the area to simulate building play forward
5. Use first time passes when possible to keep the ball moving faster than the defender can press
6. Attackers move intelligently off the ball to create passing angles and support options
7. If the defender wins the ball or forces it out of play, reset with the attackers in possession
8. Rotate the defender every 60-90 seconds so all players experience the high intensity defensive work
9. The ball can start in different positions within the area to vary the challenge
10. Keep the tempo high and encourage continuous play

Coaching Points

- Keep the ball close to your feet with a good first touch that sets up the next action
- Pass first time when the angle and pressure demand it, but take a touch if you have time
- Look up before receiving to know where your teammate is and where pressure is coming from
- Move smartly off the ball to create clear passing lanes at angles, not in straight lines
- When the defender enters, play the ball away from pressure or sideways to the open space quickly
- Communication is essential in tight spaces so your teammate knows you're available
- Make eye contact with your partner to signal when you're ready for a pass
- The defender should apply intelligent pressure to cut off one passing option and force a decision
- Don't panic under pressure, stay composed and trust your teammate to provide support
- Body shape when receiving should be open to see both your teammate and the defender

Variations

- Add a starting signal and time how long attackers can maintain possession without losing the ball
- Place a third attacker outside the grid who can be used as a safety outlet pass
- Set up target cones where passes must be directed to count toward possession time
- Introduce a cone or player on the opposite side for attackers to switch play to
- Limit attackers to two touches maximum to increase the speed of play
- Require one attacker to stay in each half of the grid to work on movement in confined zones
- Award points for completing a set number of consecutive passes
- Add a small goal that attackers can score on after maintaining possession for a certain time
- Make the defender start from different positions to vary the angle of pressure
- Increase to 3v1 or decrease to 2v2 depending on your team's skill level
- Require specific types of passes, like one-touch only or using their weak foot onl