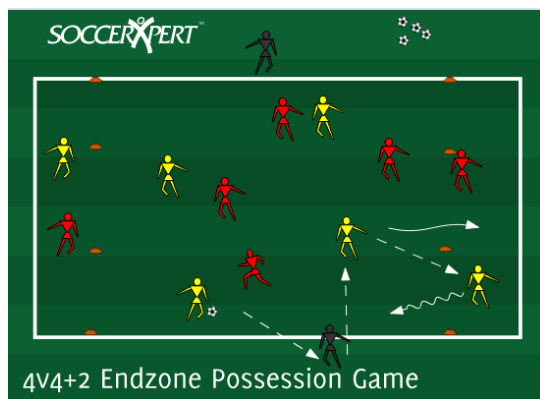




Drill Quick Glance

Age: 10+	Field: 12x20
Players: 12+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

4v4+2 Endzone Possession Game

Objective:

This drill develops players' ability to keep possession under pressure while moving the ball quickly and effectively. Players learn to scan the field, find open teammates in different zones, and make smart decisions about when to pass and when to dribble. The endzone players teach awareness of supporting options behind the defense. Neutral players on the sides create overloads that mirror real game situations. Players work on their first touch, receiving skills, and passing accuracy while constantly moving to create passing lanes. The progression from simple possession to scoring through the endzones builds complexity as players improve.

Setup

- Create a 12x20 yard grid using cones
- Mark two endzones that are 3x12 yards on each end of the grid
- Divide your team into two groups of six players each, plus select two neutral players
- Place four players from each team in the central playing area
- Position one player from each team in each endzone
- Station the two neutral players outside the long sides of the grid
- Keep a supply of balls near the coach to restart play quickly

Instructions

1. Start the game with one team in possession in the center grid
2. The team with the ball plays 4v4 in the middle, using the two neutral outside players as passing options
3. Players can pass to their teammate in the endzone to help maintain possession
4. The endzone player must move to find open space and good angles to receive
5. When an endzone player receives the ball, they can dribble out of the zone to join the game
6. If the endzone player dribbles out, they switch positions with the player who passed them the ball
7. Exception: if a neutral player passes to the endzone, no position switch happens and the ball must be passed back out
8. When the other team wins the ball, they immediately try to keep possession and use their endzone player
9. Start as a simple rondo with no scoring to let players learn the pattern
10. Progress to scoring one point for completing a set number of consecutive passes
11. Next progression: score one point for passing to the endzone and keeping possession
12. Final progression: score one point for passing to one endzone, keeping the ball, then passing to the opposite endzone

Coaching Points

- Players need to scan before receiving the ball to know where pressure is coming from and where space exists
- First touch should move the ball into space away from defenders, not just stop it
- The endzone player can't stand still - they must move side to side to create passing angles
- Players in the middle should constantly check their shoulders to stay aware of all options
- Speed of play matters - one or two touch passing breaks down the defense faster than holding the ball
- Body shape when receiving is key - open up to see the whole field
- Players off the ball need to move into passing lanes and create triangles of support
- Communication helps - call for the ball when you're open but keep it simple and clear
- When defending, work together to press as a unit and cut off passing lanes
- The neutral players should move up and down their line to stay available at the right angle

Variations

- Limit touches in the middle to two or one touch to increase the speed of play
- Remove the neutral players to make it a true 4v4 and increase defensive pressure
- Add a rule that the endzone player must receive the ball before the team can score
- Make it directional where teams can only score in one specific endzone
- Require the ball to touch the endzone player twice before a point counts
- Change the number of passes needed for a point based on your team's skill level
- Allow the defending team to send one player into the endzone to pressure
- Give bonus points for one-touch passes to or from the endzone player
- Shrink the grid size to increase pressure and speed up decision-making

