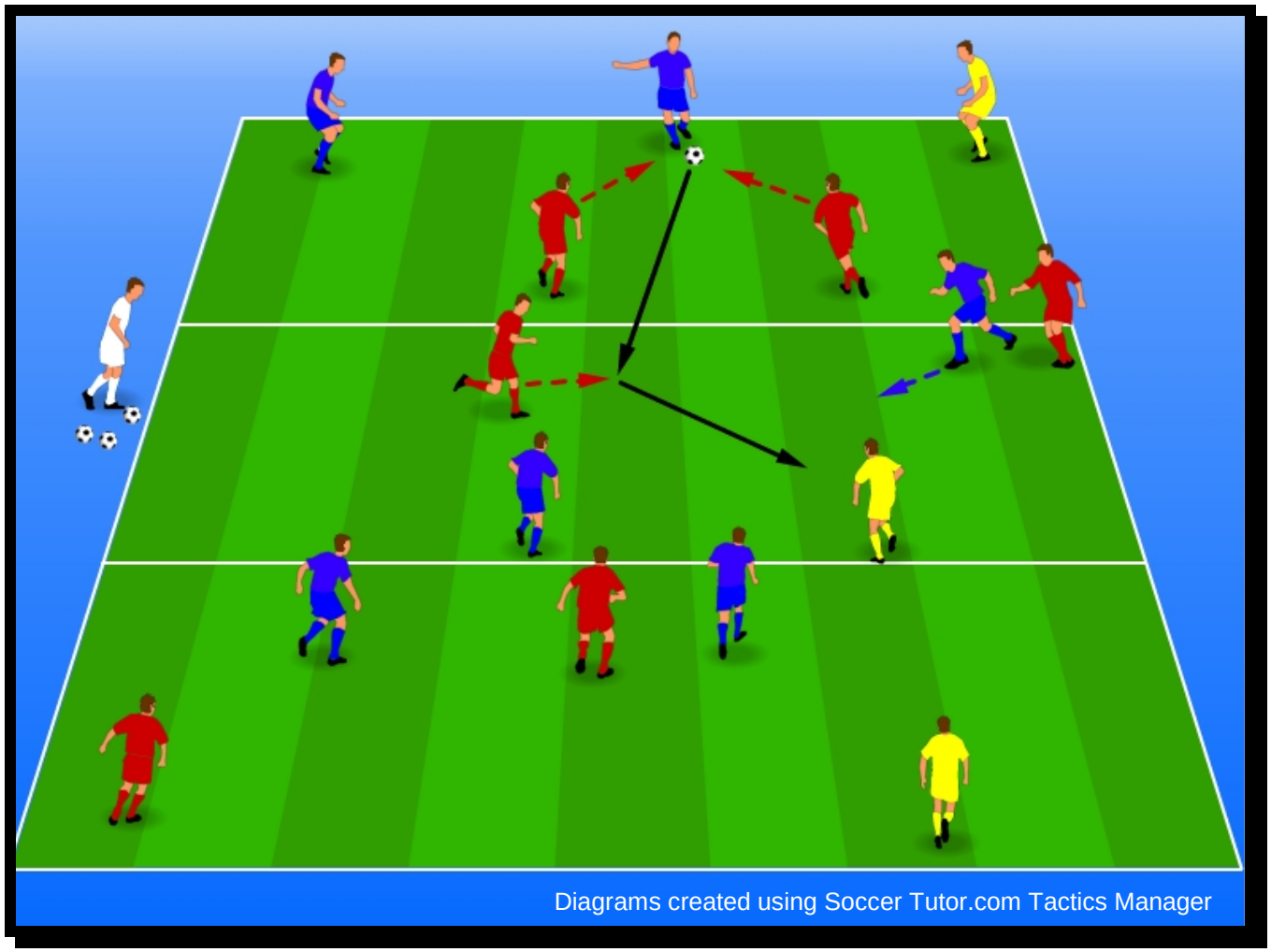
2 v 2 Plus One, #1 | Large Sided | Possession, Transition



Set Up: Fifteen players are set up on a large field split into three zones, playing 2 v 2 plus one in all three zones.

Procedure: The attackers maintain possession in their zone and look to pass into an adjacent zone, working the ball up and down the field and back again. All of the players must stay inside of their zones during play. When a ball is put out of play, the drill is re-started by the Feeder.

Teaching Topics:

1 Expanding the field.
2 Decision making.
3 Transition.

Progressions:

1 Limit the attacking team to three passes in each zone.
2 Allow passes from one end zone to the other.

Coaching Points:

1 Use as much of your zone as possible and force the defenders to chase the ball.
2 Try not to force a predictable pass in between the two defenders (see diagram).
3 Anticipate turnovers in order to have a quick transition from defending to attacking.