**Possession game**

 **45m**

* Mark out the rectangle boundaries with cones
* Set players up marking similar strength players
* Each game lasts 1 minute only. Then they have a 45 sec break
* Ball is hit into an area and blue v red teams fight for possession
* 3 consecutive passes to person on same team earns 1 point
* Consecutive hand passes do not count towards a point but can be used to keep possession

**Things to note and make players aware of:**

* Standing still isn’t allowed – Use mentors to spot when people stop running and penalise them – sit ups or dock them a point
* Focus on the runs players are making – if you make a first run and don’t receive the ball then make a second then maybe third run to find space

**Progressions:**

* After 3 passes they can shoot for a point outside 21 yards to get a bonus point

This is a good game for decision making, movement, creating and finding space and giving good quality passes that give best chance to the receiver to gain possession. Most importantly it is to emphasise the importance of not giving the ball away cheaply.