**Possession game**

 **45m**

 **65m**

* 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
* Aim of the game is to get through a Gate (a gate is one of the 4 sets of cones)
* After getting through then the ball must be moved and try to get through another gate
* When you get through 2 gates or the green gate you score 1 point and can shoot for a point in the goals

**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
* SWITCHING the play is vital

**Progressions:**

* Put in a goalie and allow the team in possession the chance to attack for a goal

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.