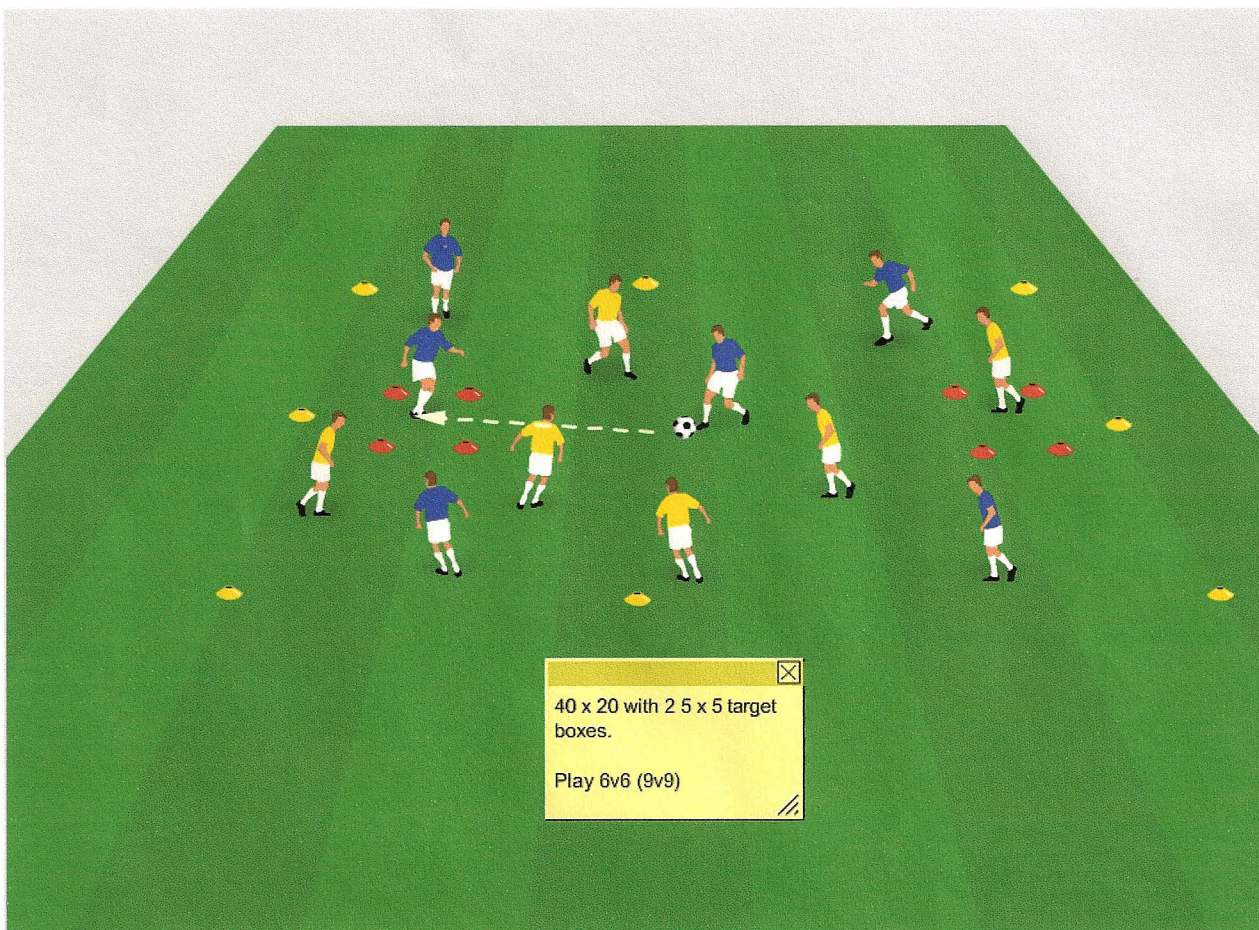


Directional Possession

**Date:****Measurement:** 40 x 20**Time:****Players:** 6v6 (9v9)**Duration:** 15-20 minutes**Level/Age Group:** 12 up**Description:**

In a 40 x 20 grid place a 5 x 5 target box 5 yards off each end line. Each team must have a target player in one of the boxes. No defenders are allowed in the box. When a team successfully gets the ball gets the ball

Objective:

To get the ball into target players feet by constantly trying to play forward.

Coaching Points:

Stretching the game out in all directions including behind the target box. making quick transitions after a goal.

Progression:

2 touch (older groups only)