

4v2 possession

This session will help players be more comfortable with the ball in situations where space is at a premium.

“ ” What you tell your players the session is about

1. Passing to maintain possession.
2. Receiving the ball.
3. Creating space.

Session planner

Warm up	Session	Developments	Game	Warm down
10-15 mins	10 mins	10-15 mins	10-15 mins	10-15 mins

Activity	Kit	Outcome
Warm up	Balls, disc cones	Dynamic stretching, gentle running and ball work involving short passing
The session	Balls, bibs, disc cones	Practising passing and receiving skills
Development	Balls, bibs, disc cones	Testing passing and receiving skills under increasing pressure
Game situation	Balls, bibs, disc cones	Passing and receiving under pressure in a game situation
Warm down	Balls	Gentle running and ball work, static stretching, de-brief and Q&A



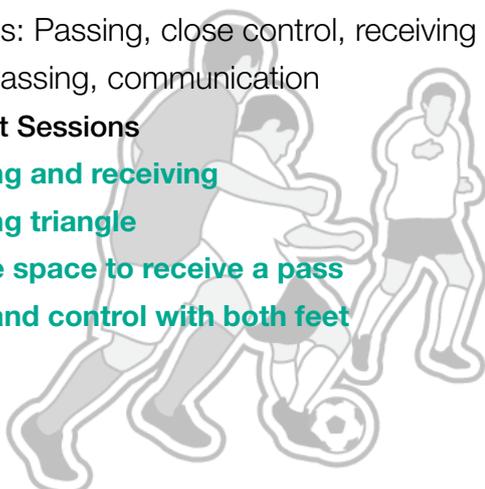
Where it fits

Individual skills: Passing, close control, receiving

Team skills: Passing, communication

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- 20 [Passing triangle](#)
- 39 [Create space to receive a pass](#)
- 64 [Pass and control with both feet](#)



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What to think about

This session is about your players being comfortable in possession and creating space to make and receive passes.

From a defensive point of view, you also want your players to put pressure on the ball by closing down quickly.

If you have more than eight players for each playing area, consider making another team of four to rotate into the exercise.





Set-up

- Create a 20 yards by 10 yards playing area. Divide in half to make two 10 yards by 10 yards.
- Eight players split into two teams of four.



What you get your players to do

Play begins with a 4v2 in one half. The remaining two players stay in the other half.

When Team A (grey team) lose possession, play moves to Team B's half (white team). The two Team B players join their team mates, and any two Team A players become the new team of two.



What to call out

- “The weight of the pass is crucial”
- “Get a picture of what’s around you before receiving the ball”
- “Show me your skills!”



Development

- Award points to Team A for completing a set number of consecutive passes, and to Team B for breaking up passing sequences.
- If Team A build up a lead of more than two points, add a third player to Team B in order to restrict space further.



Game

Play 4v4 plus two goalkeepers. Team A starts on the pitch, Team B is off the pitch. Play begins with Team A passing the ball around using either goalkeeper to keep possession.

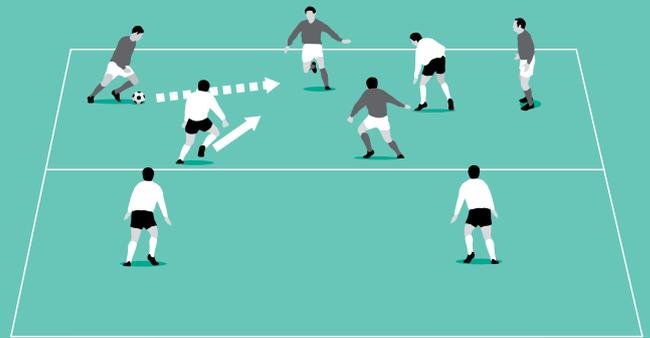
On your signal, Team B runs onto the pitch to try to win the ball and score in either goal.

Give Team B a time limit, say 30 seconds, to score a goal. If they fail, Team A is awarded a goal. But only if they have possession of the ball.

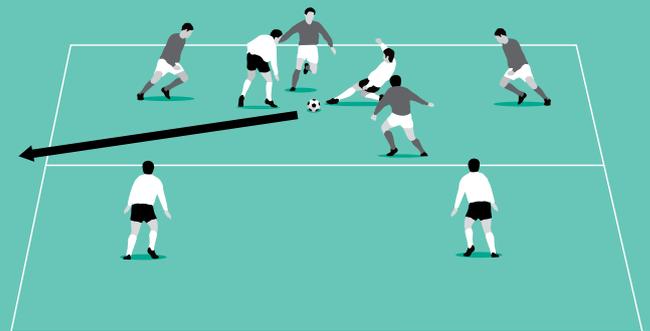
After a goal or 30 seconds, rotate the teams.

4v2 possession

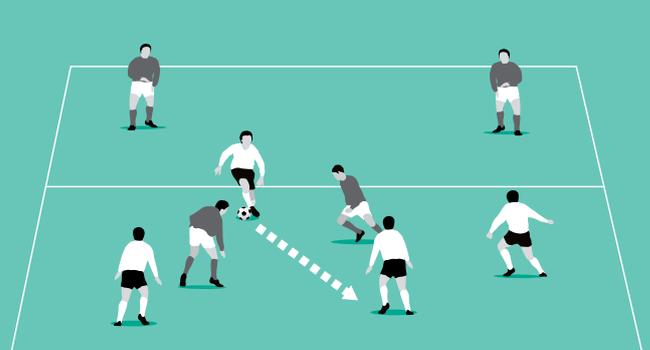
player movement ⇌ pass ○○○⇌
block/clearance →



Team A, with four players, tries to maintain possession against two defenders.



The two defenders from team B knock the ball out of bounds.



Play transfers to the other half, where Team B has the two-player advantage.