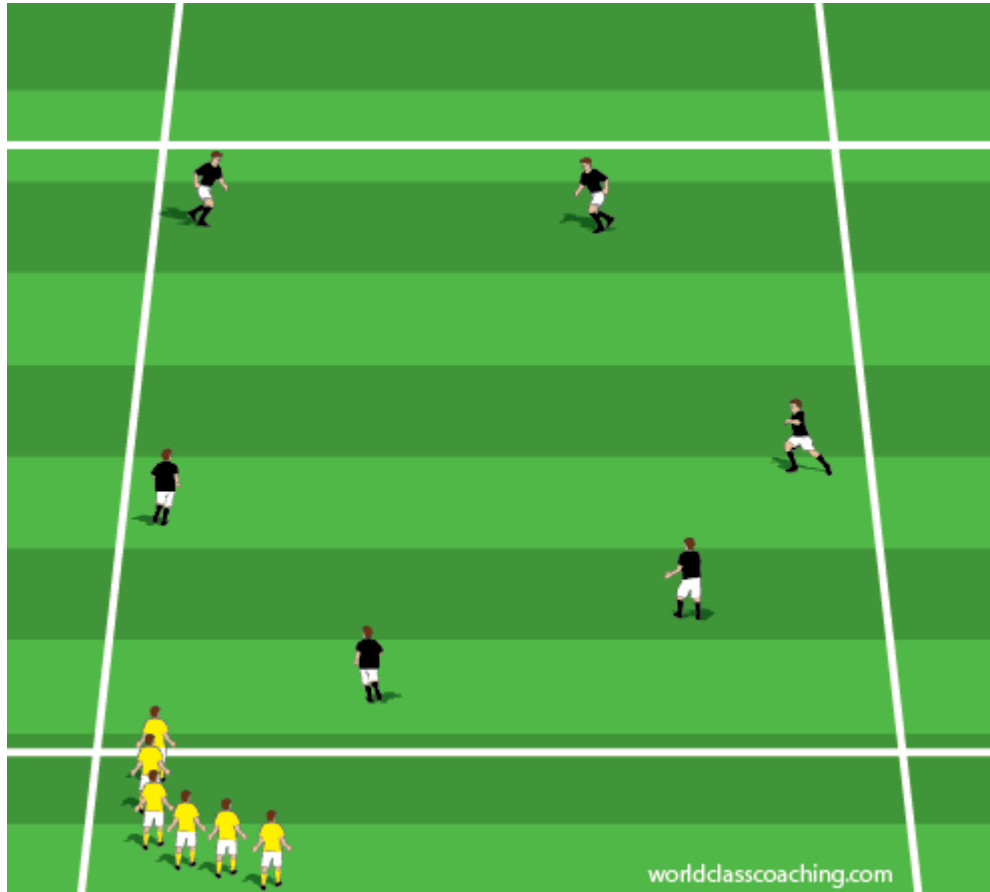


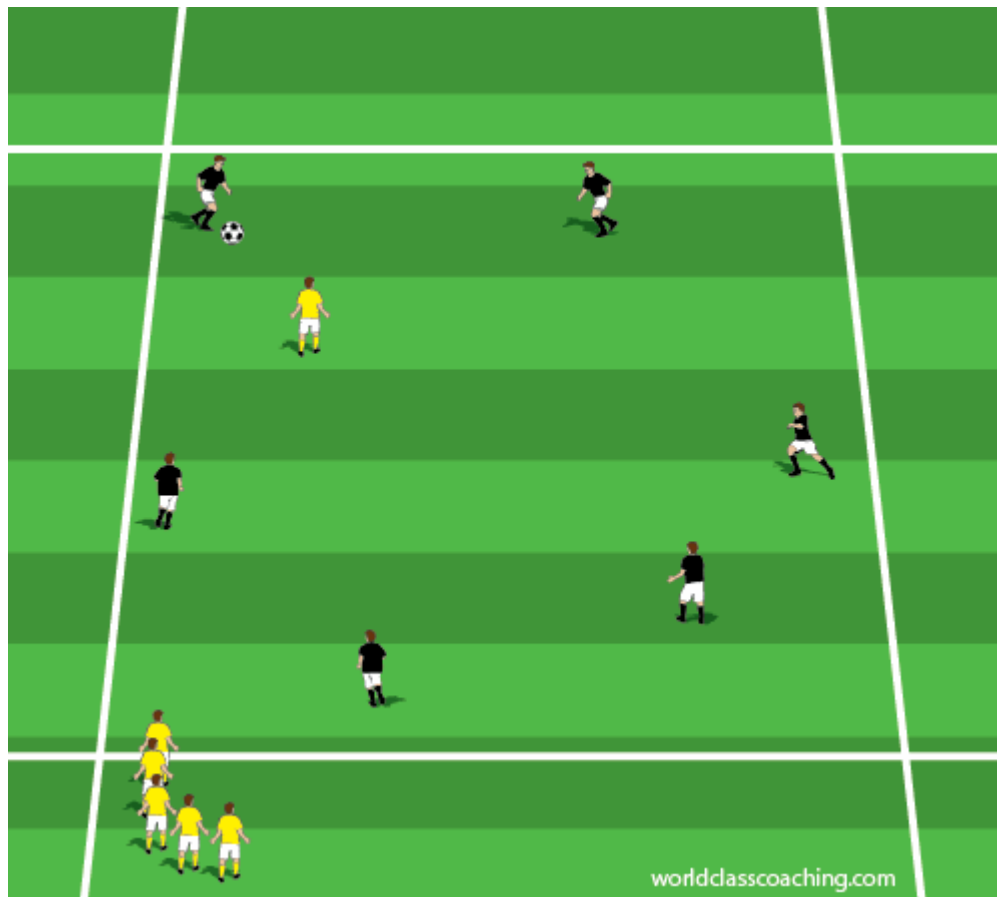
Topic - Possession and Transition

Welcome to the FineSoccer Drills Newsletter. Today's featured activity works on possession, numbers up situations, transition when losing the ball and competitiveness. There are many activities similar to this one in the book [Brazilian Soccer Academy Volume II](#).

This activity is done in a 40 x 30 area with two teams. The teams can range from 6 v 6 to 9 v 9 depending upon how many players you have available. One team starts spread out inside the grid with the other team lined up on the outside.

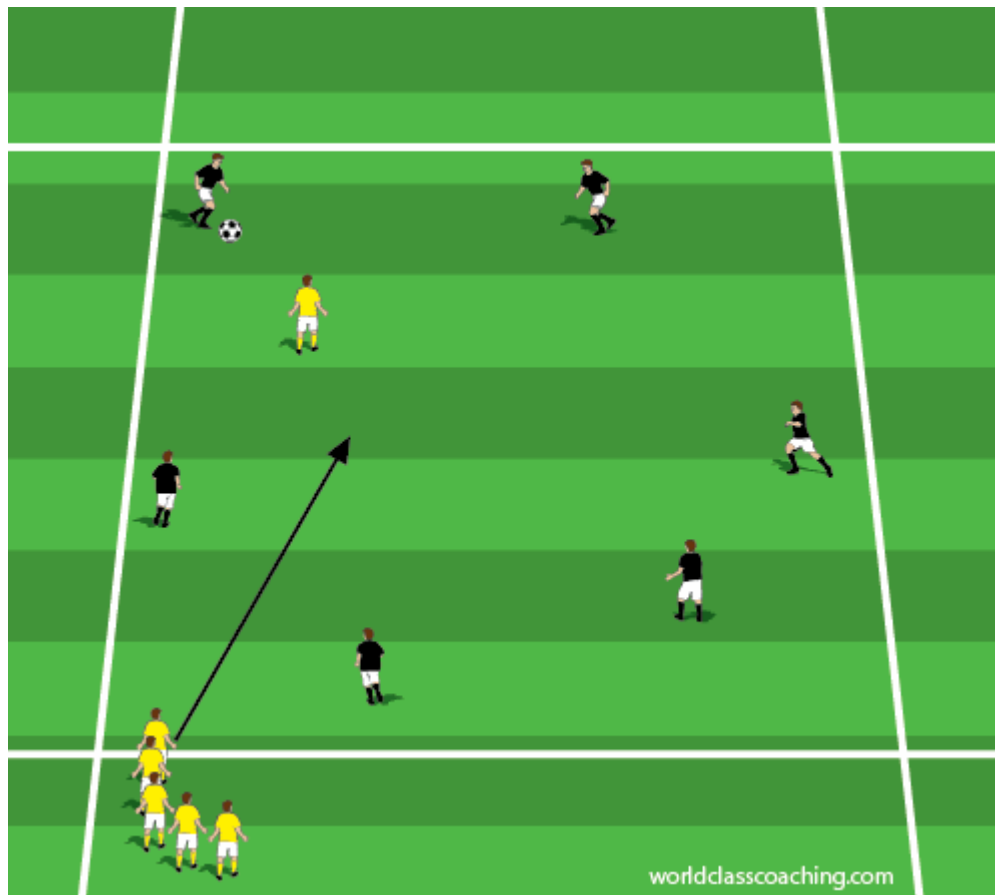


A player on the inside starts with a ball and the first defender joins play.



To start this is a 6 v 1 possession game with the offensive team trying to make as many consecutive passes in a row as possible. Each time they make 3 consecutive passes they get one point. If the defender wins the ball, they try to keep possession as long as possible.

After 45 seconds the second defender joins the play so it's now 6 v 2



Each 45 seconds another defender joins in until it's 6 v 6. If the defending team wins the ball they try to keep it as long as possible. They don't get points for passes but the longer they keep the ball the less points the opposing team can get.

At the end of the 45 seconds with 6 v 6 the teams switch roles and the team that started on defense becomes the attacking team and the team that started as the attacking team starts on the outside.

After the second set goes, the team with the most points wins.

You can also change the points system so that instead of 3 consecutive passes for a point you can make it 5 or even 10 passes for a point.

This is an excellent warm up activity with an emphasis on ball possession, speed of support and playing at a disadvantage.