

7v7+2 POSSESSION DRILL



Players:
+16



Time:
25 min



Focus:
Possession



Age:
U13+



Intensity:
7/10

SETUP

- Mark out a grid of around 20x30 meters with two teams of 7 inside.
- Place one neutral player outside each end line, with balls behind each end.
- Adjust the distances based on the players' age and skill level.

KEY POINTS

Two teams of 7 compete for possession, with a neutral at each end who plays for the team on the ball and can't be tackled. A team scores by finding one neutral and then working the ball through the grid to the opposite neutral without losing it. When the ball is lost, players press immediately to win it back. Add a two-touch limit or change the grid size to adjust difficulty. The drill develops passing under pressure, switching play, scanning and counter-pressing.

