PEP GUARDIOLA 4v4+3 POSITIONAL PLAY

Players:	Time:	Focus:	Age:	Intensity:
+11	15-20 min	Possession	U12+	7/10

SETUP

- Mark out a 20 x 30 m grid with 2 teams of 4 playing inside it.
- Place 3 neutrals: one on each end line and one pivot in the middle.
- Adjust the distances between cones based on the players' age and skill level.

KEY POINTS

A possession game with 3 neutrals who always play for the team on the ball. The team in possession plays from one end player to the other, using the pivot to switch the play. When the defenders win the ball, the roles switch straight away and the team that lost it counter-presses. Play 4 blocks of 4 minutes. Add a 2-touch limit to make it harder. The drill develops scanning, playing through the lines, passing with pace and counter-pressing.

SCAN FOR THE FULL DRILL

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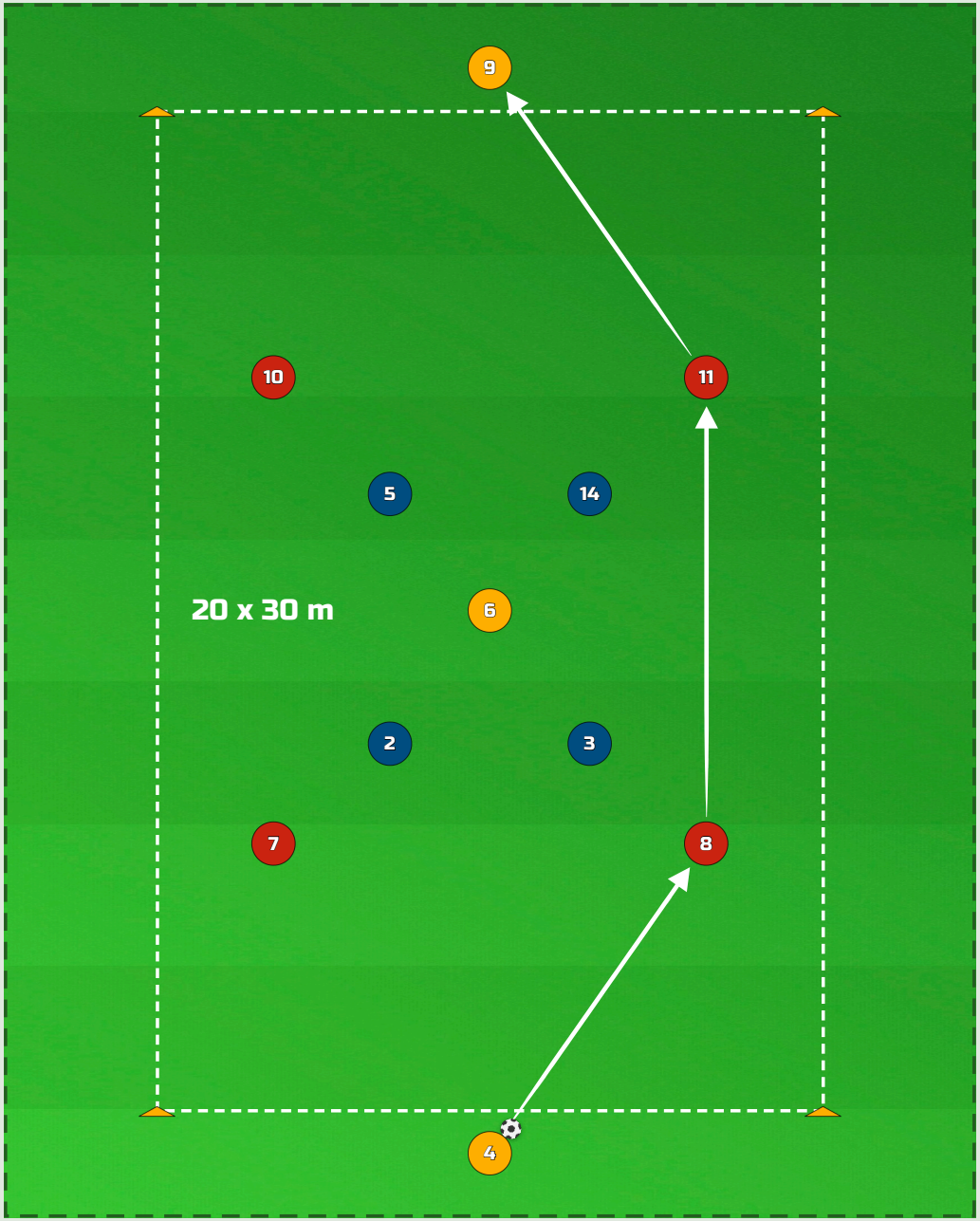

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POSSESSION DRILL

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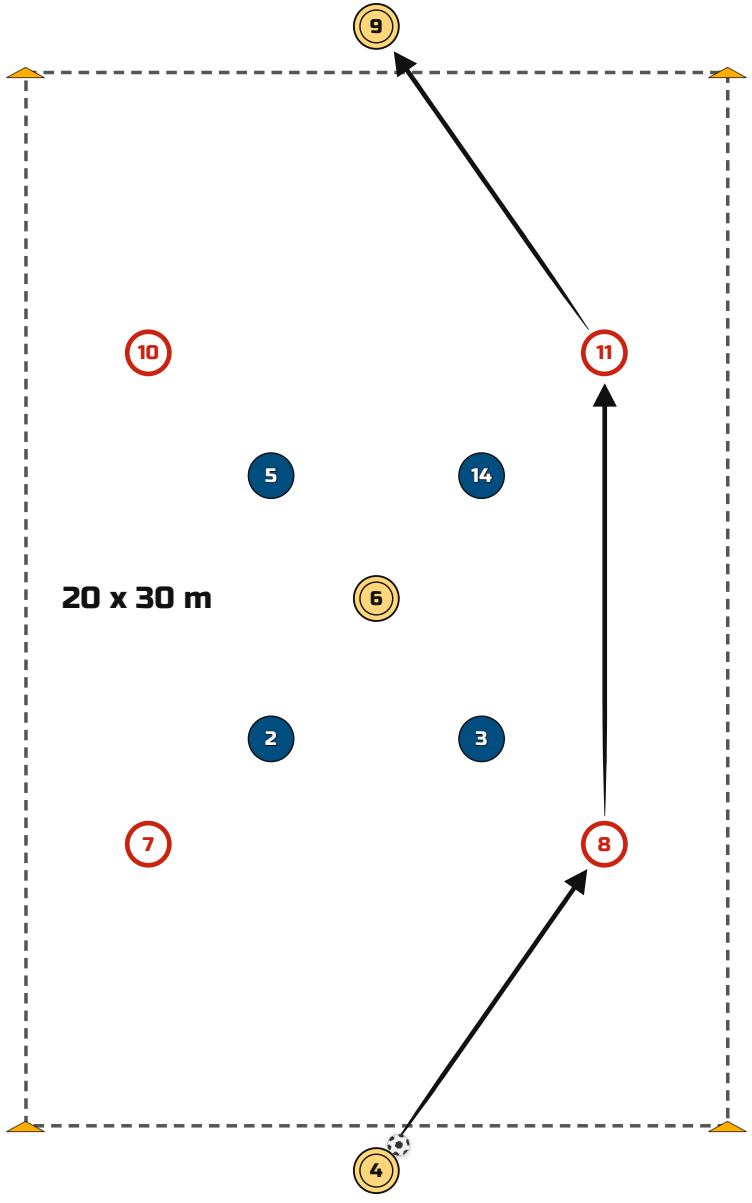

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