



## MEN'S POSSESSION BOXES

### DRILL SPECS:

**Drill Theme:** Ball Movement

**Field Location:** Midfield

**Time Needed:** 15 Min

**Drill Style:** Game, Conditioning

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Intermediate

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### OBJECTIVE:

To work together as a team to maintain possession and get clean, smart passes off under pressure.

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### DRILL DESCRIPTION:

Begin with 2 boxes, 10-by-10-yards each lined up next to each other. You need teams of 4. Start with 4 players in each box, 1 box needs possession of the ball. The goal of the team with the ball is to keep possession, after every 4 complete passes, a defender enters. So it will build 4v1 after 4 completed passes, 4v2 after another 4 completed passes, 4v3 and finally built up to 4v4. If there is a turnover, the players move to the other box and switch roles. The defenders become the attackers keeping possession and the attackers become the defenders who are added in after every 4th completed pass

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### SKILLS PRACTICED:

- Maintaining Possession
  - Ball Movement
  - Passing Lanes
  - Blocking and Intercepting
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### VARIATIONS:

You can make the boxes bigger to allow the attackers more space to use and the defenders more space to cover. Also, you can include additional players or add in a neutral player that can play attack or defense in both boxes.

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**DRILL DIAGRAM:**

