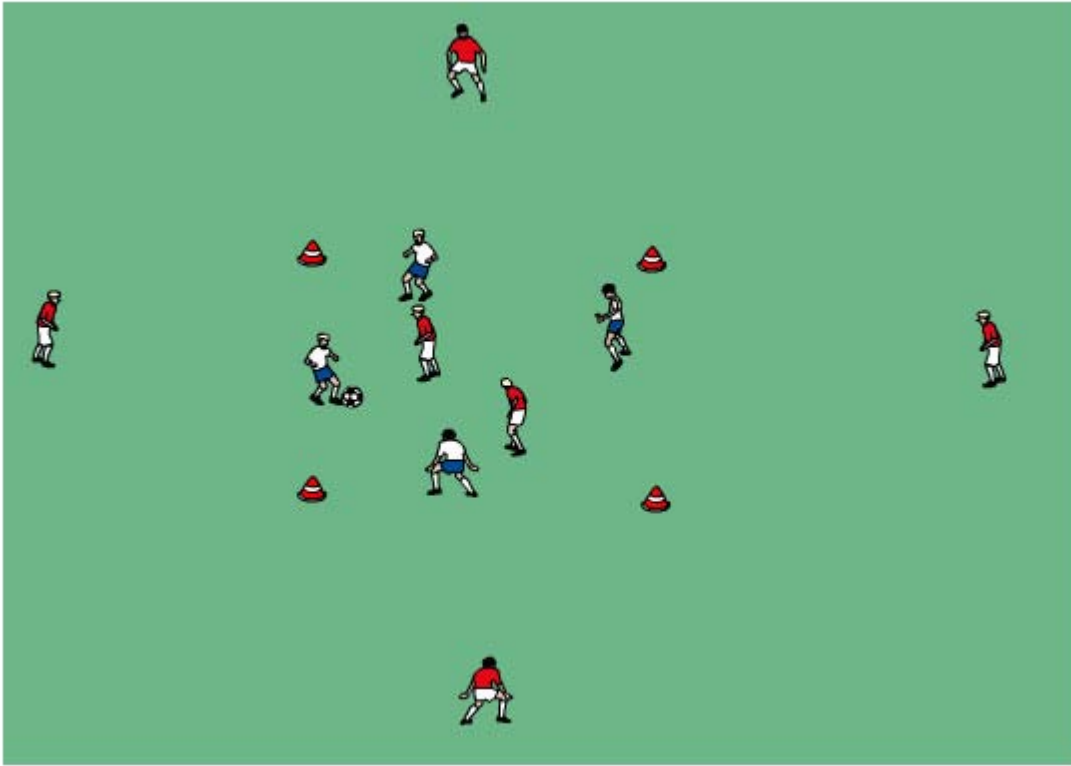


4v2 becomes 4v6



The Game: 4 White players play possession vs. 2 Red's in a 12 x 12 box. When the Red gains possession of the ball, they immediately play to their teammates on the outer edge (24 x 24 box).

A game of 6 Red vs. 4 White ensues. When the white win the ball and return to their box, only 2 red defenders can enter it to defend creating the initial 4v2. *The game is continuous and physically demanding. It should be played for a maximum of 15 minutes.*

Focus:

- Keeping Possession
- Crisp Passing
- Team spacing
- Transition

Variations: Make the inner box bigger create a 5v3 in the box. Restrict touches (2 touches, 1 touch)