

## Psycho-Kinetics Possession of the Ball - Dynamic Game



<b>Levels:</b>	U15-19	<b>Measurement:</b>	30 x 30 Yards
<b>Duration:</b>	15 Mins	<b>Players:</b>	12

**Objective:** To develop possession of the ball using Psycho-Kinetics in a dynamic game.

**Description:** The team is divided into three colours inside a 30 x 30 yard area. This is a dynamic possession of the ball practice with a two colour team against a one colour team.

If, for example, the Blue team loses possession, the game continues with the Red and Yellow trying to keep the ball with the blue trying to recover it.

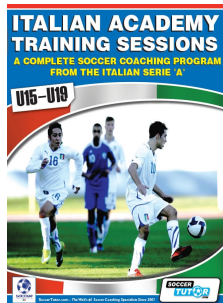
As a coach you should try to enforce a conditional maximum of two touches only.

- Coaching Points:**
1. Open body shape to see all of the playing options.
  2. Play quickly (maximum of two touches) considering the overload of players.
  3. If needed, create space to get away from the marker.

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### This Drill is Taken From...

### By Coach



A Complete Coaching Program

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### Equipment Needed



#### Space Markers



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#### Rubber Marker Discs



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#### Training Ball



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#### Mini Pro Cones



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