

### 4v4v4 Dynamic 3 Zone Possession Game



<b>Levels:</b> U13-15	<b>Measurement:</b> 20 x 40 Yards
<b>Duration:</b> 20 Mins	<b>Players:</b> 12

**Objective:** Set up a long and narrow area. The objective is to make a lofted pass to the team in the opposite end zone after successfully completing 6 passes.

The coach passes to a team in an end zone and the defending team move 2 players to apply pressure on the team in possession (4v2 as shown).

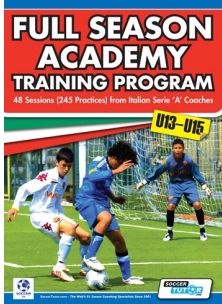
If a team loses possession or does not complete the lofted pass to the other team, they become the defending team who must apply pressure and try to intercept the ball.

- Coaching Points:**
1. This practice requires all types of passes (short, medium, long, to feet and into space)
  2. The defending players need to apply collective pressure to close off the passing angles.

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### This Drill is Taken From...

### By Coach



48 Sessions (245 Practices) From Italian Serie 'A' Coaches

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Simone Bombardieri

Empoli FC Academy Coach .

### Equipment Needed



#### Space Markers



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#### Traffic Cones



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#### Rubber Marker Discs



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#### Training Ball



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#### Mini Pro Cones



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