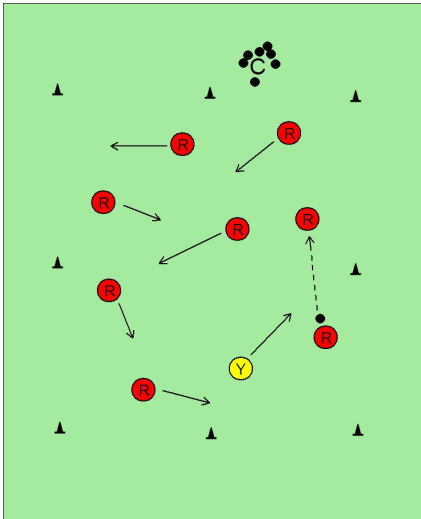




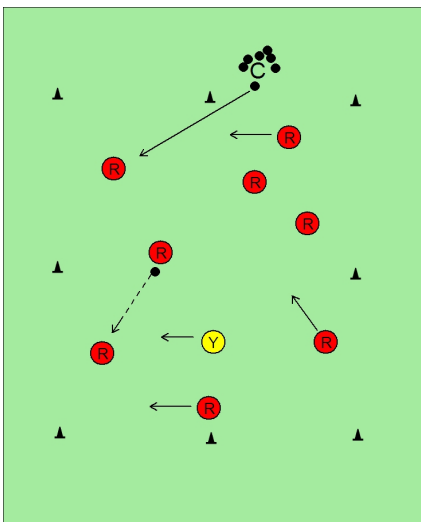
### Possession challenge 2



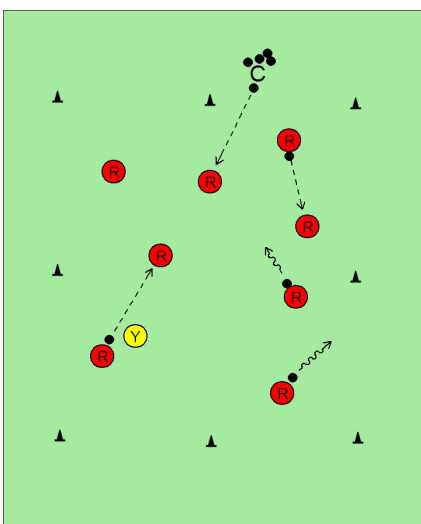
#### How it works

Red players outnumber the yellow player by around eight to one.

The red team tries to keep possession of the ball for a set amount of time (20 - 30 seconds) or for a set number of passes (5 - 10).



When the set number of time or amount of passes are completed, the coach plays another ball into the playing area for the red team to keep in possession.



This continues until all the red players have possession of a ball or until the yellow player knocks a ball out of the playing area.

The yellow player then swaps with a red player and the game can begin again with one ball.

Challenge the group to better the number of balls in play before the new yellow player can gain possession of a ball and kick it out of the playing area.

#### Possible changes

Include another defender to make it 8 v 2.