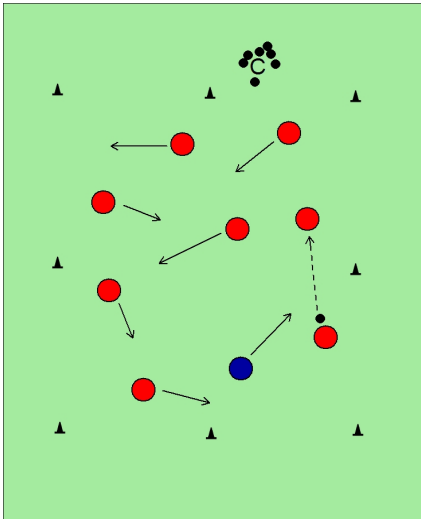




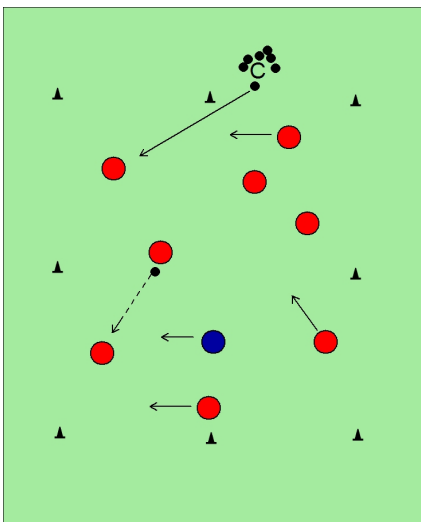
**Possession challenge 2**



How it works

Red players outnumber blue players by around 8 to 1.

The red team tries to keep possession of the ball for a set amount of time eg. 10 - 20 seconds.



When the set number 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 red players have possession of a ball or until the blue player knocks a ball out of the playing area.

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

Possible changes

Include another defender to make it 8 v 2.