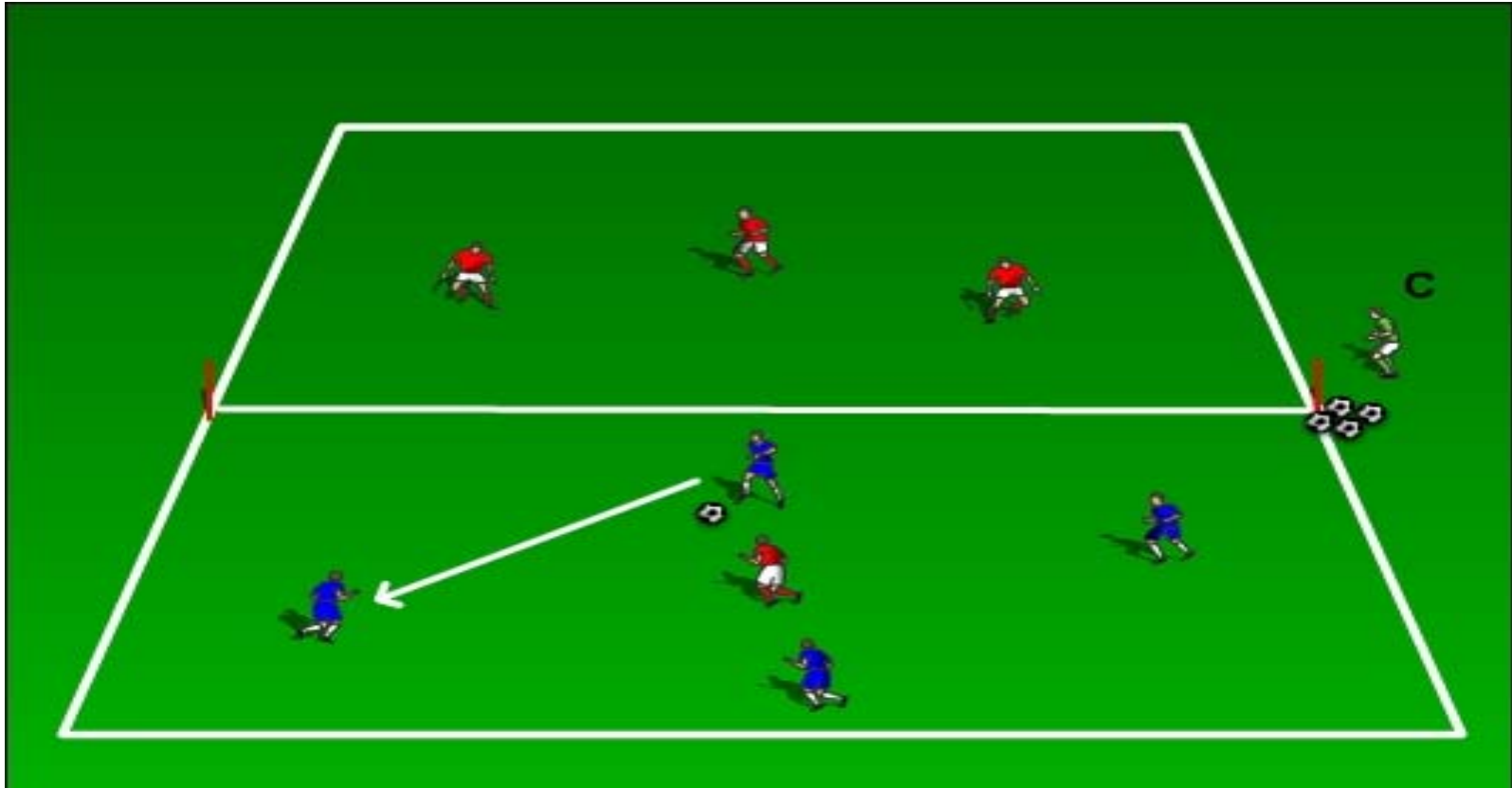


HALF FIELD POSSESSION



Set up/rules

Two teams of four players

The pitch is cut into two half's , one team in each

To start, the coach passes into one of the teams, and calls for a player to go into that half and defend

If the team manages to make five passes, the coach calls for another player to go and defend in a 4v2

If the ball is dispossessed then the game transfers to the opposite half and the roles are reversed

The player guilty of losing possession must now run and defend in the other half

The winning team is the one that has all four of their opponents in their half and manages to make 5 passes.