



# Zone Possession Game

**Category:** Tactical: Offensive (Even Numbers)  
**Difficulty:** Foundation Phase

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Individual-Adult Member



## Zone 1

**Objective:** Each team's objective when they have the ball is to keep possession and expand the playing area.

### Set up:

- Segment the area of the field between the 25-yard line and the 50-yard line into three distinct zones
- Begin with a 4v4 in Zone 1
- Position one player from each team in Zone 2 and one player from each team in Zone 3 (six players on each team, 12 total)

### Rules:

- Standard field hockey rules apply
- The team in possession (blue) works to complete four passes
- Once the team in possession (blue) completes four passes, they can expand into Zone 2 (playing area is now Zone 1 and Zone 2), once they complete four additional passes they can expand into Zone 3 (entire playing area)
- If the defensive team (white) comes up with the ball, they automatically start a 4v4 in whatever Zone they intercept or tackle inside, they begin working to complete four passes to start expanding into new zones
- Whenever a foul occurs or the ball goes out of bounds, the pass count resets

### Points of Emphasis:

- With the ball: good vision and prescanning to encourage quick, accurate passes
- Without the ball: balanced defensive structure, pressure/cover
- When expanded into larger playing area: use the whole space to keep the defense spread out

### Recommendations:

- Decrease/increase numbers and/or playing area based on team size and skill level
- Count passes out loud
- Have lots of balls around boundaries to keep the play moving
- Aim for three, three to five-minute periods and give your team time to discuss strategy between periods
- Award a team a point if they complete four passes after expanding into the full playing area



## Zone 2



