

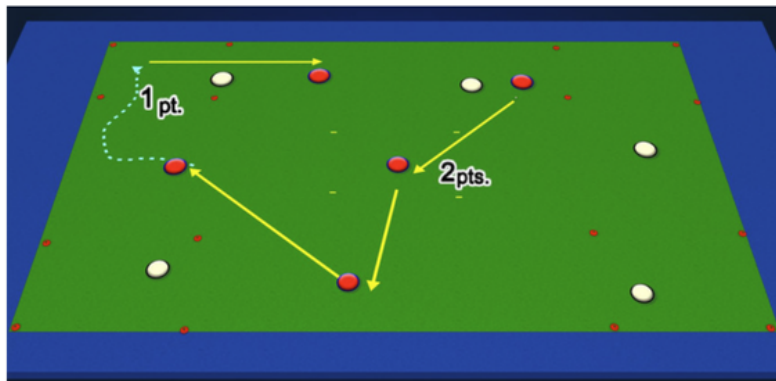
Box Possession Drill

Submitted by Georgia Holland, Associate Head Coach, Northwestern University

OBJECTIVE

Develop possession, ball protection, spatial awareness, and team defending through a competitive scoring-box game.

DIAGRAM



SETUP

Players

- Two teams, 5v5 to 7v7

Area

- Approximately 25 x 30 yards

Equipment

- Balls and cones marking four corner boxes and one central box

EXECUTION

1. Teams score by possessing into and out of a box.
2. Corner boxes are worth one point; the middle box is worth two.
3. When using the middle box, exit through a different side than the entry.
4. Defenders may enter and challenge inside each box.
5. Continue play immediately after each point.

POINTS OF EMPHASIS

- Maintain possession in tight spaces.
- Protect the ball with strength and body position.
- Create support before the ball enters a box.
- Defend as a connected group.

VARIATIONS

- Allow a dribble or pass into a box.
- Require a pass into, or into and out of, each box.
- For beginners, prevent tackling inside the corner boxes.
- Change dimensions to alter pressure.

Drill Booklet Key

- Pass
- Run without the ball
- Dribble
- Shot