



### Ball Possession – Communication and Concentration (5+5)v(5+5) with 4 Goalkeepers

Team divided in 4 groups of 5 players, each group with a different color. Play (5+5)v(5+5) with 4 Gk giving outside support to the groups with the ball. For example, blues plays with reds against browns and blacks after some time the Coach change the groups that play with each other and so on. In this exercise the communication work is necessary (they need to not pass to a wrong group). Insist in a good occupation of space; take the ball of the pressure zone; quick thinking and develop the GK game with the fooks.

DVD Video:

<https://www.youtube.com/watch?v=YN33Jvk0rqs>