

## **Fast possession play**

Wednesday 10 October 2001

Czech Republic national team coach Jozef Chovanec provides a training routine\* where the aim is to keep possession and play in an up-tempo manner.

**Numbers:** 9 v 9

**Rules:** Maximum two touches per player  
Goals are scored by successfully passing the ball between the cones (the small goals) to a team-mate

**Duration:** Short periods of high-intensity play

**Hints:** The defending team is encouraged to pressure the man with the ball  
The team in possession uses combinations, plus long switches of play

\* This routine first appeared in the UEFA magazine "The Technician"

<http://www.uefa.com/TrainingGround/index.html>