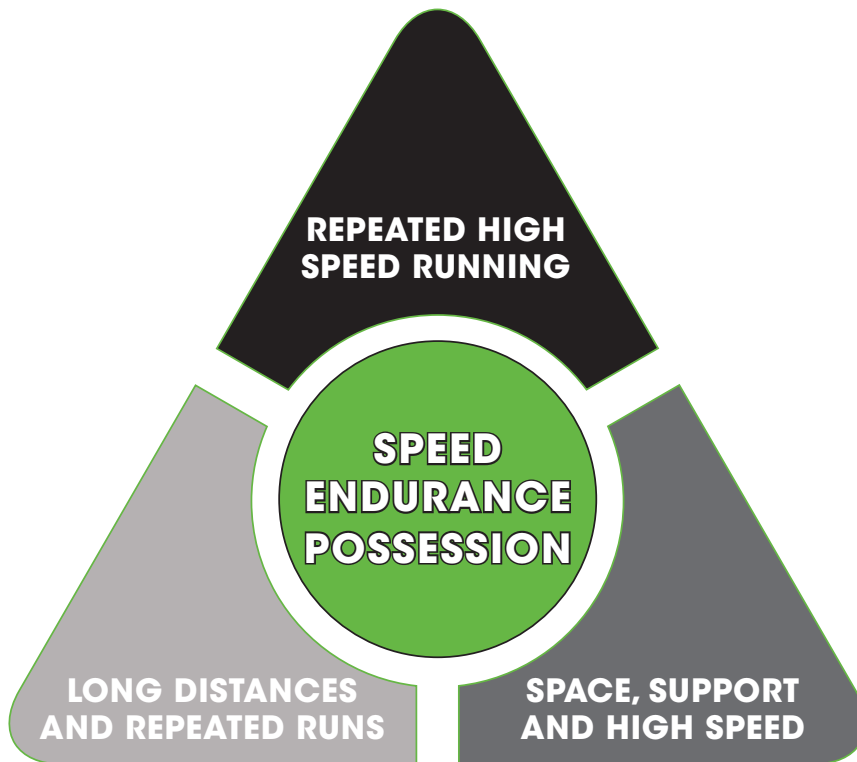


MD +4/-3: Speed Endurance Possession Practices



Why are Large Sided Possession Practices Used on MD +4/-3?

Speed endurance possession is best expressed through large space formats with increased numbers.

The aim is to create repeatable sequences where players must support play over longer distances and at higher speeds, with enough space for near-maximal running patterns to occur naturally.

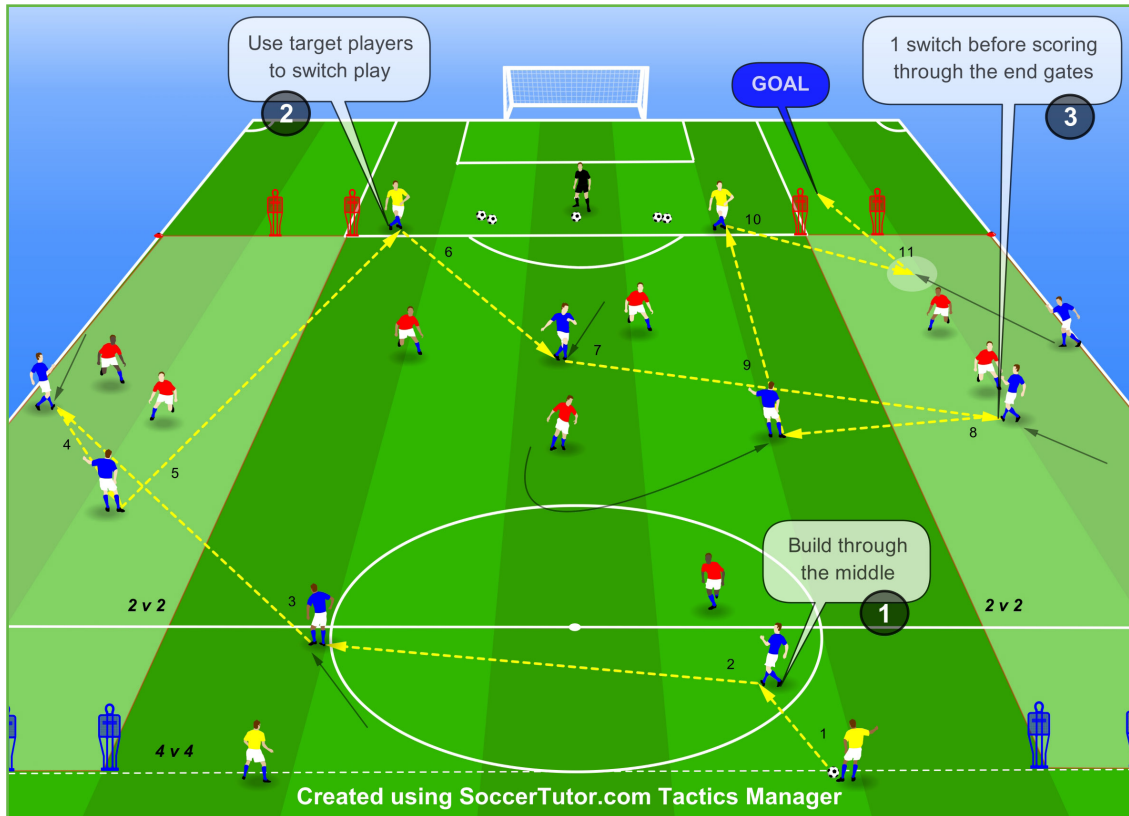
In these formats, this creates:

- Running demands that more closely resemble match demands
 - The necessary running stimulus within possession-based training
 - High-speed running that must be created through constraints
- Increased high-speed distance, longer accelerations, and repeated runs

SPEED ENDURANCE TRAINING DAY: POSITIONAL POSSESSION PRACTICES



3. 8 v 8 (+4) Switching Play with Wide Targets Directional Possession Game



Practice Duration
24 min

Work Duration
15 min

Reps
5 min

Sets
3

Area (m)
50 x 70

Numbers
20

Objective: Switching play and creating space/opportunities for scoring actions.

- We play 4v4 in the middle zone with 2 additional yellow neutral target players at each end. In the wide zones, we play 2v2.
- The teams build up through the middle zone and use the target players to switch play from one side to the other. **They must complete at least one switch before scoring by passing through the end gates.**
- **Coaching Note:** The wide players stay high and wide when in possession, while the opposite side remain available to receive the switch.
- Out of possession, the middle zone players protect the central spaces and try to prevent switches of play.

50 Possession with Purpose Practices from a High Performance Expert to Maximise the Performance



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