



Possesion

Category: Tactical: Possession

Difficulty: Moderate

Michael Caine, derry, United States of America
Individual-Adult Member

Description

Possesion

Warm Up

Organization 40 x 40 square.

Split team into 2 groups

Teams each have 1 ball, and play passes and move trying to keep the ball flowing.

start at 50% then increase as warm up progresses.

add movement in such as overlaps and 3rd man runs.

Add dynamic stretches High Knees, Heel Flicks, open the gate, kick through and windmills.



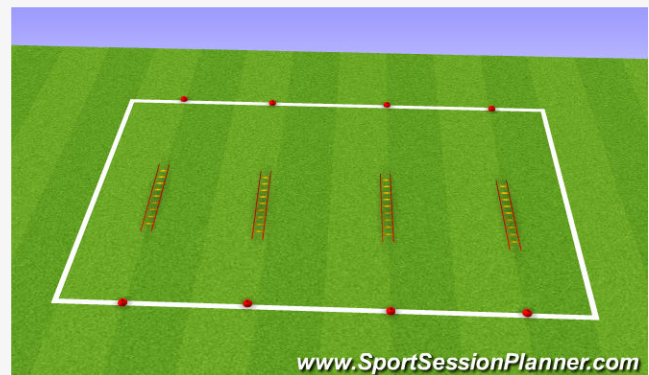
SAQ

Line 1 Bunny hops

Line 2 Fast feet

Line 3 side to side

line 4 hopscotch



Technical

Organization same as warm up, just split square into 4

Put players in groups of 5, and play 4v1 inside the square (color doesn't matter)

Coaching points

Can we move the ball quick?

can we keep our touches to 2? maybe even 1? speed of play

pass selection - shorter or longer

first touch? move the ball in the direction you would like?

Angle of support?

Communication



Technical expanded

Organization 40 x 40

one team starts inside the square. passing the ball v 1 defender. every 5 passes introduce a new defender. if the defending team wins the ball and keeps it for more than 5 passes, stop session and switch roles.

Coaching Points

1. speed of play - can we move the ball quick? 1 or 2 touch football?
2. pass selection- short driven long? weight and accuracy
3. supporting angels, each player should have 4/5 options available.
4. Communication



SSA

Organization 40 x 40. split into 2 areas.

players keep their ball as a team

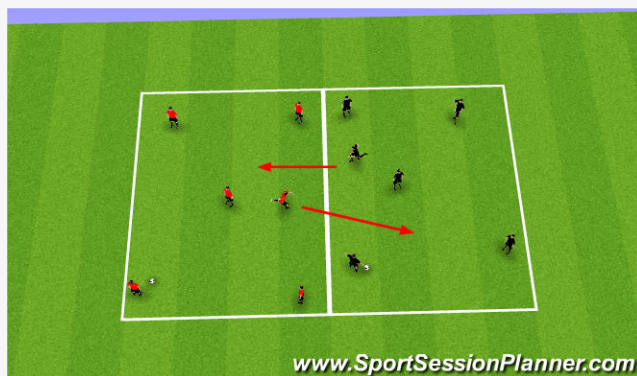
when coach says defend one player must cross over to the other side and win the ball.

Players only have 1 touch to pass the ball.

Losing team 10 push ups

Coaching points.

1. Pass selection and weight accuracy
2. Quick support movement
3. communication



Game

Formation 2-3-2

Condition game

points for passes completed 10 passes = 1 goal.

coaching points

use the GK

can we play out of defense?

can we Switch Point of Attack

