



Possession u14

Category: Tactical: Possession

Difficulty: Difficult

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Individual-Adult Member

Description

Possession u14

Warm Up (15 mins)

Organization 10 x 10 square

4v4 2 players on the outside

2 balls in play

Add dynamic stretches high knees, heel flicks, open the gate, skipping, kick through and windmills

Instructions

each team must get the ball from side to side making combinations in the middle

Coaching Points

1. Movement to receive
2. Create supporting angles
3. Combinations
4. Spatial awareness first touch



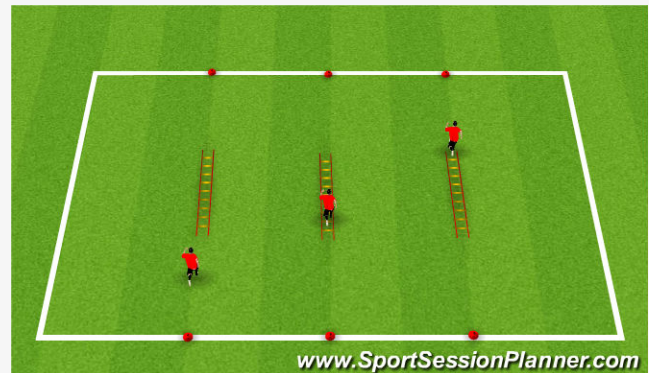
SAQ (10 mins)

SAQ

Line 1 Fast feet

Line 2 Hopscotch

Line 3 Two forward one back



Technical (15 mins)

Organization 20 x 20 square

Same as before, one team is trying to get the ball from one end to the other.

Red team must try and win the ball and then aim themselves to get the ball to the opposite end.

Defending team can not cross center line

Coaching Points

1. can we receive side on to open up.
2. play forward
3. supporting angles.



Technical Playing in thirds (15 mins)

Organization 35 x 15

1v1 in each endzone and 2v2 in the center

Instructions can we use combinations to create 2v1 in the endzones?

players can only move thirds when in possession

Caching Points

1. Combination play

2. Angles of support

3. forward runs to create overloads

4. can we run past defenders



SSG 4v4 (15 mins)

Organization

Same as before

Instructions

can we look for combinations to stretch the field?

Caching Points

1. Forward runs

2. support teammates

3. create overloads

