



Possession with a purpose

Category: Technical: Passing & Receiving
Difficulty: Difficult

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Individual-Adult Member

Description

Warm up (10 mins)

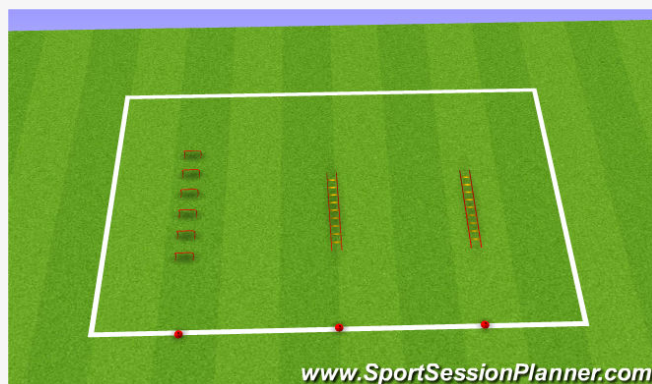
Organization 20 x 20 Square,
Split group into smaller groups (no more than 4 players in a group)
Players pass and move inside the square - encourage 1 or 2 touch passing (ignore separation at first)
Add dynamic stretching.



SAQ (10 mins)

SAQ

1. Bunny Hops
2. 1 step
3. River Dance



Technical (10 mins)

Organization 20 x 20 square split into 2.
4v0 each group has a ball.
Players pass and move and make different combinations in there area.

Coaching points

1. Can the passes be hard and firm into each other.
2. Can we support each other with smart movement?
3. Are we using the area to our advantage?
4. Does it look like soccer?
5. Are we using 1-2's and other movements?



4v2 (15 mins)

Organization 20 x 20 square split into 2
4v2 in the square - can we keep possession?
Switch defenders every 1 minute - not when intercepted.

Coaching Points

1. Smart pass - easy pass option can we keep the ball?
 2. Then can we split them through the middle
 3. Is there at least 2 options for each player with the ball?
- Supporting runs

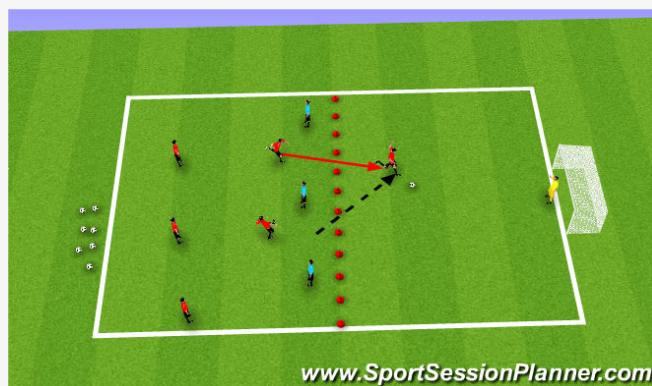


5v3 to goal (20 mins)

Organization 30 x 20 split in half
5v3 + 1 GK Red Team is in a 3 2 defenders in a straight 3 formation
The line has become a defending line all players must be in position when restarting
Players must try and create combinations that allow us to play through the defenders and get a shot on goal.

Coaching Points

1. Width - are we stretching the defenders and making them move from side to side?
2. Penetration - are we penetrating with passes? Can we play around the corner?
3. Quick passes 1 and 2 touches only when possible
4. Can Midfielders make runs through to the goal?



5v5 (20 mins)

Organization 30 x 30 5v5 + 1 GK to goal
Split the teams into two groups - try and keep to small numbers. 5v5 would work best. (if you have 15 have 3 teams and rest 1 group)
Have 1 team set up in a 212 (red) and 1 team in a 3-2 (blue Team)

Coaching Points

1. Can defenders get forward? outside backs attack when possible.
2. Can we use the full width off the pitch?
3. GK's can be used as an option also.
4. Quick finishes.
5. Counter attack when possible.

