



Possession

Category: Tactical: Possession

Difficulty: Moderate

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Individual-Adult Member

Description

4v4 games with supporting players positional coaching principals

Warm up (10 mins)

Organization

30 x 20 grid - split the rectangle up into 3 or 4 teams no more than 4 on a team. Each team needs 1 ball.

Players pass and move around the inside of the square - to begin with you can pass and receive from any team and any player.

Follow the pattern below changing it every 3 minutes.

1. Open touches - players are to receive the ball and are not in a rush to pass it, but they are asked to play the next pass with quality
2. Your team only - give 1 ball to each team - they can now only find their own team with passes - again as many touches as they want.
3. Find the other Team - players have to receive and pass to other colours in the square.
4. 2 or 3 touch Max - players pass and receive within their own team and maximum number of touches is 3.
5. Encourage players without the ball to find space - and always try and be open.



SAQ (5 mins)

Organization

Run the team through various SAQ drills.



Keep The ball (20 mins)

Organization

Split the group into 2 teams - each team will have 4 players on the outside of the square, 2 on each side of the square opposite each other as indicated above - They do not need to stand still these players can move up and down the line.

The aim is to have players pass and move around the area - if a player passes to a player on the outside then they switch with each other. However there are 2 pattern changes below

Pattern Change -

1. Players switch position as indicated above
2. Players do not switch - but the player who received the ball on the outside of the square can only play to a team mate down the line - who then can pass back into the middle. (indicated with the yellow team above) Rotate players in and out of these spots every few minutes.

Coaching Points

1. Pass Selection - Inside of the foot or Driven?
2. First Touch - Receiving the ball, can i take a good first touch - have it out of my feet so that i can either pass or dribble with my next touch? Can i push it in the direction i want to go in?
3. Off the ball movement - can i make a run that is supporting my teammates? - even if im not receiving the ball? - Can i recognize



where they may need support next or in two passes time?

4. Creative - Can i play a One - Two with my team around players inside the area.

5. Speed of play - even though we are under no pressure can we pass and move with speed but also keeping strong technical skills while playing?

6. Shape - can we keep space and offer width,height and depth to each player.

Keep the ball advanced (20 mins)

Aim - the aim in this section is to help players understand the importance of several positions and help them to understand how these roles work in a tactical way, specifically when we have the ball. As indicated above with the red team we can see that numbers 7 and 11 are offering width, 9 is offering Height and 4 is offering depth - all different way to support the player on the ball.

Organization

Same area as before, now there is one red and one yellow on each side (like a diamond Shape).

There is still 4 of each team in the middle, passing and moving around. The players on the outside represent the positions of 4,7,11 & 9 as indicated. Players do not switch when they pass to the outside.

Rotate players every 3/4Minutes

Coaching Points

1. Player on the outside need to be offering support at all times, make sure we are moving with conjunction to the ball.

2. Communication - Let the players know where you are and where you want the ball.

3. Speed of play - can we move the ball with pace - playing two touch football - but remember to keep the technique correct.



Possession competitive (20 mins)

Organization

Same as before. we know only have 1 ball in the middle, and its 4v4 with teammates on the outside still representing the same positions as before. Players on the outside cannot tackle each other. outside players can also play to other outside players (you will need to add two goals at the beginning of round 3).

Scoring

Round 1 - 1 goal for every 5 passes made.

Round 2 - 1 goal for every 8 passes made

Round 3 - 1 goal for every 5 passes made and 3 goals for time a player scores in the goal, however you can only score after you have made 5 passes.

Coaching Points

1. Off the ball movement - are we supporting each other - includes outside the square players.

2. Decision making - players need to make a quick decision on first touch and where to pass.

3. Be positive and creative - can we play 1-2's and support each other play 3 quick passes and score.

