



Possession with a purpose

Category: Technical: Passing & Receiving
Difficulty: Difficult

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Individual-Adult Member

Description

Warm up (10 mins)

Organization

30 x 30 Square,

Split group into smaller groups (no more than 4 players in a group)

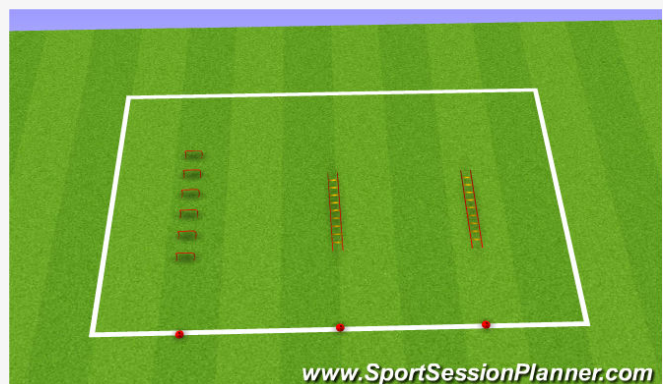
Players pass and move inside the square - encourage 1 or 2 touch passing, encourage players to be creative try flicks and tricks.



SAQ (10 mins)

SAQ

1. Single leg shuffle
2. Side straddle hop
3. Crossover run



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 have the correct weight and accuracy?
2. Can we support each other with smart movement?
3. Are we using the area to our advantage? use the full width and length of the area
4. Does it look like soccer?
5. Are we using 1-2's and other combinations.



4v2 (15 mins)

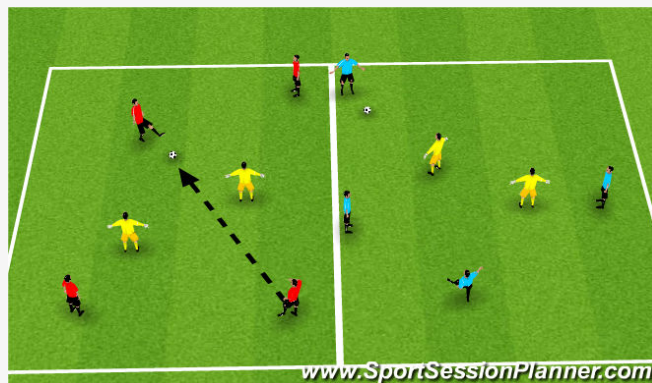
Organization 20 x 20 square split into 2

4v2 (if the players are struggling 4v1) in the square - can we keep possession?

Switch defenders every 1 minute - not when intercepted.

Coaching Points

1. Smartpass - easy pass option can we keep the ball?
 2. Then can we split them through the middle - opposite player needs to be aware and switched on.
 3. Is there atleast 2 options for each player with the ball?
- Supporting runs
4. Speed of play - quick ball movement!



6v3 (20 mins)

Organization

30 x 30 area

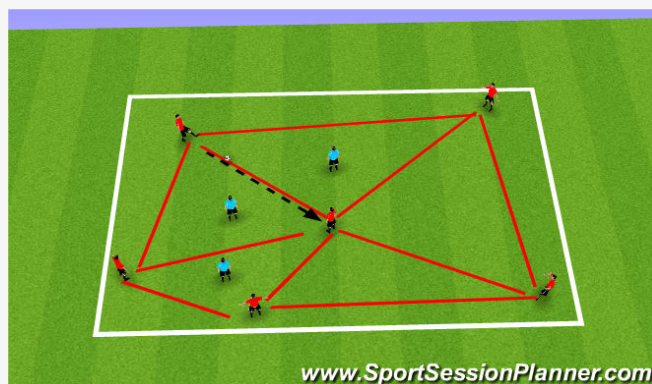
Players are trying to keep possession of the ball, touches a unlimited to begin with but as the group progresses limit to two touches

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 we create triangles

Additional progression

1. 6v4 or 7v4.



Game (20 mins)

Organization

30x30 area.

Can we keep possession of the ball, 10 passes = a goal.

Coaching Points

1. Support the player on the ball
2. Forward runs - give options all over the
3. Use the Goalkeeper to help if needed.

